

Zahn's FLOOR Govering

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TODAY'S VERSE

Isaiah 55:11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

⇒ FACES of **MONTGOMERY**

People who call our community their own.



Thomas Campbell was cleaning up debris from his property when one of our roving photographers happened by. Thank you for your smile, Thomas!

⇒ THREE THINGS You Should Know:

The first day of spring is almost here, and for many Americans, that means it's time to break out the cleaning supplies and tackle those chores you usually put off. But a new survey found that only half of Americans participate in annual spring cleaning. Even more alarming - 37% say they never do a deep clean of their home. *Most hated chores: Cleaning bathrooms, washing dishes, doing laundry. *85% of people put off doing the chores they hate. *65% of women with kids say they do all the chores in the family, versus 23% of men.

Jay Ohrberg won the Guinness record for the world's longest car in 1986. The auto was originally 60 feet in length but, according to the Association of Mature American Citizens [AMAC], Ohrberg, whose business was customizing automobiles, decided to extend it to 100 feet long. The super-limousine hadn't been seen in guite a while until another car buff, Michael Manning of Nassau County, NY, found it recently, apparently abandoned and in disrepair. "I first found the car at an autobody show in New Jersey and it was garbage. It was covered in graffiti, the windows were broken, the tires were flat, but I fell in love with it anyway." Manning decided to rebuild it and the folks at Guinness, once again, declared it to be the world's longest car. If you're wondering how you find a parking space for an auto that long, don't worry; Manning has put it on display at the Dezerland Park Car Museum in Orlando, FL.

The Indiana Department of Transportation announce there will be rolling slowdowns on I-74 beginning Sunday, March 20, weather permitting. These will take place between 7 a.m. until 3 p.m. between Pittsboro (Exit 61) and Brownsburg (Exit 68). This is for Duke Energy to pull wires across the interstate. The left lane in both directions will be closed in this area for equipment. INDOT encourages drivers to slow down, exercise caution and drive distraction-free through all work zones.

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

Barton Proclaims March 18 As 'Wabash College – Little Giants Day'

On Wednesday, Mayor Todd Barton proclaimed Friday, March 18, 2022 to be "Wabash College - Little Giants Day' in recognition of the Little Giants basketball team, who have reached the final four of the NCAA Division III men's basketball tournament. He did

so, "to encourage community support for the team."

The Little Giants will play Elmhurst at 7:30 p.m. on Friday at the Allen County War Memorial Coliseum in Fort Wayne. Wabash comes into the game with a record of 28-3 having won their last 24 games in a row since their Dec. 4 85-87 loss to Oberlin College. Wabash is led by senior guard Jack Davidson, who is averaging 25.7 points, 5.9 rebounds, and 4 assists per

OK, you conservative

prices, the war in Ukraine,

Covid-19,

rampant

crime, bi-

ased media,

racial strife,

and on and

on. May-

be you're

depressed.

trouble

falling

Republicans out there...times

are tough...inflation, high gas

asleep...upset stomach...nerves

shot...or even something much,

also depressed and is never "in

much worse...your spouse is

the mood" any more...Oooh,

bummer! I know you need re-

you'll have to wait. But have

lief, and some of you may even

want the Orange Man back, but

no fear. Relax. I have come up

with a list of things you can do

to brighten up your day, shake

those doldrums, and improve



Mayor Todd Barton

Butch Has Suggestions For

Republicans In Tough Times

game while shooting 53.5% from the field, 48.8& from three, and 90.9% from the free throw line.

Davidson previously set the all-time NCAA record

for consecutive free throws made with 95. Davidson is Wabash's all-time leading scorer, as well as the leader in career 3-pointers, free throws made, and games started. He is second all time in assists, and with his start against Elmhurst will become the alltime leader in games played for Wabash with 109. The record is currently held by Josh Estelle, who set the record in the 1999-2000 season.

Elmhurst comes into the game

your attitude. So here goes....

1. Go for a walk. Take your

time. Walk like Joe Biden...you

know..take itty bitty steps like

Tim Conway's "old man" character on the old Carol Burnett

Show. A walk around the block

will take three hours and make

you feel tired so you can take

2. Write a nice letter to

you letter to Hillary Clinton.

ol' Joe.

a "nappy" every afternoon like

someone. In fact, write a thank

Tell her how much you appreci-

ate her running against Donald

Donald had been up against an

honest and decent Democratic

have lost the election. Be sure

to beg Hillary to run again in

3. Need more money?

Speak to a crowd about the

dangers of climate change.

See BUTCH Page A5

candidate with morals, he might

Trump in 2016, because if

with a record of 26-6, having won their last eight games since a Feb. 16 64-74 loss to Millikin University. The Bluejays are led by senior guard Jake Rhode, who is averaging 17.6 points, 3.8 rebounds, and 4.1 assists per game.

On the other side of the bracket, the Yellow Jackets of Randolph Macon College (31-1), the current No. 1 team in the nation per D3Hoops, will take on the Marietta College Pioneers (29-2). Tip-off for the first game is at 5 p.m. on Friday, while Wabash will tip off against Elmhurst at 7:30 p.m. The national championship game will be played at 6 p.m. on Saturday at the Allen County War Memorial Coliseum.

Tickets for the game are available at https://www.ticketmaster. com/ncaa-division-iii-mens-basketball-championship-tickets/ artist/1802268

Celebrate A **World Of Flavors**

March is National Nutrition Month and this year's theme is Celebrate a World of Flavors. Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes!

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you. Familiar ingre-



MONICA NAGELE

dients can be presented in new ways and new foods may remind you of things you already know and love.

⇒See FLAVORS Page A5



WWW.THEPAPER24-7.COM

Sunrise/Sunset RISE: 7:54 a.m. SET: 7:58 p.m.





