

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

What Super Bowl Party Foods Are MVP?



Photo courtesy of Pixabay

Nachos are ranked Number 9

We love the Super Bowl. And while it can be fun seeing men tackle one another on television or watching whatever pop star the NFL was able to conjure up during halftime, we throw football-themed bashes for one thing and one thing alone: the junk food we won't apologize for loving.

Ahead of this year's big game, we polled The Daily Meal staff to see what Super Bowl party essentials are their absolute must-haves. The result is our definitive ranking of Super Bowl dishes. However, it should be noted that most Super Bowl party foods are good. So even our lowest ranked dish is a total winner, it just may not be the MVP.

#15 Giant subs

You can find an amazing sandwich in every single state, but with very few exceptions, a giant 6-foot "party sub" is not one of them. The bread, somehow, is always stale. And few people can agree on what deli meat, cheese, vegetables and condiments are the best.

#14 Dessert

We're not usually one to turn our nose up at a delicious pie, ooey, gooey brownie or perfectly baked cupcake. But something about the Super Bowl screams for savory food. Save that cake for your birthday party.

#13 Chili

No matter what regional variation of chili you favor, there's no denying this classic comfort food is a staple at Super Bowl parties across the country. While it is a wintertime favorite for sure, chili is not the easiest thing to eat while watching an intense game of football. It's also quite filling, which isn't great when there's a whole table of game day snacks to dive into. The most redeeming thing about chili is that you can customize it with ease (and it's hard to mess up). You can eat like a Texan and make your chili without beans or make a bean-filled vegetarian chili, beef chili or chicken chili.

#12 Pulled pork sandwiches

Is there anything more quintessentially American than barbecue? For an all-American event like the Super Bowl, few sandwiches are more appropriate than pulled pork. This dish is easy to make at home and is easily adapted into a vegetarian version with jackfruit. However, like chili, pulled pork can be quite filling, so this is perhaps best saved for a summertime picnic.

#11 Sliders



Photo courtesy of Pixabay

Guacamole is ranked Number 6

Burgers are a house party staple, and it's really easy to make burgers at home. But at a Super Bowl party, committing to eating an entire, full-sized cheeseburger is a tall task. Enter: The slider. Not only are these mini burgers super adorable, but they also cook up in a jiffy, making it an easy entree for hosts to prepare.

#10 Deviled eggs

Shareable, scrumptious and easily added to any plate full of food, deviled eggs are a classic party food for a reason. The simplest form of deviled eggs are remarkably easy to make: You just need eggs, mustard, mayonnaise and a little seasoning or garnish to finish the job. But if you're feeling zesty, there are plenty of ways to jazz up your deviled eggs.

#9 Nachos

What is there to say that hasn't already been said about the nacho? That iconic combination of tortilla chips, guacamole, salsa, melted cheese, beans, meat, olives and onion (or simply tortilla chips and cheese) is just about impossible to dislike. The perfect nacho recipe has everything you want on it and more. Plus, it's easy to make in massive amounts, serve to others and shovel into your mouth, making it the perfect party food.

#8 Pigs in a blanket

This kid-friendly dish, composed of a hot dog rolled in puff pastry dough, is perhaps the easiest dish on this list to make. You roll up the hot dog, pop it into the oven and dip it into your sauce of choice. The recipe is as simple as that. This dish lacks the wow factor of things higher on this list, but your guests will relish in the nostalgia of this classic childhood dinner you forgot about.

#7 Potato skins

What's not to love about the classic combination of cheddar cheese and bacon melted onto a crisp russet potato skin and topped with sour cream and chives? You can jazz it up with brie and prosciutto or chorizo, leave off the bacon, add extra chives, dip it in ranch or whatever else tickles your fancy.

#6 Guacamole

You know guacamole. You love guacamole. It's creamy, it's refreshing, it's full of flavor, and because the avocado has such a subtle flavor, you can make guac in many different ways. In fact, here are over 50

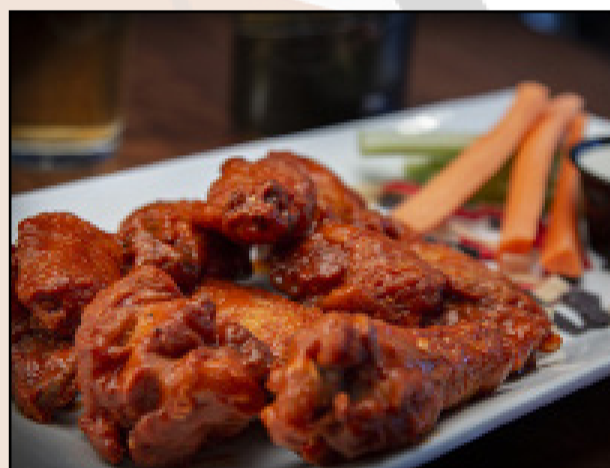


Photo courtesy of Pixabay

Chicken wings are ranked Number 1

easy, delicious guacamole recipes that are perfect for game day.

#5 Seven-layer dip

How can you improve on guac? Layer it with refried beans, sour cream and shredded cheese and top it with tomatoes, black olives and scallions for a colorful fiesta in your mouth. Honestly, people don't make seven-layer dip enough. And it's so easy. You just open a few cans and you have an instant party-ready snack.

#4 Pizza

Super Bowl Sunday is the busiest day for America's favorite pizza chains, and this dish is also easy to make at home with a few shortcuts such as using pre-made dough and shredded mozzarella cheese. Pizza is a hit any day of the year, whether its homemade, frozen or from one of America's best pizzerias, and this food is perfect for feeding a ravenous crowd.

#3 Spinach artichoke dip

Chips and dip are an integral part of any Super Bowl celebration, but we are partial to the combination of a warm, homemade spinach artichoke dip and classic tortilla chips. Cheesy, garlicky and with enough greens that you feel OK about taking a massive scoop on your plate, this isn't just one of the many dips you need for game day — it's one of the best dips.

#2 Buffalo chicken dip

We did just talk about dips. But there's one dip that absolutely no Super Bowl party would be complete without: Buffalo chicken dip. It's creamy, it's zesty, it's filling and it's just the right amount of meaty. It's also one of the easiest dips to make; you just mix together shredded chicken, blue cheese, ranch dressing, hot sauce, cream cheese and bake. Even the most novice home cooks can pull off this recipe.

#1 Chicken wings

Of all the recipes you need for Super Bowl Sunday, wings shouldn't be neglected. This portable, bite-sized morsel of deliciousness is crisp, juicy and filled with infinite possibilities. Want a traditional Buffalo wing? You can make it! Want something garlicky and cheesy? Bam! You got it! Want a wing that's sweet and savory? Live your dreams! You can make chicken wings in so many different delicious ways. Of course, if you're not feeling up to trying them yourself, you can always just seek out the best Buffalo wings in America.

TODAY'S QUOTE

Love does not dominate; it cultivates. —Johann Wolfgang von Goethe

TODAY'S JOKE

What'd the CEL&P lightbulb say to their sweetie?
I wuv you watts and watts and watts!

TODAY'S VERSE

Psalm 117:1 & 2 O praise the LORD, all ye nations: praise him, all ye people. For his merciful kindness is great toward us: and the truth of the LORD endureth for ever. Praise ye the LORD.

TODAY'S HEALTH TIP

Chronic nasal congestion is often helped by routine irrigation of the nose using over-the-counter nose wash kits. 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

Hey Cupid, draw back your bow!



13 WTHR

INDIANA FOUNDATION

7 DAY FORECAST

| | | | | | | |
|----------------------------------|---|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 27/43 RAINY AND BREEZY FRI | 21/25 COLDER, FLURRIES POSSIBLE SAT | 15/28 SUN AND CLOUDS SUN | 15/35 SUN AND CLOUDS MON | 20/44 SUNNY AND MILD TUE | 34/52 WARM AND WINDY WED | 41/54 WARM WITH RAIN THU |
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SUNDAY

Obituaries

Sunday, Feb. 13, 2022

A3

Chester C Leatherman

July 3, 1943 - Feb. 5, 2022

Chester (Chet) C Leatherman became an angel on Feb. 5, 2022 at 9:33 PM.

He was born on July 3, 1943, to Carl Leatherman and Loraine (Ball) Leatherman in Terre Haute, Ind. His parents preceded him in death.

He loved fishing, mushroom hunting, and hunting with bird dogs and above all, shopping. Yes, a man that loved to shop! He graduated from Turkey Run High School. At Turkey Run he was known for being the top football player for his school. His family and friends have had many laughs about how he pinned an ape while enjoying a street circus. He enjoyed weight-lifting competitions at The Wright Weigh.

He was the Russellville town marshal in his earlier years, he retired from RR Donnelley and Sons as a Press man after 30 years of service. He battled Alzheimer's for several years. He was a loving husband, dad and grandpa. We love you Chet with all our hearts and will miss you always. May we meet again when God calls us home.

He lived most of his adult life in Russellville, Ind. After 12 years of being together, he married his wife Shelly (Clare) Leatherman on Oct. 19, 2001. He has 4 children from a past marriage to Susan Cook; twins, Doug (Laura) Leatherman of Crawfordsville and Deborah (Tom) Carlson of South Carolina; and sons, Greg (Susie) Leatherman of Indianapolis and Brent (Jessica) Leatherman of Avon. He was a great stepdad to Rebecca (Dave) Clouse of Crawfordsville and Janese (Jesse) Stevenson of Waveland. He has several grandchildren and step-grandchildren, including great-grandchildren. He is the oldest of five siblings that include Karla (Ryszard) Panuszka, Connie (Larry) Davies, Shirley (John) Perry and Ed (Stephanie) Leatherman.

Visitation is scheduled from 1-3 p.m. at the Russellville Community Church with services immediately following the visitation. Pastor Josef Lee will be officiating the services and burial.

Curtis Alan Pithoud

March 15, 1955 - Feb. 4, 2022

Curtis Alan Pithoud, 66, Kingman, passed away on Friday, Feb. 4, 2022 at his family home.

He was born in Danville, Ill. on March 15, 1955 to the late Elisha Moore & Helen L. (Day) Pithoud.

Mr. Pithoud graduated from Fountain Central High School in 1974. He was married to Starla Wilson from 1982-1993 and they had 3 children together. He owned and operated Pithoud Painting & Drywall and worked with his son Christopher for many years. He loved to take time off work in the spring to go mushrooming. His grandkids were the light of his life and brought him so much joy. He enjoyed spending time with his family and reminiscing about the good ole days. He was a Nascar fan as well as a fan of the Chargers and the Colts. He liked old westerns, classic Rock music and was quite the food critic.

Survivors include his four children, Chrystal Walton of Waynetown, Jonathan (Karmen) Pithoud of Attica, Christopher (Courtney) Pithoud of Kingman and Tyler (Kathy) Pithoud of Tangier; three step-children, R.J. Zoerb of Kingman, Phil (Lee) Zoerb of Covington and Danielle Reissmann of Kingman; 15 grandchildren, Gabriella (Cody) Maston, Mackenzie Pithoud, Tyson Pithoud, Maleek Collins, Taylor York, Ellie Pithoud, Natalie Rutland, Elizabeth Pithoud, Naomi Pithoud, Jack Zoerb, Lauryn Kempen, Cruz Kempen, Jovie Zoerb, Abe Al-Mansour and Isabelle Tesoriero; four great-grandchildren, Braxton, Zayden, Xavier and Eliyza; four siblings, Steve (Cheryl) Pithoud of Williamsport, Randy (Wanda) Pithoud of Kingman, Alesa Pithoud of Lafayette and Jeff (Sibyl) Pithoud of Buckeye Arizona; and several nieces and nephews.

He was preceded in death by his parents; a brother, Eric Pithoud; two sisters, Denise Pithoud and Andrea Bradley-King; and two nephews.

Visitation is scheduled at Sanders Funeral Care, 203 S 1st Street in Kingman on Thursday, Feb. 10, 2022 from 4 p.m. - 7 p.m. The funeral service will be at the funeral home on Friday, Feb. 11, 2022 at 11 a.m. The service will be recorded which can be viewed on his obituary page at www.sandersfuneralcare.com Burial will follow at Kingman Fraternal Cemetery.

Share memories and condolences online at www.sandersfuneralcare.com



Donovan "Van" David Johnson

April 29, 2005 - Feb. 4, 2022

Donovan "Van" David Johnson, 16, Crawfordsville, passed away on Friday, Feb. 4, 2022 from injuries sustained in a car accident.

He was born in Lafayette on April 29, 2005 to Chad & Amy (Lacy) Johnson.

He was a Junior at South Montgomery High School and studied Broadcast Journalism, was the track manager, worked at Starbuck's and loved spending time with his family and friends. He was a collector of all things, was an avid Goodwill shopper and loved his car. He was a very outgoing and caring, and was loved by everyone. He will be missed by many.

Survivors include his parents, Chad and Amy Johnson of Crawfordsville; a sister, Ally (Kole) Bort of North Carolina; paternal grandparents, Dave and Meg Johnson of Ladoga; aunts and uncles, Connie (Dave) Casselman, John (Liz) Lacy, Linda Stark and Lisa (Matt) Chandler; cousins, Elijah, Cort and Elle; and best friends, Brooke Ellenberger, Nick Curtis and Joey Riggins.

He was preceded in death by his maternal grandparents, Sally Lacy and Bob Pickering; an uncle, Andrew Lacy; and great grandparents, Donald and Ruth Johnson, Hugh and Ruth Detchon, Donald and Ruby Games and Marvin and Cozette Lacy.

Visitation is scheduled at Whitesville Christian Church, 3603 S Ladoga Road, Crawfordsville on Thursday, Feb. 10, 2022 from 4 p.m. - 8 p.m. The funeral service is scheduled at the church on Friday, Feb. 11, 2022 at 11: a.m., with Pastor Mike Whitacre officiating. The service will be live-streamed and can be viewed on Donovan's obituary page at www.sandersfuneralcare.com. Burial will follow at Ladoga Cemetery. Share memories and condolences online at www.sandersfuneralcare.com

Mike Baldwin

June 1, 1940 - Feb. 5, 2022

Mike Baldwin of Crawfordsville passed away Saturday night at home. He was 81.

Born June 1, 1940 in Crawfordsville, he was the son of Everett Baldwin and Fannie Baldwin.

Mr. Baldwin worked several places over the years and became a custodian for Crawfordsville Community Schools for many years, retiring from there. He liked going for a drive, doing puzzles, playing Yahtzee and mushroom hunting.

He attended Crawfordsville High School. He married Virginia "Sally" Irvin on July 27, 1967. She passed away June 14, 2012.

Survivors include his son, Ronald Lee Baldwin of Phoenix, Ariz.; son, Gary (Jackie) Baldwin of Crawfordsville; daughter, Diane Baldwin of Winchester, Ind.; son, Stevie (Suzie) Baldwin of Crawfordsville; three grandchildren, A.J. of Bremerton, Wash., Dane and Reilley, both of Crawfordsville; step-grandchildren, Walter and William Campbell both of Crawfordsville; five step-children, Bill Craig, Donnie Craig, Jeff Craig, Lisa Craig Budd and John Craig, along with all of their children and grandchildren.

He was preceded in death by his parents; two brothers, Ronnie and Pudge "Lawrence" Baldwin; and four sisters, Hattie Nelson, Nancy Miller, Helen Ford and Freida Woodall; and a son, Mark Allen Baldwin.

Visitation is scheduled from 10 a.m. to Noon Saturday, Feb. 12 with services starting at Noon, at Burkhardt Funeral Home, 201 W. Wabash Avenue, Crawfordsville. Burial will follow at Waynetown Masonic Cemetery in Waynetown.

Online condolences may be made at www.Burkhardt-FH.com.

Lori D. (Risner) Harrington

May 21, 1962 - Feb. 7, 2022

Lori D. (Risner) Harrington, 59, Crawfordsville, passed away on Feb. 7, 2022 at IU Health Arnett.

She was born to Bill and Wanda McCollum Risner on May 21, 1962.

She graduated from N.M.H.S and then she went on to fulfill her dreams of food catering as well as partial ownership of the local Fiesta Bar.

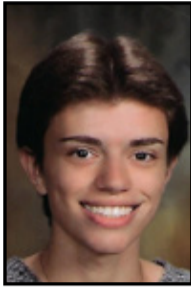
She was the widow of James Edward II and later in life married Kent Harrington, they later divorced, at which time she chose to dedicate herself to her son's and family.

Survivors include her sons, James Edwards III and Blake (Kristin) Harrington; a foster son, Joël Rhodes; two sisters, Debbie Robbins and Lisa (Joe) Abney; two brothers, Ross (Lois) Risner and Steve (Darlene) Risner; two step-brothers, Steve and David Hester; a step-sister, Diana Lyons; two grandsons, Luke Rooze and Elias Harrington; an aunt, Frieda (Jeff) Larkin; and several nieces.

She was preceded in death by her parents; grandparents; late husband; aunts; uncles; two nieces; one nephew; and one foster son, Jonnie Evans.

She will be missed dearly and forever loved by many.

Visitation is scheduled at Sanders Priebe Funeral Care, 315 S. Washington Street, in Crawfordsville on Tuesday, Feb. 15, 2022 from 12 noon until the time of funeral service at 2 p.m. Burial will follow at Oak Hill Grant Avenue Cemetery. Memorial donations may be given to the funeral home to assist the family with funeral expenses. You can mail a donation to Sanders Priebe Funeral Care, 315 S. Washington Street, Crawfordsville, Indiana 47933 or click the donation tab at the top of Lori's obituary page. Sanders Priebe Funeral Care is entrusted with care. Share memories and condolences online at www.sandersfuneralcare.com.



Janice H. (Haslam) Cook

Nov. 19, 1928 - Feb. 7, 2022

Janice H. (Haslam) Cook, 93, Crawfordsville, passed away on Monday, Feb. 7, 2022 at Wellbrooke of Crawfordsville.

She was born in Danville, Ill. on Nov. 19, 1928 to the late Frank W. and Eula (Mitchell) Haslam.

She graduated from Crawfordsville High School in 1946 and attended Purdue University for one year. She married Charles R. Cook Jr on Jan. 16, 1948. She retired from RR Donnellys where she worked in the accounting department. She belonged to Faith Baptist Church. She enjoyed camping, fish fries, family get togethers, playing bid euchre with family and Bunco Club. She loved gambling trips to Las Vegas, going to the thrift shop, yard sales and working puzzles. She always had an open door for family and friends. She also loved to cook for her family and had the best ham salad, potato salad and vegetable soup.

Survivors include two daughters, Charlotte (Mike) Groves and Charlene (Dan) Burns; a son, Denny (Carol) Cook; grandchildren, Mikie Groves, Missy (Charlie) Groves, Tiffany (Terry) Reeves, Angie (Shane) Smith and Garrett (Rene) Cook; great-grandchildren, Mitchel, Josie, Ashten, Kylee, Cami, Landyn, Cooper, Sloane, Denver and Addisyn; and a brother, Richard (Linda) Haslam.

She was preceded in death by her parents Frank and Eula Haslam; husband, Charles R. Cook Jr; grandson, Heath Burns; sister, Carolyn Hendrix, and brother, Samuel Haslam.

