

SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Happy Mother's Day!

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2022 will occur on Sunday, May 8. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.

History of Mother's Day Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service.

Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

Did you know? More phone calls are made on Mother's Day than any other day of the year. These holiday chats with Mom often cause phone traffic to spike by as much as 37 percent.

Ann Reeves Jarvis and Julia Ward Howe

The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years



Anna Jarvis



Julia Ward Howe



Juliet Calhoun Blakely

before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

Another precursor to Mother's Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the "Mother's Day Proclamation," a call to action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a "Mother's Peace Day" to be celebrated every June 2.

Other early Mother's Day pioneers include Juliet Calhoun Blakely, a temperance activist who inspired a local Mother's Day in Albion, Michigan, in the 1870s. The duo of Mary Towles Sasseen and Frank Hering, meanwhile, both worked to organize a Mothers' Day in the late 19th and early 20th centuries. Some have even

called Hering "the father of Mothers' Day."

Anna Jarvis Turns Mother's Day Into a National Holiday

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children.

After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent

politicians urging the adoption of a special day honoring motherhood.

By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day.

Jarvis Decries Commercialized Mother's Day

Anna Jarvis had originally conceived of Mother's Day as a day of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting one's mother or attending church services. But once Mother's Day became a national holiday, it was not long before florists, card companies and other merchants capitalized on its popularity.

While Jarvis had initially worked with the floral industry to help raise Mother's Day's profile, by 1920 she had become disgusted with how the holiday had been

commercialized. She outwardly denounced the transformation and urged people to stop buying Mother's Day flowers, cards and candies.

Jarvis eventually resorted to an open campaign against Mother's Day profiteers, speaking out against confectioners, florists and even charities. She also launched countless lawsuits against groups that had used the name "Mother's Day," eventually spending most of her personal wealth in legal fees. By the time of her death in 1948 Jarvis had disowned the holiday altogether, and even actively lobbied the government to see it removed from the American calendar.

Mother's Day Around the World

While versions of Mother's Day are celebrated worldwide, traditions vary depending on the country. In Thailand, for example, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit.

Another alternate observance of Mother's Day can be found in Ethiopia, where families gather each fall to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honoring motherhood.

In the United States, Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers, and it has become one of the biggest holidays for consumer spending. Families also celebrate by giving mothers a day off from activities like cooking or other household chores.

At times, Mother's Day has also been a date for launching political or feminist causes. In 1968 Coretta Scott King, wife of Martin Luther King, Jr., used Mother's Day to host a march in support of underprivileged women and children. In the 1970s women's groups also used the holiday as a time to highlight the need for equal rights and access to childcare.

TODAY'S QUOTE

"Always be confident in what you are doing. If you are not going to be confident you might as well not be doing it."
Aretha Franklin

TODAY'S JOKE

If an Indycar is chasing you, you'll definitely get tired. But if you chase them, you'll get exhausted.

TODAY'S VERSE

Psalm 34:18 The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

TODAY'S HEALTH TIP

Consider sitting on an exercise ball instead of a chair - it helps your balance and keeps you more alert

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.



HONEST HOOSIER

Been to Shades State Park yet? What are you waiting for?



13 WTHR NBC 7 DAY FORECAST

44/72 MAINLY SUNNY	52/81 BREEZY AND WARMER	60/84 SUNNY, MUCH WARMER	65/89 SUNNY AND HUMID	63/87 SUNNY AND WARM	62/87 SUNNY AND WARM	62/85 HAZY AND WARM
SUN	MON	TUE	WED	THU	FRI	SAT

THE GREAT MONTGOMERY COUNTY SCAVENGER HUNT 2022



CURRENT CLUE

FIND THE NAME AND PLACE OF A HOME WHICH SERVED AS AN INN AND HAD SEVERAL IMPORTANT VISITORS, INCLUDING WILLIAM HENRY HARRISON AND HIS MEN. THIS CLAPBOARD HOME EXISTED FOR CLOSE TO 100 YEARS IN OUR COUNTY AS A TRADING POST, TAVERN, POLITICAL AND CIVIC CENTER. IT WAS A PERFECT STOPPING PLACE BETWEEN TWO CITIES BEGINNING TO GROW AS IMPORTANT INDIANA CENTERS (LAFAYETTE AND TERRE HAUTE).



PREVIOUS CLUES

CLUE 1-WHERE WOULD THESE NAMES BE FOUND IN CRAWFORDSVILLE AND WHY WOULD THEY BE LISTED TOGETHER? ZEPHANIAH BALL; JAMES R. CARNAHAN; ISAAC C. ELSON; SAMUEL B. FERGUSON; SMITH S. FRY; THOMAS W. FRY; JOHN P. HAWKINS; JESSE L. HOLMAN; LYCURCUS RAILBACK; ROBERT SPIRMAN; SAMUEL C. VANCE; WILLIAM C. WILSON; JOSEPH M. WISHARD; AND A LOT MORE.
CLUE 2-A SHIP WAS SUNK AND HOSTILITIES BROKE OUT. HUNDREDS OF MEN LOST THEIR LIVES AND NOT LONG AFTER THE UNITED STATES WAS INVOLVED IN A WAR. ULTIMATELY, THAT LED TO THE ERECTION OF A MONUMENT RIGHT HERE IN MONTGOMERY COUNTY. WHAT IS THE MONUMENT, WHERE IS IT LOCATED AND NAME ONE OF THE MEN INCLUDED ON THAT MONUMENT WHO FOUGHT IN THAT WAR?

RULES



1. RANDOM CLUES WILL APPEAR ON THIS PAGE SEVERAL TIMES DURING THE MONTH OF MAY. TO ENTER, SIMPLY ANSWER THE QUESTION AND TURN IN THAT ANSWER PER THE RULES BELOW. ANSWERS ARE WRITTEN, NOT OBJECTS.
2. THIS SCAVENGER HUNT REQUIRES PARTICIPANTS TO PICK UP NOTHING. RATHER, SIMPLY IDENTIFY AND WRITE OR TYPE THE EXACT INFORMATION THE CLUE REFERS TO.
3. E-MAIL THOSE ANSWERS TO TTWANNONS@THEPAPER24-7.COM. OR YOU CAN DROP THEM OFF AT THE PAPER'S OFFICE BETWEEN 9 A.M. AND 4 P.M. MONDAY THROUGH FRIDAY, 127 E. MAIN IN DOWNTOWN CRAWFORDSVILLE. NO PHONE CALLS OR ORAL ANSWERS WILL BE ACCEPTED. ALL ENTRIES MUST BE RECEIVED BY NOON, JUNE 3, 2022.
4. ABSOLUTELY NO OBJECTS OR ITEMS WILL BE ACCEPTED AS ANSWERS.
5. MULTIPLE GUESSES ARE ACCEPTED, BUT EACH ONE MUST BE IN A SEPARATE E-MAIL OR ON A SEPARATE PIECE OF PAPER IF DROPPED OFF AT OUR OFFICES.
6. PLEASE INCLUDE NAME AND CONTACT INFORMATION WITH EACH ANSWER.
7. WINNERS WILL BE DETERMINED BY THE BEST PERCENTAGE OF CORRECT ANSWERS. IN CASE OF TIES, A RANDOM DRAWING OF THOSE PARTICIPANTS WILL BE USED TO BREAK THE TIES.
8. NO PURCHASE REQUIRED TO PLAY.
9. WINNERS WILL BE NOTIFIED BASED ON THE CONTACT INFORMATION THEY PROVIDE. PRIZES MUST BE PICKED UP AT OUR OFFICE AND WILL NOT BE MAILED OR DELIVERED.
10. PARTICIPANTS AGREE TO ALLOW THEIR NAME TO BE USED FOR PROMOTIONAL PURPOSES WITH THIS CONTEST. WINNERS WILL BE ASKED TO COME TO OUR OFFICE TO PICK UP THEIR PRIZE AND HAVE THEIR PICTURE

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SUNDAY

Obituaries

Sunday, May 08, 2022

A3

Marion Luther Kiger

April 30, 2022

Marion Luther Kiger, 89, of Darlington, IN passed away at Well-brooke of Crawfordsville 4:36 PM Saturday April 30, 2022.

He was born in Rainsville, Warren County, IN the son of the late John and Oral (Tribbet) Kiger, and was a graduate of Linden High School.

Mr. Kiger was a veteran of the U. S. Navy, serving during the Korean War from 1952 until 1956. He married Rosemary Newlin at Crawfordsville, IN February 5, 1981. He farmed for many years near Darlington until retiring in 2008. Mr. Kiger also worked as a veterinary assistant for Dr. Lidakey, and sold seed to farmers. He attended Stonewater Church in Linden and was on the Greater Lafayette Honor Flight October 14, 2015.

Survivors include his wife; daughter Belinda May Kiger of Linden; son John Alan Kiger of Crawfordsville; and two brothers, Dean Kiger and Gerald Kiger (Janice) both of Linden; three grandchildren Amy Shirar Malelo, Cary Brock and Kyle Kiger; and by his five great-grandchildren Kiera, Angela, Kaydence, Charlie and Xander.

He was preceded in death by his daughter Debra Lynn Griffin; and two sisters Mereadus Craig and Wilma Runyon.

Friends may call at the Hahn-Groeber Funeral Home, Linden, IN, scheduled from 10 a.m. until the funeral service, which is scheduled to be held at 11 a.m. Thursday May 5, Pastor Mary Hollis officiating. Interment will follow in Linden Cemetery.

Memorial contributions may be directed to Stonewater Church in Linden.

Hahn-Groeber Funeral Home of Linden is honored to serve the Kiger family.

Please leave memories and condolences online at www.hahngroeberfuneralhome.com.

Mary Elizabeth 'Beth' (Smith) Barton

August 25, 1972 - April 30, 2022

Mary Elizabeth "Beth" (Smith) Barton, age 49 of Frankfort and formerly of Crawfordsville, passed away on Saturday, April 30, 2022 at IU Arnett in Lafayette.

She was born in Portsmouth, Rhode Island on August 25, 1972.

Mrs. Barton graduated from North Montgomery High School in 1990 and graduated from Ivy Tech with a nursing degree. Throughout the years she was a LPN at various nursing homes, medical offices, and worked in home health care. After the birth of her son, she became a stay-at-home mom. Mrs. Barton loved doing crafts, art, and riding the Harley with her husband; but most of all she loved being a mom. On May 24, 2010 she married the love of her life, David Barton of Frankfort.

Survivors include her husband, David Barton; son Robert Nile Barton; mother Becky (Dorsey) Schetzle of Summitville; father and mother-in-law Joe & Sharon Barton of Crawfordsville; sister-in-law Jennifer (Damon) Claycomb of Brownsburg; and three nephews.

She was preceded in death by her father, Carlos "Corky" Schetzle; and grandparents Robert & Betty Dillman.

Visitation is scheduled to be held at Sanders Priebe Funeral Care, 315 S Washington St, in Crawfordsville on Wednesday, May 4, 2022 from 5 p.m. - 8 p.m. The celebration of life service is scheduled to be held on Thursday, May 5, 2022 at 11 a.m. at the funeral home with Aaron Bridgman officiating. The service will be live-streamed and recorded which can be viewed on her obituary page at www.sandersfuneralcare.com Burial will follow at Oak Hill Cemetery.

Memorial donations may be given to Ronald McDonald House Charities of Central Indiana, 435 Limestone St, Indianapolis, IN 46202 or donate online at <https://donate.rmhcinc.org/>.

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

Marilyn Brock Stewart

December 14, 1951 - May 4, 2022

Marilyn Brock Stewart of Crawfordsville passed away peacefully on Wednesday, May 4, 2022 surrounded by her loving family. She was 70.

She was born December 14, 1951 at Crawfordsville, the daughter of Woodson and Fanny Mills Brock.

Mrs. Stewart attended Crawfordsville High School. She married John Stewart March 17, 1969.

She retired from Ben Hur Nursing Home after a lifelong career as a CNA. Mrs. Stewart enjoyed shopping with her sisters, sitting on her porch visiting with her friends and family, cheering on the Indianapolis Colts and was passionate about her plants and flowers. She loved life and helping others, never turning away a person or animal in need. Mrs. Stewart especially loved her children and grandchildren.

Survivors include son John Stewart Jr (Jessica); four daughters Stacie (Tom) Farley, Misty (Mark) Gregg, Angela (Curt) Meadows and Stephanie Sims; 12 grandchildren Scott, Thespia, Geoffrey, Carli, Dylan, Cody, Hailey, Nickolas, Logan, Dakota, Cali and Carmen; two sisters Teresa White and Karen Stewart; four brothers Cliff Brock, Keith Brock, Gary Brock and Paul Brock; and many nieces and nephews.

She was preceded in death by her husband; parents; sister Gracie Hampton; and six brothers Junior, Ernie, Denver, Kenny, Bobby and Homer Brock.

Visitation is scheduled to be held on Monday, May 9th at Hunt and Son Funeral Home from 12 - 2 p.m. with a funeral service scheduled for 2 p.m. Graveside services directly following at Oak Hill South

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



Sohn Lee Bowling

July 30, 1961 - April 29, 2022

Sohn Lee Bowling, age 60, of Kingman passed away unexpectedly on his way home from work on Friday morning, April 29, 2022.

He was born in Clinton, Indiana on July 30, 1961 to the late Jesse Lee & Iola Ann (Harwood) Bowling.

Mr. Bowling graduated from Fountain Central High School in 1980 and married his high school sweet heart, Cyndi Hinote, on April 12, 1980. He worked at Raybestos in Crawfordsville for the last 34 years in the paper mill. He loved the outdoors and loved doing anything outdoors; gardening, yard work, hunting, fishing, trapping, ginsenging, mushrooming, had a love for animals, taking buggy rides with his favorite son, Malachi, and Jeep rides with his wife. Mr. Bowling didn't know a stranger, was always the life of the party, and he had that personality where everyone loved him instantly. He was so proud of the life he built with his wife, loved his family and grandkids dearly, and was the rock of his family. He will be missed by many.

Survivors include his wife of 42 years, Cyndi Bowling of Kingman; two children which he was so proud of, Sohanna (Justin) Williams of Veedersburg and Chadlee (Yasa) Bowling of Sylvania, and his beloved fur son, Malachi; seven grandchildren Mitchell (Samantha) Jennings, Kierstin (Ethan) Oppy, Jaysa Bretney, Uriah (Hannah) Kyger, Hunter Dillon, Kaitie Dillon and Alexis Williams; five great-grandchildren Haven, Olive, Aliza, Beau and Jedediah; and two brothers John (Amy) Bowling of Marshall and Sam Bowling of Veedersburg.

Visitation is scheduled to be held at Sanders Funeral Care, 203 S 1st Street, in Kingman on Thursday, May 5, 2022 from 4 p.m. - 8 p.m. The funeral is scheduled to be held at the funeral home on Friday, May 6, 2022 at 11 a.m. with Pastor Jason Davis officiating. The service will be recorded which can be viewed on his obituary page at www.sandersfuneralcare.com. Burial will follow at Kingman Fraternal Cemetery.

Memorial donations may be given to K-Love Radio Network at <https://donor.klove.com/>.

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



Bishop Clarence Isaac Lee

October 1, 1937 - May 1, 2022

Bishop Clarence Isaac Lee, 84, passed into Heaven's glory to be with his Saviour on May 1, 2022, a beautiful Sunday afternoon.

He was born on October 1, 1937, in Indianapolis, Indiana, the oldest son of Clarence Isaac and Lillian Lucretia (Harris) Lee.

The family moved to Putnam County where he and his siblings were raised in a rural community.

Bishop Lee graduated from Greencastle High School in 1955 and had dreams of becoming a small animal veterinarian. Due to his family's lack of finances, however, he couldn't afford a college education, and began working at Stark, Wetzel & Co. in Indianapolis. He also worked for medical doctors cleaning offices in Indianapolis.

Bishop Lee married Betty Jean Mosley on her 22nd birthday in June 22, 1957. They lived in Indianapolis until 1973 before moving his family out of Marion County. He did this because his family had grown to 12 children and he wanted a safer place for them to grow up.

After moving to Montgomery County, Bishop Lee worked at Hoosier Crown before going into the ministry full-time in 1987 when he and Lady Betty Jean Lee founded One Way Pentecostal Apostolic Church, which they named after a church in Indianapolis eatables by their friends, Bishop R.H. and Lady Carolyn Duncan.

The Union of Bishop Lee and Betty Lee brought 12 sons and three daughters: the late Clarence Isaac Lee Jr. (Helen Whitesides Lee), Charles Anthony Lee of Muncie; Kevin Albert (Stephanie) of Bloomington; David Michael (Andrea), Indianapolis; Gerald Lamont (Akemi "Kim"), Fishers; Kenneth Jerome (Crystal), Crawfordsville; William Perry (Angela), Indianapolis; Stephen Thomas (Tamara), Lafayette; Jeannine Lucretia Lois Lee Lake (David) of Muncie; Patrick Nathaniel (Jana), Lafayette; Mary Beth Kenner (Cordell) of Lafayette; Jeffrey Alan (Shanda) Santa Clarita, California; John Ryan (Lynnetta), Yorktown; Joyce Anne Terry (Jimmy), East Rockaway, NY, and Josef Aaron (Alisa), Indianapolis.

Following Betty's death in April 2003, Bishop Lee married the lovely Veda M. Miller, in April 2007, becoming a stepfather to Gail L (George) Harding and the late Roger E. Miller.

Survivors include his siblings, James Lee (Barbara) of Lafayette, Marie Oatman (Melvin), of Texas, Mary Helen Dean, of Greencastle and Eunice Lee, of Terre Haute; a tremendous host of beautiful grandchildren, great-grandchildren and great-great-grandchildren, family and friends.

