

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

HAPPY FIRST DAY OF SPRING!

The vernal equinox happens every year, yet most people don't know what it is or why it's important. Here's the scientific—and spiritual—scoop on the first day of spring.

• **When is the first day of spring?**

Bring on March 20, 2022! You may have heard that the spring equinox is the official first day of spring, and it's true that this auspicious event traditionally marked the start of spring for many different cultures as well as the start of the new year on ancient Indian and Persian calendars. Even today, the spring (or "vernal") equinox, is often used to indicate the first day of spring. What it really signifies, though, is the astronomical start of spring as opposed to the meteorological one. Meteorological seasons are grouped by months and are based on weather and temperature shifts. Meteorologists and climatologists agree that the first real day of spring in the Northern Hemisphere should be March 1.

• **What is the spring equinox?**

An equinox is a moment in time and space when the sun is positioned directly above the Earth's equator, which happens just twice a year on the vernal and autumnal equinoxes. In March (usually the 20th or 21st), the sun crosses the equator from south to north, bringing warmth and light back to the Northern Hemisphere and plunging the Southern Hemisphere into its fall and winter darkness. In September (around the 22nd or 23rd), the sun crosses back from south to north, heralding the start of fall in the Northern Hemisphere, and the start of spring in the Southern one.

• **The word "equinox" has an interesting meaning**

The word "equinox" comes from the Latin for "equal" and "night." As the sun crosses the equator (Earth's midline), the hours of daylight and nighttime are very nearly equal. The equinoxes are the only times when the sun rises directly due East and sets directly due West for everyone on Earth.

• **There's an equinox celebration involving an ancient serpent god**

In Mexico, in the ruins of the Mayan city Chichén Itzá, crowds gather at the ancient El Castillo pyramid every spring and fall equinox to witness an equinox celebration that dates back to the construction of the pyramid around 1,000 A.D. The Maya were skilled astronomers, and the pyramid is dedicated to the feathered serpent god, Quetzalcoatl. At sunset on the equinoxes, the angle of the sun creates shadows that look like a giant snake. The light-and-shadow snake appears to slither down the pyramid steps until it merges with the huge sculpted serpent's head at the bottom.

• **A full "Worm Moon" in March**

We all know that spring is a time of renewal and new growth. From the first crocuses and snowdrops emerging to the daffodils and tulips, the new season is what the spring equinox is all about. March showers may bring April flowers, but they also bring worms up and out of the soil. Earthworms typically spend the winter buried deep below the frost line, but the annual spring showers reduce the oxygen in the soil and cause them to make their way up to the surface. That's why the first full moon in the month of March is known as the Worm Moon.

• **A mysterious spring equinox tradition involving eggs**

What is the spring equinox? Why, a day of magic, of course. Folklore claims that special magnetic or energetic changes on the day of the vernal equinox make it possible to stand a raw egg on its end. As cool as this sounds, it's a myth. You can balance some raw eggs on their end, but you could do it any time of year.

According to the Washington Post, this egg story may stem from Chinese Lunar New Year traditions that have their roots in the Shang Dynasty, which ruled China for nearly six centuries. Legend has it that on the vernal equinox in the year 1,600 B.C., a woman named Chien-Ti received a special egg from a heavenly swallow. In a story that bears similarities to Jesus's birth in Christianity, the virgin Chien-Ti became pregnant. Her child, Hsieh, went on to found the Shang dynasty, and the tale is how the family explained its divine right to rule.

• **The Cybele cult**

For a certain group of ancient Romans, the vernal equinox was a day to celebrate the deity Cybele, a goddess closely associated with nature and fertility. A cult sprung up around her, and her festival was celebrated similarly to rituals surrounding Dionysus, god of wine: There were wild parties, dancing, drinking, and sex. Cybele's festival also included a Christmas-like tree ritual, where celebrants would cut down a pine tree and bring it to her shrine, decorating it with flowers and worshipping it as a representative of the goddess. In another interesting twist, Cybele's priests, the Galli, were self-made eunuchs who grew their hair long and dressed as females; during Cybele's festival, they joined in the religious fervor until they collapsed.

• **Other planets have equinoxes too**

We're not the only planet that gets to experience an equinox. In fact, every planet in the solar system has an equinox, which occurs when the planet's orbit and tilt, with respect to the sun, results in both hemispheres receiving about the same amount of light.

• **A gateway to hell during the spring equinox**

In a cemetery on Emanuel Hill, in the tiny town of Stull, Kansas, lies a so-called gateway to hell, author Mark Moran writes in *Weird U.S.: Your Travel Guide to America's Local Legends and Best Kept Secrets*. Legend has it that this gateway is one of several places around the world where the devil himself can enter the human world. He can only do it twice a year, and one of those days is the vernal equinox. (The other is Halloween, naturally). Since the 1970s, people visiting the cemetery on these days report hearing disembodied growling, being grabbed by unseen arms, and experiencing amnesia. Maybe stay away from Kansas in the spring and fall.

• **Poisoned waters during the spring equinox**

In ancient Judaic mythology, there's a claim that the water in springs and rivers becomes unsafe to drink during the vernal and autumnal equinoxes (and during the winter and summer solstices too), reports the Times of Israel. The solstices and equinoxes were considered spiritually vulnerable moments, when warring supernatural powers might release cosmic poisons into the water. A 12th-century scholar wrote, "The venom falls into the springs and aquifers whose waters flow to the valleys and hills, into every pool of water on the face of the earth and into the waters inside wooden and stone vessels. The waters will kill all who drink from them at this hour." Water doesn't actually turn poisonous on the equinoxes, but superstitious folks might want to switch to a different beverage for the day.

• **The date of Easter and its relation to the spring equinox**

Unlike Thanksgiving or Independence Day, the exact date of Easter changes from year to year. Deciding what day Easter will fall on is a matter of great importance to Christian churches because it celebrates the resurrection of Jesus Christ. It's so important, according to Panos Antsaklis, PhD, a professor at Notre Dame University, that in the 4th century A.D., a group of Christian leaders came together to officially decide how to calculate Easter's date. Their decision: Easter is to be celebrated on the first Sunday after the first full moon following the vernal equinox.

• **Mysterious river waves during the spring equinox**

Waves large and powerful enough to surf on typically only occur in oceans or massive lakes. But during extreme tides—usually after a new or full moon—waves known as "tidal bores" can pop up in rivers. The biggest and most surfable tidal bores take place during the spring and autumn equinoxes. One notable example occurs in a river estuary near Gloucestershire, England. Called the Severn Bore, the wave rolls through every morning for two or three days around the equinox, and surfers from around the world gather to ride it. Maybe being on the water helps with seasonal allergies.

• **The Persian New Year**

The Persian New Year celebration known as Nowruz kicks off at the vernal equinox and lasts for 13 days. On the night of the equinox, Iranian families gather for a holiday meal and count down to the first stroke of their new year with a cheer of "Eide Shoma Mobarak," or "Happy New Year!" The holiday table, called the haft seen, is decorated with seven ceremonial items: an apple representing beauty, vinegar for patience, hyacinth for spring, a sweet pudding for fertility, sprouts representing rebirth, and coins for prosperity.

➔ **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!*

➔ **TODAY'S VERSE**

Psalms 88:2 Let my prayer come before thee: incline thine ear unto my cry

➔ **TODAY'S HEALTH TIP**

Carrying weights when you walk does not offer much calorie-burning benefit and may result in joint injuries - try walking up hills instead. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in *The Paper* and online at www.thepaper24-7.com.



➔ **HONEST HOOSIER**

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



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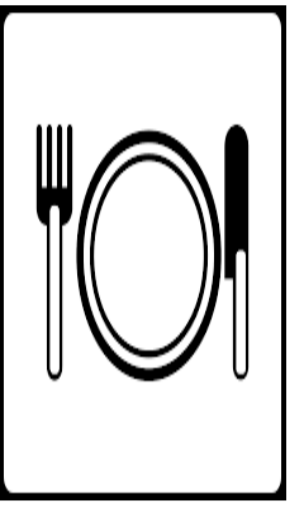


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SUNDAY

Obituaries

DAY

Sunday, March 20, 2022

A3

Jean A. Page

Oct. 22, 1937 - March 12, 2022

Jean A. Page, 84 of Ladoga, went to be with our Lord Saturday, March 12, 2022, at Ben Hur Health and Rehabilitation, Crawfordsville.

She was born Oct. 22, 1937, to the late Helen Bowman and Late Robert Bowman (stepfather).

She graduated from Lizton High School with the class of 1956. She was a hard worker, and worked at many locations including Lowes Meat Market, Ladoga Nursing Home, Applegrove restaurant, cook for Phil Gamma Delta at Wabash College and finally a cook for Culver Union Hospital before retiring.

If you knew her you would know about the great love she had for her family. She had one request every year—that was to make sure you were there on Christmas Day. That was her day to have everyone together and cook for everyone. Many wonderful memories were made on those Christmas Days!

She was married to the late Harold Page for 64 years. Harold passed on August 3, 2021. Together they were the proud parents of Paul, the late Laura Page, Mike (Beth) Page, and Deb (Dan) Brumfield. Eight grandchildren and eleven great grandchildren. Her sisters are Emma, Linda and the late Martha.

Funeral service is scheduled at 12 p.m. on Wednesday, March 16, 2022 at Servies & Morgan Funeral Home, 203 N. Washington Street, Ladoga, IN 47954 with Tyler Davis officiating. Burial will follow in Ladoga Cemetery. Friends are invited for a time of visitation with the family from 10 a.m. to 12 p.m. on Wednesday prior to the funeral.

Memorial contributions may be made to the local Animal Welfare League of Montgomery County. You are welcome to visit www.serviesmorgan.com where you may leave an online condolence for the family. Servies & Morgan Funeral Home has been entrusted with Jeanie's funeral arrangements.

Spencer Curtis Lough

April 12, 1994 - March 9, 2022

Spencer Curtis Lough, of Darlington, Ind., passed away on March 9, 2022.

He was born on April 12, 1994, in Crawfordsville to Bradley and Amy (McCollum) Lough.

After graduating from North Montgomery High School in 2013 as valedictorian, he went on to graduate Cum Laude from Butler University in 2017 with a Bachelor of Arts in Economics and double minor in Political Science and English Writing. He was a member of the Delta Tau Delta Fraternity where he actively participated in philanthropy projects benefiting the Juvenile Diabetes Research Foundation and the Riley Children's Hospital. In 2016 he was named Indiana House Democratic Caucus Intern of the Year.

While he might have spent some of his adult years living in Indianapolis with his dog Pete, he always claimed he was a resident of Darlington. In his youth he could be found at the fairgrounds showing swine and cattle during his 10 years of 4-H. It seemed that he never met a stranger. With his out-going personality, he could strike up a conversation with anyone who crossed his path, and they would leave feeling like old friends. He was so caring and generated a warmth wherever he went. He was a constant source of love, laughter, and kindness.

Mr. Lough had a passion for learning and a natural talent for words, both spoken and written. He was an avid sports fan and enjoyed attending Nascar and Indy Car races, Butler basketball games and Indianapolis Colts games. He also enjoyed traveling on vacation with his family, and his favorite destinations were Lauderdale-by-the-Sea, Florida, and Yellowstone National Park.

Survivors include his mother, Amy; sister, Abigail Lough (Justin Cotten) and nephew Jude Cotten of Crawfordsville. Also surviving are his uncle, Brian (Patty) Lough; aunt, Kim (Denny) Carpenter of Darlington; aunt, Kay (John) Barrett of Thorntown; grandmother, Sharon Lough of Darlington; grandmother, Carolyn (John) Doyel; grandfather, Jim (Patti) McCollum of Crawfordsville; great grandmother, Ada Morris; several cousins; and close childhood friends.

He was preceded in death by his father, Brad; and grandfather, Cliff Lough of Darlington.

Visitation is scheduled at the Darlington United Methodist Church, 201 West Harrison Street on Friday, March 18 from 4 to 8 p.m. Funeral services will start at 11 a.m. on Saturday, March 19 at the church with burial to follow in Greenlawn Cemetery. Burkhardt Funeral Home has been entrusted with the arrangements. Memorial gifts can be directed to the Montgomery County Community Foundation. You may share memories and condolences at www.burkhardtff.com.

William A. Collings

Nov. 23, 1923 - March 10, 2022

William A. Collings of Crawfordsville, passed away on March 10, 2022.

He was born on Nov. 23, 1923 at Waynetown, Indiana to Arthur and Flora Duke Collings.

He married Mary Elizabeth Gardner on June 11, 1949. She passed away June 20, 1987. Mr. Collings then married Frances Drock on Sept. 28, 1991.

He was a pressman and inspector at R. R. Donnelley and Sons Company for 44 years, retiring on Jan. 31, 1986. After retirement, he enjoyed reading about all aspects of WWII, reading about the latest cars for each year and keeping his cars, vans or trucks in tip top shape. He loved to play his drums to Big Band music and to go ballroom dancing. He was a Red Coat at St. Clare Medical Center for 19 years.

His memberships included the First Christian Church, where he had been a Deacon, Eagles Lodge No. 1005, Byron Cox American Legion Post 72, and was an Army Veteran of WWII, serving in North Africa, France and Germany. He graduated from Waynetown High School in 1942.

Survivors include his wife, Frances; his daughter, Cynthia Grimes; two step-daughters and their families, Rhonda Rogers and Mrs. Chad (Bambi) Garrett, all of Crawfordsville.

He was preceded in death by a brother, Michael Collings; sister, Eileen Hudson; his parents; and his son-in-law, Ron Grimes.