Visitation is scheduled at Sanders Priebe Funeral Care, 315 S. Washington Street in Crawfordsville on Saturday, Feb. 12, 2022 from 11 a.m. until the time of funeral service at 3 p.m., with Pastor Tony Roe and Mitchel Reeves officiating. The service will be live-streamed and recorded and can be viewed on her obituary page at www.sandersfuneralcare.com. Burial will follow at Oak Hill Cemetery North. Face masks are optional. Memorial donations may be given to Riley Children's Foundation, 30 S. Meridian Street, Suite 200, Indianapolis, Indiana 46204 or Montgomery County Animal Welfare League, 1104 Big Four Arch Road, Crawfordsville, Indiana 47933. Share memories and condolences online at www.sandersfuneralcare.com

Robert Allen Mitchell

Nov. 7, 1940 - Feb. 1, 2022

Robert Allen Mitchell, 81, Ladoga, passed away Tuesday, Feb. 1, 2022 surrounded by his family.

He was born on Nov. 7, 1940 in Crawfordsville to the late Jacob and Bertha Louise (Farrow) Mitchell.

Mr. Mitchell graduated from Ladoga High School with the class of 1958. On March 3, 1963 he married his wife of more than 58 years, Jerilyn (Allgood) Mitchell. She survives.

He was a farmer, enjoying farming for many years in Montgomery County. He also worked for Fleetwood in Crawfordsville, and the Montgomery County Highway Department. He enjoyed restoring Allis Chalmers Tractors, motorcycle riding, loving his animals and giving people a hard time. He will be greatly missed by so many. He was a member of Ladoga Lions Club, Hoosier Llama and Alpaca Association, as well as serving on the Board of Directors for Sycamore Girl Scouts, and the Farm Bureau Co Op in Crawfordsville.

Survivors include his wife, Jerilyn; daughters, Sherri (Jeff) Franssen, Pamela (Mark) Mitchell-Neff and Becky (Josh) Myles; grandchildren, Cole (Morgan) Goodman, Jacob and Lucas Franssen and Dalton Myles.

He was preceded in death by his parents; brother, James (Kay) Mitchell; sister, Marilyn NewHouse; and brother-in-law, Dale NewHouse.

Memorials in his memory may be made to Ladoga Volunteer Fire Department, Montgomery County Animal Shelter or St. Jude's Children Hospital. Envelopes will be provided at the graveside service.

A public graveside service will be held at 2 p.m. on Wednesday, Feb. 9, 2022 at Jamestown I.O.O.F Cemetery. Rev. William Pike will officiate. You are invited to visit www.serviesmorgan.com where you may share an online condolence or memory with the family. Servies & Morgan Funeral Home has been entrusted with his funeral arrangements.

Larry Dale Pruett II

Feb. 28, 1980 - Jan. 24, 2022

Larry Dale Pruett II, Crawfordsville, passed away Monday, Jan. 24 at home. He was 41.

Born Feb. 28, 1980 in Louisville, Kentucky, he was the son of Larry Dale Pruett and Jean Ann Markland Pruett.

He graduated from Monroe Central Jr/Sr High School.

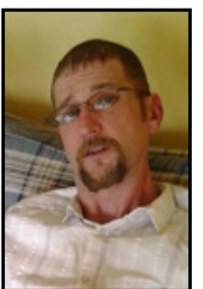
He was a long-time member of Boy Scout Troop 1 in Muncie, Ind. He worked as a pressman at LSC Communications in Crawfordsville. He liked doing carpentry work and enjoyed professional hockey.

Survivors include his sister, Barbara Pruett of Avon, Ind.; two uncles, Malcolm Markland of Vevey, Ind. and Michael Markland of Carmel, Ind.; aunts, Cathy Markland of Carmel, and Nikki Cox of Memphis, Ind.

He was preceded in death by his parents and aunt, Frances Taylor.

There will not be a public visitation or service. Cremation arrangements were made through Burkhardt Funeral Home, Crawfordsville.

Online condolences may be made at www.Burkhardt-FH.com.



SUNDAY

Obituaries

Sunday, Feb. 13, 2022

A3

David Allen Allison

Nov. 24, 1972 - Feb. 8, 2022

David Allen Allison, 49, Waynetown, passed away on Tuesday, Feb. 8, 2022 at IU Arnett Hospital with the love of his life, Dana, by his side.

He was born in Clinton on Nov. 24, 1972 to the late William F. Allison and Eva Joanne (Flaurr) Brissey.

Mr. Allison attended North Vermillion High School and worked as a truck driver for many years. He volunteered his time at the New Market Fire Department and most recently the Waynetown Fire Department. He loved being able to go on calls and help people. He was full of life and always happy. He always wanted to be around his family and friends.

He enjoyed hunting, camping, boating, and talking on the phone. He was always good at remembering phone numbers and could recite just about any number. He loved racing with his daughter at MWXC and seeing his racing family. He loved his children, his dog Millie, and his truck. Family cookouts and food in general were his favorite, especially potato, onions and steak. He enjoyed sharing experiences with Dana while traveling to different states. One of his favorite places that they traveled to was Las Vegas.

Survivors include his fiancée, Dana Adams; three children, Jacob (Audra) Cole, Brianna Allison and Jon Allison; future step-children, Jacob (Alex) Thompson and Wade (Lexi Tyo) Thompson; five brothers, Don (Rhonda) Allison, Jim (Linda) Allison, Ronald (Sonja) Allison and Billy (Millie); two sisters, Debra (Jeff) Caldwell and Gail (Larry) Woodard; grandchildren, Silas and Arlo Thompson; and numerous nieces, nephews and cousins.

He was preceded in death by his parents; a step-father, Myron Brissey; and a special cousin, John Flaurr.

Visitation is scheduled at Sanders Priebe Funeral Care, 315 S. Washington Street in Crawfordsville on Wednesday, Feb. 16, 2022 from 10 a.m. until the time of funeral service at 2 p.m., with Pastor Kurt Flora and Roger Doan officiating. The service will be live-streamed and recorded and can be viewed on his obituary page at www.sandersfuneralcare.com. Burial will follow at Poplar Grove Cemetery. Memorial donations may be given to the Waynetown Fire Department. Sanders Priebe Funeral Care is entrusted with care.

Share memories and condolences online at www.sandersfuneralcare.com.

Ruth Irene Bratton

Oct. 29, 1927 - Feb. 8, 2022

Ruth Irene Bratton, 94, New Ross, passed away Tuesday afternoon at Hickory Creek in Crawfordsville.

Born Oct. 29, 1927 in Farmersburg, she was the daughter of Raymond Williams and Rhoda Alice Jones Fouts.

She graduated from Crawfordsville High School in 1945. She was immediately hired to work as a telephone operator for Indiana Bell. She married Raymond Howard Bratton on Nov. 7, 1948. They settled on a farm just east of New Ross. She continued to make her home there after Howard's death on Jan. 16, 1995.

She began fulfilling a life-long dream when she went to beauty school in 1965. Upon her completion, she opened a beauty shop where she styled hair for more than 20 years. She was a member of the New Ross United Methodist Church for more than 50 years. She was also a founding member of the New Ross Golden Girls where the women lunched and laughed.

Survivors include her two daughters, Sue Bratton of Marion and Alice Bratton of Hawaii (Shari Berman); son, Matthew Bratton (Lynette) of New Ross and Parke County; grandchildren, Kevin (Jennifer) of Fishers, Tracy (Russell) of Indianapolis, Roger (Megan) of Columbus, Ga., Brian (Mercedes Buchanan) of Indianapolis, Roy Pence (Jessica Hite) of Huntington and Alexandria Pence (Dylan Giddings) of Indianapolis; step-grandchildren, Chelsea Warren of Hollandsburg and Seth Warren of Bloomingdale; eight great-grandchildren; and six step-great-grandchildren.

She was preceded in death by her husband, Howard; parents; step-father, Milo Fouts; son, William; and her brother, Richard.

Visitation is scheduled from 1 p.m. to 2:30 p.m. Sunday, Feb. 13th at Burkhart Funeral Home, Crawfordsville. The people in attendance are recommended to wear a mask. Services are scheduled to begin at 2:30 led by Mike Hartley. Burial will follow at the Mace Cemetery.

Memorial donations may be made to the New Ross United Methodist Church, P.O. Box 95, New Ross, IN 47968.

Online condolences at www.BurkhartFH.com.



Susie E. Austin

Oct. 10, 1924 - Feb. 8, 2022

Susie E. (Johnson) Austin, 97, a long time resident of Mellott, passed away in the Lane House, Crawfordsville on Tuesday, Feb. 8, 2022 at 3:18 a.m.

Susie was born in Lafayette, Indiana on Oct. 10, 1924.

She was the daughter of the late Alva and Vonetia (Shroyer) Johnson Sr. She was raised in Tippecanoe County and attended school in Romney, West Point and Lafayette. She has been a resident of Mellott for the past 79 years.

She was a homemaker and also had worked as a clerk in the grocery store in Mellott. She also did washing and ironing for the local residents as well as babysitting when needed. She was a faithful member of the Hillsboro Church of the Nazarene. She enjoyed knitting, crocheting and quilting. She provided several homemade quilts to family members.

She married Stanley W. Austin on Aug. 8, 1942 in Lafayette. Stanley preceded her in death on March 4, 2010.

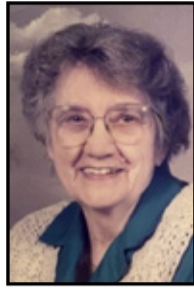
Survivors include her daughter, Marjorie (Michael) Bowman, Crawfordsville; two sons, Marvin "Bub" (Marianne) Austin, Mellott and Jerry (Julie) Austin, Dolton, Ill.; a daughter-in-law, Vickie Austin, Mellott; eleven grandchildren; nine great-grandchildren; and three step great-grandchildren.

She was preceded in death by a son, Gary Austin; a great-grandson, Kyle Bowman; her parents; her husband; three sisters; and two brothers.

Friends may call at the Maus Funeral Home, Attica, on Friday, Feb. 11th, from 12 p.m. until service time at 2 p.m. with Pastor Greg McDonald officiating. Burial will follow in the Meharry Cemetery, north of Wingate.

Memorial contributions may be made to St. Jude's Children's Hospital or to the Hillsboro Church of the Nazarene.

Condolences may be sent online at www.mausfuneralhome.com.



Laura Altman

Sept. 18, 1968 - Feb. 9th, 2022

Laura Altman, Crawfordsville, passed away on Feb. 9th, 2022 at her home surrounded by family after an 8-year battle with Multiple Myeloma. She was 53.

She was born Sept. 18, 1968 in Danville, Ill. to Kenneth Anders and Nell Carter Sheridan

She was active in her church, Calvary Chapel Crawfordsville and so loved serving her Jesus.

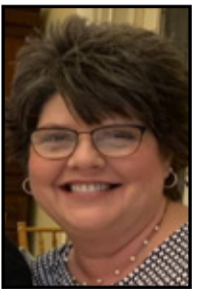
On Jan. 24, 1998 she married Bob Altman in Yountsville, Ind.

Survivors include her parents; her husband, Bob; her children, Joshua Neal of Martinsville and Madison Altman of Crawfordsville; step daughters, Trisha (Ashley) Thompson of Greenwood, Melissa (Josh) Waters of Zionsville and Katy (Kyle) McDermott also of Zionsville. She so loved her nine grandchildren, Thea, Ezra, Jack, Will, Maren, Nate, Nicky, Connor and Graham. She is also survived by her sisters, Sherrie Chrisman of Crawfordsville and Debra Keller of Texas; and a brother, Kevin Anders of Crawfordsville.

Visitation is scheduled at Calvary Chapel Crawfordsville, 915 Whitlock Ave, on Tuesday, Feb. 15, 2022 from 4 p.m. - 7 p.m. There will also be another visitation on Wednesday, Feb. 16, 2022 at the church from 11 a.m. until the time of her funeral service at 12 (noon) with Pastor Dave Keesee officiating. The service will be recorded and can be viewed on her obituary page at www.sandersfuneralcare.com Burial will follow at Oak Hill North Cemetery. Sanders Priebe Funeral Care entrusted with care.

Share memories and condolences online at www.sandersfuneralcare.com.

Memorial donations may be given to Miles for Myeloma IU, Indiana University Foundation, PO Box 6460 Indianapolis, IN 46206-6460 or Calvary Chapel Crawfordsville, 915 Whitlock Ave, Crawfordsville, IN 47933.



FEMA Is Offering COVID-19 Pandemic Funeral Cost Assistance

The COVID-19 pandemic has brought overwhelming grief to many FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred on or after January 20, 2020.

How to Apply
COVID-19 Funeral Assistance Helpline
844-684-6333
Hours of Operation:
Monday - Friday

9 a.m. to 9 p.m. Eastern Time

Call this dedicated, toll-free phone number to complete your COVID-19 Funeral Assistance application with a FEMA representative. Multilingual services are available.

If you use a relay service, such as your videophone, Inncaption or CapTel, please provide the specific number assigned to you for service. It is important that FEMA is able to contact you, and you should be aware phone calls from FEMA may come from an unidentified number.

Get answers to frequently asked questions about the application process on our Funeral Assistance FAQ page.

Funeral Assistance Policy

On June 29, 2021, we amended the COVID-19 Funeral Assistance policy to assist with COVID-19 related deaths that occurred in the early months of the pandemic.

Policy change FAQ
Required Documents
Official death certificate that shows the death occurred in the United States, including the U.S. territories and District of Columbia.

If the death certificate was issued between Jan. 20 and May 16, 2020, it must either 1) attribute the death directly or indirectly to COVID-19 or 2) be accompanied by a signed statement from the original certifier of the death certificate or

the local medical examiner or coroner from the jurisdiction in which the death occurred listing COVID-19 as a cause or contributing cause of death. This signed statement must provide an additional explanation, or causal pathway, linking the cause of death listed on the death certificate to COVID-19.

If the death certificate occurred on or after May 17, 2020, the death certificate must attribute the death directly or indirectly to COVID-19.

If you are eligible for funeral assistance you will receive funds by direct deposit or a check by mail, depending on which option you chose when you applied for assistance.



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Facts & Fun



Number Stumpers

1. What percentage of residents live in Greensburg?
≥
2. What is the population density of the county?
≤
3. How old is Decatur County?
≥
4. How many square miles of land does Greensburg not occupy?
≤

Answers: 1. About 46.07% 2. 69 People/Square Mile 3. 196 Years 4. 364.01 Square Miles

Did You Know?

- Decatur County was found in 1822 and named after Stephen Decatur Jr.
- Greensburg, the county seat, has an estimated population of 11,859 and a land area of 9.31 square miles.
- The county has a total land area of 373.32 square miles.
- Greensburg is known as “Tree City” because trees have been planted on top of the courthouse tower.
- There's an estimated population of 25,740 residents in the county.

Got Words?

As science has evolved, the possibilities of expanding agriculture have widened. Trees on top of courthouses, as seen in Greensburg, are one of the many peculiar methods for growing plants. How do you think agriculture in Indiana has positively and negatively evolved?

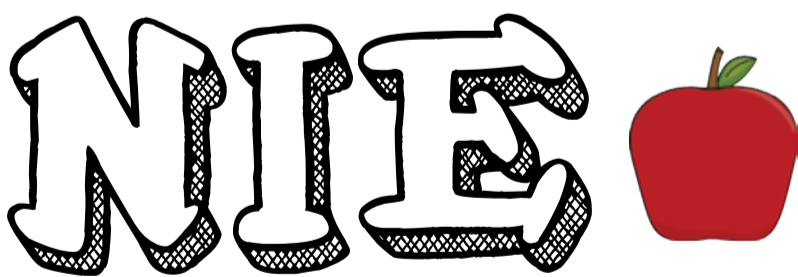
Word Scrambler

Unscramble the words below!

1. TERE IYCT
2. GRREGSUNEB
3. UADECRT CNYOTU
4. HUORCUEOTS
5. CIRUAGEUTLR

Answers: 1. Tree City 2. Greensburg 3. Decatur County 4. Courthouse 5. Agriculture

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SUNDAY

Indiana the Strong

Sunday, Feb. 13, 2022

B1

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BBB Warning: Watch out for romance scams this Valentine's Day

Online dating and social media have made it easier than ever to meet new people and find dates. Unfortunately, it has made scammers' work simpler, too. Con artists create compelling backstories, and full-fledged identities, then trick you into falling for someone who doesn't even exist. This form of deception is known as "catfishing." Sometimes a catfisher is simply a lonely person hiding behind a fake persona. But often it is the first step in a phishing scheme to steal personal information or a romance scam to trick you out of money. In some cases, victims have been tricked into moving illegal money from other scams ("money mule"), which is potentially a crime.

Behind many dating profiles lurk scammers who are ready to dupe users into believing they have found love. According to the 2020 Risk Re-

port, those who fell victim to Romance Scams were adults age 55 - 64 years old, the majority of those scammed being women.

Read more in "Online Romance Scams: A BBB Study on How Scammers Use Impersonation, Blackmail, and Trickery to Steal From Unsuspecting Daters."

How the Scam Works:
Most romance scams start with fake profiles on online dating sites created by stealing photos or else-where. Scammers often claim to be in the military or working overseas to explain why they can't meet you in person. Over a short period of time, the scammer builds a fake relationship with you, exchanging photos and romantic messages, even talking on the phone or through a webcam.

Just when the relationship seems to be getting serious, your new sweet-

heart has a health issue or family emergency, or wants to plan a visit. No matter the story, the request is the same: they need money. But after you send money, there's another request, and then another. Or the scammer stops communicating altogether.

Tips to Spot This Scam:

- Too hot to be true. Scammers offer up good-looking photos and tales of financial success. Be honest with yourself about who would be genuinely interested. If they seem "too perfect," your alarm bells should ring.
- In a hurry to get off the site. Catfishers will try very quickly to get you to move to communicating through email, messenger, or phone.
- Moving fast. A catfisher will begin speaking of a future together and tell you they love you quickly. They often say they've never felt this way

before.

- Talk about trust. Catfishers will start manipulating you with talk about trust and how important it is. This will often be a first step to asking you for money.

- Don't want to meet. Be wary of someone who always has an excuse to postpone meeting because they say they are traveling or live overseas or are in the military.

- Suspect language. If the person you are communicating with claims to be from your home town but has poor spelling or grammar, uses overly flowery language, or uses phrases that don't make sense, that's a red flag.

- Hard luck stories. Before moving on to asking you for money, the scammer may hint at financial troubles like heat being cut off or a stolen car or a sick relative, or they may share a sad story

from their past (death of parents or spouse, etc.).

Protect Yourself From this Scam:

- Never send money or personal information that can be used for identity theft to someone you've never met in person. Never give someone your credit card information to book a ticket to visit you. Cut off contact if someone starts asking you for information like credit card, bank, or government ID numbers.

- Ask specific questions about details given in a profile. A scammer may stumble over remembering details or making a story fit.

- Do your research. Many scammers steal photos from the web to use in their profiles. You can do a reverse image lookup using a website like tineye.com or images.google.com to see if the photos on a profile are stolen from somewhere

else. You can also search online for a profile name, email, or phone number to see what adds up and what doesn't.

