# OF MONTGOMERY L'COUNTY

Montgomery County's oldest locally owned independent newspaper

# Pilgrimage To The Holy Land



TIM TIMMONS
Two Cents from The Holy Land

### Holy Land Pilgrimage Off to Good Start

The biggest thing I'm being asked is what's our first impression of the Holy Land. Four words.

Jet. Lag. Is. Real.
The time difference is seven hours, so when we arrived at 7 a.m. Hoosier time, it was already midafternoon in Tel Aviv. Got to say though, the folks at Delta treated us very well and other than some less-than-friendly TSA agents in Boston (for which I blame the

food were all good.

But that jet lag thing made Sunday kind of a lost day. None of us, my wife, sister-in-law and me, slept well. But by Monday morning we were ready to go.

New England Patriots),

the service, flights and



Photos courtesy of Tim Timmons

Photos courtesy of 11m i

thorns.

When you are standing at the bottom of Hermon

how easy it was for them to make the crown of

at the bottom of Hermon Mount, the sheer size is almost overwhelming. You are at the bottom of a large rock face - and you understand that at one time this was said to be the gate to Hades, thus the reference from Matthew. Walking up the path to stand where the trail ends and the rock begins makes you wonder - is this the spot Jesus stood when he said those famous words?

We also spent a lot of time today in what you know as Capernaum where He healed Peter's mother-in-law.

And we stood there.

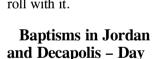
Right there.
We drove to the Golan
Heights, passed within 10
miles of the Syrian border and saw Lebanon just
one hill away. We drove
by old bunkers from the
1967 Six Day War and
crossed the River Jordan
several times. Turns out
that it's not really a river
either. It's just not that
big.



Timmons wasn't sure what to make of the fish

Speaking of water, the day really did wrap around the sea that isn't a sea. We got into a wooden boat and went for a short ride - asking our guide if the place where Jesus walked on water was known (sadly, he said no) and we ate fish for lunch. I stared at a complete fish, from head to tail, on my plate and noticed he was staring right back at me. But the Israeli owner of the restaurant said God bless the USA, so I respectfully said nothing and ate the fish, tried the dates and had the strongest coffee I ever tasted.

It went along with our theme this week – just roll with it.



Wednesday was more or less a travel day. We left Tiberias early in the morning with a scheduled stop at the "River"

Four

Jordan.
River is the key word, or actually, incorrect word here. As our guide explained, the Nile is a river. The Euphrates is a river. Jordan is just the

Jordan.
May be, but it is forever famous in biblical and world history. John the Baptist baptized Jesus Christ in the Jordan.

Mark memorialized it:

"In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And when He came up out of water, immediately he saw the heavens opened and the Spirit descending upon him like a dove, and a voice came from the heaven; Thou art my beloved Son; with thee I am well pleased."

Mark 1, 9-11

See TIM Page A2

### This sign showed progress on the excavation of old Nazareth.

From there we headed to Nazareth, Megiddo (the site for the final battle of Armageddon), Mt. Carmel and of course the Mediterranean.

Breathtaking doesn't begin to describe.

At one point I was standing on an overlook, Megiddo straight in front of me and Jerusalem a little off to the side. To think about the coming battle that will take place at the end of days filled me with a sense of awe and wonder.

Actually, the whole day did.

At Nazareth, we



This is the rock on which Jesus said he would build a church. Below, this statue of Peter stands just feet from where his house once stood.

### Under a House – Day Three

Shalom from Hermon Mount, the site we know from Matthew where Jesus said, "You are Peter and on this rock I will build my church, and the gates of Hades will not overcome it."

That was the highlight for me on this third day

in Israel.

We began and ended the day in Tiberias. In between we traveled around the Sea of Galilee – which isn't really a sea at all. It's actually a lake that's about 14 miles long by seven miles wide. It's been called a sea, according to our tour guide, because of a mistransla-

We started day three at the site of the Sermon on the Mount of Beatitudes. I hate to be repetitive, but the feeling of walking where Jesus Christ walked is unlike anything I have ever experienced.

Next we stopped at Caesarea Philippi where Peter first declared that

"this is the Christ."

And our day was just starting.

As we drove from site to site, this reporter could not help but notice how every hillside and many flat areas were



littered with rocks. Large boulders to small pebbles – and everything in between, they were everywhere. It brought to mind a scene from The Chosen where two of the apostles were clearing a field of rocks. Seeing how many there are in person put that in a whole different perspective.

you also notice how many thorny bushes and trees there are – prompting our guide to remark - but here it is spelled Capharnaum - the city where Jesus chose five apostles - Simon (Peter), Andrew, James, John (all fisherman) and the tax collector Matthew. Capernaum was also the site of Peter's home - the very site which is still there today. This is the place where the paralytic was lowered through Peter's roof so Jesus could heal him and the site

### ⇒ TODAY'S QUOTE

"Amateurs sit and wait for inspiration. The rest of us just get up and go to work." Stephen King

The setting son Monday over Megiddo, the site for

walked through the

underneath was an

Church of the Annunica-

tion, a shrine devoted to

the Virgin Mary. As if

excavated area of Naz-

areth dating back to the

time Jesus Christ walked

the streets. He spent 25

years or so in Nazareth.

It's not a stretch to think

we could well have been

looking at where the son

The pilgrimage contin-

ues tomorrow with a trip

to the Sea of Galilee, the

Golan Heights and the

place where Jesus said,

On a Rock and

"On this rock I will build

of God walked.

my church."

that wasn't neat enough,

Armageddon.

And what a day Mon-

Old Town Jaffa, believed

to be the oldest port city

in the world. The apostle

Peter spent time here, as

and the whale. We toured

and left not long after for

Caesara, the capital of Ju-

We also learned that it

did Jonah, as in Jonah

the Church of St. Peter

dea under the Romans.

was the first day of the

World Cup – something

we saw evinced multiple

ing in the streets here.

during excavations in

Ceasara, the names

there.

time with people celebrat-

We also learned that

Pontius Pilate and Herod

were found, historically

documenting their time

day was. We began in

### **⇒** TODAY'S JOKE

What do you call military troops who survived pepper spray and mustard gas?
Seasoned veterans!

### **⇒ TODAY'S VERSE**

Psalm 119:9-11 "How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you." (NIV)

### **⇒ TODAY'S HEALTH TIP**

Not wearing a seatbelt because you think they're dangerous? Ask emergency personnel why nearly 100% of them wear theirs. 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

Snow? Yeah, I know it's time – and no offense to those who like the white stuff – but I miss summer!







### **OTIM** From Page A1



The amphitheater at Bet She'an held 6,000 Romans in the capital of the Decapolis.



The sun silhouettes the steeple at the Church of the Nativity



The tunnel at the base of the Western Wall is fascinating.



Where did this path lead in the Garden of Gethsemane?



The Waling Wall has two sections – one for men and the other for women.

A minister from our group did the honors and a handful of fellow travelers donned swim wear with white robes (rented for \$20) and the group took stairs down to the water. Over the next 30 or so minutes, each was ceremoniously immersed in the water, confirming their faith.

A few others went down to the water and put hands and feet in – in their own personal and private way.

From there we took a short jaunt to Bet She'an, a Roman city once known as the capital of the Decapolis. We saw the very well-preserved ruins of an ancient amphitheater that held 6,000 and was home to Roman theatrical productions. Overall, the city covered a large area and had things like an arena for chariot races and public and private bath houses.

Right after that was lunch, a delicious schnitzel – chicken in pita bread with cucumbers, lettuce, tomatoes, peppers and sauce. It was so good my wife let me eat mine and part of hers!

I mentioned it was mostly a travel day. After the morning activities, we boarded the bus and went from the Sea of Galilee in the north to the lowest place on earth, the Dead Sea. We basically went from the top of the country to the bottom – although you have to understand that Israel is

only 260 or so miles from top to bottom.

We passed a few security checkpoints with armed members of the Israeli Defense Forces manning their posts. Our guide explained that as we entered the West Bank the area is also partly controlled by the Palestinians.

The time on the bus seemed long, but it also made you stop and think – Jesus and his Disciples walked much of what we were driving. What was minutes and hours to us was days and weeks to them.

### Day Four Unlike Any Thanksgiving Before

Thursday marked the most untraditional of Thanksgivings. But what a day to be thankful for.

Our first stop after leaving the Dead Sea was Masada. If you don't know the story, you would be hard pressed to find one with more drama, courage and sacrifice. If you do know the story and have never been, it's this reporter's opinion it is worth adding to the bucket list.

Briefly, Masada was a fortress on top of a mountain in the Judaean Desert of southern Israel. Herod, as in Herod the Great, built a royal citadel on it for his family. However, after he died, the Jews took back the mountain in

a surprise attack and held

on to it for years. But when Rome decided to retake the mountain, the almost 1,000 on top had a choice to make. It was clear they could hold on for a while, but at some point, Rome was going to win.

Elazar Ben Yair, according to multiple records, gave a stirring speech about the choice to live (and die) in freedom, or to live as slaves to the Romans. The Jewish people of Masada chose Freedom. So 10 numbers were drawn and the 10 men chosen were tasked with taking the lives of their fellow citizens. When that was done, lots were cast again and one man killed the other nine and then took his own life. When the Roman soldiers arrived the next day, they found almost 1,000 bodies and the Jewish people had a story for the millennium. Some two thousand years later, our tour guide said the Israeli military still says, "Masada, never again.'

From there it was a bus ride through the desert. We passed Bedouin encampments, a herd of perhaps 20 or 30 camels, multiple shepherds herding sheep and goats and even a small ibex – a relative of the deer family, from the looks of it.

We made a short stop at the Oasis of Ein Gedi, a place where David hid from Saul (Samuel 23) and wrote several Psalms



A rainbow seemed symbolic over the town of Bethlehem.

while doing so.

We next went to Oumran, the area where the Dead Sea Scrolls were found – another breathtaking site. In 1947 ancient biblical texts were found inside old pottery in caves. The discovery changed - and confirmed much of what we knew of the Bible. We were going to take a hike through the oasis, but a prediction of rain closed the area. Apparently, in the area there, it does not take a lot of rain to create flash floods down the mountain. A group of nine college

kids were killed exactly that way in 2018. Had the day ended there, it would have been a great one. It didn't. Less than an hour later we went over a hill and there, in all its splendor, was the Holy City, Jerusalem one of the oldest cities on the planet. We will spend the remainder of our trip here – and still not get to see everything. When you think about it, it's the site Abraham thought he was supposed to sacrifice his son Isaac. David took the city with his army around 3,000 years ago. Jesus came into the city in a celebration that we now

know as Palm Sunday.

Pontius Pilate sentenced

Jesus to die there – and

he was crucified. The

indeed it is the city where

Jews built their temple there. The Muslims took over.

The events. The history. The magnitude.

Even the day before we arrived an incident of terrorism took place as a bomb killed a young teen and wounded almost two dozen others.

So with security heightened, we made our first stop the Western Wall also known as the Wailing Wall. The base of the wall sees people - many Jews, yes, but people from all over - praying and leaving notes to God. And at the top lies at worst an enemy and at best an uneasy relationship with a neighbor, the Muslims. We were given time to pray if we wished – I did – and then went on a fascinating tour of the Western Wall Tunnels, a long and ancient tunnel that lies at the base of the Western Wall.

Western Wall.
Hard to say if there are any non-believers in our tour group. But if there were, it'd be a bigger challenge to remain that way after everything we've seen. This visit takes events off the pages of the bible and makes them real. It's history, plain and simple.

plain and simple.

In the next couple days, we'll visit Bethlehem where Jesus was born as well as explore further

into the Old Town section of Jerusalem where Pilate's order to crucify Jesus was carried out. As our guide said, all these amazing things happened and came together right around the time Jesus was here – it has to mean something, doesn't it?

### Day Five From The Manger In Bethlehem

As our trip reached its penultimate day, we are finally getting to the major sites in the life of Jesus Christ.

Today began with a trip to the Mount of Olives - a place with so very many important historical events. It's from here that Jesus ascended into heaven (Acts 1). Right across the Kidron Valley is visible the Eastern Gate to Jerusalem where Jesus triumphantly rode a donkey on palm leaves in what we now know as Palm Sunday. We visited Dominus Flevit where "the Lord wept" as he gazed over the Holy City. We continued on Palm Sunday Road to the Garden of Gethsemane that has some olive trees reported to date back to the time of Christ.

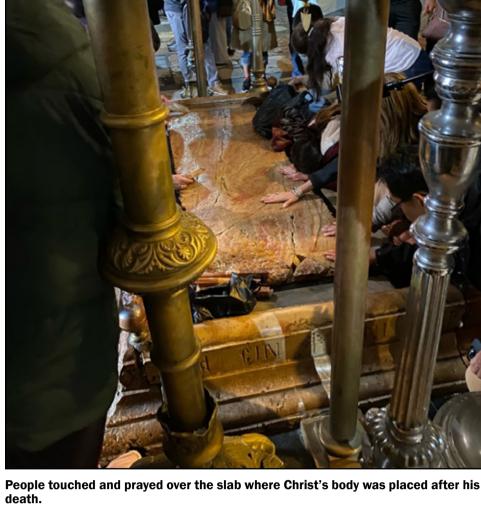
If only these trees could tell their tale. Did they witness Jesus praying

See TIM Page A3

### From Page A2



It's not unusual for some people to carry smaller crosses along the path Jesus took.





The arches surprised this reporter at the Upper Room, the site of the Last Supper.

I was angry over a place in line.

The lessons today did not stop with the tour guide.

### Israel trip ends at the site of the crucifixion and tomb

What's the old saying, save the best for last?

On our final day of the Holy Land tour and personal pilgrimage, we began the morning at Ein Karen, the birthplace of John the Baptist, or John the Baptizer as some refer to him over here. We talked a lot about John this week, including his beheading by Herod Antipas.

In the Old City, we visited the Upper Room, the room where Jesus and His Apostles ate the Last Supper. To stand in that room, look around and realize the magnitude of what happened here is very hard to describe. For some in our group, it was just another stop. For others, the historical and religious impact that came out of that one simple room could not be overlooked.

As for the room itself, it does not look like what you have seen in Leonard da Vinci's famous painting. Instead of rafters and right angles, the Upper Room has arches. Perhaps when da Vinci painted it in the late 1400s it was different?

Followers of The Chosen may recall a scene where Jesus cured a cripple by a spring pool, telling the man to pick up his mat and walk. That was called the miracle at

Bethesda and it was our next stop. The site, is also said to be the birthplace of the virgin Mary. A church stands there now commemorating the event which is also under some

dispute.

From there it was on to the Muslim Quarter and the Via Dolorosa - the hall where Pilate held Jesus on trial as well as the path Jesus carried his cross to his death. The stations of the cross are displayed along the way. There was one place just after the Fifth Station (where Simon the Cyrenian was tasked to help Jesus carry the heavy cross) that had an indention in the rock. Our guide told us that it wasn't in the bible, but it is said that is where Jesus put his hand

to catch his balance. Before we arrived at the site of the crucifixion, I can tell you that it was a long walk, most of it uphill. We were winded by the time we got there - of course understanding that we weren't carrying a cross made of wood that may have weighed as much as 300 pounds.

I can't stress enough how surreal the entire experience was - standing, walking, touching the same places the Son of God did. To say it was a humbling experience would be a huge understatement - at least for some.

We entered the Church of the Holy Sepulcher and wound our way through the crowd to the site of the crucifixion. Yes, there is some dispute on the actual site (more on that later), but this seems to be the

leading candidate.

It was an honor to be able to kneel, place my grandmother's rosary and my hand on the site and offer a quick prayer. I suppose for every person that means something different and I would never pretend to speak for anyone else. All I can say is that it was a moment this reporter will never forget.

That is equally true a few minutes later when we knelt by the slab where His body was laid after He was taken down from the cross and before he was taken to the Garden Tomb – a site we visited as well.

Like many sites we saw this week, there is some dispute on what was exactly where some 2,000 years ago. We were told that even scholars and archaeologists can't come to agreement. With that understanding, we visited the other place people claim as the location of the crucifixion, Golgotha. Our guide tried to explain that those who think this is the actual site have some circumstantial evidence. First, it's near a street and the guide said the Romans wanted executions to be visible to many. Second, some accounts say the crucifixion took place near a garden. In fact, one was just yards away. Jesus' tomb is in that garden. As we all know, his body laid inside for three days until he rose from the dead in fulfillment of the scriptures. A large rock that was rolled away from

nearby. We were allowed to go

the small opening was



Golgotha is translated into the skull. Is it where Christ was killed?



The site most believe is the crucifixion is inside the Church of the Holy Sepulcher.

inside - another unforgettable moment.

Our week-long pilgrimage ended as we left the tomb. We boarded the bus and returned to our hotel. A long flight home awaits and plenty of time for contemplation and reflection.

Like everyone, I have been on multiple vacations in my life. From the backseat of the family car with Mom and Dad to early trips with my new bride to Disneyland with our own kids and more. This was unlike any trip I've ever been on.

The questions I faced when this pilgrimage started weren't so much about my faith as they were about the priority it held in my life. After seeing not just the historical relevance of the life and death of Jesus Christ, but the daily sacrifices and conviction held by so many in this holy land I certainly feel a renewed commitment – perhaps a better understanding of what the Son of God and the Son of Man did for our world. And like I said when

this pilgrimage began, it's

not my place to tell you what is right and wrong and what you should or should not believe. That is a personal choice we all must make. But I can tell you this, if the idea of seeing the Holy Land is on your list of things you might do, it's highly recommended.

Sagamore News Media's Tim Timmons is on a pilgrimage to Israel and the Holy Land. He will be writing occasionally during the trip. Timmons can be contacted at ttimmons@ thepaper24-7.com.



The PAPER Visit us online:

thepaper24-7.com



Sunday, Dec. 4, 2022

### **Carol Esther Haskell**

May 29, 1947 - Nov. 24, 2022

Carol Esther Haskell of Crawfordsville passed away Thursday night at Hickory Creek Nursing Home. She was 75.

Born May 29, 1947 in Queens, New York, she was the daughter of Ralph G. Durrschmidt and Esther Elizabeth Graulig Durrschmidt.

She graduated from high school in North Port, New York. She married Raymond Haskell on Sept. 20, 1969 in North Port, New York and he passed away May 28, 2014.

Mrs. Haskell loved NASCAR, specifically Kurt Busch, whom she corresponded with regularly, along with members of his team. She

served her country in the U.S. Air Force. She also served as a crossing guard in New York, which was part of the police department. She spent much of her time as a stay-at-home mom and she loved her family very much.

Survivors include her son, Michael (Kimberly) Haskell of Crawfordsville; two daughters, Donna (Scott) Spagnoli of North Port, Fla. and Elizabeth Medina of Phoenix; three sisters, Nancy, Gail and Janet; three granddaughters and four grandsons.

