May 29, 2022

# F MONTGOMERY COUNTY Montgomery County's oldest locally owned independent newspaper

# **MCHS Announces Winners For Annual Essay Contest**

The Montgomery County Historical Society has announced the six local winners of their annual essay contest, which this year asked students to write about famous Hoosiers from Montgomery County, in celebration of the county's bicentennial. You can see the winners down below the story.

The prompt for this year's contest was "This year is Montgomery County's 200th anniversary! There are many famous Hoosiers who have ties to Montgomery County, and we want you to help highlight how they influenced our county's history. Choose one of the following Montgomery County natives from the list below. Research his/her life and share information that shaped the person that he/she eventually became. Then, identify

significant contributions that he/she played in shaping Montgomery County. The essay should be 300 words or less, typed or printed neatly and submitted on or before March 25th, 2022."

The students could choose from the following Hoosiers:

- · Anna Willson
- · Ambrose Whitlock
- $\cdot$  Henry Lane
- · Joseph Allen · Lew Wallace
- · Mary Holloway Wilhite
- · Mollie B. Hoover
- $\cdot$  TC Steele

Jill Coates-Matthews,

executive director for the Montgomery County His-



MONTGOMERY COUNTY HISTORICAL SOCIETY al Lane Place Museum

> torical Society, talked about why the contest was tied into the history of Montgomery County, saying, "It is a nice way to get students to look at and see some of the neat people from our county while strengthening their writing and research skills and following school curriculums.'

Coates-Matthews said that, in previous years, the contest had been separate from the schools and they

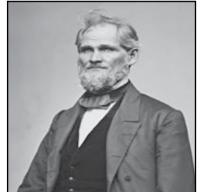
received fewer entries and participants. However, once she reached out to teachers and asked them to incontest into their class-

rooms, they began receiving far more entries. "We're up from 40 or 50 entries in previous years to 150 or so this year," she said.

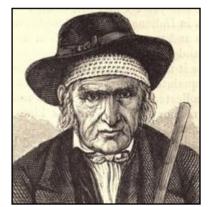
On the value of having kids write their essays about famous people from their communities, Coates-Matthews said, "I think it helps kids feel more connected to and invested in their community. They often get caught up in things online,

things in class, or life in general, so this is a great way to connect them with people from their towns, who lived lives like them, and feel like a part of the community they've grown up in."

Coates-Matthews was also effusive about the benefit of working with teachers and schools to ramp up participation in the contest, saying, "This is the third year we've actually based this contest on curriculum standards and worked with the teachers to tie it into their classroom activities and they have been so helpful and involved, it's amazing." She went on to say, "Teachers have difficult jobs, but the fact that they take the time to work something like this into their lesson plans and give students this opportunity is so wonderful.









corporate the

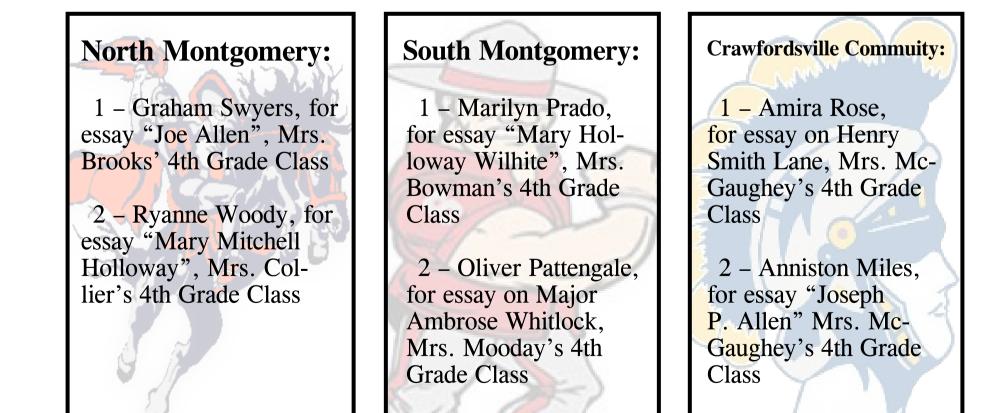
Henry Smith Lane

Joseph Allen



Major Ambrose Whitlock

Mary Holloway Wilhite



### 🗢 TODAY'S QUOTE

"Greatness only comes before hustle in the dictionary." Ross Simmonds

### **TODAY'S JOKE**

What do you call a cow with a twitch? Beef jerky.

### **TODAY'S VERSE**

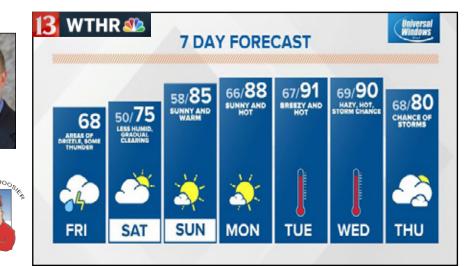
John 3:16 "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (NIV)

### 🗢 TODAY'S HEALTH TIP

Elderly people who exercise regularly are less likely to suffer falls and fractures. 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

The king of witty quips passed away on this date in 2014. RIP Wendell Trogdon!





PAGE A2 🗉 Sunday, May 29, 2022

201 E. Jefferson St. Suite 247 P.O. Box 272 Crawfordsville, IN 47933 MAIN: 765-361-0100 回 CLASSIFIEDS: 765-361-8888 FAX: 765-361-5901 www.thepaper24-7.com TWITTER: @ThePaperNews @ThePaperSports

### 1st 2nd 3rd THE GREAT Place Prize Awards MAONTGOMAERY COUNTY SCAVENGER HUNT 2022

## CURRENT CLUE

MONTGOMERY COUNTY HAS TWO COVERED BRIDGES CROSSING SUGAR CREEK, ONE AT DARLINGTON AND THE OTHER AT DEERS MILL. ONE HAD A HOWE TRUSS - WHICH ONE? ONE HAD & BOISIS AISCH - MHICH ONE? ONE WAS BOILT BY JOSEDH KISESS - MHICH ONES THE OTHER BUILT BY JOSEPH J. DANIELS - WHICH ONE? AND, WHICH IS THE OLDEST?

## PREVIOUS CLUES

CLUE I -WHERE WOULD THESE NAMES BE FOUND IN CRAWFORDSVILLE AND WHY WOULD THEY BE LISTED TOGETHERY ZEPHANIAH BALL; JAMAES R. CARNAHAN; ISAAC C. ELSON; SAMUEL B. FERGUSON; SMITH S. PRY, THOMAS W. FRY, JOHN P. HAWKINS; JESSE L. HOLMAN; LYCURCUS PARBACK, POREPT SPRAAAN, SAADEL C. VANCE, WILLIAAA C. WILSON, JOSEPH AA WISHARD,

RALBACK ROBERT SPILMAN, SAMPLE AND A LOT MORE. CLUE 2-A SHIP WAS SUNK AND HOSTILITIES REDKE OUT, HUNDREDS OF MEN LOST THEIR LIVES AND NOT LONG AFTER THE UNITED STATES WAS INVOLVED IN A WAR, ULTMAATELY, THAT LED TO THE ERECTION OF A MONUMENT RIGHT HERE IN MONTGOMAERY COUNTY, WHAT IS THE MONUMENT, WHERE IS IT LOCATED AND NAME ONE OF THE MEN INCLUDED ON THAT MONUMENT WHO

LIGHTED AND MARKE ONE OF THE AMEN INCLUDED ON THAT MONUMENT WHO FOUGHT IN THAT WAR! CLUE 3-FIND THE MAME AND PLACE OF A HOMAE WHICH SERVED AS AN IWN AND HAD SEVERAL IMPORTANT VISITORS. INCLUDING WHICH SERVED AS AN IWN AND HARRESON AND HIS MEN. THIS CLAPBOARD HOMAE EXISTED FOR CLOSE TO IMP YEARS IN OUR COUNTY AS A TRADING POST, TAVERN, FOLITICAL AND CIVIC CENTER. IT WAS A PERFECT STOPPING PLACE BETWEEN TWO CITIES BEGINNING TO GROW AS IMPORTANT INDIANA CENTERS GLAFAYETTE AND TERRE HAUTES. CLUE 11-IN A SMALL CEMBETERY INSIDE THE COUNTY, A MAN HAS A UNIQUE WHITE-BRONZE TOARBSTONE WITH AN URN ON THE TOP, MUCH INFORMATION CAN BE FOUND THERE. HE DIED IN IBES AND HE WAS 64 YEARS OLD. THERE'S ALSO AN UNDSOLAL MAESCAGE TO HIS FAMILY, TAREWELL MY WIFE AND CHILDREN ALL, FROM YOU A FATHER CHREST DOTH CALL: MOURN NOT FOR ME IT IS IN VAIN, TO CALL ME TO YOUR SIGHT AGAINT THERE ARE OTHER VERSES AND IMAGES, WHO DOES THE TOMORSTONE BELONG TO AND IN WHICH CEMETERY CAN IT BE FOUND? CLUE 5-GEORGE FRUITS IS BELIEVED TO BE THE OLDEST SURVIVING LOCAL SOLDIER OF THE REVOLUTIONARY WAR. SOME HAVE FOUND PROOF AGAINST THAT BUT AN ADDENDUM TO HIS TOMPSTONE BELONG TO AND IN WHICH CEMETERY CAN IT BE FOUND? CLUE 5-GEORGE FRUITS IS BELIEVED TO BE THE OLDEST SURVIVING LOCAL SOLDIER OF THE REVOLUTIONARY WAR. SOME HAVE FOUND PROOF AGAINST THAT BUT AN ADDENDUM TO HIS TOMPSTONE BELONG TO AND IN WHICH CEMETERY CAN IT BE FOUND?

AGE AND SERVICE. CLOE G-THERE WAS & YOUNG MAAN IN OUR COUNTY WHO STUDIED SUICIDE FOR YEARS AND EVEN MANUFACTURED "MEDICINE" FOR THAT PURPOSE. HE PLANNED HIS OWN SUICIDE, AS WELL AS HIS FUNERAL, REQUESTING & BAND PLAY. HE HAS ONE OF THE TALLEST, MOST IMPRESSIVE TOMPSTONES IN THE

COUNTY, WHO IS HE AND WHERE IS HE BURNED! LUE 7-EVER HEAR OF THE HORSE THEF DETECTIVE ASSOCIATION! DO YOU REALIZE THE VERY FIRST ONE IN THE UNITED STATES CHUNE [845] WAS RIGH HERE IN MONTGOMERY COUNTY! THE GROUP BEGAN IN JUNE [845] AND MET SOUTH OF ELANDALE WITH THESE GOALS IN ANNO. "SUPPRESS HORSE STEALING, HOARE ROBBERIES, PICK-POCKETERS" AND OTHER CRIMES. THREE BROTHERS WERE QUITE INSTRUMENTAL IN BEGINNING THIS GROUP, WHAT WAS THEIR LAST MADRES

NAME? CLUE 8-THE ENSTREMENTAL IN BEEMANING THIS BEDOF, WHAT WAS THEIR LAST NAME OF THE FARLY ROADS OF MONTGOMERY COUNTY WERE VERY BAD, SLUSH AND MOUD GAVE WAY TO GRAVEL, AND THE GRAVEL WAS PAID FOR - IN PART - THROUGH TOLLS, IN 1882, THE COUNTY HAD SO MALES OF THESE TOLL ROADS BUT BY 1995, THE COUNTY HAD 400 MALES OF GRAVEL ROADS, OFTEN, TOLL HOUSES WERE BUILT WHERE PEOPLE WOULD STOP AND PAY A TOLL FOR TRAVELING ON THE ROAD, TODAY, THERE IS AT LEAST ONE OF THESE KNOWN TOLL HOMES STILL IN EXISTENCE, WHERE IS IT? CLUE 9-BEFORE PUBLIC EDUCATION, THERE WERE SMALL ONE-ROOM SCHOOLS AND SOMEWHAT BETTER FACILITIES KNOWN AS ACADEMIES, SEVERAL COMMANDITIES HAD THESE, INCLUDING WAVELAND AND LADGE. ANOTHER ONE WAS STARTED IN 1858 ON DONATED LAND IN WAYNE TOWNSHIP, SADLY, A STORM BLEW THE NEWLY ERECTED BUILDING AWAY ALMOST IMMAEDIATELY. THE VERY NEXT DAY, THE REPUILDING STARTED IN 1662, THERE WERE SOLD TO THE AND FEMALE COMMING FROM ADONATED WAY ALMOST IMMAEDIATELY. THE VERY NEXT DAY, THE REPUILDING STARTED IN 1662, THERE WERE SOLD TO THE CAMERE OF 1922, THES PROPERTY AND ITS BUILDINGS WERE SOLD TO THE CEAMERE OF 1922, THES PROPERTY AND ITS BUILDING, WHAT WAS THE NAME OF THE SCHOOL AND WHERE IS IT LOCATED



- E RANDON CLUES WILL APPEAR ON THIS PILEE SEVERAL TWEES DURING THE INAMEN OF MAK. TO ENTER, SIMPLY ANSWER THE QUESTION AND FURSH IN THAT ANSWER PER THE HILES BELOW. ANSWERS WE WRITTEN, NOT ORIECTS.
- THIS SCINENGER HUNT REQUIRES PARTICIPANTS TO PICK UP MOTHING. RATHER, SWPLY DENTIFY AND WRITE OR TYPE THE ELECT INFORMATION THE CLUE REFERS TO.
- E-MAIL THOSE ANSWERS TO TTURMICHS=THEPAPER24-3.COM, OR YOU CAN DROP THEM OFF AT THE PAPER'S OFFICE RETAKEDY 9 A.M. AND 4 P.M. INVALIANT THROUGH FRIDAY, 127 E. INVIAN IN DOWNTOWN CRAWFORDSVILLE. NO PHANE CALLS OR ORAL ANSWERS WILL BE ACCEPTED. ALL ENTRES MUST BE RECEIVED BY NOON, JUNE 3, 2022.
- ABSOLUTELY NO ORJECTS OR ITEMS WILL BE ACCEPTED AS INSWERS.
- INVLTIPLE GUESSES ME ACCEPTED, BUT EXCHANE MUST RE IN A SEPARATE E-WAL OR ON A SEPARATE PIECE OF PAPER IF DROPPED OFF IT OR OFFICES.
- PLEASE WOURSE MAKE AND CONTACT INFORMATION WITH EACH ANSWER.
- WINNERS WILL BE DETERMINED BY THE BEST PERCENTAGE OF CORRECT. INSWERS. IN CASE OF THEIST, A RANDOM DRIVING OF THOSE PARTICIPANTS WILL RE USED TO REEM! THE THEIS).
- 8. NO PURCHASE REQUIRED TO PLAY.
- INVERSING REPORTING INSERIAL THE CONTACT INFORMATION THEY. PRIVIDE PRZES INUST HE PROCED UP AT OUR OFFICE AND MILLINGT BE MALED OF DELIVERED.
- ID. PARTICIPANTS MOREE TO ALLOW THEIR MANE TO BE USED FOR PRIMOTIONAL PURPOSES WITH THIS CONTEST, WINNERS WILL HE ASKED TO COME TO OUR OFFICE TO PICK UP THEIR PICTURE AND HAVE THEIR PICTURE TAKEN.



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### **Timothy Michael Quigley Sr** May 17, 1960 - May 21, 2022

Timothy Michael Quigley Sr, age 62 of New Market, passed away on Saturday, May 21, 2022 at Franciscan Health Lafayette.

He was born in Elyria, Ohio on May 17, 1960 to the late Joseph & Vera Rose (Papp) Quigley.

He graduated from Lorain High School in Lorain, Ohio in 1979 where he grew up. On April 15, 1989, he

married the love of his life, Beverly Jean Davis, who survives. Throughout the years he worked at Random House, was an EMT for Star Ambulance Service, and a school bus driver for Crawfordsville Schools before he became disabled. He enjoyed working in his garage on his cars and trucks, visiting state parks with his wife, he had his Ham Radio license and he didn't know a stranger as he loved visiting and talking to everyone.

Survivors include his wife of 33 years, Beverly Ouiglev of New Market; three sons, Tim Quigley Jr of Seattle, Wash., Brandon Quigley and Nicholas Quigley, both of New Market; four sisters, Lorene (Virgil) Carver of Ohio, Sheri Short of Indianapolis, Beverly (Ron) Davis of Indianapolis, and Veronica (Wayne) Toth of Ohio; a brother, John Quigley of Ohio; and several nieces and nephews.

Visitation will be at Sanders Priebe Funeral Care, 315 S Washington St, in Crawfordsville on Thursday, May 26, 2022 from 2 p.m. until the time of the funeral service at 4 p.m., with Rev. Darla Goodrich officiating. The service will be live-streamed and recorded which can be viewed on his obituary page at www.sandersfuneralcare.com Cremation will follow the service. Share memories and condolences online at www.sandersfuneralcare.com.

### Lola (Deanie) Brady Sept. 6, 1927 - May 23, 2022

Lola (Deanie) Brady, the trunk of the family tree, passed away peacefully on Monday May 23rd at The Lane House.

She was 94, born on Sept. 6, 1927 to Phillip and Dorothy (Douglas) Wilson.

She married Carl Campbell in 1943 with whom she had two daughters, Linda Sue and Rebecca Joann. He died

in 1955. She later married Eddie Brady and they opened their home and hearts to include another daughter (Kim Renee). They later divorced.

She retired from IMPEX and later worked for Dickerson's liquor store where she enjoyed relating to her regular customers and actually received minor injuries during a robbery (her claim to fame for some time!) She was active in the Ladies Auxiliary of the Moose Lodge and enjoyed making the rounds of the various clubs for their weekly "drawings" and maybe some later dancing with her longtime companion Sam Spore who also preceded her in death. She loved her family unconditionally. Survivors include her daughter, Linda (Campbell) Herget of Chalmers; her grandsons, Brad and Robbie Hummel of Crawfordsville; granddaughter, Amber Rose (DJ) Blackford of Lebanon; brother, Duane Bryant of Florida; and several great grandchildren, great-great grandchildren, nieces and nephews.

Judith "Judy" Ann Byers Aug. 30, 1945 - May 22, 2022

Judith "Judy" Ann Byers, age 76 of Crawfordsville, passed away on Sunday, May 22, 2022 at Majestic Care of Lafayette.

She was born in Crawfordsville on Aug. 30, 1945 to the late Hugh Laverne "Vern" & Wilma Jean (Rice) Hart.

She graduated from Waveland High School in 1964. On Sept. 17, 1966

she married William "Bill" C. Byers, who preceded her in death on June 26, 1984. She worked at Co-op (Ceres Solutions) as the administrative assistant for 26 years. She enjoyed scrap booking, traveling, camping, going to her grandkid's events, watching hockey and NASCAR racing, and was a Jeff Gordon fan. She was a member of AMVETS Auxiliary, Crawfordsville American Legion Auxiliary, and VFW Auxiliary.

Survivors include her three children, Kevin Byers, Andy (Kristy) Byers and Buffy (Ed) Bunch; four grandchildren, Tonya (Matthew Taylor) Posthauer, Brittany (Dustin) Carr, William Byers and Alex Bunch; five great grandchildren, Chloe, Madisyn, Noah, Enzo and Conley; and several aunts, uncles and cousins.

She was preceded in death by her parents and her husband, William "Bill" Byers.

Visitation is scheduled at Sanders Priebe Funeral Care, 315 S Washington St, in Crawfordsville on Friday, May 27, 2022 from 5 – 8 .pm. The funeral will be Saturday, May 28, 2022 at 11 a.m. at the funeral home. 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 South. Share memories and condolences online at www.sandersfuneralcare.com.

### Ramona Jean (Huston) Crose Aug. 1, 1960 - May 23, 2022

Ramona Jean (Huston) Crose, age 61 of Kingman, passed away on Monday evening, May 23, 2022 at Union Hospital in Clinton.

