⇒ TODAY'S VERSE

Psalm 127:1 Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain.

⇒ FACES of MONTGOMERY

People who call our community their own.



James Clifton 55, with a good spirit smiles brightly for The Paper. Thank you for your smile, James!

THREE THINGS You Should Know:

The Indiana Department of Transportation announces traffic pattern changes will occur next week on State Road 28. The right turn lane from State Road 39 southbound to S.R. 28 westbound will close on Monday, March 21 through June 18. The left turn lane on S.R. 39 northbound to S.R. 28 westbound will close Thursday, March 24 through the end of the day on Saturday, March 26. This is for construction work in the intersection. The eastbound lanes of S.R. 28 remain closed between McKinley and Jackson Streets. The official detour follows I-65 to S.R. 47 to S.R. 39 and back. Westbound traffic on S.R. 28 remains open.

Michael and Maria Spressler have been dining out at The ■ Lobster House in Cape May, NJ for 34 years and Michael's favorite starter is usually a dozen clams on the half shell. On a recent visit to the eatery, their loyalty aided by Michael's taste for clams earned them not only the reward of a satisfying meal but a .35 inch pearl, as well, that could be worth several thousand dollar, But Maria told KYW-TV, Michael has "eaten dozens and dozens of clams, and we've never found anything like that, so it was pretty exciting ... [and so] I would like to have it set into a nice piece of jewelry, maybe a mermaid or something nautical. It's a beautiful remembrance of that day and what we have is so special."

The Indianapolis International Airport has been named the Best Airport in North America. This is the tenth year in a row - a big deal in itself – but even more incredible that they continued to maintain this award-winning status through the challenges of the pandemic. They are the only airport in the United States to win the honor for a straight decade.



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CRAWFORDSVILLE, INDIANA

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Boomer Bits



Ask Rusty - My Husband Still Works; Must He Enroll In Medicare At Age 65?

Dear Rusty: There is confusion between my husband and me on when he should file for Medicare. My husband will be 64 in July. While he does plan on continuing to work to age 67 and continuing with his employer's insurance plan, I believe there's a requirement that he file for a certain part of the Medicare retirement plan at age 65, otherwise there's some penalty at some point in the future after retirement. There's lots of confusion with this, and I'm hoping you can explain exactly what the process is in filing for Medicare at age 65 and after reaching full retirement age. Also, please comment on whether continuing with employers' insurance is an option or if you should file for Medicare at age 65. Signed: **Confused About Medicare**

Dear Confused: There are two main parts of Medicare to be aware of for this discussion - Part A which is coverage for



ASK Rustv

Social Security Matters

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

inpatient hospitalization services, and Part B which is coverage for outpatient services (doctors, medical tests, etc.).

Medicare Part A: Assuming your husband is eligible to collect Social Security when he turns 65 (he'd needn't be collecting it, only eligible to), there will be no premium associated with Medicare Part A (thus no penalty if he delays claiming it). If his employer coverage is "creditable" (which is a group plan with at least 20 participants), then he can defer enrolling in Part A until 1) his employer hospitalization coverage ends, or 2) he starts collecting his Social Security benefits (enrolling in Part A is mandatory for those who are collecting Social Security after age 65). He may also wish to check with his employer's HR department to see if his employer plan requires him to enroll in Part A when he turns 65. However, if your husband enrolls in Part A and has a Health Savings Account (HSA) through his employer, any contributions made to his HSA account after the month before he is 65 will be subject

See RUSTY Page A6

Make Family Reunions Meaningful

(Family Features) During the coming months, families are likely to spend more time together. Reunions that have been postponed during the pandemic will finally take place, and once those long-awaited hugs have been exchanged, everyone can settle in for some overdue catching up.

However, the time many families spent apart over the past couple of years means important conversations may have been put on hold. A family reunion is a perfect opportunity to share stories, reminisce and discover what matters most to the people who matter most to you.

Sitting down with loved ones to talk about their lives can be richly satisfying. Learning about memorable events, favorite activities and valuable lessons they have learned can help bring you closer to loved ones and get to

See REUNIONS Page A6

Advances In Medicine Help Seniors Live Better And Longer

by John Grimaldi

Advancements in medicine are making life better and longer for senior citizens.

Vaccines

"Over the past two decades, widespread interest in RNAbased technologies [Ribonucleic acid] for developing prophylactic and therapeutic vaccines has increased. Interest heightened during preclinical and clinical trials, which revealed mRNA vaccines provide a safe and long-lasting immune response in humans," according to a new report. It notes that the covid pandemic helped speed up the process of designing and producing virus-specific vaccines.

Think about it. A covid vaccine was developed, produced, approved and deployed to combat the deadly disease that was upending our world in a year's time. It took researchers some 23 years, from 1930 to 1953, to produce the polio vaccine.

The Cleveland Clinic analysis concluded that RNA-Based technology "has the potential to be used to eliminate some of healthcare's most challenging diseases quickly and efficiently. While the

technology is not new, covid-19 unlocked the power of mRNA vaccines, and we are entering a new frontier in fighting disease."

Prostate Cancer

Meanwhile, the older men get, the more likely they are to develop prostate cancer. The National Institutes of Health [NIH] says "prostate cancer is the most common malignancy among elderly men and is the second leading malignancy in the Western world. The incidence of prostate cancer has steadily increased over the last decade. Between 2000 and 2050, the number of men over 65 years is expected to increase 4-fold worldwide.'