She was preceded in death by her husband, Raymond Haskell; her parents; two brothers, Rich and Paul Durrschmidt; grandson, Logan Haskell; and one son-in-law.

There will not be a public visitation. There will be a graveside service with military rites on Tuesday, Nov. 29 at the Danville National Cemetery at Noon local time (1 p.m. Indiana time). Arrangements were entrusted to Burkhart Funeral Home.

Online condolences may be made at www.BurkhartFH.com.

### **Dorothy A. Mitton**

March 16, 1933 - Nov. 22, 2022

Dorothy A. (Ingalsbe) Mitton, 89, formerly of Veedersburg and Waynetown, passed away in the Fountain Springs Assisted Living in Covington on Tuesday, Nov. 22, 2022 at 9:55 p.m.

She was born in Hope, Ill. on March 16, 1933. She was the daughter of the late Lankford Andy and Mildred Marie (Daily) Ingalsbe.

She was raised in Mellott and graduated from Richland Township High School. She later lived in Veedersburg and for the past twenty years in Wayne-

On Feb. 14, 1953 Dorothy married James Walter Mitton at the home of her parents in Mellott. Jim preceded her in death on Sept. 6, 2022.

She worked as physical therapist for the former Community Hospital in Williamsport and more recently at the Ascension St. Vincent Williamsport Hospital. She was a member of the Sterling Christian Church. She and her husband were a part of the Hub Nuts Camping Club. She was a former member of the Hope Chapter Order of the Eastern Star.

Survivors include two sons, David (Billie) Mitton, Williamsport and Darrell (Jackie) Mitton, Lafayette; a sister, JoAnn Herron, Crawfordsville; five grandchildren, Geoff Mitton, Josh Mitton, Jessica Galloway, Zack Mitton and Paige (Scott) Brost; four step-grandchildren, Paula Rasmussen, Jennifer Hicks, Josh Hainje and Brad (Monica) Hainje; fifteen great grandchildren; nine step great grandchildren and two great great grandchildren.

She was preceded in death by two brothers, Van and Gerald Ingalsbe; three sisters, Hazel Clift, Edith Barb Herron and an infant Martha Ingalsbe along with a great grandson, Kale Galloway.

Friends may call at the Maus Funeral Home, Hillsboro on Saturday, Dec. 3, 2022 from 12 p.m. until service time at 2 p.m., with Pastor Gary Johnson officiating. Burial will follow in the Waynetown Masonic Cemetery. Memorial contributions may be made to the Sterling Christian Church.

### Linda Lou (Runion) Dale

May 28, 1947 - Nov. 17, 2022 Linda Lou (Runion) Dale, age

75 of Darlington, passed away on Thursday, Nov. 17, 2022 at home surrounded by her loving family. She was born in Crawfordsville on

May 28, 1947 to the late Raymond Newton & Edna L. (Stout) Runion.

She attended Crawfordsville High School and worked at Hi-Tech (Acuity) for approximately 35 years. On

Oct. 21, 1989 she married David Lee Dale, who preceded her in death on July 3, 2020. She was a loving mother and grandmother, was involved in everything and loved painting, watching butterflies and spending time with her family.

Survivors include her six children, Tracy (Tom) Crane of Crawfordsville, Ricky (Karen) Dale of Crawfordsville, Kandace (Harold) Domineck of Georgia, Danny Douglass of Thorntown, Steven (Michelle) Covault of Crawfordsville, and Richard (Cherish) Covault of New Ross; three brothers, David Runion of Florida, Larry Runion and Paul Runion, both of Crawfordsville; two sisters, Carolyn Sue Cronk of Waynetown and Bonnie (Joe) Clemens of Crawfordsville; a brother-in-law, Don (Glenda) Dale of Darlington; several grandchildren, great-grandchildren, nieces, nephews, and cousins.

She was preceded in death by her parents; a brother, Ronnie Runion; a great-granddaughter, Marley Simms; and a niece, Kim Starnes.

Cremation was chosen with a Gathering of Family and Friends at Sanders Priebe Funeral Care, 315 S Washington St in Crawfordsville on Dec. 3, 2022 from 5 - 7 p.m., with a Graveside Service at Greenlawn Cemetery in Darlington at a later date. Share memories and condolences online at www.sandersfuneralcare.com.

### **Harold Stout**

Sept. 5, 1943 - Nov. 25, 2022

Harold Russell Stout of Crawfordsville passed away Friday afternoon at Ben-Hur Health. He

Born Sept. 5, 1943 in Crawfordsville, he was the son of Fred Stout and Edna Mae Lough Stout.

He graduated from Alamo High School in 1962, where he played basketball. He married Michele C. Whitton on May 9, 1966. She survives.

Mr. Stout worked at Olin Mathieson in Covington, which later became Flexel. In later years, he worked at Wabash College as a security guard. He served in the Army Reserves. He was an avid gardener.

Survivors include his wife, Michele Stout of Craw-

fordsville; son, Matt Stout of Austin, Texas; daughter, Dr. Heather Stout of Indianapolis; granddaughter, Hannah Stout of Charlestown, West Virginia; great-grandson, Jimmy Thomas; two brothers, Ted Stout of West Point and Dan Stout of Ladoga; sister, Marilyn Showalter of Crawfordsville; along with several nieces and nephews.

He was preceded in death by his parents and a brother, David Stout.

A gathering in memory of Harold Stout will be held Wednesday, Nov. 30 from 4 - 6 p.m. at Burkhart Funeral Home, 201 W. Wabash. Memorial services will begin at 6 p.m., led by Pastor Kelly Nelson.

Online condolences may be made at www.BurkhartFH.com.

### Virginia Lael (Bannon) Kelsey

Aug. 17, 1924 - Nov. 23, 2022

Virginia Lael (Bannon) Kelsey, age 98 of New Market, went to be with her Lord and Savior on Wednesday, Nov. 23, 2022 at Ben Hur Nursing & Rehabilitation.

She was born in Parkersburg on Aug. 17, 1924 to the late Eldo & Helen W. (Monroe) Bannon.

She graduated from New Market High School in 1942 and on July 26,

1942 she married Norris L. Kelsey, who preceded her in death on March 11, 2014. She was a loving mother and homemaker and throughout the years was a clerk at Powers Grocery Store and owned the flower shop in New Market. She was a faithful member of New Market Baptist Church.

Survivors include two daughters, Nancy Powers of Crawfordsville and Rita Pinkerton of Plainfield; four grandchildren, Chris (Sherry) Norman, Tim (Stephanie) Norman, Joe (Melissa) Powers, and Jami (Tim) Dugger; eleven great grandchildren, Eric Meagher, Elizabeth Meagher, Misty (Kyle) Bowers, Justin Dugger, Kelsey Dugger, J.D. Norman, Kylee Norman, Will (Samantha) Norman, Caleb (Biz) Norman, Brayden Esparza and Devin Esparza; and three greatgreat grandchildren, Emma Bowers, Jackson Geralds, and Bellamy Norman.

She was preceded in death by her parents; her husband, Norris; a brother, Max Bannon; a daughter, Janet Norman; a granddaughter, Cindy Meagher; and three son-in-laws, Dean, Ed and Frank.

Visitation is scheduled at Sanders Priebe Funeral Care, 315 S Washington St in Crawfordsville on Friday, Dec. 2, 2022 from 4 – 7 p.m. The funeral service will be at the funeral home on Saturday, Dec. 3, 2022 at 1 p.m., with Pastor Todd Randles officiating. The service will be live-streamed and recorded which can be viewed on her obituary page at www.sandersfuneralcare.com. Burial will follow at Oak Hill North Cemetery. Memorial donations may be given to New Market Baptist Church, PO Box 87, New Market, IN 47965. Share memories and condolences online at www.sandersfuneralcare.com.

### Anita Lynn Shelton

Feb. 22, 1953 - Dec. 1, 2022

Anita Lynn Shelton, 69, Crawfordsville, passed away Dec. 1 at I.U. Health University Hospital.

She was born Feb. 22, 1953 in Crawfordsville to Clyde and Ida Louise (Frost) Trinkle.

She married Thomas Shelton and he survives.

She had worked at Walmart.

She was a member of Faith Baptist Church. She was an avid camper and enjoyed boat-

Survivors include her husband; her children, Alexis Toma Lynn Shelton of Crawfordsville and Pamela (Craig) P Parker of Ladoga; stepchildren, Jerry Shelton, Angel (Ralph) Thornburg and Tommy Hanna; several grandchildren and great grandchildren; and siblings, Sam, David, Terry, Perry Steve and Randy Trinkle, Diane Snook, Sandy Fields, Joanna Middle-

ing, motorcycle rides and spending time with family.

ton and Judy Trinkle. She is preceded in death by her son, Clifton I. Shelton and stepson, Tony Ray Shelton.

Funeral services are scheduled for 2 p.m. Monday at Hunt & Son Funeral Home with Pastor Tony Roe officiating. She will be laid to rest at Oak Hill Cemetery South. Friends may call 12 - 2 Monday at the funeral home. Condolences and memories may be shared at www.huntandson.com

### Obituary deadline The Paper publishes obituaries daily at

www.thepaper24-7.com.

All obituaries must come from a funeral home. A photo may be included and should be sent as a highresolution JPEG. Daily obituary deadline is 3 p.m. for the following

day's print publication.

### Mary E. Laube

Aug. 28, 1954 - Nov. 25, 2022

Mary E. Laube of rural Crawfordsville passed away Friday evening at Franciscan Health in Marion County. She was 68.

Born Aug. 28, 1954 in Crawfordsville, she was the daughter of Lester N. Krukewitt and Esther Hole Krukewitt.

She married Scott Laube on Oct. 29, 1995. He survives.

She was a member of the first class to graduate from North Montgomery High School in 1972. She worked at Roselyn Bakery and the Montgomery County Courthouse. She served as a 4-H leader for 25 years and looked forward to the County Fair and State Fair each year. She was also honored to serve as a judge at the State Fair several times. She loved gardening and was a member of Flower Lover's.

Survivors include husband, Scott Laube; son, Luke Laube; and several cousins.

She was preceded in death by her parents.

Visitation is scheduled from 4 - 7 p.m. Thursday, Dec. 1 at Burkhart Funeral Home. Services will be held at 10 a.m. Friday at the funeral home, led by Pastor Gary Edwards. After the service, she will be laid to rest at Oak Hill Cemetery North.

Online condolences may be made at www.BurkhartFH.com.

### Mary Elizabeth Perry Sept. 22, 1936 - Nov. 26, 2022

Mary Elizabeth Perry passed peacefully away at Ben-Hur Nursing Home Saturday night, Nov. 26. She

was 86 years old. She was born in Crawfordsville to Ical Shelton and Ray Shelton. She

was the youngest of six children. She attended Crawfordsville and

New Ross Schools. On Dec. 9, 1953 she married Charles Byron Perry and was happily and lovingly married to him until his death Jan. 29, 2008. She was a homemaker and loving mother. She loved her family, her pets,

and of course, Elvis. Survivors include her daughter, Debra Perry (Randy Pirtle) of Lake Holiday; her son, Allen (Katrina) Perry of Crawfordsville; four grandchildren, Korey McDonald of Jamestown, Amy (Rex) Spencer of Lake Holiday, Lindsey (Josh) Fullenwider of Lake Holiday and Emily (Dustin) Roe of Crawfordsville; seven great-grandchildren and one great-great-grand-

She was preceded in death by her parents; husband; four brothers; one sister; and a beautiful great-grandson, Kayden Fullenwider.

Visitation is scheduled from 11 a.m. - 1 p.m. Thursday at Burkhart Funeral Home. Services will begin at 1 p.m., led by Pastor Dan Matthews. She will be laid to rest at Oak Hill Cemetery on Grant Avenue.

Online condolences may be made at www.BurkhartFH.com.

### **Steven Daniel Livingston** Sept. 10, 1954 - Nov. 24, 2022

Steven Daniel Livingston, age 68 of Waynetown, passed away on Thursday, Nov. 24, 2022 at home.

He was born in Crawfordsville on Sept. 10, 1954 to the late Lester Eugene Livingston and Maralaine Lucille (Hancock) Davis.

He attended South Montgomery High School before enlisting and proudly serving his country in the United States Army. Throughout the years he was a truck driver with his dad, worked at Impex, Banjo, and Wabash National before retiring. He enjoyed deer hunting, fishing, muscle cars, riding his motorcycle, and



watching Duck Dynasty and Mash. Survivors include his daughter, Heather; two siblings, Karen (Berny) Fitzgerald and Wanda Hutchison; and grandchildren, nieces and nephews

He was preceded in death by his parents; and two step-fathers, Bill Bonebrake and Don Davis.

Cremation was chosen with a visitation at Sanders Priebe Funeral Care, 315 S Washington St in Crawfordsville on Saturday, Dec. 10, 2022 from 3 p.m. till the time of the memorial service at 5 p.m., with Brenda Patterson officiating and military honors by the United States Army and Legion Post 72 Honor Guard. The service will be live-streamed and recorded which can be viewed on his obituary page at www.sandersfuneralcare.com. Burial of cremains will be at a later date at Hudson Hill Cemetery near Spencer, Indiana.

Sanders Funeral Care entrusted with care. Share memories and condolences online at www.sandersfuneralcare.com.











# Did You Know?

- Cass County was founded in 1829 and named after General Lewis Cass.
- As of 2010 the county had a population of 38,966 individuals and was 414.85 square miles.
- Logansport, the county seat, is home to the oldest high school mascot in Indiana, Felix the Cat.
- Cass County has one city, Logansport, and seven towns.
- Logansport is 10.68 square miles and has a diverse transportation history.

# **Got Words?**

Cass County was named in honor of General Lewis Cass who was crucial in generating treaties with Native Americans for land. How do you think General Cass's role played a part in the formation of Cass County and the lifestyles of it's residents.

# Number % Stumpers

- 1.What is the county's population per square mile?
- 1. How many towns does the county have?
- 3. What percentage of the county is made up of Logansport?
  - 4. How old is Cass County? ≤

Answers: 1. 93.9 per square mile 2. 7 towns
3. About 2.57% 4. 189 years

# Word

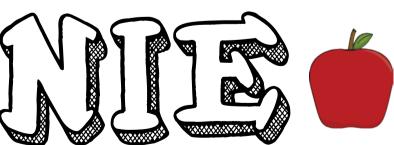
Scrambler

Unscramble the words below!

- 1. NGELEAR CSAS
- 2. GRLNPSOATO
  - 3. LEIFX
- 4. STTIOPATRNOARN
  5. ASCS YCTNUO

Answers: 1. General Cass 2. Logansport 3. Felix 4. Transportation 5 Cass County

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# **Purdue Research Buzzing About Construction Lessons Taken From Bees, Honeycombs**

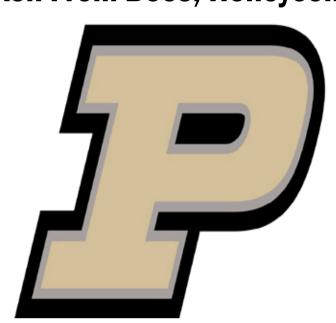
Purdue University engineers and entomologists are making some sweet discoveries about how honeybees build and structure their honeycombs, which could lead to new fabrication techniques taken from the buzzing builders.

Nikhilesh Chawla, the Ransburg Professor of Materials Engineering at Purdue, is one of the first to utilize four-dimensional (4D) imaging to delve further into the complexities of the honeycomb. The imaging allows a time-lapse view of the bees' work without cutting into their home.

The innovative view of the bees' construction found techniques that could eventually translate into new concepts for structural materials or additive manufacturing for the construction industry. Chawla said some of the junctions between the honeycomb cells were created using less material, with the resulting porous connections resembling Swiss cheese.

"It's a lesson in materials utilization that could lend itself to new ideas and practices in structures," Chawla said. "Their honeycombs are still perfectly fine. From that perspective, humans may not actually need as much material in some areas that are not quite as important from a structural point of view."

Honeycombs are the self-built, multifunctional homes for honeybees,



providing a place to store food and serving as a nursery for eggs and larvae in addition to shelter. Made from wax produced by the bees, the hexagonal cells are easily recognized.

Chawla's work shows how humans can draw important lessons from the plant and animal world in a discipline called biomimicry, which investigates naturally occurring materials and behaviors and draws inspiration to design new products, systems and buildings. Chawla said there are aspects of honeycombs already used in several applications, from construction and structural materials to shoes.

The Purdue research team is made up of Chawla; Brock Harpur, assistant professor of entomology in the College of Agriculture; and Rahul Franklin, a graduate research assistant in materials engineering. Their work was published in the journal Advanced Materials.

Chawla said people don't truly understand how bees make the honeycombs. For example, most theorize the honeycomb chambers start as cylinders and then are molded by the bees into the well-known hexago-

nal shape.
But a sophisticated three-dimensional (3D) X-ray microscopy technique combined with a time lapse provided an unprecedented means of studying and quantifying the honeycomb's microstructure.

The resulting 4D imaging showed chambers are built with panels. Research also found bees go to great lengths to strengthen the honeycomb structure by first creating a vertical spine for support and then building the hexagon cells out horizontally.

"Over time, they continue to make the spine thicker because they understand there is more weight from the wax on it, and they need that backbone to be strong and rigid before they can add more and more of these cells growing outwardly," Chawla said.

wardly," Chawla said.
Chawla's overall
research focuses on
four-dimensional materials science. The
approach – called
tomography – uses
nondestructive X-rays
to add time as a fourth
dimension to 3D measurements and analyses.
The 4D approach is
important in examining
structural evolution, including deformation and
corrosion that take place

over time.

Learning from honeybees is just the first step in the Purdue team's biomimicry research. Successfully applying those lessons with tools like 3D printing is next. Chawla said there are plans to build honeycombs of different sizes and even different shapes and evaluate their durability with compression tests.

In addition to honeybees, Chawla's biomimicry research involves looking at the porous cellular structure of cacti and how fluids are moved up and down throughout the plant.

"It's just a lot of fun to work with these kinds of natural materials because you just never know what you're going to find," he said.

# 'Mitchfest' Activities Include Symposium Focusing On Free Speech For Advancing Healthy Civil Discourse On University Campuses

Through President
Mitch Daniels' leadership, Purdue University
began placing a special
emphasis on free speech
in 2015. That year,
Purdue became the first
public university to adopt
the Chicago Principles,
a landmark declaration
of the importance of freedom of expression in any
university community.

As a national leader on tolerance and the freedom of expression today, Purdue will host a symposium at 6 p.m. Monday (Dec. 5) at Stewart Center's Fowler Hall, focusing on the vital role that open debate plays in advancing a healthy culture of learning and engagement.