She was born in Danville, Ill. on Aug. 1, 1960 to the late Floyd Eugene & Mariellen Mae (Bowling) Huston. She graduated from Fountain

Central High School and in August of 1981 she married Dannie Lee Crose,

who preceded her in death on May 6, 2016. Throughout the years she worked at the Red & White in Kingman, was a waitress at Turkey Run Inn, worked at Dormeyers in Rockville and Flex-in-Gate in Covington. She enjoyed reading, watching movies, drinking her Diet Mountain Dew, and spending time with her family.

Survivors include her two children, Jennifer (Lee Moore) Goodman and Nathan (Kenzie Nelson) Crose step son, Chad (Savannah) Crose; two sisters, Renaulta Kay Boyd and Merry Robin (Greg) Lamb; one brother, Tracy (Angela) Huston; ten grandchildren, Dixxiie, Serenity, Damien, Annabelle, Angel, Daniel, Cecilia, Cantessa, Gracelynn and Maverick; and several nieces, nephews, and cousins. She was preceded in death by her parents; her husband, Dannie Crose; a son, Josh Huston; and half-brother, Ronald Lee Bowling. Visitation will be at Sanders Funeral Care, 203 S 1st Street, in Kingman on Friday, May 27, 2022 from 12 p.m. till the time of the celebration of life service at 2 p.m., with Pastor Steve Crum officiating. Burial will follow at Poplar Grove Cemetery. Share memories and condolences online at www.sandersfuneralcare.com

### **Robert Shirar, Jr.** May 18, 1967 - May 23, 2022 Robert Shirar, Jr. of Crawfordsville

passed away Monday afternoon at home. He was 55.

Born May 18, 1967 in Crawfordsville, he was the son of Robert Allen Shirar, Sr. and Donna Lee Stewart

He worked at Raybestos for 16 years. In his spare time, he enjoyed mushroom hunting, whittling sticks,

and hanging out with his friends at Sugar Creek.

Survivors include his daughter, Ashley Russell (Andrew); son, R. Garrett Shirar; father, Robert Shirar, Sr.; sister, Angie Lucas; and two grandchildren, Beau and Kensley.

He was preceded in death by his mom, Donna Shirar; and a sister, Jodi Kay Franklin.

A celebration of his life will be held later. Details will be announced as they become available. Cremation arrangements were entrusted to Burkhart Funeral Home.

### Janet S. Grubbs

Aug. 10, 1934 - May 25, 2022

Janet Sue (Livingston) Grubbs, 87, Hillsboro, passed away in Hickory Creek of Crawfordsville on Wednesday, May 25, 2022 at 9:29 a.m. Janet was born in Stone Bluff, of Fountain County, Ind. on Aug. 10,

1934. She was the daughter of the late

Dallas and Mildred (McElwee) Livingston. She was raised south of the Osborn Prairie area and later moved to rural Hillsboro

during her teens. She attended Osborn Prairie School and graduated from Hillsboro High School in 1952 as Valedictorian of her class.

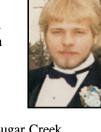
She was married to Eugene "Gene" Alexander Grubbs in the Hillsboro Christian Church on March 29, 1953. Gene preceded her in death on January 18, 2006.

She and Gene raised Angus cattle for many years. Mrs. Grubbs later worked with Ernie Myer as an insurance agent in Hillsboro later purchasing the business and it became Grubbs Insurance Agency. She and Gene operated the business until the late 90's.

Mrs. Grubbs was a faithful member of the Hillsboro Christian Church and was responsible for the printing of the bulletins for the church services. She also served as a Sunday School teacher for the church. She was a member of the Stitch and Stir Home Economics Club. She was a retired member of the Psi Iota Xi Sorority. Member of the Indiana Angus Auxiliary and enjoyed working on the farm. When she wasn't working at the agency or on the farm she enjoyed playing euchre with friends and family.













Along with her parents and significant others, she is preceded in death by her daughter, Kim (Kingery) Nelson and Becky (Campbell) Smith; and grandson Jedediah Cody Kingery. Also preceding her are her siblings, Patricia Simpson, Charles Wilson and Phyllis Halford.

Funeral services will be 3:00 PM Saturday at Hunt & Son Funeral Hoe with visitation beginning at 1:00 PM. Burial will follow at Oak Hill Cemetery, Grant Ave.

Condoleces and memories may be left at www. huntandson.com

### Walter "Pete" Largent Aug. 31, 1941 - May 25, 2022

Walter "Pete" Largent, 80, of Crawfordsville passed away to his Heavenly home on Wed., May 25, 2022 at St. Vincent's Hospital, Indianapolis.

He was born Aug. 31, 1941 at Crawfordsville to the late Paul D. Largent and Helen Catherine (Riddle) Largent.

Mr. Largent graduated from Crawfordsville High School. He married

Martha Ellen McClure Feb. 23, 1962. She preceded him in death on Jan. 4, 1984. He married Teresa Lynn Goff on October 5, 1985, she survives.

He worked at Tilney's Shoe Repair where he became an expert shoe repairman. He worked at Hoosier Crown, then went to Inland Container, where he worked for 30 years, retiring in 2002 as a supervisor. He enjoyed going to Colts games, Indianapolis 500, Las Vegas and playing cards. He most enjoyed making a good bet and having a cup of coffee at 6 AM at McDonald's with his pals. He enjoyed attending civic meetings. His home was a must see at Christmas for decades. He loved sharing Christmas with everyone. He was a member of New Hope Christian Church.

Survivors include his wife, Teresa Largent; three children, Diamond (David) Carrell, Dyke (Kim) Largent and Mallory (Branton) Homsher, all of Crawfordsville; six grandchildren, Kyle (Ashley) Brown, Brandon (Rance) Largent, Bailey (Austin) Warren, Taylor Krout, Payge Wagoner and Jayce Wagoner; four great-grandchildren, Paisley, Connor, Clara Brown and Rowan Warren; brother, Bob (Sharon) Largent of Springfield, Miss.; and sister, Cathy (Terry) Smith of Anderson, Ind.

He was preceded in death by his parents; his first wife; and siblings, Louise Keller, Paul David Largent, Elsie Swift, Shirley Swank, Roberta White, Charles Largent, Buford Largent and Kenny Largent.

Visitation will be from 4 to 8 p.m. Monday, May 30 at New Hope Christian Church, 2746 South U. S. 231, Crawfordsville, Ind. The funeral will be at the church beginning at 10:40 a.m. Tuesday, May 31, 2022, followed by a burial at the Mace Cemetery in Mace. Arrangements are being handled through Burkhart Funeral Home.

Donations may be made to Riley Children's Foundation, 30 S. Meridian Street, Suite 200, Indianapolis, IN 46204-3509. Online condolences may be made at www. BurkhartFH.com.

### Tamela Carole 'Tammy' Lockwood

Feb. 15, 1960 - May 25, 2022

Tamela Carole 'Tammy' Lockwood, age 62 of rural Crawfordsville (Elmdale), passed away 8:37 PM Wednesday, May 25, 2022 following a brief illness in IU Health Hospital, Lafayette.

She was born in Lafayette Feb. 15, 1960 to the late David Lee and Carole Jean Brown Lockwood.

She was a 1978 graduate of Seeger Memorial High School. She was most recently employed by Mike Raisor Ford, Lafayette, as a cashier in the service department. Previously she was employed by Perry Chemical in West Lafayette in quality assurance/ scheduling and by Appliance Valves in West Lafayette. She was a kind loving soul, who was everyone's friend and willing to help anyone in need. She enjoyed animals, kids, crocheting and flowers.

Survivors include a brother, Terry (Cindy) Lockwood of Danville, Ind.; and a sister, Tracy (Bart) VanHook of rural Wingate.

She was preceded in death by her parents.

Visitation hours are 11 a.m. – 1 p.m. Saturday, May 28, 2022 with funeral services following at 1 p.m., with Daniel Jordan officiating, at Family and Friends Funeral Home of Wingate. Burial will follow in Pine Village Cemetery. Memorial contributions may be directed to the Montgomery County Animal Welfare League.

Visit us online at www.familyandfriendsfh.com to sign the guest book or share a memory.



Survivors include three children, Diana (Brian) Williams of Crawfordsville, Dale Grubbs of Hillsboro and Cheryl (Jim) Mulherin of Fishers; three grandchildren, Kayla Grubbs, Dallas (Christine) Grubbs and Keenan Mulherin; a great-grandson, Jackson Dale Grubbs; two sisters, Mary George of Covington and Martha Abbott of Brownsburg.

She was preceded in death by her parents; along with a brother, Joseph William Livingston.

Friends may call at the Maus Funeral Home, Hillsboro, on Tuesday, May 31st from 12 p.m. until service time at 2 p.m., with Pastor Garland Pannell officiating. Burial will follow in the Waynetown Masonic Cemetery. Memorial contributions may be made to the Fountain County 4-H Foundation.

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





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## INDIANA ndiana Who knew Harrison County was so interstellar? Harrison **%** Number **Did You Know? Stumpers** • Harrison County was established in 1808 and 1. How long ago did the meteorite strike named for William Henry Harrison. in Harrison County? 2 • Corydon, the county seat, has a total population of 3,122 residents. 2. How old is Harrison County? • In 1859 there was a major meteorite strike in the 3. How many people in the county do not county. live in Corydon? • In 1863 the Battle of Corydon was fought, the 2 only battle of the American Civil War to occur in 4. What is the population density of the Indiana. county? **%**00 • The county is 486.52 square miles and has a 3. 36,242 People 4. 80/ sq. mi. population of 39,364 residents. Answers: 1. 160 Years 2. 211 Years **Got Words?** Word Corydon was the state capital of Indiana until 1825.

Why do you think the capital was later moved to **Indianapolis?** 



Unscramble the words below!

**1. ETTMIOEER 2. AROHSINR 3. OROCNYD 4. STEAT APACLIT 5. ICLIV WRA** 

4. State Capital 5. Civil War Answers: 1. Meteorite 2. Harrison 3. Corydon

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# Salvation Army Prepares For Increased Food Demand As Enhanced SNAP Benefits End

June 1st marks the end of emergency enhanced SNAP benefits for Hoosiers statewide. In anticipation of increased demand, The Salvation Army Indiana Division is working to ensure that feeding programs and food pantries run by the organization across the state can continue to meet the needs of their communities.

Indiana's COVID-19 public health emergency ended on March 3, 2022, making May 31 the final day that SNAP recipients would receive the maximum benefit allowed in accordance to the number of people in their household. Starting on June 1, benefits will be based on a formula that includes several eligibility factors, including household income. A permanent adjustment to the program made in October 2021 means that most households will receive higher benefits than they did pre-pandemic, but they will still experience a drop from May to June.

The USDA has provided examples of how these changes will affect households of difference sizes and circumstances. These can be seen by visiting the online "SNAP Benefits – COVID-19 Pandemic and Beyond" page of the USDA website.

The Salvation Army has already seen an increase in visits to its food pantries and hot food programs over the past several months as inflation has made it harder 2021 and April 2022 grocery store prices have risen by 10.8 percent. Fresh produce, milk, eggs, and meat prices are continuing to skyrocket with farm-level egg prices predicted to increase us to 76.5 percent in 2022. These higher prices mean that struggling households are bringing home less food each time they go to the store, pushing them to find supplemental food at organizations like The Salvation Army.

"The cost of food, housing, medical, and transportation has not been put into consideration regarding the ending of the pandemic emergency funds," said Dena Simpson, Divisional Director of Social Services for The Salvation Army Indiana Division. "Individuals and families are in recovery mode and facing a number of challenges."

These challenges include: • Drained savings and strained finances

• Loss and/or change in housing and utility needs

• Increased instances of domestic violence

• Ongoing COVID-related medical needs

• Loss of primary income provider for the family

• Larger households with combined and extended families

• Changes in childcare and educational needs and routines

With inflation outpacing wage increases, the results have been devastating. The Salvation Army is working meet the increased demand. Food costs continue to rise for The Salvation Army, as well, as provider food banks like Feeding America anticipate spending 40 percent more to purchase bulk food in 2022 compared to 2021.

In addition to providing food in many of the communities where The Salvation Army serves, the organization is also helping struggling households with financial assistance to help with rent and mortgages, high utility bills, prescription costs, and gas cards to get to work and medical care.

In Logansport, IN, The Salvation Army's food pantry, "The Lord's Cupboard," offers food boxes to local families on Tuesdays and Thursdays. These boxes often include household goods and often clothing to help families make ends meet. This ministry is in addition to a lunchtime feeding program that operates Monday through Friday and provides around 300 hot meals to individuals in need each week. With inflation and supply chain issues putting additional strain on the program, The Salvation Army's administrator, Lieutenant Elis Pomales Morales, is working harder than ever to keep up with increased need in his community.

"We are blessed to have Tyson meat processing here in town," Lt. Elis said. "They give large donations to meat to Emmaus Mission Center, who then shares it with our food programs. The U.S. Postal Service also held a food drive, which has helped to keep our pantry stocked. All of these donations help us with the cost of food, but last year we could prepare a meal for just \$2.50 and today it costs between \$3.00 and \$3.25 per meal." The chicken donations

are especially appreciated, as the USDA recently reported that the price of chicken rose 27.9 percent between March 2021 and April 2022.

Other large Salvation Army feeding programs across the state are having to find creative ways to keep down costs while meeting increased need. In Evansville, IN, the daily feeding program provided over 188,000 meals to the community in 2021. They are depending on the generosity of donors, food suppliers, and volunteers to keep up in 2022 and the expected jump they will see over the summer.

"The Salvation Army Indiana Division is anticipating an increase of individuals and families facing food insecurities.," Dena Simpson added. "Our pantries across the state need supplies as we continue to meet the needs of families in our communities and offset the exorbitant cost of housing, transportation, medical, and other needs we consider basic."

For more information about The Salvation Army's response to food insecurity in Indiana, con-

# The Next Level Conservation Trust

The Department of Natural Resources announced today the establishment of the Next Level Conservation Trust, a program which will acquire property that will become part of the public trust and be protected for future generations of Hoosiers to use and enjoy.

The state will initially invest \$25 million in the program, which is as an extension of the Bicentennial Nature Trust program and will incorporate elements from the President Benjamin Harrison Conservation Trust.

"The Next Level Conservation Trust will continue the DNR's legacy of preserving Indiana's rich natural heritage," said DNR Director Dan Bortner. "Outstanding natural features, unique habitats, significant historical and archeological sites, and areas for conservation, restoration, and recreation will be protected for Hoosiers today and for future generations."

An additional 25 percent of funding will come through a private funding match program.

Property protected under NLCT will be open to the public. The program is flexible to allow local ownership and management of acquired properties through a conservation easement.

Additional information on the program can be found at on.IN.gov/ next-level-conservation-trust.

# Grants Available For Field Trips To State Parks, Lakes

Educators interested in taking K-12 students on field trips to an Indiana state park or state-managed lake in the 2022-2023 school year can receive financial help through the Indiana Natural Resources Foundation (INRF).

Grants from the Discover the Outdoors fund are available for public, private, parochial, or home-school educators, according to INRF executive director Jody Kress. "The Foundation's mission is to celebrate and preserve Indiana's natural legacy," Kress said. "This grant gives children an adventure that showcases some of Indiana's natural and cultural treasures and teaches the importance of protecting and preserving them for everyone to enjoy." Since the grant program's inception in 2013, a total of 153 grants have been awarded, providing the opportunity for more than 17,000 students to visit state parks at less cost to the schools and students. Indiana has 24 state parks, eight state-managed lakes, two state recreation areas, and two off-road state recreation areas eligible for field trip funding that will engage students in learning about Indiana's fish, forest, wildlife, natural habitats, conservation, and outdoor recreation opportunities. "These trips help children understand how previous generations

viewed the significance of Indiana's natural and cultural resources, and at the same time let them make great memories that they will carry into adulthood," said Ginger Murphy, deputy director for stewardship for DNR State Parks.

The maximum grant award is \$250 per appli-

for Hoosiers to put food on the table. According to the USDA, between April with partner organizations, food banks, donors, and community volunteers to tact Dena Simpson directly at dena.simpson@usc. salvationarmy.org.

# Indy 500 Race Weekend At Indy Airport Is The Busiest Since 2019

As all of Indy prepares for the biggest spectacle in racing this month, the Indianapolis International Airport (IND) is rolling out the red carpet to welcome travelers from around the world – with nearly 1,000 flights expected to fly in and out of Indianapolis from May 27 through May 30.

"This will be the busiest May air travel month for IND since May 2019," said Mario Rodriguez, executive director of the Indianapolis Airport Authority. "And we're putting on the fan fair to welcome the thousands of race fans arriving in our city."

Airlines are also preparing, with increased seat capacity totaling more than 124,000 seats and additional flights for race weekend.

American Airlines and United Airlines have increased their flight frequency between their hub cities and Indianapolis, which creates a larger network of connection for travelers from across the country and the world. Both also have deployed larger aircraft as well to accommodate more travelers getting to and from Indy.

American Airlines has increased its flight frequency on routes to and from Charlotte, Chicago, Dallas-Fort Worth and Philadelphia for race weekend. United Airlines has also increased its flight frequency on routes to and from Chicago, Houston, Newark and Washington D.C. Sun Country will resume its nonstop flight to Minneapolis-St. Paul just in time for race day weekend on May 27.

Rolling Out the Red Carpet

The Indy airport is rolling out the red carpet for race fans, and the first wave of summer air travel, with various race displays, a pop-up retail shop, and art and music to create a festive atmosphere to rev up motorsports fans.

"As fans exit from their flights into the airport's public gathering area, Civic Plaza, they'll be greeted with huge window displays that look out onto the airfield, signage across our expansive catwalk and – best of all -- an INDYCAR will be front and center ready for photo-ops," said Megan Carrico, IAA director of public affairs.

Travelers and race fans alike can enjoy iconic vehicles on display in the terminal, year-round, through a partnership with the Indianapolis Motor Speedway Museum. The two vehicles currently on display post-security celebrate the history, culture, and excitement of the Month of May in Indy. Located in Concourse A is a 1968 STP Lotus Wedge #20 driven in the 1968 Indianapolis 500 by Art Pollard. Located in Concourse B is a 1967 Dean Van Lines Special driven in the 1967 Indianapolis 500 by Mario Andretti who came within an eye-blink of recording the first-ever official 170-miles-per-hour lap at Indianapolis.

Arriving fans can also indulge their shopping urge at the pop-up retail shop located in Civic Plaza from May 19 – 31, where they can find a range of Indy 500 merchandise. The popup shop will offer Indy 500 apparel, diecast model cars, and everything in between to commemorate the race. Fans can also find Indy 500 items at other retailers throughout the airport.

Race fan art will also be on display in the concourses, with each piece featuring the words "Back Home Again" as, for the first time in three years, a crowd of more than 300,000 will be back in the grandstands to celebrate the 106th running of the Indianapolis 500.

Local artists JD Bills, Mary Mindiola, H. Herin, Mirvia Sol Eckert and Lucie Rice each created unique Indy 500 race motifs that reflect different aspects of the all-encompassing race day weekend, from the track to the famous 500 Festival Parade.

Fans arriving the week of the race can strike a pose in front of the Indy Wings mural, created by Indianapolis Motor Speedway graphic designer Shae Beechler as an ode to the famed IMS "Wing and Wheel" logo. Indy Wings are located across Central Indiana and provide a perfect photo opportunity for fans, pedestrians and business customers. Fans can find the mural at IND in Baggage Claim and share their photos on social media using #IndyWings #Indy-WingsatIND #ThisisMay #Indy500.

From May 26 - 27, race fans can get their groove on to the sounds of local musicians while traveling through the Indy airport. On Thursday, singer and guitarist Tim Wright will entertain race fans in Civic Plaza from 11 a.m. to 2 p.m. The Jenn Moe Duo will perform country-pop hits from 11 a.m. to 2 p.m. on Friday. D.J. Don Masters will spin his musical magic between each performance, playing travelers favorite tunes from 10 a.m. to 5 p.m.

Race Day Transportation The Indy airport will also collaborate again this year with the Indianapolis Motor

Speedway to provide shuttle service to and from the track on race day. Tickets are now available for purchase online for \$50 per person.

