

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

De-ICING HACKS!

Tips you can use to help when defrosting your car!

If you can't park your car in a garage during the frigid months and dread getting out in the morning to scraping windshields, The Paper of Montgomery County and the good folks at StressFreeCarRental.com have a few hacks for you!

First, be glad you live in Indiana. In some other states, motorists could face fines of up to \$5,000 for leaving their car idling in Washington D.C. Indiana has no such idling laws at present . . . but you know how those hired hands in Indianapolis can be! As it stands right now, more than two dozen states, local counties and cities enforce laws which limit the amount of time a car can be left with the engine running.

States include Arizona, California, Delaware, Massachusetts, New York, North Carolina and Texas. A complete guide to idling laws for each state can be found at

the American Transportation Research Institute.

Of course engines left running unnecessarily not only affect the bank account, but also have a negative impact on the environment, with claims as little as ten seconds of idle engine use wastes more fuel than restarting the engine.

A spokesperson for StressFreeCarRental.com said: "As the months are turning even colder, car owners are finding themselves having to wake up earlier than normal in order to factor in time to de-ice their cars. With the possibility drivers leaving their car engines idle could face fines, it is now even more important to remind motorists that there are other handy tips and tricks to get rid of the frost."

So - The Paper and StressFreeCarRental.com offer these hacks! Either way, keep those mittens handy!



Warm water and a scraper

The key to this method is to ensure the water used is not boiling. If the water is too hot, it could cause a crack in the windshield or cause further damage to any unnoticed small cracks already present. Once warm water is poured over the windshield, the ice will have turned to slush which can be scraped away.



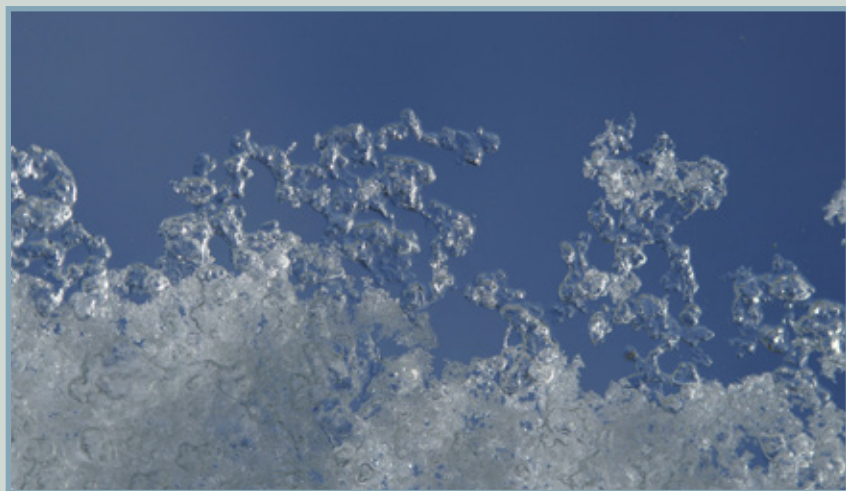
No scraper? No problem

Motorists who find themselves with a frozen windshield and no scraper can use other household items such as a debit card, an old CD case, a ruler or even a spatula!



Adding alcohol

For those extra frosty mornings when warm water alone doesn't seem to be doing the trick, motorists should add 1/4 rubbing alcohol to 3/4 water to a spray bottle and spritz over the windshield. This creates an ice-busting solution to cut through the build up.



Prevent the ice forming

Savvy motorists looking to save themselves time and effort on frosty mornings should plan ahead. Placing a towel or piece of cardboard over a car windshield before any moisture or ice has formed will prevent the morning windshield frost.

➔ TODAY'S QUOTE

"I like to compare the holiday season with the way a child listens to a favorite story. The pleasure is in the familiar way the story begins, the anticipation of familiar turns it takes, the familiar moments of suspense, and the familiar climax and ending."
Fred Rogers

➔ TODAY'S JOKE

*Why did Santa's helper see the doctor?
Because he had a low "elf" esteem!*

➔ TODAY'S VERSE

Genesis 1:1 In the beginning God created the heaven and the earth.

➔ TODAY'S HEALTH TIP

Consider sitting on an exercise ball instead of a chair - it helps your balance and keeps you more alert.
Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.



➔ HONEST HOOSIER

Christmas is six days away. One of my favorite memories is singing Christmas hymns at church.



13 WTHR
7 DAY FORECAST
MISTY QUIZ

41 A.M. RAIN, P.M. FLURRIES	28/38 SUNNY AND COLD	26/43 SUNNY	28/42 SUNNY	27/38 COLDER	26/43 PARTLY CLOUDY	33/48 MILD
 SAT	 SUN	 MON	 TUE	 WED	 THU	 FRI

*We wish you a very
Merry Christmas and a
happy, healthy & blessed
New Year!*

DUTCHER TRENCHING INC.



765-362-3308

Sewer/Septic Install & Cleaning
Grease Trap Cleanout
Risers
Lift Pumps
Rooster & High Pressure Jetting Service
IOWPA Septic Inspections
Camera Service
Locator Service

IOWPA Certified and Licensed for the state of Indiana



Merry Christmas & Happy New Year
See us for all your car detailing needs!

We have gift cards available
Available in any amount - Purchase on our website:

www.greatdetailautocare.com
430 Shady Lane • Crawfordsville

765-362-0178

TACTICAL WEAPONS & SUPPLY

*Merry Christmas
and Happy New Year*



**11 Years in
Business**

For all your
coyote hunting &
night vision needs

Gun stocks are better
than pre-Covid!



Find us on Facebook

2303 Indianapolis Road • Crawfordsville

765-361-1242

The Paper SERVICE DIRECTORY

AUTOMOTIVE

Pomp's
TIRE SERVICE, INC.
"The Tire Professionals"
\$15 OFF
OIL CHANGE SPECIAL
Complete visual inspection & air pressure check. No other discounts apply. Not valid with any other offer. Expires 12/31/21
114 N. Water St. • Crawfordsville
(765) 364-0584
Weekdays 7:30 am - 5pm
Saturday 8 am - Noon
pompstire.com



FEATURED BUSINESS

Pomp's
TIRE SERVICE, INC.
"The Tire Professionals"
\$15 OFF
OIL CHANGE SPECIAL
Complete visual inspection & air pressure check. No other discounts apply. Not valid with any other offer. Expires 12/31/21
114 N. Water St. • Crawfordsville
(765) 364-0584
Weekdays 7:30 am - 5pm
Saturday 8 am - Noon
pompstire.com

FUNERAL SERVICES

Burkhart
Funeral Home

201 West Wabash Ave.
Crawfordsville
(765) 362-5510

HUNT & SON
FUNERAL HOME
Since 1970
107 N Grant Ave.
Crawfordsville
765-362-0440
www.huntandson.com

FUNERAL SERVICES

Sanders Priebe
FUNERAL CARE
Our Family Caring For Yours
315 S Washington St
Crawfordsville, IN 47933
765-362-6849
www.sandersfuneralcare.com

HOME SERVICES

Dutcher Trenching Inc
Call us for your septic & sewer needs
806 Kentucky St.
Crawfordsville
765-362-3308
dutchertrenching@gmail.com

RETAIL

Fisher's
DISCOUNT STORE
M,W,TH 8 am-6 pm
TU & F 8 am-8 pm
SAT 8 am-5 pm
Closed Sunday
765-435-7231
6492 E 850 N
Waveland

Sycamore Farms
Opens 11/25
Trees • Candy Wreaths
\$8/foot for Trees
Tag a Tree-You Cut
765-401-1225
9721 W Hwy 136
Waynetown

Contact our advertising department at 765-361-0100 ext. 1 to be included in our next Service Directory.

CLARK DALE
FOR SALE
HIVE REALTY GROUP
765-307-2337
765-918-1773
Realtor/Broker
M.S. Management
Email: Clark.hiverealty@gmail.com
HIVE REALTY GROUP
111 N. Washington St.
Crawfordsville, IN 47933



Visit us online:

thepaper24-7.com



SUNDAY

Obituaries

Sunday, Dec. 19, 2021

A3

Sam Stephens

Feb. 23, 1964 - Dec. 11, 2021

Sam Stephens, 57, Lafayette, passed away on Saturday, Dec. 11, 2021 at Franciscan East.

He was born Feb. 23, 1964 in Crawfordsville, the son of Walter Stephens and Lureaine Greer Stephens.

He attended school at Southmont.

Survivors include his mother, Lureaine Stephens; three sisters, Lorena Elmore (Jim), Diana Stephens and Susan Stephens; one brother, Mike Stephens; three nephews; and four great-nieces.

He was preceded in death by his dad on Dec. 5, 2020.

A memorial graveside service will be held Friday, Dec. 17, 2021 at Indian Creek Hill Cemetery, led by Pastor Mike Whitacre. Arrangements were entrusted to Burkhart Funeral Home.



Ellen Jeanette (Keller) Miles

Nov. 11, 1938 - Dec. 9, 2021

Ellen Jeanette (Keller) Miles, 83, of Summerville, S.C. passed away on Thursday, Dec. 9, 2021 at Trident Hospital in North Charleston, S.C.

She was born in Crawfordsville on Nov. 11, 1938 to the late Raymond Keller and Eleanor (Rutan) Long.

She graduated from Crawfordsville High School in 1957. On May 17, 1958, she married Donald Ray Miles, he preceded her in death on Jan. 26, 2011. She worked in the bookkeeping department at the former First National Bank and Bank One. She was a member of the First Baptist Church. She enjoyed crocheting, cooking, and spending time with her family.

Survivors include her daughter, Robin (Kevin) Frees; four grandchildren; 14 great-grandchildren; and a daughter-in-law, Cathy Miles.

She was preceded in death by her parents; husband, Donald; son, Roger Miles; and sister, Judy Coahran.

Burial will take place at Oak Hill Cemetery. A memorial service will be held at a later date. Sanders Priebe Funeral Care is entrusted with care. Share memories and condolences online at www.sandersfuneralcare.com

Mildred Hamilton Anderson

June 19, 1927 - Dec. 15, 2021

Mildred Reynolds Hamilton Anderson, 94, Crawfordsville, passed away Dec. 15, 2021 at 5:35 p.m. at Whitlock Place.

She was born unto Clayborn Eugene and Martha Frances West Reynolds on June 19, 1927.

She was raised in Waynetown area. She married Walter O. Hamilton, Sr., and they were blessed with seven children. He passed away Oct. 12, 1979. She later married Robert R. Anderson, and he also passed away.

Mrs. Anderson had been a member of Milligan Memorial Presbyterian Church since 1953 until it's closing in 2019. She is a member of Athens Chapter #97 of O.E.S. and a life member of the VFW. She volunteered as a Pink Lady for 35 years and made the baby bonnets for the OB Unit. Mrs. Anderson loved her family and loved fixing family meals. She loved taking care of her yard and flowers. She was an avid Nascar fan.

Survivors include her three sons, Jim (Sandy) Hamilton of Va. and Walter and Roger Hamilton of Crawfordsville; four daughters, Sharon Hamilton, Cathie Randles, Cindy (Tom) Klepfer and Jacki Hamilton, all of Crawfordsville; 10 grandchildren; and several great-grandchildren and great-great-grandchildren.

She was preceded in death by her parents; brothers, Paul West and Eugene Reynolds; sisters, Katherine Ray, Wanda Ward and Vivian Myers; and a great-grandson.

Public visitation is scheduled for 11 a.m. to 1 p.m. on Monday, Dec. 20 at Burkhart Funeral Home. Private services will be held with a burial at Waynetown Masonic Cemetery.

The family would like to extend its gratitude to the staff at Whitlock Place and to Physiocare Home Health Care and Hospice for their loving care given and to the Burkhart family for their support and guidance.

Memorial donations may be made to ASI (Ability Services), 1237 Concord Road, Crawfordsville, IN 47933. Online condolences at www.BurkhartFH.com.

Homer H. Williams

March 27, 1924 - Dec. 15, 2021

Homer H. Williams, 97, New Ross, passed away Dec. 15, 2021 at Homewood Health in Lebanon.

He was born March 27, 1924 in Crawfordsville to Earl M. and Nellie (Hadley) Williams.

Mr. Williams had been a farmer. He married Dorothy Thomas and she preceded him in death.

Survivors include his grandchildren, Stacy Chatman, Chad Williams, Craig Pirtle and Kristi Howell; and with eight great-grandchildren.

He is preceded in death by his wife; his parents; children, Keith Williams, Sarah Williams and Nancy Pirtle.

Funeral services are scheduled for 2 p.m. on Tuesday at Hunt & Son Funeral Home with visitation 4-7 p.m. on Monday. He will be buried at New Ross Cemetery. Condolences may be left at: www.huntandson.com

Kathy Ilene Barnes

June 28, 1949 - Dec. 14, 2021

Kathy Ilene Barnes, 72, Crawfordsville, passed away Wednesday, Dec. 14, 2021 at St Franciscan Lafayette.

She was born on June 28, 1949 at Crawfordsville to the late Bill and Betty Peterman.

Mrs. Barnes was a graduate of Crawfordsville high School. She married John T. Barnes on April 18, 1970. She was a lifelong servant of the lord. She absolutely loved her church family members from over the years. She was most currently a member of New Life Apostolic Church. Mrs. Barnes spent most of her life as a homemaker. When raising two boys she really had her hands full, but she never gave up and continued showing them the right ways in life. Mrs. Barnes was also previously employed by RR Donnelly and Golden books over the years.

Her son wrote "Our mom never knew a stranger and was loved by many that she had touched the hearts of. She lived her life as an example of a true child of God. She loved her family more than anything. And made a lot of sacrifices for us over the years. We are all so lucky to have gotten to feel her love."

Survivors include her husband of 51 years, Johnny; two sons, John (Billy) Barnes and Shaun (Moriah) Barnes all of Crawfordsville; six grandchildren, Dakoda, Bailly and Reagan Barnes of Crawfordsville, Miranda, Bentley and Paislie Barnes all of Waveland, Ind.; two great-grandchildren, Addasyn Barnes and Carter Foxworthy of Crawfordsville; niece, Krisonda Todd of Terra Haute; and nephew, Brent Melvin of Crawfordsville. She loved them very much as her own as well as many other great nieces and nephews.

She was preceded in death by her parents, Bill and Betty Peterman; her sister and best friend, Brenda Joyce Gayler; and grandson, Ashton Barnes.

Cremation was chosen, and a celebration of life will be held at a later date. If you came across Mrs. Barnes and you felt love or admiration for her. The feeling was mutual. She loved you as well.

Gary J. Popp

Nov. 24, 1939 - Dec. 11, 2021

Gary J. Popp, 82, of Crawfordsville passed away on Dec. 11, 2021 at Franciscan Health Lafayette.

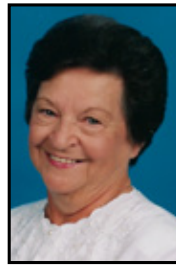
He was born Nov. 24, 1939 to James F. Popp and Esther E. (Somers) Popp in Painesville, Ohio.

Mr. Popp was an avid Ohio State Fan. He enjoyed lottery tickets, mowing, and laughing. He looked forward to Sunday nights, he loved going to work. Mr. Popp worked at Penguin Random House for 7 years. His motto was "time to make the donuts." Mr. Popp served his county in the United States Army.

Survivors include his son, Dav-ey (Della) Popp; daughter, Terri (Kirk) Barrick; two brothers, Gail (Delores) Popp and Maynard Popp; long-time companion, Starla Carver; step-children, Brandon (Jamie) Brown, Caleb (Sara) Brown, Kyle Carver and Cassie Carver; 10 grandchildren; eight great-grandchildren; and eight step-grandchildren.

He was preceded in death by father, James; mother, Esther; step-mother, Helen Popp; brother, Frank J. Popp; two sons, Damon and James "Jimmy" Popp; and wife, Connie (Niece) Popp.

Visitation will be at Sanders Priebe Funeral Care, 315 S. Washington Steet in Crawfordsville on Friday, Dec. 17, 2021 from 2 p.m. until the time of funeral service at 4 p.m., with Pastor Vernon Dowell officiating. The service will be live-streamed and recorded and can be viewed on his obituary page. Sanders Priebe Funeral Care is entrusted with care. Share memories and condolences online at www.sandersfuneralcare.com.



Thank You for Reading The Paper!

www.thepaper24-7.com

WORKFORCE plus

THANK YOU TO ALL OUR CLIENTS AND EMPLOYEES FOR A GREAT 2021!

May 2022 be as bright and prosperous!

Merry Christmas and Happy New Year

Dave, Haley, Kim, Lisa, Paula

705 N. Englewood Drive
Crawfordsville

765-364-9675



Jeffersonville High School has a prominent theatre program that has sent seven shows to the International Thespian Festival in Nebraska, one which continued to the Fringe Festival in Scotland

Indiana Facts & Fun



10
Clark

Number Stumpers

1. How long ago did shipbuilding begin in Jeffersonville?
≥
2. What percentage of the county's population is made up of Jeffersonville residents?
≤
3. What is the population density of the county?
≥
4. How old is Clark County?
≤

Answers: 1. 199 years 2. About 42.75% 3. About 293/square mile 4. 217 years

Did You Know?

- The total land area of Clark County is 376.45 square miles.
- Jeffersonville, the county seat, has an estimated population of 47,124 people.
- Clark County was founded in 1801 and is the second oldest county in Indiana.
- The county has a population of approximately 110,232 people.
- In 1819 the first shipbuilding took place in Jeffersonville and had a major impact on the county's economy.

Got Words?

Clark County has had numerous economic opportunities because of its proximity to the Ohio River. Since it was found, the county has played a major role in trade. How do you think a variety of trading opportunities benefits and hurts a community?

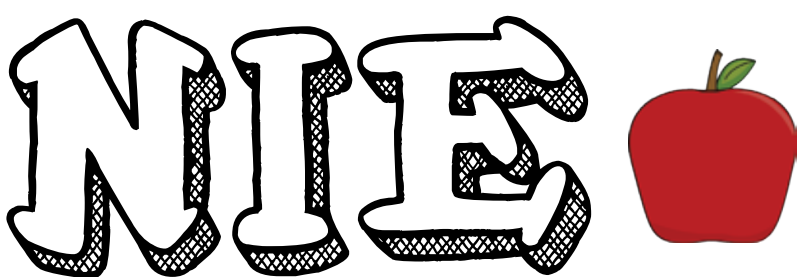
Word Scrambler

Unscramble the words below!

1. SELJFOVERENFIL
2. IOHO EIRVR
3. RLKAC UYTCNO
4. EDRAT
5. ILGNIPSUIDHB

Answers: 1. Jeffersonville 2. Ohio River 3. Clark County 4. Trade 5. Shipbuilding

Indiana Facts & Fun Is Presented This Week By:



Newspapers In Education

A Program That Raises The Bar!

Brought To You By These Proud Supporters of Education in Montgomery County

DAVIS MORRISON REALTY
Residential • Commercial • Farms
(765) 362-5878
DAVISMORRISON.COM

Applebee's GRILL & BAR
765-361-8711
1516 S. Washington St.

CEL&P
Crawfordsville Electric Light & Power
celp.com
(765) 362-1900

NAPA AUTO PARTS
NAPAonline.com
(765) 362-3840

Midwest BALETIES INC.
www.midwestbaleties.com
1200 E. Wabash Ave.,
Office: 765-364-0113

JEFF NEAL Paint & Body Shop
Office: 765-362-5060
Cell: 765-918-7122
410 Waynetown Rd.
jeff.neal@yahoo.com

If Interested In Sponsoring This Program, Contact
Sagamore News Media NIE Director Gretchen McCormick gretchen@thepaper24-7.com (317) 358-6818

SUNDAY

Indiana the Strong

Sunday, Dec. 19, 2021

B1

Want to Contact Us? ☒ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☒ ONLINE, www.thepaper24-7.com ☒ (765) 361-0100

Purdue Extension to address housing concerns in Parke County



In Parke County, Indiana, limited available housing options are constraining people's ability to live and work in the coun-

ty. The Purdue Extension Community Development Program is collaborating to provide county-level, housing-related information that will guide county and local leaders as they work to improve housing needed for current and future community success.

"Housing represents a key aspect of economic and community development in Parke County. Our in-depth analysis will guide

county and local leaders as they seek to improve the mix of housing needed to meet current and future housing demands," said Michael Wilcox, assistant director and program leader for Purdue Extension's Community Development Program.

In partnership with Parke County leaders, businesses and residents, the Purdue team will provide a comprehensive assessment

of housing in Parke County through data analysis, co-host focus-group meetings with local partners and produce a survey to determine the housing demand and needs of employees working in the county.

"We have worked with Purdue Extension on multiple projects, including the development of our Business Retention & Expansion (BR&E) program. Lack of quality, obtain-

able housing was a need identified by our employers during the BR&E interviews. This assessment is necessary to address that need," said Cyndi Todd, executive director of Partnership Parke County, Economic Development Office.

The Purdue team will synthesize the information collected and prepare a summary of major findings and possible strategies for

leaders to consider as they address current housing issues.

"At Purdue Extension, we are our community's educational partner for life, and an integral part of that is collecting the data that helps our stakeholders make sound data-based decisions," said Kurt Lanzzone, agriculture and natural resources educator, Purdue Extension - Parke County.

Tips for avoiding Christmastime scams



Attorney General Todd Rokita is warning Hoosiers to watch for scams while finishing their holiday shopping this year.

"Christmas should be about celebrating faith and family and friends," Attorney General Rokita said. "Amid each year's festivities, though, it seems we must always contend with shameless con artists determined to defraud generous Hoosiers and separate them from their hard-earned money."

Scammers are known to look for rushed, unsuspecting victims.

"This time of year," Attorney General Rokita said, "individuals most absorbed in the season's traditions could become easy prey to fraudsters. That includes shoppers

hurrying to finish buying all the gifts on their lists. I encourage everyone to exercise vigilance to protect themselves."

Attorney General Rokita offered the following tips for avoiding falling victim to scams:

- When shopping online, stick to secure websites that have "https" in the address (or a lock icon) rather than just an unsecured "http" site.

- Pay by credit card when online shopping. Always review your monthly statements for charges you don't recognize. You can reverse charges or dispute a charge with your credit card company if necessary. It is more difficult to dispute charges on your debit card or obtain cash back.

- If you are purchasing gift cards, make sure you know the expiration date, as well as the terms that apply to the card. Keep receipts associated with gift cards in case they do not get properly activated to the amount you paid.

- Also on the subject of gift cards: Remember that any solicitor who contacts you by phone or email and asks you to pay with a gift card is no doubt a scammer. Do not cooperate

with anyone making such a pitch.

- When shopping at physical store locations, conceal your purchases in the trunk of your vehicle or under the seat rather than leaving them in plain sight through windows. Also keep a close watch on purses and wallets when walking through shopping areas.

- Stave off "porch pirates" by making sure home exteriors stay well-lit. Follow a plan for the arrival of home deliveries, such as arranging for trusted neighbors to receive deliveries when you're gone. Homeowners also may consider such options as purchasing lockable drop-off boxes or security systems with cameras.

- If a deal seems too good to be true, then it probably is. Take your time to investigate and be skeptical of such deals. Ask questions. Be sure to read the fine print to make sure you are purchasing exactly what you want on the terms you expect.

- Closely read emails advertising holiday deals to make sure they come from the companies they claim to represent rather than imposters and fraudsters. Consider navigating to a

company's official website through a trusted search engine rather than clicking on a link in an email.

- To protect your personal information, refrain from making online purchases while using public Wi-Fi.

- Never make hurried decisions. Scam artists want to pressure you into making a quick commitment to buy from them. Slow down and check out details for yourself.

- Research charities before donating — and follow the same online payment and security rules you would follow with online shopping. You can look up charities' reports and ratings on these websites: Give.org; GuideStar.org; CharityWatch.org; and CharityNavigator.org.

As always, if you believe you have been subjected to a scam, file a complaint with the Indiana Attorney General's Consumer Protection Division. Our office relies on Hoosiers filing complaints to know which companies or individuals to investigate. A consumer complaint can be filed at indianaconsumer.com — or you can contact the Office of the Attorney General at 1-800-382-5516.



Purdue University photo

Karen Plaut, the Glenn W. Sample Dean of Purdue College of Agriculture, left, presents Extension educator Karen Richey with the 2021 Frederick L. Hovde Award of Excellence in Educational Service.

Hovde Award presented to Purdue Extension educator

The Indiana Farm Bureau's (INFB) 2021 Frederick L. Hovde Award of Excellence in Educational Service to the people of Indiana by a Purdue staff member has been awarded to Extension educator Karen Richey.

Karen Plaut, the Glenn W. Sample Dean of the Purdue College of Agriculture, paid tribute to Richey's numerous contributions: "For 31 years, Karen has made an impact at local, state and national levels while also mentoring numerous educators throughout Indiana. She is renowned for her expertise on food, nutrition and food safety, has provided statewide leadership on numerous boards and task forces, and was instrumental in creating the Purdue Extension food safety team. She is deeply deserving of this honor."

The award was presented at the annual INFB convention, held in French Lick on Dec. 9.

"Rural communities are the cornerstone of our membership. Since 1972, it's been an honor to support Purdue University educators, like Karen Richey, who showcase outstanding service to our members across rural Indiana," said Randy Kron,

INFB president.

Nominated by three fellow health and human sciences educators, Richey's nomination also was supported by colleagues such as Amanda Deering, clinical associate professor in Purdue's food sciences department.

"Karen has a natural ability to connect with people and explain difficult concepts in a way that people can easily understand," Deering said. "Not everyone can do that well, and I think it's wonderful that she uses these abilities to serve our Indiana stakeholders through Purdue Extension. Her devotion to providing food safety education is inspiring, and she should be viewed as an example of what all Extension educators strive to be."

