

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Visit Some Of The Best Spots For Beautiful Christmas Lights



Photo courtesy of Indiana State Fair

Christmas Nights of Lights

Christmas Nights of Lights drive-thru light show is returning to Indianapolis for its 3rd season. Prepare to be dazzled as you drive through an over 2-mile route that's full of colorful light displays set to holiday music, a 300-foot tunnel, a 240-foot wall of lights and more merriment, all from the comfort of your own vehicle!

Location: Indiana State Fairgrounds, 1698 E 42nd St., 46205

Dates: November Nov 11, 2022 – Jan 02, 2023

Hours: Dusk until 10 pm

Cost: \$30 carload special (up to 8 people)



Photo courtesy of Indianapolis Zoo

Christmas at the Zoo

Lions, tigers, polar bears – and Santa Claus! Oh my! See the animals during the day and stay as the sun goes down – watch as the Indianapolis Zoo is transformed into a winter wonderland before your eyes. This Christmas tradition, now in its 53rd year, has added even more lights to fill the Zoo with a warm glow. And the best part is it's all included with regular admission!

Location: Indianapolis Zoo, 1200 West Washington St, Indianapolis

Dates: Nov. 29 – Dec. 30, 2022

Hours: Sunday-Thursday: 5-9 pm; Friday-Saturday: 5-10 pm

Cost: Included with general admission to the Indianapolis Zoo.



Photo courtesy of Connor Prairie

A Merry Prairie Holiday

Sparkling lights, breathtaking rides, and enchanting performances. They're all part of A Merry Prairie Holiday Festival at Conner Prairie, and they're sure to be among your cherished winter memories for years to come. Enjoy the Conner Prairie holiday family fun you already love and a host of new features you won't want to miss.

Location: Conner Prairie, 13400 Allisonville Road, Fishers

Dates: Fridays-Sundays, Nov. 25-Dec. 18; and Dec. 21 & 22

Hours: 5:30-9:30 pm

Cost: \$22; members can purchase tickets for a discounted price of \$11

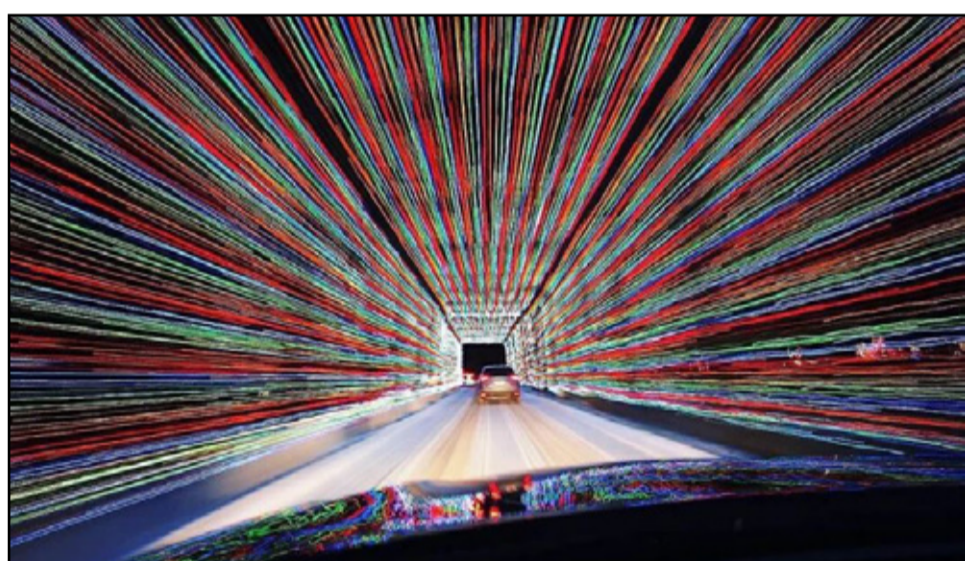


Photo courtesy of Ruoff Music Center

Magic of Lights at Ruoff Music Center

Magic of Lights is a unique and dazzling drive-through holiday lights experience to celebrate the season. Pile everyone into the car and experience Magic of Lights from the safety and comfort of your own car as you wind through the sparkling path. At every turn, the magical route is overflowing with spectacular light displays that bring your favorite holiday themes and characters to life.

Location: Ruoff Music Center, 12880 E. 146th Street, Noblesville

Dates: Nov. 18, 2022 – Jan. 2, 2023

Hours: Monday-Thursday: 5:30-10 pm; Friday-Sunday: 5:30-11 pm

Price: Starting at \$25 per car



Photo courtesy of The Garden at Newfields

Winterlights at Newfields

For the sixth year, Winterlights will be returning to the gardens at Newfields for one of Indianapolis's favorite holiday traditions. The Garden at Newfields will once again feature more than 1.5 million sparkling Christmas lights at this outdoor walking experience, making it one of the best places in Indianapolis to get into the holiday spirit.

Location: Newfields, 4000 N Michigan Rd, Indianapolis

Dates: Nov. 19, 2022 - Jan. 8, 2023

Hours: 5 - 9 p.m.

Price: Tickets are \$29-\$22 for adults, \$20-\$15 for youth 6-17, and free for 5 and under. Tickets sell out fast, so get yours today!

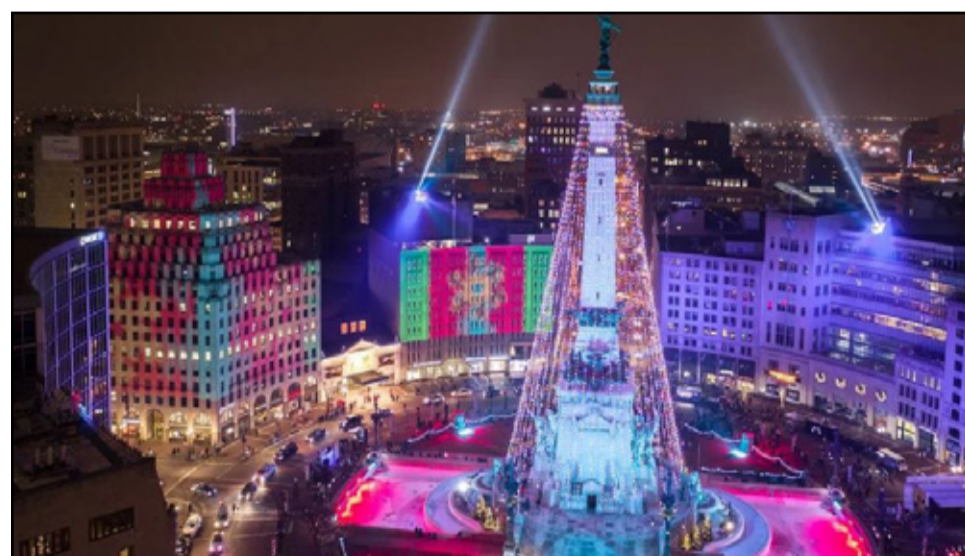


Photo courtesy of IBEW 481

Downtown Indy Inc.'s Circle of Lights

Downtown Indy Inc.'s Circle of Lights® presented by IBEW 481 is Indy's most time-honored holiday tradition. This year, the Circle of Lights event will take place on Monument Circle as well as a special made-for-TV event seen exclusively on WTHR Channel 13.

Location: Monument Circle

Dates: Shining a Light holiday presentation will continue nightly from Nov. 28 – Dec. 31.

Time: Nightly presentations at 6:30, 8 and 10 p.m.