"Shuttle service ticket sales have been strong this year, and the Indianapolis Motor Speedway believes that is due to pent-up demand due to limited capacity last year," said Steve Wilson, IAA director of parking operations. "So we firmly recommend race fans get their tickets now."

More information about the shuttle service can be found on the IMS website. cation.

Applications are accepted from May 1-June 30 prior to the school year for which the grant is requested. Applications must be postmarked no later than June 30.

Applicants will be notified by Sept. 1 regarding potential grant awards. The grant application is at on.IN.gov/state-parkgroup-programs. Read more about the impact this grant has had at indiananrf.org/the-inrf-difference/education.

A video explaining the program is at youtu.be/ uC4QjhsBLO8

The INRF is accepting donations to the fund from individuals, businesses, and anyone else who supports the idea of getting kids outdoors. The fund was established in memory of Tom Huck, a longtime DNR employee who was an ardent supporter of outdoor experiences for children.

For further information, including how to donate, email discoveroutdoorsgrants@dnr. IN.gov.

To view more DNR news releases, please see dnr.IN.gov.





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

# Sweet Ideas for Celebrating Parents All Year Round

FAMILY FEATURES

egardless of the occasion, any excuse to celebrate moms and dads is a worthy one. From birthdays and holidays to regular weekends at home, one of the best gifts you can give them is time spent together.

The entire family - including little ones - can get involved when the celebration calls for easy yet delicious recipes. Start a day of celebrating on a high note with these Apple Cinnamon Waffles for a sweet breakfast in bed. As the day goes on, keep everyone energized with Apple, Peanut Butter and Honey Sandwiches or Apple Berry Salsa served with chips, apples or graham crackers. Finally, as the day winds to a close, finish off the festivities with Apple Blondie Cupcakes for one last reminder of how much Mom and Dad mean to you.

These recipes and more family-friendly breakfast, lunch, dinner, dessert and snack ideas are enhanced by the satisfying texture and taste of Envy Apples for a consistently balanced, refreshing sweetness coupled with crisp, elegant crunch. Easy to spot by their large, sharable size and crimson red skin that sometimes features a golden blush, they offer a fresh flavor perfect for snacking.

Try serving them as a tasty snack next time your loved ones gather for time together to watch an exciting family-friendly show like "Strawberry Shortcake." Enjoy seasonal stories about her and her pals discovering hidden treasures while on vacation, encountering mysterious monsters and tangling with out-of-control spring flowers as she's ready to "bake the world to a better place" all year round.

Visit EnvyApple.com to find more recipes the entire family can enjoy together.

#### **Apple Blondie Cupcakes**

Prep time: 15 minutes Cook time: 20 minutes

Servings: 12

- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup unsalted butter (1 stick), melted and cooled
- 1 cup light brown sugar, packed
- 1 teaspoon vanilla extract
- large egg, at room temperature
  Envy Apples, peeled, cored and 1/4-inch diced

Preheat oven to 350 F. Line 12-count muffin pan with cupcake liners

and set aside.

In medium bowl, whisk flour, baking powder, salt, cinnamon and nutmeg.

In large bowl, whisk butter and brown sugar 2 minutes, or until well combined. Add vanilla and egg; whisk until incorporated.

Add flour mixture to large bowl of wet ingredients. Stir until just combined; be careful to not overmix.

Fold in diced apples.

Spoon batter evenly into cupcake liners.

Bake 18-22 minutes, or until toothpick inserted into center of cupcake comes out clean. Let cool and serve.





#### Apple Berry Salsa

#### **Apple Berry Salsa**

Prep time: 15 minutes Servings: 4-6

- 2 Envy Apples, cored and chopped
- pound strawberries, hulled and chopped
- 1 pint blueberries
- 1/2 teaspoon kosher salt
- 2 tablespoons honey

#### 2 tablespoons fresh lime juice tortilla chips, pita chips, apple chips or graham crackers, for serving

In medium bowl, combine apples, strawberries, blueberries and salt.

In small bowl, whisk honey and lime juice. Pour honey and lime juice over fruit mixture. Stir together to combine. Serve immediately with tortilla chips, pita chips, apple chips or graham crackers, or refrigerate until ready to serve.

#### Apple, Peanut Butter and **Honey Sandwiches**

Prep time: 5 minutes Servings: 2 (1 sandwich per serving)

- 1 Envy Apple
- 6 tablespoons peanut butter
- 4 slices of bread
- 2 tablespoons honey

Core apple and thinly slice.

Spread 3 tablespoons peanut butter on two slices of bread, reserving two slices of bread for sandwich tops.

Layer apple slices on top of peanut butter. Drizzle 1 tablespoon honey over apple slices on each sandwich half.

- Top each sandwich half with reserved slice of bread.



Apple, Peanut Butter and Honey Sandwiches



Apple Cinnamon Waffles

#### **Apple Cinnamon Waffles**

Prep time: 5 minutes Cook time: 5 minutes Servings: 4

- 1 cup all-purpose flour
- 1/2 teaspoon kosher salt
- teaspoon cinnamon
- teaspoons baking powder
- tablespoons brown sugar
- 2 eggs
- cup milk 1
- 4 tablespoons unsalted butter (1/2 stick), melted
- Envy Apple, peeled and cored nonstick cooking spray
- tablespoons unsalted butter (1/2 stick), 4 at room temperature maple syrup, to taste

In large bowl, whisk flour, salt, cinnamon, baking powder and brown sugar. In smaller bowl, whisk eggs, milk and melted butter.

Make well in dry ingredients then mix in wet ingredient mixture until just combined.

Using cheese grater, grate apple. Fold grated apple into batter.

Prepare waffle iron with nonstick cooking spray.

Ladle 1/4 of batter mixture into waffle iron and cook according to manufacturer's instructions. Repeat with remaining batter.

Top each waffle with 1 tablepoon room temperature butter and maple syrup, to taste.



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

# Fresh, Healthy Recipes to help boost iron levels, Family Meals aid plasma donation recovery



FAMILY FEATURES

hef Nate Appleman knows how important it is to serve healthy meals to our family - ones they actually want to eat. Before having his first child, Marinated Skirt Steal

healthier path.

Now, he's cooking meals for his family, including 14-year-old Oliver who was diagnosed with Kawasaki Disease as a toddler - an inflammation of the blood vessels that can cause damage to coronary arteries - as a healthy lifestyle is important to help manage the disease. Since Oliver's diagnosis, Appleman made it his personal mission to create awareness of Kawasaki Disease and for the critical need for plasma donations that many people with the disease rely on for treatment, which is why he partnered with Abbott to bring attention to the need for plasma donations.

Plasma is a powerful part of your blood that supports essential bodily functions. It's a lifeline for thousands of people who are immune-compromised and live with a variety of chronic and complex diseases. In fact, more than 125,000 Americans rely on medication made from plasma every day, according to the Plasma Protein Therapeutics Association (PPTA).

The COVID-19 pandemic led to a serious shortage of plasma donors - average donations per center in the United States were down approximately 11% during the first few months of 2021 compared to the previous year, further deepening the nearly 20% decline in donations in 2020 compared to 2019, according to the PPTA.

Donating plasma is a safe and relatively easy process. Since plasma is replaced in the body within about 24 hours, it can be donated up to twice per week. With a donation that typically takes between 1-3 hours, you can make a lasting impact by providing lifesaving medicine for patients like Oliver.

It's a good idea to fuel up with iron-rich foods before and after donating, so Appleman created these fresh, nutritious recipes he loves to serve his family: Marinated Skirt Steak, Lemon Chicken with Roasted Red Onions and Potatoes, and Cheesy Frittata with Veggies.

Learn where you can donate at bethe1donor.abbott.

#### Lemon Chicken with Roasted **Red Onions and Potatoes**

Recipe courtesy of chef Nate Appleman on behalf of Abbott

#### Lemon chicken:

- 1 whole chicken, cut into eight pieces
- ounce minced garlic
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon paprika
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon ground fennel seed
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground coriander
- 1 tablespoon kosher salt

#### Potatoes:

2 1/2 pounds Yukon gold potatoes salted water oil

#### **Cauliflower:**

- 1 head cauliflower salted water
  - ice
- 2 tablespoons mayonnaise
- teaspoon tamari or soy sauce 1
- 1 tablespoon chopped parsley

### **Roasted onions:**

- 1 red onion
- salt
- oil

For serving:

- 3 ounces pitted Castelvetrano or green olives, cut into quarters
- ounces wild arugula 5
- 1 lemon, quartered

To make lemon chicken: Marinate chicken in mixture of minced garlic, granulated garlic, paprika, smoked paprika, fennel pollen, dried oregano. coriander and salt; let sit overnight.

To make potatoes: Boil potatoes in heavily salted water until tender. Cool, peel and cut into 1 1/2-inch chunks. Toss with oil to coat; reserve.

#### **Marinated Skirt Steak**

Recipe courtesy of chef Nate Appleman on behalf of Abbott

#### Vinaigrette:

- 1/4 cup oil
  - 1/4 cup fish sauce
  - 1/4 cup rice wine vinegar
  - 1/4 cup water

  - 2 tablespoons raw sugar
  - 1 cup chopped fresh cilantro
  - 1 lime, juice only
  - 1 clove garlic, minced
  - 1 small Thai bird chile or serrano chile, chopped
  - 1/4 head finely shaved green cabbage
  - 1/4 head finely shaved purple cabbage 2 carrots, thinly julienned

#### Skirt steak:

- 1 1/2 pounds trimmed skirt steak
- 1/2 cup coconut milk

#### 3 cloves garlic, minced

- tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- tablespoons sriracha
  - salt, to taste
- cups cooked brown rice
- 1/2 cup crushed peanuts
- 1 lime, quartered, for garnish

To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

- Heat grill to high.
- Grill 3-4 minutes each side until medium rare. Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.

on Chicken with Roasted Red Onions and Potato

To make cauliflower: Cut cauliflower into florets and blanch in salted water 1 minute; shock in ice bath. Remove from ice and dry. Toss with mayonnaise, tamari and parsley; reserve. To make roasted onions: Preheat oven to 450 F. Peel onion and slice into 1-inch rings. Toss with salt and oil; roast until slightly caramelized with texture. Chill and reserve. Preheat oven to 450 F.

Bake chicken on sheet pan approximately 15 minutes. Add potatoes and cauliflower. Bake approximately 15 minutes then switch oven to broil approximately 10 minutes.

Squeeze lemon over reserved onion.

When chicken is crispy and reaches internal temperature of 165 F, remove from oven and add onions and olives. Plate chicken, potatoes, onions, olives and cauliflower on top of arugula and garnish with lemon.

#### **Cheesy Frittata with Veggies**

Recipe courtesy of chef Nate Appleman on

2 heads garlic olive oil salt

#### Frittata:

- oil
- 2 medium leeks, sliced
- 8 ounces blanched, chopped broccoli
- salt. to taste
- eggs tablespoons chopped fresh parsley
- ounces grated Parmigiano 2
- Reggiano

To make roasted garlic: Preheat oven to 400 F.

Slice 1/4 inch off entire heads of garlic and place cut sides down in 1-liter casserole dish. Drizzle with olive oil and sprinkle with salt; cover with lid.

Bake 35-45 minutes until heads of garlic are soft and light brown. Let cool then use back of knife to squeeze garlic from pods.

To make frittata: Lower oven to 375 F. In saute pan, heat oil over medium-high heat. Cook leeks until soft; add broccoli then season with salt, to taste, and remove from heat.

In mixing bowl, mix roasted garlic, sauteed leeks and broccoli, eggs, parsley, Parmigiano Reggiano and cream; place in 9-inch pie dish and bake approximately 20 minutes until top of frittata is brown. Remove from oven and let cool slightly before cutting and serving.



2 tablespoons heavy cream

behalf of Abbott **Roasted garlic:** 



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# **Enjoy Your Garden After Dark With** These Landscape Lighting Ideas

#### By Melinda Myers

Enjoy your garden and landscape once the sun sets with strategically placed and attractive landscape lighting. Select the best type of light that complements your garden design and best accomplishes the intended purpose.

Solar powered lighting eliminates the need for outdoor outlets, extension cords or buried low voltage lines. The solar panels charge during sunny days and can be mounted on the light or on a long cord, allowing you to place the solar panel where it gets the most sunlight. Some lights turn on automatically at dusk, others have a manual on-off switch, and a few have a remote on-off control.

Votive and pillar candles are longtime favorites. Set them in a container on the table or line a pathway. Unfortunately, the wax does drip, there is a danger of fire, and the flame can blow out in a strong breeze.

Consider using bat-

tery-operated candles instead. These look and flicker like the real thing and eliminate some of the problems and dangers of candles. Look for those with remote controls or timers to make lighting your space hassle-free.

Use these battery-operated candles in decorative holders like the Dahlia **Blossom Punched Metal** Lanterns (gardeners. com). You'll enjoy the copper cut lanterns as garden art by day and the intricate light pattern they cast at night.

Pot up your favorite flowers and tropical and edible plants in solar illuminated planters. Luminous solar-powered planters are frosted white by day and can be programmed to display one color or set for color-changing mode. These pots have a ten-foot cord, allowing you to place the pots where the plants will thrive and connecting it to its solar panel in a sunny spot nearby.

Solar torch lights have flickering lights that create a realistic look while lighting a pathway

or sitting area. Use one to highlight a special spot in your garden or several to light a pathway, patio or larger space when entertaining.

Prevent trips and falls while also boosting safe access to your favorite outdoor spaces by lighting steps as well as pathways. Look for solar powered lights like Maxsa Solar Ninja Stars that can be mounted on steps, the ground, deck, wall, or other flat surfaces. The integrated solar panels come with a rechargeable battery.

Add overhead glow to patios, decks, or balconies with string lights. They come in a variety of styles to light up larger spaces or highlight your favorite tree. Multicolored waterdrop string lights will add a festive look to any space. Luminites<sup>®</sup> Solar String Lights feature Edison bulbs that provide six to eight hours of steady or gently flashing modes.

Add some fun, personality or added interest with specialty lights. Outdoor lights like the

Twinklelite<sup>™</sup> Solar Stake Lights have flexible branches covered with 120 LED bulbs. Twist and bend the branches to accomplish the look you desire. Then wait for the lights to turn on automatically at dusk.

Add some landscape lighting to help you enjoy quiet moments or festive gatherings in your gardens after dark. Select the best lighting options that are easy to use, complement your design and provide the needed lighting in your landscape.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition She hosts The Great Courses "How to Grow Anything' DVD and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her web site is www.MelindaMyers.com

# Make Your Own Summer Bouquet

Bring summer into your home with summer flowers. Choose your favorites and create the bouquet of your dreams.

Summer vibes Summer is about being outside in the sunshine, with lush flowers in lots of colors and with wonderful scents. Bring this feeling into your home with summer flowers, so you can enjoy summer indoors as well. Buy the summer flowers you love most in your favorite colors to create your own summer bouquet.

**Bulb** flowers Popular dahlias are typical summer flowers. They come in all sizes, shapes, and colors. Lilies, gladioli, and callas will also brighten up your home. Bulb flowers are the best choice! You could use one variety for a 'mono bouquet', or combine different varieties. It's entirely up to you!

Care Once you have found

your perfect summer flowers, you will want to enjoy them for as long as possible. Cut the stems at an angle and put them in a clean vase with lukewarm water. Put the flowers out of direct sunlight and away from the fruit bowl. Change the water regularly, your flowers will thank you for it!

 Enhance that summer feeling by choosing vases that look like fresh fruit. This is about as cheerful as it gets!

• If you work from home regularly, make sure there are fresh flowers in your home office: they will energize you!

• You can also display large flowers such as dahlias and lilies in a decorative way, in a bowl of water. Simply cut off the stem, and voilà!

Would you like to know more about bulb flowers? Take a look at www.ilsysays.com.

#### Photo courtesy of Pixabay

# Sustainable Water Use In The Landscape

### **By Melinda Myers**

No matter where you live, the conservation and wise use of water in our gardens and landscapes is important. Sustainable wagrade container. Evaluate the functional design, appearance and space needed when making your selection. The Flat-Back Rain Barrel fits snuggly against

Irrigation Kit (gardeners. com) are more effective at watering small areas like raised beds.

Plant native plants suited to your growing walkway or patio. Look for attractive, long lasting and easy to install products like the Rubber Leaf stepping stones. Plant groundcovers suited to the

ter use helps grow beautiful gardens while conserving water and helping reduce water pollution and stormwater overflows.

Amend the soil with compost or other organic matter to increase the soil's ability to absorb and retain rain and irrigation water. More water is absorbed by the amended soil so less runs off your landscape and into the street. This means less fertilizer and pesticides wash into nearby storm sewers, rivers, and lakes.

Cover bare soil with a layer of organic mulch. It conserves moisture so you water less, prevents erosion and helps suppress weeds. As the mulch decomposes, it improves the soil by adding organic matter and nutrients.

Use rain barrels to capture rainwater that drains off the roof. Purchase a rain barrel or make your own from a recycled food your house and holds 50 gallons of water. Add some storage or planting space with a rain barrel like the Madison Rain Barrel with space on top to hold watering accessories or flowering plants. Use the rainwater for watering gardens and containers. Start with a call to your local municipality as some have restrictions on water harvesting, while others encourage this practice and even offer rebates.

Use drip irrigation or soaker hoses for applying water right to the soil where it is needed. You'll lose less water to evaporation and overspray. Avoiding overhead watering helps reduces the risk of disease. Irrigation systems also reduce your time spent watering and are especially helpful for container gardens and raised beds. Systems with closer drippers like the Raised Bed Drip Line

conditions and landscape design whenever possible. These deeply rooted plants help keep rainwater where it falls, reducing the risk of basement flooding and overwhelming storm sewers. The plants slow the flow of water, helping keep it on your landscape for the plants to use. Their deep roots create pathways for rainwater to enter and travel through the soil. Plant roots and soil help remove impurities from the water before it enters the groundwater and aquifers.

When adding walks, patios or other hard surfaces to your landscape consider enlisting permeable options. Permeable pavers allow water to infiltrate the surface rather than run off into the street and storm sewer.

Stepping stones placed in mulched pathways or surrounded by groundcovers make an attractive

growing conditions and those that tolerate foot traffic. The planted spaces between the hard surfaces allow water to move into and through the soil.

Implementing just a few of these changes in your landscape design and water management can help increase your landscape's sustainability while reducing your workload.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition. She hosts The Great Courses "How to Grow Anything" DVD and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her web site is www. MelindaMyers.com

**Summer Bulbs Add Extra Color To The Garden** 

Wonderful nature In spring, an incredible spectacle of nature happens in the garden. Everything starts to grow and flower again. In between enjoying the wonderful greenery, this is also the perfect time to start thinking ahead about summer. Summer bulbs are a colorful addition to the garden. They will shine like real garden jewels in the summer months.

Dahlia

**Bulb** varieties There are plenty of summer bulbs to choose from. Some stay small and delicate, others grow big and exuberant. Well-known summer bulbs include Dahlia, lily (Lilium), calla, and gladiolus (Gladiolus). Less famous, but equally beautiful flowers include Freesia, pineapple lilies

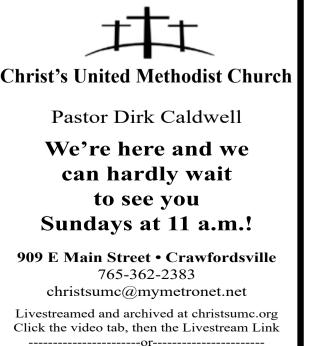
(Eucomis), tiger flower (Tigridia), and blazing star (Liatris). Each and every one of them adds beauty to the garden during the summer months.

Planting

Summer bulbs should be planted in spring, but they cannot withstand frost. Therefore, make sure that they only get a place in the garden once the risk of frost has disappeared. It is fun to plant the summer bulbs by yourself, surrounded by your green oasis. But planting them together is even more fun! Try planting them with other gardeners, or with your (grand)children.

Do you want to find out more about summer bulbs? Then take a look at www. flowerbulbs.com.