To report a scam, go to BBB Scam Tracker.

To learn how to protect yourself, go to "10 Steps to Avoid Scams".

ABOUT BBB SERVING CENTRAL INDIANA: For more than 100 years, Better Business Bureau has been helping people find businesses, brands and charities they can trust. In 2020, people turned to BBB more than 220 million times for BBB Business Profiles on more than 6.2 million businesses and Charity Reports on 11,000 charities, all available for free at BBB.org. There are local, independent BBBs across the United States, Canada and Mexico, including BBB serving Central Indiana, which was founded in 1916 and serves 46 counties.

Hoosiers With Disabilities Can Save More And Experience Lower Fees

Because of recent changes to existing law, Hoosiers with disabilities are now able to save even more under the state's INvestABLE Indiana program.

Beginning January 1, 2022, the annual contribution limit for ABLE accounts increased from \$15,000 to \$16,000. This increase of over 6% will allow savers to deposit it even more into their accounts and experience

lower fees. The contribution limit is tied to the annual gift tax exclusion limit, which saw an increase this year.

ABLE plans have been making headlines across the country, too. The National ABLE Alliance, of which Indiana is a proud member, recently crossed a significant threshold, exceeding \$250 million in program assets. That automatically reduced the Program Management

Fee from 30 basis points (0.30%) to 28 basis points (0.28%), bringing further savings to the program and Hoosiers.

"I'm thrilled to announce that INvestABLE Indiana account owners can now not only contribute more annually toward their savings goals but also experience lower fees," said Amy Corbin, Executive Director of the ABLE Authority. "The lowering of fees comes

as a direct result of more individuals enrolling in ABLE and saving for their or their loved one's future. As INvestABLE Indiana continues to grow, it is heartening to see more individuals with disabilities achieving increased financial independence and economic empowerment."

INvestABLE Indiana offers seven investment options, including a checking account option with a debit card. Up

to \$16,000 per year can be saved in an account, with a maximum account balance of \$450,000. For individuals receiving Supplemental Security Income (SSI), they can save up to \$100,000 in their INvestABLE Indiana account and not risk losing their monthly SSI benefit. Money can be withdrawn and spent on qualified expenses or INvestABLE Indiana account holders can choose to grow their

finances and create long-term savings with tax-free earnings. Contributions and earnings in INvestABLE Indiana accounts are not subject to federal or state income tax if spent on qualified expenses. Contributions are made with post-tax dollars.

More information about INvestABLE Indiana, including how to open an account, can be found at <https://in.savewithable.com>.

Registration Open For Healthy Minds, Healthy Lives

Untreated or ignored stress and mental health issues in rural areas impact quality of life, economic development and lives of farmers, the agriculture workforce and rural families. To raise awareness and help reduce the stigma surrounding mental health in the agriculture industry the Healthy Minds, Healthy Lives program was created by the Indiana Rural Health Association. Twenty-three free, one-day insightful workshops with subject matter experts will be conducted in 2022. The workshops will begin Feb. 10, 2022, in Mount Vernon, Ind. The series of workshops will continue in 22 other rural sites around Indiana through July.

"Our rural communities are the backbone of our Indiana economy, and we can make them even stronger by supporting mental health and reducing stressors at home and in our communities," said Lt. Gov. Suzanne Crouch, Secretary of Agriculture. "These workshops will give our farmers the resources to help their neighbors and their family members who may be struggling."

The workshops aim to discuss the mental landscape in Indiana, highlight local resources, discuss telehealth options and contain information about the Purdue Farm

Stress Program. The Indiana Rural Health Association will also present a training for the Question, Persuade and Refer (QPR) program.

"We all know that farming is one of the most dangerous professions, and it is sadly also one of the most mentally taxing ones as well," said Bruce Kettler, director of the Indiana State Department of Agriculture. "Our department was honored to be awarded this grant from USDA and we believe using these funds in partnership with the Indiana Rural Health Association and Purdue Extension will greatly impact thousands of Hoosiers, and work to decrease the stigmas around mental health in agriculture."

The free workshops through the Healthy Minds, Healthy Lives program are open to the farming community, including agribusinesses and related service industries, the faith community, local leaders and families.

"The suicide rates among farmers are six times higher than the national average," said Kathy Walker, Indiana Rural Health Association (IRHA) program director for Healthy Minds - Healthy Lives. "Financial stress is always present, pressure to never lose the family farm is great, the

work is physically and mentally stressful with long hours, social isolation and lack of confiding relationships."

Each one-day workshop is limited to 35 people, so individuals interested in participating are encouraged to register early.

Stigma and other issues that discourage people from seeking help can result in higher suicide attempts and other mental health issues. These issues often are higher - even double - than in urban areas. Depression, suicide and other mental health struggles often rise during the seasonal times of planting and harvesting when stress levels are also higher.

These workshops are part of a partnership with the Indiana Rural Health Association, Purdue Extension and the Indiana State Department of Agriculture (ISDA). ISDA received a \$500,000 grant from the National Institute for Food and Agriculture's Farm and Ranch Stress Assistance Network in October of 2021.

The list of current workshops is below. To register for a workshop please click here or visit indianaruralhealth.org. Registration opens 30 days prior to each event.

Date; County; Town
February 10; Posey; Mt. Vernon
February 23; Owen;

- Spencer
February 24; Boone; Lebanon
March 9; Hancock; Greenfield
March 10; Tipton; Tipton
March 16; Kosciusko; Leesburg
March 17; Fulton; Rochester
April 6; LaPorte; LaPorte
April 8; Jasper; Rensselaer
April 20; White; Wolcott
April 21; Warren; Williamsport
May 4; Montgomery; Crawfordsville
May 5; Johnson; Whiteland
May 18; Putnam; Greencastle
May 19; Sullivan; Sullivan
June 8; Daviess; Washington
June 9; Dubois; Ireland
June 22; Washington; Salem
June 23; Scott; Scottsburg
July 6; Ripley; Osgood
July 7; Randolph; Winchester
July 20; Huntington; Huntington
July 21; DeKalb; Auburn
- For additional information about the Healthy Minds - Healthy Lives QPR workshops, please contact Kathy Walker by email: kwalker@indianaruralhealth.org



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Sunday, Feb. 13, 2022

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IDEM Seeks Nominations For The 2022 Governor's Awards For Environmental Excellence

The Indiana Department of Environmental Management (IDEM) is now accepting nominations for the 2022 Governor's Awards for Environmental Excellence. These awards recognize individuals and organizations which have implemented outstanding environmental strategies into their operations and decision-making processes.

The Governor's Awards for Environmental Excellence are Indiana's highest environmental recognition and are open to all Indiana businesses, government agencies, individuals, and other groups that implement exemplary environmental projects or initiatives with measurable results. By seeking out and utilizing

innovative environmental practices, organizations and businesses around the state have reduced waste, saved money, and contributed greatly to Indiana's environmental protection efforts.

"These are Indiana's most prestigious environmental recognition awards," said IDEM Commissioner Brian Rockensuess. "Each year, the governor and I look forward to seeing the innovative projects employed by Hoosiers and organizations across the state."

IDEM and Governor Eric J. Holcomb's office will present seven awards, one in each of the following categories:

- Energy Efficiency/Renewable Resources
- Environmental Educa-

tion/Outreach

- Five Year Continuous Improvement
- Greening the Government
- Land Use/Conservation
- Pollution Prevention
- Recycling/Reuse

The public is invited to submit nominations, and organizations may self-nominate. An instructional webinar, eligibility requirements and details about the nomination process are available at www.in.gov/idem/partnerships/governors-awards-for-environmental-excellence/.

Nominations must be received by IDEM no later than 5 p.m. EDT on Monday, April 4, 2022.

Awards will be presented at the Annual Pollution Prevention Conference on

September 21, 2022, at the Marriott Indianapolis North. IDEM also will issue a statewide press release announcing the seven winners and summarizing their projects.

For questions about the nomination process, or assistance in compiling your nomination, please contact 1-800-988-7901 or GovAwards@idem.IN.gov.

About IDEM

IDEM (idem.IN.gov) implements federal and state regulations regarding the environment. Through compliance assistance, incentive programs and educational outreach, the agency encourages and aids businesses and citizens in protecting Hoosiers and our environment.

Soy Growers Want Off EPA's Deadline Merry-Go-Round

EPA has finalized a rule that pushes the deadline for oil refiners to comply with 2020 and 2021 blending requirements under the Renewable Fuel Standard (RFS), which the agency previously extended in April.

The agency last delayed compliance deadline reporting for small refineries to Jan. 1, 2022, saying the delay was a result of not having released RVOs for 2020, 2021, and 2022. Now, the EPA final rule released Jan. 28 states small refineries have until the next quarterly reporting deadline after the 2021 quotas are established to fulfill them.

Brad Doyle, soy farmer from Weiner, Arkansas, and ASA President said, "EPA's merry-go-round of deadline changes just keeps spinning. Rather than stopping according to its own timeline to make these decisions, EPA keeps the biofuels industry and in turn farmers on an unwitting ride that simply does not end. Delaying these compliance deadlines facilitates a cycle of uncertainty that undermines the integrity of the Renewable Fuel Standard and stifles growth in the biomass-based diesel industry."

Overall, for all refineries and importers of fuel, the new compliance deadlines

for 2022 targets will be the RFS quarterly reporting deadline after the 2023 standards effective date or the 2021 compliance reporting deadline—which ever date is later.

The RFS has reduced U.S. dependence on foreign oil, lowered fuel prices at the pump, reduced greenhouse gas emissions and added value by increasing demand for the soybeans and corn our farmers produce. Biodiesel and renewable diesel provide a valuable market for more than 9 billion pounds of soybean oil, adding more than \$1.10 in value to every bushel of soybeans grown in the U.S.

EPA is currently undergoing a rulemaking process to update Renewable Volume Obligations for 2020, 2021, and 2022. The proposed rule would increase the 2022 RVO for biomass-based diesel—a move that ASA strongly supports.

The American Soybean Association (ASA) represents U.S. soybean farmers on domestic and international policy issues important to the soybean industry. ASA has 26 affiliated state associations representing 30 soybean-producing states and more than 500,000 soybean farmers. More information at soygrowers.com.

State's Largest Safety And Health Conference Returning

Safety tactics, substance abuse, leadership and cybersecurity will be among the hot topics at the state's largest safety and health event. The 2022 Indiana Safety and Health Conference & Expo, which takes place February 28 - March 2, will feature more than 70 educational sessions to keep Hoosier workers safe on the job.

The three-day event is presented by the Indiana Chamber of Commerce and Central Indiana Chapter of the American Society of Safety Professionals, in partnership with INSafe Indiana and the Coalition for Construction Safety. Gibson is the lead conference sponsor.

"We're always thrilled to host this largescale event and it will be fun to meet new attendees and see those friendly faces who attend annually," relays Kerri Begley, vice president of business education and events for the

Indiana Chamber. "We have an esteemed group of speakers tackling many topics and conferencegoers will leave with much more knowledge in their arsenals."

The conference's two keynote speakers are Manley Feinberg II of Vertical Lessons, Inc. and retired FBI Special Agent John Iannarelli, also known as "FBI John," who will speak on cybersecurity.

Through Feinberg's address, "Reaching Your Next Summit," attendees will gain tools they can use immediately to develop a leadership mindset that equips them and team members to step up and lead, regardless of their title.

New this year is the Forklift Rodeo, hosted by ASSP Central Indiana Chapter and the Indiana Chamber, along with ProLift Toyota Material Handling. Forklift

operators will showcase their driving abilities in an obstacle course March 1 and complete challenges as quickly and efficiently as possible. (All forklift rodeo participants must be certified to operate a lift.) Forklift operators will be scored individually and a grand prize of \$250 will be awarded along with a trophy and bragging rights as the 2022 Indiana Forklift Rodeo Champion.

On day three of the conference, the 2022 Governor's Workplace Safety Awards (GWSA) will be presented during the lunch hour.

Visit www.insafetyconf.com or call (317) 264-6885 to register to attend or for more information. Registration options and costs can be viewed at www.insafetyconf.com/registration.

A virtual option is available for those who cannot attend in person. The educational sessions,

both general sessions and GWSA luncheon recordings, will be available to view from March 8 until June 1. Of note: Virtual attendees will not have access to sessions during the live conference Feb. 28 - March 1. Some educational sessions will not be provided on-demand at the request of the speaker.

Additional 2022 Indiana Safety & Health Conference sponsors include: platinum sponsors Indiana Safety & Supply and ClearPath Mutual; gold sponsors Board of Certified Safety Professionals and Martin Supply; and silver sponsors: Advanced Rescue Solutions, Healthy Roster, Honeywell PPE, Intelx, iReportSource Safety Management Software, KHA Online-SDS™, KPA, OraSure Technologies, Peak Performance, Safety Management Group, Sentinel Safety Group and Work Comp Management Services.

Hoosiers Would Want The Indy 500 On Their State Flag (If It Were To Be Rebranded), Reveals Poll

From all kinds of flora and fauna, stars, a peace pipe, and even a Union Jack, each state in America has its own symbol to represent their history and contribution to the nation. Indeed, 'Old Glory' represents the country's collective history and present - the 50 stars represent the 50 states and there are 13 stripes representing the 13 original colonies.

Most of these flags were created hundreds of years ago - some were a result of contests, while others were drafted through as a legislative process. But are these designs a modern reflection of what each state is known for today, given the centuries that have passed? New York, for example, often prides itself in its flashing Broadway performances,

as well as hard-to-miss yellow taxis and of course, the Empire State Building, whereas the current state flag is not a representation of modern-day NY (it features a central coat of arms with a sun symbol, mountain, and ocean, supported by ladies Liberty and Justice on either side). Likewise, Maine nowadays is well known for its prized lobster trade; West Virginia for its country roads and Kansas is associated with The Wizard of Oz!

MOJOMOX.com, an online brand designing site, conducted a poll of 3,236 Americans across each state, asking them one question:

If your state flag was to be redesigned, how would you like it to look?

While some of the re-

sults of the poll were quite predictable (New Yorkers opted of the Statue of Liberty, and Pennsylvanians voted for their Liberty Bell), the research revealed some very interesting results, including:

In the Hoosier State, more than half (51%) of people said they thought if the state flag was rebranded, it should include a reference to the Indy 500 - the annual automobile race which is held in aptly-named Speedway, Indiana. The event is usually held over Memorial Day weekend and is considered one part of the Triple Crown of Motorsport, along with the 24 Hours of Le Mans and the Monaco Grand Prix.

Another almost 2 in 5 (29%) Hoosiers thought the flag should include a

nod to Johnny Appleseed (or John Chapman), a pioneer who introduced apple trees to the land here, as well as other areas, like Ohio and Pennsylvania. He is buried on site at Johnny Appleseed Park, a public park in Fort Wayne, Indiana.

And nearly 1 in 10 (8%) thought the Indiana flag rebrand should have something to do with geocaching: a recreational outdoor sport that requires participants to use a GPS device and other navigational techniques to essentially play a game of nature-inspired hide-and-seek!

Lastly, 2% of Hoosiers thought the hypothetical state flag rebrand should include an element to do with gasoline, considering the gas pump was created in Fort Wayne.

Holcomb Signs Executive Orders Granting Medical Clemency

Governor Eric J. Holcomb today announced he signed executive orders granting medical clemency for the first time while in office.

"Today I granted medical clemency to three offenders who are bedridden and diagnosed with terminal health conditions. The three men will be released to the supervision of the Parole Board and will serve the remainder of their lives at a skilled nursing home under the state's care. In all three cases the offenders require 24-hour a day care as they are unable to care for themselves.

I granted the medical clemencies after a great deal of research and consideration. These men are no longer a threat to society, and it's been deter-

mined they are better cared for at a skilled nursing home. The Indiana Parole Board unanimously recommended a medical clemency for all three men," said Gov. Holcomb.

The executive orders include information regarding the offenders.

Executive Order 22-03 regarding Charles Calhoun. <https://www.in.gov/gov/files/Executive-Order-22-03-Calhoun-Clemency.pdf>

Executive Order 22-04 regarding Alphonzo Griffin. <https://www.in.gov/gov/files/Executive-Order-22-04-Griffin-Clemency.pdf>

Executive Order 22-05 regarding Jerome Maclin. <https://www.in.gov/gov/files/Executive-Order-22-05-Maclin-Clemency.pdf>



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TUESDAY

In The Kitchen

DAY

Tuesday, Feb. 13, 2022

A9

Have a favorite remedy you want to share? Send it to news@thetimes24-7.com

A Winning Recipe to Feed Game Day Fans: Cheesy Chorizo Nachos

(Family Features) Settling in for an afternoon of gridiron action calls for football food from dips and appetizers to full-blown feasts. Whether you're a diehard fan, casual observer or just there for the game time grub, a full day of "homegating" requires flavorful eats to refuel the crowd.

One of the easiest ways to take your menu from benchwarmer to superstar status is to add foods from one of the country's top authentic Mexican food brands, Cacique, to your playbook. For example, flavor-packed, heaping Cheesy Chorizo Nachos can score a touchdown at your gathering, even among the pickiest of fans. When the game is on the line, call on this

dish to keep your team satisfied from kickoff to the final whistle.

Made with crumbly, creamy, pleasantly milky queso fresco; authentic real cheese queso dip that's ready in minutes; robust, spicy pork chorizo; fresh-tasting Crema Mexicana; and small-batch homestyle salsa, this shareable dish can feed a houseful of hungry fans. Ready in less than an hour, it's a perfect solution for pregame baking so it's ready just before the coin toss.

To find more game day recipes, visit CaciqueInc.com.

Cheesy Chorizo Nachos
1 package Cacique Pork Chorizo
1 package Cacique Queso Blanco Queso Dip



Photo courtesy of Family Features

1 can (15 ounces) refried beans
2 tablespoons water, plus additional, if necessary
1 bag (12 ounces) torti-

lla chips
1 package Cacique Ranchero Queso Fresco
1/2 cup Cacique Crema Mexicana
1 large jalapeno, sliced

thin
2 radishes, sliced thin
fresh cilantro leaves, for garnish
guacamole, for serving
Cacique Mild Homestyle Salsa, for serving
In large nonstick skillet or well-seasoned cast-iron pan over medium-low heat, cook pork chorizo, using spoon to break it up. Stir regularly until completely warmed through and deep brown, scraping crispy bits from bottom of pan.

Microwave queso dip 2-3 minutes until heated through.

In medium bowl, thin refried beans with water. Beans should be thick but nearly pourable; add additional water 1 tablespoon at a time, if necessary.

Heat oven to 350 F. To assemble nachos, add half the tortilla chips to 13-by-9-inch rectangular baking dish. Use spoon to drizzle half the queso dip and half the refried beans evenly over chips, distributing as evenly as possible. Sprinkle with half the crumbled queso fresco. Repeat with remaining chips, queso dip, beans and crumbled queso fresco. Bake 5-8 minutes until crumbled queso fresco softens and queso dip is creamy.

Remove from oven then drizzle with crema Mexicana and scatter pork chorizo over top. Garnish with sliced jalapenos, radishes and fresh cilantro. Serve with guacamole and salsa.