Cost: FREE

TODAY'S QUOTE

"You know you're getting old, when Santa starts looking younger."
- Robert Paul

TODAY'S JOKE

Since Santa goes up and down so many chimneys, I wonder if he needs a "flue" shot?

TODAY'S VERSE

Psalms 1:1-3 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

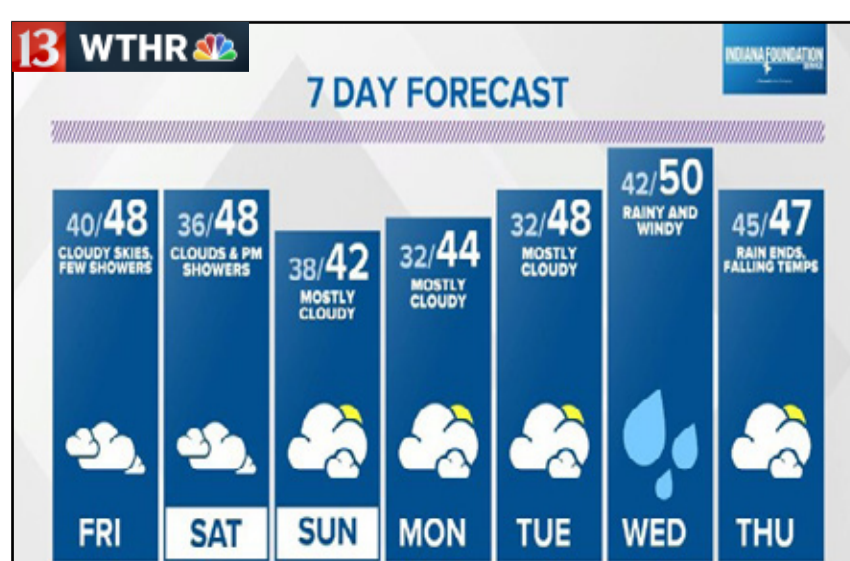
TODAY'S HEALTH TIP

One or two sugary drinks a day can increase your risk of developing diabetes by 25 percent. 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

14 Montgomery County shopping days until Christmas. Please Santa, be extra nice to all the angels at Family Crisis Shelter, the Boys & Girls Club, Youth Service Bureau, ASI, Sunshine Vans and all those wonderful people for all the good they do!





Jeffersonville High School has a prominent theatre program that has sent seven shows to the International Thespian Festival in Nebraska, one which continued to the Fringe Festival in Scotland

Indiana Facts & Fun



Number Stumpers

1. How long ago did shipbuilding begin in Jeffersonville?
≥
2. What percentage of the county's population is made up of Jeffersonville residents?
≤
3. What is the population density of the county?
≥
4. How old is Clark County?
≤

Answers: 1. 199 years 2. About 42.75% 3. About 293/square mile 4. 217 years

Did You Know?

- The total land area of Clark County is 376.45 square miles.
- Jeffersonville, the county seat, has an estimated population of 47,124 people.
- Clark County was founded in 1801 and is the second oldest county in Indiana.
- The county has a population of approximately 110,232 people.
- In 1819 the first shipbuilding took place in Jeffersonville and had a major impact on the county's economy.

Got Words?

Clark County has had numerous economic opportunities because of its proximity to the Ohio River. Since it was found, the county has played a major role in trade. How do you think a variety of trading opportunities benefits and hurts a community?

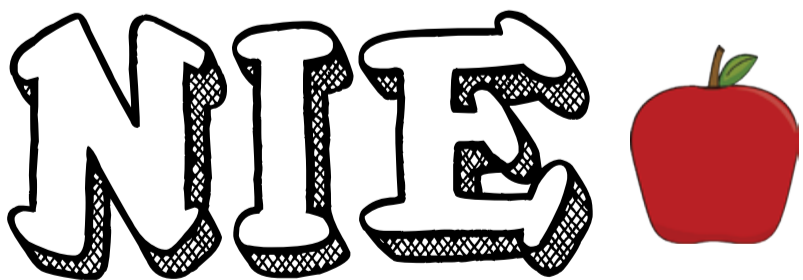
Word Scrambler

Unscramble the words below!

1. SELJFOVERENFIL
2. IOHO EIRVR
3. RLKAC UYTCNO
4. EDRAT
5. ILGNIPSUIDHB

Answers: 1. Jeffersonville 2. Ohio River 3. Clark County 4. Trade 5. Shipbuilding

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Indiana State Department of Agriculture Announces Specialty Crop Projects Received Funding

The Indiana State Department of Agriculture (ISDA) announced four Indiana specialty crop projects received a total sum of \$414,051.89 through funding provided by the United States Department of Agriculture's (USDA) Specialty Crop Block Grant Program (SCBGP).

"Agriculture is big business in Indiana and encompasses more than traditional row crops and livestock," said Lt. Gov. Suzanne Crouch, who also serves as the state's Secretary of Agriculture and Rural Development. "Indiana is home to a robust specialty crop industry that is a critical piece of our agricultural economy. I look forward to seeing the good work these projects accomplish."

Specialty crops include fruits, vegetables, tree nuts, dried fruits and horticulture and nursery crops. For a full list of specialty crops please visit ams.usda.gov.

Annually, Specialty Crop Block Grants are available to non-profit and for-profit organizations, governments, public or private colleges and universities for up to a three-year project term and will fund specialty crop research, education and market development. To qualify, projects must aim to benefit the industry as a whole, rather than one product, individual or organization. Applications undergo a competitive scoring process, including review by an external scoring committee.

Some of the projects awarded this grant cycle include City of Indianapolis Seed to Store, which is a farm-to-retail program that fosters connections between local minority-led urban farms and small businesses in Indianapolis and Marion County. A honey education trailer for youth education and a new method for growing and protecting strawberries in Indiana also received grants.

"This funding from USDA is critical to advancing our specialty crop sector, and each year many different research areas are supported," said Bruce Kettler, Director, Indiana State Department of Agriculture. "Everything from sourcing local food and aquaponics research and from youth development to increasing farmer involvement, these awards will go far in enhancing our Hoosier specialty crop industry."



Indiana's funding is part of a total \$72.9 million in non-competitive fiscal year 2022 SCBGP funding awarded to 55 states, territories and the District of Columbia. The SCBGP funding supports farmers growing specialty crops, including fruits, vegetables, tree nuts, and nursery crops. USDA's support strengthens U.S. specialty crop production and markets, ensuring an abundant, affordable supply of highly nutritious fruits, vegetables, and other specialty crops, which are vital to the health and well-being of all Americans.

"USDA applauds Indiana's continued commitment to supporting our nation's producers of fruits, vegetables, tree nuts, and nursery crops through the Specialty Crop Block Grant Program," said USDA Under Secretary for Marketing and Regulatory Programs Jenny Lester Moffitt. "The projects funded will foster innovative research and new market opportunities within the specialty crop sector, while furthering USDA's goals of creating a more fair and equitable food system and supporting local and regional producers."

The following list includes the organizations that received funding for the 2022-2025 grant cycle:

Local Food Ecosystem Project + Seed to Store
Award: \$129,846

Project: The City of Indianapolis requested funding for its Local Food Ecosystem project, Seed to Store, which is a farm to retail program that fosters connections between local minority-led urban farms and small businesses in Indianapolis and Marion County. Indianapolis' Division of Community Nutrition and Food Policy will act as the lead agency in administering this project in partnership with farmers, grocers and other business owners. Seed to Store aims to boost specialty

crops sales, build capacity for the local food economy and improve access to and awareness of healthy specialty crops through direct-to-consumer marketing. Seed to Store partner farms grow specialty crops such as collards, watermelon, tomatoes, lettuce, peppers and eggplant. Now in its second year, Seed to Store will implement infrastructure improvements through cold storage, farm labor support and software for inventory management and e-commerce. Targeted marketing and promotions initiatives will also help develop connections between consumers and the specialty crop industry and provide education for increased accessibility.