Watch us on our FB page



You can find us on Youtube and Facebook



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## **Indiana Launches Semiconductor Industry Task** Force To Leverage Indiana's Advanced Manufacturing **Expertise To Solve Global Chip Shortage**

During the inaugural Indiana Global Economic Summit, the Indiana Economic Development Corporation (IEDC) joined industry leaders and stakeholders from around the state to announce the launch of the Accelerating Microelectronics Production & Development (AMPD) task force. AMPD, created to bolster the state's efforts to become the leading state in the semiconductor industry, will accelerate and support microelectronics research and innovation in Indiana by securing commercial semiconductor and federal funding opportunities.

"Indiana has a deep advanced manufacturing DNA and capitalize on this important industry of the future," said Indiana Secretary of Commerce Brad Chambers. "In the coming years, the AMPD task force is focused on supporting this critically important industry in the state.

Comprised of industry experts, Indiana's leading universities and public institutions, AMPD will leverage Indiana's advantages to attract significant investments by connecting semiconductor companies with local resources and assets, including skilled talent, prime real estate and competitive investment packages. The IEDC has seeded the initiative with \$2.7 million of state funding for the task force to design and execute a strategic outreach and marketing plan to secure commitments from established sector leaders

and disruptive companies over the next two years to create a vibrant cluster in Indiana.

Sec. Chambers and Jimmy Costa, senior vice president of innovation and semiconductor strategy for the IEDC, will lead the taskforce to provide leadership and insight. Prior to joining the IEDC, Costa worked for Analog Devices Inc., where he was responsible for the global engagement with a large strategic customer. He began his career as a design engineer for Delphi Automotive Systems before moving into multiple positions within the overall semiconductor ecosystem, including business development, account management and design services. Costa's expertise will cement Indiana's focus on becoming a leader in the international microelectronics landscape.

Other task force members include:

• Ajit Manocha, CEO, SEMI • Alan Seabaugh, director, Notre Dame Nanoscience and Technology

• Amy Schumacher, CEO, The Heritage Group

• Dave Roberts, executive vice president of entrepreneurship and innovation, IEDC

• Dr. Scott Kirkpatrick, associate professor of physics and optical engineering, Rose-Hulman Institute of Technology

• George Scalise, CEO of George Scalise Semiconductor Innovation Center and former SIA president;

• Joe Carley, director of economic development, Indiana University

• Kenneth Johnson, executive vice president, Hunt construction Group;

• Mark Lewis, executive director of the Emerging Technology Institute;

• Mark Lundstrom, professor of electrical and computer engineering, Purdue University;

Rich Ravas, industry veteran consultant and former Global Chief Engineer, Delphi Electronics

Sue Smith, vice president of technology and applied science, Ivy Tech Community College

• Todd Hillman, senior vice president and chief customer officer, Midcontinent Independent System Operator.

Additionally, two leading global strategic consulting groups have been retained to ensure AMPD is equipped with the best information and strategy for engaging the industry.

Indiana's strengths in logistics and advanced manufacturing combined with collaboration between its world-class businesses, research universities, philanthropic institutions and government entities allows the state to have advantages over competing states. Indiana also has an established ecosystem for semiconductor research and the state's centralized manufacturing hub and strong semiconductor supply chain makes the state ideal for this type of investment.

# **BBB Scam Alert: How To Spot A Phony Discount** When Buying CBD Online

Cannabidiol (CBD), an active ingredient of cannabis, is now legal in many US states. BBB warns consumers to do their research before purchasing these products. BBB Scam Tracker received dozens of reports from frustrated consumers who thought they bought discounted CBD online but ended up with hundreds of dollars in credit card charges.

How the scam works:

You see an ad for CBD on social media or in an online search. A company is offering new customers a significant discount on CBD gummies. For example, one common scam offers a buy-one-get-one free deal. Unfortunately, if you order the discounted gummies, the scammers now have your credit card number.

Victims report being charged for extra products or an on-going monthly subscription to which they never agreed. One Indianapolis person reported losing more than \$130 after attempting to purchase CBD gummies from a fake website.

Other victims experienced being charged random amounts for products they never received.

Once scammers have your credit card information, cancelling is not easy! Consumers report that scammers used numerous excuses to avoid issuing refunds. They claimed everything from trouble with the computer system to it being outside the cancellation window. Many victims also told BBB Scam Tracker that the charges continued even after they cancelled their subscription.

Tips for avoiding this scam:

Research the company online. See what other people are saying about the company's free trials. Complaints from other customers can tip you off to "catches" that might come with the trial. Check the business's BBB Rating and see if there are any alerts.

• Understand what happens after the free trial ends. Always read the terms of the offer before signing up. Numerous victims of the CBD free trial con reported not seeing the terms and conditions. This is a huge red flag. If you can't find them or can't understand to what you're agreeing, don't sign up.

• Be skeptical of celebrity endorsements. Resist being swayed by the use of a well-known name. Scammers often fake celebrity endorsements.

• Report losses to credit card companies. If you pay with a credit card, you can dispute fraudulent charges. Keep an eye on your monthly statements and notify your credit card company of any suspicious charges.

For more information: Read BBB's special report on free trial offer scams. Learn more about scams on social media advertising.

Stay one step ahead of scammers by subscribing to BBB's weekly Scam Alert emails.

If you've been a victim of free trial offer scam, please report your experience at BBB.org/ ScamTracker. By doing so you can help others to avoid falling prey to scammers.

Thank

You

for

# WHO'S HIRING?

Companies are searching high and low for good help. Are you in the market for a job? Are you perhaps tired of retirement? Looking to move up and earn more income? Maybe it's time for a career change? Then take a look at these fine companies and open up new doors to a brighter future!

WHO'S HIRING?	ABOUT THE JOB	RATE OF PAY	HOW TO APPLY	Reading
ETC 1974 RAHN CONSTRUCTION INC	Rahn Construction is looking for laborers for agricultural construction. Will teach with on-the-job training. Job tasks include: • Grain bin erection • Assembly of grain handling equipment • General maintenance and service of grain handling/farm equipment Rahn Construction is a building-solutions company that provides the de- sign and construction of grain bins. We are a family owned business located near Rockville. Co-owner, Jim Rahn, has been in business since 1974 pro- viding the surrounding community with all of their agricultural needs. Along with grain bins, we also provide other agricultural equipment, service, repairs, and product sales. Through the years, we have gained a highly experienced staff that is prepared to meet the needs of our customers in any way we can.	Up to \$16 per hour	Go to www.rahnconst.com/apply	The Paper
MAPA	If you are knowledgeable about cars, have a friendly demeanor and look forward to helping customers in a fast-paced environment, NAPA is looking for you. The local auto parts store has an immediate opening for talented people to work the counter. In addition to being a great place to work, NAPA offers health, dental and vision insurance as well as paid time off after just one year of employment.	Open for discussion during interview	Apply at 200 W. Market St. in Crawfordsville. Ask for Rod.	
The PAPER	We are currently looking for inside and outside advertising sales help. If you have an outgoing personality, strong attention-to-detail skills and a desire to make top income, this might be the job for you. The Paper is currently looking for inside phone sales and outside advertising sales representatives. Our company offers flexible hours and a professional and enjoyable work environment. Since our start in 2004, we have become the media leader in Montgomery County. Come join a winner and start reaping the rewards right away!	Base pay, plus commission	E-mail resume to jobs@thepaper24-7.com	
The PAPER	We are currently looking for part-time office help. If you have experi- ence with QuickBooks, accounts receivable and payables and possess strong attention-to-detail skills, this might be the job for you. Our compa- ny offers flexible hours and a professional and enjoyable work environment. Since our start in 2004, we have become the media leader in Montgom- ery County. Come join a winner and start reaping the rewards right away!	\$10 per hour	E-mail resume to jobs@thepaper24-7.com	www. thepaper24-7 .com

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### Purdue University Global School Of Nursing Partners With The DAISY Foundation To Honor Nurses

An established leader in online nursing education, the Purdue University Global School of Nursing believes in supporting the recognition of admirable individuals in the nursing industry.

That's why the school is partnering with The DAISY Foundation<sup>™</sup> to co-sponsor select hospitals that participate in the DAISY Award<sup>®</sup> program, which celebrates the extraordinary compassion nurses provide their patients and families every day.

"We are thrilled to create this co-sponsorship opportunity with The DAISY Foundation and hospital organizations across the U.S. to recognize nurses for their compassionate care and commitment to patient safety and advocacy," said Melissa Burdi. Purdue University Global vice president and dean of

the School of Nursing. The Purdue University Global School of Nursing will financially underwrite a hospital's participation in the DAISY Award program for at least three years by covering the following expenses: Award cost.

• Administrative costs of joining the DAISY Award network.

• Program orientation, training, marketing materials and more from The DAISY Foundation.

In addition, DAISY Award honorees will receive 25% off tuition in any Purdue University Global School of Nursing program.

Organizations interested in learning more about the sponsorship program and how to apply should contact Michelle Carlson at michelle.carlson@ purdueglobal.edu. Sponsorships can be renewed at the end of the initial three years, based on mutual agreement between the Purdue University Global School of Nursing and the hospital.

Purdue University Global's first participant in this initiative is St. Anthony Regional Hospital in Carroll, Iowa.

"Nursing care is invaluable to the outcomes of patients, and a nurse's calling is more than just a job," said Scott A. Ellis, vice president of patient services and chief nursing officer for St. Anthony Regional Hospital. "It is important to recognize the extraordinary work the St. Anthony Regional Hospital nurses perform in every area. We are proud to partner with Purdue University Global to recognize our extraordinary nurses with the DAISY Award."

The DAISY (Diseases Attacking the Immune System) Foundation was created in 1999 by the family of J. Patrick Barnes to express gratitude to nurses for the care and compassion they experienced during his illness and at the end of his life. DAISY is an evidence-based form of meaningful recognition that can positively impact many aspects of a healthy work environment, including job satisfaction, retention, well-being, resilience, the patient/family experience and community loyalty. Over 5,300 healthcare organizations and schools of nursing participate worldwide, and more than 167,000 nurses have been honored.

"The DAISY Foundation is delighted that Purdue Global, a university dedicated to preparing clinicians for a dynamic future in nursing and in health care, will be sponsoring the DAISY

### The DAISY Foundation. "The partnership between academia and practice is crucial for transforming health care. We applaud Purdue Global's partnership with health care organizations and honoring the extraordinary and compassionate care given by nurses.' About Purdue University Global Purdue University Glob-

Award program at St.

Anthony Regional Hos-

pital in Carroll, Iowa,"

said Deb Zimmerman,

chief executive officer for

al 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 personal-

ized 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.

# Purdue, Rolls-Royce Sign 10-Year, \$75 **Million Strategic Alliance Agreement**

Purdue University and Rolls-Royce officials have signed a research and testing agreement that will bring \$75 million over 10 years to the West Lafayette campus. It is the largest deal with an industry partner in Purdue history.

The Purdue and Rolls-Royce relationship has thrived for more than 70 years, highlighted by millions of dollars invested in aerospace testing technology, sponsorship of graduate student research

District at Purdue. What they're saying

Purdue University President Mitch Daniels: "Purdue's research partnership with Rolls-Royce will address some of the greatest technology challenges facing the U.S. Our faculty and students will work on advanced technology capabilities to ensure long-term national security. This will enhance the university's role as a world leader in engineering research. Mung Chiang, the John A. Edwardson Dean of the College of Engineering and executive vice president of Purdue University for strategic initiatives: "Purdue has become the epicenter of hypersonic research and testing in the U.S. We are excited across three tracks: first, our own investment for federal and industry projects, such as the wind tunnel and manufacturing facility announced in 2021, and the high-speed propulsion facility in 2022 that Rolls Royce will be able to use; second, private sector's investment to grow their presence in the **Discovery** Park District at Purdue; and third, a nonprofit consortium of industry members for ground testing hosted at Purdue." Theresa Mayer, Purdue University executive vice president for research and partnerships: "This record-setting agreement is another example of Purdue working with leaders in industry, government and academia to advance national security. We are excited by the prospects of technological innovation that will be discovered and developed through this agreement with Rolls-Royce." Warren White, Rolls-Royce head of assembly and testing: "We're excited to further strengthen our long-standing partnership with Purdue University through this new test and research agreement. We firmly believe in the innovative power that

comes from strong collaboration between industry and academia. Over the next decade, we'll explore transformative technologies like hybrid-electric and hypersonic propulsion that will help define the future of aerospace."

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.

# Lilly Chooses Indiana For \$2.1B **Investment In New Manufacturing Sites**

Governor Eric J. Holcomb and Secretary of **Commerce Brad Chambers** joined Eli Lilly and Company (NYSE: LLY) CEO and Chair Dave Ricks today at the Statehouse to announce the company's plans to invest \$2.1 billion to further expand operations in Indiana. The investment will support two new manufacturing sites, and the creation of up to 500 new jobs in central Indiana.

"Lilly has been an an-

various roles to support the operations of the two new sites. Interested applicants may apply online once positions are available.

"Today's very significant investment by Lilly in Indiana is an endorsement of today's Indiana but also consistent with our vision for Indiana's vibrant economic future," said Sec. Chambers. "Lilly's interest in the LEAP Lebanon Innovation District. if approved, validates our view that well located

### About IEDC

The Indiana Economic

**Development Corporation** (IEDC) is charged with growing the State economy, driving economic development, helping businesses launch, grow and locate in the state. Led by Secretary of Commerce Brad Chambers, @SecChambersIN, and governed by a 15-member board chaired by Governor Eric J. Holcomb, @ GovHolcomb, the IEDC manages many initia-

chor in Indiana's economy for generations, and this announcement means they will continue to be here for generations," said Gov. Holcomb. "I am incredibly proud Lilly continues to make exciting investments in Indiana that will better the lives and opportunities of Hoosiers for decades to come. And in turn, the very research and pharmaceutical manufacturing spearheaded here in our state will improve lives worldwide.

These planned facilities will increase Lilly's manufacturing capacity for active ingredients and new therapeutic modalities, like genetic medicines, representing the company's dedication to expanding its portfolio of potentially life-changing treatments for patients around the world. In addition to the full-time jobs Lilly plans to create, the company estimates up to 1,500 construction jobs will be required while the facilities are being built.

"For nearly 150 years, Lilly's operations in Indiana and our continued commitments in the state have enabled us to develop and deliver innovative and life changing medicines for patients," said Ricks. "This investment furthers our commitment to Indiana while also fulfilling our purpose of making life better for millions of people."

Lilly employs more than 36,000 people worldwide, including more than 10,400 in Indiana. Once Lilly finalizes its location plans and begins construction, the company will hire

infrastructure is important to our future growth and innovation."

'LEAP Lebanon Innovation and Research District' Site Prime for Investment and High-Tech Development

Pending approvals of local zoning and annexation, Lilly plans to build its new operations within the new LEAP (Limitless Exploration / Advanced Pace) mega-site, the recently reported innovation and research district in Boone County. The IEDC has identified Boone County as a strategic location for future growth and is exploring land purchase options for a large-scale research and innovation park. The IEDC is securing land in Boone County to better position the state of Indiana to compete globally for high-wage careers in hightech industries. The state has identified Boone County as strategic for development and growth due to its position between Indianapolis and Purdue University in West Lafayette, as well as its proximity to I-65.

While the state is fielding interest from various businesses, upon receiving required local approvals, Lilly could be the first company to establish operations within LEAP Lebanon. Approvals for Lilly's annexation and zoning will be considered this summer.

The Indiana Economic **Development Corporation** is working with Lilly to finalize an investment offer in the form of a performance-based incentive package.

tives, including performance-based tax credits, workforce training grants, innovation and entrepreneurship resources, public infrastructure assistance, and talent attraction and retention efforts. For more information about the IEDC, visit iedc.in.gov.

About Lilly Lilly unites caring with discovery to create medicines that make life better for people around the world. We've been pioneering life-changing discoveries for nearly 150 years, and today our medicines help more than 47 million people across the globe. Harnessing the power of biotechnology, chemistry and genetic medicine, our scientists are urgently advancing new discoveries to solve some of the world's most significant health challenges, redefining diabetes care, treating obesity and curtailing its most devastating long-term effects, advancing the fight against Alzheimer's disease, providing solutions to some of the most debilitating immune system disorders, and transforming the most difficult-to-treat cancers into manageable diseases. With each step toward a healthier world, we're motivated by one thing: making life better for millions more people. That includes delivering innovative clinical trials that reflect the diversity of our world and working to ensure our medicines are accessible and affordable. To learn more, visit Lilly. com and Lilly.com/newsroom.

fellowships and more than 600 Purdue graduates among the company's current workforce in Indianapolis. Purdue is designated among the top class of partners as a **Rolls-Royce University** Technology Center, recognizing their collaborations on research, including advanced engine technology, materials and testing capability. Additionally, the relationship between **Rolls-Royce and Purdue** recently has expanded to include significant work on initiatives in hypersonics, cybersecurity and digital technology. The newly signed

agreement will fund testing and research with a focus in the areas of gas turbine technology and electrical and digital technology. Rolls-Royce already boasts some of the most efficient and capable power systems in the world across a suite of civil and defense applications. This investment will be focused primarily at Purdue's Zucrow Laboratories — the largest academic propulsion laboratory in the world for research in sustainable power systems through advanced technology in electrification, turbines, compressors and combustion with sustainable fuels.

This research partnership announcement is concurrent with news in April that Purdue will construct a \$73 million, 55,000-square-foot, stateof-the-art, high-speed propulsion laboratory for hypersonic technologies in the Discovery Park

About Rolls-Royce **Rolls-Royce** pioneers

the power that matters to connect, power and protect society. We have pledged to achieve net zero greenhouse gas emissions in our operations by 2030 (excluding product testing) and joined the UN Race to Zero campaign in 2020, affirming our ambition to play a fundamental role in enabling the sectors in which we operate to achieve net zero carbon by 2050

Rolls-Royce has customers in more than 150 countries, comprising more than 400 airlines and leasing customers, 160 armed forces and navies, and more than 5,000 power and nuclear customers.

**Rolls-Royce supports** a global network of 28 University Technology Centers, which position Rolls-Royce engineers at the forefront of scientific research.

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# FAITH



Woodland Heights **Christian Church** 

Invites you to join us as we welcome our new lead minister: Dr. Tim Lueking Beginning Sunday, February 28th, 2021

Weekly Sunday Schedule: Traditional Service - 8:15 AM Sunday School for all ages - 9:30 AM Contemporary Service - 10:30 AM Woodland Heights Youth (W.H.Y.) for middle schoolers and high schoolers - 5-7 PM

Visit us online at WHCC.US

Woodland Heights Christian Church 468 N Woodland Heights Drive, Crawfordsville (765) 362-5284

"Know Jesus and Make Him Known"

# **Southside Church** of Christ

153 E 300 South • Crawfordsville southsidechurchofchristindiana.com

> Sundays: Worship at 10:30 am

Wednesday Night Bible Study 7 pm

### **New Market** Christian Church

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

Sunday Worship at 10:00 am in the Family Life Center (Masks Encouraged) No Sunday School at This Time

# Waynetown Baptist Church

Service: Sunday 10:30 am Children's Church

Casual Clothes, Everybody Welcome

*Traditional and Comtemporary* 



### **One Way Pentecostal Apostolic Church**

802 Mill St. • Crawfordsville

Pastor Steve Lee and his wife, Tamara, invite you all to their spirit-filled church

> Services Sunday at 2 pm

Wednesday Evening Bible Study 7 pm

Saturday evening (speaking spanish service) at 7 pm



Helping people to follow Jesus and love everybody!