Temperatures High: 63°F Low: 50°F



Wacky Holiday Today • World Sleep Day

National Sloppy Joe Day



What Happened On This Day

• 1892 Lord Stanley of Preston pledges to donate a challenge cup for the best ice hockey team in Canada • 1962 The Évian Accords are signed, ending the

Algerian War





Births On This Day

 1837 Grover Cleveland Lawyer, politician, 22nd President of the U.S. • 1932 John Updike American author, poet, critic

Deaths On This Day

• 978 Edward the Martyr **English king**

• 1913 George I of Greece

Happy birthday to my favorite reader - you know who you are!



INSIDE TODAY'S **EDITION** Obituaries.....A2

Classifieds.....A4

New Deals......A5

TODAY'S HEALTH TIP

Change your contact lenses per the manufacturer's recommendation. 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.



OBITUARIES Evelyn (Lyn) Virginia Wray

The Paper appreciates all our customers. Today, we'd like to personally thank LONNIE NEWTON



THE MONTGOMERY MINUTE Want To Help?

The Montgomery County Youth Service Bureau is hosting a community blood drive on Thursday, March 24, 2022 at 1-6:45 p.m. Do you know someone with cancer, or is pregnant, or has sickle cell disease? Then you know someone who may need blood. Don't wait until an emergency happens to donate! There is NO substitute for the lifesaving gift of blood. It is precious, it is perishable, and the need for it never ends.

TODAY'S QUOTE

"You don't love someone for their looks, or their clothes or their fancy car, but because they sing a song only you can hear." Oscar Wilde

TODAY'S JOKE

What do you call a chicken crossing the road? Poultry in motion!







PAGE A2 Friday, March 18, 2022

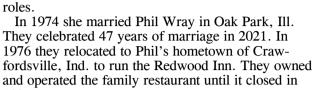
OBITUARIES

Evelyn (Lyn) Virginia Wray June 3, 1938 - March 3, 2022

Evelyn (Lyn) Virginia Wray, 83, of Crawfordsville, Ind., passed away on March 3, 2022.

She was born to Myona and Robert Fisher on June 3, 1938 in Oak

Mrs. Wray attended Principia College after graduating high school. She then began working in administrative and bookkeeping



Lyn had a deep faith in God. She served administratively in five Christian Scientist churches and often joined Phil in singing in the choir at First United Methodist Church Crawfordsville, where Phil is a member.

She and Phil lovingly cared for 10 dogs throughout their marriage, seven of which were rescues. She could often be seen walking their dogs on the west side of Crawfordsville. For several years, she participated in city committee and council meetings. She enjoyed black coffee, trips to Florida with Phil, and driving fast, red cars.

Survivors include her husband, Phil; stepchildren, Sheri (Bill) Sering; Greg (Denise) Wray and David (Elvia) Wray; grandchildren, Michael Sering, Gabriel (MacKenzie) Sering, Melissa (Demetrius) King-Beecham, Benjamin Sering, Alysa (James) McManus, Kobi (Kylie) Wray, Micah Wray, Emma Wray, Alex Wray, Josh (Alaina) Wray and Vanesa Wray; great-grandchildren, William D. Sering, Hazel King-Beecham, D. Rhett King-Beecham, Ellis Wray, Vernon Wray, and child of Gabriel (MacKenzie) Sering to be born soon; and dogs, Olive and Jake.

She was predeceased by her parents, Myona and Robert; and her brother, Robert.

The family gathered for a private celebration of life on Sunday, March 6, 2022. A public memorial service will be held at a later date.

Online condolences and memories may be shared at www.huntandson.com

More Than \$29 Million Awarded **To Indiana Organizations To Address Homelessness**

granted more than \$29 million via 95 Continuum of Care (CoC) Competition Awards to Indiana housing and service organizations to address homelessness throughout the state. In total, the Midwest Region received more than \$451 million via total of 1,369 awards. The awards will provide funding to communities to help individuals and families experiencing homelessness move into permanent housing with access to supportive services, with the overarching goal of long-term

This week, HUD

stability. "Access to stable housing is a basic necessity - the safety of a home is essential, especially as we continue to fight the COVID-19 virus," HUD Secretary Marcia L. Fudge said. "These Continuum of Care program grants, coupled with the historic resources in the American Rescue Plan, will deliver communities the resources needed to ensure that every person in a respective commu-



opportunity to a safe and stable home."

The CoC program is designed to promote a community-wide commitment to the goal of ending homelessness. The program is the largest source of federal grant funding for homeless services and housing programs servicing people experiencing homelessness. The 2021 awards include approximately \$102 million for new domestic violence support projects. The awards also fund new projects that focus on adding permanent housing to communities including new permanent supportive housing, new rapid rehousing, and projects that provide transitional housing to households and then shift



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

Gov. Holcomb Encourages Fire Departments To Participate In Program To Protect Firefighters

Governor Eric J. Holcomb announced today the next steps in a new program to collect and dispose of hazardous firefighting foam that contains PFAS, a known contaminant.

"Indiana has chosen to be a leader in this PFAS foam program, because, frankly, firefighting is hard enough without having to worry about these hazardous chemicals," Gov. Holcomb said. "We hope more departments will sign up so we can do all we can to protect Indiana firefighters.

About 200 fire departments have already signed on to participate and have identified about 50,000 gallons of the foam that will be safely disposed of at no cost to the department.

Fire departments across the state can register for this free program by visiting the Indiana Department of Homeland Security (IDHS) website at DHS.IN.GOV. The program is a partnership between IDHS and the Indiana Department of Environmental Management (IDEM).

The Indiana Class-B Foam Collection Initiative makes Indiana one of only a handful of states in the country to create a PFAS foam disposal program. This program allows the state to offer a free pickup and environmentally friendly disposal service, which saves fire departments thousands of dollars in disposal costs while protecting Hoosiers and the Indiana environment.