Honey Education Trailer
Award: \$69,335.32
Project: At Ease Orchard will develop an education plan across the State of Indiana utilizing a Bee Demonstration Trailer and experience beekeepers. The demonstration trailer will consist of live bees in an enclosed demo box, harvesting equipment, hive equipment and the ability to demonstrate harvesting honey from the hives as well as multiple other beekeeping techniques such as sanitizing a hive and queen rearing. The trailer will be manned and attend events at 4H clubs, Farm Shows, Bee Club events and schools. The goal is to attend a minimum of one event per month. Similarly, the Bee Trailer will meet Indiana Health Department standards for honey harvesting and be available to support on-site training at residences to teach beekeepers how to properly harvest and bottle honey. The intended outcome of this grant is to increase education on honey food safety, to support beginning farmers and beekeepers and to increase the popularity and knowledge of honey as a specialty crop.

Leveraging Farm to ECE Partnerships to

Increase Demand and Access for Specialty Crops

Award: \$87,413.90
Project: Green Bridge Growers will increase demand for locally grown produce through a Farm to Early Care and Education (ECE) initiative that incorporates local food sourcing, food and agricultural education and family engagement to promote healthy eating practices right from the start for young children and their caregivers. ECEs are an important market for small farmers because of relatively low barriers to entry and have the added benefit of promoting household nutrition knowledge and the consumption of specialty crops. By partnering with ECEs to better understand and influence the role farmers can play in this market, our project will develop replicable models, outreach on best practices for other farmers entering the ECE market and expand food access for under-resourced families throughout the state.

Purdue University - Developing a Novel Multi-Year Production System for Strawberries Grown on Plastic Mulch in Indiana

Award: \$127,456.67
Project: Purdue University will address two of the greatest barriers to the profitability and sustainability of multi-year plasticulture strawberry production in Indiana by improving runner management through cultivar selection and chemical runner suppression and establishing safe and effective weed management strategies. There is increased demand for local pick-your-own strawberries and decreased access to the timely and abundant labor required to grow the crop. This project represents the first meaningful research effort into a multi-year plastic mulch production system for strawberries in Indiana and directly addresses the most pressing concerns identified by stakeholders. Recommendations generated from this project will be used to ensure that growers adopting multi-year plasticulture production have the greatest likelihood of sustainable success through cultivar selection and chemical control of runners and effective weed management strategies.

Visit www.isda.in.gov for more information about the Specialty Crop Block Grant program

Winter '22 Commencement To Celebrate Giant Leap Milestone For Nearly 3,000 Graduating Boilermakers

Years of persistence and thousands of small steps together will culminate for nearly 3,000 Boilermakers at Purdue University's three Winter 2022 Commencement ceremonies Dec. 17-18 in Elliott Hall of Music.

Eligible to participate in Purdue's winter commencement are 2,957 students, including 1,679 undergraduates and 946 master's, 326 doctor of philosophy and six professional program candidates. And 67 Purdue alumni who were unable to participate in previous commencements — 18 baccalaureate, 25 master's and 24 PhD alumni — plan to take part.

From their first day at Purdue through these final months, these Boilermakers persisted in overcoming unexpected turns, difficult classes, brutal nights, a global pandemic. Big challenges and small victories. Again and again, they kept going, determined to reach this milestone in their academic journey.

Shelley M. MacDermid Wadsworth, Distinguished Professor of Human Development and Family Studies at Purdue and director of both the Center for Families and the Military Family Research Institute, will deliver the Division III commencement address for Sunday's ceremony.

The commencement ceremonies will take place as follows:

- Division I — Saturday, Dec. 17, 9:30 a.m. (ET). Undergraduate, professional and master's degrees for College of Health and Human Sciences, School of Management, College of Pharmacy, Polytechnic Institute, College of Science and College of Veterinary Medicine.

- Division II — Saturday, Dec. 17, 2 p.m. (ET). Undergraduate and master's degrees for the College of Agriculture, College of Education, College of Engineering and College of Liberal Arts.
- Division III — Sunday, Dec. 18, 9:30 a.m. (ET). Graduate School (doctor of philosophy only).

Deepak, Boes to give student responses

Giving the student response at the Division I ceremony is Eesha Deepak of San Jose, California, who is receiving a Bachelor of Science in computer science and data science with a focus on machine intelligence. Deepak will begin her professional journey as an entry-level software engineer with Intel in Santa Clara, California.

Kevin Boes of Great Falls, Montana, who is receiving a Bachelor of Science in mechanical



engineering, will be the student responder for the Division II ceremony. Boes, who worked as a Starship operations engineering intern at SpaceX in Texas, plans to continue his research in pursuit of a PhD through Purdue's Maurice J. Zucrow Laboratories.

About MacDermid Wadsworth MacDermid Wadsworth directs Purdue's Center for Families and the Military Family Research Institute, both of which she co-founded. With an MBA in management and a master's and PhD in human development and family studies from Pennsylvania State University, she focuses her research primarily on the relationship between work conditions and family life, specifically for military families. She is an author of over 140 articles and chapters.

MacDermid Wadsworth has served on federal advisory committees for the National Academies of Science and the Department of Defense, and has testified before Congress regarding military and veteran families. She is a recipient of the Morrill Award, Purdue's highest faculty honor, for outstanding career achievements that have had an impact on society, and in 2019 was named a "Top Ten Extraordinary Contributor" among work-family researchers worldwide. Purdue received the Kellogg Award from the Association of Public and Land-Grant Universities and the Higher Education Civic Engagement Award from the Washington Center in 2016 in recognition of the work of the MacDermid Wadsworth-led Military Family Research Institute.

Admission tickets required
Tickets are required for admission into Elliott Hall. Doors open 90 minutes before each ceremony. Any bags attendees are carrying will be checked at the door before entry into the venue. All ceremonies will be livestreamed. For those who have tickets to attend in person, parking information is available online.

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Ivy Tech Community College's Achieve Your Degree Program Provides State Employees With An Upfront Tuition Assistance

The State of Indiana and Ivy Tech Community College recently announced a new partnership that will offer state employees an affordable education with no upfront tuition costs.

"This is an investment in our state employees that provide them with more flexibility to pursue education opportunities that ultimately contribute to a stronger workforce," said Governor Eric J. Holcomb. "We are grateful for this partnership with Ivy Tech that will ease the upfront financial burden for our employees to enroll in courses."

The state will join Ivy Tech's Achieve Your Degree (AYD) program. Rather than paying for tuition expenses at the time of enrollment – which can be a barrier for some employees seeking to earn degrees and certificates – the state will pay Ivy Tech directly upon an employee's successful completion of a course. State employees already have education reimbursement of up to \$5,250 per year. Ivy Tech's full-time annual tuition is less than \$4,500, and the agreement with Ivy Tech means that employees won't have to be reimbursed, but rather can enroll and begin taking

classes with no upfront costs. Additionally, the College will provide the state with a rebate of up to 5% of the net tuition paid, which means the state will benefit from an even lower education cost.

All Ivy Tech campuses across the state are participating in the program.

"The State of Indiana is once again leading by example, this time by providing tuition assistance to employees, making it easier for individuals to pay for higher education," Ivy Tech Community College President Sue Ellspermann said. "Programs like Achieve Your Degree can help businesses build their own talent pipeline through recruitment of individuals without a degree and helping those individuals learn the skills necessary to advance."