The Cleveland Clinic says that early detection is the key to successfully dealing with prostate cancer and that new imaging technology has been developed that offers faster, more dependable scanning. It's called PMSA PET, short for prostate-specific membrane antigen position emission tomography. "Experts anticipate the PET-tracer procedure will soon become the new standard of care for detecting

See JOHN Page A6

The Daily Almanac

Sunrise/Sunset RISE: 7:53 a.m. SET: 7:59 p.m.





High/Low **Temperatures** High: 48 °F Low: 44 °F



Wacky Holiday Today

 Certified Nurses Day National Corndog Day National Quilting Day



What Hapened On This Day

- 1962 Bob Dylan releases his first album
- 1945 Adolf Hitler orders the destruction of all industries in Germany





Births On This Day

- 1848 Wyatt Earp
- American police officer • 1821 Richard Francis

English soldier, geographer,

diplomat

Deaths On This Day

- 1939 Lloyd L. Gaines American activist
- 2008 Arthur C. Clarke English author

HONEST HOOSIER

Welcome back, Spring and a not-very-fond farewell to Old Man Winter. Can't say I'll miss you much!



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

INSIDE

TODAY'S HEALTH TIP

Research shows smokers are actually happiest when they are trying to quit. 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.





Mary Rose Paddack Martin Duncan Michael Jacob Williams



The Paper appreciates all our customers. Today, we'd like to personally thank James Washburn of Crawfordsville for subscribing!



THE MONTGOMERY MINUTE What a deal for churches!

Please remember that any church in the county is eligible for a free ad from the friendliest newspaper in Montgomery County. The Paper will give small ads at no cost to any church inside Montgomery County. The church provides basics like service times and contact info, and can include a message of faith and inspiration. With the pandemic, virtual services are expanding and info on that might be included. The normal cost of the ad is \$50 to \$65 and The Paper is absorbing 100 percent of the cost. To take advantage, just contact Paper Publisher Tim Timmons at ttimmons@thepaper24-7.com

🗢 TODAY'S QUOTE

"In the nineties, everybody wants to talk about their rights and privileges. Twenty-five years ago, people talked about their obligations and responsibilities." Lou Holtz

🗢 TODAY'S JOKE

Know why you never see an elephant hiding in a tree? Because they're really, really good at it!





PAGE A2
Saturday, March 19, 2022

○ OBITUARIES

Barbara Ellen Davidson

Feb. 14, 1932

Barbara Ellen Davidson, 90, passed away in Venice, Fla.

Barbara was born Feb. 14, 1932, to Jewell L. and Mary E. (Lame) Jeffries.

She graduated from Ladoga High School in 1949. She married Laverne Davidson March 25, 1950. She, Laverne and their four sons made homes in Advance, North Salem, Ladoga, and New Market, Ind. They also lived in Bartlesville, Okla. for a short time.

After their sons were grown, she and Laverne became interested in mission work. While in Honduras, they met Illiana Giron, a 14-year-old girl with big dreams. They invited Illiana to live with them in New Market. Illiana became a nurse and now has a family of her own that she loved like family.

She had a lifelong love of music. She enjoyed teaching piano to young people in her community. Her faith was her guiding light which she lovingly shared with her family and many friends.

Survivors include a brother, Phillip Jeffries of Ladoga; and sisters, Betty Brennan, Lebanon, Ind. and Rebecca Jeffries, San Diego, Calif. Also surviving are four sons, Randy (Debi), Denny (Judy), Jeff (Kathy), and Malcom (Jan); ten grandchildren; and ten great-grandchildren.

She is preceded in death by her five brothers, James, Harvey, Robert, Ralph and Jerry Jeffries.

Funeral services are scheduled at 2 p.m. Sunday at Hunt & Son Funeral Home with visitation one hour prior to the service. Interment will follow in the Roachdale Cemetery.

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

Mary Rose Paddack Martin Duncan

June 1, 1927 - March 13, 2022

Mary Rose Paddack Martin Duncan, 94, of Indianapolis, formerly of Crawfordsville, passed away at 12:42 PM Sunday, March 13, 2022 in Forum at the Crossing, Indianapolis.

She was born June 1, 1927 to the late Harriet Ellis Paddack and Reid Paddack.

Mary Rose 'Rosie' grew up on a farm in Montgomery County and

attended Bowers School. She attended one year at Indiana University School of Music. She was known for her beautiful singing voice and she sang many solos in choirs at the churches she became a part of in the communities where she resided throughout her life. She continued to sing in her church choir until she was nearly 90. Her family was very proud of her.

Throughout the years she enjoyed taking part in various organizations in her community. She was an excellent homemaker and seamstress. Besides enjoying creating beautiful clothes, she also enjoyed all types of needlework and crafts. She was also bookkeeper for the family farm for many years. She developed a love for the game of golf during her winters in Florida and continued to play into her late eighties. She loved her family dearly and they all loved her! She had a long full life and will be greatly missed.

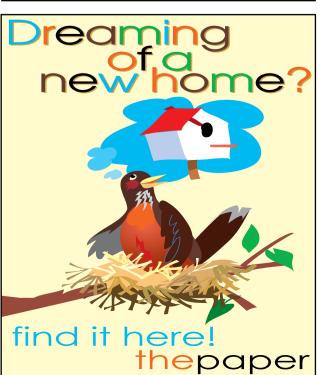
Survivors include her brother, Gordon Paddack, daughter, Anita Hopper (wife of Don Hopper); six grandchildren, Jeff Hopper, Eric (Julie) Hopper, Mathew (Blake Salter) Hopper, Corey (Jeff) Deckard, Tracey (Paul) Hembree and Andy Springer; 14 great-grandchildren; and 12 great-grandchildren.