Preceding him in death was his first wife Betty, firstborn son Clarence I. Lee (Junie) and stillborn son Benjamin; two brothers Timothy Lee, David Lee; and sister, Frances Dean.

Bishop Lee's viewing is scheduled to be held Friday, May 6th, 2022 from 4 - 7 p.m. at 308 S. Green Street, Crawfordsville, IN 47933. A Homegoing Service is scheduled for Saturday May 7th, 2022 at 1905 Lebanon Road, Crawfordsville, IN 47933 with a shorter viewing scheduled for 11 a.m. The Service is scheduled to begin promptly at 12 p.m.

Burkhart Funeral Home is in charge of arrangements.



Dorothy J. Danzebrink

November 27, 1937 - April 30, 2022

Dorothy J. Danzebrink, 84, of Crawfordsville, died April 30, 2022 at home, in the presence of her children.

She was born November 27, 1937 in Cincinnati, Ohio to LeRoy and Genevieve Kohl.

Mrs. Danzebrink was raised and educated in Cincinnati and graduated with a B.S. degree in nursing from Mount St. Joseph's University. She then moved to Crawfordsville and enjoyed her work as a nurse for over 30 years. She married Hubert Danzebrink in 1961.

Mrs. Danzebrink was a faithful member of St. Bernard's church, Tri Kappa Sorority, and Crawfordsville Art League. She volunteered in many community and parish activities. Next to her family, she enjoyed her faith, being with friends, gardening, crafts, cooking, and traveling. Mrs. Danzebrink's one next highlight was travel to the Holy Land.

Survivors include her three children Norbert (Rhonda), Rita (Mark) and Eric; five precious grandchildren Jonathan, Ellen, Jonathan, Brady and Brenna; and sister Beverly Maxwell.

In addition to her parents, she was preceded in death by her husband Hubert Danzebrink

A memorial Mass is scheduled to be celebrated at St. Bernard's Catholic Church, 1306 E. Main Street, by Father David Bower, on Wednesday, May 11, 2022 at 10 a.m. Visitation is scheduled to begin at 9 a.m.

Memorial contributions can be made to the Catholic Relief Service at St. Bernard's Church or MaryKnoll Missions.

Arrangements are entrusted to Burkhart Funeral Home.

Amanda Deckard Logsdon

March 12, 1974 - May 4, 2022

Amanda Deckard Logsdon of Waynetown passed away Wednesday evening. She was 48.

She was born March 12, 1974 in Crawfordsville, the daughter of Bernie Deckard and Janet Deckard.

Mrs. Logsdon graduated from Crawfordsville High School in 1992. She married Susan Logsdon.

She enjoyed woodworking, camping, kayaking, and working in her shop. She loved her truck. But most of all, Mrs. Logsdon loved her family, especially her grandkids.

Survivors include her spouse, Susan Logsdon; mother Jan Deckard; daughter Ashley Powell; son Chayce Miller; four step-children Derek Logsdon, Josh Logsdon, Mary Logsdon and Cheyenne Williams; eight grandchildren Lilly, Ivy, Weston, Bryson, Daniel, Matthew, Everleigh and Georgie; two brothers Troy Deckard and Jeff Deckard; and sister Melissa Willis.

She was preceded in death by her grandparents and her dad, Bernie Deckard.

A memorial gathering is scheduled to be held Sunday, May 8th from 2 to 4 p.m. at Burkhart Funeral Home, 201 W. Wabash Avenue. Her family is then scheduled to hold a service remembering Amanda at 4 p.m.

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

Glen Ray Krout

June 20, 1928 - May 5, 2022

Glen Ray Krout, age 93, of Crawfordsville, passed away on Thursday, May 5, 2022 at his home in Crawfordsville.

He was born in Alamo on June 20, 1928 to the late Virgil L. and Fairy A. (Dunkelbarger) Krout.

Mr. Krout graduated from Alamo High School in 1946. He began his career at RR Donnelley at the age of 17 before proudly serving his country in the United States Army during the Korean War. He married Phyllis J Eggers on March 18, 1952. They lived in Texas until his discharge from the Army before moving back to Crawfordsville. Mr. Krout resumed working at Donnelley until his retirement in 1991. He faithfully served as a Deacon at the First Baptist Church when it was on Walnut Street. He did not send his family to church; he took them to church. In recent years he attended East Side Baptist Church.

After retirement Mr. Krout and his wife enjoyed living between Crawfordsville and Florida until her passing on October 29, 2010. He enjoyed watching and being entertained by animals. As a youth, he enjoyed taking a dog on hunting excursions. Mr. Krout also was an expert coin collector and attended Military Reunions. He attended a reunion in Hawaii and participated in the Honor Flight in 2013 with his daughter and his guardian.

Survivors include his two sons Keith A. Krout of Crawfordsville and Kevin (Brenda) Krout of Albuquerque, NM; daughter Vicki (Darrell) Cope of Ladoga; two grandsons Clint (Cassie Bixler) Jackson of New Ross and Casey (Jamie) Jackson of Waynetown; two step grand-daughters Joanna LeJeune of Crawfordsville and Amy (Mike) Smith of Brownsburg; sister Margaret "Moyne" Redmon Caldwell of Crawfordsville; twelve great-grandchildren; five great-great-grandchildren; and several nieces and nephews.

He was preceded in death by his parents; his wife Phyllis; brother Lawrence (Maxine) Krout; sister Elsie (Leighton) Poole; brother-in law and sister-in-law John and Betty Hester; niece Glenda Poole Dickerson, who was named after Glen; and great-granddaughter Josie Cranfill.

There is scheduled to be a visitation at Sanders Priebe Funeral Care, 315 S. Washington Street, in Crawfordsville, on Tuesday, May 10, 2022 from 4 p.m. until 8 p.m. The funeral service is scheduled to be held at the Funeral Home on May 11, 2022 at 11 a.m. with Pastor Steve Whicker officiating. Burial will follow at Oak Cemetery South where Military Honors will be conducted by the United States Army and the Post 72 Honor Guard.

Memorial donations may be given to East Side Baptist Church Benevolent Fund, the Montgomery County Animal Welfare League or the Home for Friendless Animals.

Sanders Priebe Funeral Care is entrusted with Care.



relax & enjoy

THE PAPER

HONEST HOOSIER



Gotta love covered bridges!

I ndiana

Facts & Fun



28

Greene

Number %00 ÷ Stumpers

1. How old is the Richard-Plummer Creek Covered Bridge? \geq
2. How old is Greene County? \leq
3. How many people in the county do not live in Bloomfield? \geq
4. What is the population density of the county? \leq

Answers: 1. 136 Years 2. 198 Years 3. Around 30,760 People 4. 60 / sq. mi. \div

Did You Know?

- Greene County was founded in 1821 and named for Nathanael Greene.
- Bloomfield, the county seat, has a total population of 2,405 residents.
- The largest city in the county, Linton has the motto "You'll like Linton."
- Bloomfield has one of the best preserved covered bridges in the state, the Richland-Plummer Creek Covered Bridge, which was built in 1883.
- The county is 545.92 square miles and has a population of 33,165 residents.

Got Words?

Bloomfield hosts the annual Bloomfield Apple Festival and Parade on the first full weekend of October. How do you think large, annual events impact communities socially?

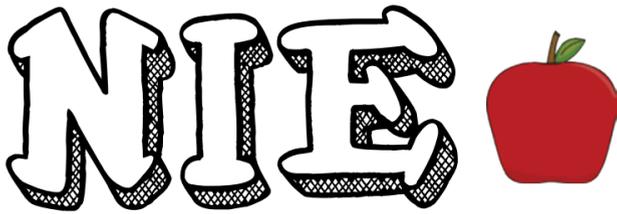
Word Scrambler

Unscramble the words below!

1. ITONLN
2. REDCVEO DBGRIE
3. BEODLOLFIM
4. ERGNEE UTOCYN
5. ASIETFLV

Answers: 1. Linton 2. Covered Bridge 3. Bloomfield 4. Greene County 5. Festival

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SUNDAY

Indiana the Strong

Sunday, May 08, 2022

B1

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Planting Season Is Here; Remain Alert To Large Farm Equipment On Indiana Roads

Planting season is quickly approaching for Indiana's 94,000 farmers. With the warm weather and sunshine, Hoosier motorists will also see more large slow-moving farm equipment traveling Indiana's rural roads and highways. The Indiana State Department of Agriculture, Indiana Department of Homeland Security, Indiana Department of Transportation, Indiana State Police and Hoosier Ag Today want to encourage motorists to slow down, be alert and be patient on rural roadways this spring.

"Our farmers have an enormous job to do, feeding us and the rest of the world," said Lt. Gov. Suzanne Crouch, Secretary of Agriculture. "And with that job comes a tremendous responsibility; let's help our farmers out where we can. When you see large farm equipment traveling our Hoosier roadways slow down and give them space so everyone can get where they are going safely."

In Indiana, according to the National Highway Traffic Safety Administration, in 2020 three vehicles were involved in

crashes with farm equipment, which resulted in two deaths.

"During the spring and fall seasons Indiana sees a drastic increase of large farm equipment on our rural roads and highways," said Doug Carter, Indiana State Police Superintendent. "In our strong agricultural state, it is critical that Hoosier motorists know the steps to take when approaching farm equipment on the roadways to ensure we all make it home safely to our families."

While the term "farm equipment" encompasses a wide range of vehicles, the most common types motorists will encounter during planting season include sprayers, tractors pulling planters or tillage equipment, and large trucks hauling agricultural products. These vehicles are wide, sometimes taking up most of the road, and often travel at speeds no greater than 25 mph.

The following list includes several safety tips for motorists approaching large farm equipment:

Farmers will pull over when they are able to let motorists pass, but it may take time for them to get

to a safe place to do so.

Be patient. Farm equipment is wide, sometimes taking up most of the road.

Be careful when passing. Do not pass in a designated "No Passing Zone" or within 100 feet of any intersection, railroad grade crossing, bridge, elevation structure or tunnel.

Do not try to pass slow-moving farm equipment on the left without ensuring that the farmer driving is not planning a left turn. It may appear that the driver is pulling over to allow a pass when the farmer is actually preparing to turn. You will drive right into its path, endangering yourself and the farmer.

Avoid tailgating, as some farm equipment might have to make sudden stops along the road.

Allow plenty of time to get to a destination, be aware of alternate routes and avoid distractions.

"Moving farm equipment on the roadways is one of the most dangerous parts of my job. It takes time to find a safe space for me to pull over and allow other motorists to pass safely. Please be consider-

ate when you drive behind farm equipment, drivers and I have the same goal in mind each time we take a trip on Hoosier roads- to get our work done and make it home safely to our loved ones," said Brent Bible, Tippecanoe Co. farmer.

Indiana State Department of Agriculture Director Bruce Kettler wants to remind motorists farmers work hard to ensure they are being as safe as possible.

"Hoosier farmers are trying to get to their fields safely and quickly, just like our Hoosier motorists are trying to get to work safely and quickly," said Kettler. "I want to encourage motorists to be aware during this spring season and know that encountering farm equipment is likely and to slow down when approaching."

For a list of safety tips, visit isda.in.gov. The following organizations will be working together to share this important safety message during planting season: Hoosier Ag Today, Indiana Department of Homeland Security, Indiana Department of Transportation and Indiana State Police.

The Month Of May Is The Month Of Ministry

The calendar has flipped to the Month of May, and you can feel the excitement building in Indy. With the Indianapolis 500 Presented by Gainbridge less than one month away and the GMR Grand Prix of Indianapolis next week, the Month of May is buzzing for the INDYCAR community. Behind the scenes, IndyCar Ministry continues to serve those within the IndyCar community through prayer, counseling, encouragement and much more during this special time. This May, they've created a new initiative dubbed the 'Month of Ministry' which will be alive and present.

"We are obviously really excited about the Month of May in Indy but also for the Month of Ministry," explained Chaplain Jason Holt. "Beginning Sunday, May 8, we will be doing a prayer initiative focused on the various members, departments, and positions within the IndyCar community. Not only will this raise awareness of who they serve but this also invite others to be a part of making an impact within the community."

"We have a big month of racing ahead of us, and a big month for the IndyCar Ministry," added Chaplain Chuck Lessick. "We are working hard to bring you some videos and content from behind the scenes. Talk to drivers and crew and get their take on IndyCar, their faith, their families and what they do inside the sport. It is going to be a great month."

As part of the "Month of Ministry," ICM is working towards engaging people through their giving. The Ministry is solely

funded through donations from those within the motorsports community and is a 501(c)3 accredited organization. By inviting people to join in through financial partnership will enable IndyCar Ministry to be at every event and continue to serve those in our racing community, in spite of the increased travel costs they are facing.

During the AMR Grand Prix, IndyCar Ministry will have a major presence in the Road to Indy program as well as their normal initiatives. As a naming partner in the Indy Pro 2000 Presented by Cooper Tires rounds five, six and seven, IndyCar Ministry logos will be present on all competitors' cars throughout the event weekend.

Lessick continued, "By partnering with Andersen Promotions and the Road to Indy, we receive pace car rides, gentleman start your engines and the opportunity to wave the green flag for the weekend's festivities. We will be putting those items up in an online auction with all proceeds going directly to the expenses of IndyCar Ministry."

IndyCar Ministry would also like you to visit Garage #19 throughout the Indianapolis 500 festivities. With a show car on display as well as services being offered throughout the month, Garage #19 will be the place to be for IndyCar Ministry.

Stay tuned to our social media channels for more on the 'Month of Ministry', how to get involved and how to donate.

IndyCar Ministry is a 501(c)3 Non-Profit Corporation and is funded entirely by your donations

Wabash College Professor McCrary Has Been Awarded Prestigious NEH Grant

Lorraine Krall McCrary, assistant professor of political science, has received a National Endowment for the Humanities (NEH) grant to fund preliminary research for a new book project.

McCrary will spend two months this summer conducting research on inclusion of people with disabilities within communities and the notion of a just society for her project titled, "Disability, Community, and Care," thanks to a Summer Stipend grant from the NEH.

"When I got the call that I had been awarded the grant, I was just so thrilled," McCrary said. "Wabash has been really supportive of this project, and I'm grateful that support of my research will continue to inform my teaching in courses like, 'Disability and Politics.'"

The NEH's Summer Stipend program aims to stimulate new research in the humanities and its publication by providing small awards to individuals pursuing advanced research that is of value to humanities scholars and general audiences. The program funds projects that are at any stage of development, but especially early-stage research and late-stage writing in which small awards are most effective.

"Particularly given

the highly competitive nature of this program, the awarding of an NEH Summer Stipend is a testament to the excellent work being produced by Professor McCrary and her insightful use of political theory in the analysis of questions of disability and agency," said Dean of the College Todd McDorman. "I'm thrilled for her, and with this being the second consecutive year a Wabash faculty member has been recognized by the NEH, I see the award as another symbol of the strength of the Wabash faculty."

"This opportunity will help further propel Professor McCrary's research program forward and her fieldwork in Belgium will undoubtedly produce both rich scholarship and allow her to bring valuable classroom insights to Wabash students."

McCrary, who joined Wabash faculty in 2016, is a political theorist whose research brings together disability studies and the feminist ethic of care. She also writes about Arendt's natality, as well as the relationship between the family and politics.

The NEH grant will help McCrary expand on research she has already started for her book project, which examines the contributions of associations by and for people

with disabilities to an inclusive, just, and stable society.

In 2018, McCrary traveled to France and interviewed people who are part of L'Arche, a community where people with and without intellectual disabilities live together in an intentional community. There, she conducted interviews that focused on how a community of care may cultivate agency in people with disabilities.

This summer while in Belgium, McCrary will focus on the role of multiple associations in cultivating agency. She will spend 11 days in Geel, meeting with and interviewing adult boarders with mental illnesses or intellectual disabilities together with the foster families with whom they live, as well as members of other associations through which boarders participate in town life, ranging from athletic associations, to those that are religious, social, and political.

"As political scientists, we often look at national politics, and I'm interested in where else politics happens," she said. "I want to learn more about these really small communities where people are making decisions about their shared lives together."

McCrary's project is one of 245 humanities

projects across the country to receive NEH funding this year. In the last five years, the program received an average of 812 applications and made an average of 90 awards annually.

McCrary said she hopes her research on intellectual disability and mental illness will, in part, encourage political theorists to encounter the experiences of those who appear to possess less of the reason, autonomy, and independence that political theory so routinely assumes. She hopes it will also contribute to the intersection of political theory and the ethic of care and extends theories of community and association.

"I want to shift our attention from centralized processes of care all the time to decentralized care, and show that they don't all have to be universalized," McCrary said. "Good care can happen in different communities and in different ways."

Sabrina Thomas, associate professor and David A. Moore Chair in American History, was awarded NEH's Summer Stipend grant last year. Funding supported her project, "The Soul of Blood and Borders," a book on African American responses to biracial children born in the wake of World War II and the Vietnam War.

CollegeChoice 529 Plans Launches Faces Of 529 Day Contest

Treasurer of State Kelly Mitchell is announcing the CollegeChoice Faces of 529 Day Contest to celebrate National College Savings Plan Day on May 29 (5/29). CollegeChoice 529 will award one winner with a \$529 CollegeChoice account contribution for sharing a photo with a caption of who they are saving for during the month of May.

To enter the contest, a participant must upload a photo of their beneficiary with a caption and complete the form at www.collegechoicedirect.com/529day by 11:59 p.m. on May 29. One individual will be randomly selected from all eligible entries to win a \$529 CollegeChoice 529 account deposit.