Funeral services are scheduled for Wednesday, March 16th at 3 p.m. at Burkhardt Funeral Home, with the Rev. Darla Goodrich presiding. Friends and family may call from 1 p.m. until the time of the service. Masks will be required. Burial will be in the Oak Hill Cemetery Grant Ave. Military rites will be performed by the Byron Cox American Legion Post 72 Honor Guard.

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

Leo L. Thompson

March 12, 2022

Leo L. Thompson passed away at Franciscan Health Crawfordsville on Saturday March 12. He was 96 years old.

Born at Crawfordsville to Leo And Pearl Dean (Reynolds) Thompson Sr.

He graduated from Crawfordsville High School class of 1943. He immediately joined the US Air Force. Stationed with the "Mighty Eight AF" 446 bomber group in Bungay England as an armorer for the B-24, a plane he held in the highest regard. He was a member of the First Baptist Church and Berean Sunday school Class.

On June 11, 1950 he married Betty Lou Bose and they were blessed with three sons. Almost all his life was spent farming, for 60 years on their farm near Mace. Farming was his life.

He was a quiet and, a good and faithful husband and father. A staunch Christian since childhood. He is loved and will be missed.

Survivors include his wife, Betty, of 71 years; sons, Bradley (Jan), Eric (Vicki) and Martin (Carla); grandchildren, Jeremiah (Jami) Zachary, Jerad, and Leigh (James) Yerck; great-grandchildren, Cade and Cora Thompson, Walton, June and Ruth Yerck.

He was preceded in death by his parents; siblings, Gordon (Marcia) Thompson, Geraldine (James) Coover, David (Jean) Thompson, Mary (James) Albin and Thomas (Evelyn) Thompson.

There will be no services. Cremation was entrusted to Hunt & Son Funeral Home. A private family gathering will be held at a later date.

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

Sonya Ray

March 30, 1939 - March 13, 2022

Sonya Ray, 82 of Crawfordsville, passed away Sunday at her home with her family by her side.

She was born March 30, 1939 in Crawfordsville to Carroll & Ethel Talbot Rhodes.

She retired from RR Donnelley in 2000 after 34 years. She was a member of the American Legion Auxiliary. She enjoyed NASCAR and was a Dale Earnhardt fan. She also loved her dogs.

Survivors include her daughter, Sharlie (David) See of Crawfordsville; grandchildren, Matt See, Scott See, Brett See and Brittney (Ryan) Robinson; as well as great-grandchildren Malia, Aislynn and Kalluham.

She was preceded in death by her siblings, Harold Rhodes, Lewis Rhodes, Margaret Maxwell, Barbara Richards, Joan Greene, Fran DiMariano and Mildred Wooten.

Funeral services is scheduled at 11 a.m. Saturday March 19 at Hunt & Son Funeral Home with Anna Tunin officiating. Visitation will be from 9-11 Saturday. Interment will follow in the Oak Hill Cemetery.

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

Donald Lee Swisher

Oct. 23, 1931 - March 9, 2022

A life very well lived for 90 years ended on March 9, 2022, when Donald Lee Swisher left this world to join his wife, Faye and son, Duane.

Mr. Swisher was born on Oct. 23, 1931, in Boone County, Ind. to Wyvone ("Pete") and Mary Swisher.

On a recent, short stay in a hospital cardiac unit, before he returned home as he wished, his care providers had no idea how much he would enjoy sharing the story of his life's work. He ran a local grocery store when he was only 17. He left his grocery store to join the Air Force when called to serve his country in the Korean War. After the service, Mr. Swisher worked for a home builder before he took a job at RR Donnelley & Sons.

While he always appreciated hearing "thank you for your service," he never felt that he needed to be "thanked." He often described his Air Force service as the greatest four years of his life. He traveled the world, leaving Dover, Ind. far behind to experience life in Guam and Greenland. He excelled at Parks College of Aeronautical Technology in St. Louis, and, while stationed in Roswell, New Mexico, he gave rides to a young, guitar-toting hitch hiker named Elvis.

His life after the service truly began when he whistled, from his perch on a press at Donnelley's, at a "mail girl" named Faye. They were married in Parkersburg and lived in Crawfordsville, where they made a wonderful, happy life for their son Duane and daughter Deanna. While working swing shift had its challenges, generous vacations from Donnelley's were a fantastic opportunity for family travel, usually driving west, to camp and enjoy national parks and natural wonders and wildlife throughout America.

Working as a pressman at Donnelley's was a great fit for his mechanical talents, attention to detail, and appreciation of a good prank on a co-worker. When he retired, his family had to wonder how he ever had time for a full-time job. He was always busy - refinishing antiques, caning chairs, and repairing and rebuilding everything in sight. When he took a break, it was for travel, so that he and Faye could experience Hawaii, Alaska, and Europe.

His ultimate passion, which earned him the nickname "the Bike Man," occupied most of the last two decades of his life. He enjoyed the work of preparing each bicycle for its next owner, and he loved every opportunity to help someone find the right bike - especially if they were looking for a bike for their child. He got so much pleasure out of his driveway conversations with everyone that stopped by to find a bike or needed part, find out what they needed to do to fix their bike, or marvel at the number of bicycles that he could fit in his garage. Mr. Swisher particularly appreciated it when one of "Duane's swimmers" stopped by or paused to chat when he was running errands in town, to share stories about the positive influence that his son, their coach Swish, had on their lives.

His talents, and the extraordinary benefit of having him as a role model, lives on in his daughter Deanna Swisher and her husband Nick Stonebrook, and their children Ian and Devon, as well as his grandson Ty Swisher, his wife Amber, and their sons Brecken, Osborne and Keldon.

Three of Don's brothers, Herschel, Bob and Harold, left this world before Don, leaving their youngest brother Chuck to tell the tales of five brothers growing up on the family farm.

Please join his family to celebrate Don's life on Saturday March 19, at Hunt & Son Funeral Home, 107 N. Grant Avenue, Crawfordsville. Visitation is scheduled from noon until 2 p.m., with a memorial service and burial of his ashes to follow.

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

Blaine Baker

Dec. 21, 1935 - March 10, 2022

Blaine Baker, 86, of Crawfordsville, passed away Thursday March 10 at Witham Hospital in Lebanon.

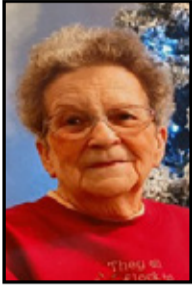
He was born Dec. 21, 1935 in Muncie to Emory and Mamie McCorkle.

He served in the US Army during Korea. He was a lifetime member of the American Legion. He had worked for the Montgomery County Sheriff, he later retired from Indiana Bell. He married Joyce Kling, she survives.

Survivors also include his children, Wade (Angela) Baker, Diana (Pete) McGuire, Cathy Carter and Jeff (Daris) Baker. He has eight grandchildren.

A graveside service will be held 11 a.m. Tuesday at Oak Hill Cemetery Mausoleum with Pastor Pete McGuire officiating. Military rites will be given by American Legion post #72.

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



SUNDAY

Obituaries

Sunday, March 20, 2022

A3

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 Park, Ill.

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

In 1974 she married Phil Wray in Oak Park, Ill. They celebrated 47 years of marriage in 2021. In 1976 they relocated to Phil's hometown of Crawfordsville, Ind. to run the Redwood Inn. They owned and operated the family restaurant until it closed in 1997.

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



Barbara Ellen Davidson

Feb. 14, 1932 - March 15, 2022

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

She 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-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 age of three he had memorized Peter 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/donate



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I ndiana



Facts & Fun

21
Fayette

Number %00 ÷ Stumpers

Did You Know?

- Fayette County was founded in 1819 and named for Marquis de la Fayette.
- Connersville, the county seat, is the only incorporated city in the county and is home to the county's only high school.
- The county is 215.16 square miles and has a population of 24,277 residents.
- Fayette County's automotive era began in 1909 with the McFarlan went into production.
- Connersville has a population of 13, 481 and is only 7.76 square miles.

1. What percentage of the county does Connersville make up?
≥
2. How long ago was the automotive era for Fayette?
≤
3. What is the population density of the county?
≥
4. How old is Fayette County?
≤

Answers: 1. About 3.6% 2. 111 Years 3. About 112.6 per square mile 4. 201 Years

Got Words?

Although Fayette County was economically significant in the early 19th and 20th centuries, it is now among the poorest counties in the state. How do you think Fayette and other struggling counties can transform their economic hardships for the better?

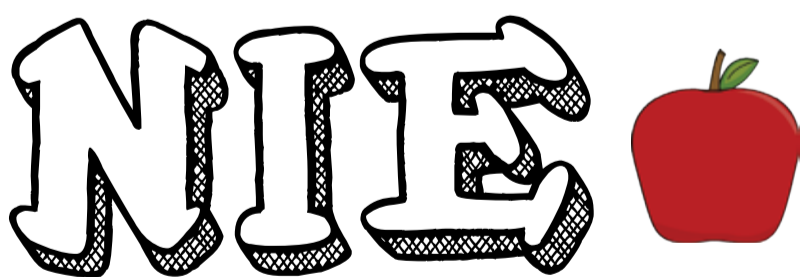
Word Scrambler

Unscramble the words below!

1. COOYENM
2. TEFYAET UYTCNO
3. ECINEDL
4. TUTEOAMVI EAR
5. NEVSLENIOLCR

Answers: 1. Economy 2. Fayette County 3. Decline 4. Automotive Era 5. Connersville

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Sunday, March 20, 2022

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Historic Farms Sought For Rural Preservation Award

Indiana Landmarks and Indiana Farm Bureau welcome nominations for the 2022 John Arnold Award for Rural Preservation. The award recognizes the preservation and continued agricultural use of historic farm buildings in Indiana. Since it was established in 1992, owners of more than 30 historic farms all over the state have been honored with the award.

Anyone, including farm owners, can submit a nomination for the Arnold Award, which will be presented during

the Celebration of Agriculture at the Indiana State Fair in August. The nomination is simple and asks for:

- a brief history of the farm and description of its significant historic structures and features, such as the farmhouse, barns, agricultural out-buildings, and landscape elements.
- a description of how the farm's historic agricultural structures are used in day-to-day farming operations, and how they have been preserved or adapted.

• high-res digital photographs of the farm and its preserved historic features. Historic images are also welcome.

The award winner receives an attractive outdoor marker and feature coverage in Indiana Preservation magazine.

Indiana Landmarks named the award in memory of John Arnold (1955-1991), a Rush County farmer who successfully combined progressive agricultural practices with a deep respect for the natural and historic features of the

rural landscape. The John Arnold Award for Rural Preservation honors those who share a similar commitment to preserving the landmarks and landscape of rural Indiana.

Submit nominations for the Arnold Award for Rural Preservation online at www.indianalandmarks.org/john-arnold-award-rural-preservation, or contact Tommy Kleckner at Indiana Landmarks, 812-232-4534, tkleckner@indianalandmarks.org. Deadline for nominations is May 13, 2022.

Indiana American Water Helps Educate Homeowners

Indiana American Water is leveraging the nationwide awareness campaign taking place during the U.S. Environmental Protection Agency's (EPA) Fix a Leak Week to advance local water conservation goals as well as provide a savings to homeowners, property owners and businesses in the communities it serves. The annual Fix a Leak Week (March 14-22, 2022) is a national campaign led by the EPA each year that helps raise awareness about leaks and other water issues that contribute to water waste within homes.

"As part of American Water's commitment to help better serve customers, we utilize Fix a Leak Week to help people understand where and how to spot common problematic leaks to improve home safety and support water efficiency and conservation," said Indiana American Water President Matt Prine.

According to the EPA, the average U.S. residence loses 10,000 gallons of water per year thanks to seemingly minor leaks. With more than 110 million households in the U.S., this equates to more than one trillion gallons of water lost every year due to leaks in the home. Moreover, it is estimated that the average homeowner can reduce his or her water bills by 10 percent simply by addressing leaks.

"Many people may not realize that even the smallest leaks can waste thousands of gallons per year," said Prine. "A leak of just one drip per second from a faucet can waste more than 3,000 gallons of water each year. Fortunately, most common leaks are easily detectable and correctable."

Indiana American Water is committed to fixing leaks by replacing or upgrading water infrastructure to provide safe, clean, reliable, and affordable drinking water to customers, investing more than \$250 million in infrastructure improvements across the state over the past two years.

Indiana American Water also offers these starter

tips for detecting leaks:

- Watch the water meter and your water bill. If you notice a spike, it might be because of a leak

- Test your meter. If you suspect you may have a leak, turn all water appliances off, then go check your meter. If it's still changing, you might have a leak

- Test your toilet. Leaks can occur in your toilet. Test for one by putting a drop of food coloring into the toilet tank. After 10 minutes, if any color shows up in the bowl, you have a leak

- Listen. One of the simplest ways to watch out for leaks is to listen for dripping from your faucets or showerheads and running water from your toilet

To further assist customers with at-home leak repairs and prevention, Indiana American Water has also produced a helpful infographic including tips on finding and fixing common, and some not-so-common, indoor and outdoor water leaks. A downloadable leak detection kit is also available through Indiana American Water's website, www.indianaamwater.com.

About Indiana American Water

Indiana American Water, a subsidiary of American Water (NYSE:AWK), is the largest investor-owned water utility in the state, providing high-quality and reliable water and wastewater services to approximately 1.3 million people. With a history dating back to 1886, American Water (NYSE:AWK) is the largest and most geographically diverse U.S. publicly traded water and wastewater utility company. The company employs more than 6,400 dedicated professionals who provide regulated and regulated-like drinking water and wastewater services to more than 14 million people in 24 states. American Water provides safe, clean, affordable and reliable water services to our customers to help keep their lives flowing. For more information, visit amwater.com and follow American Water on Twitter, Facebook and LinkedIn.

