OF MONTGOMERY COUNTY

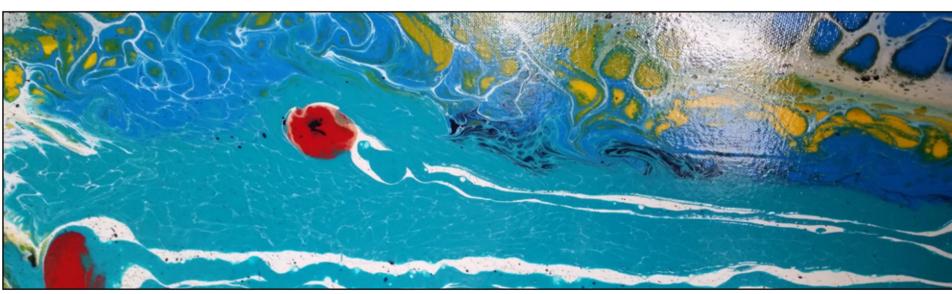
Montgomery County's oldest locally owned independent newspaper

Acrylic Pours At Athens Arts









Photos courtesy of Athens Arts

"Art on Thursday" this Thursday, Athens Arts will be presenting a class on Acrylic Pouring or Acrylic Fluid Art.

In 1930, Mexican mural artist David Siqueiros discovered the movement of acrylic paints when he poured white paint over some watered-down paints and started experimenting. Siqueiros called this type of technique "accidental painting".

By 1940, Jackson Pollock began using this fluid art technique and developed his "drip" technique and "pour splashes". Fun fact: in 1968, Janis Joplin used this pour technique on her car fender.

Today we call this technique a pour or fluid art. Pours exploded with the internet and cheap craft paints which have more fluidity than heavy bodies paints artist generally use.

Join a fun and entertaining class. The class is easy and interesting for all levels and can be relaxing as well as mesmerizing.

The instructor will provide paints, canvas, and all the other supplies needed for students to create designs which they will take home. Contact your family and friends or come alone!

Mark your calendars for Thursday. Choose either an afternoon session (1 - 3 p.m.) or an evening session (6 - 8 p.m.). Classes meet at Athens Arts, 216 E. Main Street, Crawfordsville, and are open to everyone 12 years and older. The cost of \$35 covers all materials and supplies.

To reserve a spot for the August 11 class, call Athens Arts at (765) 362.7455 or stop by on Thursdays and Fridays 10 a.m. – 6 p.m. or on Saturday from 10 a.m. – 2 p.m.

Questions or Information feel free to call or text Ellie Dieckmeyer at (317) 919.0851.

⇒ TODAY'S QUOTE

"We all require and want respect, man or woman, black or white. It's our basic human right." Aretha Franklin

TODAY'S JOKE

Ever notice that we ask our moms important questions, but we ask dad THE most important question – where's mom?

⇒ TODAY'S VERSE

Micah 6:8 He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?

TODAY'S HEALTH TIP

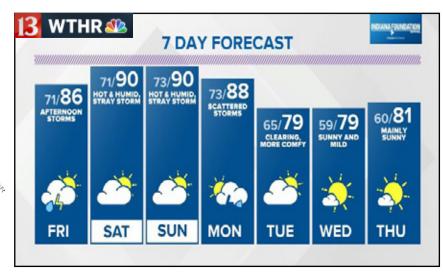
When you read a food label, make sure you determine how many servings are in the package. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www. thepaper24-7.com.



⇒ HONEST HOOSIER

When I see chocolate, I hear two voices. The first tells me to eat the chocolate. The second says to listen to the first one.





Sunday, August 7, 2022

Tami Star (Young) VanCleave

Dec. 25, 1958 - July 22, 2022

Tami Star (Young) VanCleave, 63, of Anderson, passed away on July 22, 2022 after an extended illness.

Cincinnati, Ohio to the late Edgar Wethington and Della Mae (Keith)

She married her loving husband, Steve VanCleave, on Feb. 9, 1990

Pendleton Correctional Facility for a number of years before moving to the South Madison School Corporation as an Instructional Aide. She found her spiritual home at Aletheia Church and was a faithful member crafting, and giving presents to her friends and family. She enjoyed going to the casino and horse racing. Most importantly, she loved spending time with her family and hosting their family get togethers.

her daughters, Mandy (Tipton) Fenters of Crawfordsville, Lindy (Jorge) (Tipton) Nakao of Pittsboro, Amy (Thanak) (Tipton) Morhn of Cambodia, Star Tipton of Pendleton and Connie (VanCleave) Randle of Crawfordsville; 17 grandchildren; two great-grandchildren; her brothers, Randy Young of Darlington and Scott Gilliatt of Darlington; several brothers-inlaw and sisters-in-law and nieces and nephews. She had a special bond with her brother-in-law and sisterin-law, John and Deb Higgins and her nephew, who was like a son, Ryan Brooks.

daughter, DeAnna Garcia; her granddaughter, Katy

The visitation is scheduled from 1 - 3 p.m., Saturday, August 6, 2022 at Aletheia Church, 2505 Faith Dr., Anderson, IN 46013. The memorial service is scheduled to begin right at 3 p.m. at the church. Memorial contributions may be gifted to help support her daughter's ministry in Cambodia at Overland Missions (https://overlandmissions.com/donate/Mornhs-In-Ministry). To share a memory or an online condolence, please visit www.wilsonstpierre.com.

Jerry Ward

May 27, 1959 - Aug. 1, 2022

Jerry L. Ward of Crawfordsville passed away Mon-

Ward and Bonnie J. English Moffitt.

He graduated from North Montgomery High School. He was a quiet man who kept to himself. He

Tenn.; step-father, Steve Moffitt of New Richmond; aunt, Minnie Howard of New Richmond; two nieces, Candy Chamness and Echo Rose; two nephews, Toby Ward and Tristan Ward; and nine great-nieces and great-nephews.

Bob Chamness; and two great-nephews.

p.m., led by Pastor Curtis Brouwer. He will be laid

khartFH.com.

DIRECTV

Michael Anthony Sutton June 20, 1951 - July 28, 2022

Michael Anthony Sutton entered his eternal rest July 28, 2022. He was born June 20, 1951, in

Poughkeepsie, N.Y. As a Marine, he proudly served his country during the Vietnam War.

Survivors include his beloved wife, Clara Ackert Sutton; two daughters, Jennifer (Bryan) Callis and Jaime (Steve) Rivieccio; two sons, Michael A. (Nicole) Sutton II and Joshua M. (Nadia) Sutton; eleven grandchildren, Saxon, Bethany, Bryce, Joey, Gino, Nevaeh, Jake, Julia, Leah, Kristian and Avangeline; three sisters, Kathleen (John) Hatfield, Sandra (Ed) Sharpe, Joan (deceased) (Fred); and three brothers, Philip Sutton,

Robert (deceased) and Donald (deceased). Visitation is scheduled on Aug. 6, 2022 at 10 a.m. at Lewis Funeral Home Milton Chapel follow by

funeral services at 11 a.m.. There will be a Memorial gathering at Pleasant Home Baptist Church, 8500 Pleasant Home Road Milton, Florida 32564, following the services.

The family request memorial donations be made in Michael's name to: Wounded Warriors Foundation 4899 Beltfort Road, Suite 300, Jacksonville, Fl 32256.

John L. Norman

Oct. 25, 1942

John L. Norman, born Oct. 25, 1942 in Crawfordsville. He was the son of Stanley and Carol "Jenny" (Miller) Norman.

He was united in marriage to Phyllis (Hampton) Norman who preceded him in death after sharing 45 years. Together they raised two daughters, Denise (Keith) Carty and Melinda (Larry) Ladd both of

Warsaw, Ind., and two sons Mike Reffitt of Crawfordsville, Florida and Perry (Rebecca) Norman of Mt. Sterling, Ky.

He was self employed for many years as an excavating contractor, doing work throughout the county. He, along with his father, Stanley, operated a small gravel pit. He co-owned Norman Transports based out of Ocala, Fla. He also spent many years working with B&L Engineering driving their semi-trucks. He was known to be a hard worker with good work ethics, which he transmitted to his children which enabled them to excel in their workplaces. He never stopped until the job at hand was complete. He enjoyed gardening, taught to him by his Grandma Daisy and Aunt Madeline, fishing out of the ponds on his farm, loved being outdoors, and was an avid fan and collector of actor John Wayne.

After Phyllis passed, he married Beverly (Stout) Norman. Together they enjoyed 7 years together, full of companionship, travel and making many fond memories including driving around in their Ford Model A "Miss Tilly"

He was a member of the Alamo Masonic Lodge, Shrine Club, Amateur Trapshooting Association and Christ Lutheran Church in Crawfordsville.

Survivors include his wife, Beverly Norman; his children; several grandchildren; great-grandchildren; and extended family.

He was preceded in death by both his parents; and

two grandchildren. Funeral services are scheduled at 2 p.m. Friday at Hunt & Son Funeral Home with Pastor Warren Stewart officiating. Visitation will be from 12 – 2 p.m. Interment will follow in the Waynetown Masonic Cemetery.

Memorial contributions may be made to the Alzheimer's Association.

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

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Russell Howard Ruby, Jr April 15, 1936 - Aug. 2, 2022

We remember the Father, the man, and the educator as we mourn his passing on Aug. 2, 2022. He was in his home and was surrounded by his family when God called him.

We celebrate the life of Russell Howard Ruby, Jr., Son of Russell Sr., and Ethel (Smyers) Ruby, born in Hamlet, Ind. on April 15, 1936.

in music education.

His early life had his family moving to Walkerton, Ind. in 1942 where he would enter Walkerton Public Schools and devote his life to music. He began his musical career in the 5th grade with the Clarinet. When he entered the 8th grade, the band director asked if he would learn to play the Oboe, a question that launched his 40+ year career. Studying music at Indiana State University in Oboe, English Horn and

Saxophone he received a Bachelors and Masters Degrees

During his tenure at ISU, he earned the distinction of outstanding freshman music student, principal Oboist/ English Horn with the Terre Haute Symphony, elected Phi Mu Alpha Sinfonia music fraternity and culminated his four years at ISU being awarded the Harold Bright Senior Band Key as well as being selected by the faculty as outstanding senior music student.

In his music teaching career, he taught with an emphasis on Bands in public schools starting in LaPaz, Ind., moving to Penn High School and their elementary band feeder programs, then to Bremen Public Schools, and finally spending the last 17 teaching years in Crawfordsville Community Schools as Director of Bands and its feeder program. He led the Crawfordsville High School Band to multiple awards in concert performance and marching band competitions. He taught community responsibility through music by having his band students participate in every community function requested by the City of Crawfordsville or Montgomery County.

After retiring from education, he stayed active in music and education by serving as an adjudicator for the Indiana State Music Association, keeping in contact with the local students, attending school events, and regularly corresponding with State Legislators concerning the educational legislation of Indiana.

He was a member of Trinity United Methodist Church in Crawfordsville where he found time to be a volunteer choral director, member of the adult choir and member of the music committee. He served as Lay Member to the Annual Conference for several years, chaired the local church Administrative Board and volunteered as requested for any committee.

His new church The First Christian Church in Crawfordsville found him active in the choir and having the teacher become the student, as he learned how music can be performed virtually! He found a home amongst the people of First Christian Church as they represent the community, he had been serving for over 40 years.

Service to the community is a hallmark of Mr. Ruby. Executing the duties as the President of the New Jail Bonding Committee for Montgomery County for 18 years, while concurrently participating in the Montgomery County Civic Band, Community Chorus, singing with Crescendo Group, and serving as an Observer for the League of Women's Voters of Montgomery County was just a few examples of his community service.

In retirement, he owned and operated Blue Ribbon Enterprises, making satin award ribbons for athletics, groups, churches, international organizations, art, for local and national organizations. Blue Ribbon Enterprises manufactured over 150,000 ribbons per year, each by his hand (no automation), for distribution across the State of Indiana, United States, and every so often internationally. He often reminded people that during life they do not retire, they just "recycle".

He is survived by Sandra Kay (Kelch), of whom he married 60 years ago in 1962 at Gessie, Ind.; as well as their two sons, Mark Allen (Deanna) and Brian Lee (Swarin "Nina"); four grandchildren Krista (Coleman), Heather (Alsman), Chanya, and Pitchaya; and one great grandchild, Vincent (Coleman).

The family will receive guests at First Christian Church, 211 S. Walnut Street, on Saturday, Aug. 6 from 10 a.m. - Noon. A service to celebrate his life will be held immediately after the visitation.

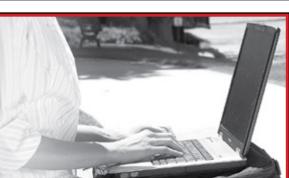
Memorial donations may be made to the Montgomery County Civic Band, P.O. Box 719, Crawfordsville, IN 47933 or the Association for Frontotemporal Degeneration, 2700 Horizon Drive, Suite 120, King of Prussia, PA 19406 or at www.theaftd.org/





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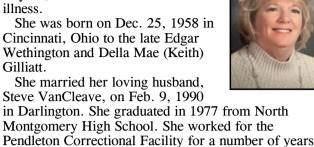












Montgomery High School. She worked for the for many years. She loved reading, doing puzzles,

Survivors include her husband of 32 years, Steve;

She was preceded in death by her parents; her Beng; and a very special uncle, Louid Keith.

day afternoon at home. He was 63. Born May 27, 1959, he was the son of Ralph L.

previously attended New Hope Christian Church. Survivors include his brother, Terry W. Ward of

He was preceded in death by his parents; a brother,

Visitation is scheduled from 1 - 2 p.m. Saturday at Burkhart Funeral Home, with services starting at 2 to rest at Wesley Cemetery, near Waynetown.

Online condolences may be made at www.Bur-



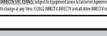












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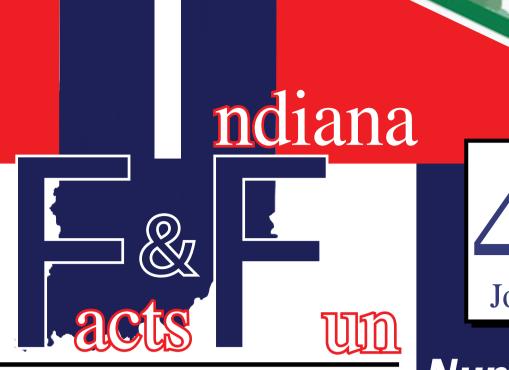
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Did You Know?

- Johnson County was founded in 1823 and named after Indiana Supreme Court Justice John Johnson.
- The largest city, Greenwood, is inhabited by approximately 49,791 residents.
- The county seat, Franklin, is the home of Franklin College along with several international companies.
- Greenwood has 2 high school, 3 middle schools, 10 elementary schools, and 4 private schools.
- The county is 321.79 square miles and has a population of 139,654 residents.

Got Words?

Franklin was nationally recognized during the 1920s for the outstanding athletic achievement of a local basketball team. Coined the Franklin Wonder Five, the small group won 3 consecutive state titles. How do you think achievements, such as this one, impact small communities?



Number %00 Stumpers

INDIANA

1. How many total schools are there in Greenwood?



2. How old is Johnson County?



3. What percentage of people live in Greenwood?



4. What is the population density of the county?



%00

Answers: 1. 19 Schools 2. 196 Years 3. Around 35.6% 434/ sq. mi.



Word

Scrambler

Unscramble the words below!

1. ONRDEW EFIV

2. FNRALKNI

3. ONJSHNO NYCTUO

4. EGROOWEND

5. CHSLOOS

Answers: 1. Wonder Five 2. Franklin 3. Johnson County 4. Greenwood 5. Schools

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Slight Increase In Producer Sentiment Despite Rising Costs And Lower Crop Prices

The Purdue University/ CME Group Ag Economy Barometer farmer sentiment index rose 6 points in July to a reading of 103. Producers were somewhat more optimistic about both current and future economic conditions on their farms when compared to June. The Index of Current Conditions rose 10 points to a reading of 109, and the Index of Future Expectations rose 4 points to a reading of 100. Although all three indices rose this month, they were still 23% to 24% lower than a year earlier. The Ag Economy Barometer is calculated each month from 400 U.S. agricultural producers' responses to a telephone survey. This month's survey was

conducted July 11-15. "Even though we saw a slight uptick in sentiment this month, there is still a tremendous amount of uncertainty in the agricultural economy," said James Mintert, the barometer's principal investigator and director of Purdue University's Center for Commercial Agriculture. "Key commodity prices, including wheat, corn and soybeans, all weakened during the month and producers remain concerned over rising input prices and input availability.'