"Faces of 529 Day is an opportunity to put the focus on our beneficiaries of all ages," said program Executive Director Marissa Rowe. "Each year, we receive great photos and captions, and we cannot wait to award the \$529 account deposit to a family. Not a pho-

tographer? Don't worry - the winner is selected at random."

CollegeChoice 529 provides families with flexibility and choice when it comes to saving for education after high school. Funds can be used at any eligible school or qualified apprenticeship program, both in- and out-of-state. Accounts grow tax-deferred and distributions are tax-free as long as the money is withdrawn to pay for qualified education expenses like tuition, books, computers, equipment, and fees.

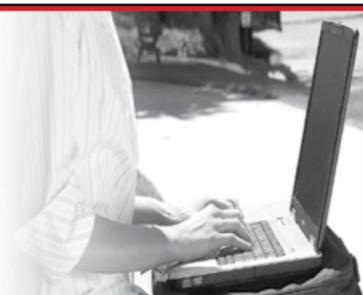
Indiana taxpayers may also be eligible for an annual state income tax credit of 20 percent of contributions to their CollegeChoice 529 accounts, worth up to \$1,000 each year (\$500 for married couples filing separately).

For full contest rules and to enter, visit www.collegechoicedirect.com/529day. For more information about CollegeChoice 529 Savings Plans, visit www.collegechoicedirect.com/plans.



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SUNDAY

Indiana the Strong

Sunday, May 08, 2022

B2

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Consumer Alert: List Of Products Recalled In April

Attorney General Todd Rokita is alerting Hoosiers of important consumer protection concerns for products recalled in April. Consumers are encouraged to take advantage of opportunities available for those who purchased the recalled items.

“Whether it’s a pressure washer, pajamas, or pain relief products, Hoosier consumers need to know if the products they purchased are flawed,” Attorney General Rokita said. “Protecting consumers is a priority of my office. If you have difficulty finding a solution for your recalled product, call my office.”

According to the Consumer Product Safety Commission, the following consumer products were recalled in April:

- Klikk High Chairs from Stokke
- Wall Beds from Bestar
- Sodium Hydroxide from biOrigins
- Hot Glue Guns from Dollar Tree
- Prenatal and Immunity

Dietary Supplements from Rae Wellness

- Hempvana Pain Relief Products from Telebrands
- Bottom Freezer, French Door Refrigerators from GE Appliances

• Craftsman and Troy-Bilt Riding Lawn Mowers from MTD

• Toy Wood Play Smart Robot Buddy(s) and Wood Sensory Boards from MerchSource

- Diving Inflation Valves from SI TECH
- Ceramic Knives from Norwex

• LUXE+WILLOW Heated Blankets from MWA

• Children’s Pajamas from The Red League

• Air Fryers and Air Fryer Ovens from Best Buy

• Nectar Premier Mattresses from Elite Comfort Solutions

• Wooden Push Toys from Monti Kids

• Overhead Garage Storage Racks from Eagle Industrial Group

• Woven Bunny Baskets

from Bed Bath & Beyond

- Organic Wintergreen Essential Oil from Best Nutritionals
- Competition Off-Road Motorcycles from Yamaha

• Electric Start Pressure Washers from Generac Power Systems

• School Classroom Stack Chairs from Amazon

• RZR Recreational Off-Road Vehicles from Polaris

If you believe you purchased a recalled product, stop using it and check its recall notice (linked above for all products). Follow the notice’s instructions, including where to return the product, how to get the product fixed, how to dispose of the product, how to receive a refund for the product, or what steps must be taken to receive a replacement product.

To view recalls issued prior to April, visit the Consumer Protection Safety Commission website at <https://www.cpsc.gov/Recalls>.

Annual Franciscan Health Race For Kids To Be Held June 4th

Franciscan Health Lafayette East is hosting its annual 5K run/walk*, Race for Kids, on Saturday, June 4, 2022. A virtual** race option will also be available Saturday, June 4, through Sunday, June 5.

The Race for Kids itinerary will include the following:

8 a.m. - Registration Opens

8 - 11 a.m. - Safe Kids Greater Lafayette Activity Station; Fire Truck Tours; Canvas Art Pictures

Franciscan Physician Network Pediatrics West Lafayette and Franciscan Physician Network Family Medicine West Lafayette will be in attendance

8:30 - 9:30 a.m. - Meet and Greet with Purdue Pete!

8:45 a.m. - NICU Reunion, a reunion of patients, families and caregivers of the NICU

9 a.m. - Butterfly Release, a time for families to honor and remember a lost baby or child

9:15 a.m. - Kid’s Dash, a non-competitive 50-yard dash. Free to children of all ages and abilities

9:30 a.m. - 5K Run/Walk starts - \$30 (kids under 10 are free)

Those who would like to participate are asked to

register online by Tuesday, May 31, by visiting RaceForKids5K.itsyourrace.com. The in-person event will take place at the end of St. Francis Way by the 3920 office building at Franciscan Health Lafayette East - 1701 S. Creasy Lane, Lafayette, IN.

The race is aimed at raising awareness and funds for the Franciscan Health Lafayette East Level III Neonatal Intensive Care Unit (NICU) and their Pediatric Physical, Occupational and Speech Therapy departments. All proceeds will help purchase equipment and supplies needed to provide a continuum of care for not only the tiny babies in their NICU, but also the children with developmental delays who work hard each week in their therapy appointments. Franciscan Health’s goal is to enhance a child’s ability to learn, improve their physical function and support their need for independence.

“We’re excited to offer this annual race along with family friendly activities to the Greater Lafayette community,” said Jen Eberly, director of development at Franciscan Health Foundation Western Indiana. “The event has become a tradition for

NICU families and helps raise funds which allows us to continue to give babies and children the best possible care at our facilities.”

Register today by visiting RaceForKids5k.itsyourrace.com.

For more information about the event, please call (765) 423-6810.

*All registration types include a race t-shirt and one butterfly for release. Virtual participants can also have a butterfly released in honor of a loved one.

**Franciscan has and will continue to carefully monitor all developments surrounding the pandemic. Their first priority is your health and the wellbeing of our communities. Therefore, they will be implementing safety procedures to ensure everyone’s wellbeing. They will continue to follow CDC and local guidelines. However, if their local environment is not conducive for an in-person event in June, then all activities will move to the virtual platform, and all registered in-person participants will be transferred to the virtual option (no refunds will be offered since this is a fundraiser).

Celebrate Visit Indiana Week With The Indiana State Nature And Culinary Trails Passports

Visit Indiana Week is May 1-7, in conjunction with National Travel & Tourism Week. This week aims to educate the public about the importance and impact of travel and tourism. The Office of Lt. Governor Suzanne Crouch, the Indiana Destination Development Corporation (IDDC), Indiana Department of Natural Resources (DNR) and Indiana Foodways Alliance (IFA) are inviting people to explore the state.

“Over 25,000 people have signed up for the passports,” Lt. Gov. Crouch said. “DNR is offering free gate admission to all DNR properties on Sunday, May 1. It’s also a free fishing day without

a permit.”

All week during Visit Indiana Week, visitors will be eligible for prizes when they check in using the Indiana State Nature Passport. At the end of the week, one person will win the grand prize, a 2022 State Parks Pass, a \$50 gift card for camping and a subscription to Outdoor Indiana magazine. Visitors who donate to the DNR Foundation throughout the month will also earn a free check-in.

Indiana is home to incredible frozen treats, from monster sundaes to an array of bountiful flavors. And throughout the month of May, anyone who checks in via the I Scream for Ice Cream Trail™ is eligible to win a

gift card from one of the trail stops courtesy of Indiana Foodways Alliance.

“From farms that produce unique flavors and local businesses specializing in ice cream, hundreds of flavors are waiting to be sampled,” said Elaine Bedel, IDDC’s Secretary and CEO.

For more information on the Indiana Culinary Trails Passport or Indiana State Nature Passport, go to VisitIndiana.com/Explore or scan the QR code. To follow Visit Indiana on social media: Facebook, Twitter or Instagram.

*The passport does not replace the entrance fee for a state property.

**All prizes are available while supplies last.

Grants Available For Recycling Markets, Manufacturing Capacity And Job Creation

The Indiana Department of Environmental Management (IDEM) today announced the availability of grant funding for recycling projects from the Recycling Market Development Program. Eligible candidates may seek a grant ranging from \$50,000 to \$500,000. Proposals are accepted now through June 15, 2022.

Public and private businesses, local government, solid waste management districts, and nonprofit organizations located and doing business in Indiana are eligible to submit proposals for funding. Proposals must show a need, an increase in recyclable material collection or consumption, a reduction in municipal solid waste shipped for final disposal,

or improved partnerships with communities, including economic impacts and increased public awareness of recycling opportunities through tangible outreach and education efforts.

Projects should demonstrate sustainability and an understanding of the changing economy for recyclers and look at where monies can be used most effectively to increase statewide recycling.

Final funding determinations will be made this fall. To apply, visit idem.IN.gov/recycle/2358.htm. For additional information, please contact 800-988-7901 or RMDP-Grants@idem.IN.gov.

The Recycling Market Development Program operates under the Recycling

Market Development Board as established by IC 4-23-5.5. The grant money for the program comes from the Recycling Promotion and Assistance Fund, an account generated by a per-ton fee on solid waste disposed at Indiana landfills. The fund supports source reduction, reuse, recycling and composting to prevent solid waste from permanent disposal.

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

WHIN Receives \$400,000 Gift From West Central Region Of IU Health To Improve Rural Broadband Access

The Wabash Heartland Innovation Network (WHIN) has received \$400,000 from the West Central Region of Indiana University Health toward WHIN’s future. The gift recognizes WHIN’s leadership role in accelerating broadband access in its ten-county region.

“WHIN deeply appreciates IU Health’s support,” says WHIN CEO Johnny Park. “Our unique role in helping make innovative wireless broadband technology and network design available to underserved rural communities quickly, while our counties continue to work toward more fiber deployment, will help IU Health serve its patients better now.”

WHIN recently announced a pilot project in Warren County to demonstrate the performance of next-generation wireless technology in difficult terrain. WHIN plans similar projects in each county in the region to show how advanced technology can fill gaps quickly and affordably. Residents and businesses will benefit as WHIN makes its technology available to service providers to include in their offerings to customers.

According to Greg Jarman, Vice President for Broadband Relationships at WHIN, the deployments represent a significant advancement in the services networks can provide.

“The advanced technology WHIN is deploying has next-generation capacity to meet needs like eLearning and telehealth that go beyond high-speed internet,” says Jarman. “It can eventually allow users to connect directly with private networks at school corporations, in health care systems, and in other sensitive applications.”

“The COVID-19 pandemic increased the urgency of what was already a recognized need for more and better telehealth services in our region,” according to Art Vasquez, president of the West Central Region of IU Health, which includes facilities in Lafayette, Frankfort and Monticello. “Over the past two years, the number of IU Health patients utilizing telehealth services has increased by 6,704% throughout the state of Indiana.”

For WHIN and IU Health, the future of healthcare is more than good networks. It includes

smart devices that can help physicians diagnose and treat patients at home.

“WHIN’s overarching goal is to make our region a center for the Internet of Things economy,” says Park. “We look forward to working with IU Health to explore how IoT-enabled telehealth can deliver cost-effective and high-quality care to people wherever they are.”

Shannon Oates, MD, FACE, specializes in endocrinology and metabolism for IU Health Arnett. She also oversees IU Health Arnett’s Hospital at Home program.

“Advancing technology has the potential to keep more patients out of the hospital and even out of doctors’ offices,” says Oates. “But it is very important that everyone has access to those services. WHIN is helping our region break down those barriers.”

WHIN is an innovative nonprofit organization devoted to making the 10-county Wabash Heartland region of north-central Indiana the global epicenter of digital agriculture and next-generation manufacturing empowered by smart IoT technology.

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SUNDAY

In The Kitchen

Sunday, May 08, 2022

C1

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

Deliciously Healthy Dishes from Sweet to Savory

FAMILY FEATURES

Supplementing meals and snacks with powerful, versatile ingredients can take healthy eating from bland and boring to delicious and adventurous.

Take your breakfasts, appetizers, dinners and desserts to new heights while maintaining nutrition goals with naturally nutritious and surprisingly versatile California Prunes. Rich and smooth with an ability to enhance both sweet and savory flavors, they can expand your menu with nearly endless powerful pairing options.

One serving of 4-5 prunes packs a powerful punch of vitamins, minerals, antioxidants and fiber. Together, these nutrients form a web of vital functions that support overall health.

Whole, diced or pureed, the versatility of prunes allows you to enhance the flavor of recipes from morning to night in dishes like Citrus Breakfast Toast, which brings together vitamin B6 and copper from prunes and vitamin C from citrus to support a healthy immune system.

Try Caramelized Onion, Mozzarella, Prune and Thyme Flatbreads for a tasty family meal, and while you wait for dinner to cook, you can serve up Prune, Mozzarella and Basil Skewers. These easy appetizers provide several key nutrients. Mozzarella is a good source of calcium and prunes provide vitamin K and copper, all of which support overall bone health.

Make dessert a bit better for you but equally delectable with a vegan option like gluten-free, plant-based Prune and Almond Truffles. The soluble fiber in prunes helps lower serum cholesterol and blunt the effects of excessive sodium in the diet. Nuts like almonds provide good fats that help lower the risk for heart disease.

Find more recipe ideas at CaliforniaPrunes.org.



Caramelized Onion, Mozzarella, Prune and Thyme Flatbreads

Caramelized Onion, Mozzarella, Prune and Thyme Flatbreads

Prep time: 15 minutes
Cook time: 1 hour, 30 minutes
Yield: 4 flatbreads

Caramelized Onions:

- 2 tablespoons olive oil
- 1/2 cup butter
- 6 large yellow sweet onions, sliced into thin half circles
- 3 sprigs fresh thyme
- coarse kosher salt, to taste

Flatbreads:

- 4 personal flatbreads
- 1 cup caramelized onions
- 4 ounces fresh mozzarella
- 10 California Prunes, diced small
- 1 tablespoon fresh thyme leaves
- sea salt, to taste
- coarsely ground black pepper, to taste

To make caramelized onions: Preheat oven to 400 F. In large stockpot over medium-low heat, warm oil and melt butter. Add onions and cover; cook 20-25 minutes, stirring occasionally. Add

thyme sprigs and season with salt, to taste; turn pan lid slightly ajar. Place pot in oven 1 hour, stirring occasionally.

To make flatbreads: Preheat oven to broil. On sheet pan, toast flatbreads under broiler 4 minutes, or until toasted, flipping halfway through.

Spread 1/4 cup of caramelized onions over each toasted flatbread. Refrigerate leftover onions.

Tear mozzarella and place over onions. Divide prunes among flatbreads and place flatbreads under broiler 4-6 minutes until cheese has melted and is beginning to brown.

Sprinkle flatbreads with fresh thyme and season with salt and pepper, to taste.



Citrus Breakfast Toast

Citrus Breakfast Toast

Prep time: 13 minutes
Cook time: 2 minutes
Servings: 2

Prune Puree:

- 16 ounces pitted California Prunes
- 1/2 cup hot water

- 1 large citrus fruit, peels and piths removed with knife, sliced into rounds
- 1 1/2 tablespoons raw sugar
- 4 tablespoons sunflower butter
- 2 slices whole-grain sourdough bread, toasted to desired darkness
- 2 tablespoons prune puree
- 1 tablespoon sunflower seeds
- 2 California Prunes, finely diced

To make prune puree: In blender, pulse prunes and water to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store in airtight container up to 4 weeks.

To make bruleed citrus wheels: Place citrus wheels on baking sheet and divide sugar evenly among each piece.

Using circular motion, pass flame of culinary torch repeatedly over sugar until it boils and turns lightly charred and amber.

To build toast: Spread 2 tablespoons sunflower butter on each piece of toast. Top each with 1 tablespoon prune puree spread evenly across sunflower butter. Sprinkle each evenly with sunflower seeds and diced prunes. Top each with half broiled citrus and serve.

Alteration: Use broiler set on high instead of culinary torch to caramelize sugar.

Prune and Almond Truffles

Recipe courtesy of Meg of "This Mess is Ours"

Prep time: 45 minutes
Servings: 24

Water

- 1 cup California Prunes
- 1 1/2 cups toasted slivered almonds, divided
- 1/4 teaspoon coarse kosher salt, plus additional, to taste, divided
- 1 tablespoon cocoa powder
- 1 1/2 tablespoons vanilla paste or extract
- 1/4 teaspoon almond extract

Boil water and pour over prunes. Soak 30 minutes; drain.

In food processor fitted with "S" blade, pulse 1/2 cup toasted almonds with salt, to taste, until fine crumbs form. Transfer to shallow bowl and set aside.

Add remaining almonds to food processor with 1/4 teaspoon salt and cocoa powder. Pulse 30 seconds to combine. Add prunes, vanilla paste and almond extract; process until combined. Mixture should be creamy with slight texture from almond crumbs. Transfer prune mixture to bowl and refrigerate 1 hour.

Once chilled, use small cookie scoop to portion out individual truffles on parchment-lined baking sheet. Gently roll each truffle in reserved toasted almond crumbs. Store on parchment-lined plate in refrigerator up to 2 weeks. Serve chilled.



Prune and Almond Truffles



Prune, Mozzarella and Basil Skewers

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.

Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.