2746 S US Highway 231 Crawfordsville

Services: or in the Parking Lot Tuned to 91.5 FM Facebook.com/NewRossUnitedMethodistChurch Thursday night at 6:30 Pastor Dr. David Boyd Sunday mornings at 10:30 nmcc@sbcglobal.net • newmarketcc.org Visit Us on Facebook John 3:16 We Exist to Worship God, Both services are streamed "Making the World a Better Place" Love One Another & Reach Out to Our Neighbors Linden United Methodist Church Making disciples of Jesus Christ for the transformation of the world **Liberty Chapel Church** Sunday Worship 10:00 AM Church Service at 10 am in person or on Facebook at Phil 4:13 www.facebook.com/LindenUnitedMethodistChurch Sunday School 9:00 AM **Church Services:** 124 West Elm Street • Ladoga Pastor Clint Fink Sunday School 9 am (765) 942-2019 Email: lindenum@tctc.com Church 10 am ladogachristianchurch@gmail.com Website: lindenumchurch.org Wednesday Children's Awana www.ladogacc.com "Making disciples of Jesus Christ for Program the transformation of the world." 6 pm-8 pm Friendship **Baptist Church Garfield Apostolic** HAPEL Christian 1981 West Oak Hill Road • Crawfordsville 110 S Blair Street Crawfordsville, IN 47933 4485 E 300 N • Crawfordsville www.hopechapelupci.com Romans 15:13 **Services Service Times: Follow us on Facebook** Sunday at 10 am Sunday 10:30 a.m. **Tuesday Prayer Meeting** Sunday school 9:30 am Starting August 1: 6 pm - 7 pm 10 a.m. Sunday School Church 10:30 am 11 a.m. Worship **Thursday Bible Study** Wednesday Bible Study 4 pm 6:30 pm - 8 pm Wednesday 6:30 Bible Study First Christian Church FIRST UNITED Fremont Street Baptist Church Follow in The Sun 212 E. Wabash Avenue 1908 Fremont St • Crawfordsville NCTUARY OPEN! Crawfordsville (765) 362-4817 🕈 & FACEBOOK LIVE Sunday school 9:30 am www.cvfumc.org Sunday Worship 10:15 am Church 10:30 am Virtual services at 9:00 am Can be watched on channel 3 Sunday Evening 6 pm All are welcome to join and Wednesday Night Bible Study 7 pm fccville.org / 211fccville@gmail.com all are loved by God Crossroads Faith Baptist EAST SIDE BAPTIST CHURCH iving Community Church of the Church Nazarene 2000 Traction Rd • Crawfordsville 5113 S 200 W • Crawfordsville 765-362-1785 (765) 866-1273 • faithbaptistcville.com SUNDAY www.eastsidebc.com 9:00 AM: Small Group Sunday School 9:30AM **10:15 AM: Worship** Sunday Morning 10:30 AM 5:00 PM: Bible Study Services: Sunday Evening 6:00 PM Sunday School at 9 am Prayer Mtg Wednesday 7:00 PM WEDNESDAY Church at 10 am 6:00 PM: Mid-week Service Where church is still church Help and hope through Worship Hymns 117 E State Road 234 • Ladoga truth and love Bible Preaching 765-866-8180



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# Tips To Manage Your Allergies And Asthma This Spring

By Dr. Cameual Wright, Vice **President and Market Chief Medical Officer for Care-**Source Indiana

Spring is around the corner, which means warmer weather, fresh flowers and more time outside. While many are looking forward to the new season, spring can trigger something less favorable for others: asthma and allergies. According to the Asthma and Allergy Foundation of America (AAFA), approximately 25 million Americans, or 1 in 13 Americans, including 8% of adults and 7% of children, experience asthma.

There are many steps that can be taken to help prevent the severity of spring allergy season. Dr. Cameual Wright, vice president and market chief medical officer for Care-Source Indiana, gives several tips to manage your asthma and allergies as we enter National Asthma and Allergy Awareness Month



Dr. Cameual Wright

#### this May. Asthma, allergies or COVID-19?

The symptoms of asthma, allergies, and more recently, COVID-19, can have mimicking effects that leave many unsure of what they are experiencing. First and foremost, it's important to note that asthma and allergies are two separate conditions. While they can be very similar, asthma is often triggered by an allergen or by something in the air. Asthma is primarily hyper-reactivity of the

airways – a spasm of the airway which you perceive as being short of breath whereas allergies can have a wide range of symptoms, including rashes and itchiness. Both asthma and allergies are triggered by allergens, such as pollen, effects from secondhand smoke, cats, dogs, dust, mold and more.

The symptoms of allergies and asthma are different from those of COVID-19; however, if there is a question about the possibility of having COVID-19, it is recommended to get a COVID-19 test. The symptoms of allergies and asthma are typically recurrent and have a trigger, whereas COVID-19 is more isolated, and symptoms may also include a cough or fever. Additionally, many may confuse asthma and allergies with the common cold or other transmissible viruses, which is not the case.

Allergies and asthma are not transmissible, which means you can't catch it from someone, and you can't share allergies and/or asthma with someone else.

Ways to manage asthma and allergies

Another misconception about asthma and allergies is that there is nothing you can do to alleviate them. In reality, there are several medication options to treat asthma and allergies by tracking your symptoms. Some medication options include montelukast (Singulair), zafirlukast (Accolate), zileuton (Zyflo) and other antileukotriene drugs. It is also recommended to keep an ongoing and consistent relationship with your health provider to manage your asthma and allergies and continually work towards decreasing them. An "Asthma Action Plan" is a great tool to do this, where you and your doctor work to control

your symptoms. If asthma and allergy symptoms are worsening, your doctor may recommend a different medication or a rescue inhaler. They can also work with you to measure your peak flows, which helps determine how well your lungs are working.

Another way to help alleviate symptoms is fully understanding what your triggers are. For example, if cats trigger your asthma or allergies, it may be beneficial to take preventative medication before a situation where you'd be near cats. It is also important to take action steps, such as changing the filters in your house which can contribute to mold, choosing a pet that is hypoallergenic and more.

Importance of educating on asthma and allergies

It is crucial to educate yourself and those around you on asthma and allergies. A first step could be to make sure people you're

with often carry an inhaler with them in case of emergency. It is important to also let those people know about your triggers, so they can minimize your exposure.

At CareSource, we offer care management to help coordinate care and educate members on asthma and allergies. Additionally, we provide coverage for all asthma and allergy medications, and we work with your doctor or health care provider to get the medications you need. We've also recently partnered with Keep Indianapolis Beautiful (KIB) to increase green space in local areas and reduce harmful environmental factors that could contribute to asthma or allergies. And finally, we have a robust network of providers to recommend for dealing with ongoing allergies and asthma. For a complete list of our offerings and providers, visit www.caresource.com.

Last week I went over some sun and water safety topics. This week I want to write about wheeled conveyances that appear in the spring and summer months. It's great to see kids and adults out on their bicycles now that the weather has warmed up. The downside is this will undoubtedly result in more bike accidents.



# Summer Safety – Part 2

for persons under 20 years old have decreased almost 90 percent since 1975.

Children should be taught that they don't ride if they don't wear their helmets. Adults must also set good examples by purchasing and using helmets. Also teach your kids to ride with traffic (the same side of the road as the cars are traveling). While any helmet is better than no helmet at all, take kids with you to try them on. It's also worth the slight increase in cost to go to a bike store for a proper fit. Make sure the helmet meets Consumer Product Safety Committee standards. Also remember that accidents can occur anywhere, not just on the street. Kids should not only be fitted for a helmet, they should also be fitted for a bike. It's better to take children to the store to try out a bike than to surprise them with a new bike that is too big. Bikes that are too large or are purchased for the child to "grow into" can be very unsteady and lead to accidents. Don't push your child to ride a two-wheeler until he or she is ready (usually 5 to 6 years old).

Doctors are seeing more scooter injuries in emergency departments and medical practices. Most involve either head injuries or broken arms and are almost universally the result of going too fast (i.e. down a hill). The tiny wheels on a scooter offer very little control at higher speeds. Motorized scooters are very dangerous. Often the speeds they produce far outpace the rider's common sense (especially in males). If your child rides a scooter, the same bike safety rule applies - wear a helmet. In addition, he or she should wear wrist guards as well as elbow and knee pads. The same goes for rollerblades. Another wheeled vehicle that has an extremely high potential to seriously injure or kill a child is an all-terrain vehicle or ATV. While they are no doubt fun, I still can't fathom why any parent would

allow their young child to ride one based on the injuries I've seen. If you allow your child to ride one, make sure you supervise him or her closely. Purchase a good set of personal protective gear and a full-face helmet, have them take a safety course, and severely limit the power of the machine.

Remember, the experi-

Academy of Pediatrics recommends they be at least 12 years old before allowing them to operate a push mower and 16 for a riding mower. When teaching your child to mow, get out the owner's manual and go over all the safety equipment while making sure it's all still functional. The mower should have a bale with a kill switch on

Some of the most difficult experiences I had during my medical training were when I took care of kids who were brain injured as a result of bike accidents.

In 2020, there were 1,260 preventable deaths from bicycle injuries in the United States. This was a 16 percent increase from the prior year and a 44 percent increase from 2010 to 2020. Cyclists being hit by cars accounts for about two-thirds of the deaths. Bike accidents accounted for 425,000 visits to emergency departments in 2020 and resulted in over \$10 billion in health care costs.

While most kids own bike helmets, they often tell me they don't wear

### JOHN R. ROBERTS, M.D. **Montgomery Medicine**

them. Parents frequently bring up the fact that they never wore a helmet when they were kids. Most of the time the reason is because helmets did not exist when they were kids.

Helmets really do work - wearing one decreases the chance of a serious head injury by over 60 percent, brain injury by 58 percent and serious face and neck injuries by 33 percent. Wearing a helmet gives a rider a 17 percent chance of dying from a bicycle accident – a marked improvement from pre-helmet days. Deaths

ence and common sense of children lags far behind the potential speeds these vehicles produce as well as potential hazards they may encounter. The same advice goes for dirt bikes.

Lawnmower safety is the last thing I'd like to address. Keep small children indoors when mowing since you may not see them approaching the mower. No matter how fun it seems, never let small children ride on your lap when you're on the lawn tractor. I've seen more than one limb amputation from mower accidents.

Parents ask me when it's safe for their kids to mow the lawn. The American

the engine and/or blades. Adjust the height of the handle to allow the child to have good control of the mower.

If you feel uncomfortable mowing part of your yard, a hill for instance, certainly don't allow your child to do it. Also follow general lawn mowing safety rules: wear sturdy shoes, minimize mowing backward, clear the yard of debris, don't stick your hand in a grass chute with the engine is running, and wear hearing and eye protection.

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

# Mobile Integrated Health Program Has Grown

In January 2017, the Crawfordsville Mobile Integrated Health Community Paramedicine Program (MIH) was launched through a grant provided by the Indiana Department of Health and partnership with Franciscan Health Hospital-Crawfordsville as an extension of the Crawfordsville Fire Department. MIH is a growing, innovative approach to how the EMS system works as part of the overall public health system. It is a patient-centered model of care delivered in a patient's home or in a mobile environment and connects public safety, public health, and health care.

The Crawfordsville

model was the first of its kind and served as a pilot program and blueprint for other mobile healthcare services around the state and country. The goal is to acknowledge the struggles of receiving quality healthcare in communities and bridging that gap between a need and a necessary public service.

The Crawfordsville MIH program has come a long way since that beginning. These programs focus on all types of prevention rather than relying on reaction to problems, expand the traditional scope of emergency care to encompass a variety of healthcare resources, and reduce adverse outcomes and disparities. The MIH

model is now concentrated into four divisions. These include Project Swaddle, Substance Use Disorder and Quick Response Team, Chronic Disease Management and Vaccination and Immunization.

Project Swaddle is a home-visiting program that provides community paramedicine services as an extension to a mother's primary physician to reduce poor maternal health outcomes and deliver wrap-around care for pregnant women and recent mothers who face any number of health, social, and environmental challenges. The goal of this program is to improve the lives and health of both mother and child by providing prenatal and postpartum healthcare and expanding the traditional scope of emergency care to include mental and physical wellness, education, and resources for new parents.

The Quick Response Team works to combat substance use, behavioral health-related issues, and falls in our community by working on prevention efforts, responding to emergency incidents, and working with evidence-based community initiatives to ensure every individual has access to the appropriate resources needed for successful care and recovery.

The Chronic Disease

Management division was created to support and extend primary health services for heart failure, chronic obstructive pulmonary disease, pneumonia, and diabetes to Crawfordsville's underserved populations. The division creates individualized plans to improve an individual's overall health, including active lifestyle choices, improved nutrition, and medical compliance to help the patient maintain a wholly healthier lifestyle.

Lastly, immunizations are the newest in the MIH programs. Historically, vaccinations and immunizations have been administered either through a primary care physician or

the local health department. This program expands both accessibility and availability to a wider audience, including school-aged children and homebound adults.

These programs partner with Franciscan Health, community stakeholders, and through the support of grant funds under the Crawfordsville Fire Department to make integral healthcare and resources available to underserved individuals in our community. For questions or to learn about participating in these services, call (765) 362-1277 or visit the Fire Department's Mobile Integrated Health page on www.crawfordsville.net.





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# **Best Use Dates And Expiration Dates, What's The Difference?**

#### By Matt Lepper, Montgomery County Health Department

Grocery shopping can very well be a hassle as is. Between making a list, forgetting half of the items on the list, and then trying to pick out the right products, there is another layer of caution and confusion that goes into grocery shopping. Do I follow the best use dates? The expiration dates? Are they the same? Different? If you find yourself pondering these questions, there is a simple explanation that will alleviate any further confusion on whether the food you're buying is safe or not. That being said, let's outline the major differences between best

use dates and expiration dates.

Starting with best use dates, they serve more or less as indicators. A best use date indicates at what point a food item is no longer in its original, pristine state. After the posted date, said food item may lose freshness, taste, aroma, or nutrients. Best use dates also guarantee certain properties of a product to be effective until a cut-off time. For example, potato chips eaten past their best use date may be less crispy, ketchup more acidic, canned fruits less sweet, and so on. While safety is still a concern, best use dates are more centered around taste and preference. Foods past their best use date are still safe to consume, however they more than likely will not be as satisfactory as they were previous. Now, food becomes unsafe when it hits the expiration date.

Expiration dates are more cut and dry than best use dates. Expiration dates state the last day that a product is safe to consume. Expiration dates are cut off periods, whereas best use dates are better categorized as indicators. If a food item is either at its expiration date or getting rather close to it, said food item is more than likely not safe for consumption. To state the obvious, most food items that are past their expira-

tion date are certainly not safe to consume.

Now, don't panic regarding these two measures of consumability. There are multiple practices that anybody can do in order to lengthen the shelf life of their products. One of the more tried and true methods lies in tossing your products in the freezer. Degradation of food is more or less put on hold during freezing. Bacteria cannot grow on or in foods while products are frozen, as the harsh conditions nix any change of bacteria growing and spreading. When in doubt, freeze it!

Another simple practice to extend shelf life of foods is to keep your

products airtight. This can be accomplished through using resealable airtight bags or food storage containers. Excess oxygen surrounding food can feed any emerging bacteria, giving the bacteria an ideal environment to grow and spread. Additionally, ensure that there are no signs or presence of moisture when sealing up your food products, as moisture also provides an ideal environment for bacteria to live in.

While this last practice requires a little more effort, it can pay dividends in the long run. Keeping fresh produce separated can increase the shelf life of produce. When produce is jam

packed into a crisper and surrounded by other types of produce, rich breeding grounds for mold begin to form. This practice ties back into keeping your products airtight. If your food is already separated in airtight containers, not only will the lack of extra air extend the shelf life of your food, but also keep produce items from being too close to other produce items, knocking out two birds with one stone.

Whether it's tossing your extra items in the freezer, categorizing your foods, or properly separating them, it is more economically efficient to utilize these practices in order to keep your food around longer.

# Fathers In The Forefront: The Father's Role In Reducing Infant Mortality

#### By: Dr. Cameual Wright, CareSource Vice President and Market Chief Medical Office

Despite having the lowest infant mortality rate in over a decade, Indiana's current infant mortality of 6.5 infant deaths per 1,000 live births is still 20% higher than the national average, according to the Indiana State Department of Health (ISDH). Laws are currently moving through Indiana's House and Senate to aid Governor Holcomb's goal of becoming the best state in the Midwest for infant mortality rates by 2024; however, it will take more than the work of lawmakers, medical



Dr. Cameual Wright

ing concerns can lead to unhealthy practices, such as poor nutrition, non-adherence to medical advice and substance use, which can have significant negative impacts on the health of the mother and the developing fetus. Fathers can help alleviate stress for mothers by creating a positive environment and encouraging healthy habits. This includes ensuring the mother is eating well, taking her vitamins, and getting proper rest — all factors that play an important role in fostering a healthy pregnancy. One of the most important components in preventing infant death is consistent attendance at prenatal and postpartum doctor's appointments. By reducing any barriers to those appointments, including securing transportation and providing childcare, fathers can positively impact the pregnancy and

life of the infant.

While it may seem obvious that a pregnant mother should not smoke, smoking during pregnancy is still an issue in Indiana. According to a 2020 study by America's Health Rankings, 12.6% of pregnant women smoke in Indiana, up from 11.8% in 2019. Fathers can help decrease a mother's urge to smoke by creating a relaxing, smoke-free and low stress environment. This includes learning how to manage one's own stress by creating healthy coping tactics and seeking professional help if needed. Having a newborn can certainly add to existing stress, so fathers need to know how to properly manage strain in a way that doesn't affect the mother or baby negatively. In addition, if a father smokes and makes the choice to quit, this can make it easier for the mother to stop smoking and prevents exposure to secondhand smoke for the baby. After the baby is born, fathers should be educated on the importance of safe sleep, as this is one of the leading causes of infant deaths. Sleep-related deaths, including sudden infant death

syndrome (SIDS) and accidental suffocation, take the lives of 3,500 babies every year, per the Centers for Disease **Control and Prevention** (CDC). Safe sleep practices, such as creating a safe crib environment, avoiding co-sleeping, and removing crib items that can cause strangulation can prevent sleep-related infant death.

Finally, fathers can educate themselves on proper nutrition and the risks of obesity during pregnancy. According to the CDC, the mortality rate for infants born to obese women was 64% higher than the rate for normal weight women, indicating that there is a correlation between body mass index (BMI) and the infant mortality rate. Obesity has also been linked to preterm birth. In Indiana, maternal obesity is a health concern, with 33% of infants in 2019 born to women who were obese. Fathers can help by talking to their partner about the effects of obesity and creating a supportive environment for mothers to practice good nutrition, exercise and experience healthy weight gain during pregnancy.

Mortality

Social determinants of health such as unemployment, unstable housing issues, food insecurity and a lack of access to health care can all lead to poor health outcomes, including infant sickness and death. Identifying barriers and connecting with local resources and support to address these concerns can create a healthy environment for the family. Hoosier families can use health plans, such as CareSource, to assist them in finding local and affordable health care options.

How CareSource Can Help

CareSource offers resources and programs to support fathers and mothers of new infants. CareSource has a dedicated team of case managers who support all pregnant women and infants who are admitted to the neonatal intensive care unit, as well as a transition team to ensure medical equipment, follow-up health services and support are provided once the family is back home. We understand the critical importance of breast milk for the growing infant. CareSource covers lactation services and free breast pumps to help

encourage breastfeeding for a healthier baby. For mothers unable to breastfeed, CareSource has a partnership with The Milk Bank which helps supply donor breastmilk for all babies.

Additionally, Care-Source offers a reward program, Baby's First, which provides financial incentives for prenatal visits and child wellness visits, immunizations and lead testing. These rewards offer additional encouragement to achieve routine health care. Care-Source also works with organizations such the Indiana Minority Health **Coalition and Fathers** and Families to educate and raise awareness of the vital roles that fathers play in healthy pregnancies, especially those in communities of color. Lowering the infant mortality rate is a task that cannot be solved by lawmakers alone. Hoosier doctors, mothers, fathers and health plans must work together to offer support, education and services. Fathers can aid in a safe pregnancy and having a strong and present father figure who can provide effective support to the mother is critical to a healthy and happy infant.

workers, and mothers to achieve this goal. Fathers are often overlooked but play a vital role in contributing to good infant health and outcomes.