In accepting the award, Richey praised the colleagues with whom she has worked during her three-decade Purdue Extension career. "I am truly honored to receive the Hovde Award. I am the one accepting this honor, but the award belongs at least equally to the great individuals and teams that I have had the good fortune to work with at various stages of my career."

Methodist Sports Medicine changes name to Forté Sports Medicine and Orthopedics

The physicians and team members of Methodist Sports Medicine announced today they have changed the name of the physician group to Forté Sports Medicine and Orthopedics. The practice underwent a rebranding process to find a name that would highlight its brand promise and position the practice for future growth. Forté, which is a French and Italian word for strength, refers to a person's strong suit or something that shows one's special ability. The practice, which is trusted by top athletes and sports teams such as the Indianapolis Colts, is recognized as one of the region's most respected orthopedic groups.

"This rebranding is about more than just a new logo or colors," stated Dr. Mark Ritter, Forté Sports Medicine and Orthopedics president and a fellowship-trained orthopedic knee and shoulder surgeon. "The name Forté was chosen because it not only allows us to highlight our forté, which is providing great clinical

outcomes and an elevated patient experience, but also allows us to highlight how we help our patients get back to what they do best and live their lives fully."

Founded in 1983 as one of the country's original sports medicine practices, Forté has grown to include 29 physicians and 237 team members who provide comprehensive, specialized sports medicine and orthopedic care to patients of all ages. The rebranding comes in advance of the opening of a new state-of-the-art orthopedic specialty hospital in March 2022. Located near 111th and US-31 in Carmel, the hospital is a result of a collaboration with Franciscan Health and greatly expands orthopedic services to patients throughout Indiana and much of the Midwest.

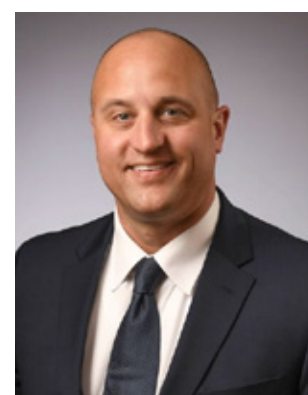
"I'm very proud of the group of physicians and staff we've assembled who comprise one of the most skilled and integrated practice groups in the area," said Dr. Ritter. "While our name is changing, our

tradition of focusing on our patients does not. We will continue to strive each day to be the best place to give care and the best place to receive care."

About Forté Sports Medicine and Orthopedics

Forté Sports Medicine and Orthopedics, previously known as Methodist Sports Medicine, is an independent, physician-owned orthopedic practice recognized as one of the region's most respected orthopedic groups. Clinical evaluations performed by highly skilled fellowship-trained orthopedic surgeons, combined with advanced surgical techniques and comprehensive non-surgical treatment options, provide patients with exceptional treatment outcomes and a return to active living.

Forté Sports Medicine and Orthopedics provides patients comprehensive orthopedic care in several sub-specialties, including hand, wrist, elbow and shoulder; foot and ankle; hip and knee; joint replacement and revision; spine



care and sports medicine. Physicians with Forté Sports Medicine and Orthopedics have been trusted by the Indianapolis Colts as their official team physicians since 1983 and serve as the orthopedic provider for Purdue University, Butler University, Indiana State University and numerous high schools and public safety departments throughout central Indiana.

Forté Sports Medicine and Orthopedics also innovates daily through a separate 501(c)(3) that is dedicated to improving the lives of patients everywhere through advanced clinical research and education.



SUNDAY

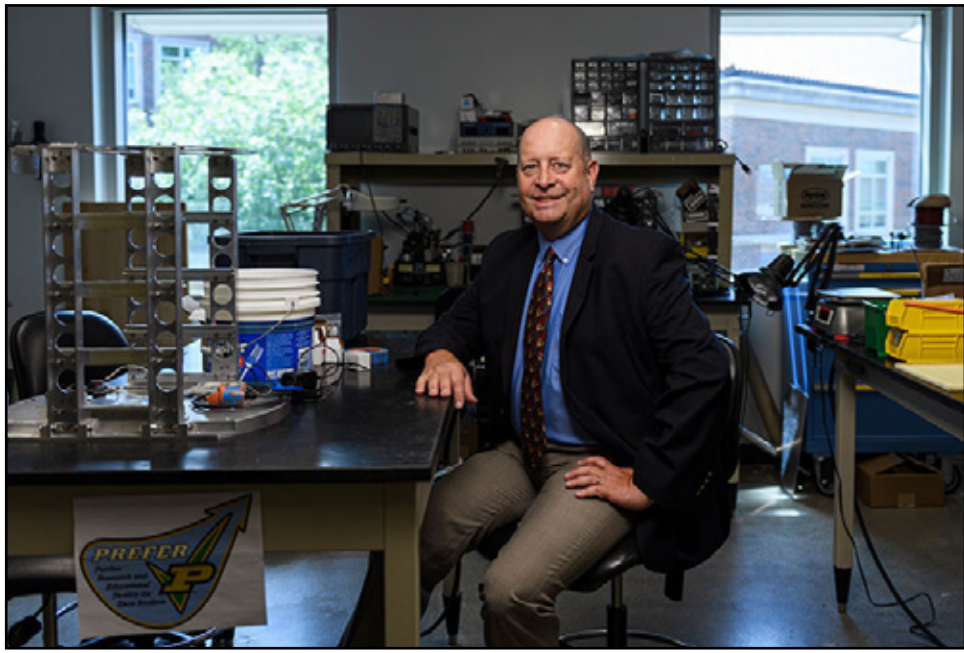
Indiana the Strong

Sunday, Dec. 19, 2021

B2

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

Reaching space to become a reality for Purdue aerospace engineer



Purdue University photo/Rebecca McElhoo

Steven Collicott, an aerospace engineer in the School of Aeronautics and Astronautics, was selected by NASA for a suborbital flight to conduct a research experiment aboard a Virgin Galactic aircraft.

Purdue University's Steven Collicott was 8 years old when he saw Neil Armstrong step onto the moon and dreamed of reaching the stars. Now, both he and his research are going to make a giant leap into space aboard a Virgin Galactic craft.

Collicott, a professor of aerospace engineering in the School of Aeronautics and Astronautics, was selected Wednesday to

receive an award by NASA's Flight Opportunities program giving him the chance to fly into suborbital space and back on a Virgin Galactic craft while conducting a zero-gravity experiment.

Collicott was the only applicant in this round of selections to receive the chance to take a suborbital flight sponsored by NASA. His research was selected as part of a

competitive nationwide process.

The selection will make Collicott the first Purdue faculty member to take a trip to space.

"The sudden news that I now get to fly into suborbital space to work in an amazing new zero-gravity laboratory aboard Virgin Galactic is a thrill beyond words," he said. "That I'll be one of the first researchers to fly with

their own experiments is an exciting notion that I never bothered to consider before."

Collicott already is known for his high-flying experiment endeavors, having taught a zero-gravity flight experiment course for many years. As part of the course, Collicott and some of his students experience weightlessness while conducting experiments aboard a parabolic aircraft flight, dubbed the "Vomit Comet."

Those flights reach an altitude only in the range of 30,000 feet, significantly less than suborbital rocket altitudes that begin as high as 50 miles.

Known as the Cradle of Astronauts, Purdue has 27 alumni who have flown in space or have been selected for space flight.

The final decision for Collicott's inclusion in the Cradle follows guidelines developed over three years ago when commercial space activities increased. William Crossley, the J. William Uhrig and Anastasia Vournas Head of Aeronautics and Astronautics, will apply those guidelines after Collicott's flight.

Inclusion is possible for alumni, faculty, staff and students who work in space.

Collicott, who recently returned from a zero-gravity aircraft flight, plans to start building the experiment soon.

For the flight, Collicott will conduct an experiment that explores a difficult-to-model phenomenon in how a liquid that wets a solid surface less than perfectly moves in an awkward stick-slip process across that solid surface in weightlessness.

The phenomenon can be found with green rocket propellants and water in life-support systems. In spaceflight, this stick-slip spreading process is important even in meters-long fuel tanks.

The experiment serves to help engineers exploit numerous liquid-solid combinations, such as new green propellants, in future spacecraft. The experiment also will highlight possible ways to automate such measurements in the future, and this automation enables cheaper launches of automated follow-up experiments.

Green propellants are new variations of rocket

fuels being researched as non-toxic replacements for long-used traditional fuels, which are dangerously toxic and very difficult to handle.

In recent years, Collicott has flown seven automated experiments on five Blue Origin missions and an automated experiment on a UP Aerospace launch with a second scheduled to happen in 2022. He also has flown automated experiments on numerous Exos Aerospace test flights.

The selection makes Collicott the latest person with Purdue connections to set their sights on suborbital flight. Two School of Aeronautics and Astronautics alumna - Sirisha Bandla and Audrey Powers - flew suborbital this year with fellow graduate Beth Moses, who became the first female commercial astronaut on Virgin Galactic's flight test in February 2019.

Powers flew in October via Blue Origin as the company's vice president of mission and flight operations. Moses and Bandla, Virgin Galactic's vice president of government affairs and research operations, flew in July.

Gov. Holcomb tabs Jake Oakman for top job

Gov. Eric J. Holcomb has announced that Jake Oakman is the new executive director for the White River State Park Development Commission.

"Jake has long been devoted to making Indiana a better place to work, live, play, study and stay," said Gov. Holcomb. "He will take his passion and commitment to making Indiana a global destination and build upon the current successes of one of our states Crown Jewels, the White River State Park."

Jake Oakman most recently has served as the director of strategic communications for the Indiana Republican State Committee. Before his role with the committee, Oakman worked for the Office of Governor Holcomb as his special



assistant, serving as the governor's primary speech writer and advisor on communication strategies. Before that, Oakman worked at the Indiana Office of Tourism Development as the director of communications and media relations. While in that role, Oakman helped develop and launch the state's first multi-state tourism branding campaign in nearly a decade, leading

to record numbers of visitors and tourism spending. Oakman's first job in Indianapolis was at White River State Park working as a ticket sales executive for the Indianapolis Indians at Victory Field.

"White River State Park is one of Central Indiana's premier destinations," Oakman said. "I'm excited to work with Governor Holcomb, the commission, the team at WRSP, Live Nation and other stakeholders to attract more visitors to the events and world class attractions within the park. With the new TCU Amphitheater and park expansion plans, this is the perfect time to develop creative ways to enhance the White River State Park visitor experience. I'm looking forward to leading those

efforts."

Oakman earned an undergraduate degree from Indiana University and serves as a member of the Indiana Arts Commission.

In 1979, the Indiana General Assembly created the White River State Park Development Commission as a quasi-governmental agency. The commission oversees the White River State Park's world-class attractions and destinations located in downtown Indianapolis. The 250-acre park is home to the TCU Amphitheater, the Indiana State Museum, the IMAX Theater at the Indiana State Museum, the Indianapolis Zoo, the Eiteljorg Museum, Victory Field and the NCAA Hall of Champions.

Oakman begins his tenure on Jan. 3.

Monroe Lake to sets 9th First Day run / walk on Jan. 1, 2022

Monroe Lake has scheduled its 9th annual First Day Trail Run and Walk at Fairfax State Recreation Area on Saturday, Jan. 1 at 3:30 p.m.

The event is non-competitive and offers distance options of 1.3, 2.9, and 3.7 miles. Registration is \$15 per person and includes a post-event grab-and-go meal and a ticket for the prize drawing.

Advance registration is available until Dec. 30 at bit.ly/firstdayrun2022. That web location also includes course maps and additional info. The first 300 people to register will receive a \$15 gift certi-



cate for the restaurants at the Fourwinds Lakeside Inn and an embroidered iron-on commemorative patch. Participants can also register on the day of the run from 2:15 to 3:15 p.m., cash or check only.

The First Day Trail Run and Walk is co-sponsored by Monroe Lake, the Fourwinds Lakeside Inn, and the Indiana Trail Running Association. Proceeds support public events, programs, and interpretation at Monroe Lake.

MatchBOX secures United Way funding, opens 2022 applications

Tesha Hardy had been in the nursing field for a decade before she established Lightstone Education Center in 2017. A nurse practitioner by day, Hardy saw an opportunity in the market for local education programs that allow professionals to enter or expand their skills in the medical field.

Hardy was one of ten founders included in MatchBOX Coworking Studio's first cohort of their Spark program. Juliana Casavan, operations manager for MatchBOX and Spark project lead, explained, "Business acceleration is a model for growing companies by giving founders access to mentors, curriculum, resources, networking, and workspace. We offer accelerator programs that are open to all appli-

cants, but built the Spark program specifically to serve Black, Indigenous, and POC founders. The entrepreneurs in our inaugural cohort have specific barriers and needs and our intention was to connect them with BIPOC mentors, allied service providers, and the resources they need to grow businesses in a variety of industries."

The year-long program, created, designed and delivered by MatchBOX with initial funding from the Indiana Economic Development Corporation, kicked off in January with ten local business owners, selected from a total of 34 applicants. Throughout the year, the entrepreneurs were matched with mentors and worked with business professionals to develop business plans, marketing strategies, brand and

packaging design, financial models, and operating documents.

And they saw impressive results. Neurava, a Spark company cofounded by Jay Shah and Vivek Ganesh, recently raised \$650,000 in seed funding led with support from Elevate Ventures to further develop a wearable device that monitors for seizures. Samiaiyah Ncube, founder of Nom Nums Cakes & Treats, and Tesha Hardy, founder of Lightstone Education received a combined \$10,000 in services via the MatchBOX Acceleration Microgrants program to fund growth-focused projects. Other participants grew their client base, pivoted their business models, and moved closer to a launch date.

In November, United Way of Greater Lafayette

announced that they would award \$10,000 from the first equity fund named for Sarah Rounds Fund. The SRP Equity Fund grant to MatchBOX is to help support the 2022 Spark cohort. Jennifer Million, senior director of finance and operations for UWGL, said, "The fund was established to incentivize nonprofits to develop or expand programs that will foster inclusivity and celebrate various cultural perspectives or opportunities to bridge gaps in services and outcomes. Supporting BIPOC business owners is an important aspect of working toward a more equitable community."

As the 2021 cohort nears graduation, Hardy shares, "During the Spark program, I've been able to make the leap to operating Lightstone Education full

time. I accessed a grant to rebuild my website and automate registrations and course assessments. The business is more efficient, more profitable, and I'm really excited about continued growth."

Applications are currently open for MatchBOX's 2022 Spark cohort, and an Informational session is scheduled for December 16 at 5 pm. Registration for the info session and applications for next year's program can be found at www.mbx.fyi/spark

About MatchBOX MatchBOX Coworking Studio is a nonprofit venture that draws together innovative and creative individuals pursuing new ideas. The 11,000 square foot studio is full of desks with all the amenities you need to get work done: 24-hour secure access,

conference rooms, superfast WiFi, the MBX Makerspace, and an unlimited supply of coffee and snacks.

It's a great place to start a new business, or to grow an existing small business. It's for the hobbyist with a new idea, the moonlighting entrepreneur, or the professional office nomad. It's for developers, designers, strategists, artists, writers, makers, and change-makers of all types. It's a home for the creative class in Lafayette, West Lafayette, and throughout the midwest.

The studio is an office and meeting space to nearly 300 members and partners in a variety of sectors. MatchBOX hosts meetups and events that focus on business acceleration, mentorship, technology, innovation, and more.

SUNDAY

In The Kitchen

DAY

Sunday, Dec. 19, 2021

C1

Have a favorite remedy you want to share? Send it to news@thepaper24-7.com

Delightful Dishes to Dazzle Holiday Guests

FAMILY FEATURES

Entertaining guests during the holidays isn't just about a main course that calls all to the table. What often makes a festive gathering more fruitful is a spread of delicious appetizers, delightful drinks and divine desserts that keep loved ones coming back to the kitchen for more.

For appetizing dishes from the first guest at the house to the last out the door, you can heighten the flavor and appearance of favorite recipes with one simple ingredient: apples. Ranging from tart to sugary sweet, finding the right balance for your palate is key. Scent can also influence taste, especially when you have a balanced sweetness with an uplifting, fresh aroma.

Turn to an option like Envy Apples this holiday season for satisfying texture and taste with a consistently balanced, refreshing sweetness coupled with a crisp, elegant crunch. They make for an easy snack when eaten fresh out of hand but are also perfect for holding over pre-dinner appetites in small plates like this Bell-Issimo Brie Melt or Apple Stuffing Bites with Rosemary Gravy.

The versatile flavor of apples isn't just limited to foods, however. For the adults in the room, Pumpkin Spice Apple Cider with a splash of bourbon is a seasonally appropriate way to quench thirst and break the ice. Simply omit the bourbon for a kid-friendly version so the whole party can savor a sip.

Easy to spot with their crimson red skin over a golden background that practically glows, Envy Apples offer an easy, eye-catching way to try new tastes and celebrate joyful occasions together. The bright white flesh is naturally slow to brown when sliced for a fresher flavor in sweet treats like Apple Oat Crumble and Citrus Caramel Topping for a tasty way to elevate your holiday get-togethers.

Find more sweet holiday recipes at EnvyApple.com.

Apple Oat Crumble and Citrus Caramel Topping

- 3 tablespoons sugar
- 1/2 teaspoon ground cinnamon
- 2 Envy Apples, diced into large cubes
- 1 tablespoon lemon juice
- 1/2 cup brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup old-fashioned oats
- 1/2 cup cold butter, diced small
- 1/2 cup caramel
- 1/4 teaspoon salt
- 1/2 orange, zest only
- 1 tablespoon orange juice
- vanilla ice cream

Preheat oven to 350 F.

In bowl, stir together sugar and ground cinnamon.

Toss apples in lemon juice then in cinnamon sugar mixture.

Spread in 9-inch pie dish.

In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.

Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.

In small pot, whisk caramel, salt, orange zest and orange juice until warm.

Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.



Apple Oat Crumble and Citrus Caramel Topping



Pumpkin Spice Apple Cider

Photo courtesy of Getty Images

Pumpkin Spice Apple Cider

- 1 Envy Apple, diced
- 1 tablespoon butter
- 1 teaspoon pumpkin spice
- 2 ounces bourbon
- 4 ounces pumpkin spice apple cider
- demerara sugar
- Envy Apple slices, for garnish

rosemary, for garnish
cinnamon stick, for garnish

In pan over medium heat, saute diced apples in butter and pumpkin spice 5-10 minutes.

In glass, combine bourbon and pumpkin spice apple cider; top with sauteed apples. Add demerara sugar then garnish with apple slices, rosemary and cinnamon stick.

Apple Stuffing Bites with Rosemary Gravy

- 1 box stovetop stuffing
- 2 tablespoons butter
- 2 cups diced Envy Apples
- 1/2 onion, diced small

Gravy:

- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups beef broth
- 2 teaspoons kosher salt
- 20 turns fresh cracked pepper
- 1 teaspoon Worcestershire sauce
- 1 tablespoon finely chopped rosemary

Preheat broiler.

Cook stuffing according to package directions; set aside and allow to cool slightly.

In large saute pan, melt butter saute apples and onion until tender. Set aside to cool slightly.

Stir together stuffing and apple mixture. Spread stuffing on sheet tray and allow to cool in refrigerator.

After cooling, form stuffing into medium bites and place on sheet tray lined with parchment paper.

Broil bites until golden brown and slightly crispy.

To make gravy: In small pot, melt butter and whisk in flour. Cook flour 1 minute, whisking frequently.

Whisk in beef broth, salt, pepper and Worcestershire sauce; bring to boil, whisking frequently. Remove from heat and stir in rosemary. If desired, continue gently simmering gravy to thicken.

Arrange stuffing bites in serving dish and drizzle with gravy. Serve hot.



Apple Stuffing Bites with Rosemary Gravy



Bell-Issimo Brie Melt

Bell-Issimo Brie Melt

- 1 round brie (6-8 ounces)
- 2 Envy Apples
- 1/4 cup walnuts
- 1/4 cup dried cranberries
- firm crackers

Unwrap brie and place on microwave-safe dish. Cut off top of brie round and microwave 60 seconds until middle is soft.

Slice apples into thick wedges.

Top brie with half the apples, crushed walnuts and dried cranberries. Serve with firm crackers and remaining apple wedges.

Holiday coffee recipes to support your health and beauty

Nora Tobin, executive coach to Fortune 100 companies, nutrition specialist and CEO of Nora's Naturals coffee, shares with us her four favorite holiday coffee recipes to bring in the new year. These recipes are all created with your health and beauty in mind!

Immune Strengthening: Superfood Coffee Recipe:

- 1 cup hot coffee
- 1 tablespoon raw cacao

powder

- 1 teaspoon raw maca powder
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract natural sweetener of choice (raw coconut sugar, stevia, pure maple syrup)
- Splash of heavy cream or almond milk
- Combine all ingredients in a blender or mix well

in a coffee mug, and then enjoy!

Fat Burning Keto Coffee

- Recipe:
- 1 cup coffee
 - 1 tbsp. organic grass-fed unsalted butter
 - 1 to 3 tsp. coconut oil or MCT oil
 - 1/4 t sp. vanilla
 - Cinnamon, optional
 - Combine all ingredients in a blender until smooth, then enjoy this beverage hot or cold!

Energy Enhancing Whipped Banana Latte

- Recipe:
- 1 cup coffee
 - 1/4 cup coconut cream
 - 1/4 cup heavy cream
 - 1 banana bananas, frozen
 - 1/2 cup ice cubes
 - 1/4 cup sugar
 - You will then add these ingredients into your favorite blender, blend to your desired consistency and enjoy hot or cold!

Muscle Building: Collagen Coffee recipe:

- 1 cup coffee
- 1/2 cup coconut cream
- 2 tbsp. Vanilla collagen protein
- 1 tbsp almond butter
- 1 tsp coconut or MCT oil
- 1/4 t sp. vanilla
- Honey, stevia or maple syrup to sweeten (optional)
- Combine all ingredients in a blender and blend until smooth. Optionally,

you can enjoy this hot or cold!

If you'd like to learn more cool coffee recipes for this holiday season, I'd be happy to connect you with regular media contributor, Nora Tobin. Nora has been featured on ABC, CBS, NBC, FOX, Forbes, First For Women, The Los Angeles Times, Shape Magazine and countless more media outlets.

SUNDAY

In The Kitchen

Sunday, Dec. 19, 2021

C2

Have a favorite recipe you want to share? Send it to news@thepaper24-7.com

HEARTY, WHOLESOME WINTER MEALS

FAMILY FEATURES

Seeking comfort from the cold in the form of a wholesome meal is a perfect way to cap off a day with loved ones. During the winter months when brisk temperatures chill you to the bone, warming up with hearty dishes at the family table can bring everyone together.

- Full of seasonal flavors with top-notch taste, Pecan-Crusted Pork Tenderloin offers a delicious main course you don't have to feel guilty about. This easy yet elegant entree puts a unique spin on a dinner-time staple thanks to a crunchily pecan crust.
- With cheddar and ricotta cheeses, sour cream and cavatappi noodles, this Mac and Cheese with Pecan Breadcrumbs is an extra creamy, creative twist on the kid-friendly classic. Pair this family favorite with the pork tenderloin for an easy weeknight combination that little ones can help with in the kitchen by stirring together the cheesy goodness.

This family dinner is made possible with tasty pecans, which are among the lowest in carbs and highest in fiber compared to other tree nuts, helping you stay fuller longer. As a nutrient-dense powerhouse, they have 3 grams of plant-based protein and 3 grams of fiber per 1-ounce serving with 12 grams of "good" monounsaturated fat and only 2 grams of saturated fat. Essential nutrients like thiamin, zinc, copper and manganese – a mineral that's essential for metabolism and bone health – mean you can feel good about serving pecan-infused dishes to your loved ones.

Visit americanpecan.com to find more winter weeknight recipe inspiration.

Pecan-Crusted Pork Tenderloin

Total time: 35 minutes
Servings: 6

- 1 pork tenderloin (about 1 1/2 pounds) salt, to taste
- pepper, to taste
- 1/2 cup brown sugar, divided
- 2 tablespoons soy sauce, divided
- 2 teaspoons minced garlic
- 1/2 cup pecan pieces
- 1/4 cup pineapple juice
- 2 tablespoons Dijon mustard

Preheat oven to 400 F and lightly grease large baking dish. Season pork tenderloin with salt and pepper, to taste; set aside.

In small bowl, stir 1/4 cup brown sugar, 1 tablespoon soy sauce and minced garlic. Spread mixture over pork.

Press pecan pieces into brown sugar mixture on pork. Bake, uncovered, 20 minutes.

In medium saucepan over medium-high heat, combine remaining brown sugar, remaining soy sauce, pineapple juice and Dijon mustard. Bring mixture to boil; reduce to simmer 3-5 minutes then remove from heat.

Slice pork, spoon sauce over top and serve.



Pecan-Crusted Pork Tenderloin



Mac and Cheese with Pecan Breadcrumbs

Mac and Cheese with Pecan Breadcrumbs

Total time: 50 minutes
Servings: 6

- 8 ounces cavatappi pasta
- 1 tablespoon butter
- 1 block (8 ounces) cheddar cheese
- 1/2 cup raw pecan pieces
- 15 ounces part-skim ricotta cheese
- 4 tablespoons sour cream
- 1 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 large egg, lightly beaten

Preheat oven to 375 F. In salted boiling water, cook pasta according to package

instructions. Drain, reserving 1/2 cup pasta cooking water. Return pasta to pot and stir in butter.

Using box grater, shred cheddar cheese.

Using food processor, process 1/4 cup shredded cheese with pecans to coarse breadcrumb consistency.

Add remaining cheddar cheese, ricotta, sour cream, salt and pepper to warm pasta. Stir until thoroughly combined. Add egg; stir. Add reserved pasta water to loosen mixture; stir until smooth.