She was preceded in death by two younger brothers as children; her first husband, Ross Martin; second husband, Gordon Paddack; daughter, Rhonda Springer (wife of Phil Springer).

The family would like to express their deep appreciation to the staff of Forum at the Crossing where she resided the past three years. Also appreciation to caregivers who loved and cared for her over the past few months include Kim Graves, Marcia Wilson, Paige Rogers and Dilma Herrera.

Graveside services will be held and announced at a later date. Family and Friends Funeral Home of Wingate is assisting the family. Visit us online to sign the guestbook or share a memory at www.familyandfriendsfh.com





Michael Jacob Williams

July 1, 1975 - March 15, 2022

On March 15, 2022, Michael Williams passed away at the age of 46 of heart disease.

He was born on July 1, 1975 in Lebanon, Ind. and was raised by Michael and Karen Patton of New Richmond.

At an early age he exhibited an ability to memorize children's books, movies and songs. At the age of three he had memorized Pe-

ter Rabbit, The Night Before Christmas and the Pledge of Allegiance. He loved Disney movies and often recited whole sections of dialogue from the movies or would sing the songs from the musicals. His favorite movie for many years was "Harry and the Hendersons" especially when Harry eats a corsage.

He was diagnosed with Autism in a time when few verbal children with Autism were properly diagnosed. Because of his lack of communication skills, he often asked the same questions over and over, especially "What time is it?" "When is your birthday?" and "Can I see your watch?" He could remember the birthdates and ages of everyone he knew. He loved to do 1000 piece jigsaw puzzles and put together Lego kits.

When he was in fifth grade he won the school Spelling Bee and went on to the county competition. Born with a beautiful voice, he received a standing ovation at the Tuttle Middle School Talent Contest in the 8th grade. Connie Meek coached him to sing "Edelweiss" from the Sound of Music. He won 2nd place. Special Olympics was important to him and his family. He participated in track and field and weightlifting, but his favorite sport was bowling. One year he even tried downhill skiing.

Every summer for almost twenty years he attended Vacation Bible School for the disabled at Hanging Rock Camp. He loved the swimming and the singing. Even though he was severely disabled, he would learn things that were unexpected such as saying "Everyone makes mistakes. Only God is perfect." He attended schools in both the North Montgomery and Crawfordsville School Systems. Speech therapists in both school systems helped him with basic communication skills. The peer-tutor program was especially helpful to help him with socialization and many peer-tutors benefitted from knowing him. Several adults in our community went into the field of special education because of the work they did with him. After high school he lived in a group home and in a Medicaid Waiver House, but for the last 15 years he has resided in Madison, Ind. at Madison State Hospital.

Survivors include his parents, Michael and Karen Patton; a sister, Karen Stivers; and a niece and nephew.

His very grateful for all the people who made Michael a part of their lives.

A memorial service is scheduled at 2 p.m. on Tuesday, March 22 at Burkhart Funeral Home, led by Pastor Duane Mycroft. Visitation will be from 1 p.m. until the service. He was a tissue and organ donor and has been cremated.

Contributions can be made to the Montgomery County Special Olympics, c/o Dana Melvin, P.O. Box 177, Russellville, IN 46175 or the National Autism Society, 6110 Executive Boulevard, Ste. 305, Rockville MD 20852. Or by visiting autismsociety.org/

Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Comtemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting at 6:30 pm.

vinechurchlife.org

A family for everyone

ThePaper24-7.com

Negele: New Law Closes Legal Loophole To Support Rape Victims

After 200 years, Indiana's rape statute will be updated thanks to a new law authored by State Rep. Sharon Negele (R-Attica).

The Attica lawmaker said she led charges this legislative session to close a legal loophole by defining consent in state statute so that more rapists are punished for their crimes.

Under the new law signed today by Gov. Eric Holcomb, a person commits rape by engaging in sexual conduct with another person and disregarded the victim's attempts to physically, verbally or by other visible conduct refuse the person's acts. Until this law, Negele said the state did not define consent and only required that a person charged with rape had to knowingly or intentionally cause another person to perform or submit to sexual conduct in one of three ways, including force, mentally disabled or mentally deficient, or unaware the sex is occurring.

'Our state's rape statute has not been updated since the 1800s, which has led to case law dictating the outcome of rape cases in Indiana because there was no legal definition of consent for a judge or jury to go off of when determining if a person was guilty," said Negele, a member of the House Courts and Criminal Code Committee. "I have worked on this legislation for years because it's critical we defined consent in



Sharon Negele

the clearest way possible to ensure that victims are protected and can receive justice in a courtroom. On behalf of sexual assault survivors and because I believe strongly that rapists need to be prosecuted to the fullest extent, I'm grateful this is now law. I believe we still have more work to do, and I plan to pursue future legislation that better protects victims and holds criminal accountable."

According to Negele, courts and jurors can use the new definition to better guide them as to whether a victim provided consent or not. The definition will also be placed solely within the rape statute, so it cannot be erroneously used. It shifts the focus from the actions of the victim to the intention of the perpetrator in relation to what they are witnessing and doing. Negele said this change will ensure that victims can bring their case forward and be able to articulate why and how they did not consent.

For more information on House Enrolled Act 1079, visit iga.in.gov.



IDDC Is Now Accepting Public Art Applications

Indiana Destination Development Corporation (IDDC) is now accepting applications for funding of public art projects across Indiana.

"Public art is not only aesthetically beautiful, but it can also add to the cultural identity of an area," Lt. Gov. Suzanne Couch said. "These projects can tell a community's story that engages with first-time visitors and builds a sense of pride and belonging for long-time residents."