SUNDAY

The Paper
OF MONTGOMERY COUNTY

In The Home

Sunday, May 08, 2022

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Increase Your Perennial Garden's Beauty

By Melinda Myers
Give your perennials a boost this spring with a topdressing of compost, aged manure, or other organic matter. It's a great way to revive tired gardens, improve a garden's overall health, and keep vibrant perennials healthy and blooming.

Research found topdressing your garden with compost every year or two provides most, if not all the nutrients that most perennials need. It feeds the soil, which in turn feeds your plants. Let a soil test report and your plant's performance determine if additional fertilizer is needed. Spring is a great time to add this as well.

When purchasing compost, it should appear light and fluffy. Take a whiff, it should not have a strong smell of ammonia, rotting food or another off odor. It should have a rich earthy smell and

not be covered in flies or maggots. If jumping worms are a problem in your area, ask your compost provider how they are managing the compost to avoid spreading this invasive pest.

Once you have the needed organic matter, you are ready to get started. Pull the mulch back if needed. Keep it handy, so you can put it back in place once you finish amending the soil.

Topdressing is the first step in the process. Simply spread a one- to two-inch layer of the compost or other organic matter over the soil surface. Be careful not to bury the crown of your plants.

You can leave the compost sitting on the soil surface or lightly mix it into the top inch with a hand cultivator. The earthworms, ground beetles and other organisms will move it down into the soil and around the plant

roots where it is needed.

The second step is especially helpful for those with heavy or compacted soils. Once the compost is in place, do a bit of vertical mulching. Use an auger bit on your cordless drill. Simply drill holes into the soil between plants. This aerates the soil and pushes some of the compost into the soil further boosting your efforts.

Vertical mulching helps speed up the process a bit by getting the compost closer to the plant roots and soil organisms that will help incorporate it into the soil. The openings created in the soil allow air, water and fertilizer to penetrate the soil surface and travel to the root zone.

Then be sure to return the mulch you removed from the garden or add mulch if needed. Maintaining an inch or two of organic mulch on the soil

surface not only conserves moisture and suppresses weeds; it also continues to improve the soil. As the organic mulch breaks down, it adds organic matter and nutrients to the soil.

Investing some time to create and maintain healthy soil goes a long way in making your garden a beautiful part of the landscape.

Melinda Myers has written more than 20 gardening books, including the recently released *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 and her website is www.MelindaMyers.com.

Tips To Start Or Expand Your Garden And Make It Thrive

(StatePoint) Starting a garden for the first time or expanding an existing plot is easier than you may think. With a little love and care, your green space will bloom and thrive.

"For anyone with the inclination, a beautiful lawn and garden is always within reach," says Jamie Briggs, director of marketing, Exmark, a leading manufacturer of commercial mowers and equipment for landscape professionals and homeowners with a lot of lawn to cut.

This is the driving idea behind "Backyard Smart," a free online video series. These short explainer videos are full of facts and relevant information to answer your most common lawn and garden questions.

The following planting strategies come directly from two recent "Backyard Smart" episodes:

- **Start With Seeds:** Looking to add new plants to your garden and flower bed? Try starting from scratch. While most nurseries have limited species of mature plants to select from, there are literally thousands of varieties of seeds available at dirt cheap prices. A quick trip to the seed kiosk in your local hardware store offers the potential for you to enjoy flowers you've never seen

and vegetables you've never tasted.

"It's easy to be intimidated by the prospect of growing plants from seeds but the truth is that all you need is soil, just the right amount of water and lots of sunshine," says Briggs. "Nature will handle the rest."

- **Practice "Companion Planting":** Whether it's growing marigolds alongside tomatoes to block bad bugs or planting corn next to squash to provide shade, plants are kind of like people, they do better with a buddy. Companion plants help block weeds, prevent pests, create fertile soil, promote pollination and offer plants a place to climb. In fact, people have been practicing this technique for centuries to create vigorous gardens.

For more entertaining, easy-to-understand approaches to making the most of your outdoor spaces, check out the Exmark Backyard Life site at exmark.com/backyard.

If you've always dreamed of having your own, homegrown, fruits and vegetables in your cooking, or brightening your home with fresh-cut flowers, there is no better time than the present to pursue this dream. The long sunny days of summer are ideal for developing your green thumb.

Exterior Home Upgrades That Deliver Return On Investment

(StatePoint) Want to make some serious exterior home upgrades that improve your safety and comfort, add beauty to your home and deliver a return on your investment? Here are five projects that do just that:

1. **Install storm doors:** Storm doors give you the option of letting in more light and ventilation on fair weather days, while protecting your entry door from harsh conditions and weathering. There are many ways to customize this upgrade to meet your aesthetic and functional needs. Options from ProVia include retractable screens at the top and bottom for more venting options, as well as stylish designs and colors for instant curb appeal. Families might want to consider storm doors featuring heavy-duty, non-removable stainless steel screens ideal for keeping children and pets safely inside.

2. **Get summer-ready:** Extend your home's outdoor living area just in time for summer -- plus substantially increase your home value -- with the addition of a deck, patio or porch. Whether you add a small hibachi grill or get as involved as installing a full outdoor kitchen, be sure to include an area to

prepare and enjoy meals. A few key touches, like string lights and potted plants, along with cozy furniture, can make the space feel homey.

3. **Replace patio doors:** If your patio doors are drafty or get stuck easily, it may be time for an ENERGY STAR-certified replacement. Endure sliding glass patio doors from ProVia come standard with ComforTech Warm Edge Glazing, a high-tech glass package that measurably improves thermal performance for greater efficiency and reduced interior condensation. These doors also have increased sound abatement and meet the most stringent industry standards for storm protection, ease of entry and forced entry. Additionally, options for interior woodgrain and exterior paint colors, varying internal grid styles and patterns, and multiple choices for decorative glass, internal blinds and hardware allow for customization to fit your personal aesthetic.

4. **Lower bills:** Did you know that you can lower your bills and add natural beauty and privacy to your property by planting trees strategically? In summer, the shade that trees create can help keep your home cool. In winter, they

can help block wind and prevent drafts. The Utah State University Forest Extension recommends locating trees no closer than 2.5 times their mature height to the south of a building to avoid winter shading. They also suggest knowing the size and other characteristics of a particular species before planting to avoid future problems, such as hitting power lines.

5. **Protect your home:** If you live in an area prone to extreme weather -- heavy rain, hail, driving wind, frigid temperatures, or scorching heat -- your home needs protection against the elements. CedarMAX insulated vinyl siding provides defense against these harsh conditions and improves energy efficiency as well. The insulation contributes

to the rigidity of the panel, increases durability, and provides five times greater impact resistance over hollow siding, protecting against damage by hail, high winds, or contact with your child's fastball. Color and beauty are also huge factors in this home improvement decision; CedarMAX offers many options to customize the look with both neutral and bold colors and coordinated accessories. It's resistant to fading, chalking, cracking, peeling, and thermal expansion and contraction, making it a sound investment for years to come.

It's important to see a tangible return on larger home upgrades. The best projects to consider are those that increase your home value, save you money, and add beauty and comfort to your home.

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Purdue University Global Names Vice President Of Organizational Culture And Chief Diversity Officer

Tiffany G. Townsend, Ph.D. is eager to strengthen Purdue University Global's robust reputation as a leader in online education. She has been hired as vice president of organizational culture and chief diversity officer, beginning July 1 and reporting to Chancellor Frank Dooley as a member of the university's senior leadership team.

In this newly created position, Townsend will support Purdue University Global's mission and strategy by fostering a learning environment that is diverse, inclusive and equitable for all students, faculty, staff and administrators. She will guide and implement diversity, equity and inclusion initiatives at both the institutional and department levels, while supporting and building systems of inclusion through policies, procedures, practices, customs and leadership. In addition, Townsend will foster collaborative relationships within the Purdue University system to align strategies and initiatives.

"As an online, public university that is tied to a very strong educational legacy, Purdue University Global is well positioned to dramatically change the landscape of higher education, particularly as it relates to making education more accessible and affordable to a vast array of students," Townsend said. "I am extremely excited to join the team at Purdue Global, and I look forward to working with the Purdue Global community to reimagine higher education."

As a clinician and scholar, Townsend has worked for over two decades to ensure that all individuals, regardless of ethnicity, sex or socio-economic status, have access to the knowledge and resources necessary to facilitate healthy functioning and overall well-

being.

"The entire university is excited that Dr. Townsend is bringing her expertise, experience and insights to Purdue University Global," Dooley said. "With her as a key member of our team, we will be a better and more relevant university."

Townsend comes to Purdue University Global from Augusta University, where she has held dual positions of chief diversity officer and associate professor of psychological sciences since 2019. She established a comprehensive DEI training program that included a suite of diversity courses, in-person workshops and online training modules to ensure that all students, staff and faculty were exposed to fundamental DEI concepts and principles.

Townsend also currently serves as president of the Georgia Association of Diversity Officers in Higher Education and has been selected as a fellow with the National Association of Diversity Officers in Higher Education.

"During the search process, I was very impressed by Purdue Global's commitment to creating an equitable work and learning environment for its students, staff and faculty," Townsend said. "I want to thank the search committee, members of the university community and especially Chancellor Dooley for entrusting me to be the first to lead this effort."

"My role as the inaugural chief diversity officer will be to harness the energy for DEI that is already present at the university and work to co-create a plan with the Purdue Global community to realize its equity vision."

Prior to Augusta University, Townsend was senior director of the Office of Ethnic Minority Affairs for the American

Psychological Association from 2011-19. She previously held faculty positions at Georgetown University Medical School (2006-19) and Penn State University (1998-2006).

Townsend earned her bachelor's degree in psychology from Spelman College. She earned her master's and doctoral degrees in clinical psychology from George Washington University. Her work has been featured in several journals, books and media outlets, including the Washingtonian, Los Angeles Times and San Diego Union-Tribune.

About Purdue University Global

Purdue University Global delivers personalized online education tailored to the unique needs of adults who have work or life experience beyond the classroom, enabling them to develop essential academic and professional skills with the support and flexibility they need to achieve their career goals. It offers personalized paths for students to earn an associate, bachelor's, master's or doctoral degree, based on their work experience, desired pace, military service, previous college credits and other considerations – no matter where they are in their life journey. Purdue University Global is a nonprofit, public university accredited by the Higher Learning Commission. It is affiliated with Purdue University's flagship institution, a highly ranked public research university located in West Lafayette, Indiana. Purdue University also operates regional campuses in Fort Wayne and Northwest Indiana, as well as serving science, engineering and technology students at the Indiana University-Purdue University Indianapolis (IUPUI) campus. For more information, visit purdueglobal.edu.

BBB Welcomes New Board Members To Their Team

BBB® Serving Central Indiana (BBB) welcomed three new board members who understand the importance of trust in the marketplace: Roger Elkins (Williams Comfort Air), Amanda Parker (Collective Alternative) and Mel McMahan Stone (Indiana Owned).

The board of directors are composed of local business leaders who help BBB, a nonprofit of more than 100 years, create a community of trustworthy businesses and charities.

"In order to strengthen our community, it takes leaders who not only believe in our vision, but are an exemplar of trust and integrity," said Central Indiana BBB President and CEO, Cathy Armour. "We are honored to have these leaders further their commitment to our mission by serving on our board."

Roger Elkins, director of HVAC Service for Williams Comfort Air located in Indianapolis, Louisville, Cincinnati and Columbus. Elkin has remained in the HVAC industry for more than 30 years as a leader, emphasizing the importance of trust and integrity in business practices. Previously, he was the sitting president for the HVAC Association of Indiana and now serves as the Vice President of the Speedway 500 Moose Lodge.

Amanda Parker, owner and founder of Collective Alternative, started the company in 2008 after a successful career in the marketing industry. The goal for

Collective Alternative was to, "make business personal" and this goal continues to remain at the top of the list by collaborating and assisting small businesses in central Indiana. To do this, Parker effectively leads her team with these core values: integrity, transparency, initiative, accountability, relationships and partnership. With a knack for leadership, Parker was spotlighted in a feature, "Leading Women in Business: Indianapolis" in publications such as Forbes, Fortune and The Oprah Magazine and named BBB's 2020 Person of Integrity.

Mel McMahan Stone, is passionate about highlighting the efforts of Indiana businesses. In 2014, she co-founded Indiana Originals, a promotions and branding company for Indiana-owned businesses. Then, in 2020 she co-founded Indiana Gifts, an online gift shop featuring products made by local Indiana companies. Stone leads Indiana in promoting businesses and nonprofit organizations alike as she is the executive producer of the WIBC Radiothon for The Salvation Army, a WISH influencer at Make a Wish, was a past member of the Indiana Chapter TEARS Foundation and acts a consultant for several nonprofits and businesses. Stone is a proud member of the IBJ Forty under 40 class and was named the 2021 Emerging Entrepreneur of the National Association of Women Business Owners.

Celebrating Small Businesses: Moving From Surviving To Thriving

(StatePoint) Small businesses are the heartbeat of communities. They pump life into neighborhoods, making them vibrant places to live, work and raise families, and are key to millions of local jobs. In fact, approximately 50% of all Americans are employed by a small business and 99% of American businesses are small businesses, according to the U.S. Small Business Administration.

Every year, National Small Business Week celebrated during the first week of May, acknowledges the contributions that America's entrepreneurs make to the economy, culture and overall business community.

"Small business is big business," said Wells Fargo's head of Small Business Derek Ellington. "As a bank that proudly serves over 3 million small business customers, we are still supporting small businesses in their post-pandemic recovery, but we're also seeing many growing businesses bringing new ideas to life, and going from surviving to thriving. Now more than ever, it's an important time for small businesses because they are such a vital part of the economy."

National Small Business Week also marks an important time for entrepreneurs to further economic growth, strengthen their business, and deliver on the products and services the nation depends on every day. To help your business thrive, Wells Fargo offers the following four tips:

1. Be flexible. If there was one glaring lesson business owners learned from COVID-19, it was to be flexible. Businesses had to revamp their online offerings and create a digital, ecommerce presence. Most had to change relationships with supply chains and vendors or reduce hiring. When it comes to business planning for the next six, 12 or even 18 months, one thing is certain: flexibility will be key. Between staffing demands, supply chain delays and rising interest rates and inflation, write your plans in pencil. Most importantly, be nimble enough to pivot,

using your experiences over the past two years as a guide.

2. Stay in the know. Stay informed of the latest developments that could impact your business. For example, what do rising rates and growing costs of supplies and services mean for you? A small business banker can help you understand your options based on your particular business and needs, and make any necessary adjustments. Keep in touch with your tax advisor, accountant, and local chambers of commerce to stay in the know.

3. Prepare for new competition. Now that life has regained a sense of normalcy, new business trends are emerging fast. To prepare for new competition, stay ahead of your competitors and drive new growth:

- Know your customers, and find and solve their pain points
- Ensure you have competitive pricing
- Change your business model and services to stay ahead
- Provide exceptional customer service to existing and new customers
- Target new markets

4. Invest in growth strategically. To continue to grow, innovate and attract the best employees, demonstrate that you're willing to invest in the future. However, it's never cheap, and you might not be able to afford needed investments with your current revenue. Before borrowing money or taking out a loan, consider opportunities like changing your payments or receivable collection process, or reducing expenses. Then look into the right lending opportunities when you are ready to accomplish big milestones like expanding, relocating, or adding new technologies with more capabilities. Strategic growth is all about investing in the right areas of your business at the right time to create an infrastructure in which you can flourish.

Whether you're a seasoned business owner or new entrepreneur, consider using these tips to succeed and thrive in an ever-changing environment.

Ag-Celerator Fund Invests \$100,000 In Nanobio Designs, A Genetic Detection Company

NanoBio Designs LLC, a company that provides grain distributors and seed suppliers with onsite, rapid genetic detection solutions, has received a \$100,000 investment from the Purdue Ag-Celerator, an agriculture innovation fund.

Ryan Skaar, chief operating officer of NanoBio Designs, said new DNA testing solutions are needed because of growing regulatory oversights to label genetically modified food. The company's ExpressSeed platform reduces genetic testing from three to five days to just minutes.

Skaar said the Ag-Celerator funding allows NanoBio Designs to establish its laboratory presence in Indiana.

"With an established lab presence, we will be able to more effectively collaborate with Purdue University," he said. "Collaborations with Purdue and industry partners will be key to our ability to commercialize the ExpressSeed platform."

Ag-Celerator, created in 2015, is a \$2 million innovation fund designed to provide critical startup support for Purdue University innovators who bring Purdue patented intellectual property or Purdue "know-how" technologies to market. The fund is operated by the Purdue Foundry, with assistance from the Purdue

College of Agriculture, Purdue Research Foundation Office of Technology Commercialization and the agricultural industry.

"Purdue Agriculture celebrates and actively supports the innovation and entrepreneurship that ensures discoveries from the lab move into the fields, facilities and lives of our stakeholders," said Bernie Engel, senior associate dean of research and graduate education.

Riley Gibb, director of business development for Purdue Foundry, said, "Farmers, growers and producers are always among the fastest adopters of new technologies. Their passion to strengthen crop and livestock production pushes agriculture startups like NanoBio Designs to deliver innovative technologies. We're proud that Ag-Celerator investments support those technologies."

In August 2021, Ag-Celerator eligibility was opened to startups in all agricultural fields. Previous recipients of Ag-Celerator investments are AkanoCure Pharmaceuticals Inc., Heliponix, Insignum AgTech, JUA Technologies International LLC, Karyosoft LLC, Krishi LLC, LeafSpec AgTech, Ongenia LLC, Phicrobe LLC, Progeny Drone Inc., Rogo Ag LLC, Veril-

ity Inc., VinSense LLC and ZeaVaxx.