Pour into buttered 9-inch square or round casserole dish and top evenly with pecan topping. Bake 30 minutes.

Give the gift of
Life Insurance

INDIANA FARM BUREAU INSURANCE

Terresa Hatke
765-376-5359

100 Walter Remley Drive • Crawfordsville

Merry Christmas & Happy New Year

The PAPER

of Montgomery County *Montgomery County's only locally owned independent newspaper*

DELIVERED DAILY AND AVAILABLE ONLINE AT

WWW.THEPAPER24-7.COM

SUNDAY

In The
Home

Sunday, Dec. 19, 2021

D1

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

Bring a bit of spring color indoors

Pot them up, give them a chill and enjoy spring flowering bulbs indoors or outside on a patio, deck or porch. This is a great way to enjoy any bulbs that didn't make it into the ground this season or take advantage of late season discounts on bulbs.

Larger flowering bulbs like tulips, daffodils, hyacinths, and alliums put on quite a display in your home or in a window box or container. Add some smaller bulbs like crocus, squills, and grape hyacinths to the mix for added beauty.

All you need is a container with drainage holes, potting mix, and a few bulbs. Shorter varieties work well or give taller varieties a bit of support with twigs or decorative stakes when displaying indoors.

Cover the bottom of the container with soil. Set several bulbs, pointed side up, on top of the potting mix. Set the tallest bulbs in the center surrounded by shorter varieties when creating a mixed garden. Place tulips with the flat

side of the bulb facing out for a better display. Cover the bulbs and fill the container with potting mix.

Enjoy weeks of colorful flowers by selecting a variety of bulbs that bloom from early through late spring. Layer the bulbs to maximize your planting space. Place larger bulbs on top of the soil layer at the bottom of the container. The tallest of these will go in the center skirted by shorter varieties to maximize the display.

Cover this first layer of bulbs with potting mix, leaving just the tip of the bulbs exposed. Add smaller bulbs like squills, crocus and grape hyacinth bulbs to the next level. Plant them close together between the tips of the larger bulbs. Cover this layer with soil, leaving enough space for watering.

Water the freshly planted container thoroughly, then move it to a cool location, about 35 to 45 degrees for at least 12 to 15 weeks. This cold period is needed to initiate

flowering in these bulbs. A spare refrigerator or in colder regions, an unheated garage works well. Or if the ground hasn't frozen, sink the pot into a vacant space in the garden. This works for those gardening in areas where winter temperatures are cold enough to provide the needed chill. Mulch the soil once the ground starts to freeze with evergreen boughs. This will make it easier to remove the pot in early spring.

Eliminate this step by purchasing pre-chilled bulbs. These have received the needed cold treatment and are ready to pot up and grow indoors or outdoors in warmer regions.

Check stored bulbs regularly for early sprouting and move to a colder location if needed. Water the bulbs in storage whenever the soil is thawed and dry.

Once the cold treatment is complete, you can move the forced bulbs to their final location where you can enjoy the spring flowers. Place the container in a cool location with bright

indirect light indoors. Water thoroughly as needed and watch for flowers to appear in about four weeks. Remove one pot a week from cold storage to extend your enjoyment.

Monitor spring growing conditions before moving forced bulbs into outdoor planters. Once the weather is suitable for bulbs to sprout and grow outdoors, it is safe to move forced bulbs into the landscape.

When they are done flowering, you can compost the bulbs or for those suited to your growing conditions add them to the garden. Remove the faded flowers and water the plants like your houseplants or other container gardens. Fertilize with a dilute solution of flowering plant fertilizer or apply a low nitrogen, slow-release fertilizer. This helps replenish the nutrients used in flowering.

Move indoor forced bulbs outdoors as soon as the danger of frost has passed. Those in containers outdoors can remain in the pots until the foliage fades or the garden is



Photo courtesy of MelindaMyers.com

A container with drainage holes, potting mix, and a few spring flowering bulbs planted pointed side up is all you need to create a colorful indoor garden.

ready for planting. Or store the bulbs in a cool dark place for summer and plant in fall with other hardy bulbs. Then be patient as it can take two years for these to flower.

Forcing spring flowering bulbs is a great way to add beauty to your indoor décor, patio, balcony, or deck. They also make a great gift for gardeners of all experience levels.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her web site is www.MelindaMyers.com.

Backyarding trends in 2022: Americans continue to live outdoors

"Backyarding" – the trend to move indoor activities outdoors that was made popular during the pandemic – is here to stay and will continue to expand in 2022, according to the TurfMutt Foundation, an environmental education and stewardship program that encourages outdoor living and caring for green spaces.

"Backyarding is a way of life now," says Kris Kiser, president and CEO of the TurfMutt Foundation and its parent organization the Outdoor Power Equipment Institute (OPEI). "Homeowners spent lots of time, money and effort over the last eighteen months improving their backyards to make them an extension of their homes so they could work, cook, exercise and even vacation outdoors. We believe people will continue to 'backyard more' in the coming year and beyond."

The TurfMutt Foundation predicts the following backyarding trends for 2022:

Lines between the indoors and the outdoors will continue to blur. Doors and windows will be opened to the great outdoors and more people will enjoy breakfast or a nightcap on the deck.

Decorating choices will marry the outside and the inside, with colors and tones that provide more visual connection between indoor areas and the backyard, for a seamless transition.

Offices will turn to the outdoors. There will be no need to turn to technology to create a virtual backdrop for video calls. The natural setting created by the yard's living landscape – trees, flowers, bushes and other plants – is the best video call background, bar none. Privacy screens, electrical outlets and wifi extenders could become more common backyard amenities.

Balconies, porches, window boxes and patios will be maximized. Think tuning up the volume on these additional outdoor spaces and you've got the idea. Seating, flowers, potted plants, curtains and more make these areas sparkle as places for retreat and socialization.

Kids (and adults) will spend more time outside learning. The backyard or park become an even bigger living laboratory for learning. Kids will likely take online classes or do homework under the shade of a tree, in an outdoor classroom at school, or at a patio or picnic table. They brush

up on STEM concepts (see TurfMutt's free lesson plans for help!) by planting and studying flowers, bugs, and weather. Gardens for vegetables educate families on where food comes from and nesting boxes or bat boxes for wildlife showcase the nature around them.

Al fresco dining will become the norm. Grills, pizza ovens and overhead lighting with seating make many homes outdoor eateries for families and neighbors. Interest in outdoor kitchens, pergolas, shade sails and landscaping will define and enhance outdoor dining.

Business deals get cooked up in backyards. While socializing around fire pits and watching the kids play soccer on the lawn, adults will have the informal conversations that used to happen in other venues. Games of croquet and cornhole could turn easily into business networking opportunities.

The backyard will be the first place people turn to for relaxation and stress relief. Yoga, hammocks, reading nooks, calming water features and garden elements, and more add spa-like features to the backyard. More people will plant with peace of mind at heart, adding colors that make



Photo courtesy of TurfMutt.com

Offices will turn to the outdoors. There will be no need to turn to technology to create a virtual backdrop for video calls. The natural setting created by the yard's living landscape – trees, flowers, bushes and other plants – is the best video call background,

them feel good, while aiming for sensory or emotional connections.

Outdoor entertainment will evolve. Movie projectors with sound systems and outdoor screens turn the yard into a theater under the stars. Expect to see more fire pits, outdoor games and more that enhance outdoor recreation.

Homeowners will plant with wildlife in mind. Knowing the backyard is a habitat for pollinators, insects, birds, and other

wildlife, homeowners likely will choose plants, trees and shrubs that nurture and support wildlife – delighting in discovering them.

Pampering pets will only increase. Fencing, sandpiles for digging, dog houses, and even agility courses for pets to enjoy are going to become more common.

More people will discover their backyarding personality types – and design a yard that matches their outdoor lifestyles.

They will map out their yards, take an inventory of tools and equipment available to create and maintain their dream, and then work hard to create a defined backyard that meets their needs over the coming year.

For more, sign up for Mutt Mail, a monthly e-newsletter with backyarding tips and all the news from the TurfMutt Foundation. To learn more about creating the yard of your dreams, visit TurfMutt.com.



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS

The Paper
OF MONTGOMERY COUNTY
SUBSCRIBE TODAY!
361-0100

SUNDAY

Business

Notes and

NEWS DAY

Sunday, Dec. 19, 2021

F1

Want to Contact Us? ☒ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☒ ONLINE, www.thepaper24-7.com ☒ (765) 361-0100

Santa, if you have room in your bag here's my list . . .

The clock is ticking and I'm minding my P's and Q's . . . because we all know Santa is watching. We're in those final hours where I have been told he is firming up who ends up on the nice list and who goes down to the naughty list.

So let's all be on our very best behavior here, and while we're at it, I'd like to leave the big guy my list. Here goes. Dear Santa, I hope this finds you, Mrs. Claus, the elves and reindeer all well. Did the pandemic make its way up to the North Pole? I surely hope not, but just in case it did - here's hoping those immunization shots did, too (and

hoping those 12-foot long swabs they stick up your nose for testing did not). Sorry! I know you're busy so I'll get to it.

I've tried hard to be good this year - but just between you and me, it's been tough to hold back on those swear words. Santa, between the supply chain shortages, worker shortages and revenue shortages . . . well, about the only thing that wasn't in shortage was foul language.

So I'm hoping you might be able to overlook that one.

If you have room in the sleigh, here's my list.

1. Employees! Santa, I can't recall a time when I have seen so many help wanted signs. Everyone is hiring, and every manager I talk to says the same thing - they can't find help. Look, no offense here, but you have elves. I'm not sure you understand how frustrating this is. So anything you might be able to do on this would sure be appreciated.

2. Answers. No disrespect to anyone anywhere Santa, but what the hell, uh, I mean heck, are we supposed to believe when it comes to the coronavirus. Do we require everyone to get a shot? Do we not? Do masks work? Do they not? Is there a mandate for this? Is there not? And when I turn on the TV to get an answer, it depends entirely on what channel I'm watching. Heck Santa, I even asked two doctors I know and got opposite answers. All I really know is this - I trust you. If you tell me the scoop, I'll believe you!

3. Customers! I guess this is a little like the first two. Folks can't find help or answers they trust so it hurts their business and that means they don't want to spend more money. What's a good business to do?

4. Less government help. No sir, I don't mean local, I mean the big boys. For us small businesses, life is hard enough. Don't make us pay more in taxes, or follow more rules and regulations. Get out of our way and let us do our jobs. I'm not the smartest guy in the room, but I'm pretty sure the free market will weed out the ones who don't do it right.

5. And lastly, and this might be the hardest. But Santa, every small business owner I know wants this - needs this actually. And if you could see your way into laying that finger aside your nose and doing something for them, they sure would appreciate it. And I'd like to ask you for a lot of these, but I'm guessing after the trials and tribulations of the last year, they would all settle for one. You see

Santa, if you could, how about letting all the small business owners get one good night's sleep without interruption. Thanks for listening Santa! I'll leave the cookies and milk in the usual spot!

Tim
Next week: New Year's resolutions

Business Playbook is written by Tim Timmons. Timmons' book, Coaching Success: Creating Champions for the Business World is available at www.tim-timmons.com.

How looking back over last year can help plan for the next one

This time of the year, there are millions of people who look back at the goals they set on New Year's and often see where they fell short. Many people make resolutions at the beginning of the year, fall short in reaching them, and then beat themselves up when they get ready to go into the next year. One personal development coach says that's the wrong way to go about improving your life, and she offers a whole new "zoom out" approach to successful transformation.

We often get in the habit of just setting goals, not reaching them, and then being hard on ourselves as we set them again the following year," explains Katie Sandler, personal development and career coach. "This year, do yourself a favor and take a whole new approach. My approach helps people make an impact and finally become unstuck."

According to a study published in the December 2020 issue of the journal PLoS One, most of the goals people set each January focus on physical health, weight loss, and eating habits. Their large-scale study finds that one year later, 55% of the people feel they were successful with the goals they had set, and that there were two things that helped them be more successful.

The first thing that made people in the study more successful was having approach-oriented goals, rather than avoidance-oriented ones. In other words, instead of making the goal to completely avoid something, people are more successful if they have a way to approach it that is healthier and more manageable, or if they wanted to avoid something they had an approach to successfully achieve that.

Secondly, those who had some kind of support were

significantly more successful compared to those who did not. That support can be in the form of a group, friend, or a personal development coach. When you have someone who can help keep you motivated and mindful, it will go a long way toward helping to achieve goals and dreams.

Sandler has provided the support and guidance to many people, helping them to transform their life. Her approach involves looking back over the last year, but not in an effort to look at shortcomings or beat yourself up. Instead, it's about viewing your life from a distance, seeing what you'd like to change, and then visualizing what you want your life to be like.

Here are the steps to Sandler's "zoom out" approach to planning for the New Year:

Get a journal and set aside some time for personal reflection.

Get some perspective about yourself by zooming out and viewing your life over the last year. To do this, visualize that you are watching your life in a movie reel. Observing from a distance will give you a chance to be objective.

Ask yourself some questions and write the answers in your journal. Ask yourself things like how the last year felt, what it meant to you, if there is a misalignment in what you see and what you want, what felt good and right, what needs to shift to be more in line with what you want, and what you want the next year to look like.

As you perform this exercise strive to be objective and mindful, but be gentle with yourself. If there are things you didn't like that's okay, this is the time to put them in the spotlight so there can be a shift. Visualize how you want the next year to be and write it down.

With that visualization in mind, go into the New Year with a positive attitude, moving your life in the direction that you want it to be. Be gentle with yourself and just keep moving forward.

"When a new year starts it's the perfect time for reflection and transformation," added Sandler. "When you do this exercise you will no longer be stuck. You will have a visualization of what you want your life to be like and can help make it happen. By zooming out you get a different perspective about yourself and it can be powerful in helping with self transformation."

Sandler has worked with many people to help them identify a plan for personal achievement, take steps to reach goals, and identify areas that need to be worked on. She provides people with meaningful tools that they can use to help bring calm and insight into their life. In addition to working with individuals, she offers luxury impact retreats.

Sandler has a bachelor's degree in psychology and a master's degree in mental health counseling, has a strong foundation in mindfulness-based stress reduction, and has worked in hospitals and private practice. She previously spent time as a research assistant while at Johns Hopkins, focusing on purpose in life. To learn more about Katie Sandler and her services, or to see the retreat schedule, visit the site: <https://katiesandler.com/>.

Katie Sandler is a popular impact coach and provides health and wealth coaching and personal and professional development. She offers retreats around the world, as well as private coaching and corporate impact coaching opportunities.

Small Business Optimism and Prices are going up and up during November

The NFIB Small Business Optimism Index increased slightly in November by 0.2 points to 98.4. Four of the 10 Index components improved, four declined, and two were unchanged. The NFIB Uncertainty Index decreased four points to 63.

"As the end of the year nears, the outlook for business conditions is not encouraging to small business owners as lawmakers propose additional mandates and tax increases," said NFIB Chief Economist Bill Dunkelberg. "Owners are also pessimistic as many continue managing challenges like rampant inflation and supply chain disruptions that are impacting their businesses right now."

State-specific data is not available, but NFIB State Director Barbara Quandt said, "It's clear from the survey that small business owners here and across the country think that issues like the labor shortage and disruptions in the supply chain will continue in the new year."

Key findings include: Owners expecting better business conditions over the next six months decreased one point to a net 59% (seasonally adjusted), the highest reading since October 1979. The net percent of owners raising selling prices increased six points to a net 59% (seasonally adjusted), the highest reading since October 1979.

Seasonally adjusted, a net 54% of owners plan price hikes, up three points from October and a 48-year record high reading. Forty-eight percent of owners reported job openings that could not be filled, a decrease of one point from October.

As reported in NFIB's monthly jobs report, small business owners continue to struggle to find workers to fill their open positions. Forty-eight percent (seasonally adjusted) of all small business owners reported job openings they could not fill in the current period, down one point from October. Overall, 60% of owners reported hiring or trying to hire in

November.

Fifty-five percent of owners reported capital outlays in the last six months, down one point from October. Of those owners making expenditures, 39% reported spending on new equipment, 22% acquired vehicles, and 14% improved or expanded facilities. Six percent of owners acquired new buildings or land for expansion and 13% spent money for new fixtures and furniture. Twenty-seven percent of owners plan capital outlays in the next few months, down four points from October.

A net negative 2% of all owners (seasonally adjusted) reported higher nominal sales in the past three months, up two points from October. The net percent of owners expecting higher real sales volumes increased two points to a net 2%.

The net percent of owners reporting inventory increases gained two points to a net 3%. Thirty-five percent of owners report that supply chain disruptions have had a significant impact on their business, 31% report a moderate impact, and 22% report a mild impact. Only 9% of owners report no impact from recent supply chain disruptions. A net 15% of owners viewed current inventory stocks as "too low" in November, up six points from October and a record-high level. A net 10% of owners plan inventory investments in the coming months, up two points from October and historically a very elevated reading.

The net percent of owners raising selling prices increased six points to a net 59% (seasonally adjusted), the highest reading since October 1979. Three percent (unadjusted) reported lower average selling prices and 59% reported higher average prices. Price hikes were the most frequent in wholesale (88% higher, 0% lower), construction (75% higher, 7% lower), and manufacturing (66% higher, 1% lower). Seasonally adjusted, a net 54% of owners plan price hikes, up three points from October and a 48-year record high reading.

A net 44% (seasonally adjusted) of owners report-

ed raising compensation, unchanged from October and a 48-year record high reading. A net 32% plan to raise compensation in the next three months, also unchanged from October and a record high reading. Ten percent of owners cited labor costs as their top business problem and 29% said that labor quality was their top business problem.

The frequency of reports of positive profit trends remained at a net negative 17%. Among those owners reporting lower profits, 32% blamed the rise in the cost of materials, 25% blamed weaker sales, 9% cited labor costs, 9% cited the usual seasonal change, 16% cited lower prices, and 2% cited higher taxes or regulatory costs. For owners who report higher profits, 61% credited sales volumes, 11% cited usual seasonal change, and 17% cited higher prices.

Two percent of owners reported that all their borrowing needs were not satisfied, 23% reported all credit needs were met, and 65% said they were not interested in a loan. A net 2% reported their last loan was harder to get than in previous attempts. Zero percent of owners reported that financing was their top business problem. A net 2% of owners reported paying a higher rate on their most recent loan.

The NFIB Research Center has collected Small Business Economic Trends data with quarterly surveys since the 4th quarter of 1973 and monthly surveys since 1986. Survey respondents are randomly drawn from NFIB's membership. The report is released on the second Tuesday of each month. The survey was conducted in November 2021.

About NFIB
For more than 75 years, NFIB has been the voice of small business, advocating on behalf of America's small and independent business owners, both in Washington, D.C., and in all 50 state capitals. NFIB is nonprofit, nonpartisan, and member driven. Since our founding in 1943, NFIB has been exclusively dedicated to small and independent businesses and remains so today. For more information, please visit www.NFIB.com.



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS

The Paper
OF MONTGOMERY COUNTY

SUBSCRIBE TODAY!

361-0100



Service times:
10:02 am on Sundays
Wednesday night prayer meeting
at 6:30 pm.
vinechurchlife.org

A family for everyone



Waynetown Baptist Church
Service: Sunday 10:30 am
Children's Church
Casual Clothes, Everybody Welcome
Traditional and Contemporary



Woodland Heights Christian Church
Invites you to join us as we welcome our new lead minister:
Dr. Tim Lueking
Beginning Sunday, February 28th, 2021
Weekly Sunday Schedule:
Traditional Service - 8:15 AM
Sunday School for all ages - 9:30 AM
Contemporary Service - 10:30 AM
Woodland Heights Youth (W.H.Y.) for middle schoolers
and high schoolers - 5-7 PM
Visit us online at WHCC.US
Woodland Heights Christian Church
468 N Woodland Heights Drive, Crawfordsville
(765) 362-5284
"Know Jesus and Make Him Known"



NEW ROSS UNITED METHODIST CHURCH
The BRICK CHURCH on State Street
Sunday Worship 9:00 AM
Children's Sunday School during Sunday Worship
In person or on Facebook at
Facebook.com/NewRossUnitedMethodistChurch
Pastor Michelle Knight
John 3:16

"Making the World a Better Place"



One Way Pentecostal Apostolic Church
802 Mill St. • Crawfordsville
Pastor Steve Lee and his wife, Tamara, invite you all to their spirit-filled church
Services
Sunday at 2 pm
Wednesday Evening Bible Study
7 pm
Saturday evening
(speaking spanish service)
at 7 pm



Southside Church of Christ
153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com
Sundays:
Worship at 10:30 am
Wednesday Night Bible Study 7 pm



New Market Christian Church
300 S. Third Street • New Market
(765) 866-0421
Dr. Gary Snowden, Minister
Sunday Worship at 10:00 am
in the Family Life Center
(Masks Encouraged)
or in the Parking Lot Tuned to 91.5 FM
No Sunday School at This Time
nmcc@sbcglobal.net • newmarketcc.org
Visit Us on Facebook
*We Exist to Worship God,
Love One Another &
Reach Out to Our Neighbors*



new hope christian church
Helping people to follow Jesus and love everybody!
2746 S US Highway 231
Crawfordsville
Services:
Thursday night at 6:30
Sunday mornings at 10:30
Both services are streamed



Linden United Methodist Church
Making disciples of Jesus Christ for the transformation of the world
Sunday Worship 10:00 AM
in person or on Facebook at
www.facebook.com/LindenUnitedMethodistChurch
Sunday School 9:00 AM
Pastor Clint Fink
Email: lindenum@tctc.com
Website: lindenumchurch.org
"Making disciples of Jesus Christ for the transformation of the world."



Liberty Chapel Church
Phil 4:13
Church Services:
Sunday School 9 am
Church 10 am
Wednesday Children's Awana Program
6 pm-8 pm



LADOGA CHRISTIAN CHURCH
Church Service at 10 am
124 West Elm Street • Ladoga
(765) 942-2019
ladogachristianchurch@gmail.com
www.ladogacc.com



Faith Baptist Church
5113 S 200 W • Crawfordsville
(765) 866-1273 • faithbaptistcville.com
Sunday School 9:30AM
Sunday Morning 10:30 AM
Sunday Evening 6:00 PM
Prayer Mtg Wednesday 7:00 PM
*Where church is still church
Worship Hymns
Bible Preaching*



Hickory Bible Church
104 Wabash • New Richmond
Sunday Services:
Breakfast and Bible - 9:30
Church - 10:30
a small church with a big heart!
Dr. Curtis Brouwer, Pastor
765-918-4949



Garfield Apostolic Christian
4485 E 300 N • Crawfordsville
Services
Sunday at 10 am
Tuesday Prayer Meeting
6 pm - 7 pm
Thursday Bible Study
6:30 pm - 8 pm



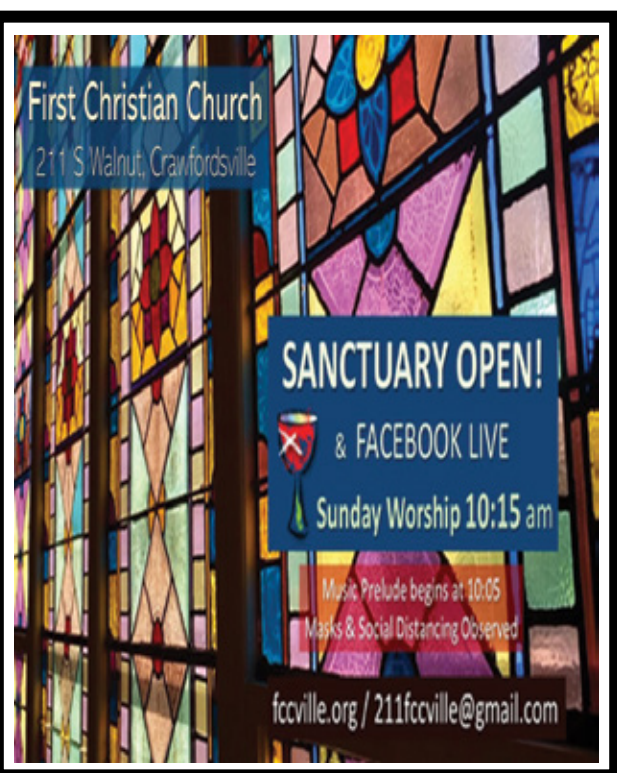
Friendship Baptist Church
1981 West Oak Hill Road • Crawfordsville
Romans 15:13
Follow us on Facebook
Sunday school 9:30 am
Church 10:30 am
Wednesday Bible Study 4 pm



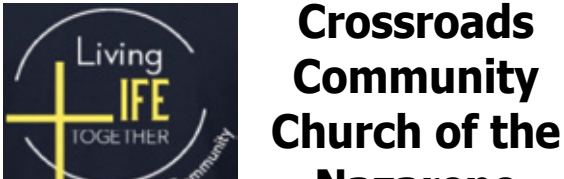
Fremont Street Baptist Church
1908 Fremont St • Crawfordsville
Sunday school 9:30 am
Church 10:30 am
Sunday Evening 6 pm
Wednesday Night Bible Study 7 pm



FIRST UNITED METHODIST CHURCH
Follow in The Sun
212 E. Wabash Avenue
Crawfordsville
(765) 362-4817
www.cvfumc.org
Virtual services at 9:00 am
Can be watched on channel 3
All are welcome to join and
all are loved by God



EAST SIDE BAPTIST CHURCH
2000 Traction Rd • Crawfordsville
765-362-1785
www.eastsidebc.com
Services:
Sunday School at 9 am
Church at 10 am
Help and hope through truth and love



Crossroads Community Church of the Nazarene
Church Services: 8:30 and 10:30
Facebook Live Stream 10:30
117 E State Road 234 • Ladoga
765-866-8180



Congregational Christian Church
"Be a blessing and be blessed"
101 Academy Street • Darlington
765-794-4716
Sunday School for all ages 9:30am
Worship 10:30am
You can find us on Youtube
and Facebook

SUNDAY

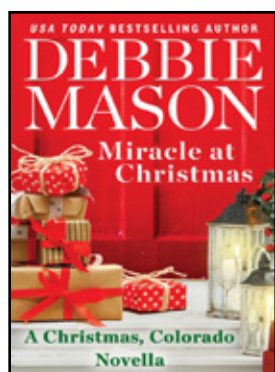
Readings and Writings

Sunday, Dec. 19, 2021

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

G2

NEW & RECENT RELEASES

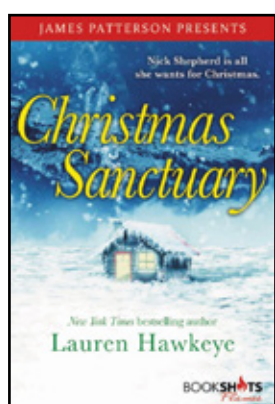


Quick READ
Title: Miracle at Christmas
Author: Debbie Mason
Genre: Novella
For Sale: Now
Price: \$1.99
Page Count: 60
ISBN: 9781538746318

Celebrate the holidays with USA Today bestselling author Debbie Mason's heartwarming novella about a town called Christmas.