Guacamole Recipes To Make Your Big Game Menu A Touchdown

(Family Features) Whether you're hosting a big game party at home or hitting the road to join friends and family, scoring a touchdown with the crowd starts by supplying superstar snacks.

As one of the most popular foods at many watch parties, the options are endless when it comes to America's favorite guac. From spicy versions with a cayenne pepper kick to bacon-loaded recipes worthy of a trophy, what's your guac of choice? Check out these game worthy recipes, and surprising facts from Avocados From Mexico. A Hall of Fame-Worthy Food

Did you know that guacamole from all of the avocados sold for the big game parties could fill an entire stadium 12 feet high? You can join the millions of game waters who plan to enjoy their



Photo courtesy of Family Features

Championship Guacamole

guac with this Champion Guacamole recipe, a real craving crusher that can help make your crowd go wild. Smooth, crunchy, smoky and salty flavors all team up to sack hunger with a bacon blitz.

Ingredients
5 ea. Avocados From Mexico, peeled and pitted
1 lemon, juiced
1/2 c. white onion, finely

chopped
1 c. tomatoes, diced
1/2 c. cilantro, chopped
1 lb. bacon, fried
1/2 t. garlic powder
Salt and pepper, to taste
Instructions
1. Scoop avocado pulp from shells into a medium bowl and mash with a fork, leaving some chunks
2. Gently stir in lemon juice, onion, tomatoes,

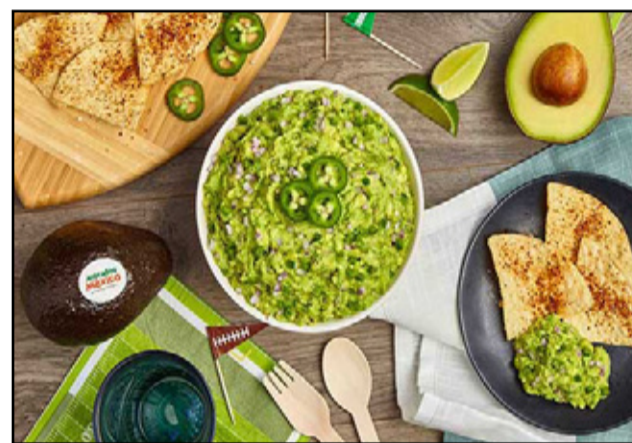


Photo courtesy of Family Features

Victory Guacamole

cilantro, bacon, garlic powder, salt and pepper
Spark Good Times
Light a fire under your crowd this year with Victory Guacamole, a perfect party recipe sure to spark good times. Take your tacos to the next level or dip a chip in this fiery recipe. Just one taste will win you over and victory is always good.

Ingredients
4 ea. Avocados from Mexico, halved, pitted, and peeled
1 t. lime juice
1 t. onion, minced
1 t. jalapeno, minced
1/4 t. salt
Instructions
1. Scoop avocado pulp from shells into a medium bowl and mash with a fork, leaving some chunks

2. Gently stir in lime juice, onion, jalapeno and salt

From the Farm to Your Table

If you're eating guacamole during the big game, it's likely to come from No. 1 selling Avocados from Mexico. During January and leading up to the big game, more than 95% of avocados in the U.S. come from Mexico, according to the Hass Avocado Board. Michoacan is the state in Mexico where avocados grow all year and can meet the U.S. demand due to its rich volcanic soil, natural irrigation and unique topography.

With a unique combination of good health (with naturally good fats and nearly 20 vitamins and minerals) and good taste, adding avocados to your big game party sparks good times.

Serve Up A Delicious Game Day Snack

(Family Features) Gear up for a game day experience to remember with satisfying snacks that energize your crowd. As almost everyone's favorite part of homegating, the foods you serve can elevate your watch party from benchwarmer to all star status.

Delicious snacks that include salsa offer an easy-to-make option that keeps fans cheering the entire game. According to the Game Day Eats Report from Fresh Cravings, 22% of guests would insist on running out to pick up salsa if it wasn't available for the feast; 18% would even be devastated and consider leaving.

Consider these Stuffed Peppers from chef Anthony Serrano, a simple snack he makes for his family on game day for a crowd-pleasing solution that scores high fives from the opening play to the final whistle.

Made with the bold flavors of Fresh Cravings



Photo courtesy of Family Features

Salsa and its combination of vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, it's a vibrant way to add some authentic homemade taste to the table.

Visit FreshCravings.com for more homegating appetizers and snacks.
Stuffed Peppers
Recipe courtesy of chef

Anthony Serrano
6 bell peppers, halved lengthwise and deseeded
1 tablespoon avocado oil
1 teaspoon sea salt
16 ounces Fresh Cravings Chunky Style Salsa
2 cups riced cauliflower (fresh or frozen)
2 cups shredded cheddar cheese, divided
2 pounds 80% lean

ground beef, cooked, lightly seasoned and drained

1 bunch cilantro, chopped
Heat grill to medium-high heat.
Brush both sides of bell peppers with avocado oil and season with salt. Grill peppers on each side 2-3 minutes, or until grill marks appear. Remove from heat and allow to cool slightly.

Add salsa, riced cauliflower and 1 cup cheddar cheese to cooked ground beef. Stir and return to heat until cheese begins to melt.

Place bell peppers on sheet pan or casserole dish. Use large spoon to fill peppers with ground beef mixture. Top stuffed peppers with remaining cheese.

Return to grill and grill approximately 15-20 minutes, or until cheese begins to caramelize.

Remove from heat and let cool slightly. Garnish with cilantro.

Dreaming of a new home?

find it here!
the paper



TUESDAY

In The Kitchen

FOOD DAY

Tuesday, Feb. 13, 2022

A10

Have a favorite recipe you want to share? Send it to news@thetimes24-7.com

Rally the Crowd with a Masterful Game Day Menu

Serve up a crowd-pleasing menu of game day favorites with this masterful menu. From appetizers to main courses, this menu has everything you need to make your game day celebration a success. The menu includes a variety of dishes that are easy to make and delicious to eat. Whether you're a fan of chicken, beef, or pork, there's something for everyone on this menu. So get ready to rally the crowd with a masterful game day menu.

Just Wing It
This recipe is a crowd-pleaser for a reason. It's simple, easy to make, and delicious. The wings are cooked to perfection and are covered in a tangy sauce. This is a dish that everyone will love. So get ready to rally the crowd with a masterful game day menu.

Game Day Chicken Wings
This recipe is a crowd-pleaser for a reason. It's simple, easy to make, and delicious. The wings are cooked to perfection and are covered in a tangy sauce. This is a dish that everyone will love. So get ready to rally the crowd with a masterful game day menu.



Copy Cat Queso Dip with an Avocado Sauce
This recipe is a crowd-pleaser for a reason. It's simple, easy to make, and delicious. The queso dip is made with melted cheese and topped with sliced jalapeños. The avocado sauce is made with avocado, lime juice, and salt. This is a dish that everyone will love. So get ready to rally the crowd with a masterful game day menu.

Marinated Tostitos Beef Quesadilla
This recipe is a crowd-pleaser for a reason. It's simple, easy to make, and delicious. The beef is marinated in a tangy sauce and served with melted cheese and sliced jalapeños. This is a dish that everyone will love. So get ready to rally the crowd with a masterful game day menu.

Spicy Queso Dip
This recipe is a crowd-pleaser for a reason. It's simple, easy to make, and delicious. The queso dip is made with melted cheese and topped with sliced jalapeños. This is a dish that everyone will love. So get ready to rally the crowd with a masterful game day menu.

Queso Dip with Avocado Sauce
This recipe is a crowd-pleaser for a reason. It's simple, easy to make, and delicious. The queso dip is made with melted cheese and topped with sliced jalapeños. The avocado sauce is made with avocado, lime juice, and salt. This is a dish that everyone will love. So get ready to rally the crowd with a masterful game day menu.

Game Day with a Taco-Beef Dip
This recipe is a crowd-pleaser for a reason. It's simple, easy to make, and delicious. The dip is made with ground beef, tomatoes, and cheese. This is a dish that everyone will love. So get ready to rally the crowd with a masterful game day menu.

Marinated Pork Chop
This recipe is a crowd-pleaser for a reason. It's simple, easy to make, and delicious. The pork chop is marinated in a tangy sauce and served with melted cheese and sliced jalapeños. This is a dish that everyone will love. So get ready to rally the crowd with a masterful game day menu.



SUNDAY

The Paper
OF MONTGOMERY COUNTY

In The Home

Sunday, Feb. 13, 2022

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ON-TREND Ideas for Sprucing Up Your DECK

FAMILY FEATURES

Installing or updating a deck can transform your outdoor living area. Not only is a deck aesthetically appealing, but it also allows you to create additional space for a wide range of uses, whether it's a lively entertainment zone or tranquil, relaxing retreat.

If you're planning a deck build or renovation in 2022, consider incorporating one or more of these design trends identified by Westlake Royal Building Products, a leading manufacturer and distributor of materials for home remodeling, building and construction.

Creativity in Design

While decking design features used to be reserved for luxury upgrades, creative flair is increasingly mainstream. Some options for incorporating greater depth and style into your deck design include mixing and matching boards to create patterns, inlays and focal points or utilizing two-tone designs for more visually interesting aesthetics.

On-Trend Colors

Classic lumber-toned decks never go out of style, but adding some flair with an eye-catching color is a subtle way to elevate your deck's aesthetic appeal. Some designs incorporate color throughout while another way to bring color to your deck is through distinctive inlay design or other design features.

Working with a product like Zuri Premium Decking gives you a selection of six on-trend colors, including Hickory, a true mid-tone brown, as well as Chestnut, Walnut, Pecan, Brazilia and Weathered Gray. The planks feature minimal grain repetition to capture the look of true exotic hardwood with no painting, staining or resealing needed, and all are backed by a 25-year warranty against color shifting.

Multi-Seasonal Spaces

Once you create an incredible outdoor space, you'll likely want to use it as often as possible. That's why many homeowners are designing decks with multiple seasons in mind. Features like retractable walls can help you block cool breezes and trap the warmth of space heaters or a fireplace while roofs provide shade and fans help circulate the breeze during warmer months. Decks built with clean, simple lines can offer a connection to nature as well as convenience for homeowners transitioning from indoor to outdoor spaces.



Popularity of Composite Decking

Weather patterns can cause substantial damage to a home's exterior materials, including a deck where natural wood is prone to drying out. This creates an upkeep cycle that requires ongoing investments of time and money. An alternative to natural wood, such as Zuri Premium Decking by Royal, combines the low-maintenance, high-durability properties of composite decking with the exterior environment-defining presence of exotic wood. The result is an authentic look with zero-maintenance upkeep.

Bringing the Inside Out

A deck's design elements were once limited to predictable furnishings like a picnic table and grill, but those days are gone. Homeowners seeking to create an outdoor oasis are bringing amenities of the indoors outside. You'll find outdoor kitchens and weather-proof TVs, rugs and furniture, allowing homeowners to incorporate the convenience and comfort of indoor living rooms and kitchens into their outdoor spaces despite elements like snow, wind and rain.

Masonry as an Accessory

If you love the look of masonry but have your heart set on a deck, you can take the path of many homeowners and incorporate masonry as an accessory or design element. Mixing building mediums provides texture, which creates an immersive tactile experience through sight and touch. Options like a fireplace or firepit, pillars, skirting, bench seats, planters, water features, kitchen or bar space and walkways can all complement and enhance the decking so you get to enjoy the best of both worlds.

Clean Sightlines

A deck is an ideal vantage point when you have a beautiful view to enjoy and using the right materials can enhance that experience. Creating a clean, sophisticated and unobstructed view is easy when you outfit your deck with the right lighting and use cable or glass railings, which provide safety along with clear views of the landscape beyond.

Find more tips and ideas to spruce up your outdoor living space at liveabode.com.

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SUNDAY

In The Home

Sunday, Feb. 13, 2022

D2

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Tulip Time: A Celebration!

Tulip season is here! This popular flower symbolizes hope and positivity and is also a feast for the eyes. Which tulip is your favorite?

Fan
Tulip time is a real celebration every year. Many of us have caught the tulip virus. It only takes one experience with tulips to become hooked. Tulips are available everywhere from December to May. Buy them locally, so your flowers are fresh, and to support local flower growers.

Spring flower
Tulips bring a cheerful spring atmosphere to your home. The ultimate spring flower comes in many different shapes and colors, each with its own appeal. Use them as part of a large bouquet or enjoy them as a gorgeous eye-catcher on their own.

Good to know
If your tulips have gone limp when you get home, not to worry! Tightly wrap the flowers in a newspaper and leave them upright in water overnight. Tulips combine beautifully and easily with all kinds of flowers. Daffodils are the exception to the rule: this flower gives off a certain mucus, which tulips cannot stand.
Cell elongation



Photo courtesy of Pixabay

Tulips will continue to grow in the vase, because of 'cell elongation' in the stems. This makes the growth and flowering of these harbingers of spring even more magical. If you don't want your tulips to grow, you can stop the growing process by piercing them with a needle just below the bud.

Beautiful for longer
If you want to enjoy your tulips for as long as possible, follow these tips to get the most out of your bouquet of spring delight:

- Buy fresh tulips. The deeper the flower bud is still in the leaf, the fresher they are.
- Make sure your tulips are properly wrapped before taking them home, to avoid damage or exposure to temperature fluctuations.
- Cut off the bottom of

the stems diagonally with a clean, sharp knife, to allow the tulips to soak up as much water as possible.

- Start by putting the tulips in a dark place in water, so that they can fill up with water and acclimatize.
- Give your vase a good clean before use, so that bacteria do not get a chance to contaminate the tulips.
- Fill the vase with fresh room temperature tap water and change it daily.
- Add cut flower food or a scoop of sugar to the water to make sure the water stays clean for longer.
- Use a vase with plenty of room for the stems.

If you want to know more about bulb flowers or pre-forced bulbs, check out www.ilsaysays.com.

Plant Summer Bulbs Now For A Flower Oasis

If you want to enjoy an abundance of beautiful flowers next summer, plant summer bulbs in the spring. There is plenty of choice, and they are all spectacular.

Grateful bloomers
If you enjoy flowers and have a garden or balcony/terrace, summer bulbs are just the thing! They are grateful bloomers and come in so many shapes, colors and sizes. Plant them in spring for maximum summer enjoyment. Summer bulbs cannot withstand frost, so it's best to be patient until the risk of frost has completely passed.

Flowers make you happy
There is a reason why flowers make us happy.

They have an immediate effect on our happiness by creating the same emotional response as joy and gratitude. That's pretty clever! Needless to say, tastes differ, but one thing is certain: whichever summer bulb you choose, you will enjoy flowers all summer long.

Style
Find out which summer bulb is your perfect match. If you like majestic and compelling, lilies and dahlias are a good choice. If elegance is your middle name, choose gladioli or callas. And if you prefer an intimate style, begonias and freesias are an excellent choice. Follow your

preference and go for the varieties that make you the happiest.

In pots
If you have a balcony or terrace, rather than a garden, you can plant summer bulbs in pots. Low-growing dahlias and tuberous begonias in particular do really well in pots or planters. Make holes in the bottom of the pot to allow excess water to drain away. Summer bulbs love warmth and light, so put them in a sunny spot, because then you will enjoy them the most.

Would you like to know more about flower bulbs? Then take a look at www.flowerbulbs.com.



Photo courtesy of MelindaMyers.com

Raised beds provide gardeners the opportunity to overcome poor soil, resulting in more productive gardens.

Agapanthus, Liatris Spicata And Dahlia Beneficial For City Insect Population

Insects thrive in a healthy urban ecosystem. Planting with melliferous plants is essential for this. With their generous nectar and pollen, summer bloomers make an important contribution to biodiversity in the urban ecosystem. Agapanthus, Liatris spicata and Dahlia are particularly popular with bees and butterflies. Summer bloomers are also ideally suited for greening the city; residents benefit from a green, colorful environment.

Greater biodiversity
Insects thrive in nature as well as in urban environments. In built-up environments, adapted management, sufficient nesting opportunities, and the right planting are important factors for a healthy ecosystem. Summer bulbs are indispensable in the planting. The first ones will flower in late May, tying in nicely with the season of spring-flowering bulbs. They can be planted in grass strips and borders, as well as in planters or bowls. By using them in places that connect them to the countryside or other green areas in the city, biodiversity becomes even greater. This brings greenery closer to residents as well.

Agapanthus in white or

blue

• The bulbous inflorescence of Agapanthus (African lily) is made up of dozens of flowers. Many cultivars are suitable for landscaping. This summer bloomer thrives in planters and bowls, but can also be grown in soil. Although the plant is not 100% hardy, deciduous species can withstand mild winters.

- Location: full sun
 - Planting depth: 4 inches
 - Flower color: different shades ranging between purple, blue and white
 - Flowering period: July-September
 - Height: 3 to 4 feet
- Hardy Liatris
Liatris spicata (blazing star) has tuberous rhizomes and flowers on long spikes. Unlike most plants, flowering happens from the top down. Liatris is drought-resistant and very hardy; the plant will flower year after year.
- Location: full sun/partial shade
 - Planting depth: 4 inches
 - Flower color: purple and white
 - Flowering period: July-August
 - Height: 2 to 3 feet
- Eye-catcher: Dahlia
The single and

semi-double flowers of dahlias are very popular with bees and butterflies thanks to their generous amounts of pollen and nectar and their long flowering period. Dahlias are annuals; the tubers must be removed from the soil after flowering and can then be replaced by spring bloomers. Their bright colors make them real eye-catchers.

- Location: full sun/partial shade if desired
 - Planting depth: 2 inches
 - Flower color: white, yellow, orange, pink, red, purple and bicolored
 - Flowering period: July-October
 - Height: 1 to 5 feet
- Practical tips
1. Most summer bloomers are sun lovers: the sunnier the location, the richer the flowering.
2. The planting period of summer bulbs, tubers, and rhizomes is after the last frost, from late April until late May.
3. Make sure the soil is sufficiently moisture permeable.
4. Summer bloomers combine very well with, for example, perennials.
- At www.flowerbulbs.com, under the heading 'professionals', you will find more information about the use of flower bulbs in public spaces.

Raised Bed Gardening Provides Easy Access and Increased Productivity

By Melinda Myers
Raise your garden to new heights for easier access and greater productivity. Raised beds allow you to overcome poor soil by creating the ideal growing mix. They also make gardening more comfortable thanks to less bending and kneeling.

Whether you purchase a kit or build your own, there are a few things to consider when creating a raised bed garden.

Locate the garden in a sunny area if possible. Most plants require at least six hours of sun, and vegetables like tomatoes, peppers and melons produce best with a full day of sunlight.

Select a long-lasting material such as interlocking block, fieldstone, plastic lumber or naturally long-lasting wood like cedar. The material selected will influence the shape and size of your garden. Some materials allow for curved beds while others are limited to squares, rectangles, and other angular shapes.