About Purdue University
Purdue University is a top public research institution developing practical solutions to today's toughest challenges. Ranked in each of the last four years as one of the 10 Most Innovative universities in the United States by U.S. News & World Report, Purdue delivers world-changing research and out-of-this-world discovery. Committed to hands-on and online, real-world learning, Purdue offers a transformative education to all. Committed to affordability and accessibility, Purdue has frozen tuition and most fees at 2012-13 levels, enabling more students than ever to graduate debt-free. See how Purdue never stops in the persistent pursuit of the next giant leap at <https://stories.purdue.edu>.

About Purdue Foundry
The Purdue Foundry is an entrepreneurship and commercialization hub whose professionals help Purdue innovators create startups. The Purdue Foundry is managed by the Purdue Research Foundation, which received the 2019 Innovation and Economic Prosperity Universities Award for Place from the Association of Public and Land-grant Universities. Contact the Purdue Foundry at foundry@prf.org.

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Health and WELLNESS

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Musculoskeletal Injuries And How To Take Care Of Them

Summer sports will be beginning soon and gardening and other outdoor chores are well underway. If they haven't already, weekend warriors will soon be doing all sorts of things to keep doctors who treat musculoskeletal injuries busy. I want to give everyone some pointers in how to take care of the inevitable sprains and strains of spring and summer.



JOHN R. ROBERTS, M.D.
Montgomery Medicine

It's interesting to me how many people come to my office after suffering an injury and don't have any idea how to administer some basic first aid. It's extremely important to treat injuries immediately to reduce the chances of additional damage and disability.

When a musculoskeletal injury occurs, a biochemical chain reaction is triggered to begin the process of healing the injury. Injured cells release various messengers that start the process; this also results in pain and swelling. The intent of this inflammation is to get the

person to rest the injured area so it can heal. We naturally want to try and avoid pain and swelling associated with an injury.

The goal of orthopedic and sports medicine is to promote healing of an injury, but to also to attempt to speed up the recovery process. We used to think the best way to do achieve this was to prevent or slow the body's normal inflammatory processes. However, our traditional treatment methodology may need to be tweaked.

You may recall the mnemonic "RICE" that we have traditionally used to remind us how to treat acute injuries. This term was originally coined by Dr. Gabe Mirkin in his 1978 best-selling book, "The Sports Medicine Book." The RICE mnemonic has fallen into question more recently (bit.ly/3ktrrIE) with many starting to promote a more active recovery approach.

The "R" in RICE stands for Rest. If you have a strain or sprain, you should not continue to try and use the injured body part. Many people get up and dust themselves off and continue their activity, only to worsen the injury or suffer additional injuries or more severe problems later that evening or the next day. Everyone knows how stiff and sore an injured body part can be the day after it occurs. I like to have people rest for a day or two following an injury and then try to get them up and moving in a controlled

fashion. Staying inactive for too long leads to stiffness, reduced motion, and delayed recovery.

The "I" in RICE stands for Ice. We have traditionally recommended immediate icing after an injury. Recently, after a review of current medical literature, Dr. Mirkin has recanted his stance on icing. He is also not alone in advising caution when trying to shut down post-injury inflammation with oral medications.

It appears applying ice does reduce inflammation, but after about five minutes it also causes constriction of blood vessels that reduces release of Insulin-like growth factor 1 (IGF-1). This hormone is important for tissue growth and repair. Dr. Mirkin is now recommending application of ice for no longer than five minutes, and only for the purpose of decreasing pain. It will likely take a while for brief icing to be accepted in the sports medicine community.

The "C" in RICE stands

for Compression. We have traditionally recommended applying something like an ACE bandage, neoprene sleeve, or splint over the area to compress it and keep tissue fluid from accumulating. Swelling may result in decreased blood flow to the area and delayed healing. The evidence supporting this treatment is mixed.

The "E" in RICE stands for Elevation. This goes along with compression. Elevating the injured area also helps prevent tissue fluid from accumulating. Typically when we recommend elevation, we are talking about elevating the injured area a few inches above the level of the heart.

So, how long do you have to employ RICE following an injury? I usually advise the shortest period possible post-injury, getting patients to start moving the injured area to start to work on regaining motion. Also recall that shorter icing times may become

the norm. Depending on the injury, you may also need formal instruction in rehabilitation by a physical therapist or athletic trainer. Musculoskeletal injuries often result in weakened muscles that need to be strengthened and re-trained to return to proper function and to protect the involved area from additional injury.

Taking NSAID medications like ibuprofen (Motrin, Advil) or naproxen (Aleve) is controversial in the treatment of musculoskeletal injuries. Like ice, these medications may slow recovery by blunting the immune response and decreasing the release of hormones like IGF-1. It's best to stick with acetaminophen (Tylenol) initially and talk to your health care provider before using these anti-inflammatory medications.

- Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine.

Four Ways Your Brain Is Hardwired To Think Negative Thoughts

We're all wired to want to grow toward the highest version of ourselves. There are many components involved in moving your life forward. Growing toward our goals is much like driving a car. There are seemingly infinite moving parts involved in keeping your car on the road. Well, negative thought patterns are like the pesky check engine light that alerts you to a problem but doesn't help you fix it. Or maybe you don't notice—or try to ignore—the light, until the car sputters or, worse, stalls.

We readily accept that we can't drive a car without oil or gas, or even a driver's license, registration and insurance. It's the same when we expect something from ourselves that doesn't exist, or when we undervalue the truth that we know about ourselves. When we disconnect and begin sputtering through life, we impede our ability to achieve our goals.

We cannot always immediately pinpoint why we feel disconnected. But there is a solution—if you're willing to do the work. There is a proven way to create meaningful, lasting, transformative change, and it starts with resolving unresolved childhood memories, unlearning early learning patterns and reprogramming the thinking and behaviors we've picked up along the road of life.

Where Our Beliefs Begin

As children, we are told bedtime stories of people performing great feats of supernatural strength, knights in shining armor riding horseback, pumpkins turning into carriages and talking frogs. They are stories of good versus evil to remind us of the rewards of beneficial behavior. We tell stories to make sense of the world. Since there is no escape from life's negative or painful experiences, we form certain curious beliefs about ourselves to help understand what's happening around us and how to get our needs met. So much of what happens in our early years is unconscious and involuntary, so we as humans have developed a set of survival skills to fill in the gaps that our parents or primary caregivers couldn't, or didn't, explain to us.

"The soul is a recorder of all memories," said Transformational Guide Jaime B. Haas, who has developed a

proven method for silencing the inner critical voice so you can finally break free from negative thoughts and limiting beliefs. "The subconscious mind holds on to messages that were told to you as a child that you not only held on to, but created a belief system that you shaped your life around to make sense of the world."

According to Haas, much of our early learning patterns are layered with assumptions and messages that have been reinforced over time. "The key to personal growth is to stop placing our well-being on external factors and deal with the core wounds that inform our limiting, negative, fear-based beliefs," she says. "It's critical to find the painful, harmful thought patterns and behaviors from years of programming and painful experiences. It is in the process of identifying exactly what you are thinking and doing and deciding to take action that the greatest change and healing starts to happen in your life."

The Great Transformation

Each of us is presented with invitations to keep growing. The battle is if we choose to accept them. We are constantly being presented with situations that we don't want or don't make us feel good or whole. We either turn it against ourselves, against others or we awaken to the opportunity to change.

Anxiety and fear of the unknown are manifestations of the way we are hardwired to perpetuate the task-and-reward system that we learned as children. We want to make someone else the bad guy—or at least the reason for our discontent—or worse, we turn on ourselves and create more problems. Bottom line: We're uncomfortable with the silence that accompanies reflection that leads to change, so we don't take the brave, solitary journey inward.

Growth, or the great transformation, happens when the desire to change becomes greater than the fear of change. In other words, it's when you are so uncomfortable and unhappy with the way things are or that they are trending that the fear of change no longer has a grip on you. You are willing to do what it

takes to make the necessary changes, even if we don't know what to do first.

The Power of Pattern Work

According to Haas, there are at least four reasons why you can't stop thinking negative thoughts about who you are, your ability to get what you want out of life and how capable you are at achieving your goals. Haas's proven approach is like taking your car through a multi-point inspection. You'll need to address all the reasons why you are trapped by your negative thoughts.

"We know we have to do more than buy shiny new hubcaps, or get a new paint job, or go through the car wash to keep a car running safely on the road toward a destination," Haas said. "We also know these actions don't fix the car and they certainly can't help get you to your desired destination."

It's important to address all four reasons because if you arbitrarily eliminate one or two, you won't have the scaffolding to support your new framework. One or more of the old habits will creep back into your thoughts, conversations and behaviors.

"These four reasons are just the tip of the iceberg," she said. "But the things you learn when you address them become the building blocks to achieving the quality of life you desire."

1. Fears or Limiting Beliefs

Fears or limiting beliefs keep you stuck. To kick off the work, you will need to identify and then reprogram any existing negative belief patterns by replacing them with positive and affirming thoughts and actions. You'll also be challenged to stop listening to the voices in your head telling you the lies about yourself and leading to your misperception of the world. It is about reprogramming your mind for the better by thinking and behaving in ways that create a more positive, loving way of seeing yourself and the world. In other words, do you build yourself up, or beat yourself up? When you detach from negative thoughts, you will be able to cultivate more joy, envision more, or greater, possibilities for your life and be more present. It all starts with making small changes, such as in the way you talk

to yourself and what you were taught to believe.

2. Negative Manifestation Compulsion (NMC) Do you constantly criticize or judge yourself, or others? If you were raised in a household where finding fault was common behavior, your brain was likely programmed to interpret your negative thoughts as literal truths. When you begin to question the source of these false "truths," you begin to engage in rituals, behaviors and actions to create a different experience.

"The transformation begins when you take positive action to stop living in old, critical belief systems," Haas said. "My method helps you address the reasons why you might be holding on to negative thoughts. You will learn how to unpack them, which involves choosing to replace them with new, positive thoughts, reciting affirmations that resonate with your new experience and showing up differently in your life."

3. Your Perception of Self

If you are very harsh on yourself and focus on all your missed opportunities, weaknesses and perceived flaws, you're not alone. Research shows that struggling with, arguing with, trying to drown out or push away negative thoughts about yourself only amplifies the problems and makes it worse. The dilemma is not that we have negative thoughts, it comes when we begin to believe those thoughts and cannot evolve. It's about building self-love from within.

"It's a multi-faceted process that involves finding your feelings, affirming the good about yourself, practicing meditation and self-care, showing up present, authentic and honest in your life and doing more things that bring you joy," Haas said. "There is no quick-fix or magic bullet. It is a holistic set of actions."

4. Focusing on the Outside to Fix the Inside "You are the greatest project you'll ever work on," Haas said. "But if you've done everything to change the outside from pursuing a degree, changing jobs and relocating to a new city; to fixing your body or changing your wardrobe, and you still haven't gotten what you want in life, that means it's time to look inward."

When we seek external sources to validate our sense of self, we empower that thing or person outside to be the source of our identity and well-being.

"When we give all our power to other people to make us feel better about ourselves, we will never feel OK on our own," Haas said. "We begin to crave that hit to fix us, or that crumb of love, attention or affection to actually feed us, but it's just a temporary fix. It's never enough or it never feels right, so we go back out on the hunt for the next hit, repeating patterns of behavior or thinking that don't serve us."

The work is about discovering, nurturing and excavating our wellbeing from within. In order to do that effectively, we must find a connection with an infinite power source so we are content, no matter what happens in, to and around us externally.

"My program guides you in taking the first and next steps in what is really a personal spiritual journey," Haas said. "It is about the quality of the connection to our hearts and the universe, as well as being at peace with self, having love for self and operating from a place of love."

According to Haas, many self-help 'gurus' suggest there's just one thing you should focus on.

"They tell us that positivity or meditation, for example, are the key to solving our problems, when they are just parts of the solution," she said. The most helpful, beneficial practice is one that is holistic, dynamic and prescriptive. The objective is to identify and address the root causes or triggers of your negative thinking, so you can fundamentally change the relationship you have with your thoughts, yourself and the world. It's uncomfortable to relive the dynamics surrounding our core wounds. Most people get stuck on autopilot to avoid the discomfort and they stay there. We get stuck on autopilot and don't even know it, despite feeling the discomfort and drowning in the unwanted results. We don't even recognize it because these feelings are familiar and there is comfort in the familiar. It is when we take a completely different approach that we will truly

have a new experience."

The process of change may feel scary and uncomfortable—and the process takes time—but it's actually the point, according to Haas.

"If you are comfortable, then you are not changing," she said. "It is when we push ourselves beyond our comfort zone, commit to doing things differently, feel the fear but do it anyway, that's the great awakening. Life becomes a lot better than the stories we tell about it. Our brains are hardwired to keep us 'safe' and avoid perceived harm, but you should never confuse what's 'safe' with what's best for you. We all want to stay safe, but playing it safe is not actually changing."

One thing is sure, there is no straight line to healing. When you engage in this pattern of work, Haas warns, sometimes you will feel that you're going backward and you might not want to stay the course as a result. It's important to pinpoint the exact thinking and behaviors that are keeping you stuck in repetitive experiences. When you do, you'll have the insights to change your life.

"The grounding that accompanies pattern work helps you manage the moments when you feel defeated," Haas said. "You need to address these foundational truths to help you move forward because this transformation will take commitment and work."

In fact, Haas's approach is like a trifecta of awareness, affirmations and deliberate actions because the way we end patterns is by doing things differently.

"The Jaime B. Haas Method is a practical, fact-based process that allows you to take your power back," Haas said. "The goal is to see more clearly the limitless possibilities for your life and be empowered to shift gears and choose for yourself what direction you want to take in your life."

Richelle Payne is an award-winning brand strategist and writer based in Philadelphia. She covers topics related to living an intentional and creative life, leading cross-functional teams and managing organizational change, building inclusive cultures, and social justice and intersectionality in the workplace.

SUNDAY

PEOPLE

DAY

Sunday, May 08, 2022

11

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Primary Over, Time To Move Forward

Polls are closed. Voters have spoken. It's time to get going.

It's been said before – many times – in this space that we're so lucky here in this little corner of God's green earth. Politically speaking, we don't have the issues that our brothers and sisters in Washington, or even Indianapolis, have. For sure, there is a little grumbling and griping about politics. That goes with the territory. But for the most part, we go through primaries and elections in relative peace and harmony. You don't see and hear the mudslinging that is prevalent in many places.

Thanks goodness!

But we can do better.

Do you hear anyone saying that all is well? Aren't we in one of the most divisive times in U.S. (and perhaps human) history? Have opinions from reasonably intelligent people ever been more polar oppo-



TIM TIMMONS
Two Cents

site? And make no mistake, the unprecedented leak from the Supreme Court regarding abortions is only going to make those polar opposites dig in more.

There's one single item missing. One single item that is critical. Want to have a magic wand to wave that fixes things? Find a way to restore

this one single item and you'll have it.

Respect.

Even here locally. Montgomery County has been divided for quite a while on critical issues. Do we devote significant resources to growing, or do we keep things like they are? It wasn't that many years ago when County GOP Chair and political candidate John Pickerill told this reporter that he wanted Montgomery County to look just like it did when he grew up decades before. Flash forward to today. The city and county spend a fair amount of time and money on economic development to foster growth.

Which side is right? Which is wrong. Neither. Both are entitled to think and act the way they believe best. That's what elections are all about.

It's after those elections that things go off the rails. One

side, one philosophy wins.

We move forward. Except we don't. More and more the losing side says they're taking their ball and going home. Some won't even acknowledge the winning side, let alone respect it.

Thing is, it's not about who gets the respect. It's about respecting the process. It seems like each election we slide apart a little farther. The national politicians don't help when they sling more mud than a teen-ager in a pig wrestling contest. Win or lose, they call out their opponents by comparing them to everything unholy.

That is filtering down.

Simply put, we don't respect the process of voting anymore. We don't respect what this country is based on – that everyone is entitled to their opinion and the majority rules.

If the Republic is to survive

we need to find a way back to mutual respect. Election winners and losers don't have to become bosom buddies, just respect the process that got them to where they are. If your side wins, govern with grace. If your side loses, hold your tongue and work toward winning the next election.

Fair and square. Without the hi-jinx. Ditto for all of us non-politicians, too.

The process has survived for 246 years. Add in one simple thing and it has a good shot at 246 more. Keep up the division and who knows. Even Vegas might not touch the odds on that one.