The initiative was launched by Gov. Holcomb, State Fire Marshal Joel Thacker and IDEM Commissioner Brian Rockensuess on Wednesday during a kickoff event with fire departments statewide, hosted at the Greensburg Fire Department in Decatur

PFAS are widely used, long lasting chemicals, components of which break down very slowly over time. Because of their widespread use and their persistence in the environment, many PFAS are found in the blood of people and animals all over the world and are present at



low levels in a variety of food products and in the environment. Extended exposure to PFAS chemicals has been linked to four of the top eight types of cancer most common to firefighters: testicular, prostate, mesothelioma, and non-Hodgkin's lymphoma.

In 2020, Indiana law prohibited the use of PFAS foam for any training purposes.

'This collection program is an opportunity for the State to honor those men and women who sacrifice so much for us every day," Thacker said. "PFAS exposure represents a hidden danger to firefighters, and Indiana is determined to protect them as much as possible through this program."

"IDEM is proud to work with our state partners to protect the hardworking men and women who risk their lives for us," Rockensuess said. "PFAS foam has the potential to also negatively affect our groundwater and removing it from our communities will make the environment safer for all Hoosiers."

A state vendor will begin collections in May by contacting departments that have completed the Foam Collection Initiative Survey to arrange a pickup. IDEM will monitor the disposal program.

Indiana Department of Homeland Security

Established in 2005, the Indiana Department of Homeland Security (IDHS) leads the way to a safer and more secure Indiana. With jurisdictions involving emergency management, building code enforcement, as well as training and certification for first responders around the state, IDHS works to provide a safe, secure and resilient Indiana. For more information about IDHS, visit dhs.in.gov.

I Am Stamping Down On Junk Mail

Do you get junk in the mail? Of course you do: we all do. And I am getting a little tired of it. I can screen my phone calls for telemarketers and I have a pretty nifty spam filter on my computer, but somebody needs to do something about the clutter in my mailbox.

I've talked to Tom, my mailman. I've even given him full authority to stuff any questionable or unsolicited correspondence down the sewer. Tom's afraid he may accidentally throw out a utility bill. I told nim not to worry about that. These things happen.

I know I'm not the first person to write about junk mail. I wasn't the first humorist to complain about junk food. I've written stories about all the junk in my basement. I admitted last year in a column that I once invested in junk bonds.

No one has written about more junk than I

Which brings me back to my mailbox, a mail-



DICK WOLFSIE Life in a Nutshell

box that just yesterday contained the seductive MoneyMailer. These hefty little packets are filled with tantalizing coupons—discounts that are the answer to your every prayer, assuming at least one of your prayers is to find nine different companies that will shampoo six rooms of carpet for \$34.95.

There are also coupons I usually forget to use or I can't find when I order pizza, or I call the wrong pizza place, or by the time I try to use them they are expired, or I really don't want cinnamon rolls with my pizza.

I noticed a coupon for a

one-night stay in a lavish suite that included a luxurious bath and peticure for only \$23.00. I inquired, but when I discovered it was a kennel, I knew my wife wouldn't enjoy it. Oh wait, I get it: PETicure.

Cleaning seems to be an obsession with the companies that advertise in these mailers. There are always services that clean your air ducts—something I have never done in 30 years of home ownership, which might explain my murky complexion. Now that I've mentioned this, salespeople will be calling me in the morning, and because I'm an easy mark, strange men will be crawling up my vents by noon tomorrow.

A great many dentists use coupons to market their services to potential new patients. Maybe the novocaine makes them insensitive.

YOUR TEETH REAL-LY—AND WE MEAN REALLY—NEED TO BE **CLEANED**

Here's my favorite from the pack, a "personal

letter" from a colorectal physician:

YOU NEED A COLO-NOSCOPY!

Because the YOU was BOLDED, in all CAPS and in italics, I became extremely uncomfortable, which I think is their goal. They made it seem like everyone else in Central Indiana had made their appointment already but I was just sitting on my... well, I was delaying the whole process—let's just put it that way.

Taking care of our health should be a priority. This is a good time to think about required diagnostic procedures, even those advocated in promotional ads. If presidents can form exploratory committees, it's probably a good idea for all of us.

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.

Gov. Holcomb Announces Ed Littlejohn To Step Down From Indiana State Department Of Toxicology

Ed Littlejohn has notified Gov. Eric J. Holcomb that he will retire as the first director of the Indiana State Department of Toxicology after serving for 10 years. Gov. Holcomb also announced Dr. Christina Beymer as the next director of the

"Ed Littlejohn established the Department of Toxicology as a trusted lab providing great government service to law enforcement across the state, and managed tremendous growth," Gov. Holcomb said. "He stepped up when we needed him, and I thank him profusely for his service.

Littlejohn was named the department's first director in 2012 after it became a state government agency and has served ever since. The Department of Toxicology provides the alcohol breath test program for



Dr. Christina Beymer

the state, conducts toxicology analyses of blood samples for alcohol and certain drugs, and provides expert testimony and education on the science of forensic toxicology.

Under Littlejohn's leadership, the Department of Toxicology has:

• Deployed new evidentiary breath test instruments and trained 5,000 police officers in their use across the state in 2014

• Built a reputation as a trusted laboratory for forensic science, with

caseloads increasing 144 percent over nine years to 14,520 in 2021

• Become accredited through the American National Standards Institute National Accreditation **Board**

"It has been an honor to establish the Department of Toxicology and work to ensure its reputation and credibility as all members of the agency here conduct crucial work for law enforcement," Littlejohn said. "The people of Indiana have faith in our work and I depart proud of the department's standing.'

His last day is April 8. Before his appointment at the Department of Toxicology, Littlejohn had a 38-year career with the Indiana State Police, including as commander of the lab division.

Dr. Christina Beymer has been with the department since 2014, working first as a forensic scientist then the analytical laboratory supervisor. She has been the assistant director since 2018.

"Dr. Beymer will continue to improve processes, increase efficiency, and work strategically as the workload of the department is expected to continue to grow in the coming years," Gov. Holcomb said.

Beymer earned her Bachelor of Science degree in chemistry at Wright State University, and her Ph.D. in analytical chemistry at Purdue University. She begins her new role April 11.