The symposium, which is free and open to the public, is part of "Mitch-Fest," a series of events celebrating the legacy of retiring Purdue President Mitch Daniels. Titled "Freedom of Inquiry and the Advancement of Knowledge," the panel



Mitch Daniels

discussion will be moderated by Steven Schultz, Purdue's general counsel. Joining him are free speech experts:

• Glenn C. Loury, the Merton P. Stoltz Professor of Economics at Brown University.

• Nadine Strossen, the John Marshall Harlan II Professor of Law, Emerita at the New York Law School and former president of the American Civil Liberties Union.

• Keith E. Whittington, the William Nelson Cromwell Professor of Politics at Princeton University.

### Indy Airport Once Again Hosts Santa's Holiday Practice Run

The Indianapolis International Airport (IND) was once again the site of Santa's holiday practice run, as he arrived riding on a firetruck and hurried across the tarmac to greet more than 1,000 Hoosier families and children gathered in the Indy air-

port's Civic Plaza.

After two years of battling a global pandemic, families from across Central Indiana welcomed the return of the beloved and long-time tradition of meeting Santa as he launched his holiday practice run from Indianapolis.

"This is where the holiday season gets started," said Indianapolis Airport Authority Executive Director Mario Rodriguez.

"Santa knows Hoosiers are the most hospitable in the nation, and with IND being the best airport in North America, Indianapolis is at the top of his nice list."

The afternoon was filled with good cheer, as attendees of the sold-out event had their photos taken with Santa, created ornaments, wrapped care packages to benefit Indiana USO military families, met Nutcracker ballerinas from Indianapolis Ballet, wrote letters to Santa, and participated in other free, festive activities.

Throughout the holiday season, passengers will be able to enjoy the decorations throughout the terminal or snap a photo next to the – NDY sign – with the holiday tree providing a festive backdrop – as travelers

take off for their holiday travels.

In the coming days, IAA will be announcing additional holiday entertainment open to the public and travelers throughout December.

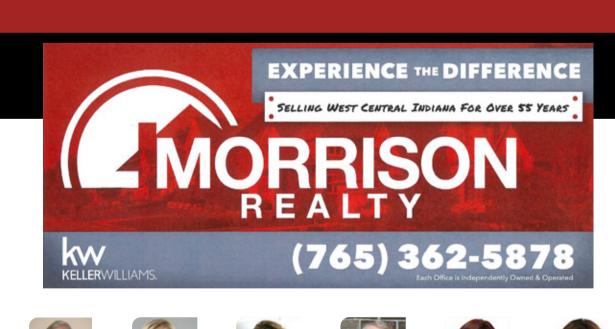
About the Indianapolis

Airport Authority: The Indianapolis Airport Authority owns and operates Indiana's largest airport system in the Indianapolis metropolitan area. In addition to the Indianapolis International Airport (IND), its facilities include the Downtown Heliport, Eagle Creek Airpark, Hendricks County Airport-Gordon Graham Field, Indianapolis Regional Airport and Metropolitan Airport.

IND generates a \$7.5 billion total annual economic impact for Central Indiana – without relying on state or local taxes to fund operations. More than 11,000 people work at the airport each day, and 22,600 area jobs have a connection to the airport.

In 2021, IND served more than 7.1 million business and leisure travelers. IND is consistently ranked, year after year, as the best airport in North America and the nation, based on ease of use, passenger amenities, customer service, local retail offerings and public art. The airport is home of the world's second largest FedEx operation and the nation's eighth-largest cargo facility.

For more information, visit IND.com





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### **Governor Eric Holcomb Accepting Applications For Fellowship Program**

Governor Eric J. Holcomb announced this week that applications will be accepted through Jan. 31 for the 2023-2024 Governor's Fellowship. The Governor's Fellowship is highly selective and provides a unique experience in Indiana state government by placing fellows in various state agencies on a rotating basis throughout the year.

"Our Governor's Fellows are such valuable players on our team," Gov. Holcomb said. "The wide range of expertise and assistance

they provide over the course of their fellowship is key to serving Hoosiers in a timely and thorough manner."

The program is open to college graduates who receive a bachelor's degrees in the summer or fall of 2022 or spring of 2023. Fellows are paid, full-time employees who participate in the day-to-day activities of state government. Many Governor's Fellow participants have gone on to successful careers in both the public and private sectors—with some serving at the highest levels

of local, state and federal government.

The application and submission guidelines can be accessed HERE. To be eligible, the application and all supporting materials must be postmarked or submitted via email by Jan. 31. Applicants should know if they have been selected for an interview no later than Feb. 14. Recipients of the Fellowship will begin July 1, 2023.

If you have questions about the fellowship, contact Emily Clancy at the Governor's Office at eclancy@gov.in.gov.

### Lt. Gov. Crouch, OCRA Award Over \$728K To 10 Properties

Lt. Gov. Suzanne Crouch and the Indiana Office of Community and Rural Affairs today announced 10 properties will be awarded \$728,671 through the Historic Renovation Grant Program. The program is designed to preserve and rehabilitate historic properties to further incentivize downtown economic development across Indiana.

"As we advance as a state, it is important to reflect on our past," said Crouch. "Thanks to the Historic Renovation Grant Program, these 10 properties will be around to inspire generations of Hoosiers for years to come."

Eligible properties for this grant program must be at least 50 years old and either listed on the register of Indiana historic sites and structures, be listed or eligible for listing to the National Register of Historic Places, or be listed as a contributing resource in a National Register District. Awarded properties will receive funding for the renovation and preservation of exterior features.

"The Historic Renovation Grant Program has already created an ongoing positive impact in a number of communities," said OCRA Executive Director Denny Spinner. "This grant round will help these 10 communities to preserve their Hoosier history while fueling economic develop-

The following projects will be awarded funding: • Milligan Building (Huntington, Ind.)

Ian Stallings is awarded \$100,000 to restore the exterior of the Milligan Building. The Victorian-era building, built on N Jefferson Street in 1889, is included in the Huntington Courthouse Square National Register Historic District. The Silver Moon III Pub and an art gallery will be on the street level. High-end apartments and living/studio space for Wabash International Artists Residency (WIAR) are planned for the second and

third floors. • Kurt Vonnegut Museum and Library (Indianap-

The Kurt Vonnegut Museum and Library (KVML) is awarded \$100,000 to support its "Care for KVML and 543 Indiana Avenue" project. This three-story 10,400 square foot literary landmark is a flatiron-style structure built in 1882. The non-historic exterior insulation and finish systems surrounding the windows, and the non-historic windows will be replaced to mirror the original windows. The property will continue to be a unique cultural resource that houses artifacts, books, a museum store and art related to Kurt Vonnegut.

Mansard on Main

(Madison, Ind.) Brantley and Katie Beck are awarded \$100,000 to preserve and restore the Mansard on Main. Located in the Golden Block of downtown Madison, this rare Second Empire Style building has three original apartments overlooking Main Street and The Ohio River, along with two historic storefronts. The 8,000 square-foot property is planned to be two retail spaces on Main Street,

with three residential apartments on the second and third floors.

• Brick Street Restaurant LLC (North Vernon, Ind.) Located in North Vernon, the Brick Street Restaurant is awarded \$61,693 to preserve and restore the original façade, including masonry work and replacement of non-historic windows with period appropriate windows. The building was built in the 1870s and was home of the Couchman Fur business for much of the 1900s. The Brick Street Restaurant has preserved the historical atmosphere of the building and has become a local hometown dining establishment.

 Balcony Block Building (Plymouth, Ind.)

JGM Properties is awarded \$45,162 to restore the Michigan Street façade and replace the roof of the Balcony Block Building. The building is located at 113-115 North Michigan Street in Plymouth. This Italianate building is a contributing resource in the Plymouth Downtown National Register District. The building is home to Wild Rose Moon, a performing arts and education venue, and soon to be Aldridge Internal Medicine & Family Practice, a professional business. Both businesses contribute substantially to the economic activity in the historic downtown. The second floor of this building contains two recently renovated urban loft apartments and one recently renovated small office space.

 Roachdale Hardware (Roachdale, Ind.)

Charles Riggle is awarded \$19,050 to preserve Roachdale Hardware to preserve the brick-andmortar of the historic building. Since opening its doors in 1900, 101 E. Washington Street has served Roachdale as the local hardware store. The building has always been and continues to be a "community essential." This preservation project will keep this significant community treasure from becoming a memory.

• Dr. Jefferson Helm

House (Rushville, Ind.) Ronald V. Morris is awarded \$100,000 to preserve and return to service the Dr. Jefferson Helm House. Located in Rush County, Dr. Helm built the small but distinctive home in 1845 reminiscent of the ideas of Thomas Jefferson. The property represents the faith and promise the pioneer ancestors placed in the aspiring state of Indiana, the power of education and the virtue of science. The property will be adapted into a social gathering place to host tours, special events and educational gatherings. Preservation work will include masonry restoration, chimney restoration, repair/restore roof, replacing non-historic windows with new period appropriate wood windows, repair/restore porch rails and columns, repair and replacement of historic doors, and reconstruction of two missing side porches based on physical evidence.

• Free & Accepted Masons No 7 (Versailles,

RR2 Properties LLC is awarded \$100,000 to restore the Free & Accepted Masons No. 7 building in Versailles. The circa 1870 Italianate structure is located on the historic courthouse square in Versailles and was home to the Austin Theater and Masonic Lodge for many years. The 7,000 square foot property is planned to be an event venue and hotel to host weddings, reunions and other social gatherings and provide lodging for visitors to the Versailles State Park. The project includes removal of the existing roof, installation of a new roofing system, installation of new gutters and downspouts, and replacement windows, frames and sashes. Also included in the project is rehabilitation of storefront and replacement of exterior doors for both the main building at 117 Tyson Street and the historic

• Brett-Burton House

addition.

(Washington, Ind.) Dusty Davis & Ryan Dashner are awarded \$68,510 to restore and preserve the Brett-Burton House. This grand display of Greek Revival house was built by Matthew Brett in 1850 and later converted in 1910 by Jesse Burton. The building was used as the Liverpool Lodge #110 of the Independent Order of Odd Fellows for 80 years. This property is planned to be space available for the public to enjoy, possibly a restaurant and meeting space. The project will include masonry tuckpointing, restoration of the porch, original wood windows, upper facade and eaves, restoration of the exterior doors and removal of non-historic features.

• Historic Davis Building (Winchester, Ind.) John and Katie Lash are awarded \$34,256 for the preservation of the Historic Davis Building. which occupies the corner of Franklin and Main Street on the Winchester Courthouse Square. The building was originally built in 1927 as additional spaces were needed in Winchester as a result of the gas boom. Many small business and residential tenants have fond memories of its service through the years. This historic renovation project will open up the unique glass atrium, restore masonry, and refinish doors and windows. Further, this project will create a space with multi-use opportunities for more community members to enjoy for years ahead.

From 2021 to 2022, the Historic Renovation Grant Program received more than 80 applications with requests totaling over \$5 million. While applicants must provide at least a dollar-for-dollar cash-match, the program continues to leverage significantly more than the State's investment into these projects, resulting in a greater economic impact for awarded communities.

Applications were scored based on appropriate historical criteria, extensive support from local residents, and the economic impact the project would have on the greater community and the State of Indiana.

For more information, visit in.gov/ocra/historic-renovation-grant-pro-





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### **This Solar System Rocks**

Michelle Thompson is a geologist. But while "geo" means earth, she studies things that are decidedly unearthly, or at least extraterrestrial: the moon and asteroids.

"I study space weathering: how space environments affect tiny mineral particles on planetary surfaces," said Thompson, an assistant professor in the Department of Earth, Atmospheric, and Planetary Sciences in Purdue University's College of Science. "We can learn so much from those minuscule samples; we can learn about the evolution of planets and moons including our own. More broadly, we study these tiny samples and can extrapolate the history of the solar system."

Moon shot

As humans gear up to go back to the moon, scientists are keenly aware that the last human to leave a bootprint on the lunar surface departed 50 years ago, when Apollo 17 began its journey home on December 14, 1972.

The astronauts on the surface during that trip, Purdue alumnus Eugene Cernan and Harrison "Jack" Schmitt, collected moon rocks and dust that scientists, including Thompson, are just now beginning to analyze through the Apollo Next Generation Sample Analysis Program.

"It's amazing, it's surreal, to be standing in a lab at Purdue analyzing moondust collected by another Purdue alum — the last person to walk on the moon," Thompson said.

The research is possible only because much of the more than 840 pounds of moon rocks and dust has been kept sacrosanct for nearly half a century. Now scientists believe they have even better tools that are more sensitive, allowing them to comprehensively study the samples and answer questions that were impossible to explore 50 years ago.

Thompson is an expert in the way rocks interact with and change due to their exposure to the vacuum of space — a phenomenon called space weathering. Analyzing the chemistry of moon rocks and moondust can tell her about the environment, evolution and history of the moon.

A lunar core sample, a small column of moondust extracted from the lunar surface by Cernan and Schmitt, the first and only geologist ever to walk on the moon, gives Thompson and her lab those insights. It comes from a part of the moon that may have experienced an avalanche, providing even deeper insight into the distribution of minerals and the chemistry of the moon and the processes that shape its surface. Thompson is hoping that her research team will be



able to understand what the moon's surface was like before and after the avalanche, gaining greater knowledge of how its soil, or regolith, has developed

over time. "When these samples were collected, when men walked on the moon, I hadn't even been born,' Thompson said. "This sample has been on Earth longer than I have. It has been sitting in storage, kept pristine, waiting for scientists to analyze it since it was returned. Scientists now have tools and technologies that the original generation of astronauts could only dream of. So now it's our turn to follow in their footsteps and study the moon rocks they brought back."

Future moon missions
— including Artemis —
will bring back new samples, and new techniques
will continue to shed light
on the moon for geologists like Thompson.

Time capsules from

It is counterintuitive, but one of the best ways to study how Earth formed is by looking at rocks that come from almost anywhere else

almost anywhere else. "Asteroids are windows into the very early solar system; they're relics," Thompson said. "They are time machines that show us what the building blocks were for the early solar system, what the building blocks were for life on Earth. Studying these asteroids gives us the recipe for the early solar system and what early organic molecules may have seeded life on

Earth."
Millions of meteorites and thousands of asteroids, including the Lafayette meteorite, a rocky body discovered at Purdue that is actually a broken-off piece of Mars, have hit Earth. However, studying those, while interesting, can't answer the same questions as asteroids from space can

oids from space can. Even a short interaction with Earth's atmosphere, biosphere and minerals contaminates meteorites and asteroids and makes them harder to study. To get pristine material and determine the history of these space rocks, and the solar system's history, scientists need to intercept rocks — asteroids — in space. Scientists can study the asteroid and determine where it formed in the solar system, what other bodies it might have come into contact with (or come from), and what its evolution may have been like.

In her lab right now, Thompson has tiny fragments of one of the first asteroids ever sampled in space and ferried to terrestrial laboratories: the asteroid Ryugu, sampled by the Japanese spacecraft Hayabusa2 during the first mission to operate rovers on an asteroid. The Japan Aerospace Exploration Agency launched the mission in 2014. The spacecraft reached Ryugu in 2018 and deployed its rovers. In 2019 it fired what was essentially an anti-tank missile at the surface of the asteroid to collect subsurface samples. Those samples landed on Earth in 2020 and were made available to NASA scientists, including Thompson. Studying asteroids, and comparing and contrasting them with the surface of the moon, gives scientists a better understanding of the origins and diversity of bodies in the solar system.

Tiger team Next year, the adventure gets even bigger. Thompson is part of the "tiger team" — an elite squad of experts — in meteorite studies for NASA's mission OSIRIS-REx to the asteroid Bennu. NASA deployed a tiger team to bring the Apollo 13 crew home. OSIRIS-REx (or the Origins, Spectral Interpretation, Resource Identification, Security-Regolith Explorer) will bring rock samples, not beleaguered astronauts, to Earth. The samples will land in Utah and then be flown to secure clean labs in Texas. Thompson will be among the first humans — and the first woman — to study the pieces of Bennu. She and the four other members of the tiger team will have 72 hours to study the asteroid sample and prepare a preliminary report for

NASA.
OSIRIS-REx used two different techniques to collect samples from the asteroid. A sort of robot vacuum sucked in a lot of the material from the surface — likely far more than 60 grams, which was the minimum the scientists hoped for.

The second method involved gently and passively collecting samples at the surface.

"When the spacecraft touched the surface of the asteroid, it landed on these small circular pads, a lot like Velcro, which trapped material right at the surface of the asteroid," said Thompson. "We call them contact pads. The little motes of dust, the dust particles, are stuck in the Velcro. We're studying those tiny dust particles. All the stuff I'm interested in is surface processes, what's happening to the very top material.'

# Indiana Wins Court Battle Defending Dignity Of Life

Indiana won another court battle this week defending the dignity of

This time, Indiana
Attorney General Todd
Rokita and his team
secured a decision in the
7th Circuit U.S. Court of
Appeals upholding — for
the second time — an
Indiana law requiring
medical facilities to bury
or cremate fetal remains
following abortions.

"The bodies of unborn babies are more than mere medical waste to be tossed out with trash," Rokita said. "They are human beings who deserve the dignity of cremation or burial. The appellate court's decision is a win for basic decency."

In 2019, the U.S. Supreme Court upheld this same law against a challenge claiming that it violated the Equal Pro-



Attorney General Todd Rokita

tection Clause of the 14th Amendment.

In the latest case, former abortion patients who preserved their fetal remains claimed the law requiring burial or cremation violates the First Amendment's free speech and free exercise clauses.

"Given the Supreme Court's earlier decision upholding this very law, we were perplexed that the U.S. district court somehow found the plaintiffs' arguments persuasive," said Indiana Solicitor General Thomas M. Fisher. "The appeals court provided a fast — and much-needed course correction."

The appeals court refuted the notion that Indiana's burial-or-cremation requirement jeopardizes anyone's First Amendment liberties.

"A moral objection to one potential implication of the way medical providers handle fetal remains," the court's opinion states, "is some distance from a contention that the state compels any woman to violate her own religious tenets."

The court issued a summary reversal without full briefing or oral argument — disposing the entire case based on Indiana's motion to stay the injunction.

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### **Get Ready Now To File Your 2022 Federal Income Tax Return**

The Internal Revenue Service today encouraged taxpayers to take simple steps before the end of the year to make filing their 2022 federal tax return easier. With a little advance preparation, a preview of tax changes and convenient online tools, taxpayers can approach the upcoming tax season with confidence.

Filers can visit the Get Ready webpage at IRS. gov/getready to find guidance on what's new and what to consider when filing a 2022 tax return. They can also find helpful information on organizing tax records and a list of online tools and resources.