Lt. Gov. Crouch, IHEDA Now Accepting Applications For The Indiana Homeowner Assistance Fund

Lt. Gov. Suzanne Crouch and the Indiana Housing and Community Development Authority (IHEDA) today announced the state's mortgage assistance program, the Indiana Homeowner Assistance Fund (IHAF). The portal is accepting applications for mortgage assistance for Hoosiers impacted by the COVID-19 pandemic.

As part of the American Rescue Plan Act, the U.S. Department of Treasury awarded Indiana with \$167,921,663 to be used for assistance with the mortgage payments, property taxes, homeowners insurance and homeowner/condominium fees of eligible Hoosiers.

"The Indiana Homeowner Assistance Fund (IHAF) is designed to promote housing stability and prevent foreclosures across the Hoosier state," Crouch said. "We are pleased to work with our network of program partners and participating lenders to provide this assistance."

Applications are being accepting through 877geth-

ope.org. Accommodations can be made for homeowners who would prefer non-electronic applications or who would prefer assistance in completing their online application by calling 877-GET-HOPE.

To qualify for IHAF, as determined by the U.S. Treasury, at the time of application you must:

- Be a homeowner who is defined as the owner-occupant of a single-family home, condominium, 2-, 3-, or 4-family dwelling or manufactured homes permanently affixed to real property. The home must be located in Indiana and be the homeowner's primary residence
 - Have an income equal to or less than 150% of Area Median Income, adjusted for household size or 100% of the National Median Income, whichever is greater
 - Have experienced a financial hardship after January 21, 2020, associated with the COVID-19 pandemic
- The maximum per household IHAF assis-

tance amount is capped at \$35,000 and is limited to one time per household. This assistance is paid directly to the mortgage lender and is not considered taxable income.

"IHEDA remains committed to allocating funds from the federal government to Hoosiers in need," said Jacob Sipe, Executive Director of IHEDA. "Housing stability continues to be one of our top priorities as we recover from the pandemic. We look forward to administering this mortgage assistance Hoosiers across the state."

The following documents may be required in the application:

- Income documents:
 - Acceptable income documents may include paystubs or other wage statements, depository institution (or bank) statements demonstrating regular income, or a statement of income from an employer
 - IRS Form 1099s and tax filings (for self-employed applicants only)

- Social security, child support, unemployment, and other income statements as applicable

- Mortgage statements or other mortgage documents
- Property tax statements from your city, town or county

- Homeowner's Insurance statements

- Homeowner or Condo Association fee statements

In addition to the IHAF program, IHEDA has additional resources for Hoosiers in need of assistance:

Rental Assistance – The Indiana Emergency Rental Assistance Program provides up to 18 months of rental and utility assistance to those who self-attest to having been impacted by COVID-19.

Utility Assistance – The Low-Income Home Energy Assistance Program (LIHEAP) and the Low-Income Home Water Assistance Program (LIHWAP) helps Hoosier homeowners and renters pay their heat, electric and water bills: eap.iheda.in.gov.

The Indiana Region Of The American Red Cross Prepares For Severe Weather Preparedness Week

Although severe weather can happen at any moment, communities can prepare for it. Indiana Severe Weather Preparedness Week started on Monday, and the Indiana Region of the American Red Cross wants to remind residents to be prepared for the upcoming severe weather season by developing a severe weather plan.

"It is important to plan, practice and prepare for severe weather," said Leslie Montgomery, regional disaster officer for the American Red Cross – Indiana Region. "Preparation keeps everyone safe when severe weather strikes."

Here are tips to plan and prepare for severe weather:

- Prepare an emergency kit. Items that should be in the kit can be found at <https://www.redcross.org/about-us/news-and-events/news/2019/national-preparedness-month-how-to-build-your-emergency-kit.html>
- Develop a communications plan with family and friends
- Have a way to receive emergency alerts. Download the Red Cross Emergency app
- Know the difference between a watch and a warning. Details on watches and warnings are at [\[chat.org/2014/04/28/know-the-difference-warnings-and-watches/\]\(http://chat.org/2014/04/28/know-the-difference-warnings-and-watches/\)](https://redcross-

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- Make an emergency plan. Learn how to make a plan at <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html>

Volunteers Needed to Respond to Local Disasters

The Red Cross stands ready to respond to disasters that might displace families. Local Red Cross volunteers provide emotional support, emergency financial assistance and recovery help to guide them through their next steps. To learn more about becoming a

Disaster Action Team volunteer, visit redcross.org/dat.

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.

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SUNDAY

In The
Kitchen

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A NEW WAY TO SEAFOOD

Royal Salmon with Romesco Sauce and Aioli

FAMILY FEATURES

Whether you're celebrating a weekend meal with loved ones or simply looking for a way to bring your family to the table at the same time, seafood night can make dinnertime a special treat. Next time you plan to make fish the focus of your menu, it's possible you'll be enjoying the benefits of aquaculture, also known as seafood farming.

Fast becoming a leading source of seafood worldwide, aquaculture is similar to typical agriculture but with fish, shellfish and seaweeds. Farmed seafood can be raised and harvested in either fresh or seawater, where natural conditions are recreated.

Today, half of all seafood Americans eat annually is farm raised and the appetite is only growing. There are many reasons for this, but one is due to overfishing and destructive practices. About 33% of wild fish stocks have reached their biological limit and aquaculture helps meet the increasing demand for seafood.

However, not all seafood you find in the grocery aisles is the same. Despite industry advances, aquaculture still faces challenges with fraud, mislabeling and questionable conditions. That's why it's important to look for responsible seafood products that are labeled by a trusted certification process.

For example, the Aquaculture Stewardship Council is a non-profit certification program that has created and enforced the world's strictest and highest standards for seafood farming since 2010. Today, it is transforming the seafood industry with a new level of certification for farmed seafood. This "new way to seafood" includes:

- Seafood that can be traced all the way from the farm to the store, ensuring the seafood you buy is what it claims to be
- The strictest combination of requirements to protect the environment, workers and communities on the farms where seafood is raised
- Improving farmed seafood quality and safety, so you can enjoy the flavor of recipes like One-Pan Japanese Salmon with Sweet Potato, Salmon and Shrimp Coconut Curry and Royal Salmon with Romesco Sauce and Aioli

To find more information about the certification process, visit NewWaytoSeafood.com.

Salmon and Shrimp Coconut Curry

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council
Servings: 2

- 2 pieces of MOWI Pure portions salmon
- 1 cup wild rice
- 1 tablespoon coconut oil
- 1 clove garlic, sliced
- 1/4 cup red onion, diced
- 1 cup pumpkin or butternut squash, diced
- 1 tablespoon lemongrass, finely chopped
- 1 1/2 tablespoons red curry paste
- 1/2 cup coconut milk
- 1 tablespoon fish sauce

- 1/4 cup tomatoes
- 4 shrimp
- 1 lime, quartered
- 2-3 cilantro leaves, for garnish

Cut salmon into 1/2-inch cubes. Cook rice according to package instructions. In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant. Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done. Serve with rice and lime quarters. Sprinkle with cilantro.



Salmon and Shrimp Coconut Curry

Royal Salmon with Romesco Sauce and Aioli

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council
Servings: 2

- 2 tablespoons olive oil, divided
- 2 Atlantic Salmon MOWI Royal portions salt, to taste
- pepper, to taste
- 1 red pepper, cut into long strips
- 2 cups small potatoes, cooked and cut in half
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 cup garden peas
- 1 tablespoon chopped tarragon

Romesco Sauce:

- 1/2 cup extra-virgin olive oil
- 2 cloves garlic, smashed
- 1/4 cup slivered almonds, toasted
- 1/4 cup hazelnuts
- 1 slice white bread, crust removed
- 1 large roasted red pepper
- 1/4 cup tomato puree
- 1 teaspoon sherry vinegar
- salt
- black pepper

Aioli Sauce:

- 1 cup mayonnaise
- 1-2 cloves garlic, crushed
- 1 tablespoon olive oil
- 1 lemon, zest and juice
- salt
- white pepper
- lemon wedges, for garnish

Preheat oven to 400 F.

Place large skillet over medium-high heat and add 1 tablespoon olive oil. Season salmon portions with salt and pepper, to taste, and place skin sides down in pan. Cook 2-3 minutes until skin is crispy. Place on sheet pan, skin sides up, and bake 6-7 minutes. Remove from oven and let rest.

In same skillet, add remaining olive oil then add peppers and potatoes. Cook 6-7 minutes until peppers soften and potatoes start to caramelize.

Add paprika, cayenne and peas; stir and cook 2 minutes. Add tarragon.

To make romesco sauce: In clean pan, heat olive oil and gently fry garlic, nuts and bread until toasted.

In blender, process red pepper, tomato puree and vinegar until smooth. Add toasted nuts and bread; process to desired consistency.

To make aioli: In bowl, whisk mayonnaise, garlic, olive oil, lemon zest and juice, salt and pepper.

Place several spoonfuls of aioli on plate. Top with potatoes, peppers and salmon, skin side up. Top with romesco sauce.



One-Pan Japanese Salmon with Sweet Potato

One-Pan Japanese Salmon with Sweet Potato

Servings: 2

Marinade:

- 1 tablespoon sesame oil
- 1/4 cup tamarind sauce
- 1/2 tablespoon Dijon mustard
- 2 tablespoons sesame seeds
- 1 tablespoon honey
- 1 sweet potato, cut into rounds
- 2 tablespoons coconut oil, divided
- 1 tablespoon sesame seeds
- sea salt
- 8 spears broccolini

- 2 salmon fillets (4 ounces each)
- brown rice, for serving

Preheat oven to 400 F. Line tray with baking paper.

To make marinade: In bowl, whisk sesame oil, tamarind sauce, Dijon mustard, sesame seeds and honey until combined.

Place sweet potato on baking tray and drizzle with 1 tablespoon coconut oil. Toss to coat. Sprinkle with sesame seeds and sea salt. Roast 25 minutes.

Remove tray from oven and add broccolini. Drizzle with remaining coconut oil and sea salt. Place salmon fillets in middle of tray and drizzle with marinade. Bake 12-15 minutes, or until cooked to desired doneness. Serve with brown rice.

SUNDAY

The Paper
OF MONTGOMERY COUNTY

In The Home

DAY

Sunday, March 20, 2022

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US Household Air Conditioning Use Could Exceed Electric Capacity In Next Decade

Climate change will drive an increase in summer air conditioning use in the United States that is likely to cause prolonged blackouts during peak summer heat if states do not expand capacity or improve efficiency, according to a new study of household-level demand.

The study projected summertime usage as global temperature rises 1.5 degrees Celsius (2.7 degrees Fahrenheit) or 2.0 degrees Celsius (3.6 degrees Fahrenheit) above preindustrial levels, finding demand in the United States overall could rise 8% at the lower and 13% at the higher threshold. The new study was published in Earth's Future, AGU's journal for interdisciplinary research on the past, present and future of our planet and its inhabitants.

Human emissions have put the global climate on a trajectory to exceed 1.5 degrees Celsius of warming by the early 2030s, the IPCC reported in its 2021 assessment. Without significant mitigation, global

temperatures will likely exceed the 2.0-degree Celsius threshold by the end of the century.

Previous research has examined the impacts of higher future temperatures on annual electricity consumption or daily peak load for specific cities or states. The new study is the first to project residential air conditioning demand on a household basis at a wide scale. It incorporates observed and predicted air temperature and heat, humidity and discomfort indices with air conditioning use by statistically representative households across the contiguous United States, collected by the U.S. Energy Information Administration (EIA) in 2005-2019.

The new study projected changing usage from climate influence only, and did not consider possible population increases, changes in affluence, behavior or other factors known to affect air conditioning demand.

"We tried to isolate just the impact of climate

change," said Renee Obringer, an environmental engineer at Penn State University and lead author of the new study. "If nothing changes, if we, as a society, refuse to adapt, if we don't match the efficiency demands, what would that mean?"

Technological improvements in the efficiency of home air conditioning appliances could supply the additional cooling needed to achieve current comfort levels after 2.0 degrees global temperature rise without increased demand for electricity, the new study found.

Increased efficiency of 1% to 8% would be required, depending on existing state standards and the expected demand increase, with Arkansas, Louisiana and Oklahoma on the high end.

"It's a pretty clear warning to all of us that we can't keep doing what we are doing or our energy system will break down in the next few decades, simply because of the summertime air conditioning," said Susanne Benz, a geographer and climate scientist

at Dalhousie University in Halifax, Nova Scotia, who was not involved in the new study.

Exceeding capacity The heaviest air conditioning use with the greatest risk for overloading the power grid comes during heat waves, which also present the highest risk to health. Electricity generation tends to be below peak during heat waves as well, further reducing capacity, Obringer said.

Without enough capacity to meet demand, energy utilities may have to stage rolling blackouts during heat waves to avoid grid failure, like California's energy providers did in August 2020 during an extended period of record heat sometimes topping 117 degrees Fahrenheit.

"We've seen this in California already—state power suppliers had to institute blackouts because they couldn't provide the needed electricity," Obringer said. The state attributed 599 deaths to the heat, but the true toll may have been closer to 3,900.

The consequences of

cascading electrical grid failures are likely to impact already vulnerable populations, including low income, non-white and older residents, first, Obringer noted.

"When they say there's going to be two weeks where you don't have cooling on average—in reality, some people will have cooling. Disadvantaged people will have less cooling," Benz said.