Partnering with Ivy Tech Community College offers state employees access to more than 70 academic programs, as well as opportunities to receive associate degrees, short-term certificates and workforce certifications in various fields. Additionally, Ivy Tech's Ivy+ Tuition and Textbooks model provides students with free textbooks for required

courses through the spring 2023 and a flat rate tuition cost students who enroll in more than 12 credits.

On-site application assistance and academic advising are provided by Ivy Tech faculty and staff to accommodate state employees' busy work schedules and to ensure appropriate course schedules. Ivy Tech will also provide individualized advising, financial aid and tutoring to foster employee success.

Through partnerships such as the Achieve Your Degree program at Ivy Tech, the State of Indiana can skill-up its current workforce and encourage employees to earn free credentials through on-campus and online coursework.

Tuition reimbursement and assistance is available up to \$5,250, to all State of Indiana employees of executive branch agencies who:

- have been employed full-time continuously with the state for at least 12 months prior to submitting their Education Reimbursement program application;
- have not received a disciplinary action in the 12 months prior to the end of the course; and
- have completed the course with a satisfactory

grade of at least a "C" or above (or an equivalent "pass" grade).

As part of its NextLevel State Work initiatives, the State of Indiana will continue to pursue partnerships, policies and programs that continue to make the State of Indiana a competitive, engaged and flexible workplace.

About Ivy Tech Community College

Ivy Tech Community College is Indiana's largest public postsecondary institution and the nation's largest singly accredited statewide community college system, accredited by the Higher Learning Commission. Ivy Tech has campuses throughout Indiana and also serves thousands of students annually online. It serves as the state's engine of workforce development, offering associate degrees, short-term certificate programs, industry certifications, and training that aligns to the needs of the community. The College provides seamless transfer to other colleges and universities in Indiana, as well as out of state, for a more affordable route to a Bachelor's degree. Follow Ivy Tech on Facebook, Twitter, Instagram, and LinkedIn for the most up-to-date information.

Lt. Gov. Crouch, IHEDA Announce Participants For The 2023 My Community, My Vision Initiative

Lt. Gov. Suzanne Crouch and the Indiana Housing and Community Development Authority (IHEDA) have chosen seven participants for the My Community, My Vision (MCMV) program, which connects high school students across Indiana to each other and to their neighborhoods, towns, and cities. The student groups are as follows: the Batesville Mayor's Youth Council, Frankton High School Students in Action, the Mayor's Youth Council of Greensburg, Mishawaka Youth Advisory Council, the Monticello Next Generation Youth Advocates, the Ripley County Youth Outreach, and the Warren County Foundation Youth Council.

"Maintaining strong and viable communities is important to the health of Indiana, and we need future leaders to begin thinking about their own visions for their cities and towns," said Crouch. "My Community, My Vision invites these future decision makers to share their ideas and plans with local officials. By their involvement, student leaders will learn about the planning process and the collaborative efforts required to create and maintain vibrant communities."

In collaboration with the Indiana Philanthropy Alliance (IPA) Youth Council program and the Association of Indiana Municipalities (AIM) Mayoral Youth Council program, the seven selected cohorts of students representing communities across the state will participate in a four-month program consisting of in-person workshops and self-guided curriculum to assist them in planning and fundraising for a place-based community project. Utilizing elements of IHEDA's crowd-granting CreatINg Places program, students who

successfully strategize, plan, and raise a fundraising goal of between \$5,000 and \$50,000 towards their community project in the program's duration will receive a matching grant from IHEDA.

"Placemaking is an important element of building stable communities where Hoosiers of all ages want to live, work, and play for years to come," said Jacob Sipe, IHEDA Executive Director. "The My Community, My Vision program gives young people a chance to invest in their hometowns and make their voices heard. These students are the future of Indiana's workforce, economy, and local leadership, and we can't wait to see what ideas they bring to life through this program."

Youth councils, alongside their foundation or local unit of government sponsor, will work throughout the spring semester to determine a project, craft a budget, develop a fundraising goal and strategy, and raise the needed funds for all materials during a 30-day fundraising campaign. Students will attend three required in-person workshops hosted by IHEDA where they will learn about different subjects such as placemaking, fundraising strategies, and stakeholder engagement to give students knowledge about the aspects of community planning, help reach their set project goal and provide networking and leadership opportunities. At the final in-person workshop, students will present their work and success to their peers and Indiana's community development leaders.

More information on My Community, My Vision can be found on IHEDA's website. The selected teams will officially kick off with a workshop event on Jan. 21, 2023.

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Purdue Global, Ivy Tech Continue To Collaborate, Explore Ways To Prepare Workforce For Tomorrow's Economy

For Frank Dooley and Sue Ellspermann, the fact that 1.9 million employed Hoosiers lack some type of credential or college degree isn't a reason for despair. Instead, they see opportunities abound to help increase workers' mobility, skills and financial standing across Indiana through education.

More than 100 leaders from Purdue Global, Ivy Tech Community College, and state and local workforce and economic development groups came together on Nov. 9 to celebrate and expand those opportunities.

Dooley, Purdue Global chancellor, and Ellspermann, Ivy Tech president, celebrated the successful partnership between the two Indiana-based schools.

"The summit shined a light on the unique opportunities we have to impact the lives of adults, employers, the labor market and our communities by leveraging two amazing institutions," Ellspermann said. "We have a shared commitment to career pathways for adult students that lead to high-wage, high-demand careers that skill and reskill our workforce."

Citing numerous examples of the partnership, Dooley said both institutions are leveraging their resources for working adult learners, including recognition for prior learning and more pathways for credentials and degrees.

"Purdue Global is part of Purdue's land-grant mission. The essence of it is we're providing opportunity. We need to think broadly of our mission of public service to our communities," Dooley said. "We are always looking to expand access to education and help more students be successful in their career paths."

It's especially important as Indiana competes for new jobs in fields like electric vehicle components, semiconductors and defense-related industries, or as traditional Hoosier economic strengths, like agriculture and manufacturing, see increasing technological advancement. One example of a semiconductor company locating in Indiana is SkyWater Technology, which announced in July that it would build a new \$1.8 billion semiconductor fabrication facility in Discovery Park District at Purdue, creating 750 new jobs.

Purdue Global and Ivy Tech have several agreements in place to transfer students and their course credits seamlessly between the two institutions. A student earning an associate degree from Ivy Tech, which is the state's main provider of those degrees, can then seamlessly apply their credits at Purdue Global

to progress toward a bachelor's degree.

The close partnership between the institutions is leading the nation in best practices related to the exchange and acceptance of educational credit and credit for prior learning.

Talent development: the new frontier

Summit attendees learned more about what is going on in the areas of workforce development and economic development. A panel discussion, "The Indiana Workforce Landscape," was facilitated by Chris Lowery, commissioner for the Indiana Commission for Higher Education. Lowery shared that policies, programs and partnerships are all key in expanding educational opportunities to Indiana residents "at the speed of business," especially for the 1.9 million working Hoosiers who want to pursue credentials and degrees.

Panelists included Kevin Brinegar, president and CEO of the Indiana Chamber of Commerce; Marie Mackintosh, president and CEO of EmployIndy; David Adams, commissioner of Indiana's Department of Workforce Development; and Tony Denhart, executive vice president of workforce and talent at the Indiana Economic Development Corporation.