The Importance of Fathers in Preventing Infant Mortality

Fathers are often omitted from the dialogue surrounding infant mortality; however, by offering physical, social and economic support, dads can offer crucial reinforcement to expecting mothers. Stressful social circumstances, such as unemployment, food insecurity and hous-

Environmental and Social Impacts on Infant

### Tourette Syndrome Genetics And Neuroimaging Study Promises Insight Into Related Disorders

Researchers have been working to find a cause and cure for Tourette syndrome since the neurological disorder was first documented in 1885. Purdue University's progress in that work in recent years is now being rewarded with a \$2.6 million grant from the National Institute of Mental Health for further TS research.

Peristera Paschou, professor of biological sciences and associate dean for graduate education and strategic initiatives for the College of Science, is the principal investigator for the new grant. She already is leading several worldwide TS research collaborations and is supported by the National Science Foundation, National Institutes of Health and the National Institute for Neurological Disorders and Stroke. In 2017, she was a senior co-author on a groundbreaking international study that became the first in the world to identify risk genes for TS. She then led a large-scale study in 2021 that shed light on the common genetic basis of TS and related neurodevelopmental disorders.

The new NIMH grant will allow her to oversee the largest neuroimaging and genetics studies for TS to date. She will coordinate the work of geneticists, neurologists, psychiatrists, child psychiatrists, brain-imaging experts, computer scientists and statisticians in 18 sites in nine countries. The study will pool, analyze and harmonize global genetic and brain-MRI data to shed greater light on TS neurobiology and also identify biomarkers that could help tailor individualized treatment approaches for patients. The effort builds on past progress by the worldwide ENIGMA Consortium (Enhancing **Neuroimaging Genetics** through Meta-analysis). Leading members of the team include co-investigators at the University of Southern California, professors Paul Thompson and Neda Jahanshad, as

well as Kevin Black at Washington University in St. Louis.

TS is estimated to affect 0.5-1% of the world's population. Characterized by tics — sudden, repetitive, unwanted movements or vocal sounds - it typically begins in childhood. TS also has highly common comorbidities – conditions that coexist with it to differing degrees — in 90% of its patients. These conditions include obsessive compulsive disorder, attention deficit hyperactivity disorder, autism spectrum disorders, major depressive disorder and anxiety disorders.

Paschou is hopeful that her findings can one day improve treatments for TS and its related disorders: What we and others have shown very recently is that this very high comorbidity may, in fact, be due to a common genetic cause. So, some of the same genes play a role and drive all of these symptoms. Understanding Tourette syndrome will also help us

understand other disorders that lie across the so-called impulsivity-compulsivity spectrum of phenotypes."

Paschou began studying TS more than 20 years ago in her postdoctoral work at Yale University, where she said she was intrigued by the disorder's extreme complexity.

"I realized very early on that it's very important to bring together many different labs and investigators to understand the cause," she said.

To that end, Paschou intends to make the findings of her current study inform future work by creating a resource for scientists everywhere.

"When the study is complete, there will be a process for researchers to request access to the collected datasets and our summary statistics," Paschou said. "The dataset will be continuously updated."

Although TS has no known definitive cause, it is attributed to the interaction of multiple gene variations and environmental factors. Current treatments involve behavioral therapy or drug therapy, or a combination thereof. They often fall short because they frequently do not eliminate the tics or they cause unwanted side effects.

Paschou knows what success would look like if this five-year research initiative succeeds.

"We would have a much clearer picture about which parts of the brain play a role in the onset of symptoms of Tourette. And we would have a clearer picture about what genes drive the brain abnormalities that underlie this disorder and its comorbidities."

Paschou also is quick to point out that this new research endeavor and her past TS work has had a singular purpose.

"All of this genetic work has the goal to help uncover targets for potential therapies, and also to help drive diagnosis and management for any of these

related disorders," she said. "Everything that we do is driven by the goal to eventually increase quality of life for patients and their families. We do all of this work for them."

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



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# What Kind Of World? Fill In The Blank

We live in a (fill in the blank) world today. Sure, I can give you some options, but I'll bet you've already come up with several of your own . . . some of which might even be suitable for a family newspaper.

One slightly weird thing that may (or may not) surprise the eight or nine of you who regularly follow these ramblings . . . in the late '60s, I was a big fan of heavy metal groups liked Steppenwolf, Iron Butterfly, Black Sabbath and the like. A decade later I had long hair and thought I would play tennis for a living.

How things change.

Today, what little hair I have left keeps falling out and the last time I was on a tennis court I think Ronald Reagan was telling Mr. Gorbachev where he could place that wall. I digress.

Everyone seems to rely on the Internet today, but that's a



### TIM TIMMONS Two Cents

place where nothing is simple and certainly not all is accurate – even things you think are no-brainers. Do a search on how many sexes there are and up jumps a whole lot more options than I thought possible. It's a (fill in the blank)

#### world.

Back to the eight or nine regulars, you know that I don't wear my religion on my sleeve in these weekly missives. I believe strongly and am not ashamed or embarrassed to say so. My wife was raised Lutheran and I grew up in a Catholic church. Today, I still go to mass and we "attend" weekly services on the Internet watching Pastor Allen Jackson – no, not the country singer.

Recently, he has been talking about the world and the path we're on. I won't do him the disservice of trying to tell you what I think he said, but it resonated with me.

In short, we have been trained over the years to not discuss two things in polite company, religion and politics. Well, ever since Donald Trump came on the scene (and even before), we threw away the concept of not talking politics. But we still don't go much for religion. Why?

Look, this isn't a column recruiting you to my beliefs,

nor any others. Not at all. At the end of the day, we're all going to be responsible for our life choices. If you are an atheist and you turn out to be right, then I'm wrong. If God is indeed up there like I think, then I'll be held accountable for all my decisions, some of which I'm not looking forward to explaining.

We each make our choices. We each live with the outcome.

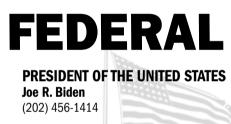
But for the first 50 or 60 years of my life, it seems like what we all believed wasn't as diverse and peculiar (sorry, that was the politest term I could think of) as some of the stuff going around today. What was considered extreme a decade or three ago would pass as vanilla today. My point?

I don't know, maybe I'm just getting old. Maybe I'm turning into the old man who yells at kids to get off his lawn. But I truly believe that something has to give. I truly believe it has to start at home with moms and dads. It's not up to schools or governments or companies. Values, morals, ethics, beliefs come from the heart or perhaps a church. They certainly shouldn't come from the ballot box or the blackboard.

I'll end with this. The changes in our world, our society, are happening so fast that if we as individuals and families don't step up and do something about it soon . . .well, remember that part about what was considered extreme? What do you think that'll look like in five years?

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 ttimmons@thepaper24-7.com.

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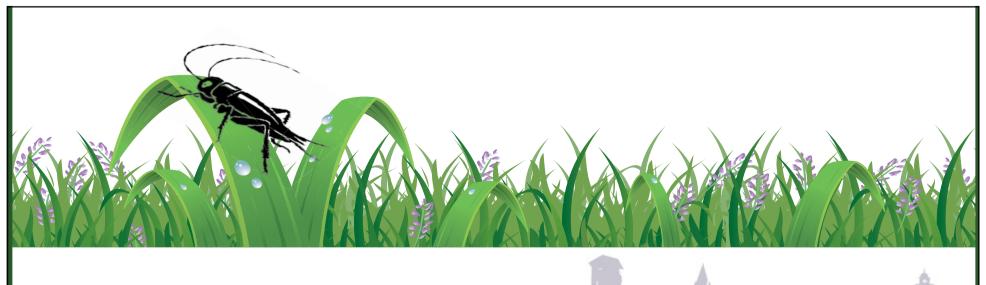
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# Dunbar # 5 – John Adam Born In Ohio, Grew-Up In MoCo, Died In Iowa

John Adam Dunbar was Lewis and Polly (Powers) Dunbar's third son and fourth child, born August 9th, 1828 in Clinton County, Ohio. John grew-up in Montgomery County, marrying Eleanor Burckhalter March 5, 1849, a few months shy of his 21st birthday. She was 17. John Adam's brother, William had married her sister, Sarah in February the year before in Hendricks County. The girls were daughters of Cason and Jane (Hill) Burckhalter. Cason Burckhalter sure was an interesting man, so gung-ho about the Civil War, that he told the recruiter he was 44 (45 was the top limit) although he was 22 years older than that. He fought in the 30th Iowa Infantry from August to October 1862. Evidently, and likely wisely, he didn't reenlist!

Eleanor was born in 1832 and passed away in 1910, three years before John Adam who died in Washington County, Iowa 11 Nov 1913. They are buried in Sandy Hook Cemetery in Brighton with many other Dunbar relatives who went west or were born in the West, including his brother William and her sister, Sarah.

John Adam and Eleanor's first child was a boy and they blessed him with both gpa's names, Lewis Cason. I believe he was also the only one born in Indiana (near Colfax) on April 2, 1850. His nickname was Lute. He and his parents went to Washington County, Iowa in a covered wagon, three weeks on the road. With just twelve miles to go to



### KAREN ZACH Around The County

their home, one of the horses died. Walking back to a home they had passed, John borrowed a horse and he returned it the next day as promised. The family stayed with his uncle, Dan Powers for a few months while they settled in. After the birth of their second child they went to Clarke County, Iowa several years where most of their family was born, then back again to the Brighton area in Washington County. (thanks to some of this information on John Adam which was in Audrey Schroeder's Dunbar History and Dana and Mary Jo for sending things my way).

Lute was a farmer as well as doing some carpenter work. Passing away on the 3rd of February in 1940, he was married to Eliza Stacy, and they had four sons (John; Frank; Carl and Harry) and two daughters (Ellen and June and yep, she was born in June). When Eliza died, he married Jane Rine. His



obituary states (love this) that he had 28 grandchildren and 28 great grandchildren being close to 90 at his death and buried at Hillcrest Cemetery in Brighton, Washington County, Iowa.

If you read about the first son, William (John Adam's brother) you know that he too went to Brighton, Washington County and although I did not find a specific date for William going, John Adam's family arrived in Washington on 6 September 1853, selling their properties here and going west. According to William's children's birth places and dates, it looks like he may have gone about the same time as John Adam.

It seems like just about everyone had a Mary Jane and John Adam was no exception. His Mary Jane was born in Clarke County, Iowa on March 15, 1854. Now, how she got back to Indiana when the folks stayed in Iowa, not sure but she married John W. Bowers and they are buried back in the Bowers Cemetery near Colfax. They had two children, John William Jr. and Florence Emma who married Pete Fickle and they had two Fickle sons (William and John Bowers Fickle) and two Fickle daughters (Betty and Joan who passed at age two). Mary Jane passed away May 26, 1944 from a stroke, which was a health problem running in the family.

Silas Marion was born the 4th day of February in 1856 and died 8 Nov 1913; he married Mary Jane Gordon and they had three sons (Charles, Roy and John Wesley) and three daughters, Ethel born and died 1898; Nellie and Gertrude. He is one of the few not buried in Washington County, but instead is in Clio Cemetery, Wayne County, Iowa.

Following him two years later on the 21st of April was George Oliver, who became a farmer and very active in the First Christ Presbyterian Church. He and wife, Julia Ann Rhine had seven daughters (Goldie, Sylvia, Leola, Julia, Olive, Nancy and Rose) and two sons (Glenn and Merle). He passed at age 83 and is buried in Washington County in Elm Grove Cemetery.

Nancy Suzanne and Henry Archer "Archie" both died fairly young, although Nancy born 13 Nov 1861 did marry (James Risk) and had one daughter, Ethel before passing 1 March 1888. Archie was born 19 April 1868 and died in June of 1877 buried at Sandy Hook.

John Elza was born 28 Feb 1866 and passed away 6 Nov 1931 also buried in Sandy Hook. He was a farmer and truck driver. He and wife, Harriet (Taylor) had three sons (Floyd, Louis and Charles) and one daughter, Ora. He rests in Sandy Hook.

Robert William also a farmer was born 8 Jan 1864 died 11 Sept 1908 from a very severe case of jaundice and is buried at Hillcrest. He married Florence May and had three children in slightly over two years, Clarence (b-d 1890), Mary Jane (another one) and Grace.

Charles Wesley, their youngest, worked in various areas of the insurance field and for a bit owned a restaurant. Born 22 Aug 1870 he passed away 26 April 1959 (buried at Hill Crest). He and his wife Emma Sheridan had no children.

As you can see, John Adam was a very handsome fellow (thanks to Lynne Ream adding his photo to FindAGrave). He was smart, honest and loved his nine children and 31 grandchildren (think that's right). Most definitely, he went forth and prospered in so many ways. RIP John boy!

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 Had Some Interesting Visitors At The Library**

Well, I guess just about everyone who owns a business has had a few "unique" customers through the years, and as the librarian at Darlington for the last 33 years, I have also seen my share of unforgettable patrons and visitors. Here are just a few examples...

On one hot summer day, the library air conditioning could not keep up, and it was about 85 degrees inside...when in walked an older fellow with a packet of papers. He was very nice, extremely intelligent, and knowledgeable about local history. The packet of papers contained the history of a local church, and he brought these in to donate to our reference files. Although I had several books that needed to be catalogued, I made the mistake of inquiring about the history of the church...and for the next THREE hours, this kindly gentleman stood there and told me the COMPLETE history... detail by detail. By the time he was finished, I was starting to drift into a coma. I learned from that mistake.



### BUTCH DALE Columnist

One day, right after I opened, an older man walked in and wanted to know where the Lye Creek bridge was located. He sported a scraggly-looking beard and was wearing shorts with large pockets, hiking boots, and a safari-style hat, and he claimed to be a retired professor from Purdue. He told me that he had been studying the geology of this area, and believed there was gold to be found at that general location...I gave directions, and off he went.

The idea that someone could actually pan for gold around here and be successful was somewhat amusing...until he returned four hours later... and showed me approximately a thimble size amount of gold flakes...Holy Cow!

A few years ago, a man came in and asked me if we had a map that showed where the old one-room school houses had been located in our township, as he wanted to use a metal detector to search for artifacts. As I was extremely busy helping other patrons, I told him to write down his name and phone number and I would find the map and call him shortly. His name sounded familiar, but I just couldn't remember where I had heard it. After a few minutes, it dawned on me. The man had been arrested for murder when I was a deputy sheriff here in Montgomery County. I had transported him to Wabash Valley Mental Hospital in West Lafayette for a pychiatric examination prior to his jury trial. He subsequently was

found guilty and sentenced to 50 years in prison. He had evidently served his time and been released (serving fewer years with time off for good behavior). It had been over 30 years ago. He didn't recognize me...and I had not recognized him...so strange!

About five years ago, a fellow who lived across the street came in to sign up for a library card. As he stood at the circulation desk, I could not help but notice his very strong body odor. I had never smelled anything quite like that before...I almost gagged! After he left, I sprayed about a half of a can of air freshener, but the smell lingered on all day, and I had to explain this to patrons as they came in to get books. Then the very next day, Mr. Stinky came in again to get a movie...same horrible smell...so I politely asked him if he was aware of the fact that he did not exactly smell like a bouquet of roses. He replied that, yes, he knew about it, and stated that he had no money to buy soap. Highly unlikely, as

he had money for cigarettes. I gladly donated some of the library's soap...It was for a good cause. Two months later, he moved out of town...not sure why...either he didn't pay his rent, or the more likely scenario...his body fumes caused other tenants to become ill.

On my 60th birthday, a lady brought her two boys in to get some books. She told her boys to wish me a happy birthday, which they did.... so I decided to have them guess my age. The 7-year old looked at me for a few seconds...."Uh...75?" Ooh, that hurt. Immediately his 11-year old brother stated, "Now Mr. Dale is not 75 years old." I sighed a bit of relief, and asked the older boy how old he thought I was. He hesitated for a few seconds..."I would say... ummm....93?" Ouch!

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.

# **Remembering Evan Whatshisname**

Wouldn't you know it! I've forgotten Evan's last name. It really aggravates me, because Evan is very important to me. He brings me food.

Every Sunday, while young parents and kids are pulling into Applebee's for that special after-church meal, or while grandpa and grandma saunter into the cafeteria for "mush food" (chewing is optional), I have a different ritual.

Much too routinely, I show up at the drive-thru window of my local Arby's. Yes, I know. I'm al-ways blaspheming fast food, and yet here I am. I'm sure not going to put a pot roast in the oven for just me.

Without fail, I pull to the window and hand Evan Whatshisname my money. Without fail, Evan Whatshisname hands me my food. I wish now that he had handed me his uniform's name plate.

Evan really is not forgettable. He stands approximately 6'4". I say approximately, because he has to crouch under the frame of the drive-thru window to hand me my food. That's all I've got to go on, because I've never seen Evan from the thighs down. He could easily be 4'11" standing on a crate of frozen potatoes.

I became interested in Evan



### JOHN O. MARLOWE The Good Sport

on his very first day. I placed my order through the raspy micro-phone -- menu item No. 12, if you at home are keeping score -- and back through the speaker came this amazing, unclouded deep voice echoing those immortal words, "Would you like Horsey Sauce with that?"

Now, I've got nothing against horseradish, but that was the least of my worries. I was concerned why this professional voice artist was so obviously underemployed. His dulcet basso speech thundered like the poor kid had swallowed a subwoofer with his Cheerio's. It shuddered my car so vigorously that I noticed both of my shoelaces had become untied.

Imagine, if you will, part James Earl Jones, part elevator shaft . . . or, what God's little brother would sound like, if he needed a part-time job at Arby's.

"You've got to get into radio," I exclaimed, pulling to the window.

"I know," Evan said. "Everyone tells me that."

"I'm serious!" I said. I explained that I'm no casual complimenter. My family has a rather signifi-cant history using the voice professionally. "You've at least got to start a podcast."

"Maybe someday, sir," Evan said. Then, I could almost see the young man snap to attention. "I'm joining the Navy!"

My first impulse was to think what a terrible waste. A voice like that only comes along once in a generation. Although I'd pay money to hear Evan yell, "Damn the torpedoes!", I couldn't help thinking we could hire any squeak-voiced young kid to paddle boats around the ocean.

Then I noticed the pride in his staunch dispose. John, I thought solemnly. This is his passion. He WANTS to serve.

"I'm honored to know you, young man," I said. "Sir?"

I explained to Evan that, in this day of 24/7/365 news, satellites, cell phones, and the internet --- we can no longer veil, behind the swashbuckling and the bravado, the realities of the profession he is choosing. Dangers exist. They can be catastrophic, and they are real.

Sure, the career opportunities, the camaraderie and the adventures are tantalizing. Equally en-during, however, are the risks: the fear, the confusion, even the asinine.

Yet, our young people are still willing to serve -- WANT-ING to serve a higher calling.

"This already makes you a hero in my book," I told Evan Whatshisname, who returned an em-barrassed smile. That's Evan.

Now that I think about it, it's not important that you know Evan's last name. Every community has one, maybe several -- if you make the effort to look for them.

Like Evan, he (or she) is a leader. He volunteers. He is on his high school's student council. He is an Honor Society member. He plays the trombone in the marching band. He is captain of his robotics team.

Evan wants to be an engineer. He has offers from prestigious universities. Nope, not for Evan.

It's ironic, really. The day after Memorial Day, Evan gives up his drive-thru window for a nuclear warship, yet never surrenders his eagerness to serve.

I will have one more Sunday to get Evan's last name right. When he tells me his name, I'll write it down. I won't bother telling you.

Instead, on this Memorial Day, walk the silent ranks of your local cemetery. Pay special atten-tion to the graves with flags on them. If you look closely, regardless of the name chiseled in stone, you will see an Evan.

Stand quietly over them and say a little prayer. Prove me right. I told Evan Whatshisname, that whatever the future holds, those who serve will never be forgotten.

Fair winds and following seas, my friend! Yes, that was a Diet Coke.

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





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# **More Cutting Remarks**

Mary Ellen is insightful enough to know that in most of my columns I'm poking fun at myself. Take last week, for example. Wait, that's not a good example. You see, last week, I gently chided my loving wife in my column for having no desire to mow the lawn. It was not one of her favorite columns.