Regional differences

The new study predicted the largest increases in kilowatt-hours of electricity demand in the already hot south and southwest. If all Arizona households were to increase air conditioning use by the estimated 6% needed at 1.5 degrees Celsius of global warming, for example, amounting to 30 kilowatt-hours per month, this would place an additional 54.5 million kilowatt-hours of demand on the power grid monthly.

Some of the highest percentage increases over current demand can be expected in Midwestern states, which could strain

energy capacity in the region. The added demand of global temperature rise from 1.5 degrees Celsius to 2.0 degrees Celsius could triple demand in Indiana and Ohio, underlining the importance of mitigation to limit temperature increases, Obringer said.

AGU (www.agu.org) supports 130,000 enthusiasts to experts worldwide in Earth and space sciences. Through broad and inclusive partnerships, we advance discovery and solution science that accelerate knowledge and create solutions that are ethical, unbiased and respectful of communities and their values. Our programs include serving as a scholarly publisher, convening virtual and in-person events and providing career support. We live our values in everything we do, such as our net zero energy renovated building in Washington, D.C. and our Ethics and Equity Center, which fosters a diverse and inclusive geoscience community to ensure responsible conduct.

From Seed To Bouquet - Grow Your Own Flowers For Cutting

by Melinda Myers

You don't need a lot of space or a big budget to grow and enjoy garden-fresh bouquets. Just fill a few vacant spaces, add an extra row in garden beds or fill a container with easy care flowers started from seeds.

You'll jump-start the season and enjoy earlier blooms by starting some of the seeds indoors to transfer into the garden after the danger of frost has passed. If you're not in a hurry, want to stretch your budget and extend your garden's bloom time, sow some seeds directly in the garden. Just follow the directions on the seed packet.

Annual flowers like these are known for season long bloom and a long vase life. You'll need to plant annuals each year, but you may decide the continuous bloom is well worth the effort. Supplementing them with perennial flowers and bulbs means you need to plant fewer annuals each year for a season filled with colorful

garden-fresh bouquets.

Here are a few easy-care annual flowers that you can start from seed indoors or directly in the garden. These beauties will brighten those sunny spots in the landscape and bouquets in your home.

Start zinnia seeds indoors four weeks before the last spring frost or sow them directly in the garden. Either way, you'll have flowers about eight weeks after planting the seeds. Grow taller varieties like Benary's Giant for long stems, Queeny Lime Orange or Zowie! Yellow Flame for eye-catching color or Profusion and Zahara for small daisy-like flowers on compact mildew resistant plants in your low maintenance cut flower garden.

Like zinnias, cosmos make a great cut flower and both are heat and drought tolerant in the garden. Start cosmos seeds indoors four to six weeks before the last spring frost or directly in the garden. The fine foliage adds texture to the garden

and the white, pink, lavender blooms light up the mid-summer through fall garden. Plant tall varieties en masse to eliminate the need for staking. Or grow shorter varieties like Sonata and Cosmic. Once you plant cosmos in the garden, you may be rewarded with volunteer seedlings in subsequent years.

Marigolds have long been favorites in the garden, but they also make great cut flowers. Like zinnias, you can start them indoors or directly in the garden and have flowers in about eight weeks. Include a variety of single, double, large and small flowers to create a marigold only arrangement or mix with other flowers. The Gem series of marigolds have lacy leaves with a citrusy scent and small single flowers all summer long. Not only are these 12" tall plants great in arrangements, but the flowers are also edible and attract beneficial insects to your garden.

Include calendula,

another edible flower, in your garden and arrangements. Plant seeds directly in the garden in fall through spring when growing in the Deep South, Gulf and Pacific Coast areas. Those in other regions can plant seeds directly in the garden after the danger of heavy frost has passed. Also known as pot marigolds, these plants thrive in cooler temperatures. If plants fade as temperatures rise, cut them back, continue to water as needed and watch for new flowers when the weather cools. These will reseed readily so watch for welcome seedlings the following year.

Sunflowers make dramatic statements in the garden and in the flower vase. The 2022 All-America Selections winner, Concert Bell grows 10 to 12 flowers on each stem. You'll have a ready-made bouquet with each stem removed. Suncredible® Yellow sunflower produces four-inch flowers on two to three feet tall plants. The

plants continue to bloom throughout the season even if you don't remove the faded flowers.

Keep the flowers coming to enjoy in the garden and arrangements with regular picking. The more you pick, the more flowers you'll have. Share extras with friends, neighbors, or senior centers. Studies at Rutgers University found cut flowers immediately increased happiness and had a long-term positive impact on the recipient's mood.

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

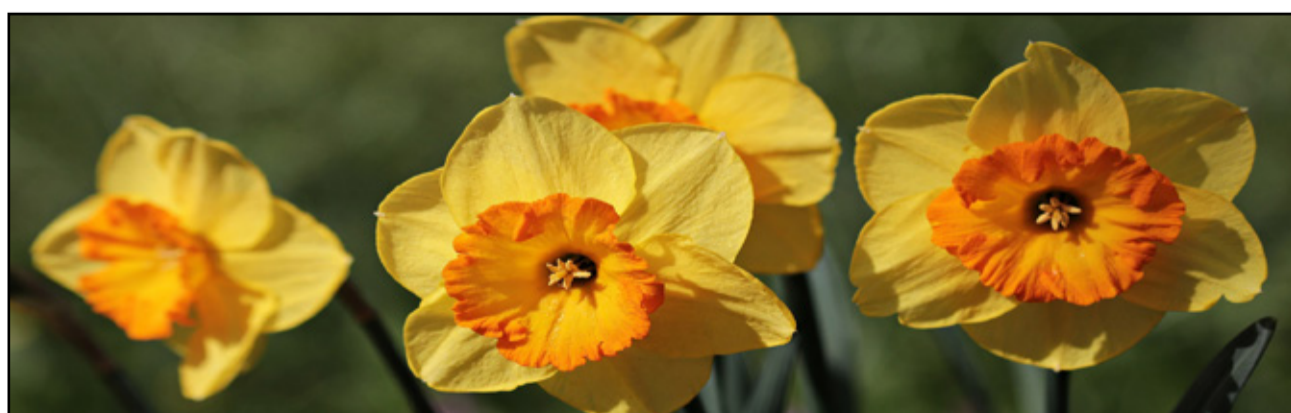


Photo courtesy of Pixabay

Terrace Makeover With Potted Bulbs

Hurrah, the sun is showing its face more often! Get off to a good start by turning your terrace into a cozy corner with a little help from cheerful spring bloomers.

Let the sunshine in Spring feels like a new beginning because the temperature rises and nature starts to awaken. Seize the moment and freshen up your terrace with a makeover. Fill it with cheerful flowers. If

you start doing this early on in the year, you will be able to enjoy it for a long time.

Potted bulbs If you want instant atmosphere and color on your terrace, choose potted bulbs. These spring-flowering bulbs have already been potted and grown, so all they need to do is start flowering on your terrace. They will shine for weeks and make you happy every

time you look at them.

Choosing You can choose from several varieties of potted bulbs. The best-known ones are daffodils, hyacinths and grape hyacinths. Growers consciously use special varieties that stay short and compact. Go for a colorful mix, or combine different types of flowers in one color. Bursting with cheerfulness!

Local

Potted bulbs are available early in the season in many shops. If you buy bulbs that are produced locally, you can be sure that the flowers are as fresh as it gets. The fresher they are, the longer you will enjoy them. And what's more, you will be supporting regional growers. Two birds with one stone!

Would you like to know more about bulb flowers? Visit www.ilsystems.com.

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Business

Notes and

NEWS DAY

Sunday, March 20, 2022

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How One Company Will Change The Way Things Are Delivered, Reducing Delivery Theft

The New York Times reports that 1.7 million packages go missing or are stolen each day. This has been increasing over the years, with it becoming common for people to place online orders, only for "porch pirates" to intervene and steal the delivery from the porch. One company, DRONEDEK, is changing the way things are delivered. Using ground robotics and traditional methods, they give people the receptacle that provides a whole new way of protecting their packages.

"Just about everyone has had a package stolen from the porch or knows someone who has," says Dan O'Toole, the founder and chief executive officer of DRONEDEK. "We have created a safer way to eliminate such problems. It's going to change the way people receive their deliveries, as well as send out pack-

ages, using a heated and cooled cargo bay."

DRONEDEK is a receptacle where people can receive package deliveries and place their outgoing packages. Only it's more than a homemade box on the porch where items are to be placed. The receptacle is a patented, smart receptacle that works with a drone to ensure that packages are received and are allowed to be taken only by those who own the case.

Focusing on the last mile of the delivery process, DRONEDEK allows people to automate everything fully. They can use an app on their phone to see where their package is and when it's been placed into the receptacle. If they are sending packages out, they can use the app to see when they were picked up. The DRONEDEK receptacle is especially helpful for those ordering

medicine, items of high value, confidential deliveries, and more.

Some of the features that help to make the technology so revolutionary include:

- The receptacle is weatherproof, including withstanding freezing temperatures and those up to 115 degrees Fahrenheit.
- An external heater will melt the snow in front of it. The internal temperature of the unit is also temperature controlled.
- The system uses cloud computing and is app-enabled, offering a secure system with simple ways to track everything. It has remote access and is Bluetooth enabled.
- Encryption is used for opening the receptacle keeping deliveries safe from thieves, animals, and the elements. It uses a state-of-the-art locking device and also has emer-

gency features enabled.

• The device also features a slot for conventional mail to be deposited in.

• Receptacles can be secured to the porch, roof, window, house, building a mounted box, or existing edifice or mailbox.

"Those who regularly order things of value that they don't want to be stolen should consider the DRONEDEK," added O'Toole. "This unmanned route to safe and secure delivery will ensure you get the items you ordered. It's a delivery system that outsmarts the thieves who are out stealing packages. The future of safe package delivery is here!"

DRONEDEK was founded by Dan O'Toole, who worked on the idea for years before seeking a patent and funding to expand the company. The company has since

raised \$7.1 million, and the distribution of the receptacles takes place this year. The delivery system helps to reduce theft expenses and increases delivery efficiency. It's been dubbed the "mailbox of the future," allowing people to send and receive items securely.

The company recently announced it has partnered with Helium to allow for greater wireless network expansion. To date, Helium is the most extensive public Internet of Things (IoT) network globally, suitable for millions of affordable long-range, low-power LoRaWAN devices. DRONEDEK will be using the Helium network for select sensors within smart mailboxes, such as GPS and temperature. Helium hotspots will be put into DRONEDEKs in areas with limited coverage to help build out the

network.

To see videos of DRONEDEK in action, visit DRONEDEK: The Next Generation Mailbox, and New DRONEDEK Smart Receptacle. To learn more about DRONEDEK, visit the site: <https://www.dronedek.com>.

About DRONEDEK
DRONEDEK is a company offering a new way of sending and receiving packages of up to five pounds each. The device provides a safe, secure method of delivery that keeps the items in a patented receptacle. The receptacle offers complete protection from the weather and would-be thieves. The company was founded by Dan O'Toole, a patent holder, and serial entrepreneur. The company is based in Indianapolis, Indiana. To learn more, visit the site: <https://www.dronedek.com>.

Indiana American Water Wants To Help Educate Homeowners

Indiana American Water is leveraging the nationwide awareness campaign taking place during the U.S. Environmental Protection Agency's (EPA) Fix a Leak Week to advance local water conservation goals as well as provide a savings to homeowners, property owners and businesses in the communities it serves. The annual Fix a Leak Week (March 14-22, 2022) is a national campaign led by the EPA each year that helps raise awareness about leaks and other water issues that contribute to water waste within homes.

"As part of American Water's commitment to help better serve customers, we utilize Fix a Leak Week to help

people understand where and how to spot common problematic leaks to improve home safety and support water efficiency and conservation," said Indiana American Water President Matt Prine.

According to the EPA, the average U.S. residence loses 10,000 gallons of water per year thanks to seemingly minor leaks. With more than 110 million households in the U.S., this equates to more than one trillion gallons of water lost every year due to leaks in the home. Moreover, it is estimated that the average homeowner can reduce his or her water bills by 10 percent simply by addressing leaks.

"Many people may not realize that even the

smallest leaks can waste thousands of gallons per year," said Prine. "A leak of just one drip per second from a faucet can waste more than 3,000 gallons of water each year. Fortunately, most common leaks are easily detectable and correctable."

Indiana American Water is committed to fixing leaks by replacing or upgrading water infrastructure to provide safe, clean, reliable, and affordable drinking water to customers, investing more than \$250 million in infrastructure improvements across the state over the past two years.

Indiana American Water also offers these starter tips for detecting leaks:

- Watch the water meter and your water bill. If you notice a spike, it might be because of a leak
- Test your meter. If you suspect you may have a leak, turn all water appliances off, then go check your meter. If it's still changing, you might have a leak
- Test your toilet. Leaks can occur in your toilet. Test for one by putting a drop of food coloring into the toilet tank. After 10 minutes, if any color shows up in the bowl, you have a leak
- Listen. One of the simplest ways to watch out for leaks is to listen for dripping from your faucets or showerheads and running water from your toilet

To further assist customers with at-home leak repairs and prevention, Indiana American Water has also produced a helpful infographic including tips on finding and fixing common, and some not-so-common, indoor and outdoor water leaks. A downloadable leak detection kit is also available through Indiana American Water's website, www.indianaamwater.com.