Numerous reports have been issued by groups such as the Indiana Chamber of Commerce and Ascend Indiana and EmployIndy on talent-development needs from various stakeholders and industries so employers, employees and educators are prepared for changes in the economy. Both economic and talent development have added a new component, as Indiana state officials include education opportunities and partnerships as part of the portfolio to attract new employers to Indiana.

Denhart, who moderated the panel discussion "Our Role in Helping Shape the Future of Indiana," said the IEDC is focused on quality of jobs over quantity of jobs, as well as looking to diversify jobs across the state.

In addition to those partnerships, Denhart said the IEDC focuses on the "5Es" when talking with employers who are looking to expand or locate in Indiana: environment/quality of place, economy of the future, entrepreneurship, energy, and external engagement.

"For the economy of the future, we are looking at the workplace and what the workers of the future will need," said Denhart. "We're looking 10 and 20 years ahead. We are looking at life sciences, quantum computing, aerospace,

defense, advanced manufacturing, agriculture and artificial intelligence/machine learning. Relationships matter in both economic development and talent development."

Purdue Global and Ivy Tech are continually working together to be more responsive to the rapidly changing needs in the workforce that Denhart and others talked about during the panel discussions.

Those activities range from new classes to working with employers in providing affordable education opportunities to providing additional resources for working adult learners.

Purdue Global is rebuilding its teaching model to provide more support for student success, including adding coaching and mentoring for students.

Tiffany Townsend, vice president of organizational culture and chief diversity officer at Purdue Global, and Amber Williams, executive director for employee diversity, equity and belonging at Ivy Tech, presented "Diversity, Equity and Inclusion and Belonging: Building a Foundational Approach to Diversity, Equity, Inclusion and Belonging Together." They explored how Purdue Global and Ivy Tech both make students of all backgrounds feel like they belong. Responses were gathered and will be used to build plans that will be shared with faculty and staff in the future.

"If we start with the end in mind - thinking of the students and how they get their degrees - it affects how we approach our work together," Dooley said.

Ivy Tech is expanding its associate degree nursing program, addressing the shortage of health care workers across the state. To expand, they have worked with providers to have additional clinical sites to manage the increased enrollment.

"Working adult learners come to Ivy Tech and Purdue Global to find a better path forward, more prosperity and/or more fulfillment in their careers. These are our 'traditional' students, and we are committed to meeting them where they are and helping them succeed," Ellspermann said.

Both institutions teach at scale - Purdue Global by providing courses to more than 35,000 students, and Ivy Tech by teaching at 46 locations across Indiana.

"We've got to be responsive to opportunities that come forward to us," Dooley said. "If we - both Purdue Global and Ivy Tech - become aware of the need, we can adapt our programs and pathways to career quicker than others."

JUA Technologies International Receives \$600,000 USDA Grant To Develop Solar-Powered Crop Dehydrator

JUA Technologies International, an agriculture technology startup that manufactures solar-powered crop dehydrators, has received a two-year, \$600,000 Phase II Small Business Innovation Research (SBIR) grant from the U.S. Department of Agriculture to further develop its technology.

The goal of the Phase II project, titled Smart Multipurpose Solar Dehydration Device for Value Addition to Specialty Crops, is the successful proof of concept toward product-design improvements and design for manufacture of JUA Technologies' multipurpose solar dryer, called Dehymeleon™.

Klein Ileleji is co-founder and CEO/chief technology officer of JUA Technologies. He also is a professor of agricultural and biological engineering and an affiliate of environmental and ecological engineering at Purdue University. He said crop dehydration is one of the best ways to preserve the nutrients and extend the shelf life of food, but it has drawbacks.

"It is an energy-intensive process with huge operating costs because food dehydrators are typically powered by gas, electricity or fuel oil," Ileleji said. "The high operating cost limits the ability of small and midsize growers and processors in the U.S. to produce dehydrated foods. Small growers and processors are vital to the local foods and urban agriculture industry, which is currently a \$1 billion and growing industry in the U.S."

"In developing countries in the tropics, where postharvest losses of nutrient-rich horticultural produce can be as high as 50%, dehydrating foods hygienically using the abundance of solar energy available in these parts will not only help support nutrition security but also provide growers an opportunity to increase their income from value-added processing."

Ileleji said dehydrating fruits and vegetables, herbs and spices, and

medicinal plants still occurs using primitive, open, sun-drying methods on mats or trays that degrade nutrients and reduce food quality.

"While there are a lot of solar dryer designs available in the literature and online, none of them have been commercialized or utilized in large numbers," Ileleji said.

Ileleji said JUA Technologies' proposed high-efficiency, smart, multipurpose solar dehydrator fits the USDA's and National Institute of Food and Agriculture's priorities in four ways.

"It improves methods to process specialty crops to improve quality and nutritional value and provide healthy food options," Ileleji said. "It enables small and midsize growers to add value to their crops and increase their farm income. It provides those same growers with an affordable technology powered by renewable energy, which conserves energy and reduces operation cost. It also provides an energy-efficient technology to promote renewable energy use and support environmental sustainability."

The grant will cover four research and development goals:

- Modeling and simulation to optimize the solar dehydrator's performance.
- Determining the behavior and performance of the desiccant and heat-recovery system under various drying loads.
- Determining the field performance and validating the modeling effort for fruits, vegetables, spices and herbs in Indiana and California.
- Beta prototyping of the product for manufacture.

Ileleji said the goals will be addressed by JUA Technologies and contracted manufacturing and product engineering design firms.

In 2019 JUA Technologies received a \$100,000 SBIR Phase I grant from the USDA and a \$50,000 match from Elevate Ventures. In 2022 the U.S. Small Business Administration recognized Ileleji as the

Indiana and the Great Lakes Regional Exporter of the Year for its portable solar dehydrator, Dehytray™.

"Both the Dehytray and Dehymeleon technologies spun out from a United States Agency for International Development (USAID)-supported effort called Feed the Future Innovation Lab for Food Processing and Post-Harvest Handling," Ileleji said. "It was a multi-institutional effort led by Purdue University to reduce postharvest loss, promote economic growth, improve nutrition and enhance food security in Feed the Future target countries."

Ileleji disclosed his crop drying innovation to the Purdue Research Foundation Office of Technology Commercialization, which licensed it to JUA Technologies. The company is a client of the Purdue Foundry, an entrepreneurship and commercialization hub whose professionals help Purdue innovators create startups. Both are managed by the Purdue Research Foundation.

About JUA Technologies International

JUA Technologies International (JTI) is a mission-focused company developing technologies to efficiently harness solar energy to power agrifood systems. JTI was founded in 2016 in West Lafayette, Indiana, where it is headquartered, and is affiliated with Purdue Foundry. JTI develops and manufactures energy efficient multipurpose solar food dehydrators designed for households, small and midsize growers and processors. Its portable solar dehydrator, Dehytray™, won two prestigious awards in 2019 - the American Society of Agricultural and Biological Engineering AE50 Innovation Award and selection as finalist in the food category of Fast Company 2019 World Changing Ideas. The Dehytray™ has been sold in over 28 states in the United States and over 10 countries. For information about the company, please visit www.juatechnology.com.



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SUNDAY

In The Kitchen

Sunday, Dec. 11, 2022

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A Savory Solution to Stretch Your Grocery Budget



Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

FAMILY FEATURES

In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

Save Money

Stretch your dollars by stretching your meals using a process called "The Blend." Blending finely chopped mushrooms with ground meat can extend portion sizes of your favorite meaty recipes and help your bottom line. Chop your favorite mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook to complete the recipe. For burgers, use a blend of 25% finely chopped mushrooms and 75% ground meat. For tacos or chili, use 50% mushrooms and 50% meat or an even higher mushroom-to-meat ratio.