Farm operators in this month's survey voiced concerns about several key issues affecting their operation, including higher input prices (42% of respondents), lower crop prices (19% of respondents), rising interest rates (17% of respondents) and availability of inputs (15% of

respondents).

The Farm Financial Performance Index, which is primarily reflective of income expectations for the current year, improved 5 points to a reading of 88 in June. However, this month, 49% of respondents said they expect their farm to be worse off financially a year from now, which compares to 51% who felt that way in June. This is a markedly more pessimistic outlook than producers provided a year ago when just 30% of respondents said they expect their financial condition to worsen in the upcoming year.

Producers remain uncertain over their expectations for crop input prices over the next 12 months. In July, 18% of crop producers said they expect 2023's crop input prices to decline between 1% and 10% when compared to 2022's prices, versus 12% who felt that way in June. Meanwhile, 26% of respondents in July said they expect 2023's prices to rise by 10% or more, compared to 38% who expected a crop input price rise of that magnitude in June.

The rise in input costs is leading some producers to reassess their cropping plans for the upcoming year. In this month's survey, nearly one out of four (24%) of crop producers said that as a result of the rise in input costs, they plan to change their farm's crop mix in 2023. In a follow-up question, over half (53%)of respondents who said they plan to change their mix will increase the percentage of their cropland

devoted to soybeans. In a separate set of questions, 26% of producers who said they planted winter wheat last year indicated they plan to increase their wheat acreage this fall.

The Farm Capital **Investment Index remains** near its record low, up one point to a reading of 36 in July. To shed light on why, respondents who said now is a bad time for large investments were asked for the primary reason they felt that way. Of those respondents, 44% indicated an 'increase in prices for farm machinery and new construction," 15% said "uncertainty about farm profitability," and 14% chose "rising interest rates" as the primary reason they viewed now as a bad time for large investments. Somewhat surprisingly, only 7% of respondents chose "tight farm machinery inventories at dealers" as their primary reason for responding negatively to

the investment question. Producers' views on farmland values diverged this month as the Short-Term Farmland Value Index declined 9 points to 127, while the longterm index rose 9 points to 150. The short-term index is down 20% from its peak reading in 2021, while the long-term index is only 6% lower than the peak reached last year. Short-term, there was a shift away from expectations that farmland values will go higher, with more producers in July expecting values to remain about the same. The long-term change was attributable to more respondents this month

expecting values to rise with fewer expecting a decline over the next five years.

"The short-run and long-term farmland indices don't always move in tandem, but the magnitude of this month's divergence between the short and long-term indices is unusual," Mintert said. "Producers who expect values to rise over the upcoming five years continue to say that nonfarm investor demand and inflation are the two primary reasons they

expect values to rise."
Read the full Ag Economy Barometer report at https://purdue.ag/ag-barometer. The site also offers additional resources – such as past reports, charts and survey methodology – and a form to sign up for monthly barometer email updates and webinars.

Each month, the Purdue Center for Commercial Agriculture provides a short video analysis of the barometer results, available at https://purdue.ag/barometervideo. For even more information, check out the Purdue Commercial AgCast podcast. It includes a detailed breakdown of each month's barometer, in addition to a discussion of recent agricultural news that affects farmers. Available now at https:// purdue.ag/agcast.

The Ag Economy
Barometer, Index of
Current Conditions and
Index of Future Expectations are available on
the Bloomberg Terminal
under the following ticker
symbols: AGECBARO, AGECCURC and
AGECFTEX.

Indiana Leans Into Arts, Culture Through New Economic Development Tool

Indiana will soon begin investing in growing its creative industry, offering a new Film and Media Tax Credit for television, film, music or digital media productions. This tool, established in the 2022 legislative session through Senate Enrolled Act 361, will help build a robust, competitive and sustainable media industry and infrastructure in Indiana while attracting new investment and tourism to the state.

Creativity is an essential ingredient to the vibrancy of any community, and this new tool will encourage artists to do their work here in the Hoosier state," said Indiana Secretary of Commerce Brad Chambers. "By attracting media companies and their service businesses to Indiana, and by extension, continuing to diversify Indiana's economic portfolio, it is my hope that we are enabling more of our talented young people to pursue careers that align with their passion, without having to leave home.'

Applications open Aug. 5, 2022, for the Film and Media Tax Credit, which will provide an incentive to members of the creative economy to film or record qualified media productions in Indiana, encouraging student, amateur and professional crews to leverage the state's urban, rural and natural assets.

"I've been advocating for an incentive like this for many years," said Angelo Pizzo, writer and director of "Hoosiers." "Not only does this incentive make Indiana a competitive spot for media production, but it will go a long way in encouraging our talented graduates to stay within the state. I hope that this incentive will continue to grow."

The incentive offers an income tax credit of up to 30% to help offset certain production expenses including:

Up to 20% for qualified production expenses, including expenses for acquisitions, filming and sound, labor and story rights;

Up to 5% for using Indiana-based workforce during, pre- and post-production;

20% of the overall workforce must be from Indiana to qualify, including student and intern staff

Up to 5% for adding an IEDC-approved Indiana brand to the qualified production's credits.

A full list of qualified expenditures will be available on the IEDC website. Additionally, production crews and talent with Indiana accommodation stays of 30 consecutive days or more may be exempt from the County Innkeeper's Tax, further incentivizing Indiana as a production destination.

Qualified applicants are persons, corporations, limited liability partnerships, limited liability companies, or other entities engaged in making a qualified media production in Indiana.

Eligible media producers are encouraged to apply online beginning Aug. 5, 2022, through Oct. 31, 2022.

USDA Begins Issuing Payments For The Spot Market Hog Pandemic Program

The U.S. Department of Agriculture (USDA) is increasing the amount of funding available for the Spot Market Hog Pandemic Program (SMHPP) and expects to issue approximately \$62.8 million in pandemic assistance payments to hog producers starting this week. SMHPP assists eligible producers who sold hogs through a spot market sale from April 16, 2020, through Sept. 1, 2020. USDA's Farm Service Agency (FSA) accepted SMHPP applications

through April 29, 2022. "In order to provide more targeted support to hog producers affected by the pandemic, FSA was able to increase funding for SMHPP to provide full payments to produc-

ers instead of applying a payment factor," said FSA Administrator Zach Ducheneaux. "We are pleased to be able to provide more equitable opportunities for hog producers who were hard-hit by the pandemic."

SMHPP Payments SMHPP payments will be calculated by multiplying the number of head of eligible hogs, not to exceed 10,000 head, by the payment rate of \$54 per head.

FSA originally planned to apply a payment factor if calculated payments exceeded the allocated \$50 million in pandemic assistance funds for SMHPP. Payments are not expected to be factored due to Agriculture Secretary Tom Vilsack's decision to

increase funding enabling producers to receive 100% of the calculated

SMHPP payment.

There is no per person or legal entity payment limitation on SMHPP payments.

SMHPP Background USDA offered SMHPP in response to a reduction in packer production due to the COVID-19 pandemic, which resulted in fewer negotiated hogs being procured and subsequent lower market prices. The program is part of USDA's broader Pandemic Assistance for Producers initiative and addresses gaps in previous assistance for hog producers.

USDA touches the lives of all Americans each day in so many positive ways.

Under the Biden-Harris administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit usda.gov.

State Is Accepting Applications For Teaching And Early Graduation Scholarships

Four scholarship opportunities for Indiana students are open for the 2022-23 school year, according to the Indiana Commission for Higher Education. Funding is available for Black and Hispanic and Latino student teachers, those who plan to teach in high-need fields, such as math, science or Special Education, and those who graduated from high school at least

Scholarships for Future Educators:

one year early.

William A. Crawford Minority Teacher Scholarship: Open to minority students (defined as Black or Hispanic and Latino individuals) who intend to pursue or are currently pursuing a course of study that would enable them to teach in an accredited Indiana school. Application deadline: Aug. 31, 2022

deadline: Aug. 31, 2022.
Earline S. Rogers
Student Teaching Scholarship for Minorities: This scholarship is available for minority students (defined as Black or Hispanic and Latino individuals) who plan to participate in student teaching or a school administration internship as part of their degree requirements. Priority will be given to student teaching applicants. Application

deadline: Sept. 30, 2022. Student Teaching Scholarship for High-Need Fields: The Student Teaching Scholarship for High-Need Fields

is available for students

who plan to teach Special Education (any grade), middle school math, middle school science, high school math or high school science. Application deadline: Sept. 30,

Students who receive any of the scholarships for future educators agree to apply for teaching positions at an accredited school in Indiana and, if hired, teach in the state

for at least three years. Mitch Daniels Early Graduation Scholarship: The Mitch Daniels Early Graduation Scholarship is a one-time \$4,000 scholarship for students who graduate from a publicly supported high school at least one year early. Application deadline: Aug. 31, 2022.

Apply through ScholarTrack. For instructions on how to apply, and for a full list of eligibility requirements visit learnmoreindiana.org/finaid.

"The cost of college is the main factor for those deciding to pursue education and training beyond high school," said Indiana Commissioner for Higher Education Chris Lowery. "Each year, the state makes \$385 million of state financial aid available to Hoosiers, but for students to use the aid, they must apply by the deadline. Don't miss out on these opportunities to make the cost of going to college manageable for you and your family."



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Purdue Ranked No. 4 Most Trusted **Public University In The United States**

Purdue University has been voted America's No. 4 most trusted public university, and No. 21 overall, in Morning Consult's "Most Trust-ed Universities" study measuring how deeply the public currently trusts universities "to do the right thing."

In recent years, public trust in U.S. institutions has faltered, leading to declining enrollment rates and increasing tuition costs at many universi-

Purdue sits behind only William & Mary (No. 12 overall), the University of North Carolina at Chapel Hill (No. 18 overall) and Clemson University (No. 19 overall) as public universities on the list that ranks the top 135 doctoral research universities. Purdue is the highest ranked among public Big Ten universities, and second overall behind Northwest-

"We don't know which



of Purdue's characteristics produced this encouraging ranking," said President Mitch Daniels, "but we are frequently commended for being affordable, academically rigorous, and protective of free inquiry and diversity of viewpoints. It's rightly said that trust is not given, it's earned. At Purdue, we know that trust must be constantly re-earned."

The survey was conducted in June 2022 among more than 11,000 U.S. adults and 1,000 high school students ages 16 to 18. According to the report, universities

are sorted by net trust, or the share of respondents who said they trust each brand to do the right thing "a lot" or "some" minus the share who said "not much" or "not at all."

The Morning Consult list is the latest top ranking added to Purdue's portfolio, which also includes being named a top 10 public university and No. 7 best value school in the U.S. by the Wall Street Journal and Times of Higher Education.

As the only university named a "Brand that Matters" by Fast Company in 2021, Purdue continues to recruit high-caliber

students by prioritizing accessibility and affordability, despite the report showing Gen Z respondents being 14 percentage points less likely to trust U.S. higher education compared to baby boomers. As higher education costs have grown, Purdue has frozen tuition for 11 consecutive years, saving Boilermakers more than a billion dollars since 2012-13. As 40 million Americans have life experience and some college credit, but no degree, Purdue Global is Purdue's accredited and affordable online solution designed for working adults who seek an online education they can trust. While the Indiana Commission for **Higher Education reports** significant declines in Indiana high school students going to college, Purdue has proven to be an exception, countering the college-going rate with continued year over year enrollment increases.

Lasers, Landscape And **Lost Magnetic Fields**

The first letter ever etched on the Martian surface is the letter L. Far from being an act of interplanetary graffiti, though, it's there for scientific purposes. And it won't be there forever – scientists plan to bring the marked rock home someday to be studied in a laboratory.

Roger Wiens, professor of earth, atmospheric, and planetary sciences in the College of Science at Purdue University and an expert in Mars robotics technology, led the team that built SuperCam, one of Mars rover Perseverance's most innovative and effective tools. Recently, SuperCam used its laser to etch the first letter - L - on the Martian surface to learn more about Mars' lost magnetic field.

"Humanity has only ever had one planetary magnetic field to study as recorded in rocks -Earth's," Wiens said. "Being able to study Mars - which we think once had an Earth-like magnetic field and lost it - will increase our knowledge

by a whole new planet." Scientists on the Perseverance rover team are collecting rock samples - drill cores in cylindrical

tubes - to be returned to Earth by the next mission. But to understand Mars' magnetic field, they need to know how the sample was oriented when it was in the rock on Mars. The letter L is the easiest way – the way with the least number of strokes – to record how the rock was aligned on the planet. Scientists will compare the marking on the rock itself once it arrives on Earth with the marking as it was laid out in photos taken by the rover as it marked the rock. Comparing the rock sample's alignment with Mars' poles with qualities of the rock itself will give the researchers insight into the history of the planet's magnetic field, which is currently very weak compared to Earth's.

'We don't yet fully understand our own magnetic field on Earth how it formed and how it changes," Wiens said. "Understanding Mars' magnetic field might help us understand our own. A planet's magnetic field protects it from cosmic radiation. Mars' loss of its magnetic field contributed to the loss of its atmosphere and liquid surface water."

Senators Young, Coons, Braun Introduce Bipartisan Legislation To Recognize American Discovery Trail

U.S. Senators Todd Young (R-Ind.), Chris Coons (D-Del.), and Mike Braun (R-Ind.) introduced bipartisan legislation this week to increase national recognition to the American Discovery Trail – the nation's only coast-tocoast, non-motorized recreational trail.

The National Discovery Trails Act would make the American Discovery Trail part of the National Trails System, which will bring greater visibility to the trail and boost tourism in local communities across 15 states and the District of Columbia. The House companion is led by Rep. Mark DeSaulnier (CA-11) and is cosponsored by 64 members, including Indiana delegation members Reps. Trey Hollingsworth (IN-09) and Greg Pence (IN-06).

"The Hoosier state is fortunate enough to have two routes of the American Discovery Trail (ADT) to provide hikers and bicyclists a great outdoor adventure through both northern and southern Indiana," said Senator Young. "I'm glad to join my colleagues to recognize the importance of this trail which connects small towns, cities, and historical sites at no cost

to the taxpayer." "The American Discovery Trail connects trails in state parks and federal lands with county roads in rural areas and sidewalks in towns and communities from coast to coast," said Senator Coons. "I am a strong believer in the value of trails and what they represent: recreation for families, friends, and individuals, tourism

and economic development for local parks and towns, and the opportunity to connect communities with the outdoors. Making the American Discovery Trail part of the National Trails system will help more Americans find and enjoy this unique network of trails, which begins in Delaware at the Cape Henlopen State Park.'

"Volunteers are a driving force for conservation and play a vital role in preserving and restoring our land," said Senator Mike Braun. "I'm proud to introduce legislation with Sen. Coons and Sen. Young to create the first coastto-coast trail and empower volunteer groups to designate and maintain trails of regional significance in the Hoosier State and across the country!"

The 1968 National Trails System Act created a framework for a national network of connected scenic. historic, and recreational trails. Today, the National Trails System includes eight National Scenic Trails, 15 National Historic Trails, and more than 1000 National Recreational Trails. However, it does not include any trail linking the network from coast to coast. The National Discovery Trails Act would create a new category within the National Trails System for long-distance trails that connect urban areas with outdoor resources, public lands, rural areas. and other communities. The bill would designate the American Discovery Trail the first of this new category of "Discovery Trails.'

Several Products Recalled In July The Attorney Gen- Key West Knock eral's office reminds Hoosiers to be aware from The Hammock of products recalled in Source

July. Consumers should take full advantage of the solutions available for those who purchased the recalled items.