Get Ready by gathering tax records

When filers have all their tax documentation gathered and organized, they're in the best position to file an accurate return and avoid processing or refund delays or receiving IRS letters. Now's a good time for taxpayers to consider financial transactions that occurred in 2022, if they're taxable and how they should be reported.

The IRS encourages taxpayers to develop an electronic or paper recordkeeping system to store tax-related information in one place for easy access. Taxpayers should keep copies of filed tax returns and their supporting documents for

at least three years. Before January, taxpayers should confirm that their employer, bank and other payers have their current mailing address and email address to ensure they receive their year-end financial statements. Typically, year-end forms start arriving by mail or are available online in mid-to-late January. Taxpayers should carefully review each income statement for accuracy and contact the issuer to correct information that

needs to be updated. Get Ready for what's new for Tax Year 2022

With the end of the year approaching, time is running out to take advantage of the Tax Withholding Estimator on IRS.gov. This online tool is designed to help taxpayers determine the right amount of tax to have withheld from their paycheck. Some people may have life changes like getting married or divorced, welcoming a child or taking on a second job. Other taxpayers may need to consider estimated tax payments due to non-wage income from unemployment, self-employment, annuity income or even digital assets. The last quarterly payment for 2022 is due on Jan. 17, 2023. The Tax Withholding Estimator on IRS.gov can help wage earners determine if there is a need to adjust their withholding, consider additional tax payments, or submit a new W-4 form to their employer to avoid an unexpected tax bill when

they file. As taxpayers gather tax records, they should remember that most income is taxable. This includes unemployment income, refund interest and income from the gig economy and digital

assets. Taxpayers should report the income they earned, including from part-time work, side jobs or the sale of goods. The American Rescue Plan Act of 2021 lowered the reporting threshold for third-party networks that process payments for those doing business. Prior to 2022, Form 1099-K was issued for third-party payment network transactions only if the total number of transactions exceeded 200 for the year and the aggregate amount of these transactions exceeded \$20,000. Now a single transaction exceeding \$600 can trigger a 1099-K. The lower information reporting threshold and the summary of income on Form 1099-K enables taxpayers to more easily track the amounts received. Remember, money received through third-party payment applications from friends and relatives as personal gifts or reimbursements for personal expenses is not taxable. Those who receive a 1099-K reflecting income they didn't earn should call the issuer. The IRS

cannot correct it. Credit amounts also change each year like the Child Tax Credit (CTC), Earned Income Tax Credit (EITC) and Dependent Care Credit. Taxpayers can use the Interactive Tax Assistant on IRS.gov to determine their eligibility for tax credits. Some taxpayers may qualify this year for the expanded eligibility for the Premium Tax Credit, while others may qualify for a Clean Vehicle Credit through the Inflation Reduction Act

of 2022. Refunds may be smaller in 2023. Taxpayers will not receive an additional stimulus payment with a 2023 tax refund because there were no Economic Impact Payments for 2022. In addition, taxpayers who don't itemize and take the standard deduction, won't be able to deduct their charitable contributions.

The IRS cautions taxpayers not to rely on receiving a 2022 federal tax refund by a certain date, especially when making major purchases or paying bills. Some returns may require additional review and may take longer. For example, the IRS and its partners in the tax industry, continue to strengthen security reviews to protect against identity theft. Additionally, refunds for people claiming the Earned Income Tax Credit (EITC) or the Additional Child Tax Credit (ACTC) can't be issued before mid-February. The law requires the IRS to hold the entire refund – not just the portion associated with EITC or ACTC. This law helps ensure taxpayers receive

the refund they're due

by giving the IRS time to detect and prevent fraud.

For taxpayers who are still waiting for confirmation that last year's tax return processed, or for a tax year 2021 refund or stimulus payment to process, their patience is appreciated. As of Nov. 11, 2022, the IRS had 3.7 million unprocessed individual returns received this year. These include tax year 2021 returns and late filed prior year returns. Of these, 1.7 million returns require error correction or other special handling, and 2 million are paper returns waiting to be reviewed and processed. They also had 900,000 unprocessed Forms 1040-X for amended tax returns. The IRS is processing these amended returns in the order received and the current timeframe can be more than 20 weeks. Taxpayers should continue to check Where's My Amended Return? for the most up-to-date processing status available.

Renew expiring tax ID

Taxpayers should ensure their Individual Tax **Identification Number** (ITIN) hasn't expired before filing a 2022 tax return. Those who need to file a tax return, should submit a Form W-7, Application for IRS Individual Taxpayer **Identification Number** now, to renew their ITIN. Taxpayers who fail to renew an ITIN before filing a tax return next year could face a delayed refund and may be ineligible for certain tax credits. Applying now will help avoid the rush as well as refund and processing delays in

Bookmark the follow-

ing tools on IRS.gov Online tools are easy to use and available to taxpayers 24 hours a day. They provide key information about tax accounts and a convenient way to pay taxes. IRS. gov provides information in many languages and enhanced services for people with disabilities, including the Accessibility Helpline. Taxpayers who need accessibility assistance may call 833-690-0598. Taxpayers should use IRS.gov as their first and primary resource for accurate tax information.

Let Us Help You page. The Let Us Help You page on IRS.gov has links to information and resources on a wide

range of topics. Online Account. An IRS online account lets taxpayers securely access their personal tax information, including tax return transcripts, payment history, certain notices, prior year adjusted gross income and power of attorney information. Filers can log in to verify if their name and address is correct. They should notify IRS if their address has changed. They must notify the Social Security Administration of a legal name change to avoid a delay in processing their tax return.

IRS Free File. Almost everyone can file electronically for free on IRS.gov/freefile or with the IRS2Go app. The IRS Free File program, available only through IRS.gov, offers brandname tax preparation software packages at no cost. The software does all the work of finding deductions, credits and exemptions for filers. It's free for those who qualify. Some Free File packages offer free state tax return preparation. Those who are comfortable preparing their own taxes can use Free File Fillable Forms, regardless of their income, to file their tax return either online or by mail.

Find a tax professional. The Choosing a Tax Professional page on IRS.gov has a wealth of information to help filers choose a tax professional. In addition, the Directory of Federal Tax Return Preparers with Credentials and Select Qualifications can help taxpayers find preparers in their area who hold professional credentials recognized by the IRS, or who hold an Annual Filing Season Program

Record of Completion. Interactive Tax Assistant. The Interactive Tax Assistant is a tool that provides answers to many tax questions. It can determine if a type of income is taxable and eligibility to claim certain credits or deductions. It also provides answers for general questions, such as determining filing requirement, filing status or eligibility to claim a dependent.

Where's My Refund? Taxpayers can use the Where's My Refund? tool to check the status of their refund. Current year refund information is typically available online within 24 hours after the IRS receives an e-filed tax return. A paper return status can take up to four weeks to appear after it is mailed. The Where's My Refund? tool updates once every 24 hours, usually overnight, so filers only need to check once a

day. Volunteer Income Tax Assistance. The Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals.

Get refunds fast with Direct Deposit

Taxpayers should prepare to file electronically and choose Direct Deposit for their tax refund – it's the fastest and safest way to file and get a refund. Even when filing a paper return, choosing a direct deposit refund can save time. For those who do not have a bank account, the FDIC website offers information to help people open an account online.

Taxpayers can download Publication 5349, Tax Preparation is for Everyone, for more information to help them get ready to file.

### Indiana Wins Court **Battle Defending** Dignity Of Life

Indiana won another court battle this week defending the dignity of

This time, Indiana Attorney General Todd Rokita and his team secured a decision in the 7th Circuit U.S. Court of Appeals upholding — for the second time — an Indiana law requiring medical facilities to bury or cremate fetal remains following abortions.

"The bodies of unborn babies are more than mere medical waste to be tossed out with trash,' Rokita said. "They are human beings who deserve the dignity of cremation or burial. The appellate court's decision is a win for basic decency."

In 2019, the U.S. Supreme Court upheld this same law against a challenge claiming that it violated the Equal Protection Clause of the 14th Amendment.

In the latest case, former abortion patients who preserved their fetal remains claimed the law requiring burial or cremation violates the First Amendment's free speech and free exercise

"Given the Supreme Court's earlier decision upholding this very law,



**B4** 

Attorney General Todd Rokita

the U.S. district court somehow found the plaintiffs' arguments persuasive," said Indiana Solicitor General Thomas M. Fisher. "The appeals court provided a fast and much-needed course correction.'

The appeals court refuted the notion that Indiana's burial-or-cremation requirement jeopardizes anyone's First Amendment liberties.

"A moral objection to one potential implication of the way medical providers handle fetal remains," the court's opinion states, "is some distance from a contention that the state compels any woman to violate her own religious tenets."

The court issued a summary reversal without full briefing or oral argument — disposing the entire case based on Indiana's motion to stay





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Please visit us online: thepaper24-7.com Sunday, Dec. 4, 2022 Have a favorite remedy you want to share? Send it to news@thepaper24-7.com

# Holiday Fun with a Joyful POP

ith countless ways to enjoy the holiday season from decorating and hosting parties to wintertime activities, it's a perfect time to bring family and friends together for some festive fun. One simple ingredient can be your go-to for just about any tradition: popcorn, which is an inexpensive, versatile, whole grain that makes holiday occasions better.

Consider these simple seasonal ways you can let popcorn fuel your holiday adventures.

### Decorate

Strings of popcorn and cranberries add a nostalgic touch to the family tree while making popcorn trees adds whimsy to the table. Before stringing popcorn, let it sit out for a day or two as freshly popped popcorn may be too fragile to thread without breaking. Push a threaded needle through the center of each kernel then pull the kernel to the end of the knotted thread, adding an occasional cranberry, if desired. Festive trees can be made using popcorn mixed with melted marshmallows then shaped and finished with sprinkles.

### Give It as a Gift

If it's your turn to host this year's holiday party, popcorn makes for a perfect party favor. Pop up a delicious treat like these Cranberry Popcorn Balls, place them in pretty jars or neatly wrap them then finish each with a bow. For an added touch, include the recipe instructions and popcorn kernels in a separate container so your guests can make it at home.

### Enjoy It as a Snack

Freshly popped popcorn is a simple and delicious snack to share after a day of shopping, caroling, sledding or decorating. You can take the holiday season up a notch with creative recipes like Gingersnap Popcorn Snack Mix, White Chocolate Peppermint Popcorn Bark and Easy, Elegant Holiday Popcorn. These treats are perfect for popping up in the morning so the snacks are ready once guests arrive.

Visit Popcorn.org to find more sweet, salty and savory holiday recipe ideas.

### **Gingersnap Popcorn Snack Mix**

Yield: 2 quarts

- 2 quarts popped popcorn
- butter-flavored nonstick cooking spray
- 1/3 cup granulated sugar substitute
- 2 teaspoons ground ginger 1/2 teaspoon freshly ground nutmeg
- 1/4 teaspoon cinnamon 1/4 teaspoon ground cloves
- 1/8 teaspoon freshly ground black or white pepper

Preheat oven to 325 F.

Spread popcorn on baking sheet and spray lightly with nonstick cooking spray.

In small bowl, combine sugar substitute, ginger, nutmeg, cinnamon, cloves and freshly ground pepper; sprinkle evenly

Spray again with nonstick cooking spray and toss to coat evenly. Bake 7 minutes and serve warm.



Gingersnap Popcorn Snack Mix



### White Chocolate Peppermint Popcorn Bark

Yield: 1 pound 5 cups popped popcorn

- 12 ounces white chocolate baking chips, chopped white chocolate or white candy coating
- 1 cup crushed hard candy peppermints

Cover baking pan with foil or wax paper; set aside.

Place popcorn in large bowl; set aside. In double boiler over barely simmering water, melt chocolate, stirring until smooth, or melt according to package directions.

Stir in crushed peppermints after chocolate is melted. Pour chocolate mixture over popcorn mixture and stir to coat. Spread onto prepared pan; cool completely.

When chocolate is cooled and set, break into chunks for serving. Store in airtight container at room temperature.

### Easy, Elegant Holiday Popcorn

Yield: 8 cups

- 8 cups popped popcorn 1/2 cup milk chocolate chips 1/2 cup white chocolate chips candy sprinkles

On serving platter, spread popcorn in thin layer.

Over double boiler or in microwave, melt milk chocolate chips. Drizzle over popcorn. Over double boiler or in microwave, melt white chocolate

chips. Drizzle over popcorn. Sprinkle candy sprinkles over warm, chocolate-coated popcorn. Allow drizzles to set until firm.





**Cranberry Popcorn Balls** 

Yield: 18 balls

- 2 cups sugar 1 cup whole berry cranberry
- sauce, slightly mashed 1 tablespoon grated orange peel
- 1/2 cup cranberry juice
- 1/2 cup light corn syrup
- 1 teaspoon vinegar 1/2 teaspoon salt
  5 quarts unsalted
- popped popcorn

In heavy saucepan, combine sugar, cranberry sauce, orange peel, cranberry juice, corn syrup, vinegar and salt. Bring to boil; lower heat and cook to 250 F on candy thermometer.

Mixture will bubble in pan; watch to keep from boiling over.

Pour slowly onto hot popcorn and mix until well-coated.

Let stand 5 minutes, or until mixture can easily be formed into balls. Butter hands and form into 3-inch balls.

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

# Serve Up Smiles with Favorite Holiday Sides

FAMILY FEATURES

urkey and ham may sit centerstage, but classic holiday sides can make the season truly special. You can bring smiles to your loved ones' faces by dishing out those favorite recipes everyone asks for year after year.

Made with a delicious combination of rice, cheddar cheese, cream of mushroom soup and broccoli florets, this quick and easy version of Broccoli and Cheese Rice Casserole is an ideal one-pot dish to keep the holidays simple. With three easy steps and everyday ingredients, it comes together with minimal effort for traditional casserole taste.

When it comes to feeding a crowd, it's often best to let your oven do the work. This Brussels Sprouts and Ham Rice Gratin recipe allows you to serve up a filling favorite with little effort using pantry staples. Plus, it's a kid-friendly way to encourage veggies at this year's holiday meal with gooey cheese providing tempting taste bud motivation.

These seasonal classics and more are made quick and easy with an option like Success Boilin-Bag Rice, a pre-measured, mess-free way to make fluffy, high-quality rice. It's cooked by simply dropping a bag of rice in a pot of water or broth then boiling it for 10 minutes. BPA-free and FDA-approved, the bags are safe to use and made to withstand high temperatures.

An added bonus: If you're aiming to achieve a particular flavor, just season the rice by cooking in water infused with herbs, spices, broth, coconut milk or other liquids like juice for sweeter recipes.

Visit SuccessRice.com to find more holiday recipe inspiration.



Cook time: 30 minutes Servings: 4-6

- 1 bag Success White Rice or Brown Rice nonstick cooking spray
- 1 can (10 3/4 ounces) condensed cream of mushroom soup
- 2 cups frozen broccoli florets, thawed and drained
- 1 1/2 cups shredded cheddar cheese, divided
- 1/2 cup evaporated milk
- 3 tablespoons butter, melted 1 tablespoon grated onion
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Prepare rice according to package directions. Preheat oven to 350 F.

Coat 2-quart casserole dish with nonstick cooking spray. In medium bowl, combine soup, broccoli, 1 cup cheddar cheese, evaporated milk, butter, onion, salt and pepper. Fold in rice.

Pour mixture into prepared dish and top with remaining cheddar cheese. Bake 20 minutes.



Prep time: 20 minutes Cook time: 25 minutes Servings: 4

**Rice Gratin** 

1 bag Success White Rice 1/2 pound Brussels sprouts, trimmed and halved

**Brussels Sprouts and Ham** 

- 1/3 cup diced ham
- clove garlic, minced
- tablespoon olive oil
- 3/4 teaspoon salt, divided 3/4 teaspoon black
- pepper, divided
- 1 cup heavy cream
- tablespoons finely chopped fresh chives
- tablespoons Dijon mustard
- cup shredded sharp
- cheddar cheese 1/2 cup grated Parmesan cheese, divided

### 1/3 cup breadcrumbs 2 tablespoons butter, melted

Preheat oven to 450 F. Prepare rice according to package directions.

In large bowl, toss Brussels sprouts, ham, garlic, olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper. Place on parchment paper-lined baking tray and roast 12-15 minutes, or until caramelized. Decrease oven temperature to 425 F.

In large bowl, toss rice, Brussels sprouts mixture, cream, chives, Dijon mustard, remaining salt and remaining pepper. Stir in cheddar and 1/3 cup Parmesan cheese. Transfer mixture to greased, 2-quart baking dish.

In small bowl, stir breadcrumbs, remaining Parmesan and melted butter. Sprinkle over rice mixture.

Bake 12-15 minutes, or until golden brown and bubbling.





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Broccoli and Cheese Rice Casserol



Sunday, Dec. 4, 2022 Have a favorite remedy you want to share? Send it to news@thepaper24-7.com

# Bring the Family Together with

# Breakfast for Dinner



**Huevos Ranchero** 

FAMILY FEATURES

espite busy lives and full schedules, finding time for regular meals with loved ones encourages connections and conversations that can benefit mental and physical wellbeing. Gathering your family, friends, coworkers or neighbors at least once a week to spend time together over a meal provides opportunities to decompress and socialize. If you're looking for a little delicious inspiration, the American Heart Association recommends scheduling one night per week to create a recurring tradition and enjoy favorites such as breakfast for dinner. Recipes like Egg, Avocado and Black Bean Breakfast Burritos; Huevos Rancheros; and Southwestern Quinoa and Egg Breakfast Bowls from the Healthy for Good Eat Smart initiative, nationally supported by Eggland's Best, are perfectly suited for sharing while making time to destress at the dinner table.

In fact, according to a study by "Canadian Family Physician," regular meals at home with loved ones can reduce stress, boost self-esteem and make everyone feel connected with mealtime conversations that allow a chance to unplug and unwind.

Meals don't have to be elaborate for a successful evening together. Despite the perceived effort involved with preparing a meal, research published in "Preventive Medicine" shows those who have frequent meals with others, particularly parents with their children, may improve social and emotional well-being.

In addition to the mental and emotional benefits of meals with loved ones, eating together can also encourage healthier choices when better-for-you recipes are on the menu. Dining as a group can provide inspiration to try heart-healthy recipes that include the wide variety of vegetables, fruit, whole grains and healthy protein sources recommended by the American Heart Association to help prevent heart disease and stroke.

To find recipe ideas, conversation starters and more tips for mealtime, visit heart.org/together.