Savor the Flavor

The savory umami taste of mushrooms means a flavorful experience in blended recipes like burgers, where the chopped mushrooms help hold in the juiciness. Or, you can chop, quarter, slice or enjoy them whole in recipes like Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto, Creamy Spinach, Mushroom and Lasagna Soup or Blended Pasta Sauce paired with your favorite pasta.

One Carton, Multiple Dishes

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

Serve Up Nutrition

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at MushroomCouncil.com.

Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council
Prep time: 20 minutes
Cook time: 50 minutes
Servings: 4

Chicken:

- 8 boneless, skinless chicken thighs
- salt, to taste
- pepper, to taste
- 6 tablespoons unsalted butter
- 16 ounces mushrooms, such as white button, crimini or portabella, quartered
- 3 zucchinis, sliced in half moons
- 3 large carrots, thinly sliced
- 4 sprigs fresh rosemary, leaves removed and roughly chopped
- 4 cloves garlic, minced

Orzo:

- 4 cups chicken or vegetable broth
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1 cup uncooked orzo pasta

- 1/8 teaspoon black pepper
- 1/3 cup white wine
- 1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchini and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan. Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 pound mushrooms (such as white button, crimini or portabella), finely chopped
- 1 pound 80% lean ground beef

- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1 jar (24 ounces) marinara sauce
- cooked pasta
- salt, to taste
- pepper, to taste
- grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons. Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan.



Creamy Spinach, Mushroom and Lasagna Soup

Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council
Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces mushrooms, such as white button, crimini or portabella, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf

- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- 1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

SUNDAY

In The Kitchen

DAY

Sunday, Dec. 11, 2022

C2

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Cook Up Pumpkin-Inspired Comfort

FAMILY FEATURES

After a cool, blustery day, it's hard to beat a satisfying meal that provides comfort from the inside out. Better yet, turning to a filling dish that's easy to prepare means more time cozying up with a favorite book or movie and less time in the kitchen.

Casseroles and soups are classic options for cooking up comfort at home, and these recipes lean on the reliability of classic Minute Instant White Rice and Instant Jasmine Rice. Known for its light, fluffy texture; short, easy prep; and only 5 minutes of cook time, the rice is perfect for busy families who need quick, satisfying meals.

Simply cooked then dried with nothing added, it's one simple ingredient: rice grown in the United States, meaning whether your loved ones go gluten-free, vegan, vegetarian or anything in between, you can count on these rice varieties all comfort food season long.

If you're looking for a filling feast, you can let your oven do the work with this Pumpkin and Spinach Layered Rice Casserole for an Italian-inspired solution. It doesn't get much creamier than combining sweet pumpkin puree with three gooey cheeses while folding in a protein-rich egg, fresh spinach and fluffy jasmine rice makes it a truly satisfying meal.

Keep that seasonal pumpkin flavor on the menu by serving up Pumpkin Curry Turkey Soup with Rice as a simple recipe that takes only 20 minutes. With the addition of coconut milk, this rich and creamy soup is quick, comforting and tasty for a hot bite on cool, crisp nights.

To find more family-favorite comfort foods, visit MinuteRice.com.



Pumpkin and Spinach Layered Rice Casserole

Pumpkin Curry Turkey Soup with Rice

Prep time: 10 minutes
Cook time: 10 minutes
Servings: 6

- 4 cups sodium-reduced turkey broth
- 1 can (14 ounces) pumpkin puree
- 2 tablespoons curry powder
- 1 teaspoon cayenne powder
- 1 teaspoon fresh grated ginger
- 1 teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1 cup water
- 2 cups shredded, cooked turkey
- 1 can (14 ounces) coconut milk
- 2 cups Minute Instant White Rice

In large saucepan, combine turkey broth, pumpkin puree, curry powder, cayenne powder, ginger, pumpkin pie spice, salt and water. Bring to boil.

Stir in turkey and coconut milk; return to boil. Reduce heat to medium-low. Cook 5-8 minutes, or until turkey is heated through.

Stir in rice; cover and remove pan from heat. Let stand about 5 minutes until rice is tender.



Pumpkin Curry Turkey Soup with Rice

Pumpkin and Spinach Layered Rice Casserole

Prep time: 10 minutes
Cook time: 50 minutes
Servings: 4

- 2 cups Minute Instant Jasmine Rice
- 7 ounces pumpkin puree
- 1/2 cup heavy cream
- 2 tablespoons butter, cut into cubes
- 1 1/4 teaspoons salt, divided
- 1 1/4 teaspoons black pepper, divided
- 1 tablespoon olive oil
- 5 ounces spinach
- 1 clove garlic, minced
- 1 cup ricotta cheese
- 1 egg
- 2 cups shredded mozzarella cheese, divided
- 3/4 cup grated Parmesan cheese, divided

Prepare rice according to package directions.

Stir in pumpkin puree, cream, butter, 1/2 teaspoon salt and 1/2 teaspoon pepper; set aside.

Preheat oven to 375 F. In large skillet over medium heat, heat oil. Add spinach and garlic; cook 2-4 minutes, or until wilted. Let cool completely; squeeze out excess moisture. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper.

In medium bowl, combine ricotta, egg and spinach. Stir in 1 cup mozzarella, 1/2 cup Parmesan cheese and remaining salt and pepper.

Layer half of rice mixture in greased 8-inch square baking dish. Top with spinach mixture then top with remaining rice mixture. Sprinkle with remaining mozzarella and Parmesan.

Cover with foil; bake 30 minutes. Remove foil; bake 15-20 minutes, or until golden brown and bubbling.

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SUNDAY

In The Kitchen

Sunday, Dec. 11, 2022

C3

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Bring the Family Together with Breakfast for Dinner



Huevos Rancheros

FAMILY FEATURES

Despite busy lives and full schedules, finding time for regular meals with loved ones encourages connections and conversations that can benefit mental and physical well-being. 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 Egghand'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
- 1 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
- 4 large eggs
- 4 corn tortillas (6 inches), warm
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 1/4 cup shredded low-fat Mexican cheese blend

- 1 small avocado, quartered and sliced
- 2 tablespoons chopped fresh cilantro (optional)
- 1 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

Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

- 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
- 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 cilantro, if desired.

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 with hot sauce, if desired.

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
- 4 whole-wheat tortillas (6 inches, lowest sodium available)
- 2 medium avocados, sliced
- 1/4 cup hot sauce or salsa (lowest sodium available, optional)

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 work surface.

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.



Egg, Avocado and Black Bean Breakfast Burritos

SUNDAY

In The Kitchen

Sunday, Dec. 11, 2022

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Welcome the World to Holiday Gatherings

FAMILY FEATURES

The traditional dishes served year after year at your family's holiday gatherings may bring comfort and a sense of nostalgia, but you can open your loved ones up to a whole new world by incorporating recipes from around the globe.

People of all different cultures across the Earth are often connected by food, whether it's a classic holiday dish or a unique take on a traditional dish, like this raisin-infused Challah. While the dishes themselves may drastically differ, using similar ingredients can be a unifying thread.

For those looking to pull off worldly cuisines this holiday season, consider a familiar and nearly universal ingredient like raisins, an innovative and delicious addition incorporated in culturally diverse dishes. On top of their versatile flavor, Sun-Maid Raisins offer a better-for-you whole fruit option with no added sugar per 1/4-cup serving.

Consider these global recipe ideas enjoyed at holiday gatherings around the world.