"I look forward to continuing to work with state agencies, courts, police and attorneys across the state as the department becomes a prominent lab in the forensic toxicology community and provides the best service possible to the residents of Indiana," Beymer said.

Grant Program Helps Preserve And Support Historic African American Sites

Two funds honoring the legacy of a retired Eli Lilly chemist will provide grants to organizations working to preserve significant African American landmarks in Indiana.

Standiford "Stan" Cox, who passed away in February 2019, joined Eli Lilly and Co. in 1957 as its first Black chemist and was a generous advocate for the preservation of African American heritage sites. During his lifetime, he established two funds with the Central Indiana Community Foundation (CICF), one in his name and one to honor his parents.

The Standiford H. Cox Fund supports the restoration, preservation, operation and ongoing maintenance of African American historic sites in Indiana. The Dovie Stewart Cox & Chester A. Cox Sr. Memorial Fund provides support for Lost Creek Community Grove at the Lost Creek Settlement near Terre Haute, one of the state's earliest settlements of free people of color.

Indiana Landmarks will continue in its role as a key preservation advisor to the funds, drawing on the expertise of its African American Landmarks Committee to identify significant places and evaluate projects that the program could assist. The group will make initial recommendations to CICF in late May.

"Through this partnership with Indiana Landmarks, CICF is able to fulfill the legacy of Stan Cox and his commitment to preserve and honor African American history



Photo courtesy of Indiana Landmarks

Roberts Chapel in Atlanta, Ind.

and contributions made throughout our communities," said Pam Ross, vice president of community leadership and equitable initiatives at The Indianapolis Foundation, an affiliate of CICF.

In 2021, the fund awarded \$192,120 to 13 projects, including repairs to the damaged vestibule and steeple at historic Roberts Chapel in northern Hamilton County, as well as conservation of gravestones in the adjacent cemetery. In addition to grants for capital improvements, CICF also distributes grants for architectural or engineering services and nominations to the National Register of Historic Places on an ongoing basis throughout the year.

"Stan Cox has left an incredible legacy to the people of Indiana," said Mark Dollase, Vice

President of preservation services at Indiana Landmarks. "We are honored to work with the Central Indiana Community Foundation in a partnership that will aid in the restoration of important African American landmarks for years to come."

Born in Brazil, Ind., Cox was an Indiana University graduate who worked for 32 years for Eli Lilly and Co., beginning as a chemist and holding a variety of positions during his career. A member of Phi Beta Kappa, the nation's most prestigious academic society, he also earned a master's degree from Butler University. An advocate for academic biochemical research, he endowed the Standiford H. Cox Professorship in Biochemistry at Indiana University in Bloomington.

People who want to

suggest a property that might qualify for grants from the funds should contact Indiana Landmarks with recommendations by April 15, 2022 at coxfunds@indianalandmarks.org.

Sites will be assessed based on criteria including architectural and/or historical significance, opportunities for redevelopment, threat of demolition, and significance to Indiana's African American heritage. Applicants must be a non-profit organization with active 501(c)3 status.

For more information, contact Mark Dollase, vice president of preservation at Indiana Landmarks, 317/-39-4534, 80-450-4534, mdollase@ indianalandmarks.org, or Diane Schussel, senior community leadership officer at CICF, DianeS@

Meeting Notes

Board of Works and Public Safety Meeting The City of Crawfords-

ville Indiana

March 16, 2022 at 10:00 AM City Building 300 E

Pike St Crawfordsville, IN 47933 I. Approval of the min-

utes from March 2, 2022. II. Approval of the

claims for the week of March 7, 2022 III. Old Business

IV. New Business A. Mike Patton with a dumpster request at 207 Parke Ave beginning

March 21 for one week B. An agreement with Crawfordsville Community Schools for School

Resource Officers C. Barry Lewis, Code Enforcement Officer, with a work order request - 708 S. Grant Ave, owned by **Hector Monroy**

V. Miscellaneous VI. Department Heads VII. Adjournment

Retirement **Retirement Announcement**

Peggy Livesay will be retiring from Crawford Industries, now a part of Spartech, on March 31st. Peggy is an integral part of our Customer Service Department and has been since she joined us in January of 2006. She handles the customers for Crawford's Thomasville, Georgia operation. After 16 years of service she will be missed in both the Crawfordsville and the Georgia facility. Peggy and her husband, Curt, live in Crawfordsville. They have 2 sons, Ryan Gentry (Angela) and Steven Livesay and



Peggy Livesay

eleven grandchildren. Her plans are to do some traveling and spend more time with her grandkids. There will be a small celebration in the breakroom on March 31st at 2:00.



DNR Is Hosting Meeting On Kokomo Reservoir Fisheries

Learn about the status of fisheries and the proposed stocking of muskie at Kokomo Reservoir at a public meeting hosted by the DNR and Indiana Muskies Club Chapter 49 on Thursday, March 24 at 6:30 p.m. The meeting will be at the Kokomo **Howard County Public** Library South Branch at 1755 E Center Road, Kokomo.

DNR fisheries biologists and representatives will

present data from the latest fish survey and introduce a proposal of the requested new muskie stocking. Opportunities will be available to provide comments on future fish management actions. The meeting will end no later than 8 p.m.

Those unable to attend in person can join the meeting via Microsoft Teams at bit.ly/3Ksmdl3.

To view more DNR

news releases, please see dnr.IN.gov.

Use Your Tax Refund To Save On Car Shopping

(StatePoint) Like many other people, you probably have taxes on your mind right now. Figuring out if you have a tax refund coming your way can be an exciting time. But tax season doesn't have to be all about crunching numbers and filling out forms.

"If you're in the market for a newer vehicle, tax season can be the perfect time to treat yourself to that upgrade," says James Wright, vice president of company stores at Byrider, the nation's largest used car and finance network of dealerships.