### **Huevos Rancheros**

### Servings: 4 Salsa:

- 1 teaspoon canola oil 1/2 cup diced yellow onion
- 1/2 cup diced poblano pepper, seeds
- and ribs discarded small fresh jalapeno pepper, seeds and
- ribs discarded, minced 1 1/2 teaspoons minced garlic
- 1 can (14 1/2 ounces) no-salt-added crushed tomatoes 2 tablespoons water

### 1/4 teaspoon salt

- **Huevos Rancheros:** 1 teaspoon canola oil
  - large eggs
  - corn tortillas (6 inches), warm can (15 1/2 ounces) no-salt-added black
  - beans, rinsed and drained cup shredded low-fat Mexican cheese blend

- 1 small avocado, quartered and sliced 2 tablespoons chopped fresh
- cilantro (optional) medium lime, cut into four wedges (optional)

To make salsa: In medium saucepan over medium heat, heat oil, swirling to coat bottom. Cook onion 2 minutes, or until almost soft, stirring frequently. Cook poblano and jalapeno peppers 2 minutes, stirring frequently. Stir in garlic. Cook 1 minute. Stir in tomatoes, water and salt. Bring to boil. Reduce heat to low. Simmer 5 minutes. Remove from heat. Cover to

keep warm. To make huevos rancheros: In medium nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook eggs 3-4 minutes, or until whites are set and edges are fully cooked.

Place one tortilla on each plate. Top each tortilla with beans and one egg, being careful not to break yolk. Gently top each egg with warm salsa, cheese and avocado slices.

Sprinkle each serving with cilantro and serve with lime wedge, if desired.



### Southwestern Quinoa and Egg Breakfast Bowls

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes, chopped (about 2 cups) 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions 1/2 cup chopped fresh cilantro (optional) nonstick cooking spray
- 4 large eggs
- 1/8 teaspoon salt 1/4 teaspoon pepper

with hot sauce, if desired.

red hot-pepper sauce, to taste (optional)

Cook quinoa according to package directions. Remove from heat. Spoon quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and

Lightly spray large skillet over medium-high heat with nonstick cooking spray. Crack eggs into skillet. Sprinkle eggs with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg sunny side up into each bowl. Sprinkle

### Egg, Avocado and Black Bean **Breakfast Burritos**

Servings: 4

Nonstick cooking spray

- 1 1/3 cups liquid egg whites 1 can (15 1/2 ounces) no-salt-added black
  - beans, rinsed and drained whole-wheat tortillas (6 inches, lowest
- sodium available)

available, optional)

- 2 medium avocados, sliced cup hot sauce or salsa (lowest sodium
- Lightly spray large skillet with nonstick cooking spray. Heat over medium heat.
- In skillet, stir egg whites constantly with rubber spatula to scramble. Cook until eggs are almost set. Add beans, stirring until combined and heated through. Microwave tortillas on high 45 seconds. Transfer to
- Spread egg mixture in center of each tortilla. Top with the avocado and hot sauce, if desired.
- For each burrito, fold two sides of tortilla toward center. Starting from closest unfolded side, roll burrito toward remaining unfolded side to enclose filling. Transfer with seam side down to plates.



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

# Crack Holiday Cooking with Eggs



FAMILY FEATURES

he focus for home chefs hosting during the holidays is often centered around the big feast, but if you're welcoming guests for an extended period or just looking to fuel your immediate family for the festivities, eggs are the perfect partner for cracking holiday cooking and entertaining.

Breakfasts, brunches, lunches, snacks, desserts and more offer delicious opportunities to enjoy flavorful foods with those you love. While preparing a variety of meals may feel overwhelming, you can simplify the season by leaning on eggs to elevate all types of recipes.

This holiday season, home cooks seeking hacks to crack the code of creating memorable, enjoyable, affordable holiday recipes can turn to a versatile ingredient like eggs. An important ingredient of globally influenced dishes honoring different cultures and religions around the globe, eggs can help you tap into celebrations regardless of your own traditions. Plus, eggs make entertaining easy and cost-effective in favorite dishes prepared year after year or when getting creative in the kitchen with something new.

Whether you're cooking for a crowd or simply spending precious moments with your nearest and dearest, there's no need to compromise easy, affordable indulgence. Add a touch of delicious decadence to brunch with this Sunchokes and Potato Quiche by New York Times best-selling cookbook author and founder of @PreppyKitchen, John Kanell, a flavor-forward way to bring everyone together and make entertaining eggstra special. You can have it all with a homemade crust and veggieloaded filling by starting with the simple crack of an egg.

Transform your holiday celebrations and make this year one to remember by sharing your creations using #CracktheHolidayswithEggs, and find more recipe inspiration at IncredibleEgg.org.

### **Sunchokes and Potato Quiche**

Recipe courtesy of John Kanell (@PreppyKitchen) on behalf of the American Egg Board Prep time: 20 minutes Cook time: 55 minutes

Servings: 10

- 1 lemon, zest and juice only
- 1 1/3 cups flour
- 9 tablespoons butter
- 1/4 teaspoon salt

- 1/3 cup Yukon gold potatoes, cut into 1/2-inch cubes
- 3/4 cup sunchokes, sliced 1/2-inch thick 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 onion, chopped

- 2 tablespoons butter
- 2 cups Swiss chard, chopped with stock removed

### **Custard:**

- 1/3 cup grated Parmesan
- 1/2 cup grated gouda
- 1/2 cup heavy cream
- 2 tablespoons parsley, chopped 2 tablespoons fresh thyme, chopped

To make crust: In small bowl, whisk lemon juice with egg. In large bowl, mix flour, butter and salt. Mix using hands. Drizzle in lemon mixture. Add lemon zest.

Using fingers, knead dough to break down butter. Cover dough with plastic wrap and roll into disc while at room temperature then refrigerate until firm.

To make quiche filling: Preheat oven to 425 F.

Toss potatoes and sunchokes with olive oil, salt and pepper then spread out on baking sheet.

Bake 15-20 minutes, or until fork tender, tossing pieces halfway through.

Add onion to well-buttered pan and cook over medium heat about 15 minutes, stirring frequently, until caramel colored. Add Swiss chard and continue cooking until wilted, stirring occasionally. Set aside to cool.

Roll out dough on pastry mat or well-floured surface. Prick with fork. Carefully transfer dough to quiche pan, fold edges under and crimp then transfer to freezer.

To make custard: Reduce oven temperature to 375 F.

In large bowl, whisk eggs, cheeses, heavy cream, parsley

Add caramelized onions and vegetables then mix. Add mixture to crust.

Tent with foil and bake about 20 minutes.

Reduce oven temperature to 350 F and bake about 40 minutes. For food safety, casseroles containing eggs should always be cooked at a minimum of 160 F.

**Notes:** Bake times depend on size of quiche. Deeper quiches may require additional bake time. As quiche cools, filling continues to set; it may wobble when removed from oven.





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## **Selecting And Keeping Your Christmas Tree Looking Its Best**

By Melinda Myers

The hunt for the perfect tree is oftentimes an important part of family tradition. Buy local whenever possible by supporting local Christmas tree growers. Purchasing locally grown trees also reduces the risk of spreading unwanted pests into your landscape. Your local University Extension Service and Department of Natural Resources provide updates on any threats.

Family tradition may dictate your tree choice. Many prefer the fragrance of balsam fir and needle retention of other firs like Fraser, white, Grand, and Noble. Though not a true fir, Douglas fir needles have a wonderful aroma when crushed. White pine lacks the fragrance that many prefer. Its pliable branches only support lightweight ornaments, but the soft needles have less bite than the popular Scots or Scotch pine. This evergreen has stiff branches that support heavier ornaments and its needles hold even

when dry. Check for freshness. A fresh tree will last



Photo courtesy of MelindaMyers.com

Proper selection and care of your Christmas tree will keep it fresh and looking its best throughout the holidays.

throughout the holidays. Run your hand along the stem. The needles should be pliable yet firmly attached to the branch. Avoid trees with lots of moss, lichens, vines, broken branches, and other signs of poor care.

Look at the overall shape and size of the tree. Stand the tree

upright to make sure it will fit in the allotted space. Check the trunk. It should be straight and the base small enough to fit in your tree stand.

Make a fresh cut, removing at least an inch from the base of the trunk before setting it in the stand. Straight or diagonal cuts work

equally well. A diagonal or V-shaped cut may make it difficult to properly support the tree in the stand.

Proper watering is key. Fill the stand with water and check it often. Fresh trees can absorb as much as 2 quarts of water in the first 24 hours. Keeping your tree stand filled with water is the best way to keep your tree looking its best

throughout the season. Once your tree is in place, you can add lights and decorations. Then take time throughout the busy holiday season to relax with your favorite winter beverage and enjoy the beauty of your Christmas tree.

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" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www. MelindaMyers.com.



Photo courtesy of MelindaMyers.com

Aloe vera plants grow best in sunny windows away

### **Growing Easy-Care** Aloe Vera, Nature's **Burn Ointment**

By Melinda Myers

Grow your own burn ointment by adding Aloe vera to your indoor plant collection. This succulent has been used for centuries to treat superficial burns, cuts, sunburns, and more.

The gel inside the leaves is the medicinal part of the plant. Just cut away the outer part of the leaf and use just the gel on the problem areas. Make sure to remove the latex plant sap located between the outer layer (skin) of the leaf and the gel that can cause skin irritation. It is always best to test a small area

of your skin first. You may have read about Aloe vera being used in beverages and desserts. Properly prepare the aloe before consuming. Make sure to remove the latex and use only the gel to avoid cramps, diarrhea, and stomach upset. Keep Aloe vera plants out of the reach of children. cats, and dogs.

Plant Aloe vera in a container with drainage holes. Consider using a clay pot that allows the soil to thoroughly dry between watering and prevent larger often top-heavy plants from tipping over. Use a pot as wide as it is deep whenever possible to accommodate the spread-

ing nature of this plant. Cover the drainage hole with a coffee filter or piece of paper towel. This prevents the potting mix from leaking out the drainage holes after planting. Use a welldrained cacti and succu-

lent potting mix. Grow this plant in a sunny window along with your other cacti and succulents. South and unobstructed east or west-facing windows are usually the best. Set it under artificial lights if a brightly lit location is not available.

Water thoroughly whenever the top third of the soil is dry. Avoid applying water over the center of the plant where it can collect between the leaves and lead to rot. Pour off excess water that collects in the

Prevent early death of your plant by avoiding waterlogged soil. Watering too often or allowing the pot to sit in excess water can lead to root rot and the death of the plant. You will need to water less often in winter when days are shorter, light intensity is lower and plant growth is limited.

Keep plants away from cold drafts and temperatures below 50 degrees Fahrenheit that can damage the plants. Northern gardeners may need to move the plants back a bit from the window in winter as outside tem-

peratures drop. Clean leaves occasionally with a damp rag. This removes any dust that may collect on the leaves and helps reduce the risk of insect pests such as mealy bugs and aphids. These plants are sensitive to many chemicals so check the label and test a leaf before treating the whole plant if additional treatment is needed.

Watch for small plants to form at the base of the original plant. You can use these offsets, often called plantlets or pups, to start new plants to grow or share with others. Use a sharp knife to separate the small plants, roots and all, from the parent plant. Repot the offsets in small containers just an inch or two larger than the remaining root system.

Enjoy the beauty and medicinal benefits of this easy-care plant. Then consider gifting a few to your favorite gardeners and cooks.

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" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www. MelindaMyers.com.

# First Baptist Church

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Worship Service: 10:30 AM

**Youth Group Wednesday at 6:30** 

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# In The Home

Sunday, Dec. 4, 2022 **D2** 

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Photo courtesy of Getty Images

FAMILY FEATURES

f you're like most Americans, health is an important aspect of your resolutions when each new year rolls around. While factors like diet and exercise are keys to healthy living, so are the ways you care for your home and belongings.
Your home living environment plays a major role in your health

and comfort, so incorporating some new habits like these from the cleaning experts at Swash Laundry Detergent can help you establish a healthier lifestyle.

### **Control Air Quality**

Especially during the winter months when your home tends to be closed tight, air can grow stale. Do your best to keep air quality strong by opening windows on mild days to circulate fresh air, using an air purifier to remove irritants and pollutants, frequently vacuuming and sweeping to keep floor dust and debris under control and regularly cleaning textiles that can trap allergens and

### **Scale Back Detergent Use**

Using too much laundry detergent isn't just risking buildup and unnecessary wear on your washer and dryer; it can also increase

the residue and buildup in your clothes, which can lead to skin irritation and damage fabric faster. Using only what you need helps protect your belongings and your skin. An option like Swash Laundry Detergent, which features a Precision Pour Cap, dispenses the detergent for you, so you only pour what you need to effectively clean each load and fight stains. A single bottle of the ultra-concentrated formula – available in Simply Sunrise, Free & Clear and Pure Linen scents - washes up to 83 loads while taking up less space than traditional, bulky detergent bottles.

### Make Use of Natural Light

When winter brings day after day of dark, dreary weather, it can take a toll on your mood. Brightening your living space with natural light can positively influence your emotional state while helping with your electric bill. If you're concerned about privacy, utilize window treatments at night, but let the sunlight bring good cheer to your living spaces during the day.

### **Switch Bedding on Schedule**

While you sleep, your body sheds oils, cells and elements you carry into your home like pollen. Sheets should be washed once a

week on the hottest water setting your fabric will tolerate (check tags for laundering directions on your sheets before washing). If your schedule makes weekly washing, drying and remaking the bed unrealistic, consider having a couple sets you can rotate so you always have fresh, clean sheets waiting to remake your bed

### Work Up (and Wash Out) a Sweat

The materials that keep you feeling cool and fresh by wicking away sweat can quickly get stinky, but over-washing can make them lose their shape and fade. Even so, washing after every use is a must. Washing workout clothes inside out exposes the surfaces that have absorbed sweat and body oil to detergent and agitation. Be sure to close zippers, buttons, clasps and other fasteners to prevent snags. Pre-soaking with equal parts vinegar and cold water can also help eliminate odors, and washing in a gentle, cold-water cycle and drying on low heat can help protect the fabric's elasticity and wicking properties.

Start your year off right with more advice for healthy habits around the home at Swash.com.

### 5 Ideas for an Organized, Intentional Laundry Space

Having an organized and decorated laundry room can ease the weight of your to-do list and the tension you feel from the day-to-day grind. It can also help keep your laundry routine simple, orderly and organized. Consider these tips from the laundry experts at Swash:

### 1. Think like a minimalist.

Empty your laundry space and sort through what you need and what you don't. Eliminating the extras leaves room to evaluate your space. Consider whether you could organize differently to make frequently used items more accessible and make the most of your storage space. Cutting down on clutter may even make it possible to incorporate shelves or cabinets that add stylish functionality.

### 2. Update your space with open shelving.

Open laundry shelves offer a sense of more space, and the horizontal lines can lend a sense of calm. For an easy and attractive upgrade, try hanging 2-3 open shelves within easy reach. If you're hesitant about the open feel, limit to just one shelf for the everyday necessities and keep the rest of your laundry supplies out of sight in a complementing cabinet. Baskets offer another option for concealing your belongings, whether you use them on the open shelves or inside cabinets to keep things tidy and clutter-free.

3. Create a practical workspace.

Mundane laundry chores like folding can be more enjoyable when you have a comfortable, dedicated space for the job. An open counter or table that folds down from the wall gives you the surface you need to fold clothing within your laundry space without disrupting the rest of the house. Other ways to add practical space include areas for sorting garments that need special attention and a place to hang items that shouldn't be dried in the dryer.

### 4. Use colors and materials that evoke calm.

Natural materials and a neutral color palette can lend to a more peaceful space. Lighter neutral colors reduce stress and anxiety, promote relaxation and can even make a space feel more expansive. For a calm, refreshing area, start with a base of white then add natural textures like woven baskets, faux or real plants and marble stone accents in the tile flooring or backsplash. Add a calming color like blue to evoke the tranquility of the sky or ocean, or consider green to incorporate the soothing effects of nature.

### 5. Invest in products that bring you joy.

Choose quality pieces that aren't overly trendy and will stand the test of time. Consider how your investment of laundry decor, including your washer and dryer, will serve you in the space in the coming years.



# Business Notes and NEWS

Sunday, Dec. 4, 2022

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### Indiana Chamber Releases 'Indiana's Leaking Talent Pipeline'

Improving K-12 outcomes for students of all races and income levels and greatly elevating the postsecondary attainment levels of Indiana's adult workforce are the most significant challenges facing the state, according to the Indiana Chamber of Commerce.

That's because in the race to develop and establish a well-skilled, well-educated work-force for the jobs of today and tomorrow, Indiana is behind its competitor states. Currently, there are twice as many job openings in Indiana as there are jobseekers. And the workforce participation rate remains lower than before the pandemic started.

"We hear it from employers, and we see it in virtually every education and workforce statistic. It's that Indiana has a massively leaking talent pipeline," declares Indiana Chamber President and CEO

Kevin Brinegar.

He points to two key statistics: A little more than half of all Hoosiers age 20 to 65 with only a high school diploma are employed. For those with no high school diploma, 60%

are not in the workforce.

The Indiana Chamber has developed a brief white paper called "Indiana's Leaking Talent Pipeline" (www.indiana-chamber.com/talentpipeline) that delves into this dilemma and what can and must be done to right the ship.

"We first should concentrate our policy focus and state resources on improving the outcomes and skills of those at the bottom end of the educational attainment scale. That's one of the very best ways to improve our overall workforce participation rate and fill the open jobs we have," Brinegar offers.

There is a high level of alignment between the steps the Indiana Chamber believes should be taken to bolster the state's overall talent landscape and the recent 30 recommendations from the Governor's Workforce Cabinet.

Brinegar, Jason Bearce, the Indiana Chamber's vice president of education and workforce development, and Paul Perkins, the organization's board chairman from Amatrol, a provider of online career and technical education solutions, were part of the workgroups that suggested and vetted recommendations to the Cabinet.

"We celebrate their work, focus and commitment to getting this right," Brinegar begins. "Over the past few months, we've been sharing our pipeline document with the Governor, the Workforce Cabinet, legislators and other stakeholders. We are pleased so much of the concerns outlined in it and policies developed from it have been addressed in the Cabinet's final report.

There are any number of actions lawmakers should strongly consider in the upcoming legislative session, he continues, but notes two are particularly vital in enabling young Hoosiers nearing the point of entering the workforce full time to realize their potential.

Indiana still has one of the lowest Free Application for Student Aid or FAF-SA completion rates in the country. Legislation passed in 2022 ensures families receive information about FAFSA and its importance in accessing resources to pay for postsecondary education. But for the majority, the Indiana Chamber and others contend filling out the FAFSA form should be a requirement for high school graduation.

The 21st Century Scholars program is another area in which much needed process improvement and fulfillment needs to occur, Brinegar stresses. The initiative provides free college tuition for low-income students who graduate from high school and who have completed a short list of preparatory activities.