"Summer is a time to be outdoors, but that time should be spent safely with well-made products. This month's list has several items you might find in your own backyard. Hoosiers should be aware of potential danger and solutions available for these recalled items," Indiana Attorney General Rokita said. "Consumer protection is one of my office's top priorities. If you have difficulty finding a resolution, call my

office for help. According to the Consumer Product Safety Commission, the following consumer products were recalled in July:

- Lawn Tractors from John Deere
- Tents from Westfield Outdoor
- Fugleman Utility Terrain Vehicles from Segway Powersports
- Tony Hawk Silver Metallic Multi-Purpose Helmets from Sakar International

- Down Hammock Stands
- Cayden 9-Drawer Chests from Samson International • i330R SCUBA
- Diving Computers from Aqualung
- Silicone Baby Toy Bear Activity Toys from Konges Sløjd Denmark
- Toy Box with Bins from Monti Kids
- LiftActiv Peptide-C Ampoules from Vichy Laboratoires
- LRB™ Leg Loops from Crye Precision
 - Look Touch Books
- from Scholastic If you believe you

purchased a recalled product, stop using it and check its recall notice. Follow the notice's instructions, including where to return the product, how to get the product fixed, how to dispose of the product, how to receive a refund for the product, or what steps must be taken to receive a replacement product.

To view recalls issued prior to July, visit the **Consumer Protection** Safety Commission website.







Please visit us online: thepaper24-7.com

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

Family Meals that Make Busy Weeknights a Breeze

FAMILY FEATURES

Sunday, August 7, 2022

fter a long day in the classroom or at the office, it's tough to top bringing the family together with a home-cooked meal. When evenings are busy with homework and activities, however, there might be little time left for complicated dishes.

Take those schedules on with a menu of delicious recipes that require 30 minutes or less so you can focus on celebrating the day's accomplishments with loved ones. These simple yet flavorful ideas from Milk Means More call for limited instructions, less equipment and shorter ingredients lists fueled by dairy favorites that provide much-needed nutrients to recharge the entire family.

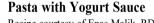
Pork Chops in Creamy Mustard-Peppercorn Sauce feature the sharp yet balanced taste of mustard and cracked black peppercorns as an easy way to dress up pork chops. When pasta night comes around, Pasta with Yogurt Sauce provides a quick, creamy Middle Eastern solution.

This Chicken with Creamy Sun-Dried Tomato Sauce recipe gets its robust flavor from sauce made with sun-dried tomatoes and enhanced with luscious half-and-half. For a tasty twist on Taco Tuesday, you can play "beat the clock" with Roasted Chicken and Zucchini Tostadas by crisping corn tortillas under the broiler then topping them with a tangy yogurt spread, cumin-seasoned chicken, veggies and shredded cheese.

Turn your hectic weeknights into cause for celebration with more quick and easy recipe ideas at MilkMeansMore.org.



Pork Chops in Creamy Mustard-Peppercorn Sauce



Recipe courtesy of Enas Malik, RDN, on behalf of Milk Means More Prep time: 10 minutes Cook time: 20 minutes Servings: 4

> Salted water 8 ounces angel hair pasta

tablespoon vegetable oil, divided

small white onion, minced

ounces ground beef or lamb teaspoon salt

1/2 teaspoon ground black pepper

cup plain yogurt

1/4 teaspoon ground white pepper

1/4 teaspoon cumin

1/4 teaspoon garlic powder

cloves garlic, minced tablespoon fresh mint

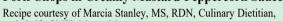
or 1 teaspoon dried mint In medium pan, bring salted water to boil. Add pasta and cook according to package directions. Strain pasta and

reserve about 1/2 cup water. In medium saute pan over medium heat, heat 1/2 tablespoon vegetable oil. Add minced onions. Cook until translucent and aromatic, 2-3 minutes. Add ground meat and season with salt and black pepper. Cook until meat is browned through, 8-10 minutes. Drain fat. Transfer cooked meat to bowl and

set aside. In small pan over medium heat, cook yogurt, white pepper, cumin and garlic powder until mixture comes to soft boil and thickens. Remove pan from heat. Add pasta water to reach desired consistency.

In same saute pan used to cook meat over medium heat, add remaining vegetable oil and saute garlic until golden in color. Add mint. Remove from heat and pour over yogurt mixture.

Mix pasta, meat and yogurt sauce; serve.



C1

on behalf of Milk Means More Total time: 20 minutes Servings: 4

3/4 cup evaporated 2% milk

tablespoons spicy brown mustard or Dijon mustard

3/4 teaspoon coarsely cracked black peppercorns 1/2 teaspoon all-purpose flour

boneless pork loin chops (1 1/4 pounds), cut 3/4-inch thick 1/4 teaspoon salt

tablespoon vegetable oil

teaspoon minced garlic 1/4 cup reduced-sodium chicken broth cooked noodles or rice (optional

chopped fresh parsley (optional) In bowl, whisk milk, mustard, peppercorns and flour. Set aside.

Pat pork chops dry with paper towels. Sprinkle both sides of chops with salt.

In large nonstick skillet, heat oil over medium-high heat. Cook pork chops 3-4 minutes, or until browned. Turn and cook 3-4 minutes, or until thermometer inserted in thickest part of chops reads 145 F. Transfer chops to serving platter. Loosely cover with foil to keep warm.

Add garlic to drippings in skillet. Cook 15 seconds. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in milk mixture and any accumulated juices from cooked pork. Cook and stir until just boiling. Immediately remove from heat and spoon sauce over chops.

Serve with noodles or rice, if desired. Garnish with parsley, if desired.



Pasta with Yogurt Sauce

Roasted Chicken and Zucchini Tostadas

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More Total time: 25 minutes Servings: 4

12 street taco-size corn tortillas nonstick cooking spray 1/2 cup plain Greek yogurt (2% or 5%)

3 teaspoons lime juice, divided 1/4 teaspoon garlic powder
1 1/2 cups shredded or chopped rotisserie-roasted

chicken breast 1/2 cup seeded and chopped tomato

1/2 cup chopped zucchini 2 teaspoons olive oil

1/2 teaspoon ground cumin 1/8 teaspoon ground cayenne pepper

1 cup (4 ounces) shredded Monterey Jack cheese

Heat oven to broil.

Line large baking sheet or 18-by-13by-1-inch baking pan with foil. Arrange tortillas in single layer on pan. Lightly spray tortillas with nonstick cooking spray. Broil about 5 inches from heat 4-6 minutes, or until beginning to brown on one side. Remove from

Photo courtesy of Jenny Struik of "Jenny with the Good Eats"

broiler. Carefully turn tortillas over. In medium bowl, stir yogurt, 1 teaspoon lime juice and garlic powder. Set aside. In another bowl, toss chicken, tomato, zucchini, remaining lime juice, olive oil, cumin and cayenne pepper.

Spread yogurt mixture on unbrowned sides of tortillas. Top with chicken mixture. Sprinkle with cheese. Broil about 5 inches from heat 2-3 minutes, or until hot and cheese melts. Serve immediately.



Chicken with Creamy Sun-Dried Tomato Sauce

Chicken with Creamy Sun-Dried Tomato Sauce

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More Total time: 20 minutes

3/4 cup half-and-half 1/2 teaspoon all-purpose flour

pounds boneless, skinless chicken breast cutlets

(about 3/4 inch thick) 1/4 teaspoon salt

teaspoon pepper tablespoon oil from

sun-dried tomato jar 1/2 cup oil-packed, slivered

sun-dried tomatoes, drained

1/3 cup finely chopped onion

cup reduced-sodium chicken broth tablespoon grated Parmesan-Reggiano cheese

In bowl, whisk half-and-half and flour. Set aside.

Pat chicken pieces dry with paper towels. If necessary, cut into four serving-size pieces. Sprinkle both sides of chicken with salt and pepper.

In large nonstick skillet over medium heat, heat sun-dried tomato oil. Cook chicken pieces 3-4 minutes, or until browned. Turn chicken. Cook 3-4 minutes, or until thermometer inserted in thickest portion of chicken reads 165 F. Transfer to serving platter. Loosely cover with foil to keep warm.

Add sun-dried tomatoes and onions to drippings in skillet. Cook 1-2 minutes, or until onion is tender. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in cream mixture and any accumulated juices from cooked chicken. Cook and stir until simmering and slightly thickened. Remove from heat. Stir in Parmesan-Reggiano cheese.

To serve, spoon sauce over chicken.



Roasted Chicken and Zucchini Tostadas

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

Jump-Start Success at School with Wellness at Home

Sunday, August 7, 2022

etting the stage for success in the classroom starts with reliable morning routines the whole family can depend on. Establishing a plan for each day before heading off for work or school is beneficial for staying on time and organized, and many families' mornings start with a nutritious breakfast.

This school year, add better-for-you breakfast recipes like Orange Oatmeal or an Orangeberry Smoothie to the menu. These morning meals are powered by 100% orange juice, a delicious option that helps fuel the body with essential nutrients that support a healthy immune system and overall diet quality with no added sugar.

"A growing number of research studies has revealed children who regularly drink 100% orange juice have higher intakes of key nutrients, higher quality diets and may have healthier lifestyle habits, like greater physical activity levels, than children who do not drink OJ," said Dr. Rosa Walsh, director of scientific research at the Florida Department of Citrus. "Study after study confirms that 100% orange juice not only has a place in the diets of children, but it can also serve as an easy way for parents to provide key nutrients without fear of adverse effects on body weight when served in moderation."

Consider these nutritional benefits of Florida Orange Juice, "The Original Wellness Drink."

Diet Quality

Because 1 cup of 100% orange juice counts as 1 cup of fruit, it's an easy way to contribute to your children's fruit intake. As a kidfavorite, it's a nutrient-dense beverage that helps increase the intake of key nutrients including vitamin C, folate, thiamin, magnesium, potassium and, in fortified juices, vitamin D and calcium.

Immune Support

When paired with a healthy lifestyle, Florida Orange Juice has vitamin C, vitamin D (in fortified juices) and phytonutrients (naturally occurring plant compounds) and may help support a strong immune system.

- Vitamin C Commonly associated with helping maintain and strengthen a healthy immune system by protecting cells and promoting the production and function of cells. One 6-8-ounce glass of OJ is an excellent source.
- Vitamin D Plays an important role in regulating immune response and helps cells fight off bacteria and viruses that get into the body. One 6-8-ounce glass of fortified OJ is a good source.
- Plant Compounds, Flavonoids and Colorful Carotenoids – Work to support the immune system by helping to fight inflammation and helping cells communicate with each other, which can help strengthen immune response when encountering infection.

No Added Sugar

Unlike foods and beverages that contain added sugars, the natural sugar in 100% orange juice contains vitamins, minerals and phytonutrients. As one of nature's nutrient-rich foods, OJ is a convenient way to enhance whole fruit intake and reach daily recommendations. Plus, it can be used as a substitute for nutrient-poor foods and beverages, such as sugar-sweetened beverages, in the diets of children and adults.

Find more information and recipe inspiration at FloridaCitrus.org/OJ.



Orange Oatmea

Orangeberry Smoothie

Servings: 1

1 cup Florida Orange Juice 1/2 cup frozen strawberries 4 ounces strawberry Greek yogurt 1/4 cup milk ice cubes 1 Florida Orange, sliced

- strawberries, yogurt, milk and ice, as needed to reach desired consistency, until smooth.
- **2.** Pour into glass and garnish with orange slice.



- 1 cup Florida Orange Juice I cup quick cooking steel-cut oats 1 Florida Orange, peeled and diced 1 tablespoon agave nectar or honey 1/4 teaspoon cinnamon 1/4 teaspoon salt
- 1. In medium saucepan over high heat, bring water and orange juice to boil. **2.** Add oats to boiling liquids.
- 3. Return to boil then reduce to medium heat and cook uncovered 5 minutes, stirring frequently.
- **4.** Mix in orange, agave nectar, cinnamon and salt. Remove pan from heat; let stand 1 minute before serving.



Orangeberry Smoothie

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Design A Bird-Friendly Landscape

By Melinda Myers

Temperature extremes, drought and storms take a toll on our landscapes. Sometimes a bit of pruning, proper care and patience is all that is needed to help plants recover. Other times, plants need replacing. It is always sad to lose a favorite plant. The memories, time and money invested are lost, but it presents an opportunity to grow something new.

Consider creating a bird-friendly landscape when selecting replacements for failing and dead plants. Working with nature is a great way to support birds without the use of feed-

Look for seed, berry and nectar producing plants that attract songbirds. You will enjoy the color and motion these birds add to your landscape. Plus, 96% of terrestrial North American birds feed upon insects, helping you manage garden pests.

Plant bird-friendly flowers, shrubs, and trees in clusters whenever possible. This creates an impressive display in the landscape and allows birds to gather food more efficiently and waste less energy traveling between plants.

Select a variety of plants to ensure both seasonal and year-round birds have plenty of food. Include a mixture of plants that provide seeds, berries, or nectar from spring through fall. These plants are nature's birdfeeders, eliminating the need to clean and fill traditional feeders.



Photo courtesy of MelindaMyers.com

Evergreens, like this yew, provide year-round appeal and shelter for birds.

Include native trees, shrubs, and flowers whenever they are suited to the growing conditions in your yard. Native plants, birds and insects have co-evolved over time, making them a great source of food and shelter for native birds. Audubon's Native Plant Database provides lists of plants suited to your

Consider plants with year-round appeal. Evergreens provide screening and a backdrop for other plants and shelter for the birds. Junipers come in a variety of sizes and shapes and tolerate hot dry conditions once established. Choose hemlocks for those shadier locations. They require moist well-drained soil and shelter from winter wind and sun.

Deciduous trees and shrubs – those that lose their leaves in winter - can provide multiple seasons of beauty with flowers, fruit, fall color and interesting bark. Many of these also provide shelter and food for songbirds. Serviceberries have multiple seasons of beauty and produce edible fruit you and the birds will enjoy in June. Dogwoods, including red twig and pagoda, have flowers for pollinators and late summer fruit for the songbirds. Winterberry is an excellent source of winter food. You will need at least one male for every one to five female plants for pollination and fruit to form. Grow these in full sun to light shade and moist acidic soil.

Reduce the risk of injury and the inconvenience of accidentally knocking out power, cable or other utilities while making bird-friendly additions to the landscape. Contact Diggers Hotline at least three business days before you get started planting. Just call 811 or file a request online at https://call811.com/811-In-Your-State. They will

contact all the appropriate companies who will mark the location of their underground utilities in the designated work area. Aug. 11 has been declared 811 Day to remind everyone to call 811 prior to any digging project.

Your efforts now to welcome birds into your landscape are sure to provide much beauty and enjoyment for years to come.

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

Celebrate The Start Of Fall With Perennials

Many perennials have one last glow-up before winter dormancy sets in. This means you can enjoy a surprising number of flowers in warm fall colors, such as ocher yellow, warm red and deep purple. They are stunning combined with radiant white fall bloomers, such as black cohosh (Actaea simplex), which appears to glow when dusk sets

Herbaceous perennials & late bloomers

With a well-chosen mix of perennials, you can experience the seasons close to home. For a vibrant fall border, combine herbaceous perennials with late bloomers. You will see summer turning slowly into fall. Herbaceous perennials are perennials that start blooming in summer and just don't know when to stop. Some even flower well into November, for example white gaura (Gaura lindheimeri), knotweed (Persicaria) and vervain (Verbena bonariensis). In the course of late summer and fall, the real fall bloomers are added, such as fall aster, great burnet (Sanguisorba) and Japanese anemone (Anemone hybrida 'Honorine Jobert').

Ornamental grasses &

leafy plants

Ornamental grasses are indispensable in fall borders. Many ornamental grasses look their best in late summer and fall, when they bloom with lush plumes, whether or not combined with coloring leaves. Fountain grass (Pennisetum), silver grass (Miscanthus) and purple moor grass (Molinia) are real fall beauties. Don't forget leafy plants with their gorgeous leaf colors, such as coral bells (Heuchera). Visit www.perennialpower.eu for even more plants for your fall

Tips & ideas • Fall is the perfect season for planting because the soil is still warm and it rains more often than in spring. This means that plants will take root easily.

border.

 Also plant fall-flowering perennials in pots to add more color to your patio or balcony. A combination with ornamental grasses always works well.

 Do not cut perennials back when fall draws to a close, so you can continue to enjoy their winter silhouettes. Pruning can be done in (early) spring, just before the first green shoots appear.

Award-Winning Outdoor Space Inspiration

(Family Features) Renovating your home's outdoor spaces not only enhances the aesthetic but can also provide a host of recreational benefits. Taking a look at award-winning projects can help many homeowners draw inspiration while also identifying capable, reputable contractors to take on the

project. For example, selected by a panel of industry experts based on functionality, aesthetics, craftsmanship, innovation and degree of difficulty, these 2021 National Association of the Remodeling Industry National Contractor of the Year (CotY) Award Winners showcase a variety of ideas for upgrading your outdoor spaces. Find the complete list at nari.org/ cotywinners.