Wright's offering a quick rundown of the reasons why tax season is the best season for searching for the right vehicle for you.

Putting your tax refund towards a down payment means a lower total cost: The best reason why you should upgrade your car is the extra cash you get from your refund. According to the IRS, 77% of all 2020 tax returns ended up with refunds, so the odds are in your favor that Uncle Sam will hand you a check and you'll have more money in your pocket. That means you'll have more money to spend on a down payment for a car. The higher your down payment, the lower your monthly payments, saving you money in the long run. This is especially true for places that allow

you to customize your pay-

ment plan, such as Byrider, and vou can even use vour anticipated tax refund to make a deal before you have the check in hand.

Tax season dealership events and sales: Car dealerships know that tax refunds mean that people have more money to spend, and will often have special tax season sales to further entice buyers into signing up for a payment plan. Many will even help you file your taxes. For example, many Byrider locations host Tax Event sales that file taxes and advance customers' refunds. Take advantage of promotions like these to stretch your tax return even more. To learn more, visit byrider. com.

The extra money in your pocket, the need for dealerships to move inventory, and great tax event promotions at dealerships all combine to make tax time the best time to shop for a car, stresses Wright.

"If you've been putting off upgrading to a 'new' used car because it seems out of your budget, this tax season just might change that, even if you don't have a perfect credit history or tons of money in the bank. That higher down payment can save you some serious cash on a car payment plan in the long run, making you glad you made the most of your refund this tax season," says Wright.

Indy Arts Council Opens Round Two Of Mental Health & Wellness Grants For Central Indiana Artists

Central Indiana-based artists and arts administrators are invited to apply now for a new round of Wug Laku Mental Health & Wellness Grants supported by the Herbert Simon Family Foundation, the Indy Arts Council announced today.

The grants, which range from \$250-\$750, can be used for one-on-one therapy, support groups, art therapy, and wellness and mindfulness practices. Guidelines and easyto-fill-out applications, which opened March 16, are available here. To be eligible, artists must reside in Boone, Hamilton, Hancock, Hendricks, Marion, Morgan, Johnson, or Shelby Counties; have made at least 40% of their income prior to the pandemic in the arts (in non-commercial work); and have been working in the arts for at least two years.

The grants honor the legacy of Wug Laku, a beloved Indianapolis visual artist and grassroots advocate for the arts. His untreated mental illness led to his death in 2017 at age 63. The program is part of the ongoing #IndyKeepsCreating initiative, funded through philanthropic, civic, and corporate partners, that began in March 2020 to support independent artists and nonprofit arts and culture organizations during the pandemic.

This is the second round for the grants. The first round was launched in 2021 after an Indy Arts Council survey showed nearly 50% of local independent artists were suffering from mental health issues due to the social isolation and financial challenges caused by the pandemic. Last summer, 69 grants were awarded, providing \$43,750 to artists and arts administrators. Nearly 100% of artist applications were approved. This year, the Arts Council expects to award up to 100 grants. Applications are expected to be open through June 13, unless funds are depleted before then due to the volume of applications.

"Supporting artists and expanding access to mental health services are two of our primary focus areas at the Herbert Simon

Family Foundation," said President Rachel Simon. "When the Arts Council approached the foundation about continuing the Wug Laku Mental Health & Wellness grant program, our board was thrilled to help. Art is a way for all of us to heal, and it is critical that artists in our community have access to mental health and wellness

Artist Mental Health

Stories As part of the campaign to promote the Wug Laku Mental Health & Wellness Grants, the Indy Arts Council worked with local videographer Kurtis Bowersock to feature five wellknown artists talking about the creative ways they take care of their mental health, and encouraging others who are struggling to ask for help. The artists include metalsmith and jeweler Nancy Lee, dancer Carol Nunez Verdin, teaching artist and poet Devon Ginn, actor and playwright Ben Asaykwee, and teaching artist and poet Mariah Ivey. View the videos here.

wellness will be focus of upcoming Art & Soul celebration

Starting Saturday June

4, the Indy Arts Council will kick-off Art & Soul at the Indianapolis Artsgarden and celebrate the theme of Black Health & Wellness with entertainment throughout the month. Art & Soul, which annually attracts more than 2,000 visitors and is supported by Lilly Endowment Inc., has helped to expand the city's awareness and appreciation of African-American art and music for more than 25 years. Program partners include Asante Art Institute of Indianapolis, Indy Jazz Fest, IIbada Dance Company, and FLAVA FRESH! Details on this year's Featured Artists are available at www.indyarts.

About Indy Arts Council The Indy Arts Council fosters meaningful engagement in the arts by nurturing a culture where artists and arts organizations can thrive. Read the Arts Council's Equity Statement at https://indyarts.org/ about/equity-statement

Five Ways To Spring Clean Your Routine

(StatePoint) Falling short of your goals? In a period of stagnation? It may be time to spring clean your routine. Here are a few tips and ideas for getting more done with greater ease.

1. Spruce up your settings: Do you find some of the push notifications on your phone distracting? Give yourself the gift of fewer beeps and buzzes by spending just a few minutes reviewing and changing the notification settings of your

2. Squeeze in self-care: Taking regular breaks from your work is essential. Not only are these interludes good for your mind and body, they can actually help you be more creative and productive. However,

if you're someone who loses track of time easily when you're concentrating, you may need a tool to remind you to step away from your workstation. That's where a watch like those in the G-Shock lineup can be of assistance. Equipped with multi-function alarms, a step tracker and a heart rate monitor, you may just be motivated to use your break to take a brisk walk.

3. Reduce mealtime stress: If weeknight dinners are rushed and chaotic but you don't want to resort to takeout more than once or twice a week, try subscribing to a meal kit service that delivers all the ingredients and instructions you need to create delicious and

wholesome home-cooked meals. The good news is that many such services have ever-changing menus, as well as flexible options for those who are on special diets. These kits can also be a good way for kitchen novices to master basic culinary skills before embarking on more complicated efforts. 4. Stay focused: Ev-

Black health and

eryone is overscheduled these days. Having tech tools handy that keep you task-oriented can help ensure you never miss an important meeting or appointment. Those who embrace classic styles should consider Casio Edifice watches. Particularly suitable for those who frequently travel or work with others in

different time zones, the watch displays the time of cities all around the world. And because the watches are water-resistant and in many cases, solar-powered, it's a timepiece you can rely on.