"That participation level is shockingly low because students don't know about it or have the support to apply. What needs to happen is for every qualified student to be made aware and automatically

enrolled," he asserts.

It all begins, however, with a strong early foundation. The Indiana Chamber is pushing for increased public and private sector investment to help address the "clear and distressing decline in learning among all young Hoosiers – particularly low-income and minority students – the last few years," Bearce remarks.

"Later on in their education journey, dedicated career exploration courses (and related experiences) as expectations for all middle and high school students, as well as increased regional capacity for more work-based learning experiences would aid tremendously in the state growing its own talent," he adds.

"And every student in every Indiana high school should have available to them the full array of college core courses needed for the next level of education attainment. No student should be penalized or hindered in their postsecondary preparation due solely to their geographic location or size of their school district."

Bearce also notes that initiatives around retaining college graduates and providing employer incentives to increase the number of work-based learning opportunities are also high on the policy list for the Indiana Chamber.

The organization's "Leaking Talent Pipeline" document covers workforce rankings and rates, student learning and proficiency, underutilized programs, the impact of too many school districts, and postsecondary education and job openings. It is available to download for free at www.indianachamber.com/talent-pipeline.

With this effort and its top legislative priorities, announced last week, the Indiana Chamber is seeking to help frame the important talent conversation that will take place in the 2023 General Assembly – and, as Brinegar concludes, "to push for transformative actions that will have the most impact on the state."

### Indiana Wesleyan University-National & Global Announces Revamped And Updated A.S. In Business

IWU-National & Global is creating interactive, engaging pathways for career advancement through its newly revamped Associate of Science degree in business. The updated program offers real-life, interactive perspectives and assignments that culminate in an ePortfolio with artifacts students can present to employers as evidence of career readiness. Graduates will be prepared to enter the workforce or pursue a bachelor's completion program to advance their careers.

"Through this program, students can attend weekly synchronous sessions from professors, prepare to pursue a Microsoft Office certification that can increase their earning potential, and learn important soft skills valued by today's employers," says Dedra Daehn, Director of Curriculum and Operations in IWU's DeVoe School of Business. "With the credits they've earned, graduates will also be able to enroll seamlessly in a bachelor's program that sets the course for a successful career."

IWU's associate degree in business focuses on building foundational business knowledge and developing students' proficiency in communication, emotional intelligence, leadership, teamwork, and adaptability. Students in the program have the potential to earn a certificate of completion through Peregrine Academic Services for Fundamentals of Business Writing, along with opportunities to earn IWU skill-based badges throughout the program.

With highly interactive courses and newly updated curriculum, the A.S. in business

is designed to give its graduates an edge in today's workforce and prepare them to be effective in various roles. To learn more about this degree, visit indwes. edu/asb.

F1

About IWU

Indiana Wesleyan University celebrates 100 years as a Christian, global, comprehensive university providing liberal arts and professional education to approximately 10,000 students worldwide. IWU is one of the largest faith-based universities in America with rich undergraduate, graduate, master's, and doctoral programs in such highly acclaimed academic units as the School of Nursing, School of Physical and Applied Sciences, College of Adult and Professional Studies, and School of Arts and Humanities. An early leader in adult and online education, IWU is known for excellence in innovation. Students live and learn on the beautiful 350-acre IWU-Marion traditional campus and study through IWU-National & Global programs offered online and at education centers in Indiana, Kentucky, and Ohio. Wesley Seminary at Indiana Wesleyan University, founded by the Wesleyan Church denomination and IWU, prepares Christian leaders to engage in missional ministry locally and globally. Indiana Wesleyan University is accredited by the Higher Learning Commission (hlcommission. org), a regional accreditation agency recognized by the U.S. Department of Education. It is a member of the North Central Association of Colleges and Schools. For more information, visit indwes.edu.



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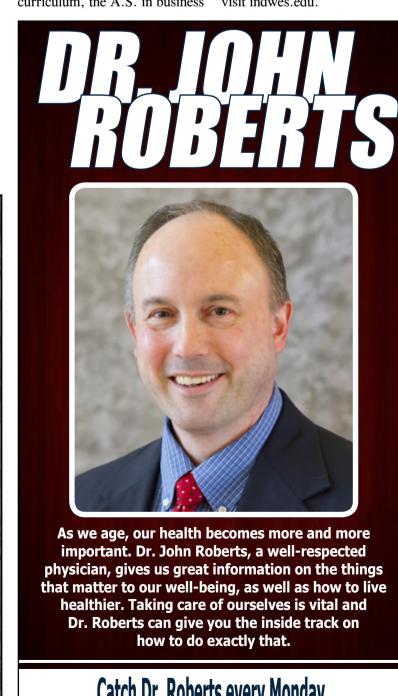
There is no cap on earnings and multiple people in the past have earned \$50,000, \$60,000 and beyond – all the way into six figures.

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# FAITH

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"

**Woodland Heights** 

Christian Church

### **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

Service times:

10:02 am on Sundays

Wednesday night prayer meeting

at 6:30 pm.

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church



### **Southside Church** of Christ

153 E 300 South • Crawfordsville southsidechurchofchristindiana.com

> Sundays: Worship at 10:30 am

Wednesday Night Bible Study 7 pm



## **Waynetown Baptist** Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

*Traditional and Comtemporary* 



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

802 Mill St. • Crawfordsville

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

### **Services**

Sunday at 2 pm

Wednesday Evening Bible Study 7 pm

> Saturday evening (speaking spanish service) at 7 pm



### 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



### **Sunday Worship 10:00 AM**

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

Sunday School 9:00 AM

Pastor Clint Fink

Email: lindenum@tctc.com Website: lindenumchurch.org

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



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



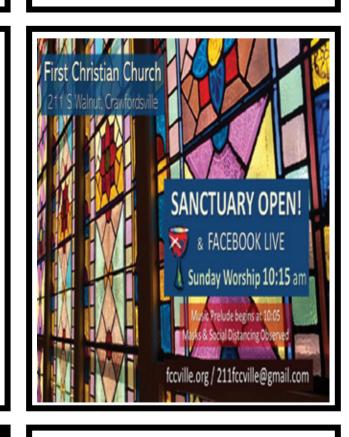
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212 E. Wabash Avenue Crawfordsville (765) 362-4817 www.cvfumc.org

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

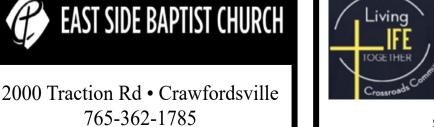


765-362-1785 www.eastsidebc.com

**Services:** 

Sunday School at 9 am Church at 10 am

truth and love



**SUNDAY** 

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 Help and hope through 117 E State Road 234 ● Ladoga 765-866-8180

Sunday, Dec. 4, 2022

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# Witham Health Services Classes And Groups

Witham Health Services in Lebanon will be hosting Community Education and Support Group classes in December

- Diabetes Self-Management Class Call the Diabetes Education Department at 765-485-8120 for individualized class, scheduling and pricing.
- Rock Steady Boxing 1 & 2 held weekly at 9 a.m. on Mondays and Wednesdays at the Witham Health Services South Pavilion Wellness Center.
- Rock Steady Boxing 3 & 4 - held weekly at 9:45 a.m. on Mondays and Wednesdays at the Witham Health Services South Pavilion Wellness Center.
- Restorative Yoga is held weekly on Mondays at 6 p.m. at the Witham Health Services South Pavilion Wellness Center.
- Silver Sneakers held weekly at 11:15 a.m. on Mondays for those 65 or older at the Witham Health Services South Pavilion Wellness Center.
- Silver Sneakers
  Cardio held weekly at
  11:15 a.m. on Wednesdays for those 65 or older at the Witham Health
  Services South Pavilion
  Wellness Center.
- Silver Sneakers Chair Yoga - held weekly at 11:15 a.m. on Thursdays for those 65 or older at the Witham Health Services South Pavilion Wellness Center.
- Tai Chi for Health

  1 Seven week sessions, held weekly at 10 a.m. on Tuesdays, Dec. 6,

  13 & 20, at the Witham Health Services South Pavilion Wellness Cen-

# H E A L T H S E R V I C E S

ter. Classes are FREE in December.

- Fight Smart Designed to reduce the risk of any chronic disease you may be facing. Held weekly at 9 a.m. on Tuesdays and another class on Thursday's at 9 a.m. at the Witham Health Services South Pavilion Wellness Center. Class is FREE.
- Flow Yoga held weekly on Fridays at 12:30 p.m.at the Witham Health Services South Pavilion Wellness Center.

Please call the Wellness Department at 765-485-8126 for more information on scheduling and pricing.

- Breastfeeding Support Group – is held weekly on Mondays at 6:00 p.m. in the VIP Dining Room. Class cancelled on Dec. 26.
- Individualized
  Breastfeeding Support is
  available with a Lactation
  Consultant. To schedule
  an appointment and for
  pricing, call 765-485-
- Diabetic Support Group – Wednesday, Dec. 14 at 6 p.m. in the Beck Room.
- Cancer Support
  Cooking for Wellness –
  Tuesday, Dec. 20 at 1

ion Wellness Center.

- Alzheimer's Support Group – Tuesday, Dec. 20 at 6 p.m. in the VIP Dining Room.
- Grief Support Gathering Tuesday, Dec. 27 at 6 p.m. in the VIP Dining Room.

About Witham
Witham Health Services is proud to be part
of the growth and vitality
throughout Boone County and the surrounding
communities.

Our mission is to improve your health through excellence and personalized care. Every day, our experienced and compassionate staff, combined with our state-of-the-art technology, bring exceptional health resources to patients and their families – all close to home.

Witham has offices in Crawfordsville, Frankfort, Jamestown, Lebanon, Thorntown, Whitestown at Anson and Zionsville.

At Witham Health Services, we feel called to care for our neighbors; supporting them to live healthy, active lives and helping them heal in times of injury and illness. To learn more about our mission, our values and vision, visit www.witham.org

### **Answering Questions About Ovarian Cancer**

I've had some questions recently about cancer of the ovaries so I'll try and tackle this complex subject. Ovarian cancer is frightening because it is often very advanced before a woman receives a diagnosis. Most women present with stage III disease meaning the cancer has spread outside the ovary into the abdominal cavity and/or lymph nodes. This results in less than half of women surviving five years after diagnosis.

Ovarian cancer cases in the U.S. in 2021 numbered about 21,000 and approximately 14,000 died from the disease. It accounts for less than three percent of all female cancers. It is the fifth leading cause of cancer deaths in women following breast, lung, colorectal, and uterine cancers.

The chance of developing ovarian cancer increases with age and peaks in the late 70s with an average age of 63. Fortunately, the prevalence of ovarian cancer is relatively low with about a 1.3 percent lifetime risk of developing it. Also, the incidence has been trending downward since the late 1980s.

Women have an increased risk of ovarian cancer with increasing age, infertility, endometriosis, polycystic ovarian syndrome, cigarette smoking, estrogen use, obesity, or a family history of breast or ovarian cancer (especially those who test positive for one or both of the BRCA1 or BRCA2 genes).

Women with one first-degree relative (mother or sister) with ovarian cancer have an increased risk of about 4 to 5 percent while those with two first-degree relatives have about a 7 percent risk. Women have a decreased risk if they have had a previous pregnancy, have breast-fed, taken oral contraceptives, used an intrauterine device, or had a tubal



JOHN R. ROBERTS, M.D. Montgomery Medicine

ligation.

Signs and symptoms of ovarian cancer may be quite subtle or absent entirely. The most common symptoms, described by about half of women, are bloating or enlargement of the abdomen and abdominal or pelvic pain. Decreased appetite, a feeling of getting full quickly, urinary urgency and/or frequency, and a change in bowel habits, particularly constipation, may also be present.

Like most cancers, diagnosing ovarian cancer at earlier stages leads to improved survival. However, there is no evidence that supports a benefit of routine screening of average risk, asymptomatic women. All screening strategies in this group are associated with a high rate of false-positive tests that can cause psychological stress and, more importantly, carry a risk of harm from invasive testing and surgery.

The disease is occasionally detected on routine pelvic exam, often when it is in an advanced stage. Women who are at increased risk for ovarian cancer or who have persistent, unexplained pelvic or abdominal symptoms, may benefit from a combination of pelvic examination, pelvic ultrasound and a blood test called CA-125.

The CA-125 blood test has been touted in social media posts as a screening tool for ovarian cancer. Some readers may have even received an e-mail describing the benefits of having

a yearly CA-125 blood test to screen for ovarian cancer. Various versions of this e-mail have been circulating since 1998. The message states that if you don't have the test done regularly, you may be putting your life in danger. It also accuses the medical community and insurance companies of intentionally withholding the test from women.

While the CA-125 test is useful for following women with diagnosed ovarian cancer in order to gauge their response to treatment, ongoing studies looking at the utility of the test as a screening tool continue to confirm its poor performance. Screening with CA-125 has never been shown to improve survival from ovarian cancer.

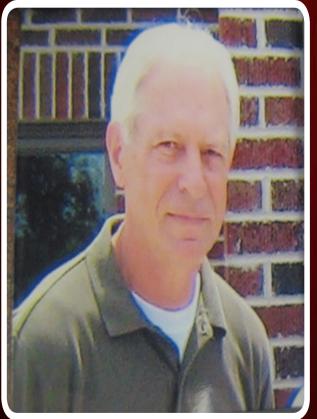
The test is not very sensitive since it's only elevated in about half of women with ovarian cancer and it frequently doesn't become elevated until the cancer has already spread. In other words, a negative test does not mean a woman doesn't have ovarian cancer.

The test is also very non-specific. It can be elevated for a number of reasons including normal menses, endometriosis, pregnancy and benign tumors of the uterus. It can also be elevated with pancreatitis, appendicitis and other cancers such as breast, lung and colon.

So, when should a woman be concerned? If she has any of the symptoms mentioned above for more than a few weeks, she should consult her care provider to provide her medical history and undergo a pelvic examination. Her provider may then recommend additional testing based on her overall risk and physical findings.

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

# Alth Services Boulder, illion Wellness Cenp.m. m. ...



John "Butch" Dale is a former teacher, County Sheriff, author, artist, and local historian. He is the librarian at Darlington and has been there for 33 years! You never know what Butch might offer his readers two times each week...from funny and nostalgic stories about his childhood and hometown...to stories about life and death incidents when he was Montgomery County Sheriff. Sometimes he highlights sports stars from our county's past...or he might just poke a little fun at some of our national politicians and celebrities. He can make you laugh, make you cry, help you to appreciate the past or make you think about the future. But no matter what, Butch will keep you on your toes and keep you entertained!

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The Paper

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# Scaling Back



Photo courtesy of Getty Images

# 5 ways to manage your weight

FAMILY FEATURES

or many people who wish to work toward a healthier weight, one of the greatest obstacles is figuring out where to begin.

These tips from SlimFast consultant and registered dietitian Maryann Walsh show it doesn't take a drastic lifestyle overhaul to make an impact.

### **Eat Mindfully**

Many people who struggle with their weight benefit from being more conscious about what they're eating and why. For example, consider your eating habits, such as eating even when you're not hungry whether that's because it's mealtime and you think you should eat, you're satisfying a craving or using a tasty snack to cope with stress.

Recognizing why you're eating is an important step toward correcting destructive eating patterns, but so is paying attention to the other details of the eating experience, including what you eat and how it makes you feel. Ultimately, this may allow you to choose healthier foods that nourish

your body for the long-term, rather than the brief satisfaction that comes with less nutritious choices.

### **Consider Intermittent Fasting**

One weight-loss method many people find success using is intermittent fasting, which involves abstaining from all food and beverages for a specified time period each day or week. While going too long without food can sometimes lead to excess hunger then overeating later, in shorter, controlled fasting timeframes one can often more easily achieve a caloric deficit, which is required for weight loss.

Prepare for your fasting phase by choosing foods that support satiety. Options like SlimFast's Intermittent Fasting line of meal bars and protein shakes can help avoid a sense of deprivation with tasty flavors like the Vanilla Cupcake Snack Shake Mix and Vanilla Almond Crunch Complete Meal Bar. The shake mixes deliver 15 grams of slow-digesting protein, compared to whey protein, to help curb hunger, along with more than

20 vitamins and minerals. The meal bars clock in with 15 grams of protein and 10 grams of fiber.

### Manage Stress

When you're stressed, your body produces cortisol, which also raises insulin and can drive hunger and trigger cravings for comfort foods. In fact, that's the very reason people tend to overeat when they're under pressure. Light exercise and meditative practices can help you manage your mental strain. You might also consider talk therapy with a friend or professional or spend time unwinding with a book or music

### **Get Proper Sleep**

Poor sleep habits affect your weight in numerous ways. One is that when you're feeling tired, your hunger and satiety hormones, ghrelin and leptin, can be affected, leading to an increase in caloric intake and subsequent weight gain. Additionally, when you're tired, you're more likely to take shortcuts like skipping workouts or opting for unhealthy convenience

foods. All are reasons to make better rest a bigger priority.

### Track Eating and Exercise

When you're not paying attention to what you eat and how you move, you may not even realize how your habits are affecting your health. Logging what you eat, especially if you use a tool like an app that helps you see the nutrition breakdown, may give you a

clearer idea of the quality and quantity of your intake. Similarly, when you're specifically writing down the time you're committing to physical activity, you'll find it easier to identify patterns and pinpoint where you can make adjustments to increase your exercise.

Visit SlimFast.com to find more resources on weight management and intermittent fasting.

### 3 Tips for Intermittent Fasting

If you're new to the idea of intermittent fasting, these tips can help you find greater success so you can see results.

- **1. Pace yourself.** Make a gradual transition so your body gets used to going without food for shorter periods of time before you work up to extended fasting periods
- extended fasting periods.

  2. Stay hydrated. Avoid confusing thirst for hunger by upping your fluid intake. Staying hydrated and energized while you fast helps keep fatigue and brain fog at bay. Options like
- fruit-flavored SlimFast Intermittent Fasting Energizing Hydration Supplement Drink Mix won't break your fast and can help you add variety as a flavorful alternative to water. They can provide the energy and focus you need between meals and are perfect for those who feel groggy or run-down while fasting.
- 3. Set goals. Know what you want to achieve and why, so your "why" can keep motivating you to follow your intermittent fasting plan even when you're tempted to quit.



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# Support Mental Health in Rural America

# The value of sharing lived experiences



Photos courtesy of Getty Image

FAMILY FEATURES

hroughout many parts of the country, an increased understanding of mental health has led to enhanced awareness of its importance. A catch-all description of emotional, psychological and social well-being, mental health affects how people think, feel and act, according to the Centers for Disease Control and Prevention.