Residential Landscape Design/Outdoor Living Under \$100,000

The clients wanted to upgrade a poorly draining, impractical backyard into an attractive, functional outdoor entertainment space that flowed from the renovated basement. The project included an outdoor area for entertaining, outdoor kitchen, spacious patio with a custom concrete fire pit, oversized ceiling fans, ample storage and landscaping complete with native plants around the perimeter.

"By working on this project, we learned how important it is to take a holistic look at what clients are trying to accomplish with their renovations," said Thomas Boyce, president of Boyce Design & Contracting. "Often with outdoor living projects, designers and contractors look at the exterior of the home in isolation. We learned to look at how the interior and exterior of the home connect to each other to make sure the features and floor plan flow and work well together. By taking this approach, we were able to achieve a better finished product that is more functional and attractive for our clients."

Residential Landscape Design/Outdoor Living \$100,000-\$250,000

A young, active family

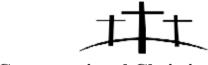
was looking to create a distinct outdoor living space with multiple entertainment spaces that tied in with the existing aesthetic and elevated the home amongst its neighbors. The low-maintenance backyard now features an outdoor dining area, sunken living room, entertainment area and additional storage space built with the home's current architectural features while also maintaining a large enough yard for the kids and their friends to play.

"The aesthetic of the outdoor areas was designed not only for function but also to reflect the interiors and keep the inside-outside living feeling continuous," said Tim Johnson, owner and founder of Livit Site + Structure. "For example, the shiplap used on the fire table is the same shiplap featured inside the home. Likewise, the Douglas fir timbers used on the pergola are the same as the interior ceiling beams."

Residential Landscape Design/Outdoor Living Over \$250,000

A 4,000-square-foot project built at four different elevations, this client wanted to include a safe way to move from the upper level to the backyard without coming through the house, a structure for shade and protection from mosquitoes and a pool with features that reflected the home. Adding a covered screen room with individually controlled wall panels, see-through fireplace, fountain, pool with sheer descent waterfalls, recycled rock walls and staircase from the upper elevation while enclosing it all within a stone wall met those

expectations. "A sound piece of advice for anyone building anything in the backyard: get a plan," said Ken DePratt, owner of KD Poolscapes, Ltd. "Have it match your expectations list. Then, and only then, will you know if it matches your budget. We would recommend doing your research when taking on a pool project of any size. It's hard to push that hole around once it's dug."



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In The Home

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4 tips for planting trees

FAMILY FEATURES

rees are virtually everywhere you turn, from your own backyard to nearby parks and forests where you enjoy hiking. They provide shade and beauty, and some even bear fruit. Beyond all the immediate benefits, you may be surprised to discover trees are also a critical key to the future.

These facts and tips from the book "Now is the Time for Trees" offer practical insight

on the importance of trees and how to nurture one from selection to planting and beyond. A compelling and ever-growing body of evidence generated by scientists, health care professionals, conservationists, humanitarians and both public and private corporations supports the critical importance of trees and their impact on the human condition. Trees filter pollutants out of the air and water and provide protection for people and communities from dangerous heat and flooding. They lower urban temperatures, reduce energy bills and sequester carbon to slow the rate of climate change.

When you plant a tree in your yard or neighborhood, that tree goes to work filtering out pollutants, intercepting stormwater and capturing carbon. With proper placement, that tree can also help lower household energy use by as much as 20%.

You can engage in the tree planting movement and make a difference by planting trees

around your home and surrounding community with these tips.

Consider the Growing Region

Choosing a tree that will flourish in your growing region is fundamental to becoming a successful tree planter. Start by getting familiar with the growing conditions of your planting site, including factors like sunlight, soil condition and room to grow.

The amount of available sunlight at your planting location will determine which tree species will be successful. Most trees require full sunlight for proper growth and flowering. Some do well in (or even prefer) partial or light shade, but few perform well in dense shade.

Before you plant, get your soil tested by a lab to evaluate what's happening underground. Test results, which are usually returned in a couple of weeks, provide a complete analysis of nutrients, possible contamination and pH (alkalinity or acidity), as well as directions for correcting problems.

Be conscious of overhead or underground utilities, pavement, buildings, other trees, traffic intersections and other factors that may impact your planting space.

Shopping for a Tree

When choosing which kind of tree to plant, be conscious of details like size, flowering, color (including how colors may vary through the seasons) and your view from inside the house. While shopping, you can rely on plant labels to learn details about a tree's growth pattern, sun requirements, watering needs and soil requirements.

Two common styles of trees are container-grown trees, which spend their entire nursery lives growing in a container, and ball-and-burlap trees, which grow in the ground until they achieve a targeted size.

A well-tended container-grown tree has been carefully monitored and moved into larger containers as the plant grows. Be wary of a tree with roots that circle or twist within the container, which may cause roots to die. For a ball-and-burlap tree, look for a firm, securely tied root ball that is large enough to support the mature tree; it should be about 10-12 inches wide for every inch of trunk diameter.

Prepare Your Planting Site

Properly preparing your planting site is one of the best things you can do to get your tree off to a strong start. Before you plant, make sure your tree is thoroughly hydrated by watering the container or root ball several hours before proceeding. When planting a tree into a lawn, remove a circle of grass at least 3 feet in diameter where the tree will go to reduce competition between turf and fine tree roots.

Start Digging

Dig a broad, shallow planting hole with gently sloping sides 3-4 times wider than the diameter of the root mass and the same depth. Mound removed soil on a tarp for easy backfilling. Loosening the soil on the sides of the hole allows roots to easily expand and establish faster, but don't disturb soil at the bottom of the hole.

Once the tree is positioned, replace the soil while firmly but gently tamping the original soil around the base of the root ball to stabilize it. Create a water-holding basin around the tree by building up a ring of soil and water to settle roots. Spread protective mulch 2-4 inches deep in a 3-foot diameter around the base of the tree, but not touching

Find more tips to successfully plant and care for your trees at arborday.org.



The Power of Trees

From backyards to tropical rain forests, trees provide the necessities of life. Trees clean air and water, provide habitats for wildlife, connect communities and support human health.

- Trees are a proven affordable, natural way to pull carbon dioxide out of the atmosphere.
- Trees filter water and slow storm surge and flooding in cities.
- Trees provide shade, cooling cities by up to 10 degrees, which can help prevent heat-related deaths.

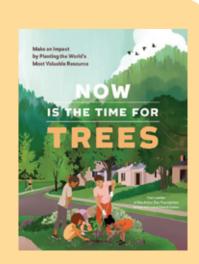
 Neighborhood trees can reduce stress.
- improve overall health in children and encourage physical activity.
- Trees support wildlife and aquatic life by providing habitats and helping keep waterways healthy, which ensures ecosystem balance and promotes biodiversity.
- Trees and other forest life work together to ensure a clean source of drinking water, buffer against extreme weather, provide medicines, offer outdoor recreation and enrich human culture.

A Handy Guide for **Planting Trees**

A rally cry against climate change, "Now is the Time for Trees" is an inspirational and informative guide that explains the important role trees can play in preserving

Author Dan Lambe, CEO of the Arbor Day Foundation, offers compelling reasons to plant more trees while providing simple, actionable steps to get involved, choose the right tree and achieve planting success. For each book sold, the foundation will plant a tree in a forest in need.

Pick up a copy wherever books are sold or visit arborday.org/TimeforTreesBook.



Business Notes and NEWS

Sunday, August 7, 2022 **F1**

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Discovery Park District At Purdue Wins Award For Its Private Wireless Project

Purdue Research Foundation, a nonprofit organization created to advance the mission of Purdue University, received an award for the private wireless project it manages in Discovery Park District at Purdue.

PRF's "Private Cellular Network as a Service" was named the overall winner on July 25 for International Data Corp.'s inaugural IDC Future Enterprise Best in Future Connectedness North America Awards program.

PRF's project uses a private mobile network from Celona

to blanket the 400-acre, \$1 billion Discovery Park District, a mixed-use development with residential, industrial and commercial buildings adjacent to Purdue University's West Lafayette campus. The network provides connectivity to enable commercial and smart city uses throughout the work-play-live district.

David Broecker, chief innovation and collaboration officer for PRF, said in another release, "With the rise of unlicensed cellular spectrum and private mobile networks, communities like Discovery Park District now have the power to chart their own course in terms of what advanced services and applications they can deliver to their members.

"From students getting home broadband for the first time to the Industrial IoT, the sheer diversity of customers and application requirements demonstrates how CBRS-based technologies, or technologies based on Citizens Broadband Radio Service, serve businesses, schools, industrial organizations and municipalities alike."

Biden Administration Announces \$725M In Funding From Bipartisan Infrastructure Law To Clean Up Pollution, Create Union Jobs

The Department of the Interior last week announced that nearly \$725 million from President Biden's Bipartisan Infrastructure Law is available to 22 states and the Navajo Nation, including over \$24.5 million for the state of Indiana. These funds are aimed at creating good-paying union iobs and catalyze economic opportunity in coal communities by reclaiming abandoned mine lands (AML). The Notice of Funding Opportunity opened yesterday and follows the release of final guidance for how eligible states and Tribes can apply for the historic funding.

The Bipartisan Infrastructure Law allocates nearly a total of \$11.3 billion in AML funding over 15 years, which will help communities eliminate dangerous environmental conditions and pollution caused by past coal mining. This funding is expected to address the vast majority of inventoried abandoned mine lands in this country and prioritize jobs for current and former coal industry workers.

"President Biden's Bipartisan Infrastructure Law delivers the largest investment in cleaning up abandoned mine lands in history. Through this program, we are investing in coal communities through job creation
-- including for current and
former coal workers -- and
economic revitalization, all
while addressing harmful
environmental impacts from
these legacy developments,"
said Secretary Deb Haaland.
"We encourage all eligible
states and Tribes to apply for
this funding so we can reduce
hazardous pollution and toxic
water levels that continue to
impact our communities."

The funding opportunity advances the Biden-Harris administration's unprecedented investments in coal, oil and gas, and power plant communities and workers, including through the Interagency Working Group on Coal and Power Plant Communities and Economic Revitalization. This effort also advances the President's Justice40 Initiative, which commits to delivering 40 percent of the benefits of certain climate and clean energy investments to disadvantaged communities.

AML reclamation projects support vitally needed jobs by investing in projects that close dangerous mine shafts, reclaim unstable slopes, prevent releases of harmful gases, including methane, improve water quality by treating acid mine drainage, and restore water supplies damaged by

mining. AML reclamation projects also enable economic revitalization by rehabilitating hazardous land so that it can be used for recreational facilities or other economic redevelopment uses like advanced manufacturing and renewable energy deployment.

States and Tribes that apply for the funding should:

- Prioritize projects that invest in disadvantaged communities consistent with the President's Justice40 Initiative:
- Incorporate public review and comment into the selection of projects to be funded;
- Consider prioritizing projects in a manner that maximizes the amount of methane emissions that can be reduced; and
- Prioritize the employment of current and former coal industry workers, among other provisions.

Applications for the fiscal year 2022 Bipartisan Infrastructure Law AML funds must be submitted by eligible states and Tribal AML programs on Grant Solution's website no later than March 31, 2023. States and Tribes are not required to complete the AML Reclamation Plan update, review and approval process as a prerequisite to receiving these funds.

Few Days Left For DEI Champion Award Nominations

Equality is now a priority in the workplace – and the Indiana Chamber of Commerce is eager to celebrate those leading the charge in this area.

The Jackson Lewis Diversity, Equity & Inclusion Champion Award recognizes an organization making ardent strides to become a more equitable workplace.

Judges will evaluate how nominees developed, promoted and executed DEI – and how it has made a difference for their organizations and beyond.

"It can be daunting to feel like we're constantly surrounded by division in today's culture, but one real positive is seeing Indiana companies accomplish much in bringing equality to the workplace and helping underrepresented groups thrive in the modern economy," explains Indiana Chamber President and CEO Kevin Brinegar.

Nominations are due by Wednesday and can be submitted at www.indianachamber.com/DEIaward.

Nationwide law firm Jackson

Lewis P.C. is sponsoring the award.

"It's so important to shine a light on the companies and professionals who understand the value of creating an environment where all people can flourish, regardless of background, identity or experience," says Brian McDermott, managing principal of Jackson Lewis' Indianapolis office. "Jackson Lewis is committed to expanding mindsets and integrating DEI firmwide, and we are thrilled to be part of such a powerful program that recognizes like-minded organizations and people."

The winner will be recognized at the Indiana Chamber's Diversity, Equity & Inclusion Summit on October 4. In addition to Jackson Lewis P.C., Summit sponsors include gold sponsors Horizon Bank and Teachers Credit Union, as well as silver sponsor Lumina Foundation for Education.

Find more information at www.indianachamber.com/conferences.

BBB Scam Alert: "Brushing" Scam Indicates A Serious Problem For Victims

Free box loads of merchandise from Amazon or other companies, right on your doorstep! What could possibly be bad about that? Plenty! Better Business Bureau (BBB) warns consumers that there is a scary downside to this recent scam. You are not the one who hit the jackpot; a scammer is the real winner.

This scam is called brushing, and it has been popping up all over the country. Suddenly, boxes of unordered merchandise from Amazon begin arriving. There is no return address, or sometimes it just appears to come from Amazon or another retailer, and the receiver has no idea who ordered the items. The items are varied. For example, in one case a humidifier, a hand warmer, a flashlight, a Bluetooth speaker and a computer vacuum cleaner arrived unordered. Often, the items received are lightweight and inexpensive to ship, such as ping pong balls, face masks or seeds from

China. Why would such merchandise be sent to you if you didn't request it? The companies, usually foreign, third-party sellers sending the items are simply using your address which they discovered online. Their intention is to make it appear as though you wrote a glowing online review of their merchandise, and that you are a verified buyer of the merchandise. They then post a fake, positive review to improve their products' ratings, which means more sales for them. The payoff is highly profitable from their perspective.

Why it's bad news for you The fact that someone was able to have the items sent to you as if you purchased them indicates that they probably have some of your personal information such as your name, address, and possibly, your phone number. Once the information is out there on the internet, it could be used for numerous crooked enterprises.

The fake online review angle is only one way they benefit. By using the brushing scam, they also are increasing their

sales numbers. Increased sales numbers, even though padded with fake purchases, look good for the company and help lead to more sales.

What can you do?

Notify the retailer. Brushing and fake reviews are against Amazon's policies, so contact Amazon Customer Service if this happens to you and the product appears to come from Amazon. They will investigate and take action against the bad actor. Go directly to Amazon's website to get their contact information. The company also takes security seriously and encourages customers to report fraudulent purchases or other security issues. If the preference is to contact them by phone; be cautious of searching for support phone numbers.

Change your account passwords. This may be a sign that personal information has been compromised and to improve account security, keep a close eye on credit reports and credit card bills.

You are allowed to keep the merchandise. The Federal Trade Commission says you have a legal right to keep unordered merchandise.

Other questions regarding shipments of unordered merchandise may be directed to your local BBB, or visit BBB. org.

Report suspicious activities to BBB Scam Tracker.

Read more about BBB Accreditation Standards and BBB Standards for Trust.

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





FAITH

Hickory Bible Church

104 Wabash · New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

a small church with a big heart!

Dr. Curtis Brouwer, Pastor 765-918-4949



Woodland Heights Christian Church

Invites you to join us as we welcome our new lead minister: Dr. Tim Lueking

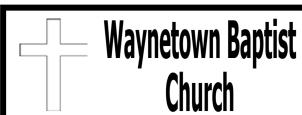
Beginning Sunday, February 28th, 2021

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"



Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Comtemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting at 6:30 pm.

vinechurchlife.org

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Southside Church of Christ

153 E 300 South • Crawfordsville southsidechurchofchristindiana.com

> Sundays: Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

Services

Sunday at 2 pm

Wednesday Evening Bible Study 7 pm

Saturday evening (speaking spanish service) at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

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

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

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

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



Helping people to follow Jesus and love everybody!