Design your raised bed to fit your space and your needs. A three- or four-foot width makes it easy to reach all parts of the garden for planting, weeding, and harvesting. Raising your planting bed at least eight to twelve inches improves drainage and provides an adequate space for most plants to root and grow. If you want to minimize bending, go higher. Add benches to increase your gardening comfort and ease.

Roughen or loosen the existing soil surface if your

bed is built on compact, slow-draining soil. This will allow water to readily move from the raised bed into the soil below. Cover the bottom of the bed with newspaper or cardboard, if needed, to suffocate existing weeds and grass.

Line the bottom of your raised bed with hardware cloth to reduce the risk of animals burrowing into your garden. Lay the hardware cloth over the ground and bend it up along the inside of the raised bed walls.

Fill the bed with a quality growing mix that is well drained but also able to retain moisture and nutrients. This may be a mixture of quality topsoil and compost, a high-quality potting mix, or a planting mix designed specifically for raised bed gardens.

Grow any plants that you normally would grow in ground. Just make sure the plants are suited to the growing conditions – sunlight, heat, and wind – in your area. Since the soil mix and drainage is ideal in a raised garden, you will be able to grow more plants per square foot. Just be sure to leave sufficient room for plants to reach their mature size.

Keep your plants healthy and productive with proper watering. This is critical for growing any garden, but even more crucial in a fast draining raised bed. The simple act of raising the garden height increases drainage, and a raised bed filled with planting mix

means more frequent watering. Consider using drip irrigation or soaker hoses for watering ease. Always water thoroughly when the top inch of soil is dry.

Add some mulch to help reduce watering and the need for other garden maintenance. Spread a layer of evergreen needles, pine straw, shredded leaves, or other organic matter over the soil surface. This helps conserve moisture, suppresses weeds and adds nutrients and organic matter to the soil as it decomposes. You'll spend less time watering and weeding throughout the season.

Add an organic fertilizer at planting if your planting mix does not already contain one. Apply again mid-season if the plants need a nutrient boost. Always follow the label directions on the fertilizer container.

The time and effort invested in creating raised beds will be returned many times over with years of healthy and productive gardens.

Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine.

SUNDAY

Business

Notes and

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Indiana Small Business Urges Senate To Act Now On Legislation

The NFIB Small Business Optimism Index decreased slightly in January to 97.1, down 1.8 points from December. Inflation remains a problem for small businesses as 22% of owners reported that inflation was their single most important business problem, unchanged from December when it reached the highest level since 1981. The net percent of owners raising average selling prices increased four points to a net 61% (seasonally adjusted), the highest reading since the fourth quarter of 1974.

“Significant tax cuts that would benefit all small businesses across the state are on the table and the Senate is holding the cards,” said Natalie Robinson, NFIB State Director in Indiana. “Our members appreciate the House Republicans’ \$1 billion tax cuts package that would provide them with much-needed tax relief as they face historic workforce shortages and inflation levels that are the highest they’ve seen in over 40 years. Our small business owners here in Indiana urge the

Senate to pass this tax cut package that would free up funds that owners could use to add jobs, increase wages, and expand their businesses. We can’t sit back and hope this opportunity comes back next year. It’s critical that the Senate acts on this proposal now.”

Key findings include:

- One of the Index components improved, seven declined, and two were unchanged.
- Owners expecting better business conditions over the next six months increased two points to a net negative 33%. Small business owners remain pessimistic about future economic conditions as this indicator has declined 13 points over the past six months.
- Forty-seven percent of owners reported job openings that could not be filled, a decrease of two points from December.
- Inventory accumulation plans fell five percentage points.

As reported in NFIB’s monthly jobs report, a net 50% (seasonally adjusted) reported raising

compensation, a 48-year record high reading. A net 27% plan to raise compensation in the next three months. Eleven percent of owners cited labor costs as their top business problem and 23% said that labor quality was their top business problem.

Owners’ plans to fill open positions remain at record high levels, with a seasonally adjusted net 26% planning to create new jobs in the next three months, down two points from December and just six points below the highest reading in the 48-year history of the survey set in August.

Fifty-eight percent of small business owners reported capital outlays in the last six months, up one point from December. Of those owners making expenditures, 40% reported spending on new equipment, 22% acquired vehicles, 15% improved or expanded facilities, 8% acquired new buildings or land for expansion, and 15% spent money for new fixtures and furniture. Twenty-nine percent of owners plan capital

outlays in the next few months, unchanged from December and two points higher than the 48-year average.

Seasonally adjusted, 2% of all owners reported higher nominal sales in the past three months. The net percent of owners expecting higher real sales volumes decreased by six points to a net negative 3%.

The net percent of owners reporting inventory change increased two points to a net 9%. Eighteen percent reported increases in stocks while 15% reported reductions. Thirty-six percent of owners report that supply chain disruptions have had a significant impact on their business. Another 32% report a moderate impact and 22% report a mild impact. Only 9% report no impact from recent supply chain disruptions. A net 7% of owners viewed current inventory stocks as “too low” in January, down two points. A net 3% of owners plan inventory investment in the coming months, down five points from December, reflecting the success in

inventory building in the fourth quarter.

The net percent of owners raising average selling prices increased four points to a net 61% (seasonally adjusted), the highest reading since the fourth quarter of 1974.

Price raising activity over the past 12 months has continued to escalate, reaching levels not seen since the early 1980s.

Five percent of owners reported lower average selling prices and 62% reported higher average prices. Price hikes were the most frequent in wholesale (88% higher, 3% lower), manufacturing (71% higher, 1% lower), retail (69% higher, 4% lower), and construction (67% higher, 5% lower). Seasonally adjusted, a net 47% of owners plan price hikes.

The frequency of reports of positive profit trends decreased three points to a net negative 17%. Among the owners reporting lower profits, 32% blamed the rise in the cost of materials, 19% blamed weaker sales, 9% cited labor costs, 18% cited the usual seasonal change, 7%

cited lower prices, and 3% cited higher taxes or regulatory costs. For owners reporting higher profits, 63% credited sales volumes, 12% cited usual seasonal change, and 13% cited higher prices.

Three percent of owners reported that all their borrowing needs were not satisfied. Twenty-five percent reported all credit needs met and 62% said they were not interested in a loan. A net 2% reported their last loan was harder to get than in previous attempts. One percent reported that financing was their top business problem. A net 4% 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 January 2022.

5 Interviewing Tips To Help You Land A New Job

(Family Features) With so many job openings these days, you may think you’ll have an easy time sliding into a new role. Not so fast. Because of the huge number of options available and plenty of workers contemplating changes, you’re likely to encounter some competition to land the job you want. A solid interview can help you close the deal.

Consider these five tips to help you make a great impression and land the job of your dreams:

1. Prepare, prepare, prepare. Avoid thinking of the interview as your first step toward a new job. Once you set the appointment, it’s time to take a deeper dive to learn as much as you can about the company and position. Ideally, you did some of this legwork when you created a custom resume and cover letter, but for the interview, you need to know more. After arming yourself with all the information you can, practice answers to questions you expect the interviewer to ask.
2. Decide what the interviewer should know about you.

Using the job description as a guide, create a list of points you want to communicate to show how your experience and knowledge fit the role. During the interview, pay attention to opportunities for sharing these details about your skillset. Most interviewers will give you the opportunity to add information you haven’t covered; use this time to deliver a succinct summary of how you can succeed in the position.

3. Create your own list of questions. An interview isn’t just about determining whether you’re a fit for a job; you also need to decide whether the job is a fit for you. Think about what you need to know in order to feel confident accepting an offer. You might organize your thoughts by considering what is essential in a new job and what aspects are “nice to have.”

4. Present yourself as a winning candidate. Impressions are everything when it comes to interviews. Dress to impress with well-fitted clothing appropriate for the job and practice good groom-

ing habits, including details like trimming your nails and minimizing distractions like pet hair. Arrive early enough that you’re not rushed or flustered when you check in for your appointment. Use good posture, a firm handshake and a clear, confident voice. Speak authoritatively but respectfully and try to make the interview a comfortable, conversational exchange.

5. Leave a lasting impression. Before you end the interview, ask for clear insight on the next steps in the process. Within 24 hours, send follow-up messages to each person you met with. Thank them for their time and include references specific to your conversation, such as elaborating on a question or reiterating a key point. This shouldn’t be a copy-paste message, but rather a tailored one to each individual. Close by reiterating your interest and how your skills are a fit.

Find more advice for handling personal and professional challenges at eLivingtoday.com.

How Small Businesses Can Attract And Retain Employees

(Family Features) Small business administrators are typically among the most competent multi-taskers, but even the most talented jugglers occasionally end up with too many balls in the air. Attracting and retaining employees doesn’t have to be part of your juggling act; in fact, having the right team can make the rest of your business run smoother.

As a small business administrator, you may wear many hats, such as running the front desk, ordering supplies, managing accounting, onboarding and more. When you have extra hands to allocate the work, your business is likely to be more efficient and productive. Make employee retention a priority for your business with these practices:

Create a positive work culture
When employees enjoy coming to work each day, it shows. Your customers recognize it, and your internal team can feel it, too. A positive work culture encourages excellence, forgives mistakes, and leaves plenty of room for having fun. You can create a positive culture by making sure expectations are clearly defined and giving feedback that is consistent and fair.

Provide an appealing salary and benefits package

A competitive salary that aligns with expertise is an obvious edge in hiring top talent. You can become a more attractive employer by offering a benefits package that includes paid time off, insurance and other extras.

Voluntary benefits, such as those provided by Unum and Colonial Life, offer customizable solutions for businesses and

their employees. These benefits can provide flexibility to employees by catering to certain stages of life and lifestyles and to employers by offering various funding options like 100% employee-paid or employer-employee shared funding. With low premiums, many small business owners can achieve significant returns and invest in benefits to attract talent and retain loyal employees.

Allow for flexible schedules
In large part due to the pandemic, employees have learned to juggle their work and home lives like never before. The businesses who recognize this need have an edge, particularly for employees who need flexibility to care for family members. The degree of flexibility you can offer may vary depending on the business model. Communicating with your employees and working to make reasonable accommodations can go a long way toward attracting strong candidates and retaining current employees.

Provide opportunities for growth

Employees typically look for opportunities to learn and grow through additional responsibility, compensation and rewards for performance that encourage long-term commitment. Working with employees to understand their career goals is an important step on a path for growth that is mutually beneficial.

Find more solutions to help small businesses at Unum.com and ColonialLife.com or download The Essential Small Business Benefits Guide to learn how to add voluntary benefits to reduce total benefits costs.

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THE PAPER

Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

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765-918-4949**



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"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

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Southside Church of Christ

153 E 300 South • Crawfordsville

southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



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



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 Dr. David Boyd

John 3:16

"Making the World a Better Place"



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

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Love One Another &
Reach Out to Our Neighbors*



*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



Church Service at 10 am

124 West Elm Street • Ladoga

(765) 942-2019

ladogachristianchurch@gmail.com

www.ladogacc.com



HOPE CHAPEL

A UNITED PENTECOSTAL CHURCH
110 S Blair Street
Crawfordsville, IN 47933
www.hopechapelupci.com

Service Times:

Sunday 10:30 a.m.

Starting August 1:
10 a.m. Sunday School
11 a.m. Worship

Wednesday 6:30 Bible Study



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



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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

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Worship Hymns
Bible Preaching*



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2000 Traction Rd • Crawfordsville
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www.eastsidebc.com

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Sunday School at 9 am

Church at 10 am

*Help and hope through
truth and love*



Crossroads Community Church of the Nazarene

SUNDAY

9:00 AM: Small Group
10:15 AM: Worship
5:00 PM: Bible Study

WEDNESDAY

6:00 PM: Mid-week Service

117 E State Road 234 • Ladoga
765-866-8180

Sillyscopes and More

Sunday, Feb. 13, 2022

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

Yeah, OK, so it's a week later and you're still bummed that the Super Bowl once again took place without our beloved Indianapolis Colts. Cheer up Bucky, it could be worse. The New England Patriots could have been in it!



PISCES

Feb. 20 – March 20

Yes, Valentine's Day is a time for sentiment and expressing your innermost feelings. On the other hand, Pisces, an evening with Turner Classic Movies and a quart of Haagen-Dazs can't be all bad.



ARIES

March 21 – April 20

Stand strong, Aries. This is the time for you to step up and make your presence known. Do not be shy. Be bold. Answer the call. Unless it's the IRS. If it is, just let it go to voicemail.



TAURUS

April 21 – May 21

Tough time of the year for nature lovers like yourself, Taurus. But fear not. The bone-chilling temps followed by the warmth and back to brrrrrr are keeping you inside and keeping the coyotes from devouring those cute little rabbits in your yard.



GEMINI

May 22 – June 22

Valentine's Day was a special time for Geminis because you are naturally sweet anyways. So enjoy the extra attention but remember that "sweet" often ends up in cavities and unwanted body fat.



CANCER

June 23 – July 23

Good time of the year for the part of you that enjoys being content, Cancer. Grab a book by your favorite author and curl up with a blanket – or you could schedule that overdue colonoscopy. Either way, you'll need the book.



LEO

July 24 – Aug. 23

You are such a giving person, Leo. And that seems to coincide very closely with what's going on in your life right now. You've given everyone at work, at home and the grocery store the flu. Stay home!



VIRGO

Aug. 24 – Sept. 23

Worrying is a natural trait for you Virgo. There are two ways to look at it. You can either worry yourself to death or you can worry that you're worrying too much. Of course we worry that might worry you worse.



LIBRA

Sept. 24 – Oct. 23

It is the perfect week when your meticulous streak rises to the top, Libra. Everything must be just so in your life and the stars have lined up for that to happen. Just try to ignore anything connected to Biden, Trump or Pelosi.



SCORPIO

Oct. 24 – Nov. 22

You are so intense, Scorpio, and that will be a challenge for you this week. Try to lighten up a bit and realize that intensity is not always a good thing. Especially for a day trip to the spa.



SAGITTARIUS

Nov. 23 – Dec. 22

Sagittarius, your jovial side is front and center this week. However, that does not mean it's a good time to play a practical joke on your boss . . . or at least not one that can be traced back to you, if you get our drift.



CAPRICORN

Dec. 23 – Jan. 19

You are nothing if not consistent, Capricorn. And that is admirable. However, this would be a good week to break from that consistency a little bit. After all, one can only eat so much bran cereal.

CROSSWORD

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STATEPOINT CROSSWORD
THEME: SUPER BOWL

- ACROSS**
- Shout from a ship?
 - Shout from the bleachers
 - ___ and don'ts
 - Infamous Henry's number
 - One with COVID, e.g.
 - Fighter jet button
 - Resting stops
 - Not guilty, e.g.
 - One of Singapore's official languages
 - *Home of last year's Super Bowl winners
 - Armor chest plate
 - *Given name of 2011 Super Bowl MVP
 - African grazer
 - Greek woodland deities
 - Ramones' hit "I Wanna Be ___"
 - Big fuss
 - Like certain Chili Peppers (2 words)
 - Cattle call goal
 - Scatterbrained
 - Bonehead
 - In a different direction
 - Jeté in ballet
 - More so than egg
 - Conducted
 - Christmas firewood (2 words)
 - Annotator and commen-
- DOWN**
- Soda-pop container
 - Unpleasant and offensive
 - SWAT attack, e.g.
 - *Super Bowl I and II winning coach
 - Pertaining to a pope
 - Cain's unfortunate brother
 - Gives a hand
 - Anoint
 - Bébé's mother
 - Season to be jolly
 - *Most Super Bowl wins by one team
 - Snoop
 - Carhop's load
- DOWN**
- *Roman number of this year's Super Bowl
 - "___ Misbehavin'"
 - Santa Maria's traveling partner
 - Despair in the face of obstacles
 - "The Hobbit" hobbit
 - "Caribbean Queen" singer
 - Colloquial approval
 - Cold cuts counter
 - South American tubers
 - Pig's digs
 - Not dense
 - Make corrections
 - *Florida team with no Super Bowl appearances
 - *Return punch
 - Come and ___ it
 - Lamentably
 - Bye, to Edith Piaf
 - Bottom line
 - *2022 Super Bowl stadium
 - Upholstery choice
 - *Archie to Super Bowl MVPs Peyton and Eli
 - Exploits
 - *Super Bowl Halftime show Snoops's "last name"
 - Hardly a beauty
 - *Like some teams
 - Oenophile's concern
 - Many, many moons
 - Empower
 - Big Dipper's visible shape
 - Oppressive ruler
 - On the wagon
 - Nail salon board
 - Feminine of raja
 - Mt. Everest to Earth
 - Aladdin's light
 - Christian of fashion
 - Result of a brainstorm
 - Rudolf Nureyev's step
 - Stallone's nickname

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ThePaper24-7.com

SUNDAY

Health and WELLNESS

Tuesday, Feb. 13, 2022

A8

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

Basic Prevention and Treatments For Insomnia Problems

I want to follow up on last week's column where I discussed the causes of insomnia and focus on basic prevention and treatments. If the cause of insomnia is not readily identifiable it's helpful to keep a sleep diary for 2-4 weeks to share with your doctor. It should include sleep and wake times, naps, and actual time spent sleeping. You can download a blank sleep diary at bit.ly/3jmKsEU.

Poor sleep hygiene is the most common finding when taking a sleep history or reviewing a sleep diary. Sleep hygiene is defined as "daily activities and habits that are consistent with or promote the maintenance of good quality sleep and full daytime alertness."

When I ask patients what they do when they can't fall asleep most answer that they continue to lie in bed and watch the clock. A key sleep hygiene concept is that one's bedroom should

be reserved for sleep. It should not be used for watching TV, surfing the Internet, doing work, exercising, etc. Your brain needs to be trained that when it's in that room it should be shutting off and recharging.

If you find yourself in bed unable to sleep, you should get out of bed and go to another room. Engage in a low-energy activity such as reading or perhaps doing a crossword puzzle. Do this until you become drowsy and then go back to bed. If you find you can't sleep after 15-20 minutes, get out of bed again and repeat the process. You may have to do this numerous times. However, don't be tempted to sleep in the following day – the total hours you spend in bed should remain about the same each day.

It's important to have a ritual before going to bed. This should include quiet "wind down" time for at least 30 minutes



JOHN R. ROBERTS, M.D.
Montgomery Medicine

before retiring. Some say a warm bath or shower two hours before bedtime can be helpful. A light, non-fatty snack may also promote drowsiness.

While it is also very important to try and maintain a consistent bedtime, it appears that a consistent wake time is even more important. This is extremely difficult for folks that may work nights Monday through Friday who are then off on the weekends. They need to try and maintain the same schedule as closely as

possible and get the same total number of hours of sleep that they get while working nights.

A tip for night workers is to put on dark wrap-around sunglasses before leaving the workplace and wear them until you get in a dark room at home. This helps to keep the brain's daytime switch from being turned on and allows you to get to sleep more easily.

If you're still having trouble sleeping, it can be helpful to meet with a therapist to discuss relaxation therapy. Prayer and meditation are also commonly used to help the brain relax.

I touched on medications last week, but I want to briefly mention drugs that frequently cause insomnia. Caffeine can stay in the system for up to eight hours so don't consume it within eight hours of bedtime if you're having trouble sleeping. Cold medications containing pseudoephedrine

(Sudafed®) keep the brain awake. Nicotine is also a stimulant, so if you're a smoker, you should discuss quitting with your doctor. Alcohol is the last thing you want to consume if you're having trouble with insomnia; it prevents the brain from getting into the deep stages of sleep.