"Let me ask you a question, Dick. Which is better, me not mowing the lawn, or you doing a lousy job of it?"

"Hold up! You think I'm bad at mowing the lawn?"

"Yes, you are terrible at it. I should write a column about that. Here's what I'd say: Your rows aren't



straight; you get bored and change directions; you leave grass clippings all over the driveway and sidewalk; you cut the grass far too short; and then you wear your dirty shoes into the house. Not only that, you don't put in the right mixture of gas and oil, so the mower is always smoking. Now how does it make you feel when I make fun of you for a change?"

"A little emasculated."

"Which reminds me: The blades need sharpening, too."

"Anything else you'd write a column about?" "How about the way

you make a bed? Last night the sheets hung way over on one side, and the pillows were twisted in the pillowcases. And then you tucked the bedspread in. You know, Dick, when we got married, your mother warned me you had very little experience in the bedroom, but that's not the kind of disappointment I expected."

"Don't stop now. You're on a roll. What else would

you write about?" "Okay, you have no clue

how to load the dishwasher. You don't scrape the food off; you put the glasses in completely upright so the bottoms collect water; you put the Tupperware on the bottom level; and worst of all, you put the forks where the spoons should be and spoons where the forks should be. That could be a whole column right there." "I must admit, you have

me pegged. I hope that's all you could write about." "Nope. Your whistling.

You whistle all the time.

When you are downstairs working on a column, I hear you whistling. Who whistles while they work?"

"Actually, I can think of seven people. Sleepy, Grumpy, Bashful...

"Oh, that's right, I forgot to comment about your friends."

"Last chance: zing me one more time. Don't hold back."

"You have no sense of direction; you never read a manual when you buy a new product; you can't follow a movie without asking a million questions; you never lock the doors when you leave the house; you leave the lights on in your office, and you stand up when you eat lunch. You also stand in front of the fridge with the door wide open for five minutes, looking for something to snack on, like it's going to suddenly appear."

"Mary Ellen, I have already written about every one of those topics. Don't you read my columns?"

"Of course I read them. I was just reminding you of my favorites."

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 – Must I Pay Income Tax on Social Security Benefits?

Dear Rusty: I do not recall the rules on my income tax obligation for Social Security benefits. Can you please explain these rules to me? Signed: Senior Taxpayer

**Dear Senior Taxpayer:** I'll be happy to review the rules about income tax on Social Security benefits for you. If your combined income from all sources is low enough, your Social Security benefits aren't subject to being taxed by the IRS. But some of your Social Security benefits will become taxable if your combined income from all sources exceeds certain thresholds, and the thresholds are dependent on your tax filing status



### ASK RUSTY Social Security Advisor

ple is between \$32,001 and \$44,000, then half of the SS benefits you received during the tax year becomes part of your taxable income. And if vour combined income as a married couple exceeds \$44,000 then up to 85% of the SS benefits you received during the tax year becomes part of your taxable income. Those SS benefits will simply be included as part of your taxable income and taxed at whatever your normal IRS tax rate is. If you file your income tax as a "single" the thresholds at which Social Security benefits become

### Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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taxable are different. Single filers with a combined income of \$25,000 or less pay no income tax on their benefits. But single filers with combined income between \$25,001 and \$34,000 will have half of their SS benefits received during "married-filing separately" if they lived apart for the entire tax year. But the threshold is zero dollars for married couples who file separately but lived together at any time during the tax year.

To clarify what "combined income" is – the Social Security benefits you received during the tax year. If your MAGI is over the thresholds described above, a portion of the SS benefits you received during the tax year will be included in your taxable income. If it is not, you pay no income tax on your benefits.

To be sure you're aware, when you file as "married/jointly" income from both partners counts when determining your MAGI for income tax purposes.

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

(single or married).

If you file your income tax as "married-filing jointly" and your combined income from all sources (both taxable and non-taxable income) is less than \$32,000, then your Social Security benefits aren't taxable. But if your combined income as a married couthe tax year become taxable, and single filers whose combined income exceeds \$34,000 will see up to 85% of their Social Security benefits become taxable. These single filer thresholds apply also to those filing as Single Head of Household or Qualifying Widow(er), and to those filing as IRS uses something called your Modified Adjusted Gross Income, or "MAGI," to determine if your Social Security benefits should be taxed. Your MAGI is your normal Adjusted Gross Income (AGI) from your tax return, plus any non-taxable income you may have had, plus 50% of the

# **Butch Recalls The Tradition Of "Senior Cords"**

If you went to school in Indiana during the 1950s and 1960s, you likely participated in a Hoosier tradition during your final year in high school... wearing "senior cords." It all started back in the early 1900s when some seniors at Purdue University discovered some yellow corduroy fabric in a downtown Lafayette store window. The boys had some trousers made from the material, and had their friends sign them. However, as time passed the corduroy pants were decorated with pictures of mascots, club symbols, sports themes, school achievements and honors, and various other drawings. The tradition caught on at other colleges, and then became very popular in Indiana's high schools after WWII. The trend reached its height in the 1950s and 1960s. It was almost a rite of passage, and as far as I can tell, this was an Indiana phenomenon...schools in other states did not have senior cords.

Many boys and girls decorated their own trousers or skirts, but quite a few seniors hired a local person to do the artwork. My mother, Mildred Dale, decorated



BUTCH DALE Columnist

hundreds of senior cords during that time period. I remember Mom staying up late at night sketching the drawings on the cords and then coloring them in with a pen and India ink. She spent four or five hours on each one, and charged the student anywhere from \$3.00 to \$5.00 for each skirt or pair of pants. Most were decorated with club symbols, such as 4-H, FFA, Sunshine Society, band, etc., along with sports, the school mascot, cartoon characters, names of friends, or whatever else they could come up with.

It was a tradition at our school to wear your cords on Friday, especially during the winter months when basketball games were played on Friday or Saturday nights. I wore my senior cords



and class sweater just about every Friday. Most of my classmates wore their senior cords to the basketball games, and we wore them for our senior class group photo in front of the Darlington covered bridge.

The senior cord tradition carried on at each of the small high schools in Montgomery County until they closed after the 1971 school year. I believe there was a stronger emotional tie that students had to their school before consolidation, and when the little schools were gone, the colorful senior cords ceased to exist. During the 33 years that I have been the librarian here at Darlington, several senior cord trousers and skirts have been donated by graduates, and these are on display





Photos courtesy of Butch Dale

In the photos above, Joy Vannice Cain's 1957 Senior Skirt. In the photo below, the 1968 Darlington class

in our library museum, along with sports honor jackets, basketball uniforms, club jackets, and numerous other apparel and memorabilia. For the Darlington graduates who visit our little library... when they see our collection of senior cords...the great memories live on. They are another reminder of all the fun times! John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history.

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# The Abortion States Of America

### By Dr. Paul Kengor

Roe v. Wade and socalled "abortion rights" are facing challenges unlike any time before. The chances of abortion being sent back to the states are higher than ever. As that prospect looms, pro-lifers are being treated to a tragic spectacle: "prochoice" leaders nationwide are stepping forward to do everything within their power to protect unrestricted abortion.

Leading the charge at the state-level are the likes of New York's new pro-choice governor, Kathy Hochul, who succeeded New York's old pro-choice governor, Andrew Cuomo, and Governor Gavin Newsom of California.

Hochul and Newsom stand as poster-girl and poster-boy for this new abortion front. Vigorously supported by an activist pro-choice president, Joe Biden, they are battling the Texas effort and any others seeking to limit abortions to the time of the unborn child's heartbeat. The Texas action outraged Joe Biden, who promised to throw the "whole of government" against the Texas bill, enlisting his "best lawyers" at the Department of Justice and at Health and Human Services. The Texas action infuriated Governors Hochul and Newsom, who have responded by offering their states as destination centers for women of Texas and elsewhere to come for abortion. "Abortion access is safe in New York," Hochul ensured, "the rights of those who are

seeking abortion services will always be protected here. To the women of Texas, I want to say I am with you. Lady Liberty is here to welcome you with open arms." She vows: "We will help you find a way to New York and we are right now looking intensely to find what resources we can bring to the table to help you have safe transport here and let you know there are providers who will assist you."

The New York governor was careful to include "birthing persons" in her invitation: "I am proud that New York is leading the fight to ensure that every woman and birthing person has access to abortion care.<sup>5</sup>

As for Gavin Newsom, he vows to make California a "reproductive freedom state." "These are dark days," says Newsom, "I don't think one can understate the consequential nature of the moment that we are living in. It becomes of outsized importance that California assert itself."

What's happening with states like California and New York is something that many of us have long expected, namely: if Roe v. Wade is reversed or curtailed by the U.S. Supreme Court-as it should be, given that Roe from the outset was a constitutional absurdity-abortion will be turned over to the states.

This is not the place to take a deep dive into the obvious unconstitutional ity of Roe v. Wade, but I'll offer just a few lines: Roe was creatively albeit absurdly based on a

"right" to an abortion invented and extended from a so-called "penumbra" or "shadow" of a "right to privacy" lurking somewhere in the arcane recesses of the Constitution. In fact, neither abortion nor even the word "privacy" is mentioned in the Constitution-no, not one time—even as the rights and protection of "life" is mentioned three times (in the Fifth and Fourteenth Amendments).

Yes, shocking but true. One can certainly argue that when the framers mentioned life, they were not thinking of abortion. No doubt that is correct. But still, a pro-lifer looking for a right to "life" in the Constitution clearly has a little more to grab on to than a pro-choicer looking for a right to abortion or even "privacy."

Roe v. Wade is a legal abomination that any sane jurist not poisoned by ideology would concede is utterly without foundation in the U.S. Constitution. The legal "logic" behind Roe is such a farce than one ought to fall over laughing at it, if not for the fact that it was tragically employed to make possible the legal termination of over 60 million unborn babies since 1973.

The reality is that the Constitution is silent on abortion, which is why the federal government should never have enshrined it. It should have been left to the states.

This was something that Judge Robert Bork tried

ago, and for which Bork was called everything from a misogynist to a gargoyle. But there's a very good chance that's exactly where we're now headed.

If so, what will happen to abortion in America? Well, some states will embrace it far and above others. Which states? The answer is pretty simple and predictable: Go to political maps of presidential elections and look at the so-called blue states vs. red states; that is, Democrat states vs. Republican states. The firmly Democrat states, especially on the West Coast and northeast, from the very left-wing Oregon to the monolithically liberal Massachusetts, will become America's Abortion States. They will roll out the red carpet. (So will the District of Columbia, where Attorney General Karl Racine issued a press announcement welcoming abortion-seekers to DC. "In the District we value reproductive rights," says Racine, "and we are open for care to those who live here and those traveling

from other states.") A telling piece published at CNN.com cites a report by the Guttmacher Institute estimating that if the high court overturns Roe, 26 states "are certain or likely to ban abortion almost immediately.

That brings us back to New York and California, which will fly the Roe flag as premier dershott recently wrote an excellent piece titled, "The Return of Abortion Tourism," where she noted: "we are already witnessing the return of the pre-Roe era of 'abortion tourism." She writes of Kathy Hochul's New York:

It is likely that once again—as in the early 1970s—New York City will be the deadly destination of choice for women seeking abortion outside of their home states....

Promising to provide "safe passage" for women, Hochul is resurrecting the very lucrative pre-Roe abortion tourism for abortion seekers from all over the country. Replete with abortion packages including airfare, limo rides from New York City's airports to abortion facilities, pre-and post-abortion hotel stays, and surgical services....

Abortion tourism emerged in 1970, during the years prior to Roe v. Wade, when New York State repealed all laws criminalizing abortion. By 1972, more than 100,000 women traveled to New York City for abortions; more than half of them traveled more than 500 miles from their home states to terminate the lives of their unborn children. New York quickly became the national destination of choice for abortion.

Hendershott underscores the "financial windfall" that this will provide to abortion providers in states like New York: "The financial benefits to the abortion industry-and to their

pro-abortion politician enablers—in New York State will be tremendous."

This process has already begun. The governors of New York and California are eager and excited about the abortion possibilities for their citizens.

To that end, one wonders how the emergence of these Abortion States will affect prolife residents of those states. Could some be so appalled as to feel compelled to relocate to other states? Could they in good conscience support this outrage with their tax dollars?

Either way, that is where we seem to be headed: the Abortion States of America. A beauty of federalism is that you need not live in one of them.

–Dr. Paul Kengor is professor of political science and chief academic fellow of the Institute for Faith and Freedom at Grove City College. One of his latest books (August 2020) is The Devil & Karl Marx: Communism's Long March of Death, Deception, and Infiltration. He is also the author of is A Pope and a President: John Paul II, Ronald Reagan, and the Extraordinary Untold Story of the 20th Century (April 2017) and 11 Principles of a Reagan Conservative. His other books include The Communist: Frank Marshall Davis, The Untold Story of Barack Obama's Mentor and Dupes: How America's Adversaries Have Manipulated Progressives for a Century.

to explain to Senators Joe Biden and Ted Kennedy and feminists and liberals everywhere over 30 years destination centers for abortion.

Franciscan University Professor Anne Hen-

# Griswold v. Connecticut: How We Got To Roe v. Wade

#### By John A. Sparks

The Supreme Court will soon issue its opinion on Dobbs v. Jackson Women's Health Organization, which concerns a Mississippi law preventing elective abortions beyond 15 weeks gestation. I am not here commenting about the leaked draft opinion. That action was despicable. However, if the leaked majority opinion holds, the Supreme Court has decided to scuttle its now half-century-old "abortion jurisprudence.'

Where did this unfortunate and destructive legal journey begin that resulted in the death of millions of unborn children and which so terribly divided the country?

It is fair to say that it started with the lesser-known case of Griswold v. Connecticut. Readers may not know Griswold because Roe has received most of the attention from "pro-life" and "pro-choice" advocates. Nevertheless, the majority opinion by Justice William O. Douglas, an opinion which has been called "one of the most idiosyncratic" in Supreme Court history, set the stage for an end to the protection of unborn children provided by state anti-abortion laws.

Ironically, the facts of Griswold had nothing to do with abortion. Connecticut had allowed a 19th century anti-contraceptives law to remain on the books. It was a turnof-the-century attempt to regulate immoral conduct made possible in part by contraceptive devices. Nobody had been prosecuted under the law. In fact, in a 1961 case, Poe v. Ullman, the Supreme Court refused to strike it down precisely because it was not being enforced. But it remained illegal for married couples in

Connecticut to use contraceptives and for clinics to prescribe their use. Later in the same year in which Poe was decided, Estelle Griswold, director of Planned Parenthood of Connecticut, along with Dr. C. Lee Buxton, who taught at Yale Medical School, decided to challenge the law by opening a birth control clinic in Connecticut. When Griswold and Buxton were arrested and fined, just as they had anticipated, they appealed those criminal charges through the Connecticut courts, eventually gaining a hearing before the Supreme Court.

The Court, in a 7-2 decision, struck down the legislation. That determination was not particularly surprising. Most states with similar laws had long ago repealed them. Practically speaking, the law had become more and more unenforceable. Oral contraceptives, first approved by the FDA in 1960, were increasing in use. However, the importance of Griswold was not the striking down of the Connecticut statute. Instead, it was the opinion by Justice Douglas in which he unveiled a new "right" as the basis for the decision, i.e., the right to privacy.

Douglas, knowing there was no specific, enumerated "right to privacy" in the Constitution, set out in his opinion to find this right implicit in other existing rights. Douglas saw "privacy" elements in the Third and Fourth Amendments, the first protecting citizens privacy from the military quartering troops in their homes and the second against maintaining privacy against unreasonable searches. He also found elements of privacy protected by the Fifth Amendment's

self-incrimination restrictions and in the First Amendment's protection of the privacy of one's political affiliation. Court historian Melvin Urofsky called the next step in Douglas' analysis, "highly creative and controversial." Douglas borrowed a term from sciencepenumbra—which in astronomy describes the glow produced around the edges of a heavenly body. He claimed that the privacy elements found in the explicit rights cast glows of privacy—penumbras-that could then be combined to make the new "right of privacy."

Furthermore, Douglas and Justice Arthur Goldberg attempted to marshal the Ninth Amendment to support their view of the discovery of this new "right." The Ninth says that the enumeration of rights does not deny the possibility of "other rights retained by the people." Douglas and Goldberg regarded the Ninth as a constitutional assent to the existence of previously unknown rights. Once Douglas 'unearthed" this new right of privacy, he concluded that it was properly extended to protect the "marital bed;" that is, the married couple's decision to use contraceptives. A new constitutional right was born.

Justice Hugo Black penned a strongly worded dissent. He firmly opposed the new penumbral "right of privacy." He wrote: "The Court talks about a constitutional 'right of privacy' as though there is some constitutional provision or provisions forbidding any law ever to be passed which might abridge the 'privacy' of individuals. But there is not." He continued: "I get nowhere in this case by talk about a constitutional 'right of privacy' as an emanation from one or more constitutional provisions."

Justice Black assured his brethren that he recognized that "there are guarantees in certain specific provisions [of some Amendments] which are designed in part to protect privacy." But, he continued, the protections are only provided "at certain times and places with regard to certain activities." One of the amendments relied upon by Douglas is the Third Amendment. Its wording puts up a constitutional barrier against quartering troops. The American founders intended to prevent the military use of individual property against the wishes of the owner. The language was and is concrete, specific, and clear. In stark contrast, the "privacy" that Douglas claimed to uncover, said Black, was "a broad, abstract, ambiguous concept." Black warned: "One of the most effective ways of diluting or expanding a constitutionally guaranteed right is to substitute for the crucial word or words of a constitutional guarantee another word or words, more or less flexible or more or less restricted in meaning."

That was what Justice Douglas had done in the majority opinion. He had created a new right with an uncertain meaning.

Highly regarded constitutional scholars, Thomas Emerson and Paul Kauper, writing in 1965, agreed. They worried about "the vagueness of the concept, and the general lack of precise standards" and its "accordion-like qualities." Law professor Robert G. Dixon, Jr. also wrote in 1965: "the term [privacy] no where appears in the Constitution." He

referred to the Douglas opinion as "an opinion which roams through the Bill of Rights picking up a letter here and another there to spell out the new right." Years later, Judge Robert Bork, also an opponent of penumbral rights, put it this way: "We are left with no idea of the sweep of the right of privacy and hence no notion of the cases to which it may or may not be applied in the future." (That position was one of the primary reasons that Judge Bork was not confirmed for a Supreme Court post and, instead, Anthony Kennedy was nominated and confirmed.)

Besides the vagueness and indeterminacy of the "new right," Black rejected the misuse of the Ninth Amendment claimed by his fellow justices. "That Amendment [Ninth]was passed, not to broaden the powers of this court or any other department of 'the General Government,"" he stated, "but, as every student of history knows, to assure the people that the Constitution in all its provisions was intended to limit the Federal Government to the powers granted expressly or by necessary implication." In fact, to interpret the Ninth Amendment as the majority sought to do would be to give the court too much power: "Use of any such broad, unbounded judicial authority would make of this court's members a day-to-day constitutional convention."

Justice Black was right, almost prophetic, about the unknown and potentially expansive meaning of the newly minted "right." Eight years later, lawyers fighting for the legalization of abortion convinced the court to combine this "right of

privacy" with liberty under the 14th Amendment. Justice Harry Blackmun wrote for the majority: "This right of privacy, whether found in the Fourteenth Amendment's concept of personal liberty ... or ... in the Ninth Amendment's reservation of rights to the people, is broad enough to encompass a woman's decision whether or not to terminate her pregnancy." The seemingly innocuous case of Griswold, with its new privacy right and novel interpretation of the Ninth Amendment, became the foundation for Roe v. Wade.

John Hart Ely, a noted legal scholar and professor of law a Yale University Law School, in 1973 wrote one scathing sentence about the Griswold-based Roe decision. "It [Roe] is bad because it is bad constitutional law, or rather because it is not constitutional law and gives almost no sense of an obligation to try to be."