2746 S US Highway 231 Crawfordsville

Services:

Thursday night at 6:30 Sunday mornings at 10:30

Both services are streamed



Linden United Methodist Church

Sunday Worship 10:00 AM

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

Sunday School 9:00 AM

Pastor Clint Fink

"Making disciples of Jesus Christ for

Making disciples of Jesus Christ for the transformation of the world

Email: lindenum@tctc.com

Website: lindenumchurch.org

the transformation of the world."



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana Program 6 pm-8 pm



Church Service at 10 am

124 West Elm Street • Ladoga (765) 942-2019

ladogachristianchurch@gmail.com www.ladogacc.com



110 S Blair Street Crawfordsville, IN 47933 www.hopechapelupci.com

Service Times:

Sunday 10:30 a.m.

Starting August 1: 10 a.m. Sunday School 11 a.m. Worship

Wednesday 6:30 Bible Study



Christian

4485 E 300 N • Crawfordsville

Services Sunday at 10 am

Tuesday Prayer Meeting

6 pm - 7 pm

Thursday Bible Study 6:30 pm - 8 pm



Friendship **Baptist Church**

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



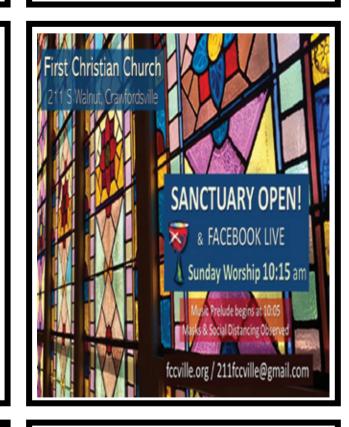
Follow in The Sun

212 E. Wabash Avenue Crawfordsville (765) 362-4817 www.cvfumc.org

Virtual services at 9:00 am Can be watched on channel 3

all are loved by God

All are welcome to join and



Faith Baptist Church 5113 S 200 W • Crawfordsville

(765) 866-1273 • faithbaptistcville.com

Sunday School 9:30AM Sunday Morning 10:30 AM **Sunday Evening 6:00 PM Prayer Mtg Wednesday 7:00 PM**

Where church is still church Worship Hymns Bible Preaching



EAST SIDE BAPTIST CHURCH

765-362-1785 www.eastsidebc.com

2000 Traction Rd • Crawfordsville

Services: Sunday School at 9 am

Church at 10 am

Help and hope through truth and love



Community Church of the Nazarene

Crossroads

9:00 AM: Small Group 10:15 AM: Worship 5:00 PM: Bible Study

WEDNESDAY

6:00 PM: Mid-week Service

117 E State Road 234 ● Ladoga

765-866-8180

Sunday, August 7, 2022 H1

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Why Breastfeed? The Benefits Of Breastfeeding For Both Mother And Child

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

The American Academy of Pediatrics (AAP) recently updated their guidelines around breastfeeding, now supporting continued breastfeeding until two years or beyond, as mutually desired by the mother and child. Breast milk is and always has been the most optimal source of nutrition for a growing baby, and if breastfeeding is an option for the mother, that is the top recommended practice for giving babies the nutrients they need.

August represents National Breastfeeding Month, a time to raise awareness about the importance of breastfeeding. As the U.S. continues to face a shortage in infant formula, and with the AAP's updated guidelines, it's of the utmost importance now for mothers to be informed on the many benefits of breastfeeding for both



Dr. Cameual Wright

their babies and them-

The Importance of Breastfeeding

The World Health Organization (WHO) actively promotes breastfeeding as the best source of nourishment for infants and young children. Breast milk is specifically formulated for optimal nutrition for a newborn. The composition of breast milk changes to match a baby's needs as it grows and its nutritional requirements change. Babies also receive immune support from the antibodies provided in breast milk, as breast

milk offers immunity in

the early stages of life before a baby can receive vaccinations. In fact, studies found that breast milk of mothers vaccinated for COVID-19 carry antibodies against the virus.

In addition to the ample amount of health benefits, breast milk is economically favorable. Due to an infant's changing routine, many find breastfeeding to be the most convenient feeding option due to the ability to breastfeed anytime, anywhere. Breastfeeding can help lift financial burdens associated with feeding as it offers a free, nutritional food source for babies.

Additionally, breastfeeding creates a special bond between mother and baby because it promotes skin-to-skin contact. Many experts say the bonding experience during the first years of life helps lessen social and behavioral problems in both children and adults. Breastfeeding even burns extra calories

and helps many mothers return to their pre-pregnancy weight. If a new mother has questions about breastfeeding, they can turn to health plans for answers, like Care-Source. CareSource provides critical information and resources to assist mothers and families, pays for lactation consultants that can provide members with prenatal education and postnatal assistance with breastfeeding, and provides all mothers with a breast pump and supplies.

Disparities in Breast-

feeding Despite the AAP recommending breastfeeding, national rates remain low, especially among minority groups. The Centers for Disease Control and Prevention (CDC) shows racial and ethnic disparities in breastfeeding initiation continue to persist. Low rates of breastfeeding add more than \$3 billion a year to medical costs for mothers and their chil-

dren in the U.S., per the

CDC. Additionally, three quarters (76%) of Black infants are ever breastfed, which is below the national average of 84%. Indiana is one of 26 states where the breastfeeding initiation rate was lowest among infants of Black mothers. It's important to consider the root causes of disparities in breastfeeding, including historical trauma, access to care, provider bias and promotion of formula by manufacturers. Culturally appropriate education, increased breastfeeding support and diverse representation within health care should be encouraged and implemented in order to increase awareness of the importance of breastfeeding and help remove these barriers.

CareSource encourages mothers and expecting mothers to learn more about the benefits of breastfeeding, especially as we continue to see a short supply of infant formula. Health plans like CareSource can

provide access to case management workers who connect mothers to resources in their community. Additionally, mothers can utilize Care-Source24[™], a 24-hour Nurse Helpline, to ask questions and get advice. CareSource has also recently partnered with The Milk Bank, sponsoring 1,000 ounces of human milk through their Give an Ounce campaign. The gift is part of a larger effort to increase access to adequate infant nutrition during the formula shortage.

Breastfeeding is more than just a lifestyle decision; it's an investment in health for both mothers and their infants, reducing health risks like asthma, obesity, diabetes, sudden infant death syndrome (SIDS), breast cancer, ovarian cancer and more, according to the CDC. It's critical to advance the support, protection and promotion of breastfeeding so all families have the opportunity to breastfeed.

New Patent-Pending Method Mass-Produces Antitumor Cells To Treat Blood Diseases And Cancer

A Purdue University chemical engineer has improved upon traditional methods to produce offthe-shelf human immune cells that show strong antitumor activity, according to a paper published in the peer-reviewed journal Cell Reports.

Xiaoping Bao, a **Purdue University** assistant professor from the Davidson School of Chemical Engineering, said CAR-neutrophils, or chimeric antigen receptor neutrophils, and engraftable HSCs, or hematopoietic stem cells, are effective types of therapies for blood diseases and cancer. Neutrophils are the most abundant white cell blood type and effectively cross physiological barriers to infiltrate solid tumors. HSCs are specific progenitor cells that will replenish all blood lineages, including neutrophils, throughout life.

"These cells are not readily available for broad clinical or research use because of the difficulty to expand ex vivo to a sufficient number required for infusion after isolation from donors," Bao said. "Primary

neutrophils especially are resistant to genetic modification and have a short half-life."

Bao has developed a patent-pending method to mass-produce CAR-neutrophils from human pluripotent stem cells (hPSCs), that is, cells that self-renew and are able to become any type of human cell. The chimeric antigen receptor constructs were engineered to express on the surface of the hPSCs, which were directed into functional CAR-neutrophils through a novel, chemically defined

protocol.

The method was created in collaboration with Qing Deng at Purdue's Department of Biological Sciences, Hal E. Broxmeyer, now deceased, at Indiana University School of Medicine, and Xiaojun Lian at the Pennsylvania State Uni-

"We developed a robust protocol for massive production of de novo neutrophils from human pluripotent stem cells," Bao said. "These hP-SC-derived neutrophils displayed superior and specific antitumor activities against glioblastoma after engineering with chimeric antigen receptors."

Bao disclosed the innovation to the Purdue Research Foundation Office of Technology Commercialization, which has applied for an international patent under the Patent Cooperation Treaty system of the World Intellectual Property Organization. The innovation has been optioned to an Indiana-headquartered life sciences company.

"We will also work with Dr. Timothy Bentley, professor of neurology and neurosurgery, and his team at the Purdue College of Veterinary Medicine to run clinical trials in pet dogs with spontaneous glioma," Bao said.

This research project was partially supported by the Davidson School of Chemical Engineering and College of Engineering Startup Funds, Purdue Center for Cancer Research, Showalter Research Trust and federal grants from the National Science Foundation and National Institute of General Medical Sciences.

What Is A Stress Fractures And How Do You Treat It?

I ran into a college athlete recently who complained of shin pain. He had been upping his running mileage in preparation for the cross country season. His pain was due to a stress fracture. It is estimated that between 5 and 30 percent of athletes develop a stress fracture each year. Briefhaupt first described the condition in 1855 when examining military recruits, a group that is at high risk for stress fractures.

Everyone is familiar with bone fractures, especially those from an acute injury. Even untrained eyes can usually identify the fracture lines on an X-ray; the bone often looks like a broken stick. Stress fractures, however, can be much more

difficult to diagnose. Stress fractures, as the name implies, are caused by ongoing stress on bone tissue. This repetitive microtrauma causes disruption of the microscopic structure of the bone over time that



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

eventually exceeds the bone's ability to heal itself. A tiny crack subsequently develops in the bone that may or may not be obvious on an X-ray. Think of bending a piece of metal over and over eventually it weakens and breaks.

Stress fractures usually occur in bones that are prone to repetitive stress based on the specific sport involved. The fractures can involve any bone, but the most common locations and their associated sports include the hip, leg, and foot

(runners & jumpers), the spine (gymnasts, divers, and volleyball players), arms (throwers), and ribs (rowers). The forces experienced by bones in the feet and legs can be up to twelve times a person's weight. Stress fractures are one of the five most common injuries in runners and account for up to half of injuries in soldiers.

Risk factors for stress fractures can be divided into intrinsic (originating within the body), and extrinsic (coming from outside the body). Intrinsic factors can include gender (twice as likely in females), weak or imbalanced muscles, prolonged rest that can lead to weak bones, leg misalignment, being tall, and having poor foot structure.

One very important intrinsic risk factor is decreased bone density, known as osteoporosis. This is especially worrisome in young female athletes and can be part of the "female athlete triad." This triad includes disordered eating such as anorexia and bulimia, amenorrhea (no menstrual periods) and osteoporosis. Any young woman who has a stress fracture needs to be evaluated for the female athlete triad.

Extrinsic risk factors usually include an excessive amount or intensity of training, a poor training surface (too hard or irregular), and worn out or improperly fitted shoes. Running shoes should be fitted correctly to the foot structure, preferably at a professional running shoe store such as Blue Mile, and should be changed out every 300 miles or so. Other extrinsic factors include smoking, poor nutrition, and medications, especially oral steroids.

A person with a stress fracture usually presents with a particular history. The pain usually comes on gradually and is felt at the end of the activity causing the pain. The pain then becomes more severe, causing the per-

son to limit participation. During the early phase of injury the pain is relieved with rest which is usually not the case as the damage progresses. Many patients complain of pain at night and athletes frequently have a hard time pinpointing a specific

spot where it hurts. The physical exam often offers clues to the diagnosis. Pain is usually elicited when pressing or tapping the affected area. There may be swelling or redness at the site as well. Having the patient put stress on the bone by hopping, etc. may worsen the pain.

If the history and physical exam does not identify the problem other tests need to be ordered. Conventional X-rays are frequently normal. Often CT or MRI scanning is required to locate and assess the severity of the fracture. Nuclear bone scans can also be useful. Which study to order is usually determined by the site of the possible fracture and

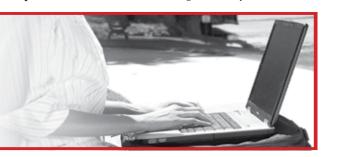
other medical conditions

the patient may have. Treatment is fairly simple – break the cycle of repetitive stress on the bone. This is done by cross training to strengthen the muscles around the fracture site without putting stress on the bone. Rehabilitation usually takes four to 12 weeks depending on the site and severity of the fracture. Occasionally stress fractures do not heal and require surgical stabilization. One rule of thumb is to increase activity about ten percent a week during rehabilitation. As far as treating the pain, there is some evidence in animal models that taking non-steroidal medications such as Aleve and ibuprofen for pain may delay healing, so we usually try to stick with Tylenol and other local treatments such as icing.

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



The PAPER Visit us online: thepaper24-7.com



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The Dunbar Saga: We Are Down To The Final Four

George Oliver Washington Dunbar and his brother, Jesse Peterson Dunbar were the last of the children of Lewis M. Dunbar to pass away, Jesse born in Sugar Creek Township, MoCo June 2, 1853 dying 22 April 1950 in Colfax at almost 97 years old, one of the oldest of all the Dunbars. George was born 7 Sept 1859 and passed 16 Oct 1942 at age 83, in Delaware County. This amazes me when you think their father was born in 1803.

It seems logical here to just go ahead and wrap-up the Dunbar Saga as their brother, Henry Summers Dunbar was a mere 21 years and one month old when he passed away born and raised in MoCo, listed as a "student" in the 1880 census, the family living in Shannondale. He has a very nice White Bronze (zinc) tombstone (my favorite kind) and after telling his dates, age, it says, "Gone but not forgotten." He did marry (likely a cousin) Norah Ellen Dain (July 1881) and they were blessed with one son, Wilbert Henry Dunbar born 13 August 1882. Wilbert went on to marry Nellie and they were parents of Herb, Louis and Julia. Wish that nice stone would have told just what happened to Henry at such a young age with a lovely wife and child and whether his middle name is Sommers or Summers – what I've seen it's half and half and it just says S on the stone.

In that '80 census, George nor his mother have occupations and Dora (Eudora Estella born 21



KAREN ZACH **Around The County**

August 1863 in MoCo) the very youngest of Lewis' children is also in school. Sadly, Dora, too, missed the long life that many of the Dunbars had. She passed away at 56 years, 9 months and 18 days of a gangrenous diabetic

Jesse Peterson Dunbar married Melissa Ann Fogle and I believe they divorced, after having four children, Myrtle May who died on Christmas Day, 1903 of asthma; Alma who married Austin Pollett and mothered four sons and two daughters then the two Dunbar sons, Martin Henry Dunbar, who went to California, fought in WWI (Tank Corps) passing away there where he was an auto painter and his brother, Claude who lived in Marion, Ohio where I don't believe he ever married and did clerical work for the Erie Railroad. Jesse was mainly a day laborer doing odd jobs and working for farm-



ers, for quite some time with his sister, Dora's husband, Silas Perry Dain.

George Dunar also did farm work for the Dains. Both Jesse and George were particularly close to their nephew, Chester Dain, who helped take care of them as they aged. George even moved to Muncie with Chester and his wife, Fern Farmer and their children (Baird, Alma and Harvey). Chester was a machinist in an auto factory. Fern passed away young and perhaps that is when Uncle George moved to help with the teenaged kiddos. Tagged as "Shorty," George spent his last five years in his late 70s and early 80s as a crossing watchman for the Nickel Plate Railroad. He rests in Beech Grove Cemetery in Muncie.

Silas and Dora Dain had several children: Chester above, Guy, Henry, Mabel, Priscilla and Joseph. These would advance the Dunbar tree by I believe a dozen grands for Silas and Dora. William "Guy" Dain married Opal McAdams and they were parents of three daughters: Geneva, Vivian and Opal who passed just shy of her 9th birthday with sepsis after an accidental scalding. Guy worked for some time at a veneer factory and later as a railroad brakeman.

Henry Earl Dain married Josephine Payne and barbered in Frankfort. They had a son, Orlando who also was a barber. Sadly, he passed away at age 55 at the Rockville TB Sanitorium, topping the "chest disease" with cancer according to his death record.

Mabel Dain was even prettier than her mother (see mom's photo) with beautiful dimples and a cute smile. She married Ora O. Reeves and were parents of two sons, Harold and Lawrence. Sadly, she died after gall bladder surgery at just 35.