5. Write it down: On the first of each month, take a few moments to jot down any goals you have for the month ahead, as well as any habits you want to start or stop. Take time to note how you are planning to fulfill your objectives. At the end of the month, review what worked and what didn't.

Getting out of a rut can be as simple as making a few tweaks to your routine. Lean on tools and strategies designed to help.

Purdue, Painter Preparing For The Big Dance

Press releases from college sports information offices are usually just the facts and figures with a little trivia thrown in for good measure.

For example, Matt Painter's 14 NCAA tournament appearances are the most for an active coach under the age of 55. Painter is 51.

I cannot recall the last time an item in a pre-game notes package made me laugh as much as this one from Chris Forman at Purdue:

"No one in the world was alive the first time Purdue

and Yale played (1902). It was close, though. Kane Tanaka – according to our friend Google - was born on Jan. 2, 1903.

I was an infant when Purdue and Yale met for the second time, a 76-66 victory by the Boilermakers in December 1962.

Almost 60 years later, the Bulldogs await the Boilermakers on Friday afternoon in what may be the most pivotal NCAA tournament – perception-wise for Purdue since Glenn Robinson's 1994 squad carried Final Four expectations.

Not too many fanbases would be disappointed by a 27-7 mark heading into the tournament but Purdue's ascent for the first time atop the national rankings in December also sent expectations soaring.

The usual Purdue luck (bad) denied this team the ability to match the school record for wins (30) before the tournament. A halfcourt shot here, two banked 3-pointers there and not only does Purdue enter March Madness without any championships but there's also a sense of dread and panic among fans if you believe social media and message boards.

Still, there are media members who still believe in Purdue's potential over the next hopefully three

Andy Katz of NCAA. com and Big Ten Network predicts the Boilermakers to reach the championship game in New Orleans after defeating UCLA in the Elite Eight and Gonzaga in

"I just don't think UCLA will force them to commit turnovers and if they don't turn over the ball, they win. It's that simple. Too much firepower for UCLA if they protect the basketball.

"Here's the problem for Gonzaga: This is a bad matchup because I don't think they can stop Jaden Ivey and Purdue has the two bigs that can meet Chet Holmgren and Drew Timme."

Katz likes Arizona ("I think they're playing the best basketball in the country") to defeat Iowa and Purdue for the title.

Pat Forde of Sports Illustrated also has Purdue going to the Final Four but



KENNY THOMPSON Columnist

losing to Gonzaga in the semifinals. The Boilermakers were ranked fourth in his listing of the 68 NCAA tournament teams in a separate story earlier this week.

"This is a leap of faith that the Boilermakers can locate some defensive consistency, that they can find a third offensive option to go along with guard Jaden Ivey and the rotating post tandem of Zach Edey and Trevion Williams, and that they can overcome their own institutional history of Big Dance underachieving. Why believe? Because Ivey is that good, coach Matt Painter is that good, and sooner or later a program this successful has to break through in March. When Purdue has been at its best this season, it has been fairly breathtaking. Now it just needs to relocate its best and showcase it for four games in a winnable East Region.'

If that wasn't enough gold and black talk, one Sports Illustrated's daily cover stories on its website (si.com) was a Forde story with the headline

"Surely, This Is The Year Purdue Finally Breaks Through, Right?"

Here are some of the key nuggets from Forde's story:

"Here comes the Big Dance, and a big chance, but there is hope habitually tethered to heartbreaking fatalism. There is so much scar tissue attached to Boilermaker limbs (a knee here, an elbow there) and

psyches over the years. ... "It would be a grand karmic twist if this team, of all teams, breaks through. In some important ways, it bears little resemblance to all that Bollermaker basketball was built upon for four decades. But maybe it takes a dramatic departure to

have a cathartic arrival." ... "A case can be made that Purdue is the college basketball version of Georgia football—a perennial winner possessing every necessary characteristic of a champion, yet somehow perpetually failing to take the last step. Before this past season, the Bulldogs' last moment of great glory on the gridiron was 1980. That's also the last year the Boilermakers reached the Final Four, the second of just two in program histo-

ry." ...
"The gaps in the trophy case at a place this successful do not compute. Purdue has won or shared 24 Big Ten regular-season titles, more than any other school in the nation's oldest Division I conference. It has won 1,882 games, surpassed by only 12 other schools in history. Of those 12, only three others have not won an NCAA tourney title: Temple, Notre Dame and St. John's. Temple has faded from relevance; Notre Dame has historically focused on football; St. John's hasn't been a factor in more than two decades."

"Twists of fate, tears of ligament, an opponent's epic play or outright blackand-gold flops —all have been factors in this prolonged drought. "To get to the Final Four, you have to be lucky," says former star Robbie Hummel, he of the two torn ligaments described by Forde. "And Purdue has not been lucky."

"Jaden Ivey is, frankly, a Purdue outlier. He is the kind of free-flowing athlete this rough-and-tumble program has rarely had, an aerial artist amid bruising

blacksmiths." ... "You can compare Jaden Ivey to Ja Morant or Russell Westbrook, and it's not an insane comparison," Hummel says. "Glenn Robinson was special, but Jaden plays a more vertical game. He is a level of athlete Purdue never had. Ivey has probably had seven of the 10 best dunks in Purdue history this year.

Adds Painter: "He's the most talented guy I've coached. I didn't see Ja Morant or Russell Westbrook at 19, but they must have looked like that." ...