Germany

- **Apple Strudel:** Quite possibly one of the most famous German desserts of all, raisins add a delicious chewiness to this traditional strudel.
- **Lebkuchen:** A traditional German cake similar to gingerbread that's full of sweet spices, walnuts, dates and raisins.

Italy

- **Cuccidati Siciliani:** Typically at their most popular during the holiday season, these Italian fig cookies feature raisins inside the deliciously fruity filling.
- **Panettone:** Also a holiday favorite, Panettone is a towering round of sweet bread speckled with raisins, citrus and almonds.

England

- **Fruitcake:** Traditional fruitcake is chock-full of dried raisins, golden raisins, cherries, dates, pineapple and apricots soaked in dark tea overnight.
- **Bread Pudding:** This English staple uses stale bread, spices, sweetener and raisins to create a dense and delicious cake.

Poland

- **Cinnamon-Raisin Rugelach:** These flavorful pastries are characterized by a melt-in-your-mouth cheese-based dough with a sweet cinnamon, raisin and walnut filling.

Greece

- **Christopsomo:** Considered sacred in many Greek households and translating to "Christ's Bread," this revered dish is usually prepared the day before Christmas Eve and is served with nothing but bare hands at the table. Raisins, nuts, cinnamon, cloves and nutmeg are all found throughout the loaf.

Armenia

- **Ghapama:** A baked pumpkin stuffed with partially cooked rice, raisins, nuts, cinnamon and honey.

Ireland

- **Irish Soda Bread:** The cakey texture of this Irish favorite is complemented by sweet, chewy raisins throughout the loaf.

Visit SunMaid.com to find more recipes perfect for holiday gatherings.



Photo courtesy of Getty Images



Crown Raisin Challah

Yield: 3 loaves

Dough:

- 2 envelopes (1/4 ounce each) active dry yeast
- 1/2 cup sugar
- 1/4 cup honey
- 3 cups warm water
- 2 teaspoons cinnamon
- 1/3 cup olive oil
- 2 extra-large eggs, plus 3 egg yolks
- 2 tablespoons kosher salt
- 1 cup Sun-Maid raisins
- 3 cups bread flour
- 6 1/2 cups all-purpose flour

Egg Wash:

- 2 extra-large eggs
- 2 tablespoons sugar

To make dough: In big bowl, mix yeast, sugar, honey and warm water. Let yeast bloom about 7 minutes. Add cinnamon, oil, eggs, egg yolks and salt. Mix well. Add raisins. Add

flours and mix until sticky. Dough should be creamy yellow.

Turn dough out onto floured surface and knead 12-15 minutes, or until smooth. Oil bowl, place dough back in bowl and cover tight with plastic wrap. Let rise in warm place about 1 1/2 hours, or until doubled.

Punch dough down, cover and let rise another 45 minutes. Punch down again and cut into three equal pieces. Let rest about 10 minutes then roll each piece into snakes about 30 inches long; taper at one end. Starting with thick end, roll each snake into spiral shape like snail shell. Use a little water and stick tapered end onto body of spiral. Mold into place with hands.

Oil loaves lightly, cover with plastic wrap and let rise until poofy, about 25 minutes.

Preheat oven to 375 F.

To make egg wash: In small bowl, whisk eggs and sugar. Gently brush loaves with egg wash, taking care not to deflate them.

Bake 45 minutes, or until loaves are golden. Let cool completely.

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Keep Holiday Greens Looking Their Best

By Melinda Myers

Wreaths, door swags, garlands, and containers filled with evergreens have long been part of winter celebrations and displays. Keep them fresh and looking their best throughout the holidays with minimal effort.

Fresh greenery with pliable branches and firmly attached needles will last the longest. Check for good color and an aroma you prefer. Consider buying extra greenery and storing it in the garage or another cool location. Use these to replace any indoor greenery that is starting to brown.

Recut the bottom of the stems with a sharp bypass pruner. Totally submerge the greenery in a tub of room-temperature water overnight to help rehydrate the needles. Gently crush the cut end to allow it to better absorb moisture.

Remove the cuttings from the water and once dry, seal in the moisture by spraying the greens with an anti-transpirant, often called anti-desiccant. These products seal in moisture, reducing drying due to warm, dry air indoors and drying winds and sunlight outside.

Follow label directions for application tips and dilution rates based on what you are treating. Avoid using these on juniper berries, cedar and blue spruce. The waxy coating that makes these look blue can be damaged



Photo courtesy of MelindaMyers.com

When outdoor temperatures are cooler, green arrangements, like this winter container garden, last much longer than indoor displays.

by these products. Apply anti-desiccant products outdoors during the day, as light is needed to activate some of these chemicals. Allow the treated greens to dry for three to four hours before moving them inside.

Display indoor greenery in cool locations out of direct sunlight. This reduces moisture loss and extends the life of your garland, wreaths, and arrangements.

Keep greenery away from heat sources that speed drying, decorative lights that generate heat, and flames from candles. Check the greens every few days and replace dry, brittle, and brown cuttings with fresh greens.

Outdoor greenery lasts much longer when temperatures are cooler than indoors. Further extend their longevity by placing them in more sheltered locations, out of direct sunlight and wind where they suffer less drying. Avoid hanging wreaths and swags in front of windows in direct sunlight where the reflected light can burn the foliage. Use an anti-transpirant on outdoor greenery to help reduce moisture loss and extend your enjoyment.

Keep outdoor planters of greens looking their best throughout the winter. Keep the soil moist until it freezes when displaying spruce tips, cut holiday trees, and ev-

ergreen stems in outdoor containers. If and when the ground freezes, you can stop watering.

A bit of effort goes a long way in extending the beauty of holiday greenery.

*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.*

Some Botanical Christmas Gems

It's the most wonderful time... Are you also looking forward to the most atmospheric time of the year? Flowers are the crowning glory for your Christmas decorations.

Greenery makes us happy

We live in a time when all we want is to surround ourselves with nature, simply because it makes us happy. The same is true at Christmas time. Bring nature closer with seasonal flowers like tulips and amaryllises. With these botanical Christmas gems, you will enjoy the Christmas atmosphere even more.

Use You can really get creative with tulips and amaryllises. Use them as a table decoration and put

them on the Christmas table in small vases. Put a flower on each plate to give your guests a warm welcome. They are also very popular as a Christmas gift. You could also put a bouquet of mixed tulips in a vase.

Care You can enjoy fresh amaryllises for about ten days and tulips for a week or so. If you look after your flowers, you will enjoy them for even longer and the flowers will bloom even more beautifully. Put the flowers in water as soon as you can, cut the stems at an angle and put them in a spot away from fruit, direct sunlight or drafts.

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

5 Ways To Make Your Home Smell Fresh And Clean

(Family Features) A clean and inviting home doesn't just look tidy, it smells pleasantly refreshing, too. However, running a household can be a stinky business and it may take some special effort to make your living spaces feel more welcoming.

Consider these sensible ideas to improve the scents throughout your home:

Bring the Outside In Fresh air is a terrific option for banishing bad smells. Throwing open windows creates a cross breeze that can chase stale, musty air away in a hurry. You can also improve your air quality by adding house plants, which naturally help purify the air by absorbing pollutants and exchanging carbon dioxide for oxygen. Plants like jasmine, eucalyptus and gardenias also offer their own pleasant scents.

Refresh Soft Surfaces Textiles and other soft surfaces throughout your home easily trap odor-causing bacteria, dust and other particles that can contribute to unsavory smells. That's why it's a good idea to regularly give the rugs, carpet, bedding, throw pillows, curtains and other soft surfaces throughout your home a deep cleaning. If you can't machine wash an item, use a vacuum with a hose attachment to remove as many hidden particles as possible.