Priscilla Ann Dain married Stewart Wilfred Reeves. They moved and remained in the Logan County, Illinois area. Stewart was born in Wisconsin, married Priscilla in MoCo and died in Illinois. He too barbered for more than 1/4 century then became minister of the Grace Gospel Fellowship Church where Priscilla was a wonderful asset to him and the church. Their three daughters were Genevieve who married a service man, lived and died in Honolulu. They were parents

of at least one daughter named Priscilla. Lois Jeanette married Roy Turner and they farmed. Parents of at least two daughters. Third daughter was Ruth who lived in Latham, Illinois and was a registered nurse. Son Wilfred Reeves was a Career Marine Corpsman and was in WWII. He too barbered and was an instructor.

The last Dain was Joe Dunbar Dain who fought in WWI. He was twice married, losing his first wife Jessie Agee in 1957 (married #2 Kathryn Utterback). He at one time was a shipping clerk for a candy company (good job) but owned his own filling station for some time as well. He fathered two children (Dorothy and Robert Jessie) to add to the ever-growing Dunbar family tree!

A very pretty lady (picture from FindAGrave – thanks to Lynne Ream) Lewis M's last child, Eudora Estella Dunbar Dain, seems to just welcome ya' into the Dunbar-Dain family and it is I believe appropriate to conclude this series with her photo. Rest in peace to all the Dunbars who have steered us along on an interesting journey into the **Dunbar Saga!**

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.

Sharon Hankins Lough Talks School Days In The 1950s

(Note: This was written by Sharon Hankins Lough in 1988 and it was included in the book that I wrote that year about Dar-

lington School.) "I attended Darlington School all twelve years, starting in the fall of 1942 and graduating in the spring of 1954. They were such happy times! I loved going to school, and I always loved my teachers. I think that at the time when I was in grade school, there were perhaps the best teachers that any student could have: Marian Couger, Lucille Cox, Naomi Peterson, Audrey Cox, Tessie Stwalley, and Raymon Brown. These were truly dedicated individuals with the students' best interests in mind. All the Christmas plays, spring concerts, a field trip to the library, the Brownie and Girl Scout meetings after school at the toll house, the Valentine parties...We always made such beautiful Victorian Valentine boxes and waited to get all those Valentine cards, including that

'special" one. The lunch program was begun when I was in the 4th grade in 1945. We all donated a place setting of dishes. I can remember walking to the room down in the subway where the food was prepared and then carrying it back upstairs to eat. Alice Wheeler was the head cook, with Glee Beauchamp and Grace Brown helping. Paul Beauchamp was the



BUTCH DALE Columnist

only janitor I ever knew, and he worked very hard and also painted everything each summer.

Junior high was very exciting, and at first, confusing. Two of the teachers who I admired most were Helen McKinsey and Reggie Surface. Mrs. McKinsey taught me for six years and probably influenced my life more than any other teacher. Mrs. Surface was an outstanding lady and a great role model. She started taking students to the Purdue Hall of Music at a very early age. This was our first exposure to symphonic music, which I have a great appreciation for now.

In high school we had a lot of great experiences, and we could participate in just about anything we wanted to. There were so few of us that they needed all of us to do anything! We thought we

got to do those things because we were so smart and popular, so we were building a lot of self-confidence...very important! When we were sophomores, we could hardly wait for the annual class basketball tourney. At the end of the two evenings of play, the sophomores were victorious over the seniors. Every year basketball became more a part of our lives, and in the back of our mind we all knew that we would win the Montgomery County Tourney.

Although the most exciting times were probably related to basketball, other activities were important, too. I was an officer in the Sunshine Society for three years. We had dances, learned about protocol, served at teas, and made cheer baskets every Christmas for the aged and needy. It was really lots of fun, and always on the evening of the last day of school before Christmas, we got to deliver all those baskets. Plays were lots of fun. We needed everyone to produce a play, so everyone got to help. I had the lead part in the junior and senior play, and when I was a junior, the seniors needed one more girl, and they asked me if I could possibly help them out... could I ever!

The entire year that I was a senior was an adventure...there are so many good memories. Walking to the drug store every evening after school...lots of other kids there also...the basketball boys would show up later after practice. In October, we started practicing for the Jabberwalk...what a production that was! There was a fall Sunshine convention at Crawfordsville High School. We started working on the yearbook and went to Demaree Studio to have our senior pictures taken, and sold ads for the yearbook the same day. We had the annual Mother-Daughter Tea, with Mrs. Surface always insisting on perfection and formality.

On January 23, 1954, our boys won the first County Tourney in the school's history. So many people came to celebrate...a huge bonfire, a day's vacation from school, and a victory dance. Pete Irwin was our coach, and everybody loved him. Our senior prom was nice, although as juniors we spent a great deal of

I really can't remember any bad times, although our junior magazine sales were a failure. One time we were instructed by Mrs. McKinsey to write ballads, but some of the boys just couldn't seem to get it all together...so I "helped" them by writing their ballads. Another teacher heard us talking about it, and Mrs. McKinsey made an example in front of the entire study hall. Also, Madonna McMurry

and I wore jeans to school one day. Mr. Bowerman, the principal, felt that it was in very poor taste and a bad example to set for the underclassmen. He very quietly talked to us for the better part of an hour about wearing jeans to school. I asked to go home and change immediately, and I knew that I'd never wear jeans again! The morning that our char-

tered bus left Darlington was quite a thrill for all twenty of us who went on the senior trip... ten glorious days in Pittsburg, Washington DC, and New York City for kids who probably hadn't been out of Montgomery County! All of us girls had a pair of pedal pushers...a real late fad. We were asked not to wear them on the streets of Washington DC, because women never wore anything but skirts in 1954!

Those were exciting times for a girl growing up in the 1950s!... With so much consolidation, I hope that we can still find ways to keep all the children active and happy and help them build their self-esteem."

Thanks, Sharon, for those wonderful memories!

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 wellknown artist and author of local history.

Waiting In The Shadows

I know that I tend to be hard on myself. Too hard, really. But honestly, there are times when I feel like on the road of life, I can't find my way out of the rest

There was a time when I thought I had it all figured out. Just do nice things for people, and the rewards will follow, even if they consist only of the personal satisfaction of a job well done.

The problem is that I never feel like I have done the job well . . . at least not well enough.

I believe part of the reason for my insecurity is that I've lived my entire life in the shadow of my father. Dad was a regular Joe in so many ways, but in others he was quite eminent. As a Central Indiana sportscaster, spanning a 40-plus year career, he mingled regularly with the top civic and

sports personalities of his day. If you don't know, Chuck Marlowe was the sports director at WTTV, the host of the Bob Knight Show, a 51-year veteran of the Indianapolis Motor Speedway Radio Network and so much

When the spotlight shone on the stardom around him, naturally a lot of the gleam landed on him as well. Dad deserved his celebrity.



JOHN MARLOWE With the Grain

He worked hard to get and share the stories with his viewers. When Dad passed away in 2016,

an entire community paused just a little bit to reflect on the joys he brought into their lives. What an awesome predecessor

I'm following! Nevertheless, when it came time for me to step into the sun, I found the glare to be quite intimidating. I do my best, but often it doesn't feel like I've done near enough.

Dad was always coming through for people. To say that he was "connected" was quite an understatement. Many times I watched him take a phone call from someone needing something: needing a favor, needing support for a worthy cause. Always the response was the same.

"Sure!" Dad said. "Let me

make some phone calls." I can't remember a time when Dad didn't come through. The box in the closet that I inherited from my father includes a plaque from a grateful Little League, a little trophy for being a judge at a school spelling contest, a signed thank-you card from nursing home residents for emceeing their wheelchair race, a tear-stained note from the father of a gravely ill son for making the child's dream of meeting his sports idol come true.

All are mementos of times when Dad never hesitated to take a stand for something he believed

was important. I, too, serve. However, I am a reluctant servant. I hate disappointing people. So when people ask me for a favor, or when I see a problem and step in, it is always with reservations. "I'm not sure what I can do," I'll hedge, "but

I'll try.' Consequently, my efforts also tend to lack enthusiasm, and the outcomes are never as successful as I wish. I seem to be afraid to let people's expectations of me ever rise too high.

So I surprised myself, last month, when my friend Scooter

Scooter was shaken and upset. He knows a young man whose home life is disturbing. He's going to college, but he's not sure he can take it anymore at home. Scooter wants to find a way for this young man -- a young man, who is exemplary by every account -- to begin the next chapter in his life safely and without the drama of his current condition.

"Can you help, John?" Scooter pleaded. "You know so many people who might be able to help.

Boy, I thought. If Dad were here, he could take care of this right away. He'd call his friend Jim at the bank, and the young man would have a loan for college. He'd call his buddies at his service club, and the young man would have a job. His friend Nico

would have a room. "Sure!" I said. "Let me make

some phone calls." Immediately upon ending the call with Scooter, I felt disinclina-

tion set in. Why did I get myself into what is obviously a messy situation? Yeah, I know people . . . but do I know the RIGHT people?

Nevertheless, I dove in, spurred on by the young man's heartbreaking story. I made call after call. I showed up in people's offices unannounced. And when I encountered a roadblock, with the help of my network, I found a way to roll it aside.

The result is that I believe we have successfully discovered a path for this young man to follow, if he so chooses.

For the first time in a long while, I feel satisfied with the effort I put in, and similarly satisfied with the outcome. It wasn't the perfect answer, but it was the best I could do. I finally feel a little warmth from the light that comes from doing a job, not without hesitancy, but with dogged determination.

I've learned something, too, as a result:

A man never knows how big of a shadow he throws until he stands up.

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

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Timmons Is Sick Of Hearing About Donald Trump

Let me be upfront here. I voted for the guy that seems to be the most loved / most hated man in America. If he and Joe Biden are the only two choices on the ballot, I'll vote for him again (and I am desperately hoping for better choices by then)

Sunday, August 7, 2022

But this aforementioned idolization and intense hatred of the guy is getting ridicu-

Is he the greatest president we've ever had?

Sorry, Trumpers, but you can't say that.

The measure of a president can't completely be made until they've been out of office a while – longer than this. It takes time to see what impacts different programs they spearheaded had. From the initial looks of it, Trump did a lot of things good for this country. How good, and how does that rank historically? We'll know in a few more years.

In the meantime, the Democrats and others keep fanning



TIM TIMMONS **Two Cents**

the flame of hatred. We're at a point where Trump could find a cure for cancer and there'd be something wrong with it. Think not? Remember it was Trump who fast-forwarded the vaccine while leading Democrats screamed from the rooftops that they would not take a vaccine under Trump or his FDA.

Meanwhile, say anything that even remotely questions the ex-president and his

supporters come out of the woodwork after you. Believe me on that one, I've got the e-mails to prove it.

Has there been a president in our lifetimes who inspired such loyalty, such hate?

Not that I can think of. Frankly, I have advocated for a pro-business president for a long time – dating back to Ross (I'm Ross, you're the boss) Perot. This country has had too many politicians for far too long. We're so far off course it's no longer funny, it's tragic. From the insane debt we are handing future generations to the purposeful dividing of the country to the term after term after term incumbents who have never held a real job (and gotten rich off our backs) . . . OK, let's stop there. We all know this list could go on and on. So how about if we just say that our country is on a bad path that will not end well unless

something dramatic changes. And a presidential election that further rips this country apart isn't it.

Thing is, it's not up to the Dems and the GOP. It's up to

It's. Up. To. Us. It's! Up! To! Us!

I think if the idiot leaders of both parties continue like this, and if a really viable alternative throws their hat in the ring, we might see the first non-Democrat or non-Republican president since the 1800s.

But more importantly than what happens in 2024 is what is happening now. We need, very much NEED with all capital letters, Americans to remember that the office is the bigger deal, not the man or woman. The country is the bigger deal, not the party. There is no party without the country and unless both the left and right stop trying to divide us further for their own gain, there may well not be a country.

We, as in we the people,

need to be the adults in the room. If we haven't learned by now that the hired hands in Washington aren't going to be, then stick the proverbial dunce cap on our heads and sit us in the corner. We need to remember a lesson many of us learned a long time ago - life ain't always fair and sometimes we just have to deal with it.

It doesn't matter what Trump said or did. It doesn't matter what Biden says or does. We're stuck with both whether we like it or not. But going forward? Going forward we have a choice.

Here's hoping we make that choice with clear heads and open hearts, not political bias and hatred.

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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I Have Got A Running Total Going At Walmart

"Where are you?" asked my wife when she called me on my cell

Sunday, August 7, 2022

phone one afternoon. "I'm in Walmart," I

answered. "Oh. Are you running

errands?'

"No, just running... or jogging, to be more precise. Running in the aisles is not permitted. I just heard a mother say that to her kid.'

"Why are you doing that in Walmart?"

At the time, I was not in the mood for a lengthy explanation, but here's the gist of it. It was 92 degrees outside—far too hot to exercise. I had considered going to Costco, but I forgot to bring my membership card and there are too many stations along



DICK WOLFSIE Life in a Nutshell

the aisles to sample food, which kind of defeats the point of exercising.

"Are you doing any shopping at all?" Mary Ellen asked.

"Oh, yes, over my right arm I have three T-shirts and I bought some hangers for my closet, which are in my left hand. I hadn't planned on buying anything, which is why I didn't take a cart. And this way I can go faster, although increasing my speed makes me look like a shoplifter.

I figured out that going a full lap around the store's perimeter is close to 1,000 steps, or about a half mile, but going up and down each aisle, I could easily log a full mile. After a while, I stopped to rest, because I was breathing heavily. I realized I shouldn't have taken my break in the lingerie department when I saw moms whisking their kids as far away from me as possible.

My jog was enjoyable. I began in produce and trotted through the

meat department where they had a good deal on ground turkey. I took a trip through the pharmacy. Then I zoomed through electronics, sped past Tire and Auto and toddled by the toy department. I picked up speed in the candy section to avoid temptation. I muscled my way through sporting goods and when I got to the cat food shelves, people were in the aisle sharing Instagram photos of their kitties. I slinked my way

After circling the store three times, a security guard came up to me. "What are you up to,

around them.

"About four miles an hour," I bragged. Didn't

even get a smile from him.

This reminded me of a time at the old L.S. Ayres when I bought a dinner jacket for a cruise my wife and I were planning. The clerk forgot to remove the security lock from the garment. When I left the store, the alarms went crazy.

"Where do you think you are going with that coat?" asked a security guard.

"Alaska," I told him. Apparently, my comeback wasn't funny then, either. Maybe it was the same guard.

Toward the end of my workout, I overheard several of the employees on the sales floor talking about me. I considered

hiding in a dressing room, but I wanted to reach my 15,000 steps and I am not good at running in place.

When I got to the check-out counter, the cashier said I owed \$26.50, but my T-shirts and hangers should have only amounted to \$22.00. "What's the additional charge?" I asked the cashier.

"Mileage," she told

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 – Do My Canadian Earnings Count Toward U.S. Social Security?

Dear Rusty: I am a 62 year old Canadian holding a green card and I have lived in the US for nearly twenty-three years. For 19 years prior I contributed to the Canada Pension Plan (CPP) which is the equivalent of US Social Security. I am contemplating retirement in the US and have been told that I can draw my old age pension from either the US, or from Canada, but I cannot draw from both.

My 19 years of contributions to the Canadian **Pension Plan are not** accounted for in the calculation of my U.S. SS benefits. Conversations with the U.S. Social **Security office suggested** that my contributions to the CPP would "probably" be applied to my U.S. pension upon application for benefits. However, the individual I spoke with was not sure how that would work. Do you know



ASK RUSTY Social Security Advisor

the process for having my Canadian earnings transferred to my U.S. SS account and how I might find out what my combined benefits will be? Signed: Retiring Canadian

Dear Retiring Canadian: Allow me to clarify how things work under the bi-lateral agreement between the U.S. and Canada. Although you worked and contributed to CPP while living in Canada, your earnings in Canada do not count when computing your

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

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U.S. Social Security benefits (nor do your U.S. earnings contribute to your CPP benefit entitlement). Although the bi-lateral US/Canada agreement permits earnings credits from both countries to be combined to gain eligibility for benefits, computation of benefit amounts in each country uses only dollars earned in-country. Thus, your U.S. entitlement is based only on your U.S. earnings.

dation.org.