There are some natural products, particularly melatonin, that can help some people. It's important to start at a low dose, perhaps ½ to 1 mg, and to take it at least two hours before bedtime. Prescription sleep medications should be the absolute last resort for treating insomnia. These medications only provide a few extra minutes of sleep. They are all very addictive and may cause unwanted or dangerous side effects in some people, particularly the elderly.

An excellent resource for more information on insomnia can be found at

bit.ly/39XAkPC. I also recommend two books you can find at Amazon: *The Sleep Solution: Why Your Sleep is Broken and How to Fix It* by Dr. Chris Winter, and *How to Sleep: The New Science-Based Solutions for Sleeping Through the Night* by Dr. Rafael Pelayo.

Cognitive Behavioral Therapy for Insomnia (CBT-i) is very effective for treatment of chronic insomnia. Finding a therapist in your area that performs CBT-I can sometimes be challenging. Some of my patients have received good results from using CBT-i Coach, an app for smart phones. There is also a popular online course for CBT-I: www.myshuti.com.

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.

Take Charge Of Risk Factors Impacting Heart Health

(Family Features) Cholesterol – a waxy substance created by the liver or consumed from meat, poultry and dairy products – isn't inherently "bad" for you. In fact, your body needs it to build cells and make vitamins and other hormones. However, too much "bad" LDL cholesterol, or not enough "good" HDL cholesterol, can pose problems.

High cholesterol is one of the major controllable risk factors for heart disease and stroke. Because it typically has no symptoms, you may not know you have high cholesterol until it's causing problems.

Knowing key health numbers like blood sugar, blood pressure and cholesterol, and working closely with your doctor to manage them, are keys to preventing heart disease and stroke.

Those who have already experienced a heart attack or stroke or have family history of cardiovascular disease, chronic inflammatory disease or kidney disease may need to have their cholesterol and other risk factors checked more often and may need

medication to manage their conditions to prevent another event. According to the American Heart Association, as many as 1 in 4 survivors will have another heart attack or stroke.

Along with taking medication as prescribed, some lifestyle habits can help manage your risk and help you live a longer, healthier life like watching what you eat, getting more exercise and managing stress.

Make Healthy Menu Choices

A healthy eating plan is a well-rounded diet with plenty of fruits and vegetables (at least 4-5 servings each day). In fact, researchers at the University of Columbia found each daily serving of fruits or vegetables was associated with a 4% lower risk of coronary heart disease and a 5% lower risk of stroke.

Other smart choices for your menu include nuts and seeds, whole grains, lean proteins and fish.

Limit sweets, sugar-sweetened beverages, saturated fat, trans fat, sodium and fatty or processed meats.

Get Moving

You likely know exercise is good for you, but an Oxford University study revealed simply swapping 30 minutes of sitting with low-intensity physical activity can reduce your risk of death by 17%. Mortality aside, in its Physical Activity Guidelines for Americans, the U.S. Department of Health and Human Services noted physical activity offers numerous benefits to improve health, including a lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression.

The greatest impacts come from getting the recommended amount of activity: at least 150 minutes of moderate activity, 75 minutes of vigorous activity or a combination of those activities per week. Be sure to discuss with your doctor which activities may be best for you.

Reduce Stress

Constant or chronic stress can have real consequences on both emotional and physical health. In fact, research shows chronic stressors

like long work hours, financial stress and work-life conflict may be as risky for health as second-hand smoke, according to a report by the Behavior Science and Policy Association.

Aside from the toll on your body – including elevated risk for heart disease and stroke from high blood pressure, depression or anxiety – stress can lead to unhealthy habits like overeating, physical inactivity and smoking.

Exercise is an effective way to keep your body healthy and release stress. You might also consider incorporating meditation and mindfulness practices into your day to allow yourself a few minutes to distance yourself from daily stress.

Research compiled by the American Heart Association suggests meditation can reduce blood pressure, improve sleep, support the immune system and increase your ability to process information.

Learn more about managing your cholesterol and habits to protect your heart health at heart.org/cholesterol.

Better Oral Health May Help Protect Your Heart

(Family Features) Many people are aware healthy habits like regular exercise and eating nutritious foods promote better heart health. However, it's lesser known that your oral health and heart health risk may be connected.

In fact, a study from "Inside Dentistry" suggests as many as 50% of heart attacks may be triggered by an oral infection.

While research continues to fully understand the relationship between oral hygiene and cardiovascular health, studies have revealed correlations between the two. For example, according to a study published in the "European Journal of Preventive Cardiology," patients with improved oral hygiene had a lower risk for atrial fibrillation and heart failure compared with those with poor oral hygiene.

What's more, according to the Centers for Disease Control and Prevention, by age 34, approximately 50% of people have experienced periodontal disease, which suggests a high percentage of the population could benefit from improved oral hygiene and preventative care.

"Given the prevalence of poor oral hygiene in the U.S., understanding the crucial link between oral health and heart health is a game-changer in developing treatment plans," said Dr. Eric Goulder, founder of the Heart Attack and Stroke Prevention Center of Central Ohio.

To help protect your oral and heart health, consider these tips from ProBiora Health, a leader in oral-care probiotics:

Think of your care providers as a team. This means sharing your health conditions with your dentist and your dental concerns with your doctor.

While each specializes in different aspects of your health care, when everyone involved is aware of potential problems, they can help you create a

proactive care plan.

Practice good oral health habits. If you don't already have regular oral hygiene habits, it's never too late to start. Brush at least twice a day and after every meal, if possible. Flossing daily can also help remove plaque and trapped particles between teeth.

Protect your mouth with probiotic bacteria daily. In addition to brushing and flossing, add beneficial bacteria (probiotics) by taking an oral care probiotic to balance the natural bacteria load in your mouth. Used daily, an oral care probiotic lozenge can effectively replenish the good bacteria naturally found in the mouth, crowding out harmful bacteria that can cause plaque, gum disease, cavities and inflammation. For example, when ProBiora Health probiotics dissolve in the mouth, saliva hydrates the probiotics, which migrate to mouth tissue, gums, gum pockets and tooth surfaces where they work to reduce bad bacteria.

Schedule regular preventive care. Visiting your dentist regularly can help manage potential problems before they become major concerns. Most dentists suggest scheduling checkup and cleaning appointments every six months. When using oral care probiotics, your checkup may go better than expected.

Don't wait to take action. If you notice any concerning symptoms that could be an indication of an oral health problem, schedule an appointment immediately rather than waiting for your next checkup. Possible concerns could include signs of infection such as red, swollen or sore gums; bleeding when you brush, floss or eat; an unexplained bad taste in your mouth; or problems with bad breath.

Learn more about protecting your oral health at probiorahealth.com.

4 Ways To Feel Your Best While Watching The Big Game

(StatePoint) While athletes are displaying feats of strength on the field, for those watching the Big Game at home, it's more typical to be partaking in cheesy dips, chips, fried foods, beer and other not-so-good-for-you indulgences. However, there's no need to fumble when it comes to your healthy habits. Check out these four tips to feel your best during and after the Big Game:

1. Plan in Advance: It can be a busy weekend leading up to the Big Game so being prepared with a game plan for the day is the way to go. Start by making a grocery list ahead of Sunday so you can go to the store and purchase only the things you need -- this will help ensure you're sticking to your plan and budget.

2. Get Moving: The

game lasts hours, but that doesn't mean you need to park yourself on the couch the entire time. Aid digestion and avoid stiffness by using commercial breaks, half time, and pre- and post-game commentary to stand up, stretch, hydrate and move around.

3. Stay Hydrated: Don't just stock your bar with the usual brews and sugary party cocktails. Take a cue from the pros and be sure to also include clean, healthy, hydration drinks.

For some of the world's top athletes and teams, including former MVP quarterback Patrick Mahomes, their sports drink of choice is BioSteel. This is for good reason. BioSteel's lineup of sports drinks are all made with zero sugar, essential electrolytes and without harmful colors and preservatives. And it's not just the pros who can reap

these benefits. Made for everyone from elite athletes to health-conscious consumers, BioSteel is a clean and healthy way to maintain hydration levels throughout the day.

Another bonus? BioSteel sports drinks come in an eco-friendly Tetra Pak that uses a plant-based cap. Plus, the brand has a range of great tasting flavors to help satisfy everyone's hydration needs during the Big Game, including Rainbow Twist, Blue Raspberry, Mixed Berry, Peach Mango, White Freeze, and the new limited-edition Cherry Lime. To learn more, visit biosteel.com.

4. Make Smart Swaps: A good coach knows when it's time to make substitutions on the field. Likewise, you can learn where and when to make healthy substitutions in

your Big Game spread while still enjoying all your favorite snacks and treats.

Making a pot of chili? Switch to lean ground turkey or go vegetarian. Top your bowl with fresh chopped scallions, lime wedges and fresh radishes, which can add crunch without the fat or sodium of tortilla chips. Opt for grilled chicken kabobs over deep fried wings and create your dipping sauce using Greek yogurt. Packed with calcium, protein and probiotics, yogurt not only provides a creamy, delicious alternative to sour cream, it's also good for you.

While notorious for being a day to gather and overindulge, you can make a few smart spectator tweaks to ensure you bring your A game to the Big Game.

SUNDAY

Voice of our PEOPLE

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Timmons Updates This, That And 'Tuther...

Notes found scribbled on the back of an EKG printout . . .

In the immortal words of Gomer Pyle, thank you, thank you, thank you! In my wildest dreams I never imagined hearing from so many of you. There have literally been hundreds of messages – and heck, most of them were even friendly!

From e-mails to phone calls to get well cards and even a nice picture of Jesus standing behind the surgeon you guys have touched my ailing heart. I'll never be able to adequately say thanks. You have given this newspaper vagabond many smiles and even a few tears – happy ones!

THE BIG question I get most often is how did the surgery go. Well, a funny thing happened on the way to the hospital. First, and a so sincere (NOT!) thank you to former President Obama and his wonderful healthcare plan, the surgery had to be authorized by the insurance company. In fairness, I get it. This ain't gonna be a cheap process. But it also wasn't like I was going in for a



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 timmons@thepaper24-7.com.

nose job. You might think bypass surgery gets some priority.

In all fairness, I should also point out that my wife and I asked for a short delay because we were in the middle of moving – but that didn't have anything to do with the insurance snafus we went through for two weeks.

After that got worked out, I got COVID. No, I am not making this up. Heck, I still don't have all my sense of smell back.

So finally, everything was set to go for Monday, Jan. 31. However, a nurse called me the night before and said that the surgeon had an emergency heart transplant come up, so my surgery was postponed.

I certainly understand the magnitude of what that meant to two different families. One

got the worst news they could get while the other family, who I assume had been waiting for a miracle of their own, got great news.

My operation pales in comparison and I absolutely get that.

But let me back up 48 hours.

I went to the hospital for some pre-op testing and blood work Friday. In addition, the hospital gave me a bunch of instructions on what I could and could not do for the two days leading up to the big event. That included giving me a powerful soap (that had a sting to it) and specific instructions on scrub-rub-a-dubbing everywhere from the neck down. Heck, they even handed me a couple of brushes so that I could get under finger and toe nails – and in and around my nether regions! (Did I mention it stung?)

After getting it all done and dried off, I stood beet red and feeling a little liked a potato

that had been cleaned with a wire brush before going in the oven. There was only one thing left to do. I had to apply a glob of gooey ointment on a swab stick and coat the inside of both nostrils. To be fair, it wasn't hard – just weird and a little gross. But after 38 years of marriage, I have learned to follow instructions. So I dutifully completed that last task.

And then the nurse called . . .

Like I said, gotta smile about this.

The following week the hospital called to set things up again and, you know the rest, we got hit with snow and ice and everything shut down.

I could not make this up if I wanted to!

So now, everything is back on. They tell me we're set for Feb. 24. Well, that's the schedule. I just heard that the insurance has to give its blessing again . . .

I HAVE purposely not mentioned names of anyone who've sent in well wishes. Most wouldn't care, but I did get one note that specifically asked me to keep their name private. It came from a politician who I have taken to task both pri-

vately and in this space more than once. However, they did not ask that I keep the message from you, so I want to share the following:

"You are wrong more often than you are right, but I hope that you come through this surgery with flying colors and you return to work soon. You write that we need more civil debate and on that note you and I agree. There is much value in your questions and I will miss them while you are gone. Of course, as soon as you come back and commence your writings again, I will be happy to tell you how wrong you are once more."

Thanks! (I think.)

NOT SURE WHAT this means, but I have not been watching the national news on Fox, CNN and the other usual suspects. And wouldn't you know it but my blood pressure has gone down. Coincidence? I think not.

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 timmons@thepaper24-7.com.

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Where Oh Where Can Elizabeth Be?

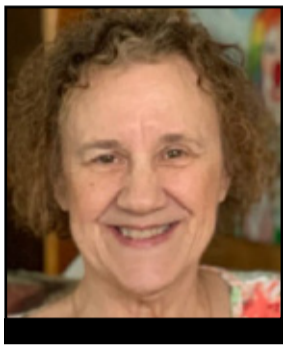
Well, I hate to admit this – I failed. I have lots of those situations, but it is extremely rare in the genealogical world. However, I'm with many others as no one seems to be able to find what happened to George and Catherine (Stonebraker) Fruits' daughter, Elizabeth. I do have a theory about her, though and know some things.

Elizabeth would have been born about 1808 in Butler County, Ohio before coming with her parents to Montgomery County. Here on the 9th day of December, 1830, she married William Krout, who was the son of Michael and Catherine (more on them below) he being born (likely) in Campbell County, Kentucky about 1804 and passed away not quite three years after their marriage. Passing 8 November 1833, he is buried in Weir Cemetery, Ripley Township.

Blessings come in strange ways as William did get to enjoy his first born, Jacob (11 May 1831) and Elizabeth had just birthed their second child, Catherine (assume she was named for both William and Elizabeth's mothers) 22 September 1833. Now, granted, their first born was shy of nine months, but Catherine was born just right. However, there is speculation that Elizabeth seemed to mess around and that Catherine wasn't even a Krout. DNA might prove that and it would be interesting to follow. However, I do find that hard

to believe as pretty sure her father would not let her do that. Then again, another rumor is that after William's death she was ousted from the community, which if that is true could be the reason no one can find anything on her.

Sure would love to know what happened, how William Krout passed. Had he killed himself, then, yes, imagine she did act like that. But, there were snakes so thick, the area in Ripley Township had all kinds of hills and dales that were easy to fall into, diseases around, and just so many things, that imagine it was some such – not old age, for sure. Anyway, I really feel that she passed from one of the items above as well not too long after her child was born, maybe even having women problems thereafter. She has an entry on findagrave in Weir cemetery (as does William neither with stones so no picture today and I have no thought he's not there) but no information other than she is said to be buried there, as well.



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.

The Krout family has so many fabulous stories. William was the eighth and last child of Michael, who was born in 1755 in Orangeburg County, SC and was in the War of 1812. He and his wife Catherine moved from Campbell County, Kentucky to Montgomery County where he passed away 15 March 1830, Catherine May 1854 and both are buried in the Weir Cemetery with their son, William. Michael was the son of Jacob (born in Saxony, Germany and was a well-educated cotton/indigo plantation owner

who died in the Battle of Brier Creek when a Continental Soldier (3 March 1779). His beautiful home was destroyed and his wife, Catherine took their children and the family bible to a nearby swamp and hid-out until all was clear. Inside the bible it had Kroutwell, which was likely the original family name in Germany. After hiding away, Catherine took her family to Campbell County, Kentucky. At adulthood, Michael purchased 62 acres of land basically where Covington, Kentucky is now. His War of 1812 duty was fairly short, serving from May 14th to July 9, 1814. Local writer, Mary Hannah Krout did much research on this family, noting her grandfather

Jacob Krout son of Michael and Catherine ran a river boat ferry from Covington, Kentucky to Cincinnati then decided to head our way.

Krout descendants I have known (Mabel Weir Grimes, Harold and Ruth McCormick and Archie and Alberta Krout) had great interest in their family history and well they should – fascinating family!

Young Catherine was said to have been raised by her aunt, Margaret Fruits Patterson, her mother's sister and her brother, Jacob by Alexander and Margaret Krout Weir, her father's sister. I saw no guardianship for Jacob but Catherine's uncle Jacob Krout was her guardian and after Catherine's marriage to William Philpott when she wasn't yet 16, the guardianship was wrapped-up with the Philpott's receiving \$100 from the "monies, rents, and profits in hand assessed at the settlement of her father's estate." William Philpott and Catherine were married close to 35 years before his passing and were parents of four children, Maryetta, Rachel, Elliot Manson and Albert Philpott. After her husband's death she married Samuel Blakley who passed away 20 years before her passing which was an odd one. She had attended her granddaughter, Ada Lowe Myers husband's (Deward Myers) funeral and at the burial, she, herself just fell over dead. In the only small obituary I found it does not say if she has a

brother. Now, that would have helped the situation a great deal.

Catherine's brother, Jacob married Harriet Reeder (Dec 1851) or at least I think so, although some have a different Jacob married to her. My first thought was that he may have died young since I did not find him in the Guardian docket and that may be true but fairly certain he was in Ripley Township in July 1863 and middle initial was F. and believe he died 8 March 1895 with a tiny obituary saying he had been sick, was well liked and passed away. If this is the correct Jacob (please let me know if not) then they had six daughters and two sons (Elizabeth, Rosetta, Alice Margaret, Mary, Laura, Rebecca, John and Abijah. In the 1860s, they lived in Gallatin, Missouri for a time where some of their children were born. Do believe they were divorced (Harriet married David Fruits – ahhhh, keep it in the family) in Howard Co in 1880 and they returned to Clinton County.

Certainly, Jacob remains somewhat of a mystery and his mother a definite one – where oh where could you have gone to Elizabeth Fruits Krout?

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.zach@sbcglobal.net.

Basketball Coach Alex Cox Sure Loved The Sport

Just about all of the successful coaches in Montgomery County pre-consolidation days played basketball when they were youngsters. That's how they learned the basics of the game and what it took to win. But there was one notable exception, Alexander Cox, who coached at Darlington, Bowers, and Linden, only played basketball one time. As an 8th grade student at Garfield, he played a game against Youngs Chapel, his first, and only, interscholastic contest. He never participated in high school, possibly because of his size, as he told me, "I weighed 125 pounds and stood a massive 5' 4" tall!" But although he did not play, he loved the game and attended all the contests he could wrangle a ticket for. After graduating from Darlington in 1925, Alex headed off to Wabash College to earn his degree in mathematics. Since Wabash had no



BUTCH DALE
Columnist

University in the summer of 1929, subsequently landing his first teaching and assistant coaching job at Francesville, where he stayed until 1935.