"I understand how good Purdue has been," Hummel says. "There's a reason Purdue has won so many Big Ten championships. We've had really good teams. This team could be in the Final Four. Hopefully they can atone for [the disappointments]. I know it eats at the fan base. It eats at me."

Speaking of Ivey, he became a first-team All-American on Wednesday with his selection by the National Association of Basketball Coaches. Ivey now needs the selection by the United States Basketball Writers Association to be considered a consensus All-American after earning second-team status from the Associated Press and

Sporting News. Ivey is Painter's third first-team All-American following JaJuan Johnson and Caleb Swanigan. Ivey is averaging 17.4 points, 4.9 rebounds and 3.2 assists per game. The sophomore guard also is a finalist for the Jerry West Award given to the nation's best shooting guard.

Ivey also was one of three Boilermakers selected All-Region by the National

Association of Basketball Coaches. Ivey was a firstteam pick while centers Zach Edev and Trevion Williams led the second team.

That trio also were part of an unusual mock draft of players participating in the NCAA tournament by ESPN's NBA Draft experts Jonathan Givony and Mike

Ivey was the fourth pick, with Givony calling him "the most electric guard in college."

"NBA teams will want to see how Ivey steps up the plate and delivers for Purdue in high-leverage moments in what will be the most important games he has played in his college career, especially with the ball in his hands, provided Purdue's coaches trust him enough to give him the keys," Givony writes.

Williams closed out the "first round" as pick No. 30. Edey was chosen 38th.

"Williams is one of the best passing bigs in the country and a true hub that you can run the offense through from both the post and the perimeter, at least in college," Schmitz writes. "Given Zach Edey's struggles staying on the floor late in games, Williams has a great opportunity to continue showcasing his passing, instincts and answering questions about his motor during what could be a lengthy Boilermakers run if Ivey is

at his best." Tilting at windmills Bless former Purdue assistant coach Bruce Weber for saying out loud what many of his peers would not following what proved to be his final game at Kansas State this past

The usually well-coiffed Weber came to the press conference looking more like Albert Einstein, his gray hair disheveled and longer that Weber has worn it in decades.

"Guvs, I'm on the NCAA Ethics Committee," Weber said. "I'm in meetings. I was told that they were going to take care of the people in the FBI stuff. So I told somebody I'm going to grow my hair until something happens. Obviously it's still growing. That's the sad part of our business.

"Lon Kruger (former Illinois and Oklahoma coach) told me the other day that all the guys in the FBI (case) but one are in the NCAA tournament."

Arizona is a No. 1 seed, less than a year after school officials fired head coach Sean Miller for failure to promote an atmosphere of compliance. That move took four years after Miller was implicated in the FBI investigation of college basketball. Miller recruited most of that top-seeded

roster. Kansas, the bitter rival of Kansas State, is also a top seed. The Jayhawks face five major violations from the NCAA, including a "head coach responsibility" charge against Bill Self. Self, insulated by 550 career victories at Kansas, remains employed.

Auburn earned a No. 2 seed in the Midwest Region. Coach Bruce Pearl. fired at Tennessee in 2011 after being charged by the NCAA with unethical conduct, was suspended for two games this season for his role in the FBI investigation. Former associate head coach Chuck Person pled guilty in federal court for conspiracy to commit bribery. Person avoided prison time, but Auburn was placed on probation by the NCAA until 2025.

Ironically, Will Wade caught on tape by the FBI implying that his school had made a "big ass offer" to a recruit - was fired by LSU three days after Weber's statement and 48 hours following Weber's resignation. The Tigers will be seeded sixth in the Midwest Region and playing for interim coach Kevin Nickelberry.

Kruger and Weber were wrong about one thing: the other two schools implicated by the FBI are not in this year's tournament.

Louisville fired head coach Chris Mack in January, sending him packing with \$4.8 million. He was suspended without pay for the first six games of the 2021-22 season but Mack's downfall was not from the FBI investigation that preceded his arrival in Louisville.

The NCAA cited Mack and Louisville this past September, charging that Mack "either participated in, condoned, or negligently disregarded violations involving graduate assistants and others participation in practice as well as the creation and use of personalized recruiting videos and aids.

North Carolina State fired head coach Mark Gottfried a year before the FBI probe began. Only in 2019 did the FBI investigate Gottfried for making impermissible payments to players.

Purdue coaching tree news

Former Matt Painter assistant Steve Lutz coached Texas A&M Corpus Christi into its second NCAA tournament appearance.

Lutz was hired after Corpus Christi finished 5-19 in 2020-21. Leading the largest year-to-year turnaround in program history, Lutz guided Corpus Christi to a 23-12 record.

"Our success has nothing to do with me," Lutz said following the First Four loss to fellow No. 16 seed Texas Southern on Tuesday night. "Our success has to do with those 14 guys who sacrificed for one another

and who believed in one another and put their individual goals aside for us to be able to achieve something that this university hasn't achieved since 2007. So I just happened to be the head coach, but these guys, they're going to enjoy this the rest of their lives.

Micah Shrewsbury's first season at Penn State ended with a quarterfinal loss to his old boss Painter and Purdue in the Big Ten tournament. The Nittany Lions finished 14-17, a three-win improvement from the 2020-21 season.

One day after Weber's resignation at Kansas State, Missouri dismissed former Purdue star Cuonzo Martin.

Martin served as an assistant under Gene Keady and Painter before head coaching stops at Missouri State, Tennessee, California and Missouri. Martin was 78-77 in five seasons at Missouri, but the Tigers finished 12-21 this past season and 5-13 in SEC play.

Three in a row Purdue signee Fletcher Loyer was chosen Gatorade's Player of the Year for Indiana on Wednesday.

Loyer is the third consecutive Boilermaker recruit to receive that honor after Trev Kaufman-Renn in 2020 and Mr. Basketball Caleb Furst last season.

Loyer set the Homestead High School single-season scoring record of 726 points, 179 coming on a record 179 free throws, to average 26.9 points a game.