Because of your years contributing to the Canadian program, you are also eligible to separately collect a CPP pension, and you can apply for your CPP pension through your local U.S. Social Security office by submitting SSA form CDN-USA1. Your local SS office can provide the correct form and needed guidance to apply for your CPP benefits. You should be aware, however, that collecting your CPP pension will impact the amount of your U.S. benefit because of a U.S. regulation known as the Windfall Elimination Provision (WEP). WEP

reduces the U.S. Social Security benefit for anyone who has a pension earned separately without contributing to Social Security (that includes some U.S. state & local government employees, as well as those who have a pension from another country).

Your U.S. benefit will be computed using a special WEP formula which considers the number of years you contributed to the U.S. program from "substantial earnings." Assuming you have 23 years of substantial U.S. earnings from which you contributed to the U.S. SS program, your U.S. benefit will be reduced by approximately 35%. Your CPP pension will cause WEP to apply, which will reduce your U.S. pension, but it cannot reduce it by more than 50% of your CPP benefit amount.

FYI, WEP and international benefits are complex topics, and it's

not especially unusual that SS representatives you first encounter (e.g., on the phone) aren't fully versed in how those benefits work. You may wish to make an appointment to apply for your CPP benefits in person at your local Social Security office and at the same time obtain more specific information on how WEP will affect your U.S. Social Security benefits. That may require speaking with a senior person who is well versed in WEP and international pensions.

Finally, be aware that at age 62 your U.S. benefit will be further reduced because you haven't yet reached your full retirement age (which is 66 years and 10 months). Be aware, too, that until you reach your full retirement age, you'll be subject to Social Security's earnings test, which limits how much you can earn before some benefits are taken away.

Butch Wonders About Those Senior Citizen Moments

Yes, folks, sakes alive, I'll turn 74 this October. Hard to believe...until I look in the mirror. I feel like I'm 40, and I still work full time and do the same things I did many years ago. My plan is to reach 100 and still have good health and a sharp mind. Perhaps you have the same goal. Age is a state of mind. However, according to various "experts", if you experience any of the following, you may be slipping:

1. When you fall asleep in your recliner, with your head back and your mouth wide open, does your spouse jiggle dead?



BUTCH DALE Columnist

2. Are the names in your "little black book" mostly doctors?

3. Have you ever knocked on wood for good luck...and then answered the door?

4. When choosing breakfast cereal at the look at the side label to

check the fiber content? 5. Does your back go out more than you do?

6. What is the first thing you do in the morning? Drink a cup of coffee to get your brain working? And then do you smile...and get it over with...so you can be grouchy the rest of the day?

7. After your doctor gives you a mammogram, does he make you promise to never appear in a topless film?

8. Do you get a queasy sensation from going too fast in a rocking chair?

9. Do you tell friends you aren't bald...that you just have flesh-colored

10. Do your kids start visiting more and doing lots of nice things for you...and then nonchalantly ask if you have a

will made up yet? 11. When you are cleaning out your ears with a Q-Tip and discover a Preparation H suppository, do you then realize where you put your hearing aid?

And then there are the FINAL signs...

12. Does your spouse insist that you both go out to eat at a nice restaurant twice a week...for companionship, good food, and a little wine... and you agree...and then she goes on Tuesdays

and you go on Fridays?

13. When your wife makes a batch of cookies and you start to grab one, does she smack you on the hand and say, "Stay out of those, we

are serving those at your funeral!"?

14. Your doctor receives the results of your tests. Does he inform you that you don't have much time left? So you ask him how long you've got...and he replies, "Ten." To which you reply, "Ten what? Months? Weeks? Days?" And your doctor continues, "Ten, Nine, Eight, Seven, Six....

My wife has asked me, "If I pass away before

you, are you going to get married again?" "Probably not, dear...but if I do, what would you think if I married a 25-year old sexy-looking beauty queen?" And she replied, "Well, at your age that could be fatal.'

I smiled and said, "Well, if my new bride dies, she dies."

Yes, I was joking. My wife did not think that was funny. OOPS!

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.







The Paper of Montgomery County

Sunday, August 7, 2022

Losing Everything, What Or Who Is Important?

By Dr. Glenn Mollette

What or who is important to you? The recent devastating flood in eastern Kentucky reminds us all that life can be swept away in a moment. Hundreds of families lost everything. One family lost their house and everything in it but lost their family – four children ages less than two up through eight were swept away by the raging flood. One woman who had also lost her house and everything in the house stated she and her family were alive and that's all that mattered.

None of us want to lose our houses and everything we've worked for most of our lives.



GLENN MOLLETTE Guest Column

However, it's all junk in comparison to our children and loved ones.

From the fires of California to the floods of eastern Kentucky to the devastation of Ukraine by Russia, Loss and devastation can come to us all. We don't want loss. We recoil from natural

disasters, invaders or diminishing health.

It takes a lifetime to pay for a house. Today, cars are often financed five years and more. People work hard to accumulate a few things. Little children, spouses and aging parents are not easy to come by. Most of the time we take everything we have for granted. When the floods of life literally wash away all that we have and love, the loss is

We really don't know the full extent of how painful loss is until we have lost it all. Recent flood victims in eastern Kentucky essentially lost it all. Many literally escaped with only the shirts on their backs.

Cancer can eat away at our lives. Other forms of diminishing health can take us down to nothing. Financial losses can make us miserable. A fire can destroy everything. Life can change and in a moment.

Sometimes we have warnings that life is on the way to changing. When it rains, we don't automatically think the water will become so deep that we will all drown. Some people in eastern Kentucky will never be able to enjoy a long night of rain because of what it may bring.

Overall, people would

like to live out their lives quietly and safely. Avoiding floods, fires and other life-threatening crises. Food to eat, something to wear and the enjoyment of people we love are most meaningful to us.

In the middle of life's devastations, we often look to God and ask why? If he is really so great, so good, and so loving then why would he send or allow eight or nine inches of rain to fall on the hollers of eastern Kentucky and sweep away little children? Did he go to sleep? Does he not care? Is he detached from what happens in the world? Is he really out there? Yet, as many

grieve, they will fall upon God as he is all they have left to get them through. An old saint of God who suffered through the storms of life once said, "I didn't realize God was all I needed until God was all I had.

Whatever or whoever you have today, don't take it or them for granted. Be grateful, give thanks. Love on your loved ones and be kind to all. Consider taking some of your stuff and giving it to someone who may have nothing. It will be good for you both.

Hear Dr. Glenn Mollette each weekday morning at 8:56 and 10:11:30 a.m.

Which Is More Extreme? The Evolution Of Abortion Positions

By Dr. David Ayers

In the land of the mainstream media, conservative and Republican positions on so-called 'culture war" issues are always "extreme," while they rarely raise such concerns about liberal and Democrat positions. They then "helpfully" suggest ways that Republicans could attract more voters by modifying their stances to, well, something pretty similar to Nancy Pelosi's.

That kind of biased coverage has been on full display since the Dobbs ruling overturning Roe and Casey. And all that even though the Republicans, at least at the level of the \cup .S. House and Senate, have exhibited far more viewpoint diversity on abortion. By a long

This patronizing approach was abundantly evident in a July 30 Washington Post piece by Hannah Knowles. The lead says it all: "Following the end of Roe v. Wade, many in the GOP have embraced uncompromising positions and loaded rhetoric out of step with mainstream public opinion." Not surprisingly, the article features quotes from moderate Republicans playing along, such as Christine Matthews, "a moderate Virginia Republican and longtime strategist for GOP candidates." Says Matthews, "Republicans have taken things too far.'

Really? Let's review a few facts.

First, abortions permitted for any reason at all, and literally up to birth, is about as extreme a position as one can get. That position places the Democratic Party alongside regimes like China and North Korea, and squarely against significant abortion restrictions in progressive wonderlands like Germany, France, and Sweden. One wonders if Prince Harry bothered checking the abortion laws in England, Wales, and Scotland before he took an obvious swipe at Dobbs in a speech to the

U.N. last month? Almost no abortions allowed after 24 weeks, and only if two physicians sign off on them? Harry's homeland is certainly more liberal on abortion than I would prefer, but even that is a lot stricter than Pelosi and company would accept.

Second, prestigious surveys keep showing that many Democrats and Independents reject the "anytime, anywhere, at any age, for any reason" abortion approach of today's Democratic Party. In the General Social Survey (GSS), for example, three out of 10 self-identified Democrats clearly indicated that women should not be legally allowed to have abortion for any reason whatsoever. They wanted some restrictions, not pure unlimited "choice." Also, 49% of Independents embraced the same view. In fact, more than a quarter of Democrats, and 45% of Independents, did not think that married women should be legally allowed to have abortions just

because they didn't want more children. These are abortion extremists?

Third, Dobbs did not illegalize abortions at all. It simply returned the matter to the states. How many people really think that in red states, where politicians wanting more abortion restrictions get elected or re-elected, are taking positions that the majority of their voters find unacceptably extreme? There is an easy way to settle that dispute, better than polling: We call it "free and fair elections." If voters don't like red state Republicans passing state-level restrictions on abortion, voters are free to throw them out.

I am old enough to remember the first Democratic candidate for president following Roe v Wade, Jimmy Carter, who called abortion "wrong." Later, his Secretary of Health, Education and Welfare, Joseph Califano, was outspokenly pro-life. In the Fall of 1976, the Hyde Amendment outlawing federal

funding of abortions was passed in the Democrat-controlled House by a lopsided majority of 392 to 93. As a senator and later vice president, Joe Biden supported Hyde; in fact, he did so well into his presidential campaign, before dropping that position halfway through 2019 as he faced withering criticisms from the other Democratic Party primary candidates, especially from Kamala Harris and Elizabeth Warren.

Moving into the 1990s, President Bill Clinton would say that abortion must be "safe, legal, and rare," a viewpoint even his wife Hillary adopted in her 2008 presidential campaign. Yet now even that statement is considered "extreme" by mainstream Democrats, as Tulsi Gabbard discovered during her 2020 White House run. We are now in a place where a woman in her ninth month of pregnancy could get herself photographed outside the Supreme Court with the words "Not Yet

a Human" written across her bare baby bump, and no Democrat politicians could find time to disown it. Among so many of them, abortion must be celebrated, not just regretfully allowed. We have gone from "safe, legal, and rare" to "shout your abortion."

It is pretty clear that right now, nationally and on the world stage, the **Democratic Party harbors** more abortion extremism than the Republican Party does. The funny thing is, Democrats might do much better electorally accepting more abortion restrictions than they appear willing to do. Even Jimmy Carter thinks so. And yet, any Democratic candidates who might try that approach would not be backed by their party. That is what I call an extreme abortion position.

Dr. David J. Ayers is the Fellow for Marriage and Family with the Institute for Faith & Freedom. His latest book is "Christian Marriage: A Comprehensive Introduction."

A Shell, The Porch Swing And A Screen Door

I reached down and pulled out a fresh water ovster shell from the branch next to Washington Road and ran up to my grandma who was leaning on a fence post nearby. "Is there a chance I can find a pearl?" She looked at it and said, "You already got one, and she's your mother.'

As I occupied my time exploring what types of rocks I could find, she was getting the mail from the box. After she closed the gate behind us, we walked back up the gravel drive to the worn white washed four-room farmhouse to which Grandma Kitty Bruce retired after selling the farm at the head of Sequatchie Valley. The little 18-acre place was near Dayton, Tennessee, and my grandma's siblings and their farms. The area was where her Mama Rachel and Daddy Phil moved when they migrated from Tellico Plains, Tennessee, in the 1800s.

She stepped up onto the front porch that ran the length of the front of the house. She leaned against the second porch post and looked back down towards Washington Road,



RANDALL FRANKS **Southern Style Columns**

almost retracing the steps that she had made in her mind.

My Aunt "Duck" (Norma Jean) came through the screen door. It banged loudly in her wake. She was fanning herself with a folded Dayton Herald saying, "It sure is hot today ... it sure is hot... What did we get in the mail? Is there anything in the mail for me?'

She sat down on the porch swing. I crawled up next to her, and grandma continued staring off into the distance.

It wasn't long before my mother Pearl came through the house wiping her hands with a dish rag saying, "Well, I've got the dishes washed. Now we got to see about getting this boy of mine

"Aw, Mom, I took one before we left home," I said.

"Yeah, and you are going to take one before we go to town too," she said.

The plan was already in the works and I didn't even know they were a-plottin' agin me... I had been running, jumping, and enjoying the morning. It wasn't even dinnertime, and I had already covered every inch of the place from post to post. While Mama was washing the dishes, she had been heating extra water to fill the wash barrel on the back porch.

She had pulled out a bar of grandma's lye soap and a bristle brush, and before I could say, "scat" I was belly deep in water feeling like that brush or the soap was ripping the skin right off with every stroke.

I can still hear her a saying, "This ought to run off any chiggers you might have picked up." 'Course, I had chiggers too a few times, and I believe the bath was worse.

That is one thing about bath day and clothes worshing day. They were sights to behold. When you got several folks in

one house all needing a good worshing and only one bath barrel on the back porch and you had to heat the water to fill her up, it took a lot of effort to keep the water replenished. Course, on real busy days that water

didn't get much changin'. When the clothes worshing was being done, it was soap, rub boards and worshtubs. 'Course, I do remember when Grandma got her an agitating worsher with a wringer on the top of it that you turned with a crank, and then you'd hang the clothes out to

dry. Eventually, everybody was ready and we'd all climb into the blue and white pickup truck mother, grandma and my aunt in the front and me in the back if I promised to be good and head to town, sometimes to the grocery, sometimes to the

dime store. I'd usually talk my grandma into gettin' a strawberry or grape Crush at the fillin' station. They sure did taste good on a hot July afternoon.

Occasionally, we'd just take off an go a-visitin'. Folks don't do that much

these days. That's going to some kin's house without being invited, sitting and gabbin' for hours. Maybe helping them pick apples or tomatoes. cut okra. Sometimes the women folks would turn in and help with the cannin' while the kids found adventures of their own or were put to work breakin' beans.

I remember what seemed like long walks to the outhouse, especially at night when you'd drather not make that journey unless you just had no other choice.

I can see my breath rising above the handmade quilts as I lay in the old metal post bed on cold mornings. I dreaded putting my bare feet on the cold wood floor. The only advantage to getting up was in knowing when I passed through the bedroom doorway, the kitchen would be warm. I could already smell the bacon fryin', the cathead biscuits in the stove and know that breakfast would soon warm my insides even though the outside was chilly.

This walk up that old gravel drive for me is a fond reminder of some childhood visits to

Grandma Kitty's farm in Rhea County. The time there was sometimes slow, sometimes sad, sometimes filled with joy or pain, and other times filled with angst; but no matter what the experience, it was a place that evokes a feeling of a rural South that used to be — when you wore your best to town, when you helped your neighbor, when though you may have disagreements among your kin, you came together in one accord when facing the outside world and you took care of your own.

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

Rural America Needs Investment In Home Construction And Repair

By Brian Depew, executive director, Center for Rural **Affairs**

Communities in every corner of the country now struggle with a lack of affordable homes, an ailment long associated with fast-growing urban areas.

A lack of affordable housing hamstrings rural towns' abilities to attract workers and slows business growth. Quality housing is also linked to health and well-being, and home ownership

remains a primary way working people build equity and ownership. Small towns need affordable, quality housing for people across the financial spectrum. Solving this shortage

will require multifaceted

solutions, community

involvement, and state

and federal investment.

For its part, the Center for Rural Affairs added single-family mortgage lending to our programs in 2021. We now make home ownership, rehab, and repair loans up to \$100,000 in rural Nebraska.

Home prices continue to rise even in rural communities that historically benefited from

lower housing costs.

You used to be able to

easily find a modest home in small towns in the Midwest for under \$100,000. Today, that's becoming a rarity.

Meanwhile, wage stagnation and inflation have pushed dreams of homeownership further

out of reach for many. Rural America has been slow to build new houses for various rea-

sons, including lack of

contractors, high cost of

importing materials, slim profit margins, low population growth, and poor economies of scale.

Our aging housing stock is now a challenge and an opportunity. Old homes tend to be more affordable to purchase but often come with a backlog of maintenance

issues. Recognizing the complex challenge, several Midwestern states made significant investments in workforce housing during their recent legislative sessions. Housing investment is also a priority for the Biden administration, though legislative progress has stalled.