Darlington welcomed Alex back in 1935 as their head basketball coach for the next four years, during which time his teams enjoyed much success. Alex kept up with new phases of the game by attending coaching schools around the state. He was impressed by

physical education or coaching classes at that time, he enrolled in a football, basketball, and track coaching course at Indiana

University Everett Case of Frankfort and Glenn Curtis of Martinsville. Alex's teams played "smart ball," and he devised one of the best zone defenses that any team had ever faced. The 1936 team was edged out by Wingate in the final game of the County Tourney, but his 1939 team became the only Darlington team to ever beat Crawfordsville in Sectional Tourney play. The Athenians were ranked in the top ten in the state, but the Indians defeated them 25-21 in a hard fought contest. After taking a year off from coaching, Alex headed to Bowers, where he guided the Blackshirts for three years, helping them win that school's only County Tourney championship in 1942.

Alex then coached at Richland Township for one year before deciding to return to Montgomery County as head mentor at Linden in the fall of 1944. At Linden, he compiled

a 57-14 regular season record during the next four years, with the Bulldogs winning the County Tourney in 1948. In one game, the Linden boys were having a tough time during the first half. Nothing was going right, and the team was down by eight points in a game they were supposed to easily win. As the boys sat there in the locker room with their heads in their hands, Coach Cox sat down and said nothing. After several minutes, the Linden center, Albert Brown, who hardly ever said anything, blurted out, "Tell us a joke, Cox." Everyone roared with laughter and they were still laughing when they went back on the floor for the second half. Alex said it changed the game dramatically, the boys relaxed, and won the game handily.

In the classroom, Alex was quite a character not to be outdone. He was a master story-

teller and had a joke for every occasion. His students thought the world of him, and he always had a cherubic grin and interesting conversational wisdom. Upon his retirement from teaching and coaching, Alex purchased the Standard Oil service station in Darlington and also sold used cars from that location for many years. It was considered the "best hangout" for many men in the Darlington community, as "ol Coxie" had hundreds of jokes and stories in his repertoire until he passed away in the late 1970s. And those local men had great respect and admiration for Alex Cox...and they still called him "Coach."

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.

Snow Buddies Business

Ah, alas, the first big snowfall of the year.

I love standing on my deck in the tranquil dawning of a new snowstorm, watching the horizontal white blur layer the yard in its downy nuzzle. The quietude of the swirling milky crystals is dis-turbed solely by the howling wind, whose turbulence kicks snow into big piles, like a child kicks blankets to the end of the bed, before rushing to wipe the fog from the frosted window to reveal a dangerously cold scene.

It is at this point, somewhere between my first a second sip of warm tea, right before the cinna-mon stick discharges its peppery vanilla essence into my brew, that I begin to contemplate the world's peaceful slumber, until at last, the spell is broken by my favorite sound ... my neighbors firing up their Kubota™ tractors.

I've got the best neighbors.

Real snow buddies.

That's because they are handy. Because they are handy, they have the best equipment. And because they have the best equipment, and are handy, I haven't had to clean snow from my own driveway in thirty-seven years.

In fact, if statistics are kept for the most utility tractors per capita, I'm sure my neighborhood rivals Canada. There are eight homes in my neighborhood, and we claim ownership of five utility tractors.

But that's not to say they aren't all needed. Nearly all of us in this end of town have what I'd call unconventional driveways, and we haven't had any municipal snow removal services on the main drag here, since my neighbor Jack lost his seat on the Town Board.

My neighbor Lewis has the toughest go. He owns a hobby farm at the end of the street. Only his mailbox lies within the

town limits; the rest of the farm lies just outside. Consequently, the town only plows up to Lewis' mailbox, even though they tax his entire farm for sewer services. Lewis' Bx Series tractor plows nearly two hundred yards of snow to release him from his drifted drive-way. As for the sewage, luckily its downhill to Lewis' mailbox.

Dickie has the next longest run. His house sits way back off the street, and his 100-yard drive-way runs perpendicular to Lewis. My driveway is next longest. My garage sits behind my house, and about forty-five yards to the throughway. However, mine is a cutout driveway. The snow of-ten drifts from bank to bank, and can reach thigh-high in even the most modest of storms -- high enough to bury a neighbor kid or two, something I've often contemplated trying.

Of those with tractors, Dave



JOHN MARLOWE
With the Grain

has the shortest drive-way.

Dave bought a brand new L Series tractor this year. He is so proud

of that tractor. When the winter storm was forecast, he moved his wife's S-Class Mercedes out of the garage, to make room for the tractor. Char was displeased, of course, until she saw how much snow the tractor moves out of that deep depression at the end of their driveway. Much more than a Mercedes, anyway.

With this many utility tractors in the neighborhood, it's not unusual to see them all on the move at once. Like Hitler in the

Sudetenland, once one driveway is vanquished of snow, each neighbor is on the lookout for more land to conquer.

Dave got me, this year, for which I am "e-thermally" grateful.

For my part, I grab my ergonomically shaped snow shovel — formed one winter when I backed over the handle with my car — and clean all my neighbors' sidewalks and patios, which the tractors cannot reach.

It's a small contribution, but a fair little tradeoff. It has worked well— except for the year I accidentally scooped up my neighbor Shawna's favorite ceramic garden gnome, and unknowingly threw it under their truck tire.

She never said anything, but it was easy to catch her drift.

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



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Lip Smacking Column

Valentine's Day stresses me out. I never know what to buy for my wife. The worst part is looking for the perfect card. I've lurked on the holiday aisle at the Hallmark store, waiting until some guy about my age laughed at a particular punch line. If there was another one of those cards in the rack, I'd snap it up and buy it, assuming it didn't contain a crass, juvenile double entendre or risqué joke. For our entire marriage this has been my annual method to make the perfect selection. One thing is sure: the cards Mary Ellen received when we were dating were a touch edgier than in recent years.



DICK WOLFSIE
Life in a Nutshell

Here's a statistic that's apropos for the upcoming day for sweethearts. The average person spends 20,000 minutes in his or her lifetime kissing. Again, this is an average: your smooching may vary, depending on whether you attend a lot of Greek and Jewish weddings or have more than

six grandchildren. Of course, this is pre-Covid data, so the numbers have probably gone down.

How did the American Dental Association come up with this number? It took a little math, but it looks like if your kissing career spans 75 years, you need to kiss about 47.4 seconds a day to reach this target. I'm a happily married guy, but to reach this number would require counting my relationships with each of our three dogs as well as the seven iron I used to make two holes in one.

Even though we both have a competitive streak, Mary Ellen and I can't possibly keep up with

the Joneses, who just happen to be the newly-wed neighbors down the street. The Fettermans next door have been married 40 years like us, so their numbers may represent a more realistic goal for us to shoot for.

But how do I increase my output so my obit could read: "Exceeded the Standard Kissing Time by 3,500 minutes"? Even my harshest critics would be forced to concede that when it came to lips, I was successful at putting two and two together.

When I walked in the house after returning from a pickleball game last Wednesday, my wife received the customary

smooch. Now if you multiply my average weekly number of YMCA visits by my predicted remaining lifespan, total osculation could be increased by 20 percent. Osculation, by the way, is the scientific name for kissing. Don't use that word during romantic encounters. It could have a negative impact on your lifetime kissing total.

Mary Ellen soon caught on that I was not enjoying the act as much as I was trying to run up my total time so we could surpass the Fettermans' totals.

"What was that all about?" asked Mary Ellen.

"What do you mean?"
"Your kiss. You were

lingering a lot longer than usual. It's not even the weekend yet.

In order for my wife and me to someday surpass the national average, it will require her full cooperation. Last night I told Mary Ellen how beautiful she is and how great dinner was. Maybe now we'll be able to break that 20,000 mark... as long as kissing up counts.

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 – Do Medicare Part A and B Backup My Medicare Advantage Plan?

Dear Rusty: I was told that I can use Medicare Parts A and B as secondary coverage to my Medicare Advantage plan. Is that true?

Signed: Puzzled

Dear Puzzled:

Many do not understand how the various parts of Medicare work, and especially how or if "original Medicare" (Medicare Part A and Part B) interacts with a Medicare Advantage plan. If you now have a Medicare Advantage plan, it is the private insurer who provides your plan that administers all of your healthcare needs, instead of the federal government agency which runs Medicare (that federal agency is called the Centers for Medicare & Medicaid Services, or "CMS").

Although you must pay



ASK Rusty
Social Security Advisor

Medicare Part A and Part B premiums to the federal government to obtain a Medicare Advantage plan, all your healthcare services are handled by the private Medicare Advantage plan provider and not by the government's CMS agency. When you have an Advantage plan, Medicare Parts A and Part B do not act as secondary coverage for your Advantage plan. You don't get health-

Social Security Matters by AMAC Certified Social Security Advisor

Russell Gloor

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care services from both, because when you choose a Medicare Advantage plan you are deselecting CMS as the administrator of your healthcare needs.

Deciding whether to use "original Medicare" to administer your healthcare services or to use a Medicare Advantage plan is always a very personal choice. Medicare Advantage plans cover almost all the medically neces-

sary services that original Medicare covers, although you must generally use "in-network" providers to obtain full coverage. But if you incur healthcare expenses which are not covered by your Medicare Advantage plan, you must pay them yourself - federal Medicare Parts A and Part B are not backup coverage for those uncovered healthcare expenses. So, what you were told is

incorrect - Medicare Part A and Part B do not act as secondary coverage to your Medicare Advantage plan.

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Butch Already Revises His New Year's Resolutions

Well folks, I made my New Year's resolutions early...you know...the usual things like exercising more, eating healthy, saving more, watching less TV, etc. You get the idea. But then I decided that since I am 73 years old now, bullheaded, opinionated, and not afraid to kick the bucket, then why not come up with some more enjoyable and satisfying resolutions...right? So, here they are...

...I hereby resolve to double the amount of Krispy Kreme doughnuts that I consume each week, and to counter the extra calories...drink "ultra high caffeine" coffee in double the amount...that's the plan!

...I hereby resolve to continue my morning push-ups, but from now on...only use my right arm, as I still have hopes

of becoming a major league baseball pitcher before I reach the age of 80.

...I hereby resolve to continue to drink my usual Diet Pepsi each evening after supper, so that I can still make 47 trips to the bathroom each night. This will also keep me in shape for my chance at pitching stardom.

...I hereby resolve to join a club and actively participate, and my first choice is The Metamucil Club of America, as I truly believe that regular bowel movements are vital to our society.

...I hereby resolve to resist any suggestion to ditch my flip-phone and buy a smart phone, as I do not want anyone to send me texts, photos, or videos. If my flip-phone dies, I will buy an old crank wall phone and carry it around in a backpack.



BUTCH DALE
Columnist

...I hereby resolve to love the gravel road I live on and make every effort to swerve around large rocks and mudholes. I will repair all of my flat tires with joy in my heart and a smile on my face.

...I hereby resolve to never listen to Fox News, MSNBC, or CNN, as I do not want to morph into a grouchy "old coot" complainer. In addition, I resolve not to say anything bad about President Joe Biden or the other



Photo courtesy of Butch Dale

national politicians. After all, they cannot help it if they are idiots.

...I hereby resolve to never watch any movie in which an actor or actress feels that it is necessary to offer me their personal opinion about politics or voting. Those celebrities are CRAZY!

...I hereby resolve to never disparage any man who could work, but instead collects welfare... and then brags about it. No, it is best just to smack him in the face. The same goes for any athlete who kneels during the National Anthem.

...I hereby promise

not to do business with any bank that advertises they they are my "friend and neighbor"...and then charge me 14 percent interest on a loan, while paying me 1/2 percent interest on my savings account.

...And finally...I hereby promise to revert to my childhood by wearing a cowboy hat, my Lone Ranger holster and cap guns, and my Milwaukee Braves "Warren Spahn T-shirt" to the mall every weekend. While my wife is shopping, I will sit on the bench and look at all of the other weird people like me. It will be like "family!"

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.



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SUNDAY

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The Paper of Montgomery County

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The Choices For Living

In life we are constantly faced with choices. We are blessed or cursed with the gift of free will, depending on your perspective.

From the smallest detail of "Do you want fries with that?" to "Do you take this woman to be your wife?" in America, we have endless choices.

People can choose to work hard and by doing so achieve great success and accumulate wealth. Some choose to dedicate their energies to benefiting humanity.

Each choice we make sets us upon a path. Even the simplest thing like having one extra cup of coffee in the morning could change your schedule enough to prevent you from being involved in an auto accident.

As I look back on my choices, there are some I would like to change in spite of the fact I do not

know what path changing them would have brought. Nevertheless, I cannot change them; I only have the power over what lies ahead, not behind. I can only try to learn from those past choices.

Using my television exposure as a podium, I have spent much of my life speaking to youth about living a successful drug-free life. My work yielded the attention of the National Drug Abuse Resistance Education Officer's Association. Consequently, they made me an honorary D.A.R.E. officer. I have encouraged thousands across the country to make the choice not to use drugs. I do not know if any made that choice. I can only hope that at least one did.

No matter how you try to influence others, the ultimate choice lies with them. With that choice



RANDALL FRANKS
Southern Style Columns

also lies consequences. When you make a choice that affects you, your family or even others you do not know, it is up to you to take responsibility for what that choice brings.

Many times people try to shift the blame if things are not going as they planned. I think we pick up this behavior as a child. It is the old "He did it" approach to avoid punishment. I do not know about you but that never worked

for me. It only made the punishment worse.

Some years ago, I attended a teen/parent forum that included a discussion from both parents and teens on the issue of parents making choices for their children that affect other children. Choices such as providing alcohol for teen parties or even adults turning a blind eye to drug use by not being vigilant supervisors, as they should.

Some parents may say "I'd rather have them doing it where I can keep an eye on them," but when other children are involved I imagine their parents might like to have a say and an eye involved in the situation as well. At least that is what the parents at the forum said.

Each choice we make, in some way, affects someone else — sometimes people we do not even

know, such as that driver who might be injured by a teenage drunk driver coming from a supervised party where alcohol was served.

Don't get me wrong. I am not focusing on these parents exclusively. The teenagers admit that even if parents are not providing, some of them will find a way to get alcohol themselves from older siblings, buying it themselves at establishments which do not card them or by sneaking it from a parent when they are not watching.

Unfortunately, these teenage actions expand to various types of drugs, including prescription pills out of medicine cabinets as well.

No matter what choice you make, they are your choices. You ultimately have to live with what results from them. So, if you are making a life-changing

choice, become informed about what may happen depending on which path your choice leads you.

Even if it turns out to be the wrong choice, at least you did not go down that path with blinders on.

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 rfrankscatoo@gmail.com.

America's housing dilemma, rent or own? Do what works for you

Dr. Glenn Mollette

Buying almost anything today is expensive because of the current supply and demand. Prices are too high on everything. Inflation is going through the roof.

Speaking of a roof, everyone needs one over their heads. A place to live is a common need and growing dilemma.

An elderly friend says she has had other elderly friends ask if they could move in with her? Her response is always, "I don't want anyone else living with me," and she seems very happy.

Having to move in with family or a friend is less than ideal and is usually a strain on all involved. Sometimes it happens. Typically, the shortest possible tenure of the residency is better for all.

Renting is popular. Millions are renting



GLENN MOLLETTE
Guest Column

apartments and houses. The average rent in the U.S. is \$784 per month. Thirty-five percent of Americans rent. They pay just a little less than homeowners each year for their rent, maintenance costs, and renters insurance which averages \$9,477.

Renting seems like a good plan because you shouldn't have to worry about maintenance. Remember, everybody is short staffed these days and you may wait a while

before someone shows up to fix your leaky toilet. Renters routinely complain about having to beg the property owner to do maintenance. Rent is not a secure way to live. Rent costs usually increase. The owners want to make more money.

Senior citizens rent apartments not far from where I live. They started out paying \$550 for an apartment that included all the utilities. Most of them were thrilled. A lady who lives there now says they have increased the rent to \$850 and she expects another increase this year. She moved out of her house that was paid for to live the so called "care-free" senior apartment life. It's not turning out to be carefree.

Apartment owners set the rules. They might not allow pets or even children. You won't be able

to play your radio loud and there will be limitations on what you can do to the rental property. Plus, an apartment owner can decide they want to use your apartment for something or someone else and ask you to leave. This might be improbable, but it's possible and who needs this kind of life insecurity?

Buying a house is expensive and this may not be for you today. New three-bedroom houses are selling for over \$400,000 in a nearby Indiana neighborhood. Down the street a neighbor put his house up for sale asking \$250,000 and there was a bidding war from others who wanted the property. The sellers reported they made much more than their asking price.

You don't have to pay a king's ransom for a house. Years ago, I

bought a four-bedroom house for \$80,000 with no money down on a land contract. The interest rate was 10 percent but it was mine and when I sold it, I made \$10,000 on the deal.

A modest house on a small piece of dirt can become your castle. You can work on it along the way. Overhaul the bathrooms, the kitchen and do some painting. You can redo the floors but all in your time and on your schedule. You just need a place where you can stay warm, dry, and rest. Owning your own house is not cheap. Paying for it, maintenance and property taxes all have to be considered, but at least it's yours. If you want, you can have a pet, kids, or loud music. You can sleep in peace.

If you are renting, you are not alone. Most of us have rented at one time

or another. I lived in an apartment for over four years. You do what works for you at this time in your life.

Read Glenn's book titled, *Grandpa's Store* by Glenn Mollette. Order at Amazon.com *Grandpa's Store* is a fun and adventure filled read told from the perspective of a child and young teen. The book is filled with remembrances from the young life of Glenn Mollette. Events are remembered from the time he was about three years old up until his early sixteenth birthday. The book is filled with humor, gripping life stories, inspiration and a little non-sense. This is a great read for any age level but will be very much enjoyed by young adults.

Hear Glenn Mollette every weekday morning EST at 8:56 on XM radio 131

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SUNDAY

Travel or stay! and Play

Sunday, Feb. 13, 2022

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Top 5 Things To Do When Visiting Alcatraz East Crime Museum

While visiting the Pigeon Forge area there's a must-see destination for everyone who considers themselves to be a true crime fan or history buff. Alcatraz East Crime Museum is a popular destination for those tourists and residents alike. The museum puts the spotlight on crime and punishment, giving people an experience they can't find elsewhere. Not only will guests learn about some of the most notorious crimes, but they will also learn about the consequences of crime, and the important role that law enforcement plays.

"Many people are not sure what to expect when they walk through the door, but once they leave they are happy they did so," says

Summer Blalock, manager for Alcatraz East. "It's truly a unique experience and something that everyone can get something out of."

True crime and history buffs are not the only ones who make the museum a destination. There are individuals and families who visit, because it provides such an educational and interesting experience. There are areas of the museum that will engage all ages, including kids who can be a junior detective and meet McGruff the Crime Dog.

Here are the top 5 things to do at Alcatraz East Crime Museum:

See O.J. Simpson's famous white Bronco on display. The actual vehicle that captured the attention

of millions is on display is one of the things people want to see most.

Get hands-on experiences all throughout the museum. Guests can be a part of a line-up, walk through a jail cell, test their hand at solving crime, and more.

Brush up on crime history, including seeing a serial killer exhibition, and learning about the history of crime in America. The crime information will take you from pirates to white-collar criminals to the events of 9/11, and beyond.