And finally Bruce Weber's final press conference at Kansas State ended with a humorous anecdote on how he was hired for his first job by Gene Keady at Western Kentucky in the late 1970s.

"I drove nine hours to Kentucky to interview with coach Keady, and he wasn't there," Weber said. "I never drove nine hours in my life. I had my leisure suit on. I was ready for the interview, and the secretary laughed at me.

"I said, 'where is he?' He's not here. 'Is he coming back?' No. He's out of the country.

"He forgot. I remember calling him on a pay phone. He said I'm sorry. Why don't you drive down again. I said I'm running a camp. I can't leave again. Either you hire me or ... I would never have said that but I didn't know how mean he was and how tough he was.

"He was quiet and he said, 'Okay, you're hired.' I was with him 19 years. Unbelievable years. Gave me ... lifetime experiences that I never dreamed of."

Kenny Thompson is the former sports editor for the Lafayette Journal & Courier and an award-winning journalist. He has covered Purdue athletics for many years.

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O BUTCH From Page A1

That mean-spirited Swedish teenager, Greta Thunberg...you know... the one with a long history of mental health issues, did just that...and now she is a millionaire! Be sure to throw two or three temper tantrums during each speech.

4. Take NFL "hasbeen" Colin Kaepernick out some night to a local bar. Tell him how much you admire him. Get him good and drunk until he passes out. Then take some hair clippers and shear a patch about three inches wide right down the middle of his noggin... that's it. Dress him up in a clown suit and dump him off at the nearest police station. He can post his own bail...after all, Nike gave him \$22 million for kneeling during the National Anthem.

5. Go meet Dr. Anthony Fauci. Shake his hand and kiss him on the cheek. Tell him how much you appreciated all of his expert opinion on Covid. Then ask him if there is an easy cure (and if should you wear a mask) for the Black Plague...as you were just diagnosed with it. Watch his reaction...it will be hilarious!

Some other ideas...just for fun....Send Nancy Pelosi a "Foxy Lady Reject"

sweatshirt. Sign up with Alexandria Ocasio-Cortez for a remedial kindergarten-level economics class. Head down to Beto O'Rourke's ranch and shoot gophers with an AR-15. Buy Bernie Sanders and Gavin Newsom one-way tickets to Russian Siberia. Challenge Elizabeth Warren to a Native American tomahawk fight. Sneak up to John Kerry's mansion and place bumper stickers on his private jet and yacht ("America's Biggest Hypocrite" and "I Love Iran"). And speaking of Iran, invite the Ayatollah to your kid's birthday party, and tell him to be sure to wear his stupid looking hat so the children can turn it over and play cornhole. Call up Bill Clinton...disguise your voice...and inform him that you have a photo of him paying off Jeffrey Epstein's killer...and then hang up. (NOTE: You might want to consider hiring a personal bodyguard if you do this.)

Now if you don't even want to think about politicians and celebrities, there are alternatives... things you can do to relieve tension, such as: Run naked through the grocery store and let out blood-curdling screams about the high price of

your family's staples... oatmeal, Ramen noodles, and Spam. Learn how to juggle bottles of Pepto-Bismol. Put on a pair of bell-bottoms and a flowered shirt and attend a PTO meeting... provide all the teachers who want to teach Critical Race Theory a doobie and give them the peace sign. Tell them to chill out because it ain't gonna happen. What? You're once-normal college age kids have become flaming liberals? Revoke their tuition money, and send them to Obama's \$12 million mansion at Martha's Vineyard to see for themselves how politics really work.

Still nervous? Buy one little bottle of Jack Daniels. That's enough. Sit back in your easy chair. Take a deep breath. Just take one tiny sip and calm down. On the other hand, the midterm elections are still eight months away. Maybe you should drive down to Lynchburg, Tennessee and buy an entire barrel.

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.

U FLAVORS From Page A1

You may also come across ingredients and flavors you've never experienced before.

A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors. If you aren't ready to ask someone for help, one easy step you can take is to plan your meals and snacks. This weekend, sit down and ask the family what foods they would like to have for the week. Include some familiar dish's but find out what culture they might want to explore foods from. When they recommend a country like Italy, don't explore the traditional spaghetti dish, instead choose something like a Frittata or Gnocchi.

Once you have selected the unique dish for the week, involve the family in the preparation.

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This will help them learn key skills in food preparation, increase family bonding, but also create excitement around the new food, increasing the likelihood they will like it. A Frittata is an egg dish similar to an omelet. When you involve them in the process they can find all the similarities to foods they know well. Maybe even, make the connection to foods in

similar, like the quiche. One fun step to add to this new food, is to explore the history behind that dish. Why did a food like the crepe originate in France, why is goulash a common Hungarian dish and how did those dish's make it to the United States?

other cultures that are

As a Registered Dietitian I would be remised if I didn't mention the importance of adding fruits and vegetable to your plate. Exploring

other cultures food will give you the opportunity to explore new fruits and veggies and find new ways to use them. I love to add cabbage to stir fry, broccoli to my frittata, whole wheat and strawberries to my crepes and beans to my goulash. Countries near the coast line often serve many fish dish's as well.

Most importantly have fun. Take a food tour of an international grocery store, find a new restaurant to enjoy and take a virtual tour of another country's food markets. There is a lot to learn about other cultures and food is a great way to do it. If you need a place to start, reach out and I will be glad to help.

Monica Nagele is the County Extension Director and educator of health and human science for the Montgomery County Purdue Extension.

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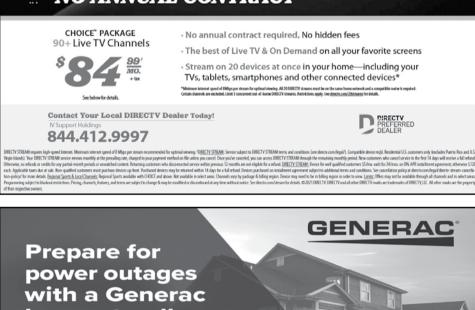
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