Cities, towns, destination marketing organizations, chambers of commerce, private businesses and others are encouraged to apply for a non-matching grant of up to \$5,000 to fund a public art project in their community. IDDC will provide at least \$150,000 in grants through this initiative.

initiative.

"We have many talented artists in every corner of our state. This grant is a great opportunity for communities large and small to collaborate with local artists to showcase what they love about Indiana," Elaine Bedel, IDDC's Secretary and CEO said. "There is so

much about Indiana to take inspiration from, and we're excited to see that diversity reflected in these projects."

Applicants must provide a location, local or regional artist and estimated costs including supplies and artist fees. Potential public art locations include but are not limited to exterior walls, water towers, alleyways, bridges, barns and more.

Projects will be selected based on location and visibility to Indiana residents and visitors, with preference given to locations in high view areas and locations that create potential photo opportunities.

Once sites are determined, artists will submit their own original work within specific guidelines set by IDDC. All designs must receive final approval by IDDC.

Applications for the IDDC Public Art Activation Grant must be submitted by April 21, 2022. Award recipients will be announced May 9, 2022. To learn more about the grant or apply go to https://www.in.gov/iddc/tourism/industry-partners/awards-and-grants/



FAITH

INCLUDE YOUR INFORMATION The Paper of Montgomery County is asking churches to send us church news by noon on Thursday. Information can be e-mailed to: churchnews@thepaper24-7.com

The following is a listing of church services and various programs that organizations around Montgomery County have sent The Paper. If you would like to have your church information included in this free listing, simply e-mail it to churchnews@thepaper24-7.com by Monday for the Wednesday Print Edition.

There may be closures due to health concerns with the COVID-19 pandemic.

FREEDOM BAPTIST CHURCH

If you're looking for something special to do this Christmas, Freedom Baptist Church near Waveland has you covered! On Sunday morning Dec 12 at 9:30, we will be featuring acclaimed jazz pianist Luke Gillespie in a free concert of Christmas music. Gillespie is Professor of Jazz Studies at Indiana University Jacobs School of Music and has performed with David Baker, Buselli-Wallarab Jazz Orchestra, Sylvia McNair, Ann-Margret, Arturo Sandoval, and many others. Stick around for coffee and donuts following the program. Freedom Baptist Church is on SR 234 west, just minutes west of the intersection at SR 234 and SR 47. You won't want to miss this!

NEW MARKET CHRISTIAN CHURCH

Church News for Saturday, March 19, 2022 from New Market Christian Church

The Sanctuary as well as the Drive-in Parking Lot are open for Worship held at 10:00 am. Tony Thomas will speak on "Cries from the Cross: Here Is Your Mother." His text is from John 19:25-27.

SUNDAY SCHOOL begins at 9:00 am. COFFEE & DONUT FELLOWSHIP is at 8:30 am the first Sunday of each month. The next fellowship is April 3. The worship service and Sunday school are open to everyone. MASKS are ENCOURAGED!

NEW MARKET FIRST BAPTIST

First Baptist of New Market 106 S, First St. 1-765-866-0083 Sunday School 9:00 a.m. Holy Ground- 9:00 a.m. Worship Service 10:00 a.m. Bible Study Wednesday - 7:00 p.m. Pastor Todd Randles

FIRST CHRISTIAN CHURCH

Sundays: Worship (Casual Traditional/Family Friendly/Childcare) - 10:15 am, Adult Faith Learning/Sunday School - 9:15 am, Good News Cafe - 9:15 am, Wednesdays: WOW! - Mid-week Youth Program (Grades 1-12) - 4:30 - 7 pm, Faith Learning and Dinner, Rev. Darla Goodrich, We are located at: 211 S. Walnut St. Crawfordsville IN 47933 Telephone: 765-362-4812

YOUNG'S CHAPEL CHRISTIAN CHURCH

If contemporary worship is not your preference, then you Might want to visit us. A small country Bible based church made up of very friendly, compassionate, loving people. A church where everyone knows everyone's name. You will be warmly welcomed here. Why not try us out? 4527 North 200 East, Crawfordsville Bible Study 9:30 a.m. Worship 10:30 am.

WOODLAND HEIGHTS CHRISTIAN CHURCH

Woodland Heights Christian Church 468 N Woodland Heights Drive Crawfordsville IN 47933-9689 Telephone Number: 765-362-5284 Fax Number: 765-362-6641 Lead Minister: Tim Lueking Worship Minister: Wayne Wilkinson Youth Minister: Bryson Feese Worship Service Times for Sunday:

Traditional service at 8:15a.m. & Contemporary service at 10:30a.m. All Sunday School classes at 9:30a.m., Children's classes for birth to 5th grade at 10:30a.m. All services will be streamed live on our live.whcc.us platform, Facebook, YouTube, and Twitter.

Pray Like Jesus: Praying with Purpose - Matthew 6:10

NEW MARKET UNITED METHODIST CHURCH

Reverend William "Bill" Pike Office: 765-866-0703 email: bill.pike@in-umc.org. Please come join our small town church for a friendly church service using hymnals and the rituals of church that you grew up with. 101 East Main Street, P.O. Box 326, New Market, IN 47965.

Office Phone: 765-866-0703 www.newmarketumc.org

Facebook.com New Market United Methodist Church Indiana Open Hearts--Open Minds--Open Doors Sunday School 9:30 and Worship Service 10:45

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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

Hickory Bible Church

104 Wabash - New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

a sma<mark>ll ch</mark>urch with a big heart!