About Indiana American Water
Indiana American Water, a subsidiary of American Water (NYSE:AWK), is the largest investor-owned water utility in the state, providing high-quality and reliable water and wastewater services to approximately

1.3 million people. With a history dating back to 1886, American Water (NYSE:AWK) is the largest and most geographically diverse U.S. publicly traded water and wastewater utility company. The company employs more than 6,400 dedicated professionals who provide regulated and regulated-like drinking water and wastewater services to more than 14 million people in 24 states. American Water provides safe, clean, affordable and reliable water services to our customers to help keep their lives flowing. For more information, visit amwater.com and follow American Water on Twitter, Facebook and LinkedIn.

Here Are Five Interviewing Tips To Help You Land A New Job

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

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

1. Prepare, prepare, prepare. Avoid think-

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

2. Decide what the interviewer should know

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

3. Create your own list of questions. An interview isn't just about

determining whether you're a fit for a job; you also need to decide whether the job is a fit for you. Think about what you need to know in order to feel confident accepting an offer. You might organize your thoughts by considering what is essential in a new job and what aspects are "nice to have."

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

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

5. Leave a lasting impression. Before you end the interview, ask for clear insight on the

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

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

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Beginning Sunday, February 28th, 2021

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Sunday School for all ages - 9:30 AM
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Visit us online at WHCC.US

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7 pm

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Both services are streamed



Linden United Methodist Church

Making disciples of Jesus Christ for the transformation of the world

Sunday Worship 10:00 AM

in person or on Facebook at
www.facebook.com/LindenUnitedMethodistChurch

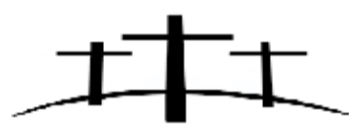
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Pastor Clint Fink

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*"Making disciples of Jesus Christ for
the transformation of the world."*



Liberty Chapel Church

Phil 4:13

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Church Service at 10 am

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Starting August 1:

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11 a.m. Worship

Wednesday 6:30 Bible Study



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truth and love*



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10:15 AM: Worship

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SUNDAY

Health and WELLNESS

Sunday, March 20, 2022

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Stop The Snoring!

Snoring can certainly be annoying, but it doesn't always indicate a serious medical problem. However, sometimes snoring can be due to sleep apnea, a condition that can lead to significant medical issues.

Sleep apnea is a condition where people have pauses in their breathing while sleeping. Most people have pauses to some degree, but people with sleep apnea have much longer pauses, sometimes lasting up to 30 seconds. These long pauses cause the level of oxygen in the blood to drop and carbon dioxide to rise. These changes can be very hard on the body, especially the heart and lungs. It can also lead to high blood pressure.

There are two main types of sleep apnea – central and obstructive. Central sleep apnea is a problem with how the



JOHN R. ROBERTS, M.D.
Montgomery Medicine

brainstem sends signals to the breathing muscles. This is a less common cause of sleep apnea in adults; obstructive sleep apnea (OSA) is seen much more often.

Obstructive sleep apnea is caused by any type of obstruction to the flow of air in and out of the lungs. This usually occurs in the back of the throat when excess or loose tissue collapses into the throat when the throat

muscles relax during sleep. This is why OSA is much more common in overweight individuals who can have a lot of floppy tissue in the back of their throats.

When I see people in my office who feel they may have OSA, it is usually at the request of a spouse or significant other who is either being awakened by snoring or who has actually seen the patient stop breathing during sleep. They often describe a cycle of snoring respirations, followed by long pauses, then gasping for air. The snoring results from vibrations of the tissue in the back of the throat, quite similar to the vibrations of strings on an instrument.

There are other signs and symptoms we ask about when evaluating people for OSA. Sleep apnea sufferers are unable to fall into a deep

sleep – the apneas can wake them tens or even hundreds of times per night. This can result in excessive daytime sleepiness and an increase in falling asleep at work or school, while driving, etc. Patients frequently complain of fatigue, irritability, dry mouth, a reduced ability to concentrate and headaches. They may have hypertension or other heart or lung diseases. They often consume caffeine or other stimulants to try to stay awake during the day.

The diagnosis of sleep apnea is suggested by the history, but in order to confirm the diagnosis a sleep study or polysomnogram must be performed. These studies have historically been done in a sleep lab where patients are connected to monitoring equipment that records respirations, brain wave

activity, movements via a video camera as well as sensors that measure gas exchange in and out of the lungs. Sleep studies done in the home are becoming more common, though they don't collect as much information as when the study is done in a lab. They also should not be done in patients with particular risk factors. The sleep study data is collected during sleep then summarized or "scored." A physician who has received special training in sleep medicine interprets the test.

There are very specific scoring criteria a patient must meet to be diagnosed with OSA. Once diagnosed, treatment usually involves a device called a CPAP (Continuous Positive Airway Pressure) machine that is connected to a mask worn on the face or plugs inserted in the nostrils. The machine blows air

into the patient's airway to inflate it and prevent the tissues from collapsing when sleeping. These machines may be set at a specific air pressure, or may adjust themselves automatically to maximize air flow.

If you feel you may have sleep apnea or know someone who does, you should see a physician to discuss testing. OSA is a very serious condition that can lead to or worsen cardiovascular, lung and neurologic problems. You can do a quick screen for sleep apnea here: www.stopbang.ca/osa/screening.php. For more information on sleep apnea, see bit.ly/2z6OAXx.

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

A Night & Day Difference: Circadian Clock May Protect Aging Eyes

While bright light helps us see better, our eyes need darkness for better vision. Light breaks down the sensitive machinery of our eyes every day, and during the darkness of night, key pieces are rebuilt. The clock of our circadian rhythms runs this process, and researchers have found that if the clock is disrupted, our eyes may be at greater risk of retinal degeneration as we age.

"Imagine if we could slow or prevent vision loss from retinal degeneration," said Vikki Weake, associate professor of biochemistry in Purdue University's College of Agriculture, who led the study. "To do this, we need to understand the molecular mechanisms that drive age-associated changes and the external and internal factors that influence them. In this study, we discovered the circadian clock plays a surprisingly significant role in age-related changes in the retina. This internal clock may be critical in advanced age to prevent retinal degeneration and maintain eye health."

The team studied the eyes of *Drosophila* flies, a common model for the human eye. However, the study was uncommon in its use of multiple time points during aging, focus on photoreceptor neurons and new data analysis approaches. The findings are detailed in a paper in *PLOS Genetics*. "In our earlier stud-

ies, just focusing on gene expression, we were missing part of the story," Weake said. "By looking at changes in chromatin that alter access to the underlying DNA during aging, we were able to identify some of the transcription factors that drive these gene expression changes in the aging eye."

Weake acknowledges doctoral student Juan "Jupa" Jauregui-Lozano for the idea for and application of the bioinformatics technique used.

"I came across a powerful bioinformatics technique that can identify changes in transcription factor activity, helping us to understand gene regulation," Jauregui-Lozano said. "The results revealed that the transcription factors Clock and Cycle – known for their role in circadian rhythm – showed progressive changes in activity with age. This fits with what we know about eye biology, and this unbiased approach led us to identify Clock and Cycle as interesting targets to study."

The technique, called diffTF, looks at changes in DNA accessibility in chromatin between different conditions. It generates a panel of potential candidates to pursue, as opposed to a research team beginning with a target gene in mind.

"Clock and Cycle were known for being master regulators of circadian rhythms, but we saw they also regulate nearly all of the genes involved in sensing light in the retina," Jauregui-Lozano said. "When the Clock:Cycle complex is disrupted, flies are susceptible to light-dependent retinal degeneration, and light-independent increase of oxidative stress. In humans, disruption of circadian rhythms has been associated with the onset of several age-related eye diseases. This is another piece of the puzzle."

Regulating the time at which these proteins are made is important to protect the light-sensing neurons and retain vision, Weake said.

"The proteins involved in sensing light are delicate and degrade during the day when they are exposed to light," she said. "If the circadian clock is off and these proteins aren't made at the right time, it's a problem."

The study found this complex controlled gene expression of nearly 20% of the active genes in *Drosophila* photoreceptors. The study also found the complex was responsible for maintaining global levels of chromatin accessibility in photoreceptors, a critical step in transcription of genes.

Co-author Hana Hall, research assistant professor

of biochemistry at Purdue, performed light and dark experiments to see the effect on gene transcription when she was a researcher in Weake's lab.

Unlike most cells in the human body, neurons don't divide and replicate. The death of neurons lead to degenerative disease, Hall said. Because of this the cellular processes involved in repairing and regulating them are especially important. Proteins achieve this, and genes control which proteins are produced.

"Aging is the main risk factor for neurodegenerative disease," Hall said. "If we can understand the mechanics of how things get off track or become misregulated in our later years, we may be able to prevent or slow down the progression of these diseases. Vision loss affects a person's lifespan, independence and quality of life. Even delaying onset by five years could make a tremendous difference. We have ideas, and we are going to seek the answers."

The research team also included doctoral student Sarah Stanhope and undergraduate students Kimaya Bakhle and Makayla M. Marlin.

The National Eye Institute of the NIH (R01EY024905) and the Bird Stair Research Fellowship and Ross Lynn Research Scholar funded this work.

Could It Be That 'Senior Moments' Are The Result Of Too Much Knowledge Rattling Around In Your Brain?

by John Grimaldi

Dementia is not an inevitable part of growing old. On the other hand memory issues are, indeed, a part of the aging process.

A new study published in the journal, *Trends in Cognitive Science*, reveals that perhaps forgetfulness is a result of an overabundance of information we have stored in our brains, according to the authors of the review, Tarek Amer at Columbia and Harvard Universities and Jordana Wynn at Harvard. Their assessment asserts that: "Healthy aging is accompanied by declines in control of attention. These reductions in the control of attention result in older adults processing too much information, creating cluttered memory representations. Cluttered representations can impair memory by interfering with the retrieval of target information but can also provide an advantage on tasks that benefit from extensive knowledge."

In other words, the older you are the more information you have stored in your brain – so much information that it can interfere with your ability to remember. However, as someone once explained, it is normal to forget where

you left your glasses, it is not normal to forget that you wear glasses. The Centers for Disease Control [CDC] says that forgetting things that can disrupt your life is not part of growing old.

The CDC says the risk factors for dementia include smoking, high blood pressure, not getting enough exercise, being overweight, trouble sleeping, isolation and blood sugar levels and cites the British medical journal, *The Lancet*, which suggests that dealing with these risk factors can "prevent or delay" 40% of dementia cases.

There is a distinct difference between being absent-minded every so often and serious cognitive problems, according to the National Institutes of Health [NIH]. The NIH notes that "It's normal to forget things once in a while as we age, but serious memory problems make it hard to do everyday things like driving, using the phone, and finding your way home."

One can only report on the differences between "senior moments," normal occasions of forgetfulness, and the potential of dementia. So, if you are having too many forgetful moments, you should consult your health care provider.



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Hammer Pays A Visit To The Missus . . .

EDITOR'S NOTE: Tim Timmons will be returning soon. He underwent quadruple bypass surgery and is on the mend. In his stead this week, his wife Linda reports on an unexpected visit from a very familiar face.

As a publisher's wife I've encountered many people with opinions about the news and newspapers, most of them very pleasant. But I wasn't expecting someone beating so hard on our front door recently.

As you all know, Tim has been away from the job recovering nicely from heart surgery. He's showed me the many cards, e-mails and messages from you kind folks. And, as Tim says, truth to tell, I didn't expect to see Mr. John Hammer at our door to check up on Tim and to talk a bit. But there he was - and I knew who he was before he told me. Tim has described him to a T and yes, he does take up an entire doorway. As soon as he started to talk, I had to tell him to shoosh his booming voice a bit because Tim was asleep.

"How can I help you, Mr. Hammer?" I asked.



TIM TIMMONS
Two Cents

He said, "Call me John, Mr. Hammer was my dad."

"OK then, what can I do for you, John?"

"Well, I wanted to see how Timmons is doing, and talk to him about this Ukrainian war." "John, let's let Tim sleep a little longer, but while you wait, could I offer you a cup of coffee?"

We sat there and talked a bit. He asked about the bypass operation and how the recovery was going. Then we got to Tim's last column about Whoopi.

"Well Mrs. Timmons, what did you think about that one?" he asked.

"John, at first, all Tim

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

told me was he had written a column defending Whoopi Goldberg . . . and, well, I just about went off on him. But he was facing heart surgery, so I kept my thoughts to myself. I mostly disagree with everything Whoopi Goldberg says and does. But after it was published and I read it, I saw that it was really about defending freedom of speech - just one of the basic freedoms our servicemen and women work and fight for."

"OK, Mrs. Timmons, what's your take on the Russian invasion?"

"I'm thinking China is waiting on the outcome to see if they can overtake Taiwan without global interference," I told him. "Also, what if President Biden was as crazy as Putin? Would VP Harris and others stand up and have him imprisoned? Do Putin's gen-

erals not see how crazy this is? How much more will this escalate? Chemical weapons? Nukes? And Alaska isn't that far from Russia. If worst came to worst, could I stand up to a tank like the Ukrainian people are? Could you, John?"

Before he could answer Tim came into the kitchen.

"I thought I was dreaming, but that really is your voice I heard," Tim said.

"Just checking up on you, Timmons," the man called the Hammer said. "When are you going to be back?"

"Well John, the boss here (Tim said, pointing at me) and the docs want me to work from home for a bit. But I'm feeling better every day and



Linda Timmons

hope to get back soon."

"Mrs. Timmons makes a great cup of coffee and we've been talking about the war and some of your columns. Let me ask you, Timmons, does she always agree with you?"

Tim laughed. "No John, she certainly doesn't. But on the big stuff, stuff about the constant squabbling between Republicans and Democrats and some of their childish behaviors, she's like a lot of us and doesn't understand. She tries to live by God's golden rule and wishes everyone else would do the same."