In fact, mental health is an important component of overall health. However, in some instances, there remains a gap between understanding mental health and embracing solutions, particularly in rural areas.

"When my 28 year old penhey died by suicide in a farming."

"When my 28-year-old nephew died by suicide in a farming community where mental illness was a subject never discussed, my mother courageously announced 'Enough is enough. We are going to talk about this, and we are going to talk about this in detail," said Jeff Winton, founder and chairman of the board of nonprofit Rural Minds.

His commitment to confronting suicide and mental illness in rural areas supports the goal of the organization, which is to serve as an informed voice for mental health in rural America and provide mental health information and resources. A major barrier to individuals seeking help in rural communities is the stigma often associated with mental health challenges. The organization is working to confront the stigma through people talking about their personal, lived experiences with mental illness.

Recognizing the value of sharing deeply personal accounts of mental illness is also the message of Jeff Ditzenberger, a farmer who attempted suicide. His own challenges confronting and managing his bipolar II disorder while returning to farming motivated Ditzenberger to found TUGS, a mental health nonprofit with the mission to address the stigma surrounding mental health challenges and suicide.

Passionate about normalizing discussions about mental illness, Ditzenberger is working with Rural Minds to encourage others in rural areas to talk about their challenges with PTSD, bipolar disorder, depression, schizophrenia or other mental issues. The goal is for people to become as comfortable with the discussion of mental health as they are talking about COVID-19, the common cold or the flu.

Mental health professionals agree that opening up about mental health challenges can be the first step to finding a path forward.

"Sharing the burden of mental illness and life experiences can be really, really powerful," said Dr. Mark A. Fry, consultant in the Department of Psychiatry and Psychology at

Mayo Clinic. "As a psychiatrist, I would tell you it's a critically important part of the overall treatment plan. In my opinion, the concept of providing peer support – sharing lived experiences with mental illness and supporting each other – really is invaluable."

### Barriers to Seeking Mental Health Support in Rural Areas

While mental health is imperative for overall health, some people do not recognize mental illness as a disease;

rather, it is sometimes perceived as a character flaw or personal weakness.

"Mental illness is an illness – just like cancer or diabetes," Winton said. "Just as it is with many other diseases, the person who is ill is not responsible for getting the illness. Much of the stigma around mental illness may be rooted in the misdirected and unfair shame that can be an added burden for someone who is

already suffering with a mental illness.

"Similar to many people in rural America, I grew up on a farm and was taught to pull myself up by my bootstraps and get over it, to just move on and to not think about it. Well, that is not an acceptable response to a mental illness. You don't do that with other illnesses. You can't do that with mental illness."



### Collaboration is Key

In the spirit of collaborating to better serve the mental health needs of rural America, Rural Minds is partnering with The National Grange, a family, community organization with roots in agriculture that was founded in 1867.

"Our aim in collaborating is to develop a grassroots, person-to-person approach to provide people who live in rural communities with mental health and suicide prevention information by working with local Granges, civic groups and community leaders across the country," Winton said.

### Help is Available

There are several established organizations that provide mental health information and services across the country, but Rural Minds focuses entirely on confronting the mental health challenges in rural communities.

country, but Rural Minds focuses entirely on confronting the mental health challenges in rural communities.

Find a compilation of free mental health crisis resources and support and overall mental health resources and support at RuralMinds.org, which also offers access to recordings of educational webinars presented by

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## The Ball Saga - Henry ? Along With Martha And Joanne

Okay, not saying there wasn't a Henry as the first child of Dennis and Margaret Line Ball, but after (in Ancestry alone I checked 109 Family Trees and many in two other sources) with Henry in them and finding nary a record (well, okay one but that Henry was not the right one with a different father and grand) to prove him being one, thus there isn't much to read on him here. Would say he could have been as their first proven child you'll read about today was born just shy of three years after their marriage, thus leaving a perfect spot for dear Henry, but no proof. Even in a local history with a list of brothers and sisters there is no mention of a Henry. Also, Henry may have died young and a tombstone that old for an infant could easily be gone today especially since the parents moved to MoCo and wouldn't have been in Butler, Ohio to care for it. Thus, Henry remains a big question mark?

So, that brings us to the oldest of the six daughters and three sons we know for sure are Dennis and Margaret's. She was Martha born 22 July 1808 in Butler County and died young 29 October 1846 and I found it so interesting that her sister, Abigail Quick died just 29 days previously.

Martha Ball married David Rusk three days after Christmas in 1827, registered in MoCo's first marriage book. Martha and David were parents of six children that I have found: Dennis (hmmm see how the Ball families use the same names over and over – someone should keep track for me and it is certainly why I question the parents so many have on their family trees); and to add to Dennis, there was Squire; Abigail; Joanne; Lucetta and Robert Rusk, only nothing was found about the latter. Well, with the rest - here we go - read



KAREN ZACH **Around The County** 

Dennis Rusk was 33 and married when he registered for the Civil War draft living in Cain Township in Fountain County. He passed from cardiac insufficiency (born 7 Sept 1830 died 25 Jan 1915) at age 84. He had farmed in the Waynetown and Eastern Fountain areas. He married Margaret Emza Hall who mothered his children but he also was married to Paradine Matilda Maxwell first which is where the pretty name of his daughter derived - Paradine Maxwell died 25 August 1852 and Paradine, the daughter passed 22 Oct 1881 (buried Masonic Cemetery) and they were parents of 10 children (Mary Olive; Elva; Squire Edgar; Joanna; Martha Delilah; Albert Brady; David; Willard; Paradine Matilda and Burton Dennis -finally got gpa' in there). This group mainly farmed and married into the Parker, Fowler, Gardner, Donovan and other local families.

Squire Rusk son of David and Martha (Ball) Rusk was born the 2nd of July in 1834 in Wayne Township, Montgomery and as far as I know spent all his time here as a careful, scientific based farmer, keeping in mind the pioneer practices, passing 6 Jan 1917 (very handsome man – photo on findagrave) and is buried in Waynetown Masonic. He was nearly 50 years old when he



married Julia Grenard (daughter of Jesse and Isabel Thompson) in Nov 1881. Five years later, they had their one child, Vernie Edith who grew up to marry Walter Runyan giving Squire two grandsons (Byron and Elihu) whom he was able to enjoy a few years before his death.

Abigail, as her brothers and sisters, remained in Montgomery County, born near Waynetown 5 Dec 1829 and passed at age 81 in Wingate; however, she too is buried in Waynetown Masonic. She married (23 Feb 1847) Squire Simeon Grenard and mothered eight children (marrying Johnsons, Fergusons, Osborns, Swank, Earl, Hancock and Harts). The children were: Martha; Mary Elizabeth; Squire Jefferson (died age 88); David Rusk who lived to be 102); Laura; John Douglas (who passed at

93); Nancy and Dora. Joanne Rusk was born near Waynetown on July 24, 1836 and passed away after a fall breaking her shoulder (obit – neck according to Death Record) and probably other damage not long before her 91st birthday (17 May 1927). On Dec 12, 1869, she married William H. Biddle, both highly respected citizens, members of the Baptist Church. William, a Civil War veteran was the son of Stephen and Elizabeth Shockley Biddle. There were no children, but they were active in the church and he in the Masonic Lodge.

Lucetta Rusk blessed the others 15 Aug 1838 near Waynetown. She died the very first day of 1911 and is buried in Waynetown (Masonic with a real nifty stone). Squire George Bunnell was her husband. They farmed in Wayne Township while they raised their several children: Florence Estella married into the Fruits family; Arthur Monroe; James M.; Cosmore (who died about age 17) and Jackson.

Martha seems to have no tombstone, but David does. David married a second time after Martha's young death to Mary Munns. Thus, of Martha Ball Rusk's children to grow to adulthood, there appeared 24 grands and the list I'm sure is still going strong. The Rusks, Biddles, Bunnels, Grenards all have been and

most still are wonderful Wayne Township folks! Peace all !!

Since I still have room, let's talk about the next child as I know little about Joana, other than she married John Rusk (assumedly relation to her brother-in-law) on April Fool's Day 1827 in C'ville and was born 28 Dec 1809 passing away in Rio in Knox County, Illinois 1 Sept 1864, John buried there as well having passed almost ten years before. He had received land patents in MoCo and according to FindAGrave was from Belmont, Ohio (Rio Baptist Cemetery – photo FindAGrave by searchin4info). This set of Rusks had four children nearest I can tell, Isaiah; Sarelda; David R and Nancy Anne. Isiah married Hannah and they were parents of: Eliza; Albert; Joanna; Margaret and Nancy who died young. Sarelda married Wilson Adams and parented Rosa; Henry; Theron (died age 2); Sarah; Clyde Wilson; Ida; Elza - most lived in the Rio area. David R. was born in Wayne Twp (1834) and went to Red Deer, Alberta Canada where he died in March of 1902 and believe just one child, Leona. Nancy Anne, twin to Sarelda, born Waynetown 14 July 1837 married Marshal Heflin and died in Fonda, Iowa 1909. Parents of several children: Frank; John; Ralph; Osa; Zoa; Freddie (died

So, see ya' next week when you'll be reading the Ball Saga for Abigail who married Edwin Quick and it won't be a quick saga as they parented eight children (he had three by second wife, too). Enjoy!

age 9); Albert.

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

# Butch Remembers Some Boring Christmas Gifts He's Received

Well, it's that time of year again...time to select Christmas gifts for our family. Even though our four children are grown, we still think of them as our "little kids." With nine grandkids, too, it can be expensive, but since we never go on a vacation, we save that money for Christmas

gift-giving. To make it easy, my wife usually has everyone make a list of things they might like to have, and then we just go buy some of the items on the list. Gee, that never worked for me when I was growing up! As I mentioned in a previous column, I did receive some great gifts through the years...a Hopalong Cassidy capgun and holster, a BB rifle, a Lew Burdette autographed baseball glove, and a Milwaukee Braves baseball cap...just to name a few. But my folks never had much money, so many times I think they just waited until the last minute and grabbed whatever they could afford. I have mentioned these before...slinky, Viewmaster, Mr. Potato Head, ant farm, Wooly Willy, etc. Not



**BUTCH DALE Columnist** 

too exciting, but those did keep my attention for a short amount of time. But then there were gifts that, sad to say, were just downright boring...for instance...

When I was in the fourth grade in 1958, I received a present wrapped in a tiny little box. I was "going steady" with Linda Quigg, who had long, blond curls. (Our romance consisted of sitting next to each other at basketball games.) I wanted a necklace with my name engraved on it, as it was a custom then to exchange these with your

significant other. I was very excited until I opened the box and discovered a brand new pair of...nail clippers. Now that's something every boy certainly desires with all their heart! Whoopee.

The next year, as a fifth grader, one of my presents was a tube of Brylcreem. On the box, it stated that it was "The Best Selling Hairdressing in the World." It should also have said "Most Boring Christmas Gift in the World." I don't think Elvis even used that stuff.

Some of the other gifts that I received through the years were such items as socks, underwear, and coats. Practical? Yes. Exciting? No. And I could always guarantee you that there would always be an orange in my stocking. Hey, Mom and Dad, this is not the Great Depression. It's the 1950s, I want candy! They must have inherited their gift-giving skills from their parents. My Grandpa and Grandma Dale couldn't buy anything. They had 22 grandkids and very little money. But Grandpa and

Grandma Grimes always gave me really "special" presents... gloriously exciting items like cufflinks, pencils, ink pens, handkerchiefs, and yes...they also gave me some nail clippers. One time, I received a new striped bowtie. My God, where I am going to wear that...to the insane asylum for adolescents? Maybe I could also buy a straw hat and become a carnival barker at the ring-toss tent.

In high school, my basketball coach required that the team members dress up for the games and wear a hat...those stupid looking Fedora-style hats. So, of course, as a freshman that was one of my Christmas presents. It was greenish-brown plaid with a little feather in the hat band. Great...I always wanted to look like Fred McMurray. I also received a new athletic supporter, i.e. "jockstrap." Really. Yes, something I would always

Well, I received gifts from other people, too. When I was 15, the Methodist Church, where I had attended Sunday School

for the last ten years, gave me a small edition of the New Testament. That was nice of them. However, at that age, I would have preferred the 1964 Holiday edition of Playboy magazine.

Through all of those Christmas seasons, I learned some valuable lessons. First of all, what you want...and what you receive... are entirely two different things. Secondly, money cannot buy happiness...but it sure can't hurt any either. Thirdly, my parents and grandparents did not spend much time in selecting gifts. But that's OK, because in gift-giving it is truly the thought that counts. The best gifts are having good health and a loving family... and most importantly, Christmas Day is the occasion to celebrate the birth of Jesus.

If anyone needs any nail clippers, I have an extra pair.

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

## Sometimes Life Comes Down To A Simple 'Doink'

Every time a National Football League placekicker lines up to kick a field goal, my friend Brian cringes. This holds true for college and high school field goal kicking, too, but his attention is most frequently focused on the professionals.

You see, Brian believes that field goal kickers are getting robbed.

I was over at his house, Sunday, watching the big game. At the end of the first half of the con-test, the visiting team rushed their field goal kicking unit onto the field. They hoped to add three points to their score before heading into intermission.

As time ran down, the placekicker drew back his leg, and launched what would have been a 52-yard field goal had the ball made it successfully through the uprights. Instead, the football sailed end-over-end, and smacked squarely into the left upright, tumbling harmlessly back onto the field of play. The score remained tied to the delight

of 60,000 people in the stands. "That's just not right," said Brian, shaking his head in disgust.



With the Grain

"Sure it is," I said. "The ball hit the upright. It never made it through.'

"I'm not talking about that. I know it didn't make it through. I just think there should be some points for that."

"It's a doink. No one gets any points for a doink," I said.

"What the [heck] is a doink? I don't remember seeing that term used in the rule book anywhere."

"It's not," I said. "Football analyst Cris Collinsworth gets credit for popularizing the term in 2018. Kicker Cody Parkey's game-winning field goal try was partially blocked, and the ball sailed to-ward the goalposts. However, it hit the right upright, then bounced off the crossbar, and ulti-mately came to rest in the end zone. My beloved Chicago Bears lost the game to the defending champions Eagles.

"Collinsworth called the kick a 'Double Doink'. It's an onomatopoeia." "A what-a-mata-pee-a?"

"An onomatopoeia. That's a word that sounds like the noise it describes, like "smack" or "buzz" or "zap". If you were at the game, that's the sound you would have heard when the ball hit the goalpost.'

"If I was at the game, I wouldn't have heard anything. I'd be downstairs getting a hotdog," Brian said. He mused on. "It's much harder to actually hit the goalpost than it is to not hit the goalpost. They should get at least one point for that."

"This isn't bowling, you know," I said, quite surprised at how quickly I thought of a parallel. "They aren't trying to

hit the goalpost.' "Well, they count a shot in

basketball even when players

aren't trying to make it go in. Some ac-cidents get rewarded." Drat! I hate it when I get

out-paralleled. Besides, Brian may have just created a nice wrinkle to the game. Maybe we should give kickers an extra point when the ball hits an upright or the crossbar. After all, kickers have the elements to deal with. A muddy field, a cold football, a gusty crosswind affect their segment of the game more than any other.

Had Brian's scoring system been in place in 2018, Collinsworth still could claim his "double doink" coinage, but I would have something to claim, too. A win! Adding one point for each part of the goalpost the football hit during Parkey's kick, would have given my Bears the win over the Eagles 17-16.

"You may have something

there, Brian," I admitted.

"Yeah, but what good is it? They will never consider making

a change.' 'Probably," I started. "but

"A field goal in the early

years was worth five points.

there is precedent for change.'

Because this created a lot of tie ballgames, the total for a successful field goal was lowered to four points in 1904, and then lowered again to the current three points in 1909.

The goal posts were initially seated right on the goal line, but then they were moved back ten yards when end zones were added. When the passing game developed, the goalposts were moved back to the goal line to accommodate passes caught in the end zone. They were moved back to the end line in 1973 when "soccer-style" kicking became en vogue, and too many suc-cessful kicks were record-

Brian thought for a minute. "That's a doink," he said. "What do you mean?" I

asked. He turned, scratched his back,

then muttered as he walked "Every time I have a great

idea, someone is always moving

the goalposts on me." John O. Marlowe is an award-winning columnist for Saga-

more News Media.

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### Ask Rusty – As A Working Widow, Am I Eligible To Collect Survivor Benefits?

Dear Rusty: I'm 63 and still employed. My husband passed away 7 years ago at the age of 58. Am I able to collect my husband's Social Security while I'm still working? Signed: Working Widow

Dear Working Widow: Technically at age 63 you're eligible to collect a survivor benefit from your husband but, since you're working, we need to dig a bit deeper.

Any time benefits are taken before reaching full retirement age, Social Security's earnings test applies. The earnings test limits how much you can earn from working before they take away some (or even all) of your Social Security benefits. If your annual earnings for 2023 will be more than \$21,240, then Social Security will take away benefits equal

to \$1 for every \$2 you are over that limit. If you earn substantially more than the limit, that could even temporarily disqualify you from eligibility to collect your survivor benefit (because your benefit amount may be insufficient to offset the penalty for exceeding the limit). So, if you're working part time and will not exceed the limit or only slightly exceed it, then you can claim your survivor benefit from your husband now and simply pay the penalty from your benefits. But if you're working full time and will exceed the annual limit by a lot, then you may wish to defer claiming your survivor benefit until you either reach your full retirement age (FRA) or stop working.

If you turned 63 in 2022, your FRA is 66 years and 10 months, and the earnings test applies



**ASK RUSTY Social Security Advisor** 

until you reach that age. Four months earlier is when your survivor benefit from your husband will reach maximum (claimed any earlier it will be reduced by 4.75% per full year early). So, what should you do? I suggest you look at your own estimated maximum (age 70) benefit and compare that to your maximum survivor benefit from your husband. You should strive to maximize whichever benefit will be highest

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

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and claim that maximum benefit for the rest of your life. For example, if your survivor benefit at your FRA will be more than your personal age 70 benefit will be, then it would be smart to wait until your FRA to claim your survivor benefit and collect that for the rest of your life. If, instead, your personal age 70 benefit will be higher than your maximum survivor benefit at your FRA, then you may wish to claim the survivor

benefit first and allow your personal benefit to reach maximum and switch to your own higher benefit at age 70.

In any case, because you're working you must be careful of the earnings limit until you reach your full retirement age. The earnings limit goes up a bit each year, and in the year that you reach your FRA it goes way up (by about 2.5 times) and the penalty is less. There is no longer an earnings limit once you reach

your full retirement age, but if you decide to claim Social Security before your FRA you should stay keenly aware of whether your earnings will exceed each year's annual limit.

About the Association of Mature American Citizens:

The 2.4 million member Association of Mature American Citizens (AMAC) amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (Amac-Foundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors.