Charlotte Bailey needs a miracle. She came to this sleepy little Colorado town to keep the local hospital afloat, but now her scrooge of a boss is demanding she close it down. Charlotte is going to need all the help she can get, even from Dr. McSexyer, Dr. Matt Trainer—if she's to save Christmas before, well, Christmas!

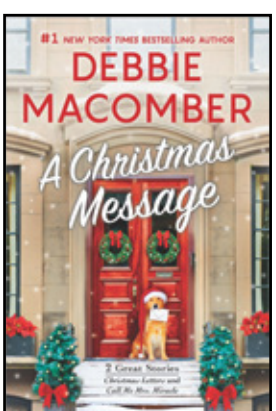
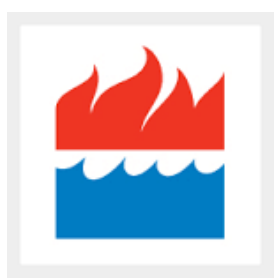
All Matt wants for Christmas is for Charlotte to give it—and him—half a chance. But with the town looking to him to save the hospital and Charlotte itching to get back to New York in time to see the city decked out in lights, Matt doesn't have much time to make things right. But he's got faith—after all, miracles happen every day in Christmas.



Quick READ
Title: Christmas Sanctuary
Author: Lauren Hawkeye, with James Patterson
Genre: Holiday
On Sale: Now
Price: \$2.99
Page Count: 144
ISBN: 9780316473583

Emma Kelly needs a Christmas miracle. Nick Shepherd loves his life in Salt Spring Island, where he sculpts in a studio with the grizzled and talented artist Mike Nagorski. Mike's estranged daughter, Emma Kelly, arrives in their quiet haven, and though Nick is immediately drawn to her, he tries to resist his feelings. There may be Christmas magic in the air, but Nick knows it can't last forever . . .

BookShots Flames Original romances presented by James Patterson Novels you can devour in a few hours Impossible to stop reading.



Quick READ
Title: A Christmas Message
Author: Debbie Macomber
Genre: Holiday
On Sale: Now
Price: \$9.99
Page Count: 384
ISBN: 9780778388227

This season, discover the magic of two classic heartwarming stories and the message of love and giving at Christmas!

Christmas Letters
Katherine O'Connor spends her days at a cozy café writing Christmas letters for other people. She's good at making their everyday lives sound more interesting. But for renowned child psychologist Dr. Wynn Jeffries, who also frequents the café, Christmas means deception. Katherine argues with Wynn about his theories while he argues that her letters are nothing but lies. They disagree about practically everything—but as the days move closer to Christmas, Katherine and Wynn may find that love means accepting your differences while discovering what you share.

Call Me Mrs. Miracle
For Jake Finley, owner of Finley's Department Store in New York City, Christmas means only one thing to him: profit. The holiday was destroyed for him by a tragedy years before. But now he needs a Christmas miracle to keep the business afloat. Holly Larson needs a miracle, too. Her nephew's father won't be home for Christmas, but at least she can get him the one gift he desperately wants. If she can figure out how to pay for it... Fortunately, it's Mrs. Miracle to the rescue. Next to making children happy, she likes nothing better than helping others—and that includes a bit of matchmaking!



Quick READ
Title: Christmas at Little Beach Street Bakery
Author: Jenny Colgan
Genre: Holidays
On Sale: Now
Price: \$9.99
Page Count: 320
ISBN: 9780063036154

In the Cornish coastal village of Mount Polbeame, the Christmas season has arrived. It's a joyous time for family, friends, and feasting, as decorations sparkle along the town's winding streets and shop windows glow with festive displays. And in Polly's Little Beach Street Bakery, the aroma of gingerbread cookies and other treats tempts people in from the cold.

Though Polly is busy keeping up with the demands of the season, she still makes time for her beekeeper boyfriend, Huckle. She's especially happy to be celebrating the holiday this year with him, and can't wait to cuddle up in front of the fireplace with a cup of eggnog on Christmas Eve.

But holiday bliss soon gives way to panic when a storm cuts the village off from the mainland. Now it will take all of the villagers to work together in order to ensure everyone has a happy holiday.

Full of heart and humor, Jenny Colgan's latest novel is an instant Christmastime classic.



Quick READ
Title: Christmas Joy
Author: Nancy Naigle
Genre: Holidays
On Sale: Now
Price: \$15.99
Page Count: 352
ISBN: 9781250106070

NOW A HALLMARK ORIGINAL MOVIE STARRING DANIELLE PANABAKER AND MATT LONG!

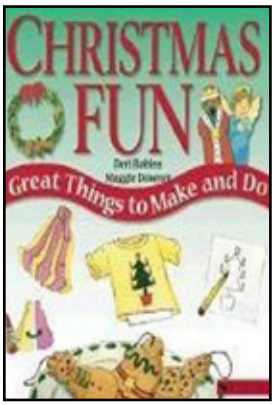
From USA Today bestselling author Nancy Naigle, Christmas Joy is a heartwarming Christmas story about family, friendship and finding love in unexpected places.

Joy Holbrook might be all work and no play, but that changes when her Aunt Ruby takes a fall that lands her in a rehabilitation center before the holidays. Joy takes a leave of absence from her job as a market researcher to run the family farm, even though the timing may hinder her chance at garnering the promotion of her dreams.

Ben Andrews isn't your average accountant. He also happens to be the handiest man in Crystal Falls. He's helped his elderly neighbor, Ruby Johnson, decorate for the annual Christmas Home Tour—and win—the last several years. He's not about to let some drop-in niece break their winning streak.

Ruby seems overly concerned about Joy being able to handle Molly. Under the impression she's referring Molly the bunny that is one of the menagerie of animals, Joy's not worried at all until the next morning when a little girl named Molly shows up. For the sake of her aunt, Joy is forced to partner with Ben while Ruby is on the mend to help with preparation for the Christmas tour and, in the process finds her career-focused heart dreaming of a family.

Will the magic of Christmas help her to open her heart and find her everlasting joy?



Quick READ
Title: Christmas Fun
Author: Dari Robins
Genre: Holidays
On Sale: Now
Price: \$4.95
Page Count: Paperback
ISBN: 9780753456828

Den Robins has created a book to go along with her other activity books for children that include The Kids' Around the World Cookbook, Christmas Fun, Halloween Fun, Birthday Fun, The Great Pirate Activity Book and the Step-by-Step books: Making Prints and Papier Mache.



Quick READ
Title: Simply Christmas
Author: Tama Fortner
Genre: Holidays
On Sale: Now
Price: \$14.95
Page Count: 128
ISBN: 9780593233382

Thirty-one encouraging devotions to help busy moms pause and ponder the true miracles of the Christmas season—the wonder of a Savior who would leave heaven to save us and the love of those who share our home.

Between holiday baking, hunting for the perfect tree, decorating, preparing for visiting relatives, and making sure everyone gets the ideal gift, Christmas can be anything but peaceful for a busy mom. Too often, the stress and busyness of the season make it difficult to find time to just sit and reflect on the wonder of the Savior's birth.

If this sounds familiar, allow Simply Christmas to be your personal invitation to slow down and savor the beauty of the manger this year. These thirty-one devotions are not dated, so you're welcome to begin reading anytime—whether that's on December 1, Christmas Eve, the day after Thanksgiving, or the middle of July—without even a smidgen of guilt or shame.

Accompanied by seasonally inspired full-color photographs, this thirty-one-day devotional brings a bit of calm to each day through a short reflection and Scripture, together with points to ponder and fun ideas for simplifying your Christmas traditions.

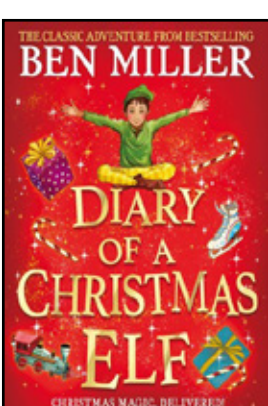


Quick READ
Title: Christmas Shopaholic
Author: Sophie Kinsella
Genre: Holidays
On Sale: Now
Price: \$18
Page Count: 464
ISBN: 9780593132838

'Tis the season for change and Becky Brandon (née Bloomwood) is embracing it, returning from the States to live in the charming village of Letherby and working with her best friend, Suze, in the gift shop of Suze's stately home. Life is good, especially now that Becky takes time every day for mindfulness—even if that only means listening to a meditation tape while hunting down online bargains.

But Becky still adores the traditions of Christmas: Her parents hosting, carols playing on repeat, her mother pretending she made the Christmas pudding, and the neighbors coming 'round for sherry in their terrible holiday sweaters. Things are looking cheerier than ever, until Becky's parents announce they're moving to ultra-trendy Shoreditch—unable to resist the draw of craft beer and smashed avocados—and ask Becky if she'll host this year. What could possibly go wrong?

Becky's sister demands a vegan turkey, her husband insists that he just wants aftershave (again), and little Minnie needs a very specific picnic hamper. Surely Becky can manage all this, as well as the surprise appearance of an old boyfriend-turned-rock star and his pushy new girlfriend, whose motives are far from clear. But as the countdown to Christmas begins and her bighearted plans take an unexpected turn toward disaster, Becky wonders if chaos will ensue, or if she'll manage.



Quick READ
Title: Diary of a Christmas Elf
Author: Ben Miller
Genre: Holidays
On Sale: Now
Price: \$10.99
Page Count: 128
ISBN: 9781398501843

Christmas magic, delivered! The top-ten bestseller and must-have festive gift, discover the joy of gift-giving in this hilarious Christmas caper from bestselling author, Ben Miller.

All Tog wants to do is work in Santa's workshop and one wonderful day, the letter from Santa arrives: Tog has been selected as an apprentice elf! Making toys is a lot more technical and a lot less fun than Tog had imagined, and even though his new friend Holly tries to help him, he's quickly relegated to cleaning out the reindeer stables. But someone has been stealing the presents from the workshop and a case of mistaken identity finds Tog accused of being the culprit! Can Tog use his special Christmas magic to discover the real thief and save all the presents before Christmas Eve is over?

A funny and heartwarming story from the King of Christmas, Ben Miller - the perfectly sized stocking filler for all the family!

Praise for BookTrust pick The Night I Met Father Christmas:

"A gorgeous tale brimming with the magic of Christmas. A sheer delight for all kids, both big AND small" Ruth Jones

"Bubbles with warmth and mischievous humour . . . irresistible" Alexander Armstrong

"A fire-side gem of a story" Abi Elphinstone, bestselling author of Sky Song and Everdark

"Enchanting, funny and intriguing in equal measure" Philip Ardagh



Quick READ
Title: Stories for Christmas
Author: Bernadette Watts
Genre: Holidays
On Sale: Now
Price: \$25
Page Count: 248
ISBN: 9780735844674

Eight heartwarming classic tales for the Christmas season—illustrated by Bernadette Watts—in one beautiful volume.

A beautiful Christmas collection that includes The Smallest Snowflake, The Little Drummer Boy, Shoemaker Martin, The Star Child, The Snow Queen, The Little Donkey, The Christmas Story, and Varenka, this collection of stories will get you in the Christmas spirit.

"Watts' watercolors overlaid with crayon-like texture are appealing and rustic."—School Library Journal

Praise for Little Red Riding Hood (illustrated by Bernadette Watts) "My what big talent she has! The old is new again here, and this is a welcome addition to the fairy-tale shelf."—Kirkus Reviews

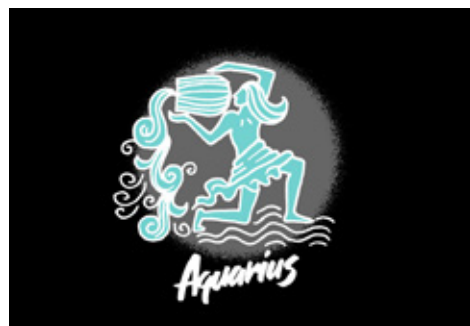
"A master in choosing a palette to fit each story."—Eric Carle

Sillyscopes and More

Sunday, Dec. 19, 2021

G3

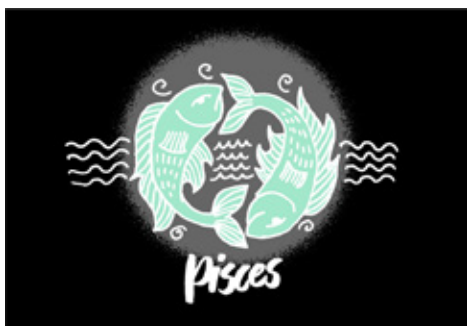
Sillyscopes is intended for entertainment purposes only for readers of The Paper of Montgomery County. It is not intended to be used for practical advice (like anyone really would!).



AQUARIUS

Jan. 20 – Feb. 19

With just days and hours to go before Christmas you have to assume Santa is fine-tuning his famous naughty and nice list. So the challenge for you Aquarius is, do you acquiesce and be super good for a week or rebel and blow it all! Decisions, decisions!



PISCES

Feb. 20 – March 20

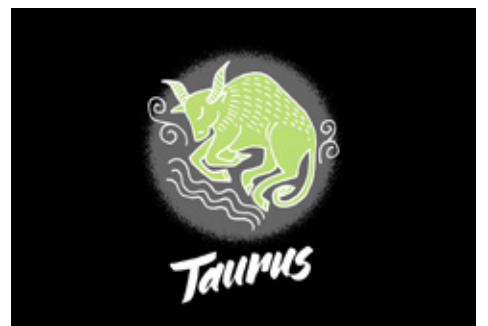
This is your favorite week of the year, isn't it Pisces? After all, you are certainly a dreamer and what better time to dream than right before a rather large man slides down a very small chimney and visits almost 2 billion children in 24 hours. Yup, dream on!



ARIES

March 21 – April 20

Sometimes you are more nervous than the proverbial long-tailed cat in a room full of rocking chairs. That's OK Aries, the week before Christmas is a good time to be nervous. But pssst. We'll let you in on a secret. Santa thinks you have been really good this year, so relax a little!



TAURUS

April 21 – May 21

Don't be too jealous the week of Christmas, Taurus. This is the time of year when it's goodwill to all, peace on earth and all that sort of stuff. Besides, it just doesn't look right when someone who is well into adulthood throws a tantrum because the line to see Santa is too long.



GEMINI

May 22 – June 22

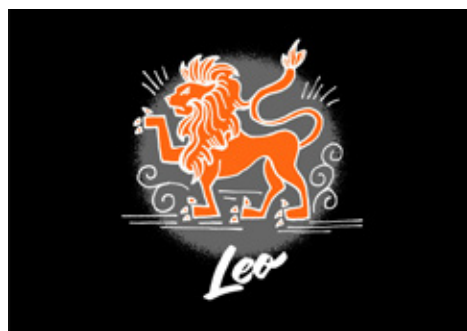
You are sweet as sugar and spice and everything nice Gemini. Which is exactly why you are in better shape than most as Christmas approaches! Good job on all the good deeds and being a good Samaritan this year. You will be rewarded well come Christmas morning!



CANCER

June 23 – July 23

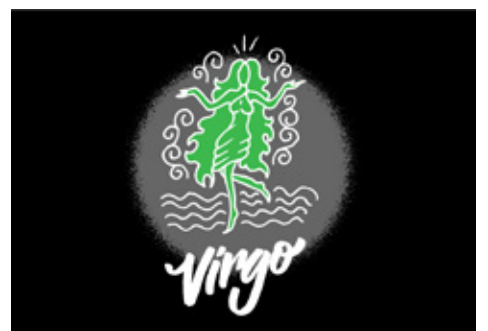
Defensive and moody may be two traits commonly associated with Cancers, but they are also traits that land you on the naughty list! Oh well, you've got about a week to get back in Santa's good graces so start looking for good deeds to do!



LEO

July 24 – Aug. 23

You truly enjoy giving Leo so what a great time of year it is for you! While most everyone is getting ready to tear into those packages and rip the shiny paper to shreds, you sit back, watch and enjoy. Just be sure to stay in your living room. When you do it through windows it's creepy.



VIRGO

Aug. 24 – Sept. 23

There are times of the year when being analytical and organized serve you well Virgo. For example, you watch, observe and calculate exactly the right time to go to the salad bar so that you avoid the crowds and get there right after they refill everything. But this is Christmas! Throw caution and wrapping paper to the wind. Let go!



LIBRA

Sept. 24 – Oct. 23

Remember that romance from last week? And remember how you love to debate? Well, Libra, those two traits – while they define who you are – don't always go together very well. So bite that lip a little and try to get along. It's Christmas.



SCORPIO

Oct. 24 – Nov. 22

You are nothing if not resilient Scorpio – which is really good just in case Santa messes up and doesn't do as well as he should with your presents this year. That resiliency allows you to take it in stride because the after-Christmas sales are going to be awesome!



SAGITTARIUS

Nov. 23 – Dec. 22

You have that optimistic streak, yet you tend to look at things philosophically Sagittarius. That means that you will believe whole-heartedly in Santa Claus while being wise enough to look the other way when that certain someone sneaks your gift under the tree.



CAPRICORN

Dec. 23 – Jan. 19

Tradition is important to you Capricorn and what a great time of year to observe and celebrate traditions. From the beautiful church service to elegant decorations to caroling around the neighborhood and more . . . but we could do without that ugly Christmas sweater. Just saying.

CROSSWORD												
1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19					20			
			21					22				
23	24	25					26			27	28	29
30				31		32	33			34		
35			36			37			38			
39				40				41		42		
43				44				45		46		
			47				48	49				
	50	51				52				53	54	55
56						57				58		
59						60				61		
62						63				64		

STATEPOINT CROSSWORD

THEME: MOVIE QUOTES

- ACROSS**
- THESE
 - General Services Administration
 - Ex-Miami Heat player Dwyane
 - Pomegranate seed
 - Actor Chris O'Neil
 - Pacific Crest Trail walker
 - Country dance formation
 - Wished undone
 - Popeye's sweetie
 - "Sudden Impact": "Go ahead, _____"
 - Arm part
 - Gold unit
 - Parabola, e.g.
 - San Joaquin Valley city
 - Hangs out with
 - Unit of electrical resistance
 - "Star Wars": "Stay in _____ formation"
 - Mr. Jinx's (of "Meet the Parents") cry
 - Clay and silt deposit
 - Camel debris
 - Japanese sword fighting
 - Was aware of
 - Come into sight
 - "Independence Day": "I belong in the _____"
 - "The Dark Knight": "Why so _____?"
 - Common allergen
 - Cup alternative
 - Bird-made fertilizer
 - Sketch
 - "On the Waterfront": "I coulda been a _____"
 - El Dorado-related
 - Tabernacle Choir's home state
 - Contributed
 - Star Wars attacker
 - Unidentified aircraft
 - Prep for publication
 - Ladder step
 - Tropical American cuckoo
 - Part to play
- DOWN**
- Precedes storm?
 - Soprano's song, e.g.
 - "Mean Girls": "On Wednesdays, we wear _____"
 - Makes smooth, as in hair
 - Dutch cheese
 - "Darkest Hour": "I have nothing to offer but blood, toil, tears and _____"
 - Walker, American Girl doll
 - "Field of Dreams": "If you build it, he _____"
 - Related
 - Deity, in Sanskrit
 - "... _____ he drove out of sight"
 - Fungus damage (2 words)
 - Meryl Streep's "The _____"
 - Supernatural life force, pl.
 - Query
 - "Who Framed Roger Rabbit": "That's all, _____!"
 - Côte du _____, wine region
 - Mideast V.I.P.
 - Soreness
 - Kidney-related
 - "Princess Bride": "You killed my father. Prepare _____"
 - Bound by oath
 - "Lights out" tune
 - Nile reptile
 - "Finding Nemo": "Just keep _____"
 - Danish money
 - Two before Oct
 - Lack of enthusiasm
 - 1/16th of a pound
 - Not two years but three, e.g.
 - Coped (2 words)
 - Freshwater eel, in Japan
 - Comics character Little
 - Fe
 - Caribbean island country
 - Carpenter's joint
 - Like a fairytale stepmother?
 - Network of nerves
 - Acronym, abbr.

E	L	O	R	I	N	V	G	N	N	R					
L	I	D	E	A	G	O	B	E	N	O	T	C			
E	A	V	G	H	V	L	I	N	C	I	R	V			
R	E	N	D	E	R	C	O	N	C	N	M	I	T		
O	N	A	V	G	N										
N	E	I	L	O	P	S	U	O	I	R	E	S			
I	R	V	R	V	E	R	A	P	P	E	R	M	E	N	K
O	O	N	E	K	H	S	V	S	S	E	O	L			
M	O	E	N	K	A	V	I	A	V	A	L	M	H	O	
S	I	R	O	S	S	V	A	S	S	O	N	S	R	E	S
K	A	R	A	R											
V	A	N	I	L	A	V	A	V	A	K	E	V	M		
E	A	I	L	O	L	I	E	R	E	N	I	L	E		
K	E	R	E	H	I	H									
W	A	D	E												

ThePaper24-7.com

SUNDAY

Health and WELLNESS

Sunday, Dec. 19, 2021

H1

Want to Contact Us? ☒ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☒ ONLINE, www.thepaper24-7.com ☒ (765) 361-0100

Learning more about GERD and its complications – part 2

I left you hanging last week wondering about the treatment of Gastroesophageal Reflux Disease (GERD). First, a quick review. Recall that acid from the stomach (gastro) is found in the tube that connects the mouth and stomach (esophagus) and goes in a backward direction (reflux).

When I see someone complaining of GERD symptoms in my office I review my patient's history to try and identify any risk factors for GERD such as decreased tone of the lower esophageal sphincter (LES), loss of normal muscular function of the esophagus, excess production of stomach acid, delayed emptying of the stomach and overeating. Fatty or fried foods, coffee, tea, caffeinated drinks, chocolate and mint are all foods that can cause or worsen GERD. Alcohol and cigarette smoking are also risk factors.

Many patients immediately request medication to help control the symptoms rather than try to control the underlying cause(s) of the GERD. Direct-to-consumer advertising has been extremely effective in selling medications to treat this common problem. If you ask any medical insurance company what it's largest drug expense is, it's often a class of medications called PPIs or Proton Pump Inhibitors (more below).

Simple lifestyle modifi-

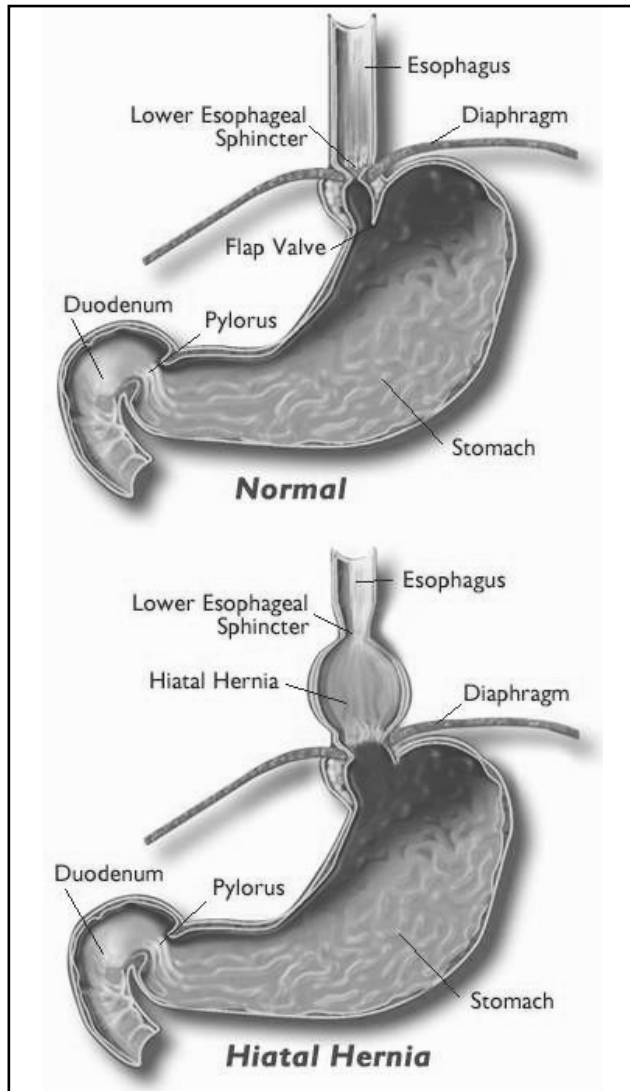


JOHN R. ROBERTS, M.D.
Montgomery Medicine

cations are the foundation of treatment for GERD. Weight reduction is a primary goal. This can usually be accomplished by reducing fat in the diet and stressing the importance of not eating large, fatty meals just before bedtime. Avoiding tight fitting clothing, reducing alcohol consumption, and smoking cessation are also important.