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

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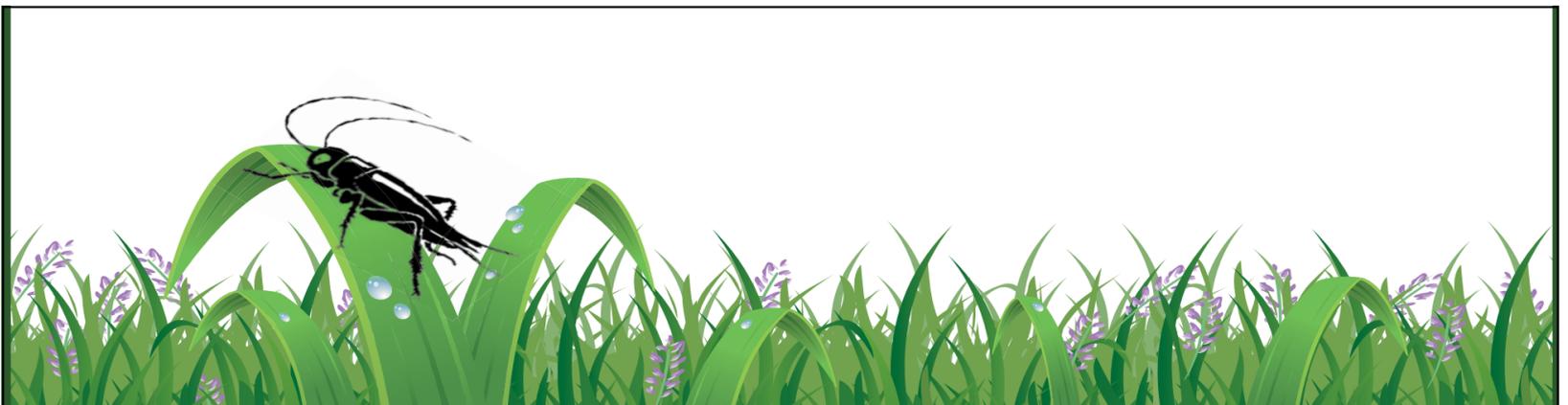
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12

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William Dunbar - Born In Ohio, Grew Up In Mo Co Then Kept Going West

The first born to Lewis and Polly Powers Dunbar was William, who came into the world June 25 in 1823, near Chillicothe, Ross County, Ohio. He came with his parents, two brothers and two sisters, to Sugar Creek Township where he grew up and married Martha Waugh whose family came to the same area about the time the Dunbars did. Milo Waugh, Martha's father, was also born in Ross County, Ohio, wife Elizabeth Kious born in Ohio, as well. They would have a dozen children, Martha, their oldest who sadly they lost at such a young age. She was born August 20th in 1829 in Ohio, married William June 21 in 1846 but sadly passed away the very next year in August. Not sure the reason but would guess childbirth or complications, although William has no child with him and second wife, Sarah Burkhalter in the 1850 census which makes little sense since the two of them also had one before the census. In a few family trees this William is marked as passing away not long after birth but too much points to this being incorrect, so here goes for the correct version, I hope! His picture is also found in the Benavidez Family Tree on Ancestry with Mary Polly's picture as well. Not 100% positive this is William but 99% sure it is not Polly's picture included (not the right clothes, few pictures taken before 1850 and she looks old and would have only been in



KAREN ZACH
Around The County

her 40s, thus if anyone, likely William's second wife Sarah Burkhalter).
In 1850, Lewis lived in Sugar Creek Township, alone raising his nine children, while William is next door not far away in Boone County as a young married (having married 24 Feb 1848) with Sarah. Whether bad memories, cheap land, other family members heading that way, this couple decided to head west and that they did, by the 1860 census where they appeared in the town of Hopeville in Doyle Township, Clarke County, Iowa. How could you resist the name of that little village? He is listed as a farmer with a small place and five children, all listed with initials, making them a bit hard to trace. In the 1863 Civil War Draft listing he is a farmer in Doyle Township age 40 born in Ohio.
So, who are his children? Sadly, they lost about as many as they raised. David was the



twin to Goliath (with one interesting story) who were born August 16th in 1861 in Des Moines. Although Goliath lead a fairly long life, David passed away at age 18. Their brother, George Simon (1864-69) was but five and another brother, Horace passed at a dozen years.
Will and Sarah's oldest was Susanah Martha born near Colfax on 8 March 1849. She is not with them in the 1850 census which is very odd, but is in the 1860 and her death record (20 Jan 1921) states William and Sarah as her parents. Susanah married George Samuel Heselstine, a butcher and they were parents of four sons and three daughters.
Next up was Mary Jane born April 22 in 1851 in Sugar Creek Township, MoCo., grew-up in Washington County Iowa and married Lewis "Taylor" Stout (who was born in Brighton, Iowa on Christmas Day in 1848), quite a handsome man when she was but 16 years old. They were parents of

seven daughters (Sarah, Martha, Druzilla, Minnie, Laura, Mary Jane and Ida as well as four sons Lewis, John, Walter and Perry Fremont). Not sure where the Fremont is from but it seemed to be a popular name in William Dunbar's family. Taylor and Mary Jane moved to Greenleaf, Kansas where they passed away and are buried.
The next Dunbar child was John born November 3rd in 1853 while still in Indiana and passed away June 19, 1932 in Moscow, Idaho. When he was 23, he visited Lewis and Sarah Summers Dunbar, his grandparents and met and fell in love with Rachel Dunham. They lived in Washington County, Iowa for 40 years then moved to Moscow. He had been a rural mail carrier and later a janitor, as they raised two children: Mattie and Claude.
Druzilla was I believe the first of the children born in Iowa. She married Charles Johnson, son of Zeb and Melinda on July 6th in 1881, with her brother "Goliath" witnessing the marriage. She was just 37 when she passed away in 1897. She had at least three boys (Laban; Charles and Grover).
The twins were next and above, you see that David died at age 18 and his twin brother Goliath Guy has an interesting story. On May 31, 1882, he married Minerva George. They had at least two children, Martin and Margaret. Later, he married Margaret Briscoe who survived him. In the meantime,

I would guess when he wed Minerva, he became a Catholic and changed his name to Joseph Anthony Francis Dunbar. He passed away 17 Oct 1924 at age 63 and is buried in St. John's Catholic Cemetery in Kansas City, Kansas. He was quite a real estate mongrel.
The last one born named for his father was born Feb 9, 1870 in Brighton, Iowa passed away in Buchanan County, Missouri and is buried in Greenleaf Cemetery, in St. Joseph with his wife, Harriet. He worked for many years at the St. Joe Light and Power Company. Do not believe they had children as in his short obituary it just mentions nieces and nephews.
Thus, you have the first child in the Lewis M. and Polly Powers Dunbar Saga. He ventured to the west, becoming a fairly large farmer, producing nine children, at least 25 grandchildren and beyond. His sons farmed, were in the real estate business, worked for the early light and power companies and some sadly, passed young. His daughters married farmers and remained close to their father. Good family, one in which Lewis M. Dunbar would be proud.

- 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.

Butch Got Married In 1966 When Living Was Still Cheap!

With prices the way they are right now, I often think back to 1966...the year I graduated from good ol' Darlington High School. My wife and I had been dating for some time, so I thought, "What the heck...we might as well get married!" We were both 17 years old when I gave her the engagement ring, and we were married on October 29, 1966...two days after I had turned 18. We purchased a nice 3-bedroom house, located on a double lot, in Clarks Hill...the price \$5,500...monthly payment \$46. Our folks gave us some of their furniture, so we only had to purchase a few odds and ends. I had always wanted a nice car, and since we had to drive to Lafayette every day, we bought a used 1965 Chevy Impala Super Sport from Bill DeFouw Chevrolet for \$2200...with a payment of \$63 a month.
Our wedding was a small affair at the Clarks Hill Christian Church, with only the minister, our parents, and the best man and maid of honor attending. After the ceremony, we celebrated with a wedding cake and a meal for everyone at Miller's Fish House in Colfax. Counting the \$25 we paid the minister for



BUTCH DALE
Columnist

his services, the total cost of everything was \$50! So where did we go for our honeymoon? Well, we headed off to the Payless grocery in Lafayette to stock up on the first week's food...and after it was all said and done, I looked at our checking account. The remaining balance was \$1.74.
My wife took a job as a typist and secretary, and her weekly take-home pay for 40 hours was \$48, while I started full-time as a student at Purdue. However, I worked about 30 hours a week helping her Dad on his farm at the rate of \$1.50 an hour. During my second year

of college, I was able to get a job at National Homes, and it paid \$2.10 an hour. During the four years I attended Purdue, we never borrowed any other money and never went below zero in our checking account. You have to remember that food was much cheaper in those days. A loaf of bread was 22 cents, and a gallon of milk was a 99 cents. We bought TV dinners on sale at five for \$1.00. We ate a lot of chicken noodle soup and blueberry muffins, Kraft spaghetti, and pancakes and sausage. We did eat out quite often at fast food joints, but at that time a McDonalds hamburger was 17 cents, fries 15 cents, and a shake 22 cents. Super deluxe coneys at the A&W root beer stand were 40 cents. On one occasion, we splurged and ordered catfish from Millers in Colfax. They asked me on the phone how many pounds of fish I wanted, and since I had no idea, I ordered four pounds, with a double side order of onion rings. When I picked the order up, I was shocked to learn the total was \$11.00. I had ordered eighteen fried catfish! I was too embarrassed to admit my mistake, and since I was taught from

an early age not to waste any food and always "eat everything on my plate," I ate fourteen fried catfish, and my wife managed to get down the remaining four. We also consumed the onion rings! Suffice it say, we didn't have any desire for catfish and onion rings for a few months after that!
For entertainment, we went to movies at the two theaters located in downtown Lafayette. Tickets were \$1.25, and buttered popcorn was 50 cents. Now you might think driving back and forth to Lafayette each day was expensive, but gas in those days was only 32 cents a gallon. And how did I manage to attend Purdue without borrowing any money? When I started college, the tuition per semester for a full-time student was \$175, and by the time I was a senior, it had only gone up to \$225 a semester. All of my books for each semester averaged approximately \$30-35 total, and I could trade these back in when done. The tuition at Purdue today is \$10,000 a semester, and some books today cost more than the tuition did in 1966! No student today can work their way through college like I did.

We had no children during those four years, but after I graduated, our first child came along in 1971. My wife had a difficult time, and she was in labor over 32 hours before our son finally arrived with the help of a specialist who our doctor had summoned. My wife was at Home Hospital for three days, and the total hospital bill was \$515. Our doctor charged us \$50 for the delivery. Three years later, our daughter was born...the total bill was \$715. When I began teaching school, I was making \$8800 a year, so I decided to trade the Impala in on a new Chevy Nova Super Sport...the price was \$3150. And in 1975, we purchased a house in the country, located on five acres...at a price of \$24,000. We put \$5000 down, so our monthly payment was \$163. We were living the high life!
Well, that's the way it was.... that's why us baby boomers call it "the good ol' days!"

- 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.

Bringing Me Into The Fold

The one thing that you will not find in my underwear drawer is organization. There are no neat stacks; no neatly regimented ranks and files of folded tidy whities, ready to serve the underlying cause. What you will find is row after row of briefs, rolled tightly, and stacked like cordwood, cushioning the top drawer of my dresser.
The idea for rolling underwear came from my Mother. She once packed fourteen days worth of clothing for a family of four into a single beer case for our camping trip. She laid each garment out, one by one on the bed, folded them once, then rolled the entire wardrobe into individual tight coils, pressing the air out as she went along.
She surmised that, when packing traditionally, much of the space is used up by air, thus limiting the amount of available space for other items. By applying pressure, she was able to squeeze out much more than



JOHN O. MARLOWE
The Good Sport

anyone ever thought. The IRS adopted her thinking some time ago.
Personally, I don't care whether my underwear drawer has too much air in it or not. Nevertheless, I've used her roll-up method of storage for years. That's because I can't fold.

For some reason, when Mother Nature was restocking my gene pool, she failed to give me the folding gene.
It's true. Even as a child, I couldn't fold things. I hated making paper airplanes, because while my friends' airplanes were streamlined, and soared gracefully on the gentle breeze, my paper airplanes tumbled through the air like someone left the cargo bay door open.
I can't fold anything. My towels are all rolled neatly in the linen closet. Cloth napkins are rolled tightly in the cherry chest. Extra blankets are rolled up in the laundry room. I rolled up my tuxedo for the plane ride to my brother's wedding, last fall in Los Angeles.
I can't fold in egg whites, and I've lost a fortune playing poker, because when I have a bad hand, I can't fold. I even have trouble folding my arms.
At Christmas time, I never purchase presents that don't

come in a square box, because gift wrapping is essentially folding with something in the way.
This week, my friend Brian, received a phone call from a professional recruiter, requesting that he apply for a Quality Engineer job at ILC Aerospace in Dover, Delaware. The job was in their space suit division. Personally, I can't see Brian being responsible for the safety of our astronauts in space, but honestly, he did a great job in his last position assuring the public's safety from the packaging that the COVID-19 vaccines use.
To date, there have been no COVID-19 related paper cut deaths.
Brian wasn't going to take the job at ILC, until he learned that they also make blimps. It seems that the giant airships that flourished in the 1930's are making a comeback. They are slow, but they can carry huge payloads at low fuel costs.
The recruiter told Brian that

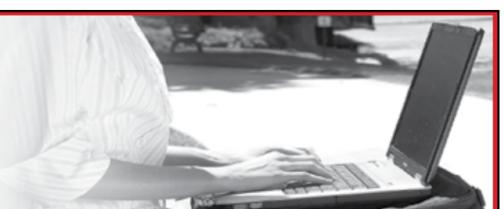
ILC is shipping everything from high altitude weather balloons to luxury airliners. Once a month, every employee at the Dover facility is required to assemble in the giant hangar to fold a blimp for shipping.
Fold the blimp?
Logic would tell me that to ship a blimp, all you have to do is fill it with helium and fly it to the customer. But no! These things are going out UPS!
My thoughts immediately returned to my Mother. How long would it take to squeeze the air out of a blimp? How big is that beer case?
Regardless, I thought this might just be the job for me. Folding a few blimps would surely give me the skills to fold anything. Well, maybe not anything.
Even God can't fold a fitted sheet.

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



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13

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Ala Carte

On the Wolfsie refrigerator, next to a photo of me hugging Goofy at Disney World (I was a mere 57 years old at the time) is Mary Ellen's list of items to be purchased on her next trip to the supermarket. Needless to say, there is frequent updating, like if we consume the last of the mayonnaise or the dog got into the pantry and gobbled up all the raisin bran. Our beagle did that frequently. The good news is that it made him very regular.

Mary Ellen's list is a model for all Americans who want to eat healthy. There's skim milk, low-fat cottage



cheese, broccoli, skinless chicken breasts, and granola. Here's the question: If that's pretty much what the list always looks like, how did all the other crapola we eat end up in our kitchen? Who smuggled in the chips, the hard

salami, the doughnuts and the creamed spinach soufflé—which contains an alarming 27 grams of fat? I am the culprit, of course, and that is why I avoid food shopping with my wife. When we do go together, I'm on a very short leash and the chances of getting any treats are zero, even if I beg. I wish my wife would treat me more like a dog. I deserve it.

We used to go to the store together all the time. She was confusing its significance with the aisle we walked down 40+ years ago. But there's a huge difference: After I said "I do" in 1980, Mary Ellen didn't

say, "I don't think this is good for you," or "Are you sure this is what you really want?" and when we kissed during the service, she definitely didn't say: "You still have plenty of this back home."

I'm second-guessed about everything I put in the shopping cart. Here are some of Mary Ellen's favorite expressions:

No one still living eats white bread.

Yes, we do need baked beans, if you don't count the 24 cans on top of the pool table.

Why are you buying low-fat trail mix bars? You know you're not

going to eat them.

Why are you buying cheese puffs? You know you're going to eat them.

Mary Ellen has junk-food radar and more often than not, she'll locate my hidden cache with just a glance. I try to sneak things into the basket, but it's tough to hide a large Tombstone pizza under a can of peaches. Having to put an item back on the shelf is the most humiliating thing that can happen to a guy—at least in public.

Recently I ran into a friend at the grocery. "Hey, Dick, doing a little reverse shopping, are you? You must be here with the wife."

To avoid future embarrassment, I told Mary Ellen that this week I was going to go to the store alone. She said that was fine, and Saturday morning she handed me a sheet of paper.

"Thank you, Mary Ellen, but I don't need a shopping list."

"Oh, it's not a shopping list. It's a permission slip."

- 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 – Can A Widower Get Full Survivor Benefits Early?

Dear Rusty: My wife passed from COVID-related heart disease in 2020, just short of her 65th birthday. I will be 66 in May 2023. Do I have any recourse for a part of her benefit? Online at ssa.gov it says I can retire 4 months early due to her passing. Is that true? I'm confused on these issues. Signed: Confused Widower



ASK RUSTY
Social Security Advisor

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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Dear Confused: Our condolences on the untimely loss of your wife. To answer your question, you are already eligible to collect a survivor benefit from your wife, but you may wish to consider a few points before deciding when to do that:

- If you claim your survivor benefit now, before your full retirement age (FRA) of 66 years and 6 months, the amount you get will be reduced. The

reduction would be 4.75% for each full year early (.396% per month early). If taken at your FRA, your survivor benefit would be 100% of the amount your wife was receiving (or was eligible to receive) at her death, but if you claim it before your FRA, it will be reduced.

- You will become eligible for your full survivor benefit 4 months earlier than your normal FRA; in other words, you can

get 100% of the benefit your wife had earned up to her death when you are 66 years and 2 months old. But, if you are still working at that time, you will be subject to Social Security's "earnings test" which may affect your eligibility to collect benefits earlier than your full retirement age. The earnings test applies until you reach your FRA, so if you claim your survivor benefit before your FRA

and exceed the earnings limit, you will lose some of your survivor benefits. The earnings limit for future years isn't yet known, but the 2022 limit is \$19,560 per year, or \$1,630 per month for the remainder of the year if you claim mid-year. If you're working full time at a decent salary, you would probably be disqualified from receiving early survivor benefits (because your benefit amount wouldn't

be sufficient to offset the penalty for exceeding the earnings limit).

- It's possible for you to claim your survivor benefit completely independent of your own SS retirement benefit. So, for example, you can collect only your survivor benefit first and allow your personal SS retirement benefit to continue to grow, up to age 70 when it reaches maximum. That might be prudent if you expect at least average longevity because it would allow you to maximize your personal benefit while still collecting your survivor benefit (average longevity for a man your current age is about 84). For clarity, you don't get your survivor benefit in addition to your personal benefit – you get one or the other (whichever is more).