"Glad to see you're in good hands, Timmons. You be good to her because I surely know she's good to you. God bless you both."

And with that he was out the door. I can see why Tim likes him so much.

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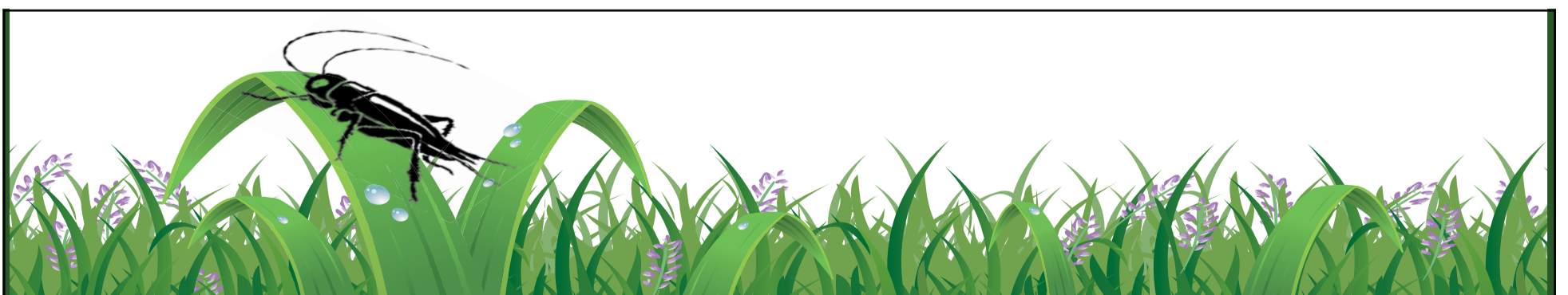
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Fruits Saga – Yep, Another George Or Lucky #7

George, one of the most popular names in the Fruits family brings us the third in a row (George, born 1736 in Germany died Brookville, Franklin County, Indiana in Sept 1811 – he is two of our grandsons' direct) #2 John "George" Fruits 1763-1876, the one dubbed Alamo George and Alamo George and wife, Catherine Stonebraker's son, George Fruits, the III, our subject today in the Fruits Saga.

This George was born July 21, 1822. Do want to give you a warning when researching this family, especially on Ancestry. So many mistakes. For instance, one census has Alamo George listed as Sary George and a huge batch of family trees have Sary as his first name. That came from one census, and granted the writing was sloppy and Alamo George's name looks like Sary but checking the census itself vs. the index, it is definitely Sr George as George III and family is with Alamo George and Catherine and is listed as Jr George. Another mistake on many of the family trees has George III, born in Crawfordsville and I don't think any of them were born in Crawfordsville although several were born in Montgomery County. So, be careful and do your own research, double checking all the way.

George the III was born in Butler County, Ohio, lived in the Alamo-Waynetown area for several years while he and his

wife took care of the older couple. Three children were born here: Ambrose, Jonathan and George IV, of course! Their mother was Eliza Barlow (married Dec 17, 1846) and passed away after the 1860 census before his second marriage in 1864. These three would return to Montgomery County after spending some time with their father in North Judson (Starke County, Indiana). While here, George III gave up farming and began a carpenter trade.

Son Ambrose was George III (and Lizzie Barlow's) first born on Feb 27, 1848 and married Jerusha Moss in 1871. They were active members of the Christian Union Church and lived in the Waynetown area the majority of his life. They had three daughters, Bertha, Cora and Emma (Alta). Several grandchildren blessed their lives. Ambrose and various family members rest in Waynetown Masonic. Jonathan was born 23 April 1854 (died 1930 – buried where his brother is). He and wife Rozilla Keys had three sons, Walter, Ollie and



KAREN ZACH
Around The County

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



Photo courtesy of Karen Zach

George Fruits

Vern E. who was a well-loved minister who died young leaving a wife and two daughters. Then, there's George IV born January 15 in 1850, coming in as George A (sorry no clue what the A represents) who married Alice Royalty. Parents of: Ed, Nettie, Ora, Charles. At Rozie's death, he married Amelia (Mellie) Romine and they were parents of Marvin. Beginning as a farm laborer, he eventually owned a fairly big farm, employing others in Troy Township, Fountain County. He passed away in Central Hospital, Indianapolis 14 Dec 1936 and is buried with Amelia in Oak Hill Cemetery.

George, our subject today, remarried Mary Eleanor Lewis 5 May 1864 in Marshall County, Indiana where they lived for

a few brief years, moved back to Montgomery for some time and then dwelled for the rest of their lives in North Judson. Three children blessed their home, Martha A who passed away at the age of 61 years 3 months and 11 days from persistent anemia. She, her sister, Serepta and their brother, Ezekial Al"bert"us all lived together for many years, Bert a merchant in North Judson was killed by a C&E Railroad car running him over, dragging his vehicle for very close to a mile down the track. His wife, Sarah Sanford sued the railroad for negligence, although not sure how that came out. He is the only one of these three to have any children, marrying when he was 42 years old, Sarah about the same age, they having one daughter, Dorothy, who was

quite an independent young lady, joining the service during WWII as a Nurse, even being transferred by actor Tyrone Power, a pilot during the war. She tallied the rank of Lt. doing much of her stint in the Headquarters Squadron, El Centro, California. After active service, moving to Spokane, Washington, she was involved with a National Nursing Organization.

(Catherine) Serepta born in 1872 when her father was 50, used her 8th grade education wisely, becoming a practical nurse (in Chicago) after Bert married and sister Mattie (1926) passed away. Serepta died in 1947 and they are buried together in the Pioneer Cemetery where their parents rest (thanks to Jackie and Ralph for the FindAGrave photo).

So, as you can see, George III was the father of three children by each of the two wives, had grand children, but not a great amount, was well-liked and passed away 3 Nov 1909 of heart troubles. George, what a popular name who lived here there and everywhere – lucky #7; thus, stay tuned for George's sister, Catherine next week!

Karen Zach is the editor of Montgomery Memories, our monthly magazine all about Montgomery County. Her column, Around the County, appears each Thursday in The Paper of Montgomery County. You can reach her at karen.zach@sbcglobal.net.

"Indian Ed" Miller ... A Great Teacher And A Great Coach

All of the small schools in Montgomery County before consolidation had many outstanding teachers and coaches through the years. Certainly one of the most respected and loved teachers at Darlington was Edwin "Ed" Miller, who taught sixth grade and coached from 1916 to 1944. According to his former students, Ed's teaching style was unique, as he masterfully weaved fun and learning together that left his eager students spellbound and actually longing to be in school. He instilled in each student the desire and discipline to attain one's goals and prepare for the future, and he set high standards that he expected everyone to achieve. Ed did use his paddle if a pupil got out of line, but he was fair to all students and loved them as a father. One former student told me, "I will always remember Mr. Miller the best. During the afternoons, when we had studied enough and were getting restless, Ed would suddenly announce that it was time for judgeball, ciphering matches,



BUTCH DALE
Columnist

spelling bees, or ghost stories."

When Ed came to Darlington in the fall of 1915, the school had lost some of its enthusiasm for basketball. There had been no teams for three years, but Ed changed all of that. Ed had played football for Wabash College. His mother was part Miami Indian, and with his straight black hair, rugged profile, and muscular build, he earned the nickname "Indian Ed" from his Little Giant teammates. The students and players loved Ed



Photo courtesy of Butch Dale

Darlington High School Team 1916-17

so much that they adopted his college nickname as the Darlington team name...the Indians. Fritz Miller, one of Ed's sons, became the first mascot for the school, and the school elected its first cheerleaders for pep sessions and games. Ed produced some outstanding teams from 1916-23, and several of his high school players later became

members of the Darlington Bearcats independent team after graduation. He retired from coaching after the 1923 season, but came back to coach for three years in the late 1920s. His last coaching stint was for two years during WWII, when coaches were hard to find because so many young men had joined the military.

Ed retired from teaching in 1944, but he substitute taught in the small schools in the county before later moving to Florida. According to former teacher (and banker)

John Bowerman, on the last day that Ed was doing substitute work and coaching with grade school youngsters in Florida, he stepped into the locker room after the game was over... The school principal found him there, with the whistle still around his neck. "Ed had passed away just the way he

would have chosen, as a teacher and coach."

Some of his former players stated... "Ed was a winner, and every player wanted to win because of that. He knew how to handle people, and he earned the respect of everyone." and, "Coach Miller was very close to all of us, and he tried to build character and make the game fun."

Ed Miller demanded the best effort that his players had to give, and he set down strict training rules for his teams. The boys always gave their best for their beloved coach and for their school. John Bowerman summed it up best, "Greatness is surely determined by the extent that others, year after year, are better because of a life that has been lived...such a life was that of Ed Miller."

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.

It's In The Double-Bag

So, I am at Walmart scanning and bagging almost \$200 worth of groceries, when the employee that "monitors" the self-service checkout lanes leaves her station, and walks over to me.

"Why are you double-bagging all of your groceries," she asks without saying hello.

"Excuse me?"

"You don't need two plastic bags every time," she instructs. "You're wasting our bags!"

Busted! I openly acknowledge that I nearly always use two bags to secure my groceries, even when the weight of the contents doesn't require double-bagging. I also acknowledge that on occasions in the past, I've worn a belt with suspenders.

It's true. I do feel entitled to two bags when probably I shouldn't.

I nearly always bring one or two shopping carts in from the

parking lot, just to help out, and to ensure that I have one for myself inside.

I'm also one of the rare shoppers, who takes out one of the eleven remaining good eggs in a carton -- rejected by shoppers because it has a single broken egg in it -- and adds it to another discarded carton to complete the dozen.

I've even been known to wipe up a spill or two on the floor, so no one slips and sues the company for millions.

From my standpoint, I'm entitled to walk out of the store with a free brisket every week! "You're wasting our bags," she repeats.

It's late at night, and I'm tired. Admittedly, I found her



JOHN MARLOWE
With the Grain

pleas more nettlesome than I might have otherwise.

"If you don't like the way I'm bagging the groceries, please feel free to come around here and bag them for me -- you know, like employees used to before you were born," I chirped.

"That's not my job."

"Okay, then I will bag my groceries my own way, if that's alright with you."

"I just don't understand why you are wasting bags. Why do you always use two?" she asks.

"Because the bags are weak, and I don't want the handles to break or the bottoms to split open."

"Well, that's because you are putting too much stuff in each bag," she explains. "If

you took half of that stuff out, and put it in a different bag, then you wouldn't need to double-bag."

[Ten seconds of me just staring at her.]

"You want me to split these items in half, and put half in a different bag?" I ask. "So, that way I don't have to double-bag?"

"Exactly."

"Wouldn't I be using the same number of bags to hold the same number of items?"

"No, because you are not double-bagging."

[I'm pressing two fingers into my left eye, trying to make it stop twitching.]

"Okay, so here I have a jug of milk and a bottle of juice, double-bagged," I say. "If I take the milk out, and remove the double-bagging, and just put the milk in this single bag, and the juice in that single bag, I'm still using two bags for two

items."

"No, because you are not double-bagging them, so it's not the same number of bags."

"Is this like that Common Core math stuff I keep hearing about?" I ask.

"Never mind," she sighs. "You just don't get it."

Intimidated by the growing number of onlookers, who were gathering I believe for the comic relief, my bag monitor returns to her station, and resumes staring into her phone.

I thought about calling the manager over, but there were times in our conversation where I thought she might actually be the manager.

"Excuse me," I beckon. "Will you show me how to ring up eleven eggs instead of a dozen?"

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

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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.



DICK WOLFSIE
Life in a Nutshell

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 him 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 hu-

morist 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 have.

Which brings me back

to my mailbox, a mailbox 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 REALLY—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 COLONOSCOPY!

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.

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.



ASK RUSTY
Social Security Advisor

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 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

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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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 to an IRS penalty and 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 in Part B without penalty. But if he doesn't enroll

during (or before) his SEP 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 B premiums can increase yearly - the standard 2022 Part B premium is \$170.10/month.

There is another Medi-

care 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).

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The 2.4 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

Butch Has Suggestions For Republicans In Tough Times

OK, you conservative Republicans out there... times are tough...inflation, high gas prices, the war in Ukraine, Covid-19, rampant crime, biased media, racial strife, and on and on. Maybe you're depressed...trouble falling asleep...upset stomach...nerves shot...or even something much, much worse...your spouse is also depressed and is never "in the mood" any more...Oooh, bummer! I know you need relief, and some of you may even want the Orange Man back, but you'll have to wait. But have 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 your attitude. So here goes....



BUTCH DALE
Columnist

around the block will take three hours and make you feel tired so you can take a "nappy" every afternoon like ol' Joe.

2. Write a nice letter to someone. In fact, write a thank you letter to Hillary Clinton. Tell her how much you appreciate her running against Donald Trump in 2016, because if Donald had been up against an honest and decent Democratic candidate with morals, he might have lost the election. Be sure to beg Hillary to run again in 2024.

3. Need more money?

Speak to a crowd about the dangers of climate change. 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 "has-been" 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 Theo-

ry 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.

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SUNDAY

Voice of our PEOPLE

The Paper of Montgomery County

Sunday, March 20, 2022

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How To Support People With Developmental Disabilities In Your Workplace & Community

By Steve Smitherman, CareSource Indiana President

March marks Developmental Disabilities Awareness Month, a time to increase public awareness of the needs and potential of all people with developmental disabilities. The awareness month also highlights a time to provide encouragement and opportunities for individuals with developmental disabilities to achieve self-sufficiency and independence.