For people who wake up at night with reflux symptoms, I recommend raising the head legs of the bed. The easiest way to do this is to either buy commercial plastic bed risers, cut a 4X4 post into blocks, or nail two 2x4s together. Many people tell me they raise their head by sleeping on a number of pillows but this bends the body at the waist and can increase pressure in the abdomen leading to worsened reflux.

Medications may be needed for those who don't



respond to lifestyle modifications. Patients' response to the treatment of heartburn, the most common symptom of GERD, is much less predictable than treatment for esophagitis that I wrote about last week. Patients may or may not respond to medications and may need to try

different medications from various classes to find one that may work for them.

The oldest medications on the market are called histamine antagonists. They block the release of histamine that leads to stomach acid production. The most common ones available include Tagamet

(cimetidine), and Pepcid (famotidine). They are available over the counter and are effective for most people.

The newest class of anti-GERD medications are the Proton Pump Inhibitors or PPIs. These are extremely powerful blockers of acid production. Names that most people recognize (due to very successful marketing) include: Prilosec®, Protonix®, Aciphex®, Nexium®, Zegerid®, Dexilant® and Prevacid®. Why so many? Because they make pharmaceutical companies wheelbarrows of money.

These medications are safe and effective for short-term use, but are associated with a slight increased risk of hip fractures in those over age 50, probably due to reducing absorption of calcium in the gut. Many people take PPIs for years thinking they need them because their symptoms return when they stop them. Most of these people suffer from "rebound" reflux. Some call this an "addiction" to PPIs. Once the initial symptoms of GERD are controlled, often they can be controlled with medications that are not as powerful as PPIs. Ask your doctor about ways to try stopping PPIs if you've been on them more than a few months.

I get a lot of questions about the "two week warning" found on boxes of

GERD medication. It advises people to contact their physician if they have to use the medication longer than two weeks to control their symptoms. This is an important reminder for people to come in and discuss risk factors and develop a game plan to manage their GERD. It's also important to see a doctor to assess your risk for other more serious complications of GERD that I discussed last week.

The treatment of last resort is surgery. The laparoscopic Nissen fundoplication is the most commonly performed procedure. This involves using minimally invasive endoscopic surgery to take the top portion of the stomach and wrap it around the bottom of the esophagus to act as a valve to keep stomach acid from refluxing. It's very important to see a gastroenterologist and/or surgeon who is very familiar with the procedure to make sure you are a candidate. A newer procedure called the EsophyX TIF allows reconstruction of the lower esophageal sphincter via an endoscope passed through the mouth into the esophagus.

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.

Five holiday survival tips for challenges divorced parents face

Many people find this time of the year to be more stressful, because they are busy trying to fit in so much around the holidays. For millions of divorced parents there are additional challenges they face, as they try to make the holidays a success, while splitting custody of the children. The good news is that there are things that co-parents can do in order to make the holiday more enjoyable and less stressful for everyone.

"What children in separated families want more than anything in the world is for mom and dad to work together on their behalf," explains Dads' Resource Center executive director Jeff Steiner. "The greatest present that separated parents can give their children at any time, and most particularly during the holidays, is the gift of getting along."

The first knee-jerk reaction that many co-parents have is to essentially grab a rope and invite the other parent to a game of

tug-of-war. Both parents fight about who will have the kids over the holidays and there's very little compromise and flexibility involved. That's not going to create a great holiday experience for anyone, and may even have a detrimental impact on the children.

When parents can successfully work together to create a great holiday experience the child will benefit, as will the parents. The effort to work together will show the child a great lesson in how to get along with others, how to work together, and how to put their family first. It's important for families to not put the pressures or stresses of co-parenting during the holidays onto the child, as it will only make them feel like they are a burden. Rather, focus on working together to make it a great month, and working through any challenges with a good attitude.

Here are 5 holiday survival tips for divorced parents to help them work

together to make the best experience:

Plan it out. Make a list of the events that people want to do for the holiday, including for each side of the family, and if the child has any special event they want to attend. Map and calendar it all out to include as many as possible. If there are conflicts on particular days, work out which one will be attended. Having a plan that everyone agrees to is the first major step to ensuring a smooth holiday month.

Discuss the gifts. It's important that both parents are okay with the gifts that the other one wants to purchase. If both parents don't agree to a certain gift then it should be left off the table. For example, if one parent wants to purchase the teen a pellet gun and the other disagrees, then that gift should be avoided. Work out the bigger gifts so there's no problems that arise after they have been opened.

Be patient. Co-parents or not it's important to practice patience during

this time of the year. As people find it to be a more stressful time it is a good idea to do things to relax and reduce stress, such as meditation, reading, taking a walk, etc. Make time during the month to relax and simply do nothing.

Agree to not fight. It's common for co-parents to want to fight to get their way on every issue, often times taking it to court. Instead of that route, which is more difficult for the kids, too, agree to work together. In doing so, you will need to compromise, but it will be worth it. Remember, the kids are watching what battles are waged and how they are fought, and will often repeat those patterns later on in life. Make sure what you are teaching them is something you'd want them repeating.

Put the kids first. The years of co-parenting during the holidays are fleeting. It's imperative to put the kids first and give them the best possible experience. Ask yourself what is in the child's best

interest when challenges arise. Being able to have some traditions and see family and extended family members are positive ways to help give the child a good foundation.

"Study after study shows what we already know – children develop more fully and have a greater chance of being successful in life when both of their parents are actively involved in their lives," said Dads' Resource Center founder Dr. Joel N. Myers. "It is my most sincere wish that all children are given the opportunity to benefit so greatly from their fathers' engaged presence."

Dads' Resource Center was started by Dr. Myers, a father of eight and the founder and CEO of AccuWeather. The mission is to help combat the issues associated with children growing up without their fathers in the home. At its heart, the center is a child advocacy organization that aims to ensure that each child has the appropriate involvement and contribu-

tions from both parents.

Dads' Resource Center has been established to benefit children of separated or divorced parents by advocating the importance of fathers having adequate opportunities to fulfill their role of fatherhood. The group helps get information regarding the issues out to the public and works with fathers to help make improvements. To get more information, visit the site at: <https://dadsrc.org>.

About Dads' Resource Center

The Dads' Resource Center is committed to providing education, resources and advocacy for dads who are separated or divorced and are determined to uphold their sacred responsibility as fathers. The Dads' Resource Center was founded by Dr. Joel N. Myers, who is the founder and CEO of AccuWeather. His own experience as a single father led him to start the group. To get more information, visit the site at: <https://dadsrc.org>.

Hoosiers pick 3:49 p.m. as acceptable to begin drinking alcoholic drinks

- 16% of Hoosiers admit that they bend the rules and drink before lunchtime.

- Alaskans begin drinking earliest over the festive period (at 12:30pm).

The unofficial rule is that it's acceptable to have your first alcoholic drink at 5 p.m. - no earlier. 'It's five o'clock somewhere' is a cheeky re-interpretation of when it's acceptable to have your first drink and could be used to shake off judgements when it comes to day drinking. But when it comes to the holiday season, when traditions are typically focused on celebrating the end of the year, rules can sometimes be bent. Are morning mimosas acceptable during breakfast at 8 am if it's close to Christmas? Is boozy eggnog considered a

suitable accompaniment to pancakes, eggs and bacon?

Detox.net, an online resource for finding drug and alcohol addiction detox centers, conducted a survey (3,178) to find out what time the average household considers an acceptable hour to start drinking over the festive season, which revealed some very interesting results. It turns out that 3:49 pm is the precise time that Hoosiers consider an 'acceptable' time to begin drinking over the holidays (later than the national average of 2:42 pm). However, the survey also found that 16% of Hoosiers admit that they bend the rules and drink before lunchtime.

In Alaska, the average household considers midday - at 12:30 pm - an

acceptable time to start pouring drinks. Could this be because Alaska is among the coldest states in America? This hypothesis makes sense given that the survey revealed that households in Hawaii, on the other end of the Fahrenheit scale, prefer to wait until just before the evening hits to start drinking: 4:11 pm. Indeed, a survey by Rehabs.com earlier in the year found that 1 in 5 Americans admit to drinking more when the weather is cold out.

A common perception of someone with alcoholism is the image of, someone who drinks as soon as their alarm goes off in the morning. Other people believe in the 'hair of the dog' hangover-avoidance method, which includes having

an alcoholic drink the morning after a big night out in an attempt to lessen or alleviate the symptoms of a hangover. Spoiler alert: this method merely postpones the effects of a hangover and can turn into a bad habit.

In fact, there are many dangers associated with drinking alcohol first thing in the morning, which the experts at Detox.net have explained below:

It can become a habit. The festive period (from Thanksgiving through NYE), includes meet-ups with friends and colleagues as well as many other opportunities for someone to create a habit of drinking earlier in the day. Whether it's a mimosa at breakfast, or eggnog mid-morning, it's easy for alcohol to

become a mainstay in the days leading up to the end of the year. It may seem harmless as you may think you're 'just getting into the festive spirit,' but it is still drinking, and you might even be consuming more if you start earlier in the day, as compared to a night out.

You can get dehydrated easily - unlike summer, whereby warmer temperatures make you more inclined to drink water to quench thirst and cool down, the festive period is not one typically associated with rehydration. Rather, you are more likely to be offered an array of festive drinks such as mimosas, egg-nogs, hot toddy's and hot buttered rums, rather than water, still or sparkling.

So if you are going to keep drinking, make sure to drink water in-between these Christmas cocktails.

You drink way more than you notice. Drinking earlier in the day, such as kicking things off with a wassail, means you'll likely be drinking far more than you realize. So, no matter what time you begin, it is a good idea to set a limit for yourself and stick to it.

You are more likely to end up in the ER. Beyond the direct effects of drinking too early in the day, doing so also risks ending up in the hospital. It is no surprise that being more intoxicated increases your risks of accidents happening, and no one wants to end up in the ER on Christmas Day!

SUNDAY

Health and WELLNESS

Sunday, Dec. 19, 2021

H3

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100



Photo courtesy of Pixabay

Patients should talk with their health care providers to learn about the benefits of new habits, such as restricting fluid intake, reducing sodium and limiting alcohol consumption,

Holiday tips for people living with OAB

(Family Features) You're sharing a great conversation with friends at a holiday party when it hits you: You need to go, and you need to go now. As you make a clumsy exit, unsure if you'll be able to make it to the bathroom in time, you may ask yourself for the thousandth time, "is this normal?"

You're not alone. More than 30 million Americans 40 and older live with the symptoms of overactive bladder (OAB). That's about 1 in 10 people and as many as 40% of women in the United States. Yet many do not seek help from a physician for their symptoms. Rather, many continue to cope with the symptoms and navigate their lives around their symptoms of OAB.

"People, both men and

women, are reluctant to mention OAB concerns to their doctors; it's embarrassing for them to discuss the topic," said Dr. Cornelia Haag-Molkensteller, a clinically trained urologist and executive vice president and chief medical officer at Urovant Sciences, Inc. "Because of the stigma, many patients do not seek out medical treatments that are available to help manage the symptoms that have a limiting effect on their lives."

Identifying an Overactive Bladder Condition

OAB is a common lower urinary tract or bladder health problem that can cause incontinence, which is the leaking of urine that cannot be controlled.

Symptoms of OAB may include urgency, meaning a sudden need to urinate

immediately; frequency, which is defined as urinating more than eight times per day; urge incontinence, or urine leakage following a sudden urge.

There are many causes of OAB, including taking certain medications and being overweight. Your risk also increases if you have had a stroke or have Alzheimer's disease.

Managing an Overactive Bladder

According to the American Urological Association, the first step in managing OAB is behavior modification. That means patients should talk with their health care providers to learn about the benefits of new habits, such as restricting fluid intake, reducing sodium and limiting alcohol consumption, for example. If changing some habits

Practical Tips to Help Manage OAB

You don't have to just cope with the symptoms of OAB, talk to your doctor. Here are some helpful tips to manage your symptoms over the holiday.

Travel

- * Stop every 2-4 hours to help reduce strain on your bladder
- * Drink plenty of water but limit your intake a few hours before traveling
- * Kegel exercises can help improve OAB symptoms
- * Wear an absorbent pad that can hold more liquid on your travel days
- * Book an aisle seat near the bathroom

Diet

Drink six to eight glasses of fluid, 8-ounce each daily. However, avoid foods and beverages that can irritate the bladder including:

- * Caffeinated beverages and foods
- * Alcohol
- * Spicy foods
- * Citrus fruits and juices
- * Carbonated beverages
- * Dairy
- * Sugar, honey or artificial sweeteners

does not work, the next step is usually oral pharmacological therapies. A third option available if medications don't work

are medical procedures to manage symptoms.

If you think you may be experiencing symptoms of overactive bladder,

talk to your doctor and ask for help managing the condition. You can also find more information at Urovant.com.

Want more local news coverage and entertainment?

Visit us online at

www.thepaper24-7.com

for coverage of County Council meetings, school board meetings, more information on these stories as well as articles from your favorite columnists, such as Karen Zach, John Roberts, Slim Randles, Butch Dale, Carrie Classon, Dick Wolfsie, Tim Timmons and Casey Williams!
Check back daily for updates!

SUNDAY

Voice of our PEOPLE

Sunday, Dec. 19, 2021

11

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

An unexpected Christmas call . . .

I love Christmas! From early, early memories more than 60 years ago of watching for Santa, to the year I found car keys in my sock (and a payment book), to early years of marriage and walks in the snow, to a few years later and seeing our girls fly down the stairs on Christmas morning, to just a few years ago and the wonder of watching grandchildren.



TIM TIMMONS
Two Cents

Two cents, which is about how much Timmons said his columns are worth, appears periodically on Wednesdays in The Paper. Timmons is the publisher of The Paper and can be contacted at ttimmons@thepaper24-7.com.

Hmmm. This here? Person to person? Hissself? Santy???

All this could only mean one thing . . .

Bubba Castiron.

If you haven't met Bubba, he's one of those folks you go two aisles over in the grocery store to avoid. Not only is he a pest, loud, brash and talkative, he's about six eggs shy of a carton.

"Hello Bubba, what can I do for you?"

"Dang, Timmons! 'How'd you know it was me? I thought for sure that this being the Christmas season and all you might think this was one of them telemarvelers or something?"

Of course that does not even include the years as an altar boy at midnight mass.

Heck, back then I even liked snow!

What is there not to love about Christmas?

So I was sitting at my desk with a little Christmas music on - Go Fish's I Got the Joy - when the phone rang.

"The Paper, Timmons."

"This here is a person-to-person call from the North Pole to one Tim Timmons," a twangy nasaly voice said. "Can you hold for the big guy hissself, Mr. Santy Clause?"

We are all mountain elves when we come from mountains

The winds pounded upon the side of the house sitting in the shadow of Gravelly Spur Mountain and seeped beneath the cracks around the windows and doors letting the chill of winter in the walls warmed by the wood stacked and burning in the fireplace.

The sound of bells tinkled as they were pulled from a wood box which sat by the evergreen tree placed with love in the corner of the main room.

Pearl tied the small bells with yarn to the boughs. In a small pan, Grandma Kitty popped corn which would soon string into lengths to surround the tree from top to bottom.

"Well, that should be enough," she said. "Everyone find a place and let's get busy."

The time spent stringing brought all the family 'round to sit upon every open space as stories of Christmas passed were recalled and hopes and wishes for the coming yuletide rang through the laughter.

"I want a wagon," Nellie said as Pearl used her to model the



RANDALL FRANKS
Southern Style Columns

Randall Franks is an award-winning musician, singer and actor. He is best known for his role as "Officer Randy Goode" on TV's "In the Heat of the Night" now on WGN America. His latest CD release, "Keep 'Em Smilin'," is by Crimson Records. He is a member of the Independent Country Music Hall of Fame. His latest book is "A Badge or an Old Guitar: A Music City Murder Mystery." He is a syndicated columnist for <http://randallfranks.com/> and can be reached at rfrankscatoosa@gmail.com.

seeing no one in sight and not a footprint visible in the light smattering of snow on the ground.

"No one is around," he said as he returned to his work.

"It was the mountain elf making sure we were hard at work preparing for Christmas morn," Little Ma said.

"The mountain elf," what's that Pearl said as she rushed by her side at the fire.

"You see when our people came to the mountains, from Scotland, many of them came with their trunks filled with clothes and bits and pieces of the past from the old country. The elves crawled in alongside the bits and pieces and came to live

him, but at this point it was probably quicker to let him tell his story and get it over with.

"Grandpappy had a heart attack and whilst he was riding in the ambulance with the sirens going he actually passed over," Bubba explained. "He said there weren't no white lights or nothing, just an elderly angel who sat down beside him. This here angel told him not to fret, that the days was numbered for the entire world."

"Well, ol grandpappy always was a curious sort so he asked the angel what he meant and the angel told him that God had been watching things go farther downhill with all of us human sapiens-"

"Homo sapiens."

"Nah, it didn't have nuthin to do with that. Anyways, the Big Guy wasn't liking what he was seeing out of our behavior so he sent this angel down to check it out. Well, you know how angels can't lie. So when the angel gets back to heaven he tells God that 98 percent of all humans are up to no good and only 2 percent are decent

folk. Well sir, that ticked God off something fierce. At first He was going to send down all that hell fire and limestone-"

"Brim . . . oh never mind." "But before He did, He decided to double check just to make sure the angel got it right. Instead of sending another angel God decided to find out for Hissself."

In spite of myself, this story was intriguing. Maybe it would be worth a column?

"So God decided to send an e-mail to the 2 percent to find out for sure if they were really good and decent. And Timmons, do you know what that e-mail said?"

"No, what?"

"Me neither!" Bubba howled! I could hear him laughing hysterically as I slammed the phone down.

Two cents, which is about how much Timmons said his columns are worth, appears periodically on Wednesdays in The Paper. Timmons is the publisher of The Paper and can be contacted at ttimmons@thepaper24-7.com.

popcorn string instead of the tree.

Little Ma, Grandad Bill's grandmother sat closest to the fire with her sewing in hand, refreshing the dress of the angel which he would soon place on the treetop when all was said and done.

Soon one of the children started singing "Oh, Little Town of Bethlehem," and the rest would join in as the work continued.

A knock at the door brought Bill to find no one there. He stepped outside on the porch

here with us," she said.

"What do they look like?" Pearl asked.

"I've never seen one but they say they are just like us but smaller," she said. "They watch after the bits and pieces and make sure they are cared for."

"Why did they bang on the door," Pearl asked.

"The bells and this angel were some of the bits and pieces that came over and have passed down through the years," she said. "They like to see us using them, it reminds them of home. Christmas is the time of year when we all think of home and what has come before and hopefully what will be. I think that is why they knocked, so they could look inside when the door opened. I think when we hang the bells and they ring, it brings them."

"Do they help Santa on Christmas, is that why you call them an elf?" Pearl said.

"In a way, we are all mountain elves, we all tend to each other's things, look after one another and help make sure that what is needed be gotten,

if it can be got," she said. "So I reckon they do help him, just like each of us do dear. Now, we best be gettin' this tree decorated or Christmas will be come and gone and we will have missed it."

The group begins to sing "Jingle Bells" as the popcorn is wrapped around the tree and the bells swing and ring. Pearl runs to look out the front window to see if a mountain elf may be spying from the other side.

Randall Franks is an award-winning musician, singer and actor. He is best known for his role as "Officer Randy Goode" on TV's "In the Heat of the Night" now on WGN America. His latest 2019 #1 CD release, "Americana Youth of Southern Appalachia," is by the Share America Foundation. He is a member of the Old Time Country Music Hall of Fame. His latest book is "A Badge or an Old Guitar: A Music City Murder Mystery." He is a syndicated columnist for <http://randallfranks.com/> and can be reached at rfrankscatoosa@gmail.com.

SEND LETTERS TO
NEWS@THEPAPER24-7.COM
REACH OUT AND TOUCH SOMEONE . . .

FEDERAL

PRESIDENT OF THE UNITED STATES
Joe R. Biden
(202) 456-1414

U.S. SENATOR
Todd Young
(202) 224-5623

U.S. SENATOR
Mike Braun
(202) 224-4814

U.S. REPRESENTATIVE
James Baird
(202) 225-5037

LOCAL

COMMISSIONERS
Dan Guard
(765) 230-0636
Jim Fulwider
(765) 361-2623
John Frey
(765) 361-2623

COUNTY COUNCIL
Tom Mellish
(765) 364-6400
Gary Booth
(765) 362-6273
Jake Bohlander
Dave Hunt
Don Mills
(765) 366-5275
Mark Smith
(765) 339-7783
Mark Davidson
(765) 366-0078

MAYOR
Todd Barton
(765) 364-5160

CLERK / TREASURER
Terri Gadd
(765) 364-5150

CITY COUNCIL
Andy Biddle
(765) 366-5542
Mike Reidy
(765) 362-5285
Jeff Lucas
(765) 364-5160
Ethan Hollander
(765) 918-1919
Kent Priebe
(765) 366-0685
Jennifer Lowe
(765) 366-9729
Stan Hamilton
(765) 361-0093

STATE

INDIANA GOVERNOR
Eric Holcomb
(317) 232-4567

SEC. OF STATE
Connie Lawson
(317) 232-6531

TREASURER
Kelly Mitchell
(317) 232-6386

SECRETARY OF EDUCATION
Katie Jenner
(317) 232-6610

REPRESENTATIVE
Sharon Negele
(317) 232-9816

INDIANA LT. GOVERNOR
Suzanne Crouch
(317) 232-4545

AUDITOR
Tera Klutz
(317) 232-3300

ATT. GENERAL
Todd Rokita
(317) 232-6201

SENATOR
Phil Boots
(317) 232-9400

REPRESENTATIVE
Timothy Brown
(317) 232-9651

SUNDAY

Voice of our PEOPLE

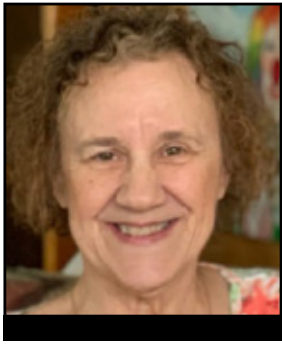
Sunday, Dec. 19, 2021

12

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

Karen up a tree – two family trees

Just love this picture from the Crawfordsville District Public Library's database and wanted to tell you today about two local families who were in the barber world, some in this photo. The Ransdell and Rogers families both had several members to remain here and others who went elsewhere, but almost all remained in the barbering business.



KAREN ZACH
Around The County

Karen Zach is the editor of Montgomery Memories, our monthly magazine all about Montgomery County. Her column, Around the County, appears each Thursday in The Paper of Montgomery County.



3, 4 or 5 chairs, always busy. Usually, there was a waiting area in the front and many would come in and buy a paper or magazine and read while waiting or sometimes just hang out and talk about what they'd read. Just as often, it was a cigar store along with the barbering.

It doesn't seem that the two had this shop together for too many years, however, as in 1914, Ransdell was in the same building but his partner was R.J. Corey. John Elias Ransdell was 76 at his passing and had barbered all those years in our city – except for Bill Carpenter doubt another Crawfordsville barber would equal that. John Ransdell continued owning a shop all his life and often employed others. Born in Thorntown, April 17, 1876,

he was the son of Thomas and Mary (Hendrickson) Ransdell and was in the middle of several children born to them. His father was a butcher and once listed as a "fish dealer" which is in that line, I guess. John and his wife, Mary "Emily" Wilson lived at 603 S. Washington for several years (married way up in LaPorte County in 1898 but lived here) where he passed away from rheumatism (I can see where he'd get that) and heart disease. Their home was at 112 N. Grant earlier on. They had two daughters, one dying young and Mary "Isabel" who married Leonard Lavin and lived in Columbus, Ohio, plus a son, Thomas Frederick, who moved to Sarasota, Fla. where he was a salesman for a large candy company. He married Fern Rogers who I assume is some relation to Melvin but didn't find for sure

how. Thomas was described on his WWII draft card almost identical to his father. Isabel, John and Emily are all buried here in Oak Hill.

Melvin Byno Rogers was born in Stockwell, Tippecanoe County, son of George Washington and Elizabeth Ransdell Rogers – see a pattern going with these folks? Caught it immediately but still bogged down in Rogers and Ransdell relationships to straighten it out as of now. I will! George was a carpenter all his life, passing away a few months after his son. Melvin was a newlywed when this photo was taken but I couldn't see a wedding ring on the one I think is him but could also be the one petting the dog. At photo time, Melvin had married Flossie Vessie Stonebraker (father Elmer) on January 27th. Melvin left for a bigger (better?) realm moving to Champaign County, Illinois about 1916 where he ran the Champaign Beauty and Barber Supply Company. Don't believe Melvin and Flossie had children. They are buried in their adopted city. Melvin and John E. weren't the only Ransdells or Rogers to be in the barber business here. Another long-time barber was

Clayton Albert Rogers and he may be in the photo as well, having began his career about this time. He was the son of Charles and Nannie (Hole) Rogers and married Maude Tweedy. They were active members of the First Methodist Church. I was amazed that in 1930, they lived at 508 Binford St. and her father Ralph Tweedy (he and his wife living with them) was age 70 and listed as an engineer at the power company. May have to write on him next Clayton passed away before the next census at the young age of 49 years 4 months 25 days after having fought high blood pressure (died of a stroke) for 15 years. Buried Indian Creek. Also, Thomas Frederick Ransdell above did some barbering before moving away forging into other careers.