Considering your circumstances, if you are

now working full time and will continue to do so, it may be prudent to wait until your full retirement age (66 years and 6 months) to collect your full survivor benefit (thus avoid the earnings limit). At your FRA, you can take your unreduced survivor benefit (only) and allow your own SS retirement benefit to continue to grow, up to age 70 if you like. At age 70, your personal SS benefit would be 28% more than it would be at your FRA and would replace your smaller survivor benefit from your wife. If you're not currently working full time or if you stop working, the earnings limit won't apply and you can claim your full survivor benefit (only) at age 66 and 2 months, and still defer claiming your own benefit until a later age for a higher amount (but don't wait longer than age 70).

Butch Says Many Memories Are Here At The Library

Several people visit our library museum each month. Many of the visitors grew up in this community and attended school here, but now live elsewhere. The museum is a collection of memorabilia that I have collected or purchased during the past 33 years, along with items that have been donated. Many of the items are from Darlington school, such as school desks, clothing, photos, yearbooks, etc., but there are also many items representing the town's history, such as the first telephone, the old Sunshine Theater movie projector, items from the drug store, the old barber chair, and hundreds of other things!

Sometimes it's just one thing that stirs a person's memory and reminds them of their youth. One of the pieces of memorabilia that fits in that category is the



BUTCH DALE
Columnist

Weber-Costello "Little Giant" electric eraser cleaner that came from the school. Now why on earth this item...you might ask? Well, one of the favorite things for students to do back in those days was to be selected to wash the blackboard and then take the chalk erasers down to the furnace room to be cleaned. With a flip of the switch, the silver colored machine started whirring, as students ran the erasers across the top, with dust

flying outside via an attached pipe. Because the furnace room was so nice and warm in the winter, many of us made sure the erasers were cleaned "extra good" by perhaps staying just a wee bit too long. And of course, our favorite school custodian was there to tell us stories and, if we were lucky, buy us a bottle of Coke from the 5-cent Coca-Cola machine next to his desk. I can tell you that every former student who sees that old eraser cleaning machine instantly has a smile on their face.

When you see things that remind you of your childhood, your mind becomes flooded with memories. We "baby-boomers" of Montgomery County are quite fortunate to have grown up in the 1950s and early 1960s, and we have lots of good memories. The small towns

had thriving businesses which were family owned. There were activities going on, sponsored by these businesses or social groups and churches, during each season of the year. The school was the center of activity, and with the small classes that existed in those days, all of the students were able to participate in sports, clubs, and various school activities. Very few kids got into trouble, and although there were certainly a few instances of underage drinking, there were certainly no drugs around. Kids got high on life! The majority of children attended church or Sunday school, and also showed up for Vacation Bible school in the summer. Both farm kids and town kids had chores to do, and many took extra jobs helping neighbors or business owners to earn

spending money. Children respected their parents and their elders.

In each community, sure, there were one or two old "soreheads" around, but everyone got along, were friendly, and helped each other. People actually communicated face-to-face...not by E-mail, Twitter, and Facebook. Stories, jokes, and the latest happenings were told at gathering places, and although politics were discussed, it never got out of hand like it does today. Families visited with relatives and neighbors. There were cookouts, church gatherings, and school events for everyone... young and old. Farmers and townspeople joined in to help out anyone who needed it because of health problems, injuries, or tough times. Yes, people CARED about each other. When you see those

things that remind you of your childhood days, it's also a little sad, too, because as a poet once said, "Down the lanes of boyhood let me go once more, Let me tread the paths of youth that I have trod before...And yet we never can return when once we've journeyed on...Old age is ever wishing for the joys forever gone." But don't fret, those memories are still floating around in your mind...like the clouds on a sunny day. No, you can't live in the past. But once in a while, you can just close your eyes, think of your favorite memories...and smile. Each time I look at that old eraser cleaner, I think of my 4th grade teacher, Audrey Cox. It is 1958. I am sitting in the front row...holding my hand up high...and she picks me to clean the erasers...and I am happy!

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The Paper of Montgomery County

Sunday, May 08, 2022

14

Celebrate Mother's Day

Celebrate Mother's Day anyway you can but don't miss the opportunity to honor mom. The opportunities pass us by. While mom is alive is the time to do something for her. Too often someone dies and we want to make sure we attend their funeral and buy flowers. We talk about missed opportunities. While your special person is alive is the time to cherish and make a big deal about that person.

Do what you can do. Mom's simply want to know you care. You could clean out the garage or clean the house. Spend a day working in the yard



GLENN MOLLETTE
Guest Column

or trimming shrubbery. People buy flowers and take mom out to dinner typically on Mother's Day. It is no secret that flowers have become even more expensive and many restaurants are having employee

issues. If you had to wait to be served in the past this Mother's Day may be challenging. Consider taking mom a card and writing her a letter. Tell her how you feel about her and thank her for being a great mom. The main thing is don't forget the day. If you are a long way from home by all means make a phone call.

I know some great mothers. My wife is a phenomenal mother. I have sisters, daughters and a daughter in law who are great mothers. So, there are plenty of people around for me to honor this weekend. I suspect you may know one

or two. Even if they aren't family, wish them a happy Mother's Day.

My mother has been in heaven for a long time and so has the mother of my two sons. Mother's Day is a tough day for them as they lost their mother when they were 20 and 17 years old. My wife's mother passed just a few years ago. It happens. The chair at the table suddenly is empty and all you are left with are pictures and memories.

I miss the long telephone conversations with my mother. We talked on the telephone for 30 minutes sometimes twice a week.

When I was a child, she was my advocate. She was my school tutor. We didn't eat out growing up so she kept food on the table three times a day. When I was a small child, we still had a wringer washing machine and the water was not great. We caught rain water in large tubs and then carried it in to wash clothes. I remember a couple of summers of carrying water from the creek to wash clothes. She ironed clothes for an entire day every week. It was a great day when we were finally able to have an automatic washer and dryer.

Mom worked hard and

about twice a week dressed up really nice and she and dad went to church. Like most of our mothers I could write a lot about her but Eula Hinkle Mollette was a wonderful mother. She loved me, corrected me and supported me. I know there were times I disappointed her but she never disconnected from me. She was always there as best as she could be.

The point is don't miss celebrating Mother's Day. You only have one mom. Cherish every minute.

Hear Glenn Mollette every weekday morning EST at 8:56 and 11:31 on XM radio channel 131

A Chuckle With The Doolittles

One of the more interesting characters I have met in my life is my second cousin twice-removed - Rufus A. Doolittle. No matter how many times the family removed him, he just kept coming back. If you meet Rufus on the street, he will always have on his old blue Bibb overalls covering nearly 300 pounds of his favorite dishes. He always said he was built more for comfort than for speed.

He wears an old brown leather hat held together by every kind of pin and wire known to man, which barely covers his head. Now, Rufus was the type of person who would find salt interesting. I mean, if you and he sat down in a restaurant while waiting on your food, Rufus would pick up the salt shaker, pour some in the palm of his hand and proceed to be amazed.

He is one of the only people in my life that I ever saw stop to get something to eat on the way to



RANDALL FRANKS
Southern Style Columns

a restaurant.

I guess he just could not pass up that chicken going round and round on the rotisserie at that gas station. It was sort of like a ride at the fair. You know you should not get on it but you just can't help yourself.

Rufus spent most of his life as a mechanic and he was blessed with the ability to take apart and put together a car in nothing flat.

The only problem was, like so many other people, he would often start one project without finishing another. He had a habit

of just piling all the parts he removed up in one big pile in the middle of the garage floor. I don't know how he ever found anything.

I was amazed at how he could reach in and pick out just the right part from the pile to replace it in a particular car. At least I hope he was able to do that, or there are a lot of Fords and Chevrolets and a Volkswagen or two running around with the wrong pieces inside.

Rufus always had an abundance of cars awaiting service as he called it. They were up on blocks in the yard around his house. He referred to them as wealth waiting to happen. Many of them, the owners had given up on long ago but Rufus just could not let them breath their last breath, so he would tinker on them until they would cough and sputter their way through town yet again.

Whenever he found himself needing to take

a ride, he would just jump in whatever car was running. I once asked him how he kept up with all of the license fees on all these cars.

He told me it was simple: he moved the tag to whichever car happened to be running.

Rufus married young to another one of my cousins. Of course, they weren't related but their kids are.

Madeleen is one of the finest women to ever walk the earth; I have never seen anyone who could swing a baseball bat quite like her.

Rufus has got pretty good at ducking over the years, too. One time Madeleen and Rufus decided to take a vacation. They had it all figured out because they had gotten an invite to one of those all-inclusive resorts where they make you sit through the sales pitch.

Madeleen decided to make it worth their while. While they were getting

a sales pitch from the resort, she would give a sales pitch on her Busy Bee cosmetics that she makes herself at home to the salesperson.

She truly believes in the value of her full line of soaps, powders and make up.

Rufus is living proof that the stuff makes you look better. After using the soap, his skin tightened up making him look ten years younger. He got a bright red glow in his cheeks. Of course after they pulled all the stingers out he deflated a bit and the red glow went away after about a week, but for a day or two there he looked like he was ten years younger, bigger but younger.

While most folks have to sit through a long drawn out sales pitch, once Madeleen got up, threw a barber's cloth around the sales person's neck and began to rub on her facial crème. That was all she wrote.

That salesman was so enthralled over the facial, he stopped the presentation right then and there and showed Rufus and Madeleen the door.

They didn't have to hear another word from him the whole weekend. Of course, the last time they saw the salesman he did look ten years younger.

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 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.

Christian Leaders and Controversies: The Case of Francis Collins

By Dr. Jan F. Dutt

There is always a dilemma for Christians in best handling and reacting to the positions and counsel of Christian leaders. Often these are people we have grown to trust and respect as followers of Christ.

Their convictions at times are consistent with Christian principles and biblical wisdom. They champion appropriate positions and defend causes from a historically Christian perspective. They gain traction and respect even among cultural, political, and religious opponents because of the internally consistent strength of their arguments and their winsome and gracious demeanor.

And yet, it is impossible for any fallen and sinful person to be right all the time. Similarly, it is quite possible—and regularly demonstrated—that the unregenerate are not always wrong.

As a case in point, contrast Dr. Francis Collins and President Donald Trump.

Trump, not convincingly a born-again Christian, became president in large measure because he promised to represent conservative Christians and their concerns. His appointing of originalist judges to federal courts and the U.S. Supreme Court, as well as his attendance at events like the annual March for Life while he was in office (this was unprecedented for a president), were encouragements to many Christians. Yet his demeanor was consistently characterized as non-Christian. Such may well have cost him re-election. Political and conservative political analysts will debate for decades whether he was a net positive or negative influence on America. Clearly, both cases can be made. Different Christian voices have weighed in on the matter. Many Christians, even conservatives,

felt that Trump used them for his personal gain and prestige.

In certain notable ways, a case could be made that the Francis Collins' situation at times echoes the debate over Donald Trump among Christians.

Dr. Francis Collins, the famous geneticist, was and is vocally Christian. He has clearly identified as such, and he has taken heat for it. For example, in the summer of 2009, after his nomination as director of NIH by President Barack Obama, outspoken atheist Sam Harris attacked Collins in the New York Times as unfit for the job because of his religious convictions.

Collins became known to many Americans during his direction of the Human Genome Project through the 1990s. In February 1998, Scientific American profiled Dr. Collins with the headline "Where Science and Religion meet: The U.S. head of the Human Genome Project, Francis S. Collins, stives to keep his Christianity from interfering with his science and politics." That article quoted Dr. Collins saying he is "intensely uncomfortable with abortion." He said that he does not advocate changing the law and is "very careful" to ensure his personal feelings on abortion do not affect his political stance. The article went on to say: "researchers and academics familiar with Collins' work agree that he has separated his private religious views from his professional life. He shows no influence of religious beliefs on his work other than a generalized sensitivity to ethics issues in genetics."

In essence, what these people were saying is that Francis Collins is such a good scientist because you can hardly tell he is a Christian from his work.

As a much younger biology professor at the time, I was aghast at this.

A Christian has separated his religious views from his personal life. Why is that a good thing?

I emailed Dr. Collins at the time, asking him if Scientific American had it right. Maybe the article misunderstood Collins? My email was never answered. Not that I expected that it would be, given my obscurity and his standing and responsibilities. Still, the article troubled me, as I was always left with the lingering question.

Dr. Collins went on to launch the BioLogos Foundation, a Christian/science interface organization that advocates for the reconciliation of modern science and Christianity. The idea is that nature and scripture are both from God and ultimately are not in conflict. This reflects Dr. Collins' Christian convictions and his love of science, the study of God's physical world. Give Dr. Collins credit for leveraging his popularity, leadership qualities, and obvious pastoral instincts for the noble cause.

Ultimately, I met Dr. Collins several years ago at a conference and heard him speak. There is no reason he would remember our quick contact in an elevator any more than he would remember my email. However, one cannot help but be impressed by his genuine humility and his concern for the spiritual health of the people around him. He has made it clear that he believes that Jesus Christ is incarnate and divine and that humans are made in the image of God (although he rejects the historic Adam), and that salvation is real.

Yet, inconsistencies remain. Dr. Collins seems to allow his science to inordinately arbitrate over biblical truth, or at least when the two are portrayed as in conflict. As his professional life has unfolded, it has become clear that the Scientific American article had

gotten a lot right. It is fair to say that he has remained uncertain about when human life begins. He concedes that the fertilized egg is alive at conception, but believes that maybe it is not quite human. Consequently, in his 2010 book, *The Language of Life*, he advocated for experimentation using excess human embryos from in vitro fertilization (IVF) that are stuck in cryo-storage with uncertain futures, "so that some good could come from them." He has never publicly disavowed human embryonic research because he sees its potential fruitfulness. In fact, as late as last summer, experiments involving human embryonic cells and mice was supported by NIH funding at the University of Pittsburgh.

There are ongoing ramifications of Dr. Collins' acceptance of abortion as the law of the land. The Scientific American article in 1998 mentioned that Dr. Collins was concerned that embryonic genetic testing might lead to abortions of fetuses that have conditions that are less than disastrous. The article did not suggest what he would consider "less than disastrous." For instance, would my great-nephew's Downs syndrome condition be considered less than a disaster? Princeton bioethicist and legal scholar, Dr. Robert George, made a clearer case in his 1998 address to the American Political Science Association Convention, stating, "once I was a child, once I was an infant, once I was an embryo, I cannot say I was once an egg or a sperm." However, it is clear that the viable sperm and egg are quite alive. Also, it is good to remember what we say in the Apostle's Creed. "He was conceived ... born ... suffered ... died ... and ... rose again."

What human is not on that trajectory of life and death? The Bible teaches

that we all are.

This leaves many conservative Christians convinced that Dr. Collins would rather come down on the side of a quote from his old boss, President Barack Obama. In March 2009, Obama signed an executive order that lifted President George W. Bush's 2001 ban on federal funding of human embryonic research. "Today ... we will lift the ban on federal funding for promising embryonic stem cell research," stated Obama. "We will vigorously support scientists who pursue this research. And we will aim for America to lead the world in the discoveries it one day may yield." Obama continued, "Promoting science isn't just about providing resources—it is also about protecting free and open inquiry. It is about letting scientists like those here today do their jobs, free from manipulation or coercion, and ... that we make scientific decisions based on facts, not ideology."

Obama insisted that "I'm going to let scientists do science. I'm going to remove politics, religion, and ideology from that." Of course, the reality is that such a thing cannot be done. The president's own politics and ideology were clearly stated and inserted.

One would hope that Dr. Collins would be more comfortable with the principles articulated in President George W. Bush's 2006 State of the Union Address. "A hopeful society has institutions of science and medicine that do not cut ethical corners, and that recognize the matchless value of every life," stated Bush. "Tonight, I ask you to pass legislation to prohibit the most egregious abuses of medical research—human cloning in all its forms ... creating or implanting embryos for experiments ... creating human-animal

hybrids ... and buying, selling, or patenting human embryos. Human life is a gift from our Creator—and that gift should never be discarded, devalued, or put up for sale."

These are all ethical issues that have confronted Dr. Francis Collins as a man of science and of faith. The issues more recently included COVID mask and vaccine mandates. To many in the evangelical community, the prolife appeals he made for the mandates have rung increasingly hollow, and his seeming inconsistencies have been bothersome.

Os Guinness, in his book, *The Magna Carta of Humanity*, brings out a principle that every intentional Christian should keep in mind: "The notion of arguing on behalf of the true, the right, and the good lies behind the Biblical principle of corrigibility." Guinness quotes Jewish Hebrew scholar Jonathan Sacks, "We are all open to challenge. No one is above criticism, no one is too junior to administer it, if done with due grace and humility."

This requires knowing scripture and applying its logical conclusions, consistently. Otherwise, our ability to be salt and light is diminished, and we can be played. Francis Collins needs to add salt and light. Many of us have admired him, and we expect more from him in his Christian witness to science.

—Dr. Jan Dutt is a professor of biology at Grove City College and fellow for medical ethics with the Institute for Faith & Freedom. He teaches as part of college's required core course Studies in Science, Faith and Technology wherein students, among other things, study all the major origins theories and are asked to measure them in the light of biblical authority.

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Three Ways To Prepare For Travel During This Year's Hurricane Season

By Jeremy Murchland, Seven Corners President

With summer around the corner, many are looking forward to travel plans and summer vacations.

While it's important to pack your sunscreen, it's also important to prepare for this year's hurricane season beginning in June.