Dr. Curtis Brouwer, Pastor 765-918-4949



Christ's United Methodist Church

Pastor Dirk Caldwell

We're here and we can hardly wait to see you Sundays at 11 a.m.!

909 E Main Street • Crawfordsville 765-362-2383

765-362-2383 christsumc@mymetronet.net

Livestreamed and archived at christsumc.org

Click the video tab, then the Livestream Link

Watch us on our FB page



New Market Christian Church

300 S. Third Street • New Market (765) 866-0421
Dr. Gary Snowden, Minister

Sunday Worship at 10:00 am in the Family Life Center (Masks Encouraged) or in the Parking Lot Tuned to 91.5 FM No Sunday School at This Time

nmcc@sbcglobal.net • newmarketcc.org Visit Us on Facebook

> We Exist to Worship God, Love One Another & Reach Out to Our Neighbors



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



Church Service at 10 am

124 West Elm Street • Ladoga (765) 942-2019 ladogachristianchurch@gmail.com www.ladogacc.com



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana Program 6 pm-8 pm



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."



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



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

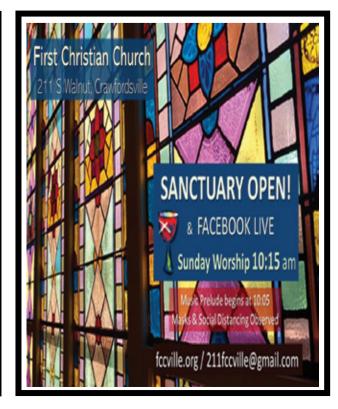
Services

Sunday at 10 am

Tuesday Prayer Meeting

6 pm - 7 pm

Thursday Bible Study 6:30 pm - 8 pm



Red Cross Honors Community Heroes During Annual Red Cross Month Celebration In March

In March, the Indiana Region is honoring the people who make its mission possible every day during its annual Red Cross Month celebration — a national tradition started nearly 80 years ago when President Franklin D. Roosevelt issued the first national Red Cross Month proclamation recognizing those who give back through the American Red Cross. Each U.S. president has issued a proclamation ever since.

"When emergencies strike, our community rallies together to help families and individuals when it matters most," said Chad Priest, Regional CEO of the American Red Cross - Indiana Region. "We honor this dedication during our Red Cross Month celebration, and we invite everyone to turn their compassion into action by volunteering, giving blood, or taking a lifesaving skills course.'

Volunteers like James Christy Wareham, who experienced tragedy in his own life and saw how the Red Cross helped those in need, decided to give his time and resources to help others in their time of need. He serves as a disaster action team member, responding to local or national disasters to provide care and



comfort to those affected by storms.

"The presence of the responder as the face of the Red Cross – our generous donors, the unseen staff, the volunteers in every community – helps make the impact of assistance truly meaningful and the hope in recovery sustaining," said Ware-

Join Red Cross Month by visiting redcross.org to make a financial donation, give blood, become a volunteer or take a class in lifesaving skills, such as first aid and CPR. On March 23, you can also join our annual Red Cross Giving Day campaign by donating at redcross.org/ givingday to help provide shelter, food, relief items, emotional support and other assistance for people affected by disasters big and small.

The Red Cross blood supply remains incredibly vulnerable - especially as doctors begin to resume elective surgeries

American Red Cross

previously delayed by omicron. It's critical that individuals schedule a blood or platelet donation immediately to help ensure patients get the care they need as soon as possible. To make an appointment, visit RedCrossBlood.org, call 1-800-RED CROSS or download the Red Cross Blood Donor App.

As a thank-you, all those who come to give March 1-31 will receive a \$10 e-gift card, thanks to Fanatics. Plus, those who come to donate in March will be automatically entered for a chance to win a trip for two to the 2022 MLB® All-Star Game® in Los Angeles, California.*

About the Indiana Region of the American Red Cross:

The Indiana Region serves 104 counties across Indiana, Ohio, Kentucky, and Illinois through its six-chapter areas: Central, Northeast, Northwest, Southeast, Southwest, and Greater

Indianapolis (Regional Headquarters). For more information on the Indiana Region: www. redcross.org/indiana. Follow the Indiana Region on Twitter at: @INRedCross, on Instagram at: @indianaredcross or www.facebook.com/ INRedCross.

About the American Red Cross:

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or Cruz-RojaAmericana.org, or visit us on Twitter at @ RedCross.

Braun, Burr, Risch Lead **Letter To President Biden**

Senators Mike Braun, Richard Burr and James Risch sent a letter to President Biden to express their concern regarding upcoming contract negotiations at America's West Coast ports.

Joining Senators Braun. Burr and Risch in sending the letter were Senators Marsha Blackburn, Mike Crapo, Steve Daines, Mitt Romney, Kevin Cramer, Michael Rounds, Roger Wicker, Cynthia Lummis, Thom Tillis, John Boozman, John Thune, Todd Young, John Hoeven, Roger Marshall, Ted Cruz and Bill Cassidy.

The Senators fear that poor contract negotiations will result in additional supply chain disruptions, exacerbated freight congestion, and further harm manufacturing in the United States.

In the letter, the Senators urged the President to use the tools available and to work with both the International Longshore and Warehouse Union (ILWU), and the Pacific Maritime Association (PMA), to guarantee contract negotiations are successfully completed before the contraction expiration date of July 1, 2022.