If the Ransdells or Rogers weren't barbers, then likely they were electricians (Ben, Clyde) or carpenters (Buford, Thomas), all wonderful professions, good at whatever career they chose to do! Sure enjoyed writing about the Ransdells and Rogers families but now, I need to go figure out the whole realm of their family tree – heehee!!

Karen Zach is the editor of Montgomery Memories, our monthly magazine all about Montgomery County. Her column, Around the County, appears each Thursday in The Paper of Montgomery County. You can reach her at Karen@thepaper24-7.com.

Butch survived his Mom's cold remedies

"Well, young man, that's what you get for playing outside in the snow with no stocking cap on. Maybe one day you'll learn!"

Yes, I had the sneezes, a runny nose, sore throat, and congestion . . . a seemingly common occurrence for me back in the 1950s. I knew what to expect next, and no, it was not a visit to old Dr. Otten in Darlington. Dad continued on . . . "Your mother will cure you of that cold in no time. There's no use spending \$2 for a doctor visit." I then said a silent prayer, "Please, Dear Lord . . . not Mom's home remedies."

I knew the routine by heart. The first thing Mom did was grab a bottle of what she called "sunshine" from the refrigerator. This was a syrupy, yellowish-orange colored substance that was supposed to prevent colds and other various ailments. To this day, I have no idea what it was.



BUTCH DALE
Columnist

throat. "This will draw out the soreness for sure." I'm sorry, Mom, you must have been dreaming; however, the good thing is that when my dog got a whiff, he stood by my side and kept me company . . . with his tongue hanging out and staring at my new bacon necklace.

"Open your mouth and stick your tongue out" was the next command . . . and here marched Mom with a jar of Vicks Vaporub. She stuck her finger in

the jar and whipped out a big glob, "Now let it melt down your tongue slowly." Each time I pleaded with her, "Mom, it says right on the label NOT TO BE TAKEN INTERNALLY. But it was always the same reply, "I don't care what it says . . . Bernice (our landlady) eats a barrel of Vicks every winter, and it hasn't hurt her yet!" Then after shoving more Vicks up my nose and rubbing it on my chest, it was time to plug in the old vaporizer and inhale the steam. Nothing like camphor and turpentine oil to clog your brain for the next few hours. I had become a human eucalyptus tree.

If my muscles ached or I had a stiff neck, Mom called for Dad, who grabbed the Omega oil and rubbed it in good . . . a little too good. He didn't just put a little on his hands and rub it in gently . . . no, he poured it on the aching muscles and ground it in to the bone . . . no messing around . . .

no time to waste . . . the Milton Berle show was starting.

The food remedy for my cold never varied . . . chicken noodle soup, hot tea, and a spoonful of neighbor Forrest Flaningam's honey. And before I headed to bed, it was mandatory that I gargle saltwater, some of which I always accidentally swallowed. I then warmed my pillow on the fuel oil stove and headed upstairs, where the only heat came through the floor register from the living room . . . of course mixed with the smoke from Dad's unfiltered Chesterfield cigarettes.

Since that upstairs bedroom was like an icebox, Mom and Dad actually purchased an electric blanket for my brother and me one winter. It worked pretty well . . . until one morning I woke up and smelled something burning. Yes, the blanket had a criss-cross pattern of brown lines where the heating wires had burned through it. When the

company states that their blanket will keep you "toasty," they weren't kidding! The blanket ended up as padding in the dog house, and we had survived a potential bed-flame disaster.

Well, in about three days, I would usually start to feel better. Mom would attribute my recovery to her cures, although I had serious doubts. I guess her cold remedies must have been passed down through her family, and she wanted her little boy to be healthy again. Thanks, Mom.

I had a mild cold last week . . . the first one I have had in about three years. Although I am in my 70s, I very seldom become ill. I got over the cold very quickly. And no, I did not eat Vicks.

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history.

All Glory to the Turtle God

I was out in my neighbor's front yard helping Ronnie, Stevie's father, put up Christmas lights on his roof. My job was to detangle the strands of lights as they came out of the plastic storage box, before hoisting them up to Ronnie for installation.



JOHN MARLOWE
With the Grain

I'm surprised I got the job, because I'm certain that Ronnie can see my garden hose from atop his roof. That birds' nest of extruded green synthetic rubber is hardly a positive testimony to my detangling skills.

Nevertheless, I was there, reverse engineering all the knots listed in my old Boy Scout Hand-book, when Stevie's little

brother showed up under my feet. Sebastian — or "Sebby," as they call him — is nothing like his older brother.

He's normal. Brother Sebby is about 4 years old. I always marvel that Sebastian even exists. One would think that after living four years with Stevie,

Ronnie and Kaity would never want another child. It just shows you how much love these people have for each other that they would want to give it another try.

Four years would be enough for me. The minimum sentence, by the way, for carjacking is also four years. I think that's

meaningful.

After a barrage of 'what-cha-doin'-theres,' and the fourteen follow-up "why" questions from Sebby, I finally was able to deflect the lad onto a subject that I thought would give me some control over the conversation.

"Do you like Christmas, Sebby?" I asked.

"Yes. Yes. I love Christmas!" he replied exuberantly, bouncing lightly as he spoke.

"What part do you like most about Christmas?" I asked.

"I like the Turtle God the most," he said, after thinking hard.

Now, I don't know about you, but I've heard a lot of versions of the Christmas story through the years, but in not a single one do I remember hearing anything about a role played by a marine

reptile. My brother, Ben, has a turtle. Even though Spike is really cool, Christmas has never crossed my mind in his presence.

Nevertheless, Sebby was convinced.

Equating my bewilderment to my understanding of what myrrh is, I asked, "The Turtle God, Sebby?"

"Yes. He's the reason we have Christmas," he said proudly.

After convincing Sebby that I was going to need more information to completely understand, he said this:

"We learned about it in Sunday School. Our teacher taught us a prayer. It goes like this," he said, while clasping his small hands.

"Jesus, we love that you

were born with the animals in the manger. We love that Mary and Joseph loved you, and we love that you, ye Turtle God, loved us so much that you sent baby Jesus to love us."

Ronnie and I just stared at each other. Sure, this was a teaching moment. But there would be time later to explain the word "eternal" to Sebby. This was our opportunity to learn from a 4-year-old boy.

Sebby's God in his Christmas story might be a lot like the one familiar to the rest of us. We are not easy people to love. Like that turtle, maybe God really had to stick his neck out, for us to understand true love.

John O. Marlowe is an award-winning columnist for Sagamore News Media.

SUNDAY Voice of our PEOPLE DAY

Sunday, Dec. 19, 2021

13

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

Gifts – A thrifty plan for the holidays

“When do you open your Christmas presents?”

When David Sedaris asks in an essay about international Saint Nicholas traditions, he links when families open gifts with how many gifts they give and get. Some families prioritize other traditions – meals and church services, for instance – trending toward restraint in gifting.

“It’s nothing I’d want for myself, but I suppose it’s fine for those who prefer food and family to things of real value,” he jests.

This year, we’re hearing that things of real value may be delayed or unavailable. Not only have shipping containers been backed up in ports and high-tech parts unavailable, but also fears are growing about the economy. During the lockdown, we stocked up on toilet paper, upgraded our TVs, worked on our homes and learned new skills. While we’ve been unable to go out or vacation as much, we’ve learned a lot about what each of us call things of real value. Connection, not stuff, produces more happiness.



The League of Women Voters, open to men as well as women, is a nonpartisan, multi-issue political organization which encourages informed and active participation in government, works to increase public understanding of major policy issues and influences public policy through education and advocacy. For information about the League, visit the website: www.lwvmtco.org or send a message to LWV, P.O. Box 101, Crawfordsville, IN 47933

Remember when we were kids or had little ones? The giving economy involved a lot of coupons for services because givers lacked buying power. Giving without money and stuff made us resourceful. Instead of filling our attics with cast offs, we received pies, free babysitting, cheerfully completed chores or diaper services. Who doesn’t love that?

Yet in the holidays, we tend to slip back into consumerist psychology. How do I purchase the thing of real value that so-and-so wants? What if we paused to ask why is that what drives us? The answer is likely that we have a good heart. We want to bring happiness, a la Clark Griswold. Maybe we want to feel like American heroes. Giving the perfect gift gratifies our self-worth.

What if, though? What if we are trapped in a game called “managing expectations?” When in this game do we factor longevity into the expectation of joy? Oh, how quickly stuff wears out its welcome. Consider how many of us purge last year’s cast offs or forgotten toys before the gifting bacchanalia. In our home, we purge after as well. One might ask, is this the time of year Goodwills and Salvation Army stores see the most donations because so much of what is donated gets trashed, shifted overseas – then trashed – or malingered in second-hand shops.

There is an old way out of this new mess, a new way out of this old mess, to re-contextualize a lyric from the band the Psalters. Instead of stretching our waistlines, busting the walls of our storage

spaces, hoarding and purging, exhausting our psyches not to mention this precious world, consuming at a pace that mirrors addiction, seeking new things like a rush, we can give better.

What would this look like? Here’s a collection of practical suggestions.

Pack up a basket of your artisan bread / homebrews / jewelry / woodworking / essential oil blends that you perfected during lockdown. Put on a bow. Add a chocolate bar, a bottle of wine, a box of tea, some cowboy caviar and a coupon for monthly delivery. Voila! A custom subscription box.

Return to coupons. Offer monthly babysitting or regular house-cleaning. For those who can’t get out, offer to be a personal shopper or deliver groceries. Who wouldn’t love having their car detailed or some landscaping services? Do you have a special skill like HVAC or repairing clocks? You can coupon

annual system maintenance to your parents or siblings. Don’t have the skill to fix a clock, but your mom has that family heirloom she’s wanted fixed for years? Pay to have it repaired.

Artists could paint a beloved photo or give a coupon to lead a paint and pour, supplies included. Put together scrapbook pages or an album of this year’s photos via one of the many photo services online. Start a tradition of footprints on the same canvas. Are you a gardener? Propagate cuttings and gift plants or starts. Do you excel at menus? Build a home meal kit, deliver a meal monthly, put together a healthy eating plan. Do you know what wines to drink with what? Curate a wine of the month for your family members.

For kids and grandkids of senior citizens who are downsizing, set up monthly lunch or dinner dates. Take your parent or grandparent out and spend an hour eating and chatting.

If time is a scarce resource for you, consider some excellent second-hand classy gifting or subscrip-

tions. Your grandparent might love to read. Give Readers Digest or a book service, a Kindle with subscription. Gift from Thredup for your fashionistas. There are other fashion services on-line. Give experiences. AirBNB has gift cards. Give concert tickets, restaurant gift cards, rockwall climbing, axe throwing, wine tasting or state park passes.

What’s delightful about this era is that the scrappy creativeness of these gifts promises they’ll be memorable. Our leisure has been exploited, our boredom and desire for adventure, joy and connection are being exploited. Perhaps the new question to ask when gifting is “what will they remember?”

The League of Women Voters is a nonpartisan, multi-issue political organization which encourages informed and active participation in government. For information about the League, visit the website www.lwvmtco.org; or, visit the League of Women Voters of Montgomery County, Indiana Facebook page.

Wolfsie is taking a look back at happenings of this year – part 2

Here is Part Two of my look back on the people, places and peculiarities that made it into my column in 2021.

To the various streaming services that have made it difficult for the Wolfsies to stay friends with anyone who doesn’t subscribe to the same options we do: This makes it tough to find things to talk about over dinner. I feel bad about Mikki. She doesn’t have cable. We had been so close for 30 years. I miss her.

To the folks who publish books about chess, a skill I tried to learn during the Covid lockdown: First, I bought Chess for Dummies, then Chess for Beginners, and finally Beat your Dad in Chess.



DICK WOLFSIE
Life in a Nutshell

None of them helped. I settled on Chess for People Who are Stumped by Checkers.

To my friend Marc Allen who has been the victim of dozens of butt dials because his name is the first on my contacts list: He asked to be taken off the list, so now my insurance agent Ashley is

getting all my unintended calls. She told me she is changing her name to Zelda.

And thanks to me, who has been trying unsuccessfully to be a grumpy old man, a title I deserve to have at 75: To attain this distinction, I complained about everything in my neighborhood. I yelled at kids for playing basketball in our cul-de-sac Sunday morning; I wrote nasty letters to people who put their garbage out a day early. I left nasty notes for people who left their garage doors open and who didn’t shovel their sidewalks. Did people call me grumpy? NO! They elected me president of the homeowner’s association. Thanks to the dental

website I went to that warned against eating sugary treats: I had the best laugh of the day when I read at the bottom of their homepage: We Use Cookies.

To the young man in the office supply store who seemed stumped when I asked for a landline phone for my office: “Oh, I don’t know if we carry them,” he said. “But look in the very back corner of the store next to the carbon paper, the white-out and the floppy disks.”

To the folks at AARP who sent me my 300th copy of their Bulletin that included recommendations for how to live a stress-free life. For example, AARP said to take time to appreciate your part-

ner’s skin. (I thought that sounded very romantic. Then AARP added: “Be on the lookout for suspicious moles.” Well, that kind of ruined the mood.)

To the makers of the mousetrap who claim on the package, “It kills over 100 mice per set of batteries”: Wouldn’t you like to know how many times you can change the channel with your remote or open and close your garage door with a couple of AAAs? This information is usually never included. But deaths per battery? Right on the box.

To the chirping noise that went on in our house every 30 seconds: We could not locate the problem and it was driving us crazy for three days. We

finally located the errant smoke detector. The constant chirping has had no lasting effect on us, but our cat is still in therapy once a week.

To Mary Ellen who was traumatized when our cat killed a mouse in our basement storeroom: She humanizes the animals and her heart goes out to them. I suggested we try to not think about it that night and just watch a fun movie. Ratatouille was probably a bad choice.

Dick Wolfsie spent his career sharing his humor, stories and video essays on television, radio and in newspapers. His columns appear weekly in The Paper of Montgomery County. E-mail Dick at Wolfsie@aol.com

Ask Rusty – I Have VA Coverage; Should I Get Medicare Part B?

Dear Rusty: I am a 74 year old veteran enrolled with the VA. I have never had Medicare Part B. Should I? My only source of income is Social Security.

Signed: Retired Veteran

Dear Retired Veteran: First, thank you for your service to our country. Like you, I use the VA for certain healthcare needs but, unlike you, I am also enrolled in Medicare Part B. The decision on whether to have both is a personal choice only you can make, but I’ll give you some things to consider:

If you are 100 percent satisfied with your VA coverage, and if that coverage is conveniently available to you, and if the VA provides all the health care you will ever need wherever you happen to be, then enrolling in Medicare Part B may not be needed in your personal situation. For me, the nearest full service VA facility is about 40 miles away, while just about every imaginable private health-



ASK Rusty
Social Security Advisor

care service is nearby. Thus, for convenience reasons, I am enrolled in Part B so I can use any doctor or medical service provider I want within just a few miles of my home. I also travel a fair amount, and I like the convenience and flexibility of using any healthcare provider I happen to be near, without worrying about finding a VA facility or VA-affiliated private provider. So, for me, it all

Social Security Matters

by AMAC Certified Social Security Advisor Russell Gloor

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

comes down to convenience and flexibility to use any healthcare provider I want. I use my VA coverage when it’s convenient for me, but otherwise use non-VA providers. But your needs may be different.

Your choice may especially be different since your only source of income is Social Security. There is a premium associated with Medicare Part B (\$170.10 per month for 2022) which would be taken from your Social Security payment, thus reducing it. That may create a financial issue for you, which is obviously an important consideration when deciding if

you should also enroll in Part B to supplement your VA coverage. But there’s yet another concern if you enroll in Part B now.

Since you’re 74 and have relied solely on the VA for your healthcare needs since turning 65, you’ll be subject to a Late Enrollment Penalty if you enroll in Part B now, and that penalty may make Part B even more unaffordable for you. Your VA health care coverage isn’t considered a “creditable” alternative to Part B, which means that a Late Enrollment Penalty of 10% additional premium will be assessed for each full

year you went without Part B coverage. For example, instead of the standard Part B premium of \$170.10, your premium with the late enrollment penalty could be about \$323 per month. And, unfortunately, that penalty lasts for as long as you are enrolled in Part B and will increase along with any increases to the Part B premium as time passes.

For your awareness, if Social Security is your only source of income, you may be eligible for your state’s Medicare Savings Program which can assist you with paying Medicare premiums and copayments. If your income falls below the required thresholds you may be eligible for the Medicare Savings Program as described at this website: www.benefits.gov/benefit/4396.

Finally, the AMAC Foundation has a repository of helpful information for America’s veterans, which you can browse at this link: www.amacfoundation.org/veteran-resources/.

VISIT US ONLINE AT: THEPAPER24-7.COM

VOICE of our PEOPLE SUNDAY

Non-profit says states must invest in freight network

As vehicle travel returns to pre-pandemic levels and federal transportation funding from the Infrastructure Investment and Jobs Act (IIJA) begins to reach states, it will be critical that states make additional investments to improve the efficiency and condition of the nation's freight network to minimize supply chain disruptions, according to a new report released today by TRIP, a Washington, DC based national transportation research non-profit.

The TRIP report, "The U.S. Freight Network's Critical Role in the Supply Chain" examines the latest information on the condition and reliability of the nation's supply chain and the critical role of the U.S. freight transportation network in keeping the U.S. economy moving. The report finds that, while U.S. vehicle miles of travel (VMT) bottomed out in April 2020 at a level 40 percent below that in April 2019, by September 2021, U.S. VMT had rebounded to 1.8 percent below September 2019 levels. Vehicle travel in the 13 states listed in the chart below has now surpassed pre-pandemic rates. VMT data for all 50 states can be found in the report's appendix.

While national vehicle miles of travel dropped by as much as 40 percent during the pandemic, freight movement fell by just 10 percent by April 2020, demonstrating the resilience of the supply chain and the nation's reliance on freight movement. National freight movement - including for-hire trucking, freight railroad services, inland waterway traffic, pipeline movements and air freight - peaked in August 2019, bottomed out to its lowest level in April 2020, and by September 2021 had rebounded to within two percent of September 2019, the most recent pre-pandemic September.

States Exceeding Pre-Pandemic Vehicle Travel - September 2019 to September 2021					
1	Arizona	13.2%	8	Iowa	4.6%
2	Idaho	8.8%	9	Indiana	2.3%
3	Montana	7.9%	10	Utah	2.1%
4	Florida	7.5%	11	New Mexico	1.6%
5	Alaska	6.6%	12	Arkansas	1.2%
6	South Dakota	5.9%	13	Rhode Island	0.6%
7	Missouri	4.9%	U.S. Average: - 1.8 %		

"With more than \$650 billion in goods moving through the state each year, Indiana plays a critical role in the international supply chain," said Bryce Carpenter, vice president of industry engagement for Conexus Indiana, a nonprofit industry-led initiative focused on strengthening Indiana's advanced manufacturing and logistics industries. "Indiana has the most pass-through interstates, has 43 freight railroads, the eighth largest cargo airport and ships 65 million tons of cargo a year. Indiana has continually invested in strengthening its 'Crossroads of America' position, whether through infrastructure investments or innovations to improve connectivity. We must continue - and even accelerate - investments to ensure the safe and efficient delivery of goods to consumers around the world and to support economic growth."

Congestion and decreased or unpredictable reliability on the nation's freight transportation network can impact delivery times and hinder the delivery of goods, supplies and raw materials, disrupting manufacturing supply chains and prolonging the time it takes for customers to receive their orders. Traffic congestion can increase the cost of goods and services as a result of increased delays. The Texas Transportation Institute, in its 2021 Urban Mobility Report, found that increasing traffic congestion resulted in a 77 percent increase in traffic delays for commercial trucks from

2000 to 2019, increasing from 219 million hours to 387 million hours.

"This latest TRIP report highlights the critical role the operation of the nation's supply chain has on economic growth and quality of life for all citizens," said Ed Mortimer, vice president of transportation infrastructure at the United States Chamber of Commerce. "With passage of the Bipartisan Infrastructure legislation, new federal resources will join with state, local and private partners to modernize the freight network in a one-in-a-generational opportunity to rebuild and innovate, ensuring America's competitiveness long into the 21st century. It's time to get to work!"

The American Transportation Research Institute (ATRI) prepares an annual list of the nation's top 100 truck bottlenecks, based on the analysis of a massive database of truck GPS data, to quantify the impact of traffic congestion on truck-borne freight. The chart below shows the top 20 truck bottlenecks.

"Highway bottlenecks cost the trucking industry more than \$75 billion each year, contributing to the recent surge in inflation and driving down supply chain efficiencies," said Bill Sullivan, executive vice president of advocacy for the American Trucking Associations. "The TRIP report provides some of the starkest evidence yet of the dire consequences of underinvestment in our nation's most critical infrastructure. IIJA provides the greatest opportunity in

Top 20 U.S. Truck Bottlenecks					
1	NJ	Fort Lee, NJ I-95 at SR 4	11	CA	Los Angeles, CA SR 60 at SR 57
2	OH	Cincinnati, OH I-71 at I-75	12	TX	Dallas, TX I-45 at I-30
3	GA	Atlanta, GA I-285 at I-85 (North)	13	TN	Nashville, TN I-24/I-40 at I-440 (East)
4	GA	Atlanta, GA I-20 at I-285 (West)	14	NY	Brooklyn, NY I-278 at Belt Parkway
5	TX	Houston, TX I-45 at I-69/US 59	15	TX	Austin, TX I-35
6	IL	Chicago, IL I-290 at I-90/I-94	16	GA	Atlanta, GA I-75 at I-285 (North)
7	TN	Chattanooga, TN I-75 at I-24	17	TX	Houston, TX I-45 at I-610 (North)
8	MO	St. Louis, MO I-64/I-55 at I-44	18	LA	Baton Rouge, LA I-10 at I-110
9	NY	Rye, NY I-95 at I-287	19	IL	Chicago, IL I-90 at I-94 (South)
10	CA	San Bernardino, CA I-10 at I-15	20	CO	Denver, CO I-70 at I-25

a generation to address these deficiencies and addressing highway freight bottlenecks must be given the highest priority by federal and state departments of transportation."

Reliability in the ability to predict freight travel times is of critical importance, particularly to industries that rely on "just in time" manufacturing to have the right material, at the right time, at the right place, and in the exact amount needed. Late deliveries can have costly ripple effects and can cause costly disruptions in the production process. Decreased reliability also requires drivers to budget extra time, track routes in real time and make route adjustments to account for inconsistent travel times and delays. The following chart indicates the nation's ten least reliable major freight highway corridors, based on a reliability index that indicates how much longer travel times are on heavy travel days, compared to normal days (the top 25 are listed in the report). The numbers after the decimal point can be treated as a percentage; a corridor with a travel time reliability index of 1.50 had travel times that were 50 percent longer on heavy travel days, compared with normal days.

The condition of the nation's freight network can greatly impact the delivery of goods. The pavement life cycle on the National Highway Freight Network, which includes the nation's major freight

Top Domestic Freight Corridors Ranked by Travel Time Reliability Index		
1	I-95: Richmond to New Haven	1.75
2	I-5: Medford, OR to Seattle	1.51
3	I-35: Laredo to Oklahoma City	1.42
4	I-10: Los Angeles to Tucson	1.38
5	I-5/CA 99: Sacramento to Los Angeles	1.36
6	I-75: Lexington to Detroit	1.34
7	I-65/I-24: Chattanooga to Nashville to Chicago	1.33
8	I-10: San Antonio to New Orleans	1.32
9	I-95: Miami to I-26 (SC)	1.31
10	I-75: Tampa to Knoxville	1.25

routes, is greatly affected by state and local governments' ability to perform timely maintenance and upgrades to ensure that road and highway surfaces last as long as possible. The TRIP report finds that four percent of pavement on the National Highway Freight Network are rated in poor condition, while 19 percent are rated in fair condition and the remaining 77 percent are rated in good condition. Four percent of National Highway Freight Network bridges are rated in poor condition, 43 percent are rated in fair condition, and the remaining 53 percent are rated in good condition.

Signed into law in November 2021, the Infrastructure Investment and Jobs Act will increase investment in highway, road and bridge projects needed to improve the efficiency of the nation's supply chain. The IIJA will provide \$304 billion for highways, roads and bridges over the next five years through September 30, 2026 -- a 34 percent increase over current funding levels.

Improving the condition and performance of the nation's network of roads and bridges will require

a significant increase in investment. According to the Status of the Nation's Highways, Bridges and Transit: Conditions and Performance Report to Congress released by the United States Department of Transportation in 2021, the U.S. would need to increase annual road, highway and bridge investment by 55 percent over the current level of highway investment to make significant improvements in road and bridge conditions, reduce traffic congestion, and improve traffic safety. The nation currently faces a \$1 trillion backlog in projects needed to improve reliability, safety and conditions.

"In the short term, improving the performance of the nation's supply chain will require addressing the many supply chain challenges that are restricting the timely movement of freight," said Dave Kearby, TRIP's executive director. "But ensuring that the nation's long-term goals for economic growth and quality of life are met will require investing adequately in an efficient transportation system that will provide the U.S. with a reliable supply chain."

Green heroin vs. the call to work

By Dr. James Thrasher

Addiction to government handouts continues to be a significant economic and societal issue. Recently, some authors have sounded the alarm by tagging the current CARES Act freebies as a form of "green heroin." This addiction to green dollars has caused free-lunch addicts to lose their desire to work.

The reality is that 150 million people received \$1,200 stimulus checks, and 25 million people received a weekly \$600 addition to their unemployment checks, and the handouts keep coming. Unfortunately, this new cash has created some new users and cemented a dependency outlook with many established addicts. Why would the unemployed look for work, take a job, or return to work when they can make more money collecting stimulus and unemployment checks?