A developmental disability is attributable to a mental, physical or combined impairment that results in substantial functional limitations in three or more activities of daily living, such as self-care, communications, learning, mobility, problem solving or independent living. Examples of developmental disabilities include cerebral palsy, epilepsy and Down syndrome. Despite having unique challenges, with the right individual-

ized supports, people with developmental disabilities have the potential to contribute greatly to their families, workplaces and communities.

Importance of Inclusion It's vital to consider and value people with developmental disabilities in the same way we would anyone else. While we are all different and unique, we tend to have similar aspirations for a good life — living somewhere we enjoy with those closest to us, engaging in work and social activities that interest and stimulate us, and maintaining relationships with family and friends. It's pivotal to respect the autonomy of people with developmental disabilities to make decisions for themselves based on their own preferences and to treat them with the same respect we expect people to treat us.

Additionally, it's important to advocate that people with devel-

opmental disabilities be meaningfully included in activities and places that many of us take for granted, like the school system, in sports and recreational activities, places of worship, volunteering activities and in the workplace. As a health plan, our team at CareSource is creating a culture where our care coordinators discuss employment during the initial and annual plan of care. We provide education to the person or their caregiver when they are interested in a job and help to identify and secure the supports necessary to accomplish their employment goals.

As an employer, we need to practice what we preach. At CareSource, we are committed to employing and creating internship opportunities for people with developmental disabilities. Sometimes, we need to customize a job to match the skills and strengths of

a person. Other times, we need to offer a compatible job coach or technology to assist and allow them to be as productive and successful in their role as possible. By embedding evidence-based practices and flexibilities into our workplace, our workforce will be more reflective of the rich diversity of our markets and the people we serve. The quality of the services we will provide will be enriched, and our strategies, ideas and innovations will be better informed by the very populations we are here to serve.

How to Be Supportive Common misconceptions about people with developmental disabilities is that they are limited in what they can do or how they can contribute to family life, the workforce or their communities. We can minimize these assumptions by meaningfully engaging with developmental disabilities

in our workplaces, social circles or various recreational activities. The more that people with developmental disabilities are included in typical community life, the clearer their value as friends, classmates, employees and coworkers is realized by the public and people who benefit from their engagement.

People should also utilize resources and take the chance to educate themselves about the Developmental Disabilities Assistance and Bill of Rights Act of 2000, the landmark U.S. Supreme Court case *Olmstead v. L.C.*, the federally-funded Developmental Disabilities network (including state Councils on Developmental Disabilities, University Centers for Excellence in Developmental Disabilities Education, Research, and Service (UCEDDs), and state Protection and Advocacy Systems). Also, consider learning more

about advocacy groups focused on people with developmental disabilities like Self-Advocates Becoming Empowered and TASH.

As private citizens, we can engage as a volunteer for advocacy organizations supporting people with developmental disabilities, we can become a mentor or peer to someone with intellectual and developmental disabilities, or we can participate in community events that are focused on promoting people with developmental disabilities. As CareSource expands its programs and investments in the developmental disability population through our Complex Health Solutions portfolio, we are creating more opportunities for everyone to engage with people with developmental disabilities and support them in achieving enhanced quality of life outcomes and to live their best lives.

Value-Added Producer Grant Funding Helps Agricultural Producers, Businesses Grow

By Kalee Olson, policy associate, Center for Rural Affairs

On March 1, the U.S. Department of Agriculture Rural Development announced the availability of \$19.75 million in total funding for projects as part of the Value-Added Producer Grants (VAPG) program.

Individual farmers and ranchers, as well as agricultural businesses and producer groups, may ap-

ply for the grants, which must be used to develop new products or expand existing markets for value-added products. The applicant must produce at least 50 percent of the raw agricultural product to which value is being added.

In addition to regular funding, applicants may specifically apply for COVID-relief funds allocated to the program. These grant funds require

a 10% match, as opposed to the dollar-for-dollar match required for regular funding. Applicants may apply to either or both funding sources; however, separate budgets are required for each.

Two separate grants are available. Planning grants of up to \$75,000 help pay for feasibility studies and business planning. Working Capital grants fund up to \$250,000 to cover marketing and prod-

uct development costs. Projects requesting more than \$50,000 require a previous feasibility study and business plan to verify product viability.

Priority is given to projects that increase opportunities for small and mid-sized farms, and/or for beginning, veteran, and socially disadvantaged producers. Additionally, extra points will be awarded for addressing community recovery from

COVID-19, among other considerations.

This year, applicants will be required to register for a government identification number (UEI-Unique Entity Identifier). This can take two to five weeks to activate, so applicants are encouraged to register early.

Contact your state USDA Rural Development office for application materials and assistance. Online applications will

be accepted until April 25 through grants.gov and paper applications must be postmarked by May 2.

Established in 1973, the Center for Rural Affairs is a private, non-profit organization working to strengthen small businesses, family farms and ranches, and rural communities through action oriented programs addressing social, economic, and environmental issues.

A Tool Bag Full Of Answers

With my nose pressed against the window, I anxiously watched for the arrival of my father from work. With him he would often carry a large, black leather tool bag which, for a little boy like me, held a world of adventure.

After dinner, Dad would spend time at the kitchen table working on various fix-it projects.

I would walk by the table where he was working on some gismo. It is amazing how many little parts would be meticulously set out where they could be cleaned, re-worked and replaced. Every tool had it's purpose.

"Can I help you daddy?"

"Yes, son. Get me my pliers out of my tool bag," he said.

I would search through the bag to find the pliers. With each odd looking tool I would say, "Daddy, what do you do with this?" He would tell me, even though he knew I would ask again the next



RANDALL FRANKS
Southern Style Columns

time. Finally, I would find the tool he asked for and hand them over.

He would say, "Just in time." He would do some little something with it and then set it neatly with the other tools.

Thinking back, he probably did not need those pliers, but he found a use for them anyway just so I could say I helped him fix whatever it was.

Usually as he was nearing the end of his project, I'd run in and ask, "Dad when will you be done?"

He'd say, "Soon son, soon. When I get these tools cleaned up."

My father was a man of tools, and with them he accomplished great things. The tool bag to him was like a doctor's stethoscope or a preacher's bible — it helped to solve the mysteries in his life.

He had the ability to fix almost anything. I am sad to say the mechanically-minded trait did not pass down in my genes.

Much of what my father did for a living rotated around his ability to fix things.

During his life, he worked for several companies fixing everything from Singer sewing machines to Royal typewriters. The job he retired from spoke highly of his abilities to adapt to new technologies. He was responsible for keeping the computers at the IRS running. I'm not talking about these little personal computers. I'm talking about when super computers ruled the world, and they took up the space of nearly a football field.

When he passed years ago, many of his tools came to me. Some are still packed away as he left them, and recent endeavors have reintroduced me to his collection. Many of the tools I have no idea for what they could be used. I keep them simply because they were his.

More and more, I find myself doing various jobs around the house. While I am still not mechanically inclined, with patience I usually manage to figure out how to fix whatever it is. Many times I find myself looking through his tool bag for tools that might be put to use in my objective. Just like when I was a little boy, I often seek his counsel in absents, thinking and sometimes saying out loud "Will this do it dad?"

My father Floyd Franks died in August 1987 and one year later in August 1988, God sent another fatherly figure into my life, a television icon to all

the world, but to me someone who in many ways picked up sharing fatherly advice in my life. One day, the late Carroll O'Connor and I were standing in a pawn shop set on "In the Heat of the Night" looking into a case of tools and knives. We talked about how you can often judge the character of a man by how he cares for his tools.

If he has respect for them, that will be reflected in his life. My Dad took care of his tools and he shared that respect with me.

Today we often depend upon others to fix things we cannot. Oftentimes this tendency carries over into other aspects of our lives as we look to others to fix things which are broken.

Patience and respect will lead you to solutions that can solve many problems.

The tools to fix them are often just inside your own tool bag; you just need to take the time to

look.

These are lessons, we also share with Pearl and Floyd Franks Scholars as they embark on their lives continuing the traditional music of Appalachia. Learn more about how you can help make a difference in the lives of our scholars at www.shareamericafoundation.org.

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



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Historic Paramount Theatre In Central Indiana Announces Addition Of Two New Live Shows

The historic Paramount Theatre is pleased to announce the addition of two live performances – 80s hitmakers Little River Band and TUSK: The World's #1 Tribute to Fleetwood Mac – to its entertainment lineup. Tickets go on sale this Friday, March 4 at 10 a.m. via AndersonParamount.org.

About Little River Band and TUSK: The World's #1 Tribute to Fleetwood Mac:

Little River Band – Friday, Aug. 12, 2022 at 7:30 p.m.

Most tickets \$39, \$49 & \$59. Limited premium seating \$100.

The Little River Band enjoyed huge success in the 70s and 80s with multi-platinum albums and chart-topping hits like "Lady," "Reminiscing," "Cool Change," "Lonesome Loser," "The Night Owls," "Take It Easy On Me," "Help Is on Its Way," and more.

TUSK: The World's #1 Tribute to Fleetwood Mac – Friday, Sept. 30, 2022 at 7:30 p.m.

Most tickets \$25 & \$25. Limited premium seating \$75.

No fancy tricks. No gimmicks. Just five musicians recreating the music of Fleetwood Mac with

note-for-note perfection that no other act has come close to duplicating! Authentic-sounding and always respectful, Tusk performs the greatest hits of one of the most legendary groups of all time.

Current Paramount Theatre Lineup:

- Three Dog Night – Friday, March 25, 2022

- Church Basement Ladies – Thursday, March 31, 2022

- The British Invasion – Thursday, April 28, 2022

- Get the Led Out – Saturday, May 21, 2022

- Killer Queen – Saturday, July 16, 2022

Tickets can be purchased via AndersonParamount.org or by calling the Paramount Box Office at 765.642.1234.

Live shows at the Paramount Theatre are offerings of Honeywell Arts & Entertainment.

About the Anderson Paramount Theatre

The Paramount Theatre Centre & Ballroom has been in operation since Aug. 20, 1929. The Paramount has inspired many spectators with its architecture, entertainment, and history.

About the Anderson Paramount Theatre

the theatre continues to shine as brightly on the outside as the stars do inside. The Paramount offers residents and visitors unique entertainment options year-round in partnership with Honeywell Arts & Entertainment. For more information about the Anderson Paramount Theatre, visit AndersonParamount.org.

About Honeywell Arts & Entertainment

Honeywell Arts & Entertainment encompasses the full range of arts opportunities and venues of The Honeywell Foundation, a nonprofit public arts charity in Wabash, Indiana. The organization is dedicated to the enhancement of artistic, social, cultural, and recreational opportunities for all. Offerings take place online and at six venues: the Honeywell Center, Honeywell House, Eagles Theatre, Charley Creek Gardens, Dr. James Ford Historic Home, and the 13-24 Drive In. Programs are made possible by the Indiana Arts Commission and the National Endowment for the Arts: a federal agency, and by generous donors.

For more information about The Honeywell Foundation, visit HoneywellArts.org.

Superstar Martin Garrix To Headline 2022 Indy 500 Snake Pit

Superstar DJ and producer Martin Garrix will headline a stellar lineup of global electronic music artists at the Indy 500 Snake Pit presented by Coors Light on Sunday, May 29 at Indianapolis Motor Speedway, the biggest and best party of Race Weekend.

deadmau5, Galantis, Steve Aoki and Yellow Claw also will perform at the Race Day concert during the 106th Indianapolis 500 presented by Gainbridge. Performances begin early in the morning in the infield adjacent to Turn 3 of the IMS oval, with specific set times to be announced.

"The Indy 500 Snake Pit presented by Coors Light is one of the most popular concerts of the year on the global EDM calendar," IMS President J. Douglas Boles said. "Anticipation is even higher for this year's show after a two-year pause due to the pandemic, so we can't wait to welcome this incredible,

star-studded lineup and their fans back home again to the Speedway for a day filled with fun and epic memories."

General admission and VIP tickets for the Snake Pit are on sale for \$45 and \$150 at www.ims.com. VIP amenities will include access to a raised viewing platform located beside the stage, a private cash bar and private air-conditioned restrooms.

All Snake Pit ticketholders must be at least 18 years old and hold a valid Indy 500 general admission or reserved seat ticket. Ticket holders should be prepared to show proper identification to enter the concert.

Packages that include Race Day general admission tickets are available. A package featuring general admission to the Indianapolis 500 and Snake Pit is \$85, while a race general admission and Snake Pit VIP package is \$190.

Snake Pit concertgoers

are encouraged to buy tickets now, as prices will increase as May approaches and limited quantities of admission wristbands are available.

In a new regulation for 2022 to maximize safety and overall guest experience, coolers will not be permitted in the Snake Pit. Complimentary water hydration stations will be available for concert attendees. Empty hydration packs with up to two pockets also will be allowed inside the Snake Pit gates.

Martin Garrix has risen to global stardom in pop as well as electronic circles –and yet he's far from being done. Dance music's freshest talent has headlined festivals around the globe, founded a label and mentored other artists and won the No. 1 spot in DJ Mag's Top 100 twice.

This will be Garrix's second performance in the Snake Pit, as he also was in the lineup for the landmark 100th Indianapolis 500 in 2016.

Indiana Authors Awards Announce Ashley C. Ford Homecoming Tour

The Eugene and Marilyn Glick Indiana Authors Awards will kick off a multi-city book tour with Indiana native and New York Times best-selling author Ashley C. Ford in April. The writer, host, educator and social media star will be in conversation with local moderators in three cities about her experiences as an Indiana writer. The tour stops are New Albany on April 12, Indianapolis on April 13 and Fort Wayne on April 14.