Now a majority of the current Supreme Court appears to be ready to say the same thing. Justice Samuel Alito states in the leaked opinion: "Roe was egregiously wrong from the start. Its reasoning was exceptionally weak, and the decision has had damaging consequences."

It all began with the Douglas opinion in Griswold.

Dr. John A. Sparks is the retired Dean of Arts & Letters, Grove City College and a Fellow in the Institute for Faith and Freedom. He is a member of the state bar of Pennsylvania and a graduate of Grove City College and the University of Michigan Law School. Sparks writes regularly for the Institute on Supreme Court developments.

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# **USAC Sprints Return To Circle City Raceway For Week Of Indy Festivities**

One of the biggest weeks in racing will see the return of some of the greatest wheelmen on dirt making their second appearance at Circle City Raceway. Circle City, which opened for its inaugural season last year, brought the USAC AMSOIL Sprint Car National Championship back to Indianapolis for the first time in 37 years. The series will slide its way back into the Indianapolis dirt for two exciting days of racing, presented by Mastin and Cain Warehousing Services, Wednesday-Thursday, May 25th-26th during the week of Indy.

These two shows will carry on the long-standing week of Indy traditions like the Hoosier Hundred and the Hulman Classic, races that have been a staple of USAC racing for more than 65 years. With some of the greatest modern stars in the sport at Indy's newest track, a tradition like no other will continue to prevail.

Rookie sensation **Emerson Axsom remains** near the top of the USAC AMSOIL Sprint Car National Championship points in 2nd place. Axsom is battling USAC

drivers Justin Grant (point leader) and Robert Ballou for the podium spots. A fierce battle is expected around the tight quarter-mile, as the **USAC AMSOIL Sprint** Car National Championship makes its second trip to the newly formed Circle City Raceway.

Also joining the USAC AMSOIL Sprint Car National Championship, will be the Sherley Unlimited Snow Company DIRTcar Modifieds, as well as an appearance on Wednesday night by the Midwest **Oldtimers Vintage Race** Car Club.

NASCAR legend, Ken Schrader, will also be making his inaugural appearance at Circle City. Schrader, will be competing in the accompanying Modified division and looks to make his first attempt at Circle City a successful one.

A great two days of racing is expected in southeast Indy for a week that brings incredible racing action to the epicenter of motorsports.

Pits will open at 3:00pm, followed by grandstands at 5:30pm, with hot laps beginning at 6:00pm, and racing to follow.

# Indianapolis Symphony Orchestra **Presents Michael Cavanaugh**

The Indianapolis Symphony Orchestra and Principal Pops Conductor Jack Everly will lead the ISO and renowned Broadway star and pianist Michael Cavanaugh through three rockin' performances, including a Coffee Pops Series concert at 11 a.m., June 3.

Cavanaugh and the ISO will perform the hits of Billy Joel and Elton John, featuring the greatest hits of two great rock piano legends. Songs include "Piano Man," "Rocket Man," "Bennie and the Jets," "Movin' Out," "I'm Still Standing," "My Life," and many more.

Michael Cavanaugh was handpicked by Billy Joel to star in the hit Broadway musical Movin' Out. Cavanaugh received both Tony and Grammy nominations in the lead role. Billboard calls him the "New Voice of the American Rock and Roll Songbook."

Performances begin at 11 a.m. Friday, June 3; 8 p.m. Friday, June 3 and 8 p.m. Saturday, June 4. Per the updated ISO health and safety guidelines, proof of vaccination or proof of negative COVID-19 test will not

be required to attend the performance. Masks are optional at Hilbert Circle Theatre. For more information regarding the policies of the Hilbert Circle Theatre, please visit the ISO website. About Michael Cava-

naugh

Michael Cavanaugh is the new voice of the American Rock & Roll Songbook and a charismatic performer and musician made famous for his piano/lead vocals in the Broadway musical Movin' Out. Cavanaugh appeared in the show for 3 years with over 1,200 performances, and received multiple accolades. The show culminated in 2003 with both Grammy and Tony award nominations.

With the close of Movin' Out at the end of 2005, Cavanaugh began touring in his own right, creating a show that reinterprets the modern pop/ rock songbook. Cavanaugh soon became one of the hottest artists in the private events market, and he continues to perform worldwide for company and charity events as well as sporting events including many PGA tour

events, the SuperBowl, and the Indy 500. His interpretation of the modern rock/pop songbook led to Billboard calling him "The New Voice of the American Rock and Roll Songbook," and he was recognized by Reuters as Entertainer of the Year for the private events market.

About Jack Everly A North American leader in symphonic pops, Jack Everly is Principal Pops Conductor of the Indianapolis Symphony Orchestra. He is widely known for his innovative approach to programs that have brought new audiences to the time-tested and beloved pops genre. During his tenure in Indianapolis, he has added positions as Principal Pops Conductor of the Baltimore Symphony Orchestra, Principal Pops Conductor of the National Arts Centre Orchestra of Ottawa, Canada, and the Naples Philharmonic Orchestra. As Music Director of the National Memorial Day Concert and A Capitol Fourth on PBS, Maestro Everly proudly leads the National Symphony Orchestra in these patriotic celebrations on the National Mall. Maestro Everly is the Music Director of the Indianapolis Symphony Orchestra's annual AES Indiana Yuletide Celebration. Everly has led the ISO in its first Pops recording, Yuletide Celebration, Volume One, that included three of his own orchestrations.

About the Indianapolis Symphony Orchestra

The Indianapolis Symphony Orchestra, at home and thriving in the heart of Indianapolis, offers an exceptional artistic and musical experience. The orchestra is open to all and dedicated to creating an inclusive and innovative experiential environment that is inspiring, educational, and welcoming. The ISO celebrates historically beloved performances while engaging audiences by introducing new voices through programming including the DeHaan Classical Series, the Printing Partners Pops Series, the holiday traditions of AES Indiana Yuletide Celebration and the popular Bank of America Film Series. For more information, visit www.indianapolissymphony.org.

# **Historic Paramount Theatre In Central Indiana** Adds Two New Family-Friendly Shows To Lineup

The historic Paramount

# Extension Is Open

**Pumpkinvine Trail** 

The Indiana DNR, Next Level Trails (NLT) and the Town of Shipshewana opened the recently completed Pumpkinvine Trail extension in Shipshewana on May 6.

The 0.97-mile asphalt multi-use trail was constructed by the town with help from a \$953,482 Next Level Trails grant.

"Trails are a vital investment in our communities across the Hoosier State," said Dan Bortner, DNR director. "The DNR is proud to partner with towns like Shipshewana to complete this major trail extension. Shipshewana should be proud too, as this is the first Round 2 project to open."

The completed project extends the trail east into Shipshewana from its previous terminus outside of County Road 850 W. It follows North Street and ends in North Park, eliminating the prior onroad connection into town and improving access to residential neighborhoods and the downtown business district.

The Pumpkinvine Trail now forms a regional trail network by connecting the towns of Shipshewana, Middlebury, and Goshen. At Goshen, the Pumpkinvine intersects with the Maple City Greenway and Maple Heart Trail, which travel north to Elkhart. The network totals 25 miles of trail between the four communities

"Trails are essential in a community for families to get out and enjoy themselves," said Bob Shanahan, Shipshewana town manager. "This extension will help our town grow and improve the quality of place for current and future residents.

"This would not have been possible without the Next Level Trails grant, so we are thankful to the DNR who helped make this project come to life.'

As part of Gov. Eric J. Holcomb's Next Level Connections initiative, NLT is the largest infusion of trails funding in state history. The \$150 million program is administered by the DNR and facilitates critical trail connections within and between Hoosier communities.

The Town of Shipshewana was awarded funding for the Pumpkinvine Trail extension as part of the second round of NLT, which Gov. Holcomb announced in March 2021.

Including the Pumpkinvine Trail Extension, nine NLT projects are complete, totaling 23.6 miles of trail.

More information about the NLT can be found at on.IN.gov/NextLevelTrails.

To view more DNR news releases, please see dnr.IN.gov.



Theatre is pleased to announce the addition of two new live performances - Deck the Halls with Disney featuring DCappella and Dragons & Mythical Beasts - to its entertainment lineup, both full of magical fun for the whole family! Tickets go on sale Friday, May 13 at 10 a.m. via AndersonParamount.org.

About These New Shows:

Deck the Halls with Disney featuring DCappella - Wednesday, Dec. 21, 2022 at 7:30 p.m. Most seats are \$29 and

\$40. Limited premium seating - \$55.

Disney Concerts presents Deck the Halls with Disney featuring DCappella. Delight in a family night-out set to the magical and musical sounds of Disney's premier a cappella singing sensation DCappella! Kick off the holiday season as DCappella takes you through a musical journey featuring all of your favorite holiday songs PLUS Disney's greatest hits from Encanto, The Little Mermaid, The Lion King, Beauty

and the Beast, and much more!

Dragons & Mythical Beasts - Wednesday, Feb. 1, 2023 at 6:30 p.m. Most Seats \$15 and \$25. Limited premium seating - \$35.

Enter into a magical world of myths and legends in this fantastical new show for the whole family! From the creators of Dinosaur World Live, this interactive show brings you face to face with the most magnificent monsters and terrifying beasts ever to walk the earth. Discover the colossal Stone Troll, the mysterious Indrik and Japanese Baku, the Tooth Fairy (not as sweet as you'd think), an adorable Unicorn, and a majestic Griffin. You'll spend an evening among legendary heroes... just don't wake the Dragon!

**Current Paramount** Theatre Lineup: Get the Led Out – Saturday, May 21, 2022 Girl Named Tom -

Thursday, June 23, 2022 Killer Queen – Saturday, July 16, 2022 Jim Breuer: Freedom of Laughter Tour - Friday, Aug. 5, 2022 Little River Band - Fri-

day, Aug. 12, 2022 Tusk: The World's #1 Fleetwood Mac Tribute -Friday, Sept. 30, 2022 Deck the Halls with Disney featuring DCappella - Wednesday, Dec. 21, 2022

Dragons & Mythical Beasts - Wednesday, Feb. 1, 2023

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

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

Paramount Theatre The Paramount Theatre

Centre & Ballroom has been in operation since Aug. 20, 1929. The Paramount has inspired many spectators with its architecture, entertainment, and history. On behalf of generous local benefactors with an appreciation of history, the theatre continues to shine as brightly on the outside as the stars do inside. The Paramount offers residents and visitors unique

entertainment options year-round in partnership with Honeywell Arts & Entertainment. For more information about the Anderson Paramount Theatre, visit Anderson-Paramount.org.

About Honeywell Arts & Entertainment

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

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# Change These Financial Behaviors To Get Out Of Credit Card Debt

Most people know excessive credit card debt is bad for their financial lives. But few may be aware of how seemingly innocuous financial behaviors can lead to a life with perpetual debt.

"Much of personal finance is about behaviors and habits," said Michael Sullivan, personal financial consultant with Take Charge America, a nonprofit credit counseling and debt management agency. "Many people generally know what it takes to win with money, but unless you actually shift some key behaviors, you're more likely to find yourself in debt."

Sullivan shares four behaviors to change that will help you avoid credit card debt:

• Failing to control spending. Without a clear picture of your spending, it's easy to overspend. The solution? Track every penny you spend for a month to identify where exactly your money is going. It may be enlightening to see how much you're really spending on lattes and lunches. Once you identify habits, needs and wants, create a budget based on your income and carefully follow the max spending limit across budget categories. Learn more about developing a realistic budget.

• Only paying the minimum. If you pay only the minimum payments on your credit card, you are paying the maximum amount of interest because only a small portion applies to the principal balance. Instead, seek to pay off your account in full every month to avoid carrying a balance. If you're already deep in debt, put a halt on unnecessary spending and consider a free credit counseling session to identify the best options for climbing out of debt based on your individual circumstances.

• Not talking about money. Discussing finances is hard. But the discomfort of talking about money is nothing compared to the anxiety, shame and potential health issues that silence can cause. Speak openly and honestly about your finances with your partner, children and other loved ones who have ties to your financial life. It will help you get clear on your goals and avoid debt.

• Falling for gimmicks. Whether it's a 10% discount or travel points, we're often confronted with perks and gimmicks to open new cards and spend. Although rewards cards have advantages, they become a hindrance if you're tempted to spend when you shouldn't. Opt out of credit card mailers and say no at the register.

Find more tips and resources to stay out of debt in Take Charge America's Budget Tools.

About Take Charge America, Inc.

Founded in 1987, Take Charge America, Inc. is a nonprofit agency offering financial education and counseling services including credit counseling, debt management, student loan counseling, housing counseling and bankruptcy counseling. It has helped more than 2 million consumers nationwide manage their personal finances and debts. To learn more, visit takechargeamerica.org or call (888) 822-9193.

# Vector Control: A Global Topic That Starts At Home

Only one thing can ruin a beautiful summer day spent outside. Mosquitoes. These airborne, nagging insects can be controlled through various practices, both professionally and at home. While the average citizen may not have the tools to execute mass mosquito control protocols, there are small actions that can be completed at home that will reduce the prevalence of mosquitoes surrounding your domicile. But first, let's set some guidelines as to what vector control really is.

Per the CDC, vector control is defined as any method to limit or eradicate the mammals, birds, insects or other arthropods which transmit disease pathogens. A vector is any of the above mentioned animals that carry and transmit disease-provoking pathogens. While vector control is not limited to mosquitoes, mosquito control is the most frequent type of vector control. For mosquitoes, there are four main domains within vector control. Said four domains are anti larval measures, anti adult measures, protection against mosquito bites, and legislative control. As one can deduct from the names of these domains, anti larval measures tackle mosquito populations that have not been born yet, which is a

more preventative protocol. Anti adult measures attempt to regulate already-existing mosquitoes that can still reproduce and spread pathogens. The last two domains are pretty self explanatory, as the third domain focuses on protection against mosquito bites and legislative control implements civic laws to regulate mosquito populations. Anti larval measures are comprised of environmental, chemical. and biological controls. Anti adult measures, on the other hand, consist of space sprays, residual sprays, and genetic control.

The above graphic may look like a typical home, but in reality this space is a breeding highway for mosquitoes. I'll be taking you through every potential breeding site for mosquitoes in this image that can be easily reversed. To begin, we see open trash cans and an uncovered boat right next to each other in the upper left side of the image. These two objects may gather standing water after a rain, and mosquitoes only need a quarter inch of standing water to reproduce successfully. A simple boat cover and closing of the garbage can lids can reduce the prevalence of mosquitoes on your property. Moving down the image, we see

a clogged gutter system. Typically clogged with organic material and some water, gutters are another example of prime real estate for mosquitoes to breed. Regular gutter cleanings can eliminate this. We then move to pet food/water bowls, which should be emptied as regularly as possible to nix the chance of mosquitoes breeding. On the rightmost side of the image, we see a neglected pool, pond, wagon, and tire swing. I'm sure you can already tell where this is heading. All of these areas can collect stagnant, standing water. On a similar front, all of these objects should be properly managed and emptied when necessary to void said items of potential breeding sites for mosquitoes. As for the neglected pool, the Montgomery County Health Department regularly does pool water testing, which is the first step to getting your pools back in order if they are on the lesser side of the maintenance spectrum.

As mentioned above, all of these at-home practices are relatively simple and can lengthen the amount of time you and your family can spend enjoying the summer months outside without the risk of vector borne illnesses. So, clean out your gutters and have a great summer!

# BBB Issues A Warning For New Lottery Text Scam

The BBB serving Northern Indiana has

legitimate sweepstakes company will ever ask to pay a fee or buy somewin. A notification that you have won a prize in

sumers about a reported text message scam.

The scammer poses as a lottery winner named Manuel Franco. He claims to have won a \$768 million Powerball Jackpot and is donating to 200 random individuals. These text messages request that the victim reach out to the winner's agent and provide an alternate phone number to contact.

The text messages may come from an outof-state area code. The message details change often, such as the dollar amount being given or the name of the agent in charge of dispersing the funds. In many cases, the scammer will request banking information or a fee to send the funds. If personal information is given, it may lead to lost funds or hacked accounts, and any fees paid will most likely never be recovered.

Use BBB's tips to avoid this scam:

• Don't pay upfront fees to claim a prize. No

thing to enter or improve the chances of winning — that includes paying "taxes," "shipping and handling charges," or "processing fees" to get a prize.

• Checks can bounce after the bank allows the account holder to withdraw cash from the deposit. Check processing is a confusing business. Even if a bank representative tells you a check has "cleared," you can't be sure it won't be detected as a fake weeks later. One thing you can be sure of is that you will be on the hook for any funds drawn against the amount.

• Be suspicious of irregular communication. Real sweepstakes will not notify you via text or bulk mail. They will not send a check in the mail without first confirming with you. And you won't be notified that you are a winner and have to respond or act within 24 hours to collect your prize.

• You've got to play to

a contest you do not remember entering should be a red flag. Keep track of all sweepstakes entries so it's easy to check if a legitimate contest-related company is confirming winnings. When entering, read the fine print and rules for how prizes are claimed.

If you spot a scam, whether you've lost money or not, report it to BBB's Scam Tracker at BBB.org/ScamTracker and the FTC at Report-Fraud.ftc.gov.

About BBB

BBB is a nonprofit, business-supported organization that sets and upholds high standards for fair and honest business behavior. BBB services to consumers are free. BBB provides objective advice to businesses and consumers, BBB Business Profiles on millions of companies, charity reviews, dispute resolution services, scam alerts and educational information on topics affecting marketplace trust. Visit bbb.org for more information.



# The Mental Health Crisis Of Moms: What You Need To Know

(StatePoint) A new survey reveals that the mental health of American moms is going largely unattended, with many living under a near-constant state of stress and few seeking support to ease the burden.

The research, commissioned by MDLIVE, an Evernorth company and leading provider of virtual care services in the United States, finds that 33% of mothers feel stressed or overwhelmed by their responsibilities as a mom at least five days a week. Drivers of their stress and anxiety may include financial concerns, ripple effects of the pandemic, including the mental health crisis among teens, work responsibilities and being a caregiver simultaneously to both children and aging parents.

Yet, for many moms, the prospect of managing their mental health has become a source of stress in and of itself. For 37% of moms, concerns about their own mental health are among their biggest stressors, second only to finances (40%).

Possibly even more concerning is that 70% of moms admit to holding back their feelings and not telling their partner or family when they're stressed, and 61% feel that they have no one to turn to or confide in for help.

"Our research shows that many moms are suffering in silence and not getting the support they need," says Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE. "I cannot stress enough how important it is for them to prioritize their own well-being."

To help moms manage their mental health, MDLIVE offers the following tips:

1. Prioritize self-care: Recognize that practicing self-care is not selfish. In addition to things like eating well, exercising, practicing good hygiene, getting enough sleep, and seeing a health care professional routinely for preventive screenings and other care, self-care also means taking time to pursue hobbies or personal interests that bring you pleasure or fulfillment or offer you a way to relax and unwind – activities you may have abandoned after having kids because it would mean time away from family responsibilities. Practicing self-care puts one in a better position to help care for others because your own well-being is in check.

2. Make time to cultivate relationships: Connecting with people who are important to you is essential to mental health. Make it a priority to spend time with partners, family, friends, colleagues, or anyone else who may be important to you, away from the house and kids, even if it's just for a short period of time.

3. Seek help when struggling to manage stress and anxiety: If your emotional state is interfering with your daily life – if you're having difficulty controlling your mood, withdrawing from loved ones, feeling fatigued, having trouble sleeping, lacking motivation, or frequently "zoning out" – it's definitely time to seek professional help.

Acknowledging the importance of mental healthcare, many health plans and employers have expanded the resources available to their members and employers in recent years. New options include digital tools that can help with tracking mood, support meditation, help build life skills, and provide self-care advice. Additionally, telehealth visits with behavioral health professionals offer private, convenient, quality care quickly. For example, MDLIVE's platform makes it easy to search for providers and schedule appointments with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans. To learn more or to register, visit www. mdlive.com.

"Although it's natural to feel like you need to be a superhero, it takes a toll. You should never feel like you're alone in your mental health journey or that you need to suffer in silence," Dr. Espada-Campos.



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# **Notice:**

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