This unprecedented large-scale government handout of money has produced this freshly normalized perspective for some in our country. Freebies incentivize Americans not to work, which has dire consequences across the economy. The effect of this is being experienced by businesses, many of which are unable to open their doors or are having to curtail their hours because they cannot find a sufficient labor source.

Matthew Nicaud, in his article "Government Handouts Continue to Stagnate Economic Output," states that "there is perhaps no more destructive force to destroy the

motivation and work ethic of a workforce than the sedative of government handouts." He adds: "when government doles out the entitlement dollars to the citizens, it sends a message that the nanny state will provide some or all of their income." Consuming and relying upon this nanny-state sedative has chilling implications for America.

The tangible implications of the government CARES program have prompted a vital and foundational question: Why work?

Work matters. And to those of us of religious persuasion, work matters to God, now and eternally. Work is inherently good. God was, is, and will continue to be a worker. We are His image-bearers. A component of this image-bearing is being created in His likeness as workers. God designed us to work, and it is an essential part of our humanity.

By God's command, Adam and Eve were to tend and care for the Garden of Eden and to fill the earth and subdue it. Work is not a responsibility placed on man because of the fall, but rather a high calling and privilege given to us by God from the beginning. The call to work charges us to pursue excellence and to be faithful stewards of employment opportunities, abilities, and time to serve our Creator and our fellowman. God compels us to work and earn our keep. Work is a divine duty, and all vocational callings have dignity. Legitimate work is good and important to

God as He works out His purposes in our lives.

Work has great significance in God's providential plan for man. From the beginning, God has intended to use man's call to work for His glory because every aspect of life is worship. Colossians 3:23 says "whatever you do, work at it with all your heart, as working for the Lord not for man."

The workplace is part of God's divine strategy to use workers as transforming and restorative agents by pointing others to Christ. It was God's intention that true soul satisfaction would come from an honest day's work. Proverbs 13:4 contrasts the worker and the sluggard by stating "the soul of the sluggard craves and gets nothing, while the soul of the diligent is supplied." Through work we can love and serve our neighbor. Work provides income for tithes and offerings that should be shared with the church and people in need.

"Green heroin" is advancing an opioid-like dependency on entitlement dollars. This dependency contradicts God's call to work. The only way to break the chains of this addiction is to see God's purposes in the calling of work as an indispensable way in which He is caring for human beings and renewing His world.

Dr. Jim Thrasher is the Senior Advisor to the Vice President for Student Recruitment and the coordinator of the Institute for Faith & Freedom's working group on calling.

Somehow, some way, may this be a Christmas worth remembering

We had difficulties when we were growing up in Martin county, Kentucky but overall, we thought we were doing okay. President Lyndon Johnson came to Inez, Kentucky in 1964 to let us know we weren't doing very well. He began his campaign in our community and we became the poster child for American poverty. We hadn't really thought of ourselves as poor until we started hearing about ourselves in the news.

I had numerous friends who didn't get much for Christmas. Often it was one or two small gifts or nothing at all.

Several classmates at my elementary school in Tomahawk, Kentucky were fortunate if they had a coat to wear in the winter. Ragged looking shoes on a kid's feet during the winter was a common sight.

Several classmates came to school to wash their faces and hands in the boys' bathroom. The school lunch was the only decent meal some of the kids ate during the week.

It was a while before President Johnson's 1964 promises started helping our area. Even with the roll out of government assistance many families subsisted until the coal boom of the seventies which has almost died. Today our county is reinventing itself with agriculture, a service center to aid bitcoin mining, tourism and small businesses.

I don't remember every Christmas, but I remember one. My dad broke his back falling off a barn when I was a child. He was out of work for several months and in



GLENN MOLLETTE
Guest Columnist

those days, we didn't have government safety nets to see us through tough financial times. Christmas came as usual and we did put up a tree. Our family gathered on Christmas Eve and we had food, fellowship and laughter. We always raised a garden and my parents stored food so it came in handy during tough times.

I expected nothing for Christmas that year because the heaviness of family financial pressure was obvious even as a child. Surprisingly, my mother handed me a small wrapped box that Christmas Eve and said Merry Christmas. I was shocked because I expected nothing that year. Opening the box, I found a watch that had numbers that glowed in the dark. It may have cost \$5 but it was priceless to me. I was thrilled and wore it every night to just look at the glowing numbers.

Dad was recuperating that Christmas. His temporary disability and our financial stress made life gloomy for us that year. Yet, here I am remembering that Christmas as one of the best of all. It was during that Christmas that I remember the presence of family. Mom and dad were

alive. We had food to eat. We had a roof over our heads and our family had each other.

This may not be your best Christmas, but maybe, just maybe you can still have Christmas.

The empty chair is painful. Depression is real. Financial or other personal difficulties may have disabled you. Millions have died from Covid-19. Thousands are suffering from horrific tornadoes and loss of life. Hurricanes have pounded us in the East and fires have incinerated our West. In the midst of all this inflation eats away at America's paychecks like an unchecked malignancy.

The message of Christmas is the story of peasant parents, enduring difficult travel, taxes to be paid and no place to sleep but a barn and a cow's trough for their newborn baby. Somehow, they found strength in each other and in God who brought them and their baby through a very difficult time. We never forget their story and their plight, it's truly a Christmas worth remembering.

We are going to remember this Christmas, no doubt. Somehow, somehow, with God's help and each other, may this be a Christmas worth remembering.

Dr. Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of 13 books including Uncommon Sense, Grandpa's Store, Minister's Guidebook insights from a fellow minister. His column is published weekly in over 600 publications in all 50 states.

SUNDAY

Travel or stay! and Play

Sunday, Dec. 19, 2021

J1

Want to Contact Us? ☒ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☒ ONLINE, www.thepaper24-7.com ☒ (765) 361-0100

What you can come to expect when you travel in 2022

(Family Features) After a couple abnormal years, many families are eager and ready to travel together again, and there are indications some pandemic-influenced travel behaviors will persist in 2022.

For example, remote work and virtual school allowed families to travel and combine work and vacation time into "flexcation" getaways, a trend that will continue, according to the 2022 Vrbo Trend Report.

In addition to the 44% of families that said they're more likely to work remotely from a place that's not their home, extended stays are also on the rise. The vacation home site and app has seen a 68% increase in demand for 3-4-week stays over the past year.

Consider these 2022 trends spotted by the travel experts at Vrbo:

Up-and-Coming Destinations

Spots in Ohio, New York and Alaska saw double vacation rental demand over the past year. Within driving distance of major Midwest metros like Chicago, Indianapolis and Louisville, Cincinnati was the year's top emerging destination.

Other up-and-comers

include Niagara Falls, a popular choice for those who wanted to experience life at the border. Yorktown, Virginia, the location of the last Revolutionary War battle, allows history buffs to witness a battle reenactment. Adventurous travelers trekked to Matanuska-Susitna, Alaska, to enjoy the wilderness of Denali National Park and Preserve, breathtaking glaciers and surrounding mountains.

Chalet All Day

You may have heard of Cabincore and Cottagecore, but chalets are a trending aesthetic that inspires family travel. Chalets saw a nearly 85% increase in demand year over year. Located on lakefronts or nestled in the woods, these charming and idyllic properties are desirable lodging options for many families.

Kids Call the Shots

After being cooped up at home, it may be no surprise parents are letting their kids have a bigger say in vacation planning. Compared to pre-pandemic times, half of the families surveyed said they're more likely to let their kids decide where they vacation and 43% of parents are more likely to let their kids skip school



Photo courtesy of Pixabay

Adventurous travelers trekked to Matanuska-Susitna, Alaska, to enjoy the wilderness of Denali National Park and Preserve, breathtaking glaciers and surrounding mountains.

for vacation.

Traveling with the Pack

Many families adopted pandemic pets because they had more time at home to spend with their furry friends. Now more people are bringing Fido and Fluffy along on vacation; 68% of pet parents have traveled,

plan to travel or would like to travel with their pets. What's more, there has been a 40% increase in demand year-over-year for pet-friendly vacation homes.

Early Bird Bookers

If 2021 was any indication, families will continue booking their va-

cations further in advance. Booking activity occurred an average of 2-3 months earlier than usual for several major travel seasons. Families booked summer travel in February, holiday trips in July and snowbirds got a head start on booking warm weather stays for 2022.

In fact, 60% of survey respondents said they plan to book their vacations earlier than they did in pre-pandemic times with nearly half making plans 3-5 months in advance.

Find more ideas for planning your next vacation, along with the full report, at Vrbo.com.



Photo courtesy of Pixabay

Though it can be tempting not to, especially when you're in a rush, you should always fully scrape your vehicle's windows and remove snow from its surface before driving.

Driving in a winter wonderland: 5 safety tips

(StatePoint) Though the winter season has its joys, it also brings unique challenges – especially when venturing out in hazardous weather.

According to the Federal Highway Administration, 24% of all weather-related vehicle crashes happen on snowy, slushy and icy pavement, while 15% occur during snowfall or sleet. Here are five tips to protect yourself, your loved ones and your vehicle this season.

1. Invest in winter tires. Snow and ice can turn roads into a slippery nightmare, posing a real threat for drivers. Winter tires, also known as snow tires, are uniquely designed to increase traction in these conditions and can help avoid accidents.

2. Clear snow and ice before hitting the road. Though it can be tempting not to, especially when you're in a rush, you should always fully scrape your vehicle's windows and remove snow from its surface before driving. Leaving ice and snow to melt is more dangerous

than you might think. It can slide down the windshield and block your view of the road, or even fly into nearby traffic, causing damage or obstructing the vision of other drivers.

3. Keep your distance. Ever heard of the "three-second rule"? Experts recommend leaving three seconds of distance between your vehicle and those ahead of you. To do this, watch the car ahead of you pass a landmark, then count to three. It should be at least three seconds before your car reaches the landmark. When the roads are slick or icy, be sure to widen the gap. Should you need to stop suddenly, the extra space will lower your chances of a collision.

4. Slow down! A recent national survey by Erie Insurance found that one in 10 drivers admitted to driving at extreme speeds (20 mph or more over the speed limit) during the early months of the pandemic, and many respondents say drivers are still going way faster than normal. Speeding is always danger-

ous and can be even more hazardous when roads are icy, making it harder to control the vehicle and avoid skidding. If your vehicle begins to skid, turn the steering wheel towards the direction you need to go.

5. Monitor and improve driving behaviors. Identify bad habits and become a safer driver year-round with a smartphone app like YourTurn from Erie Insurance. YourTurn analyzes behaviors such as hard braking, speeding and phone use, and offers incentives for safe driving through rewards that can be redeemed for gift cards or donated to charity.

"It's especially important to be mindful of your driving behavior in the winter time," says Jon Bloom, vice president of personal auto at Erie Insurance. "By incentivizing safe driving habits, we hope to make the roads safer for everyone."

For safer driving experiences, be sure you and your car are prepared to handle road conditions, this season and beyond.

Learning to love cold camping and trekking

(StatePoint) Do you identify as an outdoor enthusiast -- but only during three seasons of the year? Here are some tips and recommendations for learning to love cold-weather camping, trekking and more:

- Take up a new sport: Whether it's ice climbing, snowshoeing or cross-country skiing, there are certain sports that can only be enjoyed in cold conditions. Challenge yourself to take up a new athletic endeavor this winter. The thrill of trying something for the first time may prove sufficiently distracting from the chill, plus you may discover a new passion in the process.

- Let durable tech support you: Your wearable tech should be as tough and intrepid as you are. So if your current outdoor watch doesn't support high-level performance or stand up to the toughest of conditions, it's time for an update. Consider Casio's line of Pro Trek and G-SHOCK watches, which have built-in technology to ensure your fun doesn't turn to frustration. For example, those in G-SHOCK's Mudmaster

series feature a digital compass, barometer, altimeter, thermometer and step tracker to help you reach your goals, even when challenges seem insurmountable. The Base model is the MUDMASTER GGB100, which uses carbon material that delivers a new level of shock-, water-, dust- and mud-resistance. The watches in the Pro Trek series are also equipped with quad sensor technology, and in some cases, Smartphone connectivity. Using Bluetooth and Casio's Smartphone Link functionality, wearers can connect to a designated app for access to additional useful data for your outdoor adventures, such as route log, calories burned, location indicator, altitude, longitude, latitude and more.

- Embrace a mind over matter attitude: Hate the cold? Consider the approach of extreme, cold-weather athlete Wim Hof, whose famous outdoor feats of endurance in subzero temperatures (and in little clothing) have earned him the apt nickname, "The Iceman." You don't need to forgo shoes and a shirt like he does to take a page from

his cold weather playbook, which involves controlled breathing. Dip a toe into the icy waters of his technique by checking out the Wim Hof Method Mobile app.

- Get prepped for nighttime: While you may prefer to spend the night in a cabin or other shelter in winter, and that's totally respectable, if you do plan a more rustic adventure, be sure that your tent and sleeping bag are specifically engineered for winter use. A sleeping pad placed beneath your sleeping bag can provide a valuable layer between you and the cold ground. Most importantly stay healthy and safe. Change your plans if there are unsafe conditions in the forecast and know the signs of hypothermia and frostbite. If you are a novice, you may also consider bringing along a friend who is well-versed in cold weather outdoor adventures until you get the hang of it.

If you go all out during summer, spring and fall, but shy away from outdoor adventures in winter, let new gear and a new mindset help you embrace the cold.

relax & enjoy

THE PAPER

SUNDAY

In the Know

Sunday, Dec. 19, 2021

K1

Want to Contact Us? ☐ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☐ ONLINE, www.thepaper24-7.com ☐ (765) 361-0100

4 New ways agriculture is fighting climate change

(StatePoint) Agriculture contributes about 17 percent of global greenhouse gas emissions worldwide, according to the United Nations. And while the sector is a key contributor to climate change, it is also vulnerable to its effects -- with climate-related impacts such as droughts, flooding and longer fire seasons posing increasingly serious challenges to farmers and ranchers around the world.

The good news is there is a fast-growing sustainable agriculture movement, and it's continuing to accelerate as the need becomes more urgent. Here are a few examples of new technologies and

practices that agricultural entrepreneurs are developing to adapt to the challenges of climate change and become part of the solution.

1. California-based TerViva is commercializing a climate-resilient legume that can withstand harsh weather conditions. Its protein- and oil-rich seeds are a sustainable alternative to palm and soy.

2. Missouri's Pluton Biosciences is developing a microbial product that can be applied at planting and harvest to scrub nearly two tons of carbon from the air per acre of farmland per year, while replenishing nutrients in the soil.

3. Indoor agriculture is an emerging solution that addresses the challenges of weather, pests, and limitations in space and water, but it also requires significant energy to supply light in place of the sun. Colorado startup SunPath addresses this problem by using fiber optic indoor lighting, delivering actual sunlight deep inside buildings. And Pennsylvania-based GrowFlux's intelligent lighting systems provides 20-30% energy savings when used for indoor horticulture.

4. Nitrous oxide is a greenhouse gas released from agriculture fields that is nearly 300 times more potent than carbon

dioxide, according to the Environmental Protection Agency. Tennessee-based startup mobius is developing the next generation of biodegradable plastics made from a byproduct of the agriculture and forestry industries that can be used to deliver nitrogen for plants in a controlled manner and in place of fossil-fuel based fertilizers, improving soil quality, minimizing harmful nitrogen runoff, and significantly reducing emissions.

Experts point out that the need for such solutions is urgent, and so is the support that will allow these emerging technologies to succeed.

"Accelerating climate-technology innovation is essential if we are to avoid the worst impacts of climate change," said Trish Cozart, director of the Wells Fargo Innovation Incubator (IN2), a technology incubator that connects ag-tech startups to experts and facilities at the National Renewable Energy Laboratory and the Donald Danforth Plant Science Center. "In order for new technologies to make a true impact, they need to prove to investors that these products are truly capable of delivering what they promise. Through IN2, startups get the support they need to validate their technologies,

including access to a network of on-farm sites to test products and solutions in a real-world setting."

"The finance sector is increasingly seeing sustainable investment as both a responsibility and an opportunity," said Wells Fargo's Agribusiness Division executive, Jacquie Fredericks. "The importance of the agriculture sector to our livelihood cannot be understated, and we're encouraged by this new wave of climate-smart technologies focused on securing our access to food and raw materials, while making meaningful contributions to the fight against climate change."

Three tips for achieving shinier and healthier-looking hair

(StatePoint) Whether you're attending a rescheduled wedding, reentering the workplace or just want to look your best this fall, shiny tresses look good with every outfit and on every occasion. However, if your locks are looking a bit dull, don't stress -- experts say that not only is it completely typical to need a bit of a refresh this time of year, but that this is an issue you can resolve on your own.

"Every head of hair needs a bit of post-summer TLC," says Jonathan Colombini, celebrity hairstylist. "The good

news is that you don't need to wait for your next salon appointment. This can also be achieved at home."

Here are Colombini's top secrets for keeping your hair glossy and gorgeous on a daily basis at home:

Eat for Hair Health

A hair-healthy diet can promote hair growth and shine. Be sure your diet includes important vitamins and nutrients like iron, biotin, protein and vitamins A and C. On a daily basis, eat a wide range of whole fruits and vegetables and good-for-you sources of protein and iron, such as

lentils, nuts and fish.

Use an At-Home Treatment

A toning gloss is a service typically performed in a hair salon to enhance hair color, tone and shine, and now you can give yourself this same treatment at home with no special professional skills required.

Suitable for all hair types and textures, as well as both color-treated and natural hair, the new Le Color Gloss by L'Oréal enhances color and tone, boosts shine and deeply conditions in one step, to leave hair looking healthy. Available in nine shades,

you can tone the color you have or use the clear option for a shine-enhancing, ultra-moisturizing hair treatment. Whichever your preference, here's how to use the product most effectively:

1. Evenly distribute Le Color Gloss through clean, damp hair all the way through the ends (use a wide-tooth comb for thicker curly hair textures).

2. Leave it on for 5-15 minutes. (Review instructions for specific development time for your shade and desired result.)

3. Rinse your hair thoroughly with water.

"While the effect lasts around 10 days, you can build a deeper result and maintain shiny hair and a fresh-looking hair color tone by repeating the routine once a week," says Colombini. "I recommend using it in the shower on your shampoo day."

Some toning products can damage hair, so be sure to look at the ingredients of the product you select. As Colombini points out, Le Color Gloss is made of a coconut oil-infused deep conditioning base and is color- and keratin- safe, making it a great way to promote shine

without causing damage. To learn more, visit lorealparisusa.com.

Rinse Cold While warm water works best for washing hair, you should always rinse with cold water. This is because cold water helps to seal the cuticles that were just opened to give your hair a healthy-looking shine.

Don't wait for a special occasion or for your next salon visit. With the right strategies, shiny hair can be an everyday indulgence for you this fall season and beyond.

Fun ways to introduce physics to kids

(StatePoint) When many of us think of physics, we think of high-level science courses taught in high school and college. The truth is that not only can you teach your child the basic principles of this branch of science at a young age, but doing so can help them understand the world around them, while laying the groundwork for a continued interest in STEAM learning.

At Home There are many ways to demonstrate basic principles of physics using household objects. However, toys designed for this purpose can be good launching pad for your quest for knowledge.

The new line of marble playsets from VTech, Marble Rush, allows kids to build thrilling marble courses, send marbles into motion and compete in exciting challenges with lights and sounds. Added bonus? You'll be introducing engineering principles at the same time! Each Marble Rush set contains color-coded blocks and easy-to-follow building instructions for kids to create a variety of beginner to advanced courses, or create

their own course with endless possibilities. The Marble Rush Ultimate Set and Marble Rush Launchpad Set can also be combined to create an extreme playset. Plus, the Marble Rush playsets have received the Toy Association's STEAM Toy Accreditation seal of approval, meeting experts' criteria for a good STEAM toy.

Families can find course design instructions, along with super cool challenges that demonstrate specific physics concepts like force and friction, on the VTech website. For more information, visit vtechkids.com/marblerrush.

On-the-Go

Physics truly is all around us, which means there are always opportunities to introduce concepts while on-the-go. Here are a few ideas to get you started:

- At a sporting event: Talk about how the ball flies through the air because of the force the athlete applied to it. Discuss how gravity is at the same time, pulling the ball down toward Earth, and how friction from the air around the ball applies a force that slows it down.

- In the car: The car is the perfect place to demonstrate the Doppler Effect and learn about sound. The next time you drive past music, a car alarm or other source of noise, ask your child to observe the way that it sounds as you get closer to it and then how it sounds as you move away from it again. Explain that the noise itself hasn't changed, but your perception of it has because sound waves are moving differently from the point of view of the observer -- you.

- On a walk: Brr...it's cold outside! The next time you're on a walk, talk about how even the seasons can be explained by physics. The part of Earth where you live is tilted away from the sun right now, which means that sunlight is more indirect. This is also why the days are shorter this time of year!

It's never too early to bring science to life for kids. There are not only real-world examples of physics at play to discover, but new toys can make learning about these concepts a fun, exciting adventure.

Menopause affects your skin, too. Here's how to fight back against these changes

(StatePoint) By 2025, there will be over 1 billion women experiencing menopause in the world, which will be 12% of the entire world population. Most women hit menopause by their 50s. However, changes in the body start to appear earlier than you might think, often many years before a woman officially hits menopause. This time in a woman's life can bring bothersome and debilitating symptoms which can significantly affect a woman's health and daily routines.

Women may notice physical changes in their skin as one of the first symptoms as they age. "When you're young, your body produces an abundance of collagen, the main skin-supporting protein that keeps your face supple and hydrated," said nationally renowned natural health physician and author, Dr. Fred Pescatore. "Studies show that women lose about 30% of their skin's collagen during the first five years of menopause due to hormonal shifts."

With collagen loss, skin becomes thinner and prone to wrinkles. It also loses the ability to protect itself, maintain hydration, and produce strong collagen the way it once could. Many women see these changes reflected in increased bags under the eyes, sagging neck skin, and increased hyperpigmentation in the face and hands.

There are several ways for women to minimize and manage skin health concerns that appear during this period.

Minimize Sun Exposure

Try to avoid direct sun exposure. Some women experience increased hyperpigmentation on their face and hands, often referred to as dark spots, leading up to and during menopause. This is caused by a combination of hormonal changes and sun exposure. "You can help minimize your skin's exposure to the sun by wearing SPF, hats and gloves when outdoors," said Dr. Pescatore.

Take Shorter Showers

Keep showers short and not too hot. "Spending too much time in water, especially hot water, strips natural oils from your skin, leaving it dry," said Dr. Pescatore. In the time leading up to and during menopause, your skin is at increased risk for dryness, so try to take short, lukewarm showers to keep skin optimally hydrated.

Add a Proven Supplement

Look for ingredients that can stimulate collagen production and help improve the health of your skin from inside and out. Numerous clinical studies have shown that daily supplementation with the super-antioxidant Pycnogenol (Pic-noj-en-all) French maritime pine bark extract can help minimize various skin concerns middle-aged women experience. Pycnogenol binds with

existing skin proteins, collagen and elastin, stimulates the genesis of new collagen and hyaluronic acid, and protects skin from various harmful enzymes, helping to rebuild elasticity for a smooth, younger look. Additionally, Pycnogenol has been shown to reduce hyperpigmentation for a more even complexion. A recent study, published in 2021, found that those who supplemented with 100mg of Pycnogenol for 12 weeks during dry winter months experienced a 13% improvement in both skin elasticity and skin firmness.

"Pycnogenol is one of the most studied ingredients on the market, with decades of research showing the benefits of this natural extract for a variety of health applications," said Dr. Pescatore. "In fact, the extract has specifically been studied on menopausal women, so the skin benefits complement its additional women's health benefits nicely."

Available in more than 1,000 dietary supplements, topical creams, and health products worldwide, more information about Pycnogenol can be found by visiting pycnogenol.com.

As women enter the middle phase of life, a host of new skin concerns can appear. Evolving one's skin care routine and making natural lifestyle changes can help women meet the challenges of menopause.

Buy. Sell. Rent. Lease.



THE PAPER classifieds.

WWW.THEPAPER24-7.COM

Montgomery County's Most Wanted

The Montgomery County Sheriff's Office is requesting your assistance in locating a subject wanted on a felony warrant. If you have any information on the whereabouts of this wanted person please contact the Montgomery County Sheriff's Office at (765) 362-0885 or (765) 362-3740.

WANTED



Caleb J. Mathews
Born 1984
Charge: P/V Dealing Methamphetamine (Level 3)

WANTED



Wyatt W. Hunt
Born 1996
Charge: FTA Resisting Law Enforcement/Criminal Confinement (Level 5)

WANTED



Mario G. Ortega
Born 1977
Charge: Sexual Misconduct with a Minor (Felony 4)

WANTED



Robert E. Butler
Born 1984
Charge: Possession of a Firearm by Serious Violent Felon (Level 4)

WANTED



Devin R. Post
Born 1990
Charge: FTA Possession of Methamphetamine (Level 6)

WANTED



Amanda J. Fry
Born 1987
Charge: P/V Theft (Felony 6)

WANTED



Thomas W. Farley II
Born 1991
Charge: FTA Possession of Methamphetamine/Carrying Handgun w/out license

WANTED



Cole M. Williams
Born 1995
Charge: P/V Escape

WANTED



Stephen C. Shaffer
Born 1992
Charge: Domestic Battery (Level 5)

WANTED



Tasha L. McCray
Born 1991
Charge: FTA Fraud (Felony 6)

Please Read Our Disclaimer:

All warrants are the property of Montgomery County, Indiana. This list of wanted suspects is updated on a daily basis, but all warrants need to be verified through the Montgomery County Sheriff's Office Warrants Division before any action is taken. If you feel a warrant is listed in error, please contact the Montgomery County Sheriff's Office.