The Senators write: "We have heard from a number of stakeholders with concerns that a breakdown in negotiations

between the ILWU and PMA will lead to even more disruptions and shipping delays at a time in which our nation's ports are reporting record backlogs. The West Coast ports account for over 44 percent of our nation's port traffic. The Port of Los Angeles alone has a backlog of over 70 ships waiting to unload. Unfortunately, these ports are already ill-equipped to deal with the current backlog, let alone even more backlog caused by failed negotiations. According to the 2020 World Bank's Global Container Port Productivity Index, West Coast ports often rank near the bottom of the index and are inefficient when compared to other ports.'

The letter continues to explain how failed contract negotiations between ILWU and PMA have contributed to supply chain grid lock even before the Biden administration.

The Senators conclude:

"Any delays caused by failed negotiations will have a drastic cost and impact on our nation's supply chain. This cost will be felt by not only retailers and others that rely on ports for their business, but also by millions of American workers, farmers, and ranchers, who may face short-term shutdowns at their factories or barriers to shipping their products to market."

More Than \$162 Million Going To Local Communities For Infrastructure Improvements

The Indiana Department of Transportation announced today that \$162 million in federal transportation funding is being awarded to 50 cities, towns, and counties in rural portions of Indiana.

The funding will help these communities to invest in local road and bridge improvements and sidewalk projects.

For this latest round of funding, rural communities will design, develop and purchase land for projects that would be bid during the fiscal year beginning July 2027. While the funds awarded now are dedicated to construction, INDOT will also be financially participating in design, engineering, and right of way acquisition components of these projects.

INDOT dedicates approximately 25 percent of its federal highway funds to supporting local projects each year. Metropolitan Planning Organizations distribute those funds to cities, towns, and counties within the state's larger urbanized areas while INDOT distributes funds outside MPO areas. Communities must contribute at least 20 percent in local matching funds and meet other federal

requirements to receive federal funding.

A list of all communities receiving funds can be found online at https:// www.in.gov/indot/doing-business-with-indot/ local-public-agency-programs/notice-of-funding-availability-nofa/

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"With a sustainable, data-driven plan in place to fund roads and bridges, Hoosiers can rest assured that Indiana will remain the Crossroads of America for generations to come." - Governor Eric J. Holcomb

Governor Holcomb's Next Level Roads plan is a fully-funded, data-driven investment in Indiana's transportation infrastructure. Implemented in 2017, Next Level Roads dedicates more than \$60 billion to construction and maintenance projects

for at least the next 20 years to improve and maintain Indiana's state highways, finish major projects, and plan for the future. The plan fosters partnerships between the state and Hoosier cities, towns, and counties to deliver high-priority local road projects. Next Level Roads is enhancing Indiana's economic edge and the quality of life for all Hoosiers. View our interactive Next Level Roads construction map at www.nextlevelroads. com.

About the Indiana Department of Transportation

Over the past 100 years, INDOT has transformed the state of Indiana into the Crossroads of America we know today. With six district offices and 3,500 employees, the agency is responsible for constructing and maintaining more than 29,000 lane miles of highways, more than 5,700 bridges, and supporting 4,500 rail miles and 117 airports across the state. Indiana once again ranked #1 in the U.S. for infrastructure in CNBC's 2019 "America's Top States for Business" ranking. Learn more about INDOT at in.gov/indot.

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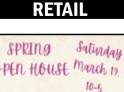


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Inflation Busting Money-Saving Grocery Shopping Tips

One trip to the grocery store to do the week's shopping, and it's clear to see inflation in action. The price of just about every item has risen, some by a little and others by quite a bit. The final bill asks for a total above what a family is used to spending on groceries. Now is when families need to get serious about shopping smart and choosing recipes that will stretch their dollars further. The good news is that this can be done with a bit of effort, and people will still be eating well at every meal.

"Everyone is feeling the pinch of the higher prices at the grocery store and everywhere else," explains Shawn Davis, otherwise known as Chef Big Shake, owner of Big Shake's restaurants. "We have to take steps to keep the bill down and still be able to enjoy the food we eat. It can be done, and I'm happy to offer tips on how to make it happen.'

According to the latest Consumer Price Index Summary issued by the U.S. Bureau of Labor Statistics, compared to a year ago, people pay around 7.4% more for groceries and 6.4% more for takeout food. While the cost of food has been steadily rising, this represents the most significant increase since July 1981. Prices are expected to continue to increase as gas prices continue to rise.

Here are some ways families can save money on food for the family:

 Plan the meals ahead of time each week. Make a list of what meals will be made that week and a grocery list of the ingredients needed to make them. Before making the grocery list, take a look in the pantry and freezer to see what can be used to make meals that week.

• Use the sales flyers to help determine the weekly meals purchasing things on sale. Watch for special deals on items that will be used that week or the next.

 Stick to the grocery list when doing the shopping. It's easy to be enticed by all the things at the store, but adding just a few of them to the cart will push the bill up past the budget.

• Download an instant rebate app, such as ibotta, and watch for items that offer an instant rebate. The funds can be transferred to a Paypal account or added to a gift card. After shopping, upload the receipt to get instant savings.

• Choose budget-friendly meals. Now is a good time to incorporate more plant-based meals in the weekly rotation because they are typically cheaper to make. Rather than opting for just Meatless Monday, include a second day that the family eats meatless each week, too.

• When shopping, be sure to check generic brands. Compare the labels to ensure that the products are similar and the ingredients list passes the family

standards, and if so, give them a try. Generic brands are often equal in taste but save money.

• Reducing food waste is an excellent way to save money, and it's better for the planet. Purchase produce at the farmer's market, if possible, or buy what is on sale at the store. If it's not being used right away, wash and freeze it for future use.

 Save any dinner leftovers to eat in the next day or two, or freeze them to eat at another time. If there are leftovers each night, plan one night during the week that will be a meal of using up all the leftovers.