A native of Fort Wayne, Ashley C. Ford's New York Times best-selling debut memoir, *Somebody's Daughter*, was published by Flatiron Books in June 2021. Telling the story of her relationship with her incarcerated father, the book explores themes of childhood, family, race, body image, education and home.

Ford is the former host of *The Chronicles of Now* podcast and co-host of the HBO companion podcast *Lovecraft Country Radio*. Ford is a graduate of Ball State University and spent the last several years in New York City, moving

"back home again" to Indiana in 2020. She has written or guest-edited for ELLE Magazine, BuzzFeed, OUT Magazine, Mailchimp Presents, Slate, Teen Vogue, New York Magazine, Allure, Marie Claire, The New York Times, The Guardian, Netflix Queue, Domino, Cup of Jo and various other web and print publications.

"I'm a born and bred Hoosier. My opinions, my political affiliations, my art and all of that comes from what made me here," Ford said. "I'm going to force this place to claim me."

"I want people here, especially young Black people, to know what's possible for their lives. I want to be from here. I want to make things from here. I want my friends from the coasts to come here and see what I see up close. I don't want them to be ignorant about what the Midwest is, what it looks like and who lives here. That's how we get better stories. I want better stories for the Midwest and Indiana specifically."

Ford will be joined in conversation by poet

Mitchell L.H. Douglas at the Floyd County Library in New Albany, writer Tamara Winfrey-Harris at Arsenal Tech High School in Indianapolis and Northeast Indiana Public Radio's Terra Brantley at the Allen County Public Library in Fort Wayne.

The Indiana Authors Awards Tour is a state-wide speaking tour, featuring a prominent Hoosier author in conversation with local writers and thought leaders. With the goals of both highlighting Indiana's national literary status and inspiring more residents to take up the pen and write, the Indiana Authors Awards Tour brings prominent writers to communities around the state. Ashley C. Ford will be the inaugural featured speaker of the Indiana Authors Awards Tour. All events are free. However, seating is limited, and registration is required.

This tour is generously funded by Glick Philanthropies and held in partnership with the Allen County Public Library, the Floyd County Library and Indianapolis Public Schools.

Country Star Dierks Bentley Will Be Headlining Firestone Legends Day Concert

Country music superstar Dierks Bentley will headline the Firestone Legends Day Concert on Saturday, May 28, one day before the 106th Indianapolis 500 presented by Gainbridge. Tickets are on sale now at LiveNation.com.

Special guests Ashley McBryde and Dillon Carmichael will open the show, which begins at 7 p.m. (ET), with individual performances.

Previously held on the Firestone Stage inside Turn 4 of the Indianapolis Motor Speedway, the concert will be held at the TCU Amphitheater in White River State Park, further expanding the celebration of "The Greatest Spectacle in Racing" into downtown Indianapolis.

The new venue allows fans to celebrate Legends Day presented by Firestone at both IMS and throughout downtown Indianapolis. Legends Day kicks off with the 106th Indianapolis 500 Public Drivers' Meeting and driver autograph sessions at IMS. Gates will close early so fans can make their way downtown for the AES 500 Festival Parade and the Firestone Legends Day Concert.

Bentley continues to be a dominant voice for the genre with over 6.4 billion streams as his new single, "Beers On Me," with BRELAND and HARDY races up the radio charts. Reaching a new creative high while "making music designed to challenge" (New York Times), Bentley co-wrote

10 of 13 tracks on his latest full-length release "The Mountain," which earned him the highest debut sales of his career and became his seventh chart-topping release. Last year, Bentley surprised fans with his "Live from Telluride" FROM TELLURIDE collection that was touted as "a giftsic fans didn't know they needed" (The Tennessean).

Bentley will celebrate his 16th anniversary as a member of the Grand Ole Opry in 2022. He also has created professional endeavors outside of the music with his Flag & Anthem lifestyle collection Desert Son, along with his "Dierks Bentley's Whiskey Row" franchise hosting four locations. For more information, visit Dierks.com.

McBryde earned a 2021 Grammy nomination for Best Country Album, making her "Never Will" the only album nominated for Country Album of the Year by the ACMs, CMAs and the Recording Academy in the same award season. The music is stadium-ready rock-and-roll with a bluegrass wink or two and country music's storytelling heart—and McBryde, no longer new, is the music's ordained and highly capable standard bearer.

Since unleashing his critically acclaimed 2018 debut, "Hell On An Angel," Carmichael has toured with some of country music's biggest names, written a song for Travis Tritt's latest

album, racked up millions of streams on Spotify, gone viral on TikTok and even gotten engaged. He used his pandemic downtime to go back to the studio and record his latest album, "Son of A," a collection of high-energy, feel-good country that includes the singles "Hot Beer" and "Hose Water."

As the Official Tire of Country Music and the Official Tire of the Indianapolis 500, Firestone has served as the presenting sponsor of Legends Day since it debuted in 2014. The partnership brings together two platforms – racing and country music – that have played significant roles in the rich history of the time-tested Firestone brand.

TCU AMPHITHEATER AT WHITE RIVER STATE PARK SPONSORS: The 2022 concert series at the TCU Amphitheater at White River State Park is made possible through the generous support of its sponsors including TCU, Coors Light, and more. TCU AMPHITHEATER AT WHITE RIVER STATE PARK PREMIUM SEATS: Be a VIP and take your concert experience to the next level! With a full-service VIP Club & Restaurant, VIP parking and prime seats, it's the only way to see a show. For full and mini-season ticket information, contact: 317-829-5147 & IndyPremiumSeating@livenation.com

TICKETS: Tickets are on sale now and available at www.LiveNation.com.

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5 Ways To Keep Your Digital Possessions Safe

There were 4.66 billion active internet users worldwide in 2021 (almost 60% of the global population) who are said to have created 74 zettabytes of data. A zettabyte is a billion terabytes or a trillion gigabytes — in other words, an incomprehensible amount of information. In that immense pool of data also falls our private and even confidential information.

“Our lives have become paperless as physical possessions have been increasingly moving to the virtual world, such as photographs, books, tax forms, and various certificates, with the help of passwords, electronic signatures, and online banking,” says Oliver Noble, a cybersecurity expert at NordLocker, an encrypted cloud storage solution. “Even though it’s become easier to store your data and have access to it whenever you want,

the risk of it being stolen, compromised, or exposed is higher than ever.”

Cybercriminals launch new malicious software every day and target both big companies and average users. As a study of a nameless malware that stole 1.2 TB of private data from 3.25 million devices has shown, data protection must be made a priority.

5 steps to keep your digital possessions safe

1. Protect your data with strong passwords. Use a password manager to help you create complex and unique passwords and store them in a safe vault. Never use the same password for different online accounts to avoid losing data to credential stuffing attacks.

2. Always back up your files. Back up your data to a portable hard disk or cloud-based storage so you can recover your information if it ever gets

lost. Regular data backups are the ultimate defense against losing your digital valuables forever.

3. Encrypt your sensitive data. Encrypt the sensitive files you store on your computer, smartphone, and in the cloud. There are user-friendly file-encryption tools that turn all your files and information into uncrackable codes that even skilled hackers can’t read without your permission. Better yet, store your files in an encrypted cloud. In many cases, an end-to-end encrypted cloud is the ultimate security tool to protect your data from malware and provide a backup in case your system is infected with ransomware.

4. Protect your data when browsing the web. Start using a VPN (virtual private network), which encrypts all communications passing between your device and the internet so

no outsider can intercept your traffic.

5. Install antivirus on your computer. Antivirus software remains one of the most reliable tools to protect your system. It detects and removes viruses and infected files from your device.

ABOUT NORDLOCKER

NordLocker is the world’s first end-to-end encrypted cloud with a file encryption tool. It was created by the cybersecurity experts behind NordVPN – one of the most advanced VPN service providers in the world. NordLocker is available for Windows and macOS, supports all file types, offers a fast and intuitive interface, and guarantees secure sync between devices. With NordLocker, files are protected from hacking, surveillance, and data collection. For more information: nordlocker.com.

BBB Scam Alert: Utility Impostor Scam

This con happens any time of year and typically during extreme cold or heat event when many people are more likely to need their heat or air conditioning. Scammers impersonate water, electric, and gas company representatives threatening residents and business owners with deactivation of service if they don’t pay up immediately.

Within the last year BBB Serving Central Indiana has received numerous Scam Tracker reports from consumers losing more than \$2,000 to utility scams.

How the Scam Works:

Utility company impostors will typically contact customers with a telephone call or knock on the door claiming to be a representative from the local water, electric, or gas company. In the most common scenario, they will claim payment is overdue and the utility will shut off within the hour if the bill is not paid immediately.

Scammers use a variety of other tricks to prey on utility customers. A “representative” may appear at the door in a plausible work uniform claiming that the electric meter is not working properly and must be immediately replaced—at the homeowner’s expense. In another form of this con, the scammer may gain access inside the home to perform “repairs” or an “energy audit” with the intent of stealing valuables or coming across personal identifiable information that just happens to be out in plain sight. These cons may also involve promises of energy discounts with the intent of taking money, personal information, or possibly the account details needed to switch the resident to another utility provider without consent (an illegal practice known as “slamming”).

Tips to Spot This

Scam:

- Prepaid debit cards and wire transfers are a red flag. If a caller specifically asks for payment by prepaid debit card or wire transfer, this is a huge warning sign. Utility companies will often accept a check or credit card.

- Pressure to pay immediately. Scammers will press for immediate payment and may try high pressure tactics to intimidate consumers into giving them personal and banking information.

Protect Yourself Against This Scam:

- Call customer service. If you feel pressured for immediate action by a caller, hang up the phone and call the customer service number on your utility bill. This will ensure you are speaking to a real representative. Never give your personal or banking information to an unverified or unsolicited caller.

- Never allow anyone into your home unless you have scheduled an appointment or reported a problem. Also, ask utility employees for proper identification before letting them enter.

Report scams to BBB Scam Tracker and learn how to protect yourself, by going to “10 Steps to Avoid Scams.”

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

Childproof Your Car ... From Messy Kids!

Crisp wrappers, old socks, juice cartons and general mud strewn across the car are just some of the issues facing motorists with children.

Those at a loss for how to keep their beloved little ones at bay from ruining the interior of their car while they are inside, are being offered advice on how to childproof their motor and keep it looking as good as new.

The car rental experts from StressFreeCarRental.com have put together their top tips for keeping cars clean and children happy at the same time.

Among the tips offered are taking off muddy shoes, keeping on top of car cleaning and laying down protective mats in the back seats.

A spokesperson for StressFreeCarRental.com said: “Travelling with children can create some of the most wholesome and important memories, however it can also often lead to a very messy car.

“Our tips to tackle the mess are all very straightforward and quick for busy parents to do during and after any trip out. Things like encouraging kids to take muddy boots and shoes off before they get in the car, to avoiding greasy foods and fizzy drinks.”

“The best tip we can offer is to keep on top of any mess. Clearing your car out after every trip will take a matter of minutes. Leave it a few weeks or months and you’ll be cleaning for ages.”

Here are StressFreeCarRental.com’s tips for keeping your car clean when travelling with children.

Keep food at bay

To avoid sticky patches, crumbs and unavoidable smells, food should be kept away from the car. Motorists who are struggling to keep food away from their little ones on a long trip should monitor the snack choices to those that can be easily cleaned up and create minimal crumbs. Greasy food

should also be a no-go.

Remove shoes Encouraging children to remove their muddy boots and shoes before getting into the car is a huge factor in determining how messy the car can get. Super organised motorists should keep spare bags or plastic sheeting in the boot to place the shoes in whilst in motion.

Rubber mats Motorists who are missing car mats should purchase some inexpensive rubber mats that can be cut to size and placed on the floor. After each trip, simply knock the dirt off the mats and pop back into place.

Take a bin bag In order to keep rubbish to a minimum, motorists should always have a bin bag on hand. Children should be encouraged to throw in any empty bottles, wrappers and food waste rather than chucking it on the floor.

Avoid fizzy drinks
Spill a fizzy drink and

the sticky marks are almost impossible to get out. Instead stick to water for the kids during long journeys - any spillages will quickly dry and shouldn’t leave any stains.

Balls in the boot After kicking about balls in the park, motorists should throw the ball in the boot rather than in the back of the car. The same goes for tennis balls or any toys, a box placed in the boot of the car is best used to store all of the essential toys.

Sit on plastic bags If the kids are about to get in the car soaking wet, sit them on some plastic bags. This will keep the seats dry and put an end to the damp smell that comes with transporting children who have become soggy from the weather outside.

Empty the car After every journey, empty the car of toys, food and any rubbish. Keep on top of it and it’ll never become an issue again!

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 week.

- 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 inflation.”

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Montgomery County's Most Wanted

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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

Please Read Our Disclaimer:

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

Notice:

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

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

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STATE OF INDIANA) IN MONTGOMERY SUPERIOR COURT 2) SS:) CAUSE NO. 54D02-2203-PL-000171

COMPLAINT TO QUIET TITLE Comes now Petitioners, Dakota W. Davis and Stacy L. Walters, and after first being duly sworn upon their oath, and with counsel, William A. Goebel, alleges and say:

TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES NOTICE OF SHERIFF'S SALE

TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES NOTICE OF SHERIFF'S SALE

The Paper Public Notices Deadline: 11:00 a.m. 2 Business Days Prior to Publication

STATE OF INDIANA) IN THE MONTGOMERY SUPERIOR COURT 2) SS:) CAUSE NO. 54D02-2203-EU-000028

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Plaintiff Attorney ATTORNEY NO. 15-21-01762

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