Notice:

If you have information about the whereabouts of any of the listed suspects, please contact the Montgomery County Sheriff's Office at the numbers provided, or contact your local law enforcement agency. The issuance of a warrant by no means indicates that a person is guilty of a crime, only that probable cause exists to believe that person has committed a crime.

DO NOT ATTEMPT TO APPREHEND ANY OF THESE SUSPECTS AS THEY MAY BE ARMED AND DANGEROUS.

PUBLIC NOTICES



The Paper
Public Notices Deadline:
11:00 a.m. 2 Business Days Prior to Publication
legals@thepaper24-7.com

The Paper
Public Notices Deadline:
11:00 a.m. 2 Business Days Prior to Publication
legals@thepaper24-7.com

The Paper
Public Notices Deadline:
11:00 a.m. 2 Business Days Prior to Publication
legals@thepaper24-7.com

The Paper
Public Notices Deadline:
11:00 a.m. 2 Business Days Prior to Publication
legals@thepaper24-7.com

The Paper
Public Notices Deadline:
11:00 a.m. 2 Business Days Prior to Publication
legals@thepaper24-7.com

PUBLIC NOTICES

NOTICE TO BIDDERS
 Crawfordsville Community School Corporation shall accept electronic bids or sealed bids delivered to:
 Crawfordsville Community School Corporation Administration Office
 1000 Fairview Ave, Crawfordsville, IN 47933.
 Electronic bid submissions shall be sent to the email addresses listed on the Bid Form.
 Bids will be opened by representatives of Crawfordsville Community School Corporation.
Critical dates & times listed below (all Eastern Standard Time).
 Issued for Bid: Wednesday, December 15, 2021
 Pre-Bid Meeting: January 5, 2022 at 10:00 a.m
 Bids Due: Wednesday, January 12, 2022 at 2:00 p.m. local time
 The Pre-Bid Meeting will be held at Crawfordsville High School, Crawfordsville, IN 47933. The meeting will be conducted in the Commons Area and a tour of the facility will follow.
 Bids received after the listed time and date will be returned unopened. The bids may be submitted electronically to the Owner and Engineer at the email addresses listed on the Bid Form. Alternatively, a hard copy of the bids may be submitted enclosed in a sealed envelope, properly marked with the name of the Owner (Crawfordsville Community School Corporation), the project title, the company name, the company address of business, and the company contact information.
 The following documents are required to be completed in full and submitted with each bid proposal by the above referenced bid issue due date and time:
 1. Bid Form
 2. Bid Bond
 3. Contractors Bid for Public Work Form 96
 Bidding Documents shall be made available via electronic media through the ReproGraphix ePlanroom at https://www.reprographix.com. Hard copies are to be printed at the Contractor's expense.
 For questions regarding the bid documents contact Mike East at (317) 634-4672 or via email at mike.east@rediamond.com .
 PL4225 12/15 12/22 2t hspaxlp

STATE OF INDIANA) IN THE MONTGOMERY SUPERIOR COURT 2
) SS:
 MONTGOMERY COUNTY) CAUSE NO. 54D02-2111-EU-000114
 IN THE MATTER OF THE)
 UNSUPERVISED ESTATE OF)
 STEPHEN WOLFE, Deceased.)
NOTICE OF ADMINISTRATION
 Notice is hereby given that on November 23 2021, Suzanne Reuff was appointed Personal Representative of the estate of Stephen Wolfe, deceased, who died on September 22, 2021, in Montgomery County, Indiana.
 All person having claims against this estate, whether or not now due, must file the claim in the office of the Clerk of this Court within three (3) months from the date of first publication of this notice, or within nine (9) months after the decedent's death, whichever is earlier, or the claims will be forever barred.
 Dated at Crawfordsville, Indiana, this 23 day of November 2021.
 Karen D. Douglas
 Clerk, Montgomery County Courts
 William A. Goebel, #8381-54
 GOEBEL LAW OFFICE
 118 E. Main Street, Ste. 300
 Crawfordsville, IN 47933
 (765)364-9499
 e-m: billgoebel@goebelfroedgelaw.com
 PL4224 12/15 12/22 2t hspaxlp

Never miss a public notice on legal proceedings!
 After it prints in your local newspaper, it goes online:
 IndianaPublicNotices.com

STATE OF INDIANA) IN THE MONTGOMERY SUPERIOR COURT 2
) SS:
 MONTGOMERY COUNTY) CAUSE NO. 54D02-2111-EU-000103
 IN THE MATTER OF THE)
 UNSUPERVISED ESTATE OF)
 DENNIS R. FRUITS, Deceased.)
NOTICE OF ADMINISTRATION
 Notice is hereby given that on November 3 2021, Judy A. Fruits was appointed Personal Representative of the estate of Dennis R. Fruits, deceased, who died on June 19, 2021, in Montgomery County, Indiana.
 All person having claims against this estate, whether or not now due, must file the claim in the office of the Clerk of this Court within three (3) months from the date of first publication of this notice, or within nine (9) months after the decedent's death, whichever is earlier, or the claims will be forever barred.
 Dated at Crawfordsville, Indiana, this 3 day of November 2021.
 Karen D. Douglas
 Clerk, Montgomery County Courts
 William A. Goebel, #8381-54
 GOEBEL LAW OFFICE
 118 E. Main Street, Ste. 300
 Crawfordsville, IN 47933
 (765)364-9499
 e-m: billgoebel@goebelfroedgelaw.com
 PL4223 12/15 12/22 2t hspaxlp

PUBLIC NOTICE
 RQAW Corporation (8770 North St., Ste 110, Fishers, Indiana 46038) is submitting a Notice of Intent letter to notify the Indiana Department of Environmental Management of our intent to comply with the requirements under 327 IAC 15-5 to discharge storm water from construction activities for the following project: Montgomery County Road Plans - CR 200S (Comfort Drive) located in Crawfordsville, Indiana including the reconstruction of Comfort Drive from the intersection of CR 200 S and CR 250 E and the intersection of CR 200 S and Nucor Road. It also includes the installation of gravity sanitary sewer, force main, and construction of a sanitary lift station. Run-off from the project site will discharge to the John V. Galey regulated drain and ultimately to the Sugar Creek - Dry Branch. Questions or comments regarding this project should be directed to James Peck, Montgomery County Engineer, at (765)-307-8673.
 PL4222 12/15 1t hspaxlp

NOTICE OF PUBLIC HEARING
CRAWFORDSVILLE CITY COUNCIL
 Notice is hereby given that the Common Council of the City of Crawfordsville will hold a public hearing at 6:00 p.m. on Monday, January 9, 2022, in the Common Council Chambers, 2nd Floor, Municipal Building, 300 E. Pike Street, Crawfordsville, Indiana, to hear the request to vacate a public way: **The property location:** a portion of Old Oak Hill Road in front of 907 Lafayette Avenue
 The petition is on file and available for examination (and purchase at cost) in the Department of Planning & Community Development on the 2nd floor of the Municipal Building, 300 East Pike Street, Crawfordsville, Indiana 47933 (765.364.5152); office hours are 8:00-12:00 noon and 1:00-4:00 p.m., weekdays except holidays.
 The public is invited to attend the hearing and to comment on the proposed request. Oral comments concerning the requests will be heard. Written comments and objections to the requests may also be submitted to the Director of Planning & Community Development, City of Crawfordsville, at the address above prior to the hearing and will be considered.
 In accordance with the Americans with Disabilities Act, if anyone wishes to attend, hear or present evidence at the public hearing and is in need of reasonable accommodation, please contact the Crawfordsville Department of Planning & Community Development at the address or phone number above so accommodation can be made.
 Department of Planning & Community Development
 Brandy Allen, Director, City of Crawfordsville
 PL4221 12/15 1t hspaxlp

TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES
NOTICE
OF SHERIFF'S SALE
 By virtue of a certified copy of a decree to me directed from the Clerk of Montgomery Superior Court of Montgomery County, Indiana, in Cause No.: 54D01-1904-MF-000427, wherein PennyMac Loan Services, LLC, was Plaintiff, and J D Spencer, Janeille D. Spencer, was/were Defendant(s), requiring me to make the sum as provided for in said Decree with interest and cost, I will expose at public sale to the highest bidder, on the 12th day of January, 2022, at the hour of 10:00am or as soon thereafter as is possible, at 600 Memorial Drive, Crawfordsville, IN 47933, the fee simple of the whole body of Real Estate in Montgomery County, Indiana.
Lot Numbered 8, except the South 40 Feet thereof, as the same is known and designated on the recorded Plat of H.E. Green's 1st Addition to the City of Crawfordsville, in Montgomery County, Indiana, as the same appears of record in Deed Record 159 Page 73, in the Recorder's Office of Montgomery County, Indiana.
 More Commonly Known As: 1551 Darlington Avenue, Crawfordsville, IN 47933
 54-07-33-331-001.000-030
 Together with rents, issues, income, and profits thereof, said sale will be made without relief from valuation or appraisal laws.
 Ryan Needham,
 Sheriff of Montgomery County
 Jennifer L. Snook
 MARINOSCI LAW GROUP, P.C.
 455 West Lincolnway, Ste. B,
 Valparaiso, IN 46385
 Telephone: (219) 386-4700
 City of Crawfordsville
 1551 Darlington Avenue, Crawfordsville, IN 47933
 Street Address
 The Sheriff's Department does not warrant the accuracy of the street address published herein.
Type of Service: Personal
 JD Spencer
 1551 Darlington Avenue
 Crawfordsville, IN 47933
NOTICE
MARINOSCI LAW GROUP, P.C. IS A DEBT COLLECTOR. THIS IS AN ATTEMPT TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.
 PL4220 12/10 12/15 12/17 12/22 12/24 12/29 3t hspaxlp

TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES
NOTICE
OF SHERIFF'S SALE
 By virtue of a certified copy of a decree to me directed from the Clerk of Montgomery Superior Court of Montgomery County, Indiana, in Cause No.: 54D01-1706-MF-000467, wherein Bank of America, N.A., was Plaintiff, and Christopher Hitz-Bradley, Lorraine Hitz-Bradley, was/were Defendant(s), requiring me to make the sum as provided for in said Decree with interest and cost, I will expose at public sale to the highest bidder, on the 12th day of January, 2022, at the hour of 10:00AM or as soon thereafter as is possible, at 600 Memorial Drive, Crawfordsville, IN 47933, the fee simple of the whole body of Real Estate in Montgomery County, Indiana.
 Part of the Northwest Quarter of Section 15, Township 17 North, Range 5 West, Montgomery County, Indiana, described as follows:
 Beginning 456.8 Feet East of the Northwest Corner of said Northwest Quarter and running thence East 495.4 Feet to the centerline of State Highway 47; thence Southwesterly along said centerline 459.5 Feet; thence Westerly 282.6 Feet to an existing fence corner; thence Northerly 316.8 Feet to the place of beginning, containing 3.13 Acres, more or less.
 More Commonly Known As: 8061 South State Road 47, Crawfordsville, IN 47933
 54-14-15-200-009.000-001
 Together with rents, issues, income, and profits thereof, said sale will be made without relief from valuation or appraisal laws.
 Ryan Needham,
 Sheriff of Montgomery County
 David M. Bengs
 MARINOSCI LAW GROUP, P.C.
 455 West Lincolnway, Ste. B,
 Valparaiso, IN 46385
 Telephone: (219) 386-4700
 City of Crawfordsville
 8061 South State Road 47, Crawfordsville, IN 47933
 Street Address
 The Sheriff's Department does not warrant the accuracy of the street address published herein.
Type of Service: Personal
 Christopher Hitz-Bradley 8061 South State Road 47 Crawfordsville, IN 47933
 Lorraine Hitz-Bradley 8061 South State Road 47 Crawfordsville, IN 47933
 Lorraine Hitz-Bradley 1418 West Main Street Crawfordsville, IN 47933
 Lorraine Hitz-Bradley 814 South Grant Avenue Crawfordsville, IN 47933
 Keith W. Lerch 575 North Pennsylvania Street, Room 655 Indianapolis, IN 46204
NOTICE
MARINOSCI LAW GROUP, P.C. IS A DEBT COLLECTOR. THIS IS AN ATTEMPT TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.
 PL4219 12/8 12/15 12/22 3t hspaxlp

TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES
NOTICE OF SHERIFF'S SALE
 By virtue of a certified copy of a decree to me, directed from the Clerk of the Circuit Court of Montgomery County, Indiana, in Cause No. 54C01-1910-MF-001205, wherein PNC Bank, National Association was Plaintiff, and Michelle L. Oakley, Community Action Program, Inc. of Western Indiana and Franciscan Alliance Inc. AKA Franciscan Health Crawfordsville were Defendants, requiring me to make the sum as provided for in said Decree, with interest and cost, I will expose at public sale to the highest bidder on the 12th day of January, 2022, at the hour of 10:00 a.m., or as soon thereafter as is possible, at Sheriff's Office at 600 Memorial Drive, Crawfordsville, IN 47933, the fee simple of the whole body of Real Estate in Montgomery County, Indiana.
Lot numbered 4, as the same is known and designated on the recorded plat of Cap Subdivision to Montgomery County, Indiana, as the same appears of record as Instruments numbered 2005008365 and 200501077 in the Recorder's Office.
 More commonly known as: 4 Gladiator Drive, Waynetown, IN 47990
 Parcel No. 05-14-443-039.004-037
 Together with rents, issues, income, and profits thereof, said sale will be made without relief from valuation or appraisal laws.
 "Subject to all liens, encumbrances and easements of record not otherwise extinguished in the proceedings known as Cause 54C01-1910-MF-001205 in the Circuit Court of the County of Montgomery, Indiana."
 Attorney for Plaintiff: J. Dustin Smith
 ATTORNEY NO. 29493-06
 Manley Deas Kochalski LLC
 P.O. Box 441039
 Indianapolis, IN 46244
 Sheriff of Montgomery
 Wayne Township
 4 Gladiator Drive
The Sheriff's Department does not warrant the accuracy of the street address published herein
 PL4218 12/1 12/8 12/15 3t hspaxlp

Please visit
 us online:
 thepaper24-7.com

C&F Fabricating
Merry Christmas & Happy New Year

CHRISTMAS GREETINGS FROM OUR LOVELY LOCAL BUSINESSES

CARLSON MOTORSPORTS
Merry Christmas & Happy New Year!
215 HIGH STREET • LINDEN • (765) 339-4407

COX & PRITCHETT PLUMBING INC
Heating & Air Conditioning
We wish everyone a happy & healthy holiday season!
765-362-4108
coxandpritchettplumbing.com

Coon's TRIM COMPANY
Custom Embroidery • Screen Printing • Signage
2401 Indianapolis Rd. • Crawfordsville • 765-362-6509 • www.coonstrimcompany.com
Merry Christmas Happy New Year
Thanks for all your support after 34 years!

Merry Christmas and Happy New Year!
CARPENTER'S BARBER SHOP
191 E South Blvd • Crawfordsville
(765) 362-9837

FRENCH'S PLUMBING LLC
Merry Christmas & Happy New Year!
Hope 2022 is a better year!
765-376-7310

DUTCHER TRENCHING INC.
From our family to yours:
We wish you a very blessed Christmas & a Happy New Year
765-362-3308
Sewer/Septic Install & Cleaning • Grease Trap Cleanout • Risers • Lift Pumps
Rooster & High Pressure Jetting Service • 10WPA Septic Inspections • Camera Service • Locator Service
IOWPA Certified and Licensed for the state of Indiana

CS Trucking
Merry Christmas & Happy New Year

In His Time Books & Gifts Christian Store
Merry Christmas
In His Time Christian Books & Gifts 765-365-5311
113 S. Washington St. Downtown Crawfordsville, IN • Open: Mon-Fri 10-6; Sat. 10-4

Merry Christmas & Happy New Year
HUNT & SON

Heathcliff 101 N Washington Street Crawfordsville
Happy Holidays from the Heathcliff Girls!

Linden Machine Shop
Merry Christmas & Happy New Year

JW DESIGN VINTAGE ANTIQUES & DESIGNS
Merry Christmas & Happy New Year
765-481-1025
205 E. MAIN ST • CRAWFORDSVILLE

Josh Voliva's Auto Detailing
Call me for your detailing needs 765-366-2968
Merry Christmas & Happy New Year

NATHAN'S REPAIR
(765) 362-9338 • 2924 N. SR 47 • Crawfordsville
Merry Christmas and Happy New Year

Moore's Jewelry & Repair
Merry Christmas & Happy New Year
111 W Market Street • Crawfordsville

LITTLE MEXICO
Merry Christmas and Happy New Year
Thanks for your support! GOD BLESS YOU ALL
Authentic Mexican Food

Happy Holidays
\$5 off of any purchase of \$30 or more
PLU 89654
PET SUPPLIES PLUS

NEW ROSS STEAK HOUSE
Merry Christmas & Happy New Year
NYE serving food from 4:30 - 10 PM
176 Main Street • New Ross, IN
765-723-9291

NEW ROSS MINI MART
765-723-1660
118 Valley Drive
New Ross

Wishing you a Merry Christmas & a Blessed 2022!
Sanders Priebe Funeral Care
315 S Washington Street • Crawfordsville

Pomps TIRE SERVICE, INC.
"The Tire Professionals"
FROM OUR FAMILY TO YOURS:
HAVE A WONDERFUL CHRISTMAS & A PROSPEROUS NEW YEAR!
114 N. Water Street • Crawfordsville

Pettit & Sons Pools and Spas
(765) 364-0072
415 W Market St. Crawfordsville
Hope you have a splashing Christmas

Sugar Creek Eye Care
(765) 362-2706
May your season be merry & bright!
Thanks for your support through the years!

SRE AUTO SALES
500 Waynetown Rd. Crawfordsville, IN 47933
(765) 362-9465
Merry Christmas & Happy New Year

Shop Small Shop Handmade
Happy Holidays!
220 S. Main St • Linden • 765-339-4100

Merry Christmas to all of our family and friends!
The Neighborhood Café
205 Waynetown Road • Crawfordsville • 765-307-2250

The Forum Family Restaurant
Merry Christmas & Happy New Year
We are open on Christmas 6 AM - 2 PM
1410 Darlington Ave. • Crawfordsville
(765) 361-8751

T & S Trash Service Transfer Station
Merry Christmas from all of us at T&S Trash Service
765-866-0372 • tandstrashservice.com

Merry Christmas & Happy New Year
TRI-COUNTY BANK&TRUST

TRACTION AUTO
2704 Traction Rd. Crawfordsville
765-362-3160
Merry Christmas & Happy New Year!
Come see us for all of your scrap metal needs
Mon-Fri 8am-5pm / Sat 8am-Noon

THE TAVERN SPORTS BAR
NEW YEARS EVE 3 PM - 3 AM
MUSIC CELEBRATION
6-9 PM DINNER
PRIME RIB
AFTER 9: STREET LEGAL
GET YOUR TICKETS AT THE TAVERN
OPEN 3 PM - 3 AM • 7 DAYS A WEEK
1450 DARLINGTON AVE. • CRAWFORDSVILLE



6 DAYS UNTIL CHRISTMAS

Brought to you by:

DUTCHER TRENCHING INC.



Sewer/Septic Install & Cleaning - Grease Trap Cleanout
Risers - Lift Pumps - Boosters & High Pressure Jetting Service
IOWPA Septic Inspections - Camera Service - Locator Service

765-362-3308

IOWPA Certified and Licensed for the state of Indiana

Classifieds

765-361-0100 ext. 15 | class@thepaper24-7.com
Deadlines for next-day publication:
Monday - Friday 9 a.m. to 4 p.m.
Line ads: 1 p.m. | Display ads 11 a.m.

2, 3 and 4 bedroom homes,
Contract Sales, Hooks
(765) 918-8700, (765) 362-0185
www.hookshomesindiana.com

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

STATE ADS

Your Family Deserves The BEST Technology... Value... TV!...

\$59.99 MONTH for 24 months

190 Channels

CALL TODAY Save 20%! **1-855-551-8162**

Offer ends 11/14/18. Savings with 2 year price guarantee with AT 120 starting at \$59.99 compared to everyday price. All offers require credit qualification, 2 year commitment with early termination fee and eAutoPay. Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/ Sling or Hopper 3 \$5/mo. more. Upfront fees may apply based on credit qualification. Fees apply for additional TVs: Hopper \$15/mo., Joey \$5/mo., Super Joey \$10/mo. All new customers are subject to a one-time, nonrefundable processing fee.

Upgrade to the Hopper® 3 Smart HD DVR
- Watch and record 16 shows at once
- Get built-in Netflix and YouTube
- Watch TV on your mobile devices
Hopper upgrade fee \$5/mo.

Add High Speed Internet **\$14.95**/mo.
Subject to availability. Restrictions apply. Internet not provided by DISH and will be billed separately.

dish AUTHORIZED RETAILER ALTITUDE

Master RESIDENTIAL & COMMERCIAL SERVICE COMPANIES

YOUR LOCAL WATERPROOFING EXPERTS!
Proudly serving Indianapolis and all of Central Indiana!

SINKING CONCRETE
NASTY CRAWL SPACES
WET BASEMENTS

Call today to learn the ideal solution!
317.827.7665 | InHomeRepairPros.com

MENTION "INDIANA PRESS" TO RECEIVE THIS SPECIAL OFFER!
\$250 OFF ANY COMPLETE SYSTEM

Cannot be combined with any other offer. Coupon must be presented at time of estimate. Not valid on concrete jobs or prior work. Expires 3-31-19. Maximum discount 5%.

Earn more with Quality!

★ ★ ★ 30 YEARS OF SERVICE ★ ★ ★

Quality Drive-Away, Inc. needs CDL & Non-CDL drivers to drive new trucks, buses & RVs across North America. 20+ pickup locations. Experience preferred. Must have DOT physical and be willing to keep logs. No DUIs in last 10 years, clean MVR.

Quality Drive-Away INC.

Apply Online at www.qualitydriveaway.com
or call 574-642-2023

Discover the world's best walk-in bathtub from **American Standard**

\$1,500 SAVINGS

5 Reasons American Standard Walk-in Tubs are Your Best Choice

- 1 Backed by American Standard's 40 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

Includes FREE American Standard Right Height Toilet Limited Time Offer! Call Today!
855-883-2970

FREE IN-HOME EVALUATION!

MORE HD CHANNELS, FASTER INTERNET AND UNLIMITED VOICE.

Speeds up to 60Mbps
Unlimited data - no data caps

SPECTRUM INTERNET™ AS LOW AS \$29.99 /per mo. for 12 mos. when launched

Blazing fast Internet is available and can be yours with Spectrum Internet™ With speeds starting at 60 Mbps

125+ CHANNELS
UP TO 60MBPS
UNLIMITED CALLING

SPECTRUM TRIPLE PLAY™ TV, INTERNET AND VOICE **\$89.97** /per mo. for 12 mos. when launched

CONTACT YOUR LOCAL AUTHORIZED RETAILER **855-663-7513**

Spectrum AUTHORIZED RETAILER

*Bundle price for TV Select, Internet and Voice is \$89.97/mo. for year 1; standard rates apply after year 1. Available Internet speeds may vary by address. WiFi: Equipment, activation and installation fees apply. Services subject to all applicable service terms and conditions, subject to change. Services not available in all areas. Restrictions apply. All Rights Reserved. ©2017 Charter Communications.

Dental Insurance
Call for dental coverage today to help save money on big dental bills.

This is real dental insurance from Physicians Mutual Insurance Company that helps pay for over 350 procedures - cleanings, fillings, crowns, even dentures.

- No annual maximum, no deductible
- See any dentist you want - including your own
- Over 50? Coverage as low as \$1 per day

Call now to get this **FREE** Information Kit
1-844-244-7025
dental50plus.com/hoosier

IN TROUBLE WITH THE IRS?

If you owe the IRS or state \$10,000, \$15,000 or more call us for a **FREE, no obligation consultation.**

Our FREE Consultation will help you:

- ✓ Resolve your past due tax problems
- ✓ End Wage Garnishment
- ✓ Stop IRS Tax Levies

We know your rights and are here to protect you. Our team of highly qualified tax attorneys deal with the IRS for you.

We have successfully represented thousands of cases with the IRS.

Call now for your free consultation **866-765-5293**

BOOK YOUR VACATION NOW - CALL FOR LIMITED TIME SAVINGS

Grand Alaskan Cruise & Tour Save \$500 per couple
12 days from \$1,849* \$1,599*
Departs June - September, 2019

Ultimate Hawaii Tour with Pearl Harbor Save up to \$900 per couple
13 days from \$2,249* \$1,799*
Departs year-round

Enjoy a spectacular cruise & tour between Seattle and Alaska including 7 nights aboard Holland America Line's ms Westerdam and 4 nights on land. You'll cruise the Gulf of Alaska and the Inside Passage—a breathtaking sea lane teeming with marine wildlife, where you'll pass glaciers, towering mountains, and lush forests, with stops in Ketchikan, historic Skagway and magnificent Glacier Bay. On land, you'll go deep into Denali National Park, tour Anchorage, and see the Alaska Wildlife Conservation Center.

FREE ONBOARD CREDIT

The escorted tour experts since 1967! All tours include hotels, sightseeing and baggage handling.

VAT vacations Promo code N7017 **1-866-391-0054**

Put on your TV Ears

...and hear TV with unmatched clarity

TV Ears Original™ ~~\$129.95~~

NEW SPECIAL OFFER NOW \$59.95

Use promo code MB59

Call 1-877-930-2645
M-F 6am - 6pm

TV-EARS
Voice Clarifying TV Headset



THE
POWER
OF THE
PEOPLE
IS IN OUR
HANDS



**AMERICAN DEMOCRACY WAS BORN
IN LOCAL NEWSPAPERS.
WE'RE YOUR EYES, YOUR EARS,
AND YOUR VOICE TO KEEP THE NATION STRONG.**