 Consider shopping at a different store to try and save money on the weekly shopping. Doing a quick comparison of what store has the best prices in the area may save money each

• If bringing the kids along to shop tends to push the bill up because they ask for items not on the grocery list, consider shopping alone or trying curbside pickup. A few items per week are added by the kids as impulse purchases will add up quickly.

"Even if you feel you can't implement all of these tips, just adding in a few will help to save money on food each week," added Davis. "We still need to eat, but there's no reason why we can't sit down and plan things out a bit so that we save during this period of high



Indiana Governor Signs Law Protecting Patients From Medical Title Misappropriation

Indiana Gov. Eric J. Holcomb signed into law Senate Bill 239, a vital patient safety measure that prevents the misappropriation of medical specialty titles, including "anesthesiologist." The American Society of Anesthesiologists (ASA) and Indiana Society of Anesthesiologists (ISA) applaud this action, which will protect patients in Indiana from misleading titles, such as "nurse anesthesiologist," that mispresent the professional's true education, licensure, certification,

and expertise. "Using the medical term 'anesthesiologist' for nurse anesthetists, confuses patients who deserve to be fully informed of their health care provider's qualifications," said ASA President Randall M. Clark, M.D., FASA. "This new law affirms the most fundamental right of patients to know the qualifications of their health care professional."

The law, which will become effective on July 1, 2022, prohibits anyone who is not a physician from using medical

specialty titles or designations, including "anesthesiologist," "cardiologist," "dermatologist," and others. It also prohibits health care professionals from using deceptive or misleading advertising that misrepresents or falsely describes their profession, education, or skills.

"ISA, in collaboration with the Indiana State Medical Association, worked tirelessly to ensure this patient safety bill was signed into law," said ISA President Nicholas Datzman, M.D. "We congratulate the governor on prioritizing patient safety by ensuring clarity and accuracy in health care titles."

Anesthesiologists are medical doctors who specialize in anesthesia care, pain management, and critical care medicine, bringing the knowledge required to treat the entire body. Their education and training includes 12 to 14 years of education, including medical school, and 12,000 to 16,000 hours of clinical training to specialize in anesthesia care and pain control. Nurse anesthetists do not attend medical school and have about half the education of a physician anesthesiologist and only 2,500 hours of clinical training

ABOUT THE AMER-ICAN SOCIETY OF **ANESTHESIOLOGISTS**

Founded in 1905, the American Society of Anesthesiologists (ASA) is an educational, research and scientific society with more than 55,000 members organized to raise and maintain the standards of the medical practice of anesthesiology. ASA is committed to ensuring physician anesthesiologists evaluate and supervise the medical care of patients before, during and after surgery to provide the highest quality and safest care every patient deserves.

For more information on the field of anesthesiology, visit the American Society of Anesthesiologists online at asahq.org. To learn more about the role physician anesthesiologists play in ensuring patient safety, visit asahq. org/madeforthismoment. Like ASA on Facebook and follow ASALifeline on Twitter.

Guardians Of Rescue Plea For Donations To Help Save Soldiers' Dogs

As military resources around the world are becoming more engaged in response to the recent developments in the Ukraine, many soldiers are being redeployed to new posts. With these hurried relocations taking place, soldiers are being forced to abandon the pets they rescued overseas, and non-profit Guardians of Rescue is in a race to get those animals to safety in America. For two dogs in particular - Mattie and Riches, rescued by U.S. soldiers stationed in Honduras, that need is even more urgent after a third dog is already feared to have met a tragic fate.

"Mattie and Riches are in immediate danger if we do not get them out right away," explains Robert Misseri, founder and president of Guardians of Rescue. "We are working to help many soldiers to save their pets, but we are overwhelmed with requests for assistance and we can't do it alone. We rely on the support of compassionate members of the commu-

Mattie and Riches, along with Rags, were homeless dogs rescued by soldiers Captain Ridge and Sergeant Silver stationed in Honduras. The three stray dogs, seeking a place to rest in the shade each day, would find it under the soldiers' helicopter wing. At first, they were too afraid of

the soldiers to go closer to them, but over time they began to earn their trust. Visibly hungry and in need of medical care, they started moving closer to the soldiers, creating a relationship with them. Caring for the trio was a welcome respite in a harsh environment and brought a sense of family so far from

When they finally let their guard down, the dogs made friends with soldiers who fed them, cleaned them up, and gave them the medical care they needed. One day the unthinkable happened and Rags went missing, it was suspected he had been taken. Some locals in the surrounding

area are not kind to animals, and many are killed if they don't first succumb to the other dangers of a life without someone to care for them. The soldiers are devastated. They have done everything they can to protect the dogs from harm, but soon they won't be able to at all. They are desperate to get them to a safe life with their families back home in America.

"Mattie has brought so much joy to me and many of the other soldiers on the base." says Captain Ridge. "Once out of harm's way, the hope is that Mattie has a future as a therapy dog; bringing comfort and a smile to those in need. She is so affectionate and has a lot of love to give."

Now that the soldiers have gotten orders and will be redeployed within days, they fear what will happen to Mattie and Riches if left behind. They are desperate to rescue and relocate the two dogs back to their families in America. They have a goal of training Mattie to be a therapy dog because she's so lovable and affectionate.

"We are doing everything in our power to make sure our heroic soldiers do not have to endure the heartbreak of being forced to leave their rescued family behind to a terrible fate," added Misseri. "Saving these animals is the least we can do for these

soldiers who do so much for us. We appreciate any donation to help with this mission.