Learn how law enforcement solves crime by taking part in the investigation. This hands-on exhibit allows you to solve crime through forensic science, including using DNA,

blood analysis, and fingerprinting.

Check out the artifacts. The museum is loaded with real crime-related artifacts that are in display. Some of the most notorious artifacts include Ted Bundy's VW Beetle, John Dillinger's death mask, and John Wayne Gacy's paint box.

"We are a top destination in the Gatlinburg and Pigeon Forge area," added Blalock. "The historical information and exhibits are something for everyone to see and enjoy."

Alcatraz East Crime Museum features over 100 exhibits, including temporary exhibits, focusing on the notorious history of crime in the country, crime scene investigation,

the consequences of crime, crime fighting, counterfeit crimes and pop culture, and more. There are numerous popular items on display for people to see, including the famous white Bronco from the O.J. Simpson chase and Ted Bundy's famous Beetle. The museum also features special guest speakers throughout the year.

This top museum is open at 10 a.m. daily. The last tickets are sold 60 minutes before closing. These interactive experiences are available for birthday parties, school groups, scouts, team building, or other special events for an additional fee. To get more information about tickets, discounts, and what all the museum offers, visit the site: <https://www.alcatrazeast.com>.

www.alcatrazeast.com. About Alcatraz East Alcatraz East is the most arresting crime museum in the United States. Guests of all ages can encounter a unique journey into the history of American crime, crime solving, and our justice system. Through interactive exhibits and original artifacts, Alcatraz East is an entertaining and educational experience for all ages - so much fun it's a crime! This family attraction is located at the entrance of The Island, located at 2757 Parkway, Pigeon Forge, TN. The last ticket is sold 60 minutes before closing. For more information and to purchase tickets, visit: www.alcatrazeast.com.

Ben Rector Announces Upcoming Tour

Indie hitmaker Ben Rector is ready to live his best life returning to the road with his upcoming tour THE JOY OF MUSIC: LIVE kicking off on May 5 in Madison, Wisconsin. The "millennial playlist staple" (HuffPost) will perform music off his upcoming album, The Joy Of Music, as well as fan favorites including "Brand New," "Love Like This," and more. Rector will be joined by special guests including Jake Scott, Jordy Searcy and Stephen Day. The tour will make a stop in downtown Indianapolis at TCU Amphitheater at White River State Park on Saturday, May 14, 2022. Tickets go on sale to the general public on Friday, February 4 at 10 AM local time at www.livenation.com.

Fans can sign up for access to presale tickets at BenRectorMusic.com/tour. The fan presale will begin Tuesday, February 1 at 12pm local venue time. The general public onsale will begin at 10am local venue time on Friday, February 4th.

"I think this album is my best work and I'm so excited to perform it live," said Rector.

Citi is the official card of THE JOY OF MUSIC tour. Citi cardmembers

will have access to presale tickets beginning February 1st at 10am local time until February 3rd at 10pm local time through the Citi Entertainment program. For complete presale details visit www.citientertainment.com.

Rector rang in the new year by "giving fans a tease of his feel-good album" (E! Online) with an early release of the three tracks, "Dream On," "Supernatural" featuring GRAMMY® Award-winner Dave Koz, and "Living My Best Life" to share a taste of what's to come on his highly anticipated album, The Joy of Music, scheduled to be released on March 11, 2022. The album will include additional collaborations with award-winning rapper Snoop Dogg, iconic jazz musician Kenny G, Taylor Goldsmith from folk-rock band Dawes, as well as the YouTube sensation One Voice Children's Choir.

ABOUT BEN RECTOR
Growing up in Tulsa, Oklahoma, Rector never expected to find himself immersed in the music scene. Though he spent his childhood learning piano and eventually picking up guitar in his teen years as he made the transition to singing and songwriting, Rector was not truly serious

about his music until he studied at the University of Arkansas. It was there that Rector released his first self-titled EP, launching his music career as he began playing live shows. By the time he graduated, Rector had released two full-length albums and was ready to make the move to Nashville in order to dive head-first into the music industry.

Now, Rector has made a name for himself as both an artist and songwriter. He's released seven studio albums, including Brand New (2015) which peaked in the Top 10 on the Billboard 200 and Magic (2018) which debuted at No. 1 on the Billboard Americana/Folk Albums chart. Last year, he used his experience to be an all-star mentor on ABC hit show American Idol alongside Ryan Tedder, Jewel, Jason Aldean, Jimmie Allen, Joss Stone among many others. Rector's music has been used in over 100 television and film placements, including The Ellen DeGeneres Show, and Pretty Little Liars, American Idol, among others, and his sold-out amphitheater shows have landed him television performances on Jimmy Kimmel Live, Conan, the TODAY Show, and Live! with Kelly and Ryan. When the pandemic

hit, Rector took the time to pour into his music as much as possible and has since announced his upcoming album, The Joy Of Music, is scheduled for release on March 11, 2022.

For more information, visit benrectormusic.com and follow him on Facebook, Instagram, Twitter, and YouTube.

Listen to Ben Rector on Amazon Music, Apple Music, Pandora, Spotify, and YouTube Music.

SPONSORS: The 2022 concert series at the TCU Amphitheater at White River State Park is made possible through the generous support of its sponsors including TCU, Coors Light, and more.

VIP PREMIUM SEATS: Be a VIP and take your concert experience to the next level! With a full-service VIP Club & Restaurant, VIP parking and prime seats, it's the only way to see a show. For full and mini-season ticket information, contact: 317-829-5147 & IndyPremiumSeating@livenation.com

TICKETS: Tickets are available at www.LiveNation.com. All dates, acts and ticket prices are subject to change without notice. Ticket prices are subject to applicable fees.

Get Away Without Going Away

(eLivingtoday.com) Family vacations are a great way to bond and take a step back from the hectic schedules that accompany everyday life, but sometimes time or money (or both) make planning an elaborate trip a non-starter.

However, a staycation - a vacation you take right in your hometown (or nearby) - can be much less expensive and fit into nearly any amount of available time with the added bonus of skipping out on potentially stressful travel.

Consider these staycation ideas to take advantage of your local area's attractions and prove you don't have to go far to spend quality time together.

Visit local landmarks. Just because it's not a traditional vacation doesn't mean you can't pretend to be tourists. Start by visiting the places you recommend to friends and family from out of town or pick up a city guidebook to uncover hidden spots you may not even know exist. Make a plan to seek out historic sites, visit local landmarks like museums or try an out-of-the-way restaurant (or two) you've never eaten at before.

Camp out in the backyard. Camping doesn't have to be done far from home. In fact, it can be

done right in your own backyard. Pitch a tent to sleep under the stars and plan a night full of traditional camping activities like roasting s'mores, telling spooky stories by flashlight and trying to identify stars and constellations.

Set up a picnic in the park. Pack a basket with sandwiches, fruit and other treats and head to the park. You can enjoy a casual meal then take advantage of the open space for a family walk or game of tag before retreating to the playground to let the little ones expel any leftover energy.

Have a home spa day. If you're looking for some relaxation but don't want to splurge on the full spa treatment, plan an at-home oasis instead. Light some candles, run a bubble bath and break out the facial masks and fingernail polish.

Visit an amusement park. No matter where you live, there's probably an amusement or water park within driving distance. A quick online search before you arrive can help prepare a strategy for hitting the most popular thrill rides and waterslides while skipping those that may not provide quite the same entertainment value.

Find more tips and tricks for enjoying family time together at eLivingtoday.com.

The Black Keys Announce Dropout Boogie Tour

The Black Keys have announced initial details for their Dropout Boogie tour, a 32-date North American run produced by Live Nation beginning July 9 in Las Vegas. This is the band's first string of shows since touring in support of their 2019 studio album "Let's Rock" (Nonesuch). The tour will make a stop at Ruoff Music Center located in Noblesville, Indiana on Saturday, July 16, 2022 as part of the Coors Light Concert Series along with special guests Band of Horses and Ceramic Animals.

The Black Keys will be holding an exclusive fan club presale on Tuesday, Feb. 1 at 10 am local time. Sign up for the free Lonely Boys & Girls Club and receive early access to tickets. Presale ends Thursday, Feb 3 at 10 pm local time. A limited number of VIP packages will also be available starting Tuesday, Feb. 1 at 10 am local time. VIP packages include premium seats, sound check visit, an autographed lithograph and more! General on-sale begins Friday, Feb 4 at 10

am local time. Details can be found at theblackkeys.com.

Citi is the official card of the Dropout Boogie tour. Citi cardmembers will have access to presale tickets beginning Wednesday, Feb 2 at 10 am local time until Thursday, Feb 3 at 10 pm local time through the Citi Entertainment program. For complete presale details visit www.citientertainment.com.

The Black Keys are singer/guitarist Dan Auerbach and drummer Patrick Carney. Last year, the duo received its 14th Grammy nomination, this time for Best Contemporary Blues Album for Delta Kream, which was released in May 2021 by Nonesuch Records. The project, which features 11 Mississippi hill country blues songs by artists such as R.L. Burnside and Junior Kimbrough, was the band's fifth consecutive top 10 debut on The Billboard 200. Pitchfork said of the album, "By spending the time playing the blues that's buried deep in their soul, the Black Keys reveal how far they've gone in a

space of 20 years," while the UK's Independent said, "The blues flow through The Black Keys' music as steady as the Mississippi River. Now they're going right to the source on Delta Kream, a sweltering collection of some of their favourite hill country blues standards. The fact they're exploring such familiar territory is to the album's benefit. The Black Keys know this music as well as their own. Delta Kream celebrates true musicianship. A soundtrack for those hot and heady nights of late summer. It's brilliant." Delta Kream also made Best of 2021 lists from several publications, including both Uncut and Mojo.

Most recently, The Black Keys released the Super Deluxe 10th anniversary edition of their landmark seventh studio album, El Camino in late 2021. El Camino was produced by Danger Mouse and The Black Keys and was recorded in the band's then-new hometown of Nashville during the spring of 2011. The Black Keys

won three awards at the 55th annual Grammys for El Camino—Best Rock Performance, Best Rock Song, and Best Rock Album—among other worldwide accolades.

Formed in Akron, Ohio in 2001, The Black Keys have been called "rock royalty" by the Associated Press and "one of the best rock 'n' roll bands on the planet" by Uncut. Cutting their teeth playing small clubs, the band have gone on to sell out arena tours and have released nine previous studio albums: their debut The Big Come Up (2002), followed by Thickfreakness (2003) and Rubber Factory (2004), along with their releases on Nonesuch Records, Magic Potion (2006), Attack & Release (2008), Brothers (2010), El Camino(2011), Turn Blue (2014) and "Let's Rock" (2019), plus a 10th anniversary edition of Brothers (2020). The band has won six Grammy Awards and a BRIT and headlined festivals in North America, South America, Mexico, Australia, and Europe.



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SUNDAY

In the
Know

Sunday, Feb. 13, 2022

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5 Reasons Why Divorced Dads Play A Vital Role In Their Child's Life

According to the U.S. Census Bureau, there is a crisis in the country involving fathers. They report that one out of every three children, or 24 million, live without their biological father in the home. The problem is that fathers play an important role in their child's life. When dad is missing from a child's life, there's a lot that society is missing out on as a result.

"Mothers and fathers give different, but equally important things to their children," said Jeffrey Steiner, executive director of the Dads' Resource Center. "Children need both their mother and father fully engaged in their upbringing to have the best chance to be successful in

life."

The government report also says there is a "father factor" in nearly all the societal ills facing the country. Divorced dads must get the opportunity to play an active role in their child's life. In today's society, dads are far too often pushed aside by the court, legal, county, and human services systems.

According to the Dads' Resource Center's analysis of the National Longitudinal Survey of Youth 1997, here are 5 reasons why divorced dads play a vital role in their child's life:

Prosperity verse poverty. Children who have the active involvement of their father during their childhood earn 26% more than those who don't (\$59,490

versus \$43,938).

Social program usage. Children who did not have the active involvement of their father during their childhood were 94% more likely to have used government programs such as Women, Infants & Children, Supplemental Nutrition Assistance Program, and Workers Compensation.

Better health. Children who did not have the active involvement of their father during their childhood were 11% more likely to have smoked and 20% more likely to have used hard drugs.

Engaged citizens. Children who did not have the active involvement of their father during their childhood were 11% less likely

to volunteer their time to the community, 13% less likely to donate to a charity, and 26% less likely to vote.

Increased resiliency. Children who did not have the active involvement of their father during their childhood were 13% more likely to have needed mental health treatment.

"Father absence either plays a role in or is the primary driver of every societal problem this country faces," said Steiner.

"But the systems meant to protect the well-being of children pervasively deny or hinder father family involvement. Many of those in these systems know the problem exists, but there is no will to reform in a way that better serves

children."

Dads' Resource Center was started by Dr. Joel N. Myers, a father of eight and the founder and CEO of AccuWeather. Its 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 contributions 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 informa-

tion 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>.

Take Steps To Support Literacy: Eight Ways To Inspire Children To Read

(Family Features) Reading is a foundation for learning, yet a vast gap exists in access to books for low-income neighborhoods.

According to the Handbook of Literacy Research, in low-income neighborhoods, the ratio of books per child is just one age-appropriate book for every 300 children. Without books in the home, children lack the opportunity to practice reading skills and are exposed to fewer opportunities to build their vocabularies.

While these limitations can hinder personal performance, multiple studies correlate low literacy rates with social concerns like elevated drop-out rates, reliance on welfare programs and criminal activity.

Literacy is a cause that affects the community as a whole. Learn how you can champion literacy in your community with these tips:

Give Books to Children
The joy of receiving and opening a gift is exciting in its own right, but a book is a gift that keeps giving. You can make a book gift extra special by choosing a topic or theme that has special meaning, such as a place you'd like to visit together or a beloved character you enjoy incorporating into your make-believe playtime with the child. As a bonus, if it's age appropriate, read the book together for the first

time so it always carries a special memory.

Visit the Library
Libraries can be awe-inspiring places for kids. The wall-to-wall books represent thousands of possibilities. With so many options to choose from, you can introduce children to the delight of discovering different genres, enchanting topics and favorite authors who keep you coming back for more.

When children have their own library cards, they can practice the grown-up process of checking out and caring for books. What's more, honoring due dates helps teach responsibility. Marking that date on the calendar is a fun way to build anticipation toward the next visit.

Support Organizations That Promote Literacy

Conducting your business with companies that share your commitment to literacy is a way to inspire reading on a larger scale. One example is The UPS Store, which created the Toys for Tots Literacy Program in partnership with the Marine Toys for Tots Foundation to provide disadvantaged children with direct access to books and educational resources that enhance their ability to read and communicate effectively. You can donate at participating locations or contribute online.

Create Reading-Inspired Traditions
Children thrive on

routines and rituals, and incorporating books into special moments can be an especially effective way to establish positive connections with books and the joy of reading. At home, traditions might be as simple as bedtime stories or reading parties where the whole family dons pajamas early and gathers in a room to read together, whether quietly or out loud. You can also tie reading traditions to special celebrations, like reading a favorite story together before heading to bed on the eve of a birthday or holiday.

Participate in Events Supporting Literacy

Show your support by attending and participating in events that showcase the importance of reading. Examples might include book fairs and fundraisers for literacy programs in your community. You can also look into programs offered through your local library and community center. If you find a shortage of events in your area, consider creating one of your own, such as visiting a local senior living center and reading to residents or hosting a book swap or book club with your friends and neighbors.

Encourage Kids to Get Hands-On

Reading a book is one way to demonstrate literacy, but kids can also develop a love for reading and put their comprehension skills into practice by adapting their favorite

stories for playtime. That might mean acting out a different ending for a favorite story or drawing a picture from a scene they remember best. You can also promote literacy by encouraging kids to write songs or their own short stories, which they can illustrate for a finished book to share with others.

Start a Neighborhood Library

Recognizing not all kids have access to books at home, you can help promote an interest in reading by creating a mini library within your neighborhood. Create a small structure that will protect books from the elements and spread the word that the contents are free for the taking. Encourage users to return books when they're done so another child can enjoy them and invite neighbors to donate their gently used books to help fill your library.

Model Good Reading Habits for Kids

Children learn from the examples set by trusted grown-ups. Sharing your love of reading with a child demonstrates your value learning and education. You can encourage children to mimic your interest in reading by sharing stories about the books you enjoyed most when you were their age and choosing to spend quiet time reading together in place of screen time.

For more tips and information on how you can support literacy, visit theupsstore.com/literacy.

Prioritize Self-Care For A Brighter Future

(Family Features) When so much of the world is beyond your control, it's easy to become anxious or overwhelmed trying to take care of everyone and everything. Making self-care a priority allows you to take charge and protect your own mental and physical wellness.

For many people, self-care gets neglected while other needs and obligations move to the forefront. That's why being intentional and getting organized can help put you on a better path.

"A steady schedule is a healthy schedule," said Jackie Michaels, a vocalist, songwriter, actress and author who shares her own journey to help others learn how to appreciate life by encouraging self-care, self-love and healing. "Set intentional goals to realign your life and create time for yourself to accomplish your goals."

Michaels offers these words of wisdom to those who are just beginning their journey of intentional self-care.

Take advantage of the energy of the moon. A new moon is an ideal time to contemplate and plan for the future, as its path toward light and energy can align with your progress toward a milestone or goal. Conversely, a full moon's expansive positive energy is thought to help amplify both conscious and sub-conscious thoughts for productive meditation. As the moon wanes, this is a time for reflection, shedding what hinders your progress as you prepare for another fresh start with the return of a new moon.

Make time for yourself to find balance. In today's busy world, this advice can be much easier said than done, but that's why Michaels recommends arming yourself with tools that can help. For example, the Love Me Right Self-Care Journal and Planner can help you set boundaries for yourself and others. You can use the calendar to set and take necessary breaks from time to time as a step toward self-care management.

Relax and release be-

fore starting a new week. Each week is an opportunity for a fresh start. Take time over the weekend to mentally rest and recharge, paying attention to areas of growth and accomplishment. It's also helpful to be intentional about letting go of disappointments and missteps from the week behind you and focus your mental energy on how to continue progressing toward your goals.

Make every effort count. When time is precious, there's little room for lackluster effort. While you may not be able to realistically put everything into all that you do, you'll likely discover a pattern of greater success in the activities where you invest yourself more deeply. Ultimately, you may find it easier to pass on activities that don't pique your interest enough to command your full energy.

Recognize there's no guilt in putting yourself first. Think about what you give to your friends, work and other external forces in life. When your effort is limited, chances are your results are, too. The same applies when you're working on yourself. If you only give what energy is leftover after giving to everyone and everything else, you're not likely to achieve the results you desire. Understanding that giving all of yourself is the only way to reach what you aspire is the first step toward letting go of the guilt you may feel when you make yourself and your own time the first priority.

Give yourself credit and acknowledge your achievements. When you're busy chasing your goals and dreams, it's easy to lose sight of what you've already accomplished. Take time to celebrate victories and be proud of what you have accomplished. Also remember acknowledging milestones and progress toward bigger, long-term goals can help keep you motivated and determined to reach the finish line.

Find more inspiration for your self-care journey at jackiemichaels.com/love-me-right.



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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.

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