Ensuring affordable and quality housing for everyone who calls our communities home is a critical development strategy in small towns. Want to Contact Us? 📵 U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 📵 ONLINE, www.thepaper24-7.com 📵 (765) 361-0100

Kroger Symphony On The Prairie Presents The Spinners And Three Dog

Night With Special Guest Danny Mcgaw

Symphony on the Prairie presents The Spinners. Timeless in a way that few other acts today are, The Spinners are one of the most iconic and enduring groups in R&B history. With a towering legacy spanning over six decades, The Spinners have never lost their universal appeal. In 2021, they returned with their first all-new original album, the aptly-titled Round the Block and Back Again. The group created and came to define the smooth sound of Philadelphia Soul, channeling the highs and lows of romance and heartbreak into a catalogue of classic hits, beloved across generations. Throughout the years the Spinners continue to top the Pop, R&B and now Adult Contemporary Charts, with smash singles like, "I'll Be Around," "Could It Be I'm Falling In Love," "Then Came You," "The Rubber Band Man," and many more-earning Six Grammy nominations, 18 Platinum and Gold Albums, a Star on the

Sunday, August 7, 2022

On Friday, Kroger

process. On Saturday, July 30, Kroger Symphony on the Prairie presents Three Dog Night with special guest Danny McGaw. Legendary music icons Three Dog Night, celebrating nearly 5 decades, claims some of the most

Hollywood Walk of Fame,

and selling millions of

records worldwide in the

astonishing statistics in popular music. In the years 1969 through 1974, no other group achieved more top 10 hits, moved more records or sold more concert tickets than Three Dog Night.

Three Dog Night hits wind through the fabric of pop culture today, whether on the radio, in TV commercials, or in major motion pictures—songs like "Mama Told Me (Not To Come)", "Joy to the World", "Black and White", "Shambala" and "One" serve to heighten our emotions and crystallize Three Dog Night's continuing popularity. The group's eclectic taste, combined with its ability to recognize and record hits in a unique, distinctive and appealing style, resulted in Three Dog Night dominating the charts for years.

Performing with Three Dog Night is guest artist Danny McGaw, a singer-songwriter, multi-instrumentalist, producer, and sound engineer. Danny's voice packs an emotional charge that commands any room. Whether it's intimate acoustic ballads or explosive folk-rock anthems, his incisive lyrics and emotional intensity leave an unforgettable impression. General admission lawn seats, reserved seating, tables, and seats in the Huntington Bank Sunset Lounge are available for purchase.

Performances begin

at 8 p.m. EDT, each evening at Conner Prairie. Gates open at 6 p.m. EDT. Proof of negative COVID-19 test or COVID-19 vaccine will not be required to attend. Masks are optional at Conner Prairie. For more information regarding the policies of Conner Prairie and to review the FAQ, please visit the ISO website.

About Kroger Symphony on the Prairie Gates open at 6 p.m. EDT and the concerts begin at 8 p.m. EDT each evening. Date-specific tickets must be purchased for each concert. Visit the ISO's website to purchase tickets and visit the Conner Prairie FAQ page for more information. You can also contact the Hilbert Circle Theatre Box Office at 317-639-4300. Special thanks to our generous partners at Kroger for their continued support of Symphony on the Prairie. The ISO is also grateful for the continued support of Huntington Bank as the Presenting Sponsor of the Sunset Lounge.

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, educa-

tional, 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.

About Conner Prairie Conner Prairie is the destination for living history, inviting guests to step into the story and actively experience the connection between today and yesterday. With more than 1,000 wooded acres on the White River, Conner Prairie offers education and adventure to more than 400,000 visitors of all ages each year. As Indiana's first Smithsonian Institute affiliate museum, Conner Prairie provides both outdoor interpretive encounters and indoor experiential learning spaces, melding history and art with science, technology, engineering and math. A 501(c)3, nonprofit organization, Conner Prairie is accredited by the American Alliance of Museums, and relies on grants and philanthropic donations from individuals, corporations, and foundations to fuel its sustainability and growth. For more information, visit Conner Prairie's website.

Classic Cars, Vintage Planes And Country Music Fill Mansfield's Fantastic **Final Friday Weekend** ron.org/book.

Travelers will want to plan a trip to Mansfield Aug. 26-28, when a jampacked weekend filled with fantastic times offers loads of opportunities to make memories with family and friends. The action actually gets rolling on Wednesday, when the rare and massive WWII planes of the Air Power History Tour fly into Mansfield Lahm Regional Airport. The Final Friday live concert at the Brickyard and the Heart of the City Cruise-In round out the weekend fun.

Mansfield Lahm Airport Day

The first of what's expected to be an annual event in Mansfield will show off the area's updated Mansfield Lahm Airport on Saturday, Aug. 27 from 9 a.m. - 3 p.m. Designed to spark and interest in aviation among young people, free Young Eagles Flights are offered to attendees age 8-13 who've never been on a plane, starting at 9:30 a.m. Registration for these limited flights is recommended and opens at 1 p.m. Aug. 19 at yeday.org. A Food Truck Rally will host nearly a dozen different offerings, while the special KidsZone bounce houses and interactive inflatables are staffed by members of the Civil Air Patrol. An area showcasing the businesses of Mansfield Lahm Airport will introduce all

that's new at the airport. Aug. 24-28, the sights, sounds and stories of World War II aviation fly into the airport as the AirPower History Tour brings five of the era's most important aircraft the main terminal ramp. The tour is open 9 a.m. to 5 p.m. daily and access is \$20 for adults, \$10 for youths age 11-17 and free for kids age 10 and under. Details and tickets are found at airpowersquadron.org/ mansfield-ohio. Presented by the Commemorative Air Force, the tour gives visitors a rare opportunity to view aircraft up close and to tour B-29 and B-24 cockpits when the aircraft aren't flying. The CAF is a non-profit educational organization dedicated to honoring American military aviation history by keeping these majestic aircraft flying and through exhibition and remembrance. A highlight is a ride aboard any of five iconic 1930s-1940s aircraft. Advance reservations are recommended. with 20- and 40-minute ride prices ranging from \$299-\$3700/person. Rides are available in the B-29 Superfortress "Fifi," B-24 Liberator "Diamond Lil," T-6 Texan; PT-13 Stearman and P-51 Mustang "Gunfighter." Ride schedules and booking is available online at airpowersquad-

Final Fridays Concert in the Brickyard:

The wildly popular Final Friday Concert Series takes place in the historic downtown Mansfield's Carrousel District. Friday, Aug. 26, 2022, an all-country line-up includes Jose Sanchez, Tom's Kitchen Table, and County Line, who take the Brickyard stage at 5:30 p.m. Guests often bring their own chairs to this popular outdoor arts and cultural venue. where local craft beer and food trucks draw lines of hungry and thirsty music lovers. Once a bustling commerce and warehouse district, the area faded, leaving deteriorated old industrial buildings, long past their prime. Local visionaries developed the Brickyard to create a downtown cultural center. Today, a live music stage, farmers markets and pop-up shops have replaced the wholesale demolition of littered

alleys and piles of bricks. Heart of the City Cruise-In:

The 25th anniversary Heart of the City Cruise-In rolls into downtown Mansfield, Saturday, Aug. 27 at noon and runs through 8 p.m. One of the state's largest car shows, the event features drool-worthy cars, trucks, and vans, competitions with trophies, show favorites, a 50/50 raffle, live music and great food. Held rain or shine, entrants in this massive antique car show cruise up SR 13 from Central Park. With the hundreds of cars lined up to strut their stuff, the parade will feature every imaginable antique vehicle, plus some modern stunners, from a 1920s Model T, a 1933 Plymouth PD Coupe or a '65 Ford Shelby GT350, to a rare 1964 Chevy Corvair Rampside, a 1920s Packard Roaster or the 1957 Chevy 210. Live entertainment will have some of that same vintage flare, with hometown 1960's rock bands Ohio Express, Music Explosion, and The Cyrkle, along with Journey cover band Departure. Anyone who wants to show off their ride can register at the show at 9 a.m. for \$15.

A destination unlike any other, Mansfield, Ohio offers unusual travel adventures and experiences, such as spending the night in a haunted former state prison where Hollywood blockbuster movies are shot, worldclass motorsports, skiing, hiking, biking, golf, and loads of other outdoor adventures attract families and visitors of all ages. Complete visitor information, lodging details and free visitor guides are available at destinationmansfield.com.

Tribute To The Statler Brothers

American Pride, a tribute show to the Statler Brothers returns to the Boot City Opry on Saturday July 30th. A song "The Class of 57" written by brothers Don and Harold Reid propelled the Statler Brothers to

the top of the country charts and earned them Country Group of the Year in 1972. In addition to "The Class of 57" the Statler's recorded many hits including, "Flowers on the Wall", "Do You Remember These",

"Elizabeth", "I Still Miss Someone", "Bed of Roses" and others.

Today the quartet, American Pride, relives the memories of the Statler Brothers with their musical tribute

the Statler Brothers, the American Pride quartet has a set of brothers that started their careers with southern gospel. American Pride presents a very exciting and professional that includes many of

5 Tips To Ride Motorcycles Safely And Comfortably

(Family Features) A warm day on the open road is a dream opportunity for riders, whether it's a longer trip or a quick jaunt through town. Regardless of the adventure, and no matter what you ride, a thrilling ride is a safe ride.

Whether you're new to the open road or a seasoned veteran, remember to follow best practices for safe riding like those outlined in the Responsible Rider program from BRP, makers of Can-Am 3-wheel vehicles. The program prioritizes being an attentive rider and always considering safety, the environment and riding etiquette from highways to city streets and everywhere in-between.

As a rider, you are part of a global community and a steward of the open road. To keep your ride safe and comfortable, consider these additional tips:

Wear the Right Gear While your fashion statement is largely a matter of personal preference, there are some safety items designed to protect your health and well-be-

ing that should be worn. Protective riding gear helps keep you safe while enjoying the open road.

Full-hand gloves, riding boots that cover ankles, pants and jackets help protect against wind, sun, cold, heat and flying objects such as bugs or rocks. Drivers and passengers should also wear an approved helmet and eye protection to prevent injuries to the head, brain and eyes.

Choose a Proper Helmet Every rider should wear a helmet, and the abundance of options available can make it tough to decide what's best. Start by looking for a DOT Certification sticker, which means the helmet meets the strict safety standards of the Department of Transportation.

• Full Face: This style of helmet provides protection for the head and neck with a fixed chin that helps absorb impact. Simply slip it on and adjust the visor.

• Open Face: Helmets like the Can-Am N21 are usually worn with goggles or a small integrated

shield. This option provides ultimate freedom on the road.

 Crossover: These helmets are easy to personalize based on ride intensity and weather conditions. Crossover helmets can be configured in numerous ways by transforming from full face to jet, which keep it breezy with a full field of view.

Maintain Your Hairdo Keep hair out of your face. If you have longer hair, choose a hairstyle that's high and away from your eyes like a low bun, simple braid or ponytail. Secure hair at the nape of your neck and, when possible, wear a neck gaiter around the back of your head and across your nose to keep loose hairs secured. Bonus tip: Keep a compact brush on your ride so you can brush your hair upon arrival at your destination.

Prepare Appropriately for Riding Conditions

Weather is unpredictable, and you should be ready for whatever Mother Nature throws your way. Regardless of the forecast, always make

a plan for unforeseen conditions like wind and rain. An easy way to stay prepared is to keep a small packable jacket on your ride so you're never left without an extra layer.

their greatest hits. Like

Cooler conditions call for warm yet lightweight gear such as a base layer with additional light layers over the top like a jacket or thin vest. Hotter days require vented clothing that allows airflow to keep you cool and dry.

Consider Your Passenger's Safety

The most important rule for packing a passenger is ensuring your bike has a specific seat intended for a second rider. Be aware of how the added weight can affect the handling and behavior of the vehicle.

Generally, riding with a passenger requires more gradual riding from acceleration and braking to steering. Instruct your passenger how you prefer him or her to ride with you to ensure the most enjoyment possible.

Find more responsible riding tips at can-am.brp. ThePaper24-7.com

Montgomery County's Most Wanted

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







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

WANTED



Thomas W. Farley II

Born 1991
Charge: FTA Possession of Methamphetamine/Carrying
Handgun w/out license



WANTED



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

WANTED



Born 1990 Charge: FTA Possession of Methamphetamine (Level 6)

WANTED



Born 1995 Charge: P/V Escape

WANTED



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

WANTED



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

WANTED



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

Please Read Our Disclaimer:

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

Notice:

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

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

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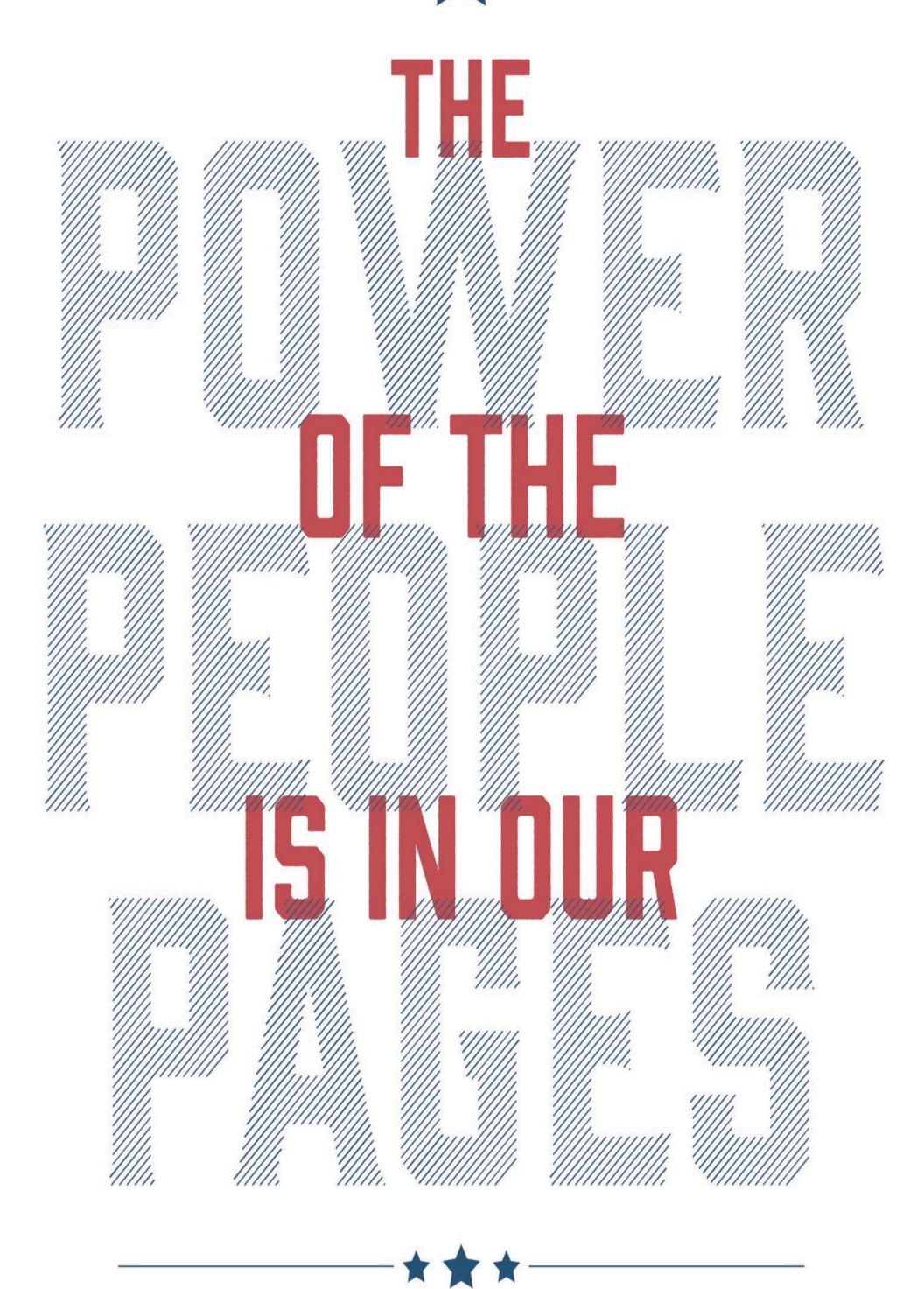
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