To donate to help support the mission of relocating soldiers' pets, visit the site: https://guardiansofrescue. networkforgood.com/projects/154669-please-helpsave-mattie-and-riches.

Guardians of Rescue assists animals out on the streets and investigates animal cruelty cases around the country and internationally. They are also instrumental in helping military members with their pets. To learn more, get involved, or make a donation to support Guardians of Rescue, log onto www. guardiansofrescue.org.

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to an IRS penalty and

From Page A1

become taxable income. Medicare Part B: There is a monthly premium associated with Part B, but if your husband has "creditable" healthcare coverage from his employer when he turns 65, he can simply defer enrolling in Part B until his employer coverage ends and there will be no Late Enrollment Penalty for waiting. When his employer coverage ends, he will enter an 8 month Medicare Special Enrollment Period (SEP) during which he can enroll

and enrolls in Part B later, he'll be subject to a Late **Enrollment Penalty which** would increase his Part B premium by 10% for each full year he goes without "creditable" coverage after age 65. FYI, your husband can also enroll in Part B shortly before his employer coverage ends and specify that he wishes his Medicare coverage to start on the 1st of the month following the end of his employer coverage (to avoid any gap in coverage). When your husband enrolls in Part B, he must also enroll in Part A (at no additional cost). FYI, Part

yearly - the standard 2022 Part B premium is \$170.10/month.

There is another Medicare element called "Part D" which is coverage for prescription drugs. Prescription drug costs are not covered by Medicare Parts A/B and such coverage must be acquired separately if desired. When your husband's prescription drug coverage from his employer plan ends, he'll need to separately acquire (through a private insurer) drug coverage during his SEP, or there will be a separate Part D late enrollment penalty for acquiring drug coverage thereafter.

The bottom line is this: If your husband's healthcare coverage from his employer is "creditable" he can simply defer enrolling in Medicare until his employer coverage ends, and there will be no late enrollment penalty for doing so (unless he waits beyond his SEP to enroll).

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the

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O REUNIONS

know them in a different way. It can also help you create a meaningful tribute to a loved one when the time comes.

in Part B without penalty.

during (or before) his SEP

But if he doesn't enroll

Finding a way to start talking with a loved one may be the most difficult part, but once the conversation starts, it may be hard to stop. Consider these tips from RememberingALife.com, an online resource from the experts at the National Funeral Directors Association (NFDA) to get the conversation started.

Start by sharing mutual stories. If you've taken a vacation together or shared a cherished experience, discuss that first to get the conversation going. If your family member is hesitant, share your own stories first so he or she

feels more comfortable.

Ask questions. One of the easiest ways to start and maintain a conversation is by asking questions. If you're not sure what to ask, try inquiring about your loved one's

proudest achievement, the best advice received, a favorite memory or greatest inspiration. A visual prompt like a photo album, souvenir or memento can also be a conversation starter. If you're comfortable with the idea, also ask how he or she would like to be remembered when gone.

B premiums can increase

From Page A1

Take notes. Either during or after your conversation, make note of the important memories shared. If it won't make your loved one uncomfortable, make an audio recording of your discussion so you can listen again later. These notes and recordings may become treasured heirlooms for future generations.

Treat your talk as a beginning. Use it as a springboard for more conversations, during which you can openly talk about any number of things, from reflecting on the past to planning for the future. Designed to be a fun and easy way to help

get the discussion started, NFDA created "Have the Talk of a Lifetime" conversation cards featuring thought-provoking questions. The things you discuss may be helpful when your family must make important decisions about how you wish to remember and honor your loved one after he or she

dies. When the time comes, make it meaningful. These shared conversations may help your family plan a meaningful funeral or life tribute event for your loved one that honors his or her life while giving you, your family and other friends a chance to reminisce and say goodbye. When the time comes, memorialization can be an important step in the journey toward healing.

When you're preserving your family's legacy, resources such as RememberingALife.com can provide helpful information about memorialization and other end-of-life matters.

UJOHN From Page A1

prostate cancer metastasis."

Diabetes Finally, about ten percent of the U.S. population suffers from diabetes. For those lucky enough to be diabetes free and don't have a friend or family member with the disease, here's how the Centers for Disease Control [CDC] describes the disease: "Diabetes is a chronic health condition that affects how your body turns food into energy. Most people's bodies naturally produce the hormone insulin, which helps convert sugars from the food we eat into energy that the body can use or store for later. When you have diabetes, your body either doesn't make insulin or doesn't use its insulin well, causing your blood sugar to rise.

High blood sugar levels can cause serious health problems over time."

Dealing with the disease requires self-discipline, the ability to stick to a specific diet and adherence to a specific regimen of medical treatment. Most people with type 2 diabetes inject themselves with insulin once a day. In some cases, they might need two shots a day, says the American Diabetes Association.

However, a new drug, Tirzepatide, is a once-a-week injectable designed to control blood sugar for those suffering from type 2 diabetes. According to the pharmacists at GoodRx, it's the first in a new class of medications. It's produced by Eli Lilly, which has high hopes that Tirzepatide will achieve FDA approval;

the drug is currently in phase 3 clinical trials, the results of which are said to have been positive.

Conclusion The pandemic played havoc with life span statistics. Americans were living longer and better consistently until the covid outbreak. The life expectancy in 1946 when the first baby boomers were born stood at 64.4 years for men and 69.4 for women. Seven decades later, in 2016, men were living to the ripe old age of 71-plus years and women were living to 81.1 years. A recent study conducted by the Social Security Administration reports that by 2050 men will live to be 80 years old on average and women will live to be 85-plus thanks to the miracle of modern

Thanks for reading The Paper!



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