According to a report from AccuWeather, this season will be an active year with a high volume of hurricanes and tropical storms. Additionally, AccuWeather meteorologists predicted the Accumulated Cyclone Energy (ACE), which measures intensity, will be within a normal range this hurricane season. Weather patterns, such as La Niña and elevated water temperatures could also contribute to an earlier start for storms this year around mid-May. In addition to the weather forecast, there are certain U.S. locations that are at higher risk for hurricane season, including the Gulf Coast cities (Houston, Texas; New Orleans, Louisiana; Mobile, Alabama; and Tampa-St. Petersburg, Florida), Miami, Florida, Southern Atlantic cities (Savannah, Georgia, and Wilmington, North Carolina), Honolulu, Hawaii, and Northeastern cities (Boston, Massachusetts, and New York City, New York).

If you are planning to travel anywhere between

June 1 and Nov. 30, it is important to take steps for hurricane season — even if you are not traveling to or near the coast, your travel can still be impacted due to disruptions such as flight cancellations and delays as well as heavy traffic on major highways as a result of area evacuations. Seven Corners works diligently to provide you and your family options for the uncertainties of travel plans. The following tips can help you prepare for hurricane season as safely as possible.

1. Prepare for hurricane season with Trip Cancellation and Interruption benefits.

At Seven Corners, hurricanes are covered under our travel insurance plans through trip cancellation and trip interruption benefits. There are many reasons a hurricane could either cancel or abruptly interrupt a trip, so it is important to be aware of the ways travel insurance can offer protection. As of March 2021, Seven Corners RoundTrip Trip Protection has specific hurricane-related trip cancellation and interruption triggers for coverage.

2. Discover the best benefits for addressing uncertainties.

Seven Corners' plans offer several benefits to help prepare for hurricane season, including Trip

Delay and Missed Cruise or Tour Connection. You can also choose to add optional Cancel for Any Reason (CFAR) and Interruption for Any Reason (IFAR) coverage. Adding CFAR to your plan allows you to cancel your trip for any reason of your choosing, such as fear of travel if you're concerned about a potential weather event at your destination, while adding IFAR allows you to interrupt your trip for any reason. Trip Delay benefits help if a covered weather condition prevents you from reaching your destination, and the Missed Cruise or Tour Connection benefit helps if you miss your cruise or tour departure because a hurricane caused a delay. If you are concerned about possible complications specifically due to hurricanes, travel insurance is a secure option to prepare for uncertainties.

3. Utilize Travel Insurance.

There are many unforeseen circumstances that can occur on a vacation, including adverse weather (hurricanes), medical emergencies and more. Travel insurance is a great option to protect trip costs when dealing with the unexpected.

For example, Seven Corners' Travel Medical plans provide coverage related to hurricanes and similar natural disasters, includ-

ing reimbursement for accommodations, evacuation and repatriation, and trip interruption. Our benefits can reimburse you if you cannot stay at your planned destination location due to an evacuation, and our evacuation and repatriation coverage will help safely evacuate you and return you home if necessary. Our trip interruption benefit can reimburse you if you need to return home early because of serious damage to your residence from a natural disaster, such as a hurricane.

While travel insurance is an essential way to prepare for a possible hurricane during your travel plans, it is also important to know the signs and risks of hurricanes. If a hurricane threatens or interrupts your trip, be sure to evacuate in accordance with the local evacuation guidelines, keep a list of important phone numbers in case of an emergency and a copy of your travel insurance plan document and ID card so you can reference the coverage you have. Hurricanes can change course or become more intense without much warning, so it is crucial to be prepared.

To learn more about how travel insurance and Seven Corners' plans can protect you during hurricane season, visit sevencorners.com.

Jurassic World Live Tour Returns To Indianapolis On December 1 - 4

Jurassic World Live Tour, an exhilarating and unpredictable live, family entertainment experience that brings the wonder and thrills of Jurassic World to generations of fans returns to Gainbridge Fieldhouse in Indianapolis from December 1 - 4.

Jurassic World Live Tour Preferred Customers can purchase advance tickets starting today, April 19, to get the best seats available before tickets go on-sale to the general public on April 26. Fans can still sign up to become a Jurassic World Live Tour Preferred Customer and get exclusive access to the pre-sale offer code.

With unrivaled arena production quality, Jurassic World comes to life against a backdrop of captivating scenery where dinosaurs from the iconic franchise, including fan-favorite Velociraptor Blue and a Tyrannosaurus

rex more than 40 feet in length, take center stage. The production features more than 24 film-accurate, life-sized dinosaurs, with scale, speed and ferocity, operated by animatronics and performers.

Jurassic World's unmistakable score combined with projection and practical scenery transforms the arena into the dense jungles of Isla Nublar, where real Gyrospheres roll through the valley and scientists work to unravel a corrupt plan and save a new dinosaur from a terrible fate. With pulse-pounding stunts and an original, authentic storyline, this show is guaranteed to make memories that will last another 65 million years.

All seats are reserved; tickets available through Ticketmaster.com or the venue Box Office. *Ticket prices are subject to change; additional venue/ticketing fees may apply.

Stevie Nicks Announces Additional Dates To Her Limited Engagement Tour

Legendary Rock and Roll Hall of Famer, Stevie Nicks has announced the addition of four special amphitheater shows to her existing limited engagement tour this year. Produced by Live Nation, the additional 4 shows will include a stop at Ruoff Music Center in Noblesville, Indiana on Tuesday, June 21. These shows are in addition to her appearances at iconic Festivals including Bonnaroo and New Orleans Jazz and Heritage Festival.

TICKETS: Tickets go on sale to the general public beginning this Friday, April 29 at 10am local time at www.LiveNation.com.

About Live Nation Entertainment: Live Nation

Entertainment (NYSE: LYV) is the world's leading live entertainment company comprised of global market leaders: Ticketmaster, Live Nation Concerts, and Live Nation Sponsorship. For additional information, visit www.livenationentertainment.com.

SPONSORS: The 2022 Coors Light Concert Series at the Ruoff Music Center is made possible through the generous support of its sponsors including Ruoff Home Mortgage, Coors Light, CITI and more.

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

Make Your Dream Vacation A Reality With These Cost-Cutting Tips

(StatePoint) After more than two years of the pandemic, you're probably eager to get out and explore the world. But as desire and demand for travel skyrocket, so do the prices to get there. Here are some great ways to maximize your savings, so you can make your dream vacation a reality:

1. Be flexible: If your travel dates are not set in stone, being flexible with timing can help you save substantially. Traveling at off-hours or mid-week can trim your plane or train fare, as can avoiding holiday weekends. This same flexibility mindset can even help you at the airport. If a flight is overbooked, airlines often ask for volunteers to give up their seat in exchange

for vouchers, credits and other perks.

2. Bank smart: Consider new online banking solutions, which can help you keep more money in your wallet. For example, T-Mobile MONEY is an FDIC-insured account that offers its customers zero account fees, (no monthly account fees, no minimum balance fees, no overdraft fees and no transfer fees) as well as industry-leading interest rates that can help you invest in the things you want and need, like plane tickets, gas and dining. Plus, customers receive 1.00% Annual Percentage Yield (APY) on all balances, which means more money back in your pocket and more savings for your next vacation.

Globetrotters will also appreciate access to over 55,000 Allpoint no-fee ATMs worldwide.

3. Book wisely: Look for exclusive travel deals available from T-Mobile MONEY to help you cut travel costs. Customers who use their T-Mobile MONEY card via the T-Mobile Travel site can get up to 50% off hotels and up to 45% off car rentals.

4. Do as the locals do: The areas of a town or region where tourists congregate tend to have the most expensive restaurants and stores. For higher-quality shopping and dining and more authentic experiences, do as the locals do. After seeing the must-see sights, be sure to get recommenda-

tions and insights from your hotel concierge, rental host, restaurant servers and other locals for the best ways to get off the beaten path.

5. Eat in: Depending on the type of travel you're doing, it may make sense to eat some of your meals in to save some money. If there is a small kitchen or grill where you're staying, make use of it. Visiting a nearby grocery store can actually be an interesting way to take in the local flair of your destination and sample some of the best food the area has to offer.

Don't let money matters wreck your travel plans. With a few smart strategies, you can take the summer vacation you imagined, affordably.



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BBB Scam Alert: Avoid Moving Scams This National Moving Month

For countless Americans, the month of May signifies a major transition in their lives. Whether it is graduating from high school or college, starting a new job or receiving that highly anticipated acceptance letter, May marks the beginning of the busiest time in the nation for moving. So much so, that the month was designated National Moving Month in 1997.

In 2021, 42% of all business inquiries on BBB.org for moving companies occurred from May-August, and nearly 1,100 complaints were filed with BBB against moving companies throughout the year. Additionally, consumers reported more than \$730,000 lost to moving scams to BBB Scam Tracker, a 216% increase in monetary losses as compared to 2020. Of the 27 million people who moved from 2020-21, nearly 30%

were between the ages of 20-29.

With the amount of moving activity during summer, the potential of being a victim of a moving scam also increases. There are several versions of moving scams reported to BBB every year, including:

- Consumers receive a quote and pay a deposit, but the movers never show up.

- The moving company provides a quote based on expected weight and, after loading the truck, they inform the consumer that the load is over the expected weight and an additional fee will have to be paid. Most of the time, the additional fee is significantly more expensive per pound, sometimes as much as double the original estimate.

- The most disruptive and difficult to anticipate moving scam is when everything appears to be going well. The movers provide an estimate,

arrive on time and load your belongings on a truck. However, this is where the interaction turns disastrous. When the truck fails to arrive at its destination, either your belongings are simply gone or the company requires the consumer to pay an additional fee to have them delivered, holding the possessions hostage.

To avoid becoming a victim of a moving scam this National Moving Month and in the future, BBB recommends consumers follow these guidelines:

- Watch out for warning signs. When reviewing a company's website, if there is no address or information about a mover's registration or insurance, it is a sign that it may not possess the proper policies to protect a consumer's belongings. Additionally, if the mover uses a rented truck or offers an estimate over the phone prior to

conducting an on-site inspection, it may not be a legitimate business.

- Be wary of unusual requests. If a mover asks for a large down payment or full payment in advance, that may be an indication of a fraudulent business. If an individual's possessions are being held hostage for additional payment that was not agreed upon when the contract was signed, contact BBB or local law enforcement for help.

- Get everything in writing. When moving between states, check licensing with the U.S. Department of Transportation. An identification number issued by the Federal Motor Carrier Safety Administration (FMCSA) is required of all interstate moving companies, which can be verified at ProtectYourMove.org. Make sure to carefully read the terms and conditions of the contract, as well as the limits of

liability and any disclaimers. The pickup and expected delivery date should be easily identified.

- Keep an inventory of your belongings. Having an inventory sheet is one of the best ways to keep track of your possessions. BBB recommends consumers who are moving label the boxes their belongings are packed in and what is in each box. In general, movers are not liable for lost or damaged contents in customer-packed boxes unless there is provable negligence on the part of the mover. Taking photos of the contents prior to packing is a great way to prove if damages were incurred during the moving process.

- Ask questions. Do not be afraid to ask questions about anything you don't understand. If the moving company either can't or won't answer your questions, look for another company. Trust

matters when hiring a moving company.

For more moving tips, see BBB.org/moving.

To access BBB's 2020 report of moving scams, visit BBB.org/Mover-Scams.

For a list of accredited moving companies near you, visit BBB.org.

ABOUT BBB SERVING CENTRAL INDIANA: The Better Business Bureau has empowered people to find businesses, brands and charities they can trust for over 110 years. In 2021, people turned to BBB more than 200 million times for BBB Business Profiles on 6.3 million businesses and Charity Reports on 25,000 charities, free at BBB.org. Local, independent BBBs can be found across the United States, Canada, and Mexico, including BBB Serving Central Indiana, which was founded in 1916 and serves 46 counties.

4 Springtime Skin Care Tips

(Family Features) Spring brings sunshine and plenty of exciting opportunities to head outdoors for fun with family and friends. While those joyous moments make the season special, all that sun exposure can wreak havoc on the skin without the proper precautions.

Whether you're dining outdoors, going for a swim, sweating out a bike ride or just spending a few moments soaking up some sun, it's important to ensure you're taking care of your body so you can enjoy those rays all season long.

Stay Hydrated

As an important aspect of overall health, staying hydrated also helps maintain your skin's water content. Be sure to drink plenty of water throughout the day, especially as temperatures rise and you spend more time outdoors. Another delicious way to avoid dehydration - leading to energy drain, in mild cases - is to eat fruits and vegetables with high water content. One example is watermelon, which is 92% water and can help restore fluids.

Prioritize Skin Protection

Whether you'll be in the sun for a few minutes or a few hours, it's paramount to protect skin by applying sunscreen. On days when the UV index is 3 or higher, the Centers for Disease Control and Prevention recommends applying a broad spectrum sunscreen SPF 15 or higher. Another option is

to wear light, loose clothing that covers as much of the skin as possible while staying comfortable in the heat.

Refresh Your Face

As one of the parts of the body that sees the most sun exposure, your face is perhaps the most important area to care for during the sunnier months. An at-home, all-natural DIY facial offers a brightening, hydrating way to treat yourself.

For a true glow-up from the comfort of your own home, try this quick and easy solution: Mix 2 tablespoons of Greek yogurt (to help exfoliate and purify) with 1 tablespoon of watermelon juice (for hydration). Apply the mask to your face and neck for 10 minutes then rinse off and pat your skin dry.

Keep Your Whole Body in Mind

While your face is likely to see a lot of sun, that shouldn't mean neglecting the rest of your body. This gentle body scrub can give you that glow you're looking for with a sweet, fruity scent.

Here's how to exfoliate and polish your skin: Combine 1 1/2 cups of white sugar, 1 teaspoon of lemon juice and 1/4 cup of watermelon juice. If you'd like, add 1 teaspoon of microplaned watermelon rind zest and 1 tablespoon of olive oil.

Store the scrub in an airtight container up to 1 week and, when you shower, gently rub a

handful of scrub on your skin then rinse thoroughly and pat dry.

For more skin care solutions and other health and nutrition information, visit watermelon.org.

Subtle Care for Sensitive Skin

For many, spring skin care can be as simple as following a basic routine. However, those with more sensitive skin may require additional attention. Try this calming, cleansing at-home remedy to moisturize and tone sensitive skin.

Watermelon Mask and Toner

Watermelon Banana Mask:

1 tablespoon watermelon juice
2 tablespoons ripe mashed banana

Watermelon Toner:

1/3 cup watermelon juice
1 tablespoon witch hazel
1 teaspoon distilled water

To make watermelon banana mask: In bowl, mix watermelon juice (for hydration) and mashed banana (to ease inflammation). Apply mask to face and let sit 10-15 minutes before rinsing with warm water. Pat dry.

To make watermelon toner: In small bowl, combine watermelon juice with witch hazel and water. Apply toner to clean face and let sit 2-3 minutes before rinsing with warm water. Pat dry.

Store in refrigerator in airtight container up to 5 days.

New Technology Is Making Epidurals More Effective At Reduced Cost

(StatePoint) Epidurals are used as a pain relief method by millions of American women during childbirth each year.

While safe and effective in most cases -- each year, 2.4 million births involve epidural analgesia procedures out of 4 million annual births -- unintentional dural puncture affects 5%, causing complications for new mothers. Among those patients, 60-80% experience postpartum headaches, which can become severe, chronic and disabling, in some cases lasting months to years. Medical advancements however are promising to offer a safer and more comfortable and effective experience during labor and delivery.

How safe are epidurals? In a recent survey of nationwide board-certified anesthesiologists, 58% expressed concerns about dural punctures while performing epidural procedures for labor and

delivery, and 82% agreed that hospital-mandated time pressures on anesthesiologists create unnecessary risk.

Having tools to more accurately and efficiently perform epidural procedures is proving to be a game-changer though. An innovative computer-controlled injection device, CompuFlo Epidural System from Milestone Scientific Inc., is being used by a growing number of anesthesiologists. Offering objective real-time data four times a second, the device helps clinicians successfully perform epidural procedures with fewer attempts, reduces the risk of dural punctures, and ultimately improves patient outcomes at reduced cost.

"The current standard of epidural care dates from the 1900s. With the technology we have today, patients preparing for labor should have better health outcomes," says Arjan Haverhals, CEO

and president of Milestone Scientific. "Giving birth is a pivotal moment in a woman's life and access to safe pain relief during that process is crucial. We're continuing to expand access to this technology to increase patient safety by drastically reducing risks, and allowing for more reliable and effective applications of epidural anesthesia."

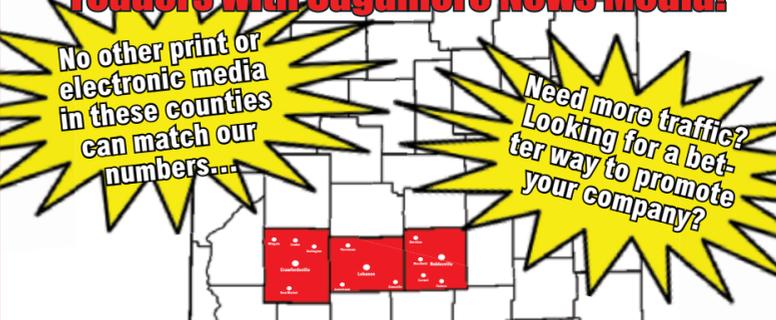
Postpartum headaches resulting from dural puncture create persisting, unexpected challenges for new mothers. From the interruption of breastfeeding to time taken away from bonding, complications from a dural puncture can impact a patient's emotional health during an already hormonal and stressful time. However, with the help of new technologies, patients nationwide are receiving safer and more comfortable experiences during labor and delivery. To learn more, visit milestonescientific.com.

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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.

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