# **Butch Just Can't Figure Things Out Money-Wise**

A few miscellaneous observations from an old-timer....

Just about everyone has been to an auction at least once in their life. Some of you go to several auctions each year. Just can't resist... right? You might find a bargain. The last auction I attended, I had to pay a 15% "buyer's premium." What's that all about? I don't have to pay extra to buy items in a store. Buyers usually get carried away and bid more than what the items are worth anyway. What doofus thought of this surcharge? From now on, I am going to charge the auctioneer and owner \$100.00 for showing my ID and registering to



**BUTCH DALE Columnist** 

buy. Sounds fair to me. Speaking of paying extra, my wife and I actually went to a movie a couple of months ago at Lafayette's Eastside 10. Two tickets, one medium popcorn, one medium drink...THIRTY DOL-LARS. Slightly higher than the 25 cents for a ticket and 10 cents for

popcorn that I paid at the Sunshine Theater in Darlington in 1957, and back then a fountain Coke was a dime at the drug store. We didn't buy any candy at this movie either....Junior Mints \$5.00 a box! That must be why the theater keeps candy in a locked glass case...it's like looking at items at a ritzy store jewelry counter. "My wife just wants to see what Milk Duds look like in her hand, but we can't afford them right now. I'm saving my money to buy her some for our anniversary.'

I go to my doctor for an annual checkup once a year. The only reason I go is because I have a prescription. The nurse weighs me, takes my

blood pressure, and checks my heartbeat. I then sit in a tiny, cold room for 15-20 minutes until the physician shows up with his laptop. "How are things going?"...."-Fine." "Any problems lately?"..."No." "Do you want a prostate exam?"..."No." "How's Connie?"..."Great, still working full-time, just like me." "Well, sounds good. We need to get a blood sample, and I'll see you next year." Total bill....\$286.00. In the good old days, Darlington's Dr. Otten charged \$2.00 for a visit. One time, Dr. Humphreys spent ten hours saving my life after I drank from a stream and contracted a severe bacterial

infection. He charged \$8.00.

This past Friday we bought our weekly groceries...\$203.46. Then on Saturday we bought a Christmas tree...a real tree...for the first time in twenty years...\$105.00. The next day we went Christmas shopping in Lafayette...got just a few items for the grandkids...\$185.00. After we were done, we ate at a restuarant on Teal Road...\$34.50. I then stopped at Payless Grocery to pick up six items which we had forgot to buy on Friday...\$42.56. The gas gauge on our SUV registered 1/4th tank, so I decided to fill it up before we headed back home....ding, ding, ding...the pump rang up \$74.83. Oh well, it's only money, right.

I started home... and then turned back. I forgot to buy my weekly lottery ticket. I have been using the same numbers forever. I just know I am going to win one of these days. I need a couple of \$\$ million. I am going to sock it away. When I am 99 years old in 2047, I might want to go to an auction, see a movie, go Christmas shopping.... and get a prostate exam.

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.

### Radio Host Larry O'Connor Has Positive Take On Midterm Elections

By John Grimaldi

Veteran political talk radio host Larry O'Connor has a positive take for Republicans on the outcome of the midterm elections. The GOP may have lost the Senate, but Republicans won the House and that's enough to "stop Joe Biden's legislative agenda." In an exchange with Rebecca Weber, CEO of the Association of Mature American Citizens, on her Better For America podcast, the Conservative host of WMAL-FM's "O'Connor & Company" show said it doesn't matter that we didn't win the Senate; the now Republican controlled House of Representatives gives the party enough power to make a difference.

It also gives the party the ability "to dictate the committees and the priorities and an agenda for those committees,'

O'Connor explained. "And that means investigations. It means deciding what is going to be talked about and examined in the House. And that's critically important, too, for those voters who supported the Republican Party. So could it have been better? Absolutely. But even on the downside, when you've got that kind of power in the House, that's a good day. Nancy Pelosi goes into retirement - that's a

good day.' He also pointed out that "Republican governors were undefeated. They protected their seats 100% across the line. And they even picked up a governor's seat in Nevada and that's pretty good, too. I wanted better, but let's not be too negative. It was a pretty good day, actually."

O'Connor went on to note that Republicans now have a means of stopping the White House legislative agenda. "Joe Biden can certainly try executive actions, as we saw his predecessor, Barack Obama, do. And hopefully the House can now try to put a halt to those by calling in members of the administration, by utilizing the court system," just as the courts did when they foiled Biden's "student loan payoff scheme."

In addition, he said, the House now has the power to initiate investigations that were ignored by the Pelosi-era House. "We still haven't had a House or Senate explanation as to the origins of the COVID-19 coronavirus. President Biden just met with President Xi over in Asia before the G20 summit. Never even raised the issue. It's outrageous. How many older Americans over the age of 70 years old tragically lost their lives prematurely because of

COVID-19? And our president doesn't even bother to mention it to the premier of China, let alone Nancy Pelosi's House of Representatives and Chuck Schumer's Senate. Not even have one investigative hearing into what the origins were. Did you know that the official story from the Chinese government is that this came from the United States? Did you know that? They are actually blaming the United States for the origins of COVID-19? So I think we need an investigation into that."

On the abortion issue, O'Connor said that the media predicted that the Dobbs decision would have a negative effect on Republicans in the midterm elections. "We heard many in the media say that's it, the Republicans are completely screwed now ... Democrats are going to retain their power. And I said,

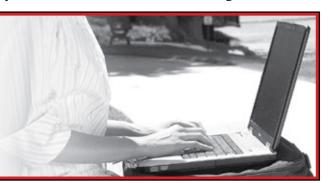
listen, if getting rid of Roe vs Wade after nearly 50 years of praying in front of abortion clinics and marching in the dead of winter and raising money every election cycle with promises that we would overturn Roe vs Wade - just to be left in the rearview mirror without what we had asked for - if finally getting rid of Roe vs Wade means that Kevin McCarthy is denied the speaker's gavel or Mitch McConnell the majority in the Senate for two more years. I'm okay with that. I'll take that bargain. This goes well beyond who wins an election.'

As for the future of America, O'Connor said "we should have hope in our future because our foundation is still strong in this country. Our founders handed us a gift and they set up a system that allowed every two years for the American

people to decide, 'nope we're going in the wrong direction, let's fix that.' And that is ultimately what we've said [in this past election]. So, I'll always have hope and always put my money on America in the long run. Ronald Reagan was the most influential elected leader of my time. I was able as a child to see what he was able to do. You look at how bad our country was in the late seventies, and it's not too different, if you think about it. With crime in our major cities, with inflation, with the price of gas, with our standing in the world, I mean, it's like déja vu all over again." But with hope, O'Connor knows America can be fixed and prosper as it once did. He knows that it is time for a leader to step up and really make a difference. And he believes that a leader who can do that will emerge.



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The Paper of Montgomery County Sunday, Dec. 4, 2022

### **Christmas Is In Your Heart**

Christmas once started for me when the JC Penny and Sears catalogs came in the mail. They came early in the Fall and I wore them out looking at the toy section. By December the catalogs where in shambles.

My mother used to order clothes and other stuff from those catalogs. I don't remember her ever ordering toys. They usually came from the five and dime store in our town of Inez, KY or G.C. Murphy's store in Paintsville. Yet, the catalogs were fun and gave me ideas of the latest items for which to wish and hope.

I think my mother would enjoy the Internet today. She could order online like many of us are doing. Having Internet in the country is like have an updated Christmas catalog every day. There is always a means to shop and order. Back in that day ordering was tedious and arrival took weeks. Shipping back a



**GLENN MOLLETTE Guest Column** 

dress that didn't fit was a

long ordeal. As a child there was always much more that I saw, dreamed of and wished for than I ever received. Some Christmases were lean and others were more abundant. Life is like that most of the time. We have hopes and wishes that never come true and some that do. It's nice when one or two come true.

We hope for good health and enough money to pay the bills. We hope for our children to have meaningful lives and to be independent. We hope for peace and to see positive results from our efforts in life. We would all like to be compen-

sated well for the jobs we do. Being stuck in a job that is restraining with little hope of better wages is discouraging. Everyone deserves a life where internal inspiration can lead to reward and a better life.

The hardest part of life is when we feel hopeless. A terminal illness. Hard work with little to no reward. An empty house that isn't changing because you just buried a spouse. Failing when you may have tried hard or just decisions that didn't work out too well. All of these and more can be heartbreaking. Heartbreak doesn't do much for the Christmas spirit.

Those of us who have lived a few years know that Christmas doesn't come in a catalog, nor never did. It doesn't come on Black Fridays or cyber-Mondays. The multitude of Christmas programs don't bring Christmas. Decorated houses and trees are delightful but they don't create Christmas.

Christmas is an inside

job. Christmas is in your heart and mind. The first Christmas was a peasant couple giving birth to a baby in a barn with a cow's trough for a crib. They were poor and just paying their taxes was about all they could afford. Yet, the child brought a joy they had

never experienced. In Luke chapter 2:19 we read "but Mary treasured up all these things and pondered in her heart..." Consider what and mainly who brings you joy and what really matters in your life and let there be Christmas in your heart during this

Dr. Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of 13 books including UncommSense, the Spiritual Chocolate series, Grandpa's Store, Minister's Guidebook insights from a fellow minister. His column is published weekly in over 600 publications in all 50

### **Failure Rebound**

Have you ever found yourself in life at the bottom looking back up at what was once your life?

You look upon the environment that your hopes, desires and skills under God's allowances and providence afforded.

What you see however is not the attainment of a goal but a failure to meet the expectations held towards you, by yourself, by others, or even by your perception of what God wants from and for your life.

A business deal didn't work out; the relationship with your girl or boyfriend crashed and burned; you didn't get the job for which you applied; you made a promise to God or a fellow human being but failed to deliver; you were overcoming an addiction yet backslid for the first or umpteenth time.

When you look in the mirror, someone else that you do not like is staring back.

Are you a failure? We all see ourselves in this way at various points in our life. It can be temporary or extend well beyond its usefulness. You might say "usefulness," how can failure be useful?

Sometimes, we have built a team of support, our family, friends or mentors to uplift us in those downtimes. Knowing those people are there is a reminder of the strengths we build upon, they are there from love or because in your good times, you invested in

their lives. Sometimes, we can learn from our falls – in business we can review why the deal didn't work and next time make it better; next time we can give a better interview; we can be more mindful of the promises we make and learn what is actually within our power to fulfill; we can also make amends to those we have wronged; we can seek a closer relationship with God through the reading of His Word, attending Bible studies, and prayer; we can cast off whatever afflicts our mind, body, or Spirit, pray for God's



RANDALL FRANKS **Southern Style Columns** 

guidance and support and take our journey one hour, one day at a time striving to live a better

The most successful people that we see in life can likely spend many hours talking about the failures they endured before they walked boldly into success. No matter the arena that I walk into, I know the potential is there that I might not attain my aim. It's the process of aiming and coming ever closer to the target, that makes up the small stories in life that push us forward. Am I a failure, yes, I am one, I was one and I will be one. Does it matter what I failed at today. No, because my failures are not what make up who and what I am in the eyes of God, my loved ones and myself. Those downfalls are simply the rickety steps that I must take to reach the greatest moments of my life when all those low points are simply a memory.

Go out and create greatness, it's within your grasps. Failure is simply a tool that you release from your hands once you know how to

use it.

gmail.com.

Randall Franks 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@

### **According To Veteran Reporter Kimberly** Strassel, It's Liberalism Vs Conservatism

By John Grimaldi

Kimberley Strassel is a veteran journalist and member of the Wall Street Journal's editorial board who writes the weekiy column, Potomac Watch. The Wall Street Journal printed its first edition in 1889; today it has a worldwide circulation of about three million readers. It was founded by Charles Dow and Edward Jones and to this day, it is still published daily by the Dow Jones Companies and noted for its award-winning news coverage.

Recently, Kimberley Strassel joined Rebecca Weber, CEO of the Association of Mature American Citizens, on AMAC's Better For America podcast, for a discussion of the current state of American politics. As she put it, we are currently "having an up close and personal experience with liberalism, with an administration that is pushing forward ideas that are more progressive and aggressive

when Jimmy Carter was in office, if not before."

Strassel went on to remind us that the nation got "really sick of that experiment" when along came Ronald Reagan, "a great communicator who [united] the conservative movement and fundamentally changed the structure of politics in the country for a generation or more." She called it the "Reagan Revolution" and said that President Reagan not only united the party, but he invited others to join in. "That's what's really at stake here. It's not just the next two years, but will conservatives capitalize on the great discontent that is washing across the country and use it to

build a new movement?" Meanwhile, the GOP now has control of the House of Representatives and has the ability to investigate and expose the damage for which the Biden administration is responsible. "That would include taking a deep dive in the FBI, looking a little bit more at what happened starting all the

collusion hoax. But also, we've had whistleblowers coming forward, talking to Congress about continued political bias happening at the very top of the agency. I think Americans deserve answers on Afghanistan and that horrible withdrawal that weakened the country. I think they deserve answers in terms of the CDC and various other public health organizations that very much got it wrong in a lot of ways on COVID, mostly so that we know how to make sure that we get it right if there is another pandemic."

Strassel also pointed out that as a journalist, she is supposed "to be skeptical of government ... to counter government spin, government officials. But look at what happened during the Russia collusion narrative. They [reporters] were essentially taking dictation from the same government officials who had engaged in wrongdoing, some of whom had been fired. But just telling their side, their

any questions. That's very problematic because the fourth estate is meant to keep the government on its toes, expose ill-doings, and work on behalf of the people by telling the truth." As we have seen in the media, this is not something that is being done by journalists or news outlets. We have in fact seen quite the opposite.

However, Strassel shared the good news: "for every [news] outlet that I think has gone down that road, there have been others that have popped up. They might not have as big a megaphone, but they are committed to continuing to tell the truth, to respect their readers, [and] to understand that their job isn't just to give a narrative. And what I always argue is if you don't like that kind of partisan journalism, there's a very easy answer to it. It's the same thing that we do as consumers every day. Turn it off, don't buy it, don't listen to it, and send the message that that



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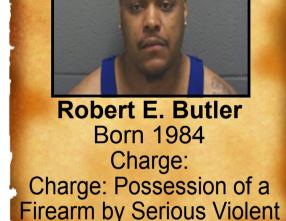




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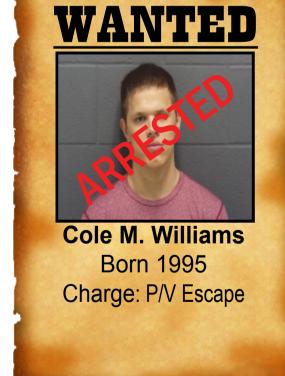
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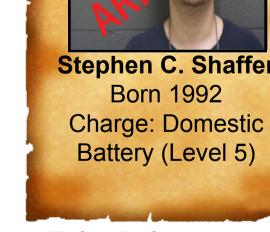




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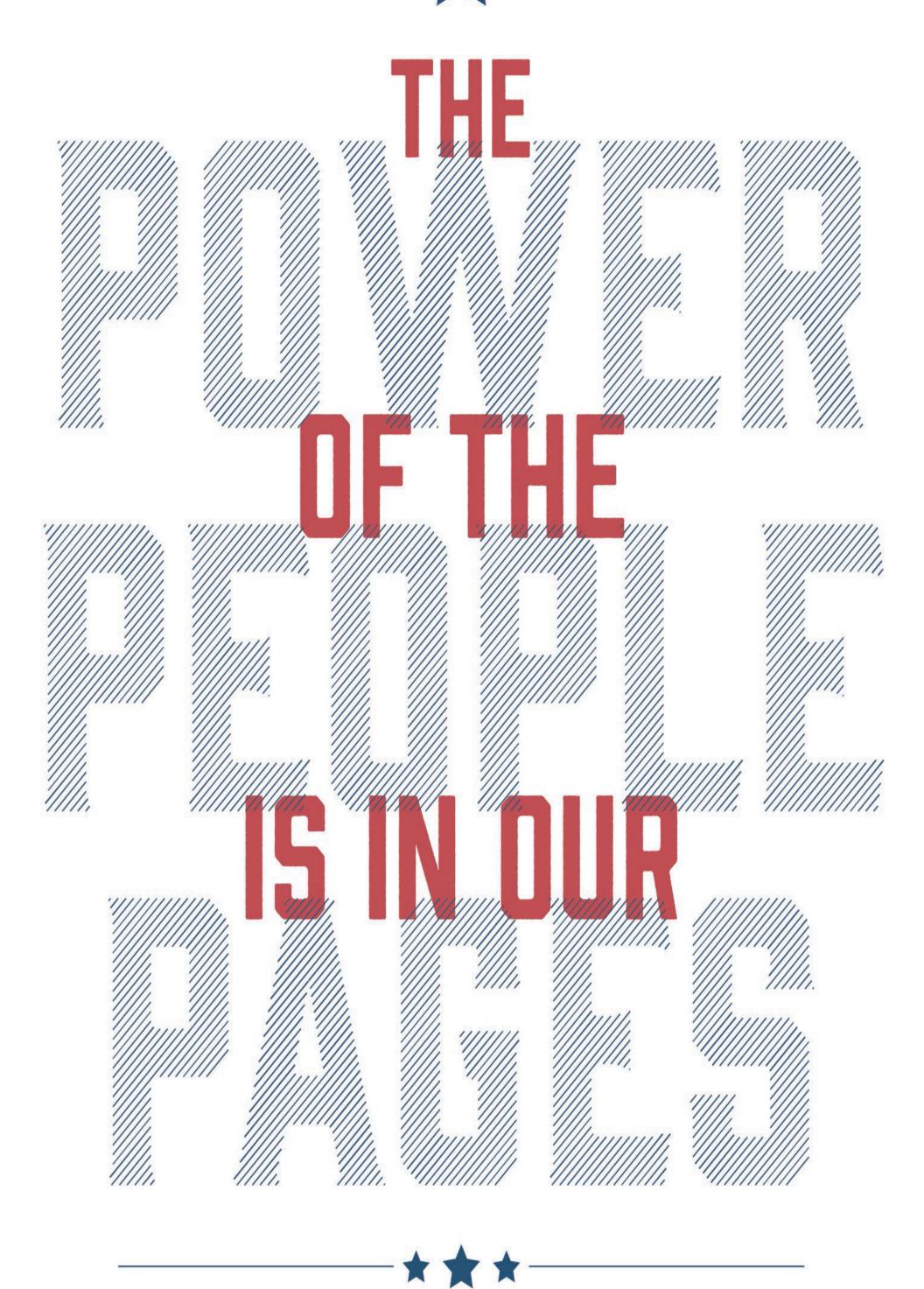
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