Install a Heated Towel Rack Damp spaces like bathrooms are breeding grounds for bacteria. If you notice a musty smell in the bathroom but can't pinpoint the source, it may be your towel. That's especially true if, like many people, you reuse a towel several times before washing it. Hang-drying your towel may not be enough to chase away smell-inducing bacteria.

However, the growth of bacteria is reduced on heat-dried towels by as much as 99%, according to a study commissioned by Amba Products. What's more, in the study, a heat-dried towel produced a fresh smell over a seven-day period, whereas an unheated sample produced a musty odor by the fourth day.

With a variety of styles and finishes to fit almost any decor, the line of heated towel racks produces radiant heat to gently warm and dry towels. That can help eliminate moisture, resulting in less growth of mold and mildew. They also offer time, water and energy savings, plus some models come ready to use and take as little as 5 minutes to set up.

Simmer Fresh Aromas If you need to add a pleasant scent in a hurry, such as just before hosting a special event for guests, consider simmering something that smells delicious on the stove. Simmering a blend of orange slices, cloves and cinnamon in a pot of water over low heat produces a subtle, pleasing scent that doesn't overpower the room. Diffusers, candles and room sprays can also help add appealing smells in rooms that may need some extra attention.

Clean Common Culprits Every household has some common culprits and, if you're noticing smells, you may need to step up your game to keep these areas clean. Trash cans, litter boxes and pet beds all need regular attention that goes beyond the basics. Make a point of not only emptying the trash but also cleaning the trash can itself. Don't just scoop the litter box at least weekly. Strip and wash the exterior covering of pet beds and air out the cushion.

Tips To Prep Your Home For Cold, Wet Conditions

(Family Features) Americans should brace for a potentially cold and wet winter, according to NOAA and this year's Farmer's Almanac Winter Outlook. That means now is a perfect opportunity to think about preparing your family and home for the colder months ahead.

From heating homes with a high-performing furnace or fireplace to keeping children warm and comfortable on school buses, propane can help keep families cozy this winter.

Relying on a diverse energy mix - including propane, solar and wind - can help ensure you're prepared for whatever winter brings and reduce the strain on the fragile electric grid. Plus, propane is a stable energy source that is stored on-site and can keep homes operating during severe weather or utility power interruptions. Using propane also produces 43% fewer greenhouse gas emissions than an equivalent amount of electricity generated from the grid.

Get winter-ready with these tips from the experts at the Propane Education & Research Council:

Have Your Furnace

Serviced. Proactively think about ways you can reduce the demand on your heating system. In addition to scheduling routine maintenance by a trained professional, there are a few things homeowners can do. First, open all air vents and make sure they are uncovered as blocked airflow forces the furnace to work harder.

Check the thermostat to ensure it's working properly by increasing the temperature by 5 F and waiting to hear the furnace turn on. Consider setting the thermostat a couple degrees cooler than what might feel comfortable as doing so not only saves money but lessens the load from your furnace. Keep thermostats at 65 F during the day and 55 F at night, closing off rooms that don't need to be heated.

Using a programmable thermostat can save homeowners as much as 10% per year on heating costs, according to the U.S. Department of Energy. It's also a good idea to replace air filters every 1-3 months to help keep your furnace working efficiently and effectively.

Upgrade Your Furnace. If it's time to

upgrade your home's climate control system, it's a smart idea to do your homework and explore your options. There are several state and federal incentive programs to help homeowners upgrade their current systems to a clean energy option like propane. Propane is an affordable, comfortable, reliable and efficient energy source. It's also a clean, low-carbon option. What's more, propane-powered furnaces last 50% longer than electric heat pumps, which means a lower lifetime investment. Propane furnaces also provide warmer air than other heat sources (115-125 F), are less impacted by outdoor temperatures and produce 50% fewer greenhouse gas emissions than electric furnaces and 12% less than fuel oil furnaces.

Rethink Your Boiler System. For a home that runs on a boiler system, you can make upgrades that improve performance while providing space savings and the versatility to provide heating, hot water and even snow melt. High-efficiency propane boilers can last up to 30 years and have significantly lower emissions than those fueled by

SUNDAY

In The **Home**

Sunday, Dec. 11, 2022

D2

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5 Tips to Pull Off *Holiday Hosting*

FAMILY FEATURES

With stay-at-home holidays a thing of the past for many families, they're now busy preparing for full-blown celebrations. The return of traditional festivities brings seemingly never-ending to-do lists and pressure to be the perfect host.

From mastering a mouthwatering menu and donning your home with decadent decor to ensuring guests enjoy the evening to the fullest, hosting duties bring plenty of responsibilities. This year, though, you can avoid those anxious feelings with some preparation ahead of the big day.

To help pull off a sensational seasonal soiree, consider these tips from the entertaining experts at Sun-Maid to make the holidays brighter and more manageable so you can navigate the stresses of hosting.

Invite Others to Share Favorite Traditions

Especially with stay-at-home holidays in recent years, some friends and family members may have developed their own special traditions from new recipes and foods to seasonal games and activities. Inviting your guests to bring or share something that represents their favorite part of the holidays can help everyone feel welcome.

Take Time for Yourself

Remember to make time for yourself so you can enjoy the fruits of your labor right alongside guests. The busyness of this time of year can add stress but reflecting on the true meaning of the season and reveling in your favorite parts of the holidays can help you avoid feeling overwhelmed.



Photos courtesy of Getty Images



Add New Ingredients to Your Menu

While pairing this year's turkey or ham with the classics provides comfort and calls to mind holiday memories of the past, cooking with new ingredients and adding fresh recipes to the menu can put a fun spin on the season and maybe even create your own traditions to carry forward.

For example, baking with an option like Sun-Maid Raisins provides a whole fruit option with zero grams of added sugars per 1/4-cup serving. They're an easy, better-for-you substitution to reduce overall sugar intake without compromising flavor or texture when compared with dried cranberries, which contain 27 grams of added sugars per 1/4-cup serving. The natural sugars of raisins make them a versatile, useful addition to a wide variety of holiday-worthy dishes.

Hop On Hot Food Trends

One of this year's most popular trends in the kitchen is food boards, a fun and easy way to elevate flavor while incorporating favorites like cured meats, cold cuts, cheese slices and cubes, dips, nuts and more. Plus, you can keep your board balanced with nutritious items like vegetables and fruit, such as raisins, which provide sweet flavor without the added sugars.

A Time for Truce

Gathering for the holidays is about coming together with loved ones, family, friends and neighbors – and pulling it off means catering to everyone's needs and wants. It's a time for compromises and truces. To help add a little extra spark this year, try incorporating a theme to the party or coordinate fun activities and games that can be enjoyed by all. For example, holiday-themed charades, a seasonal "name that tune" game and gift exchanges all give guests ways to get in on the excitement.

To find more holiday entertaining inspiration and recipe ideas, visit SunMaid.com/PullOffTheHolidays.



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

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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"



Waynetown Baptist Church

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Children's Church

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10:02 am on Sundays

Wednesday night prayer meeting
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southsidechurchofchristindiana.com

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invite you all to their spirit-filled church*

Services

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7 pm

Saturday evening
(speaking spanish service)
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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
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or in the Parking Lot Tuned to 91.5 FM
No Sunday School at This Time

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2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



Linden United Methodist Church

Making disciples of Jesus Christ for the transformation of the world

Sunday Worship 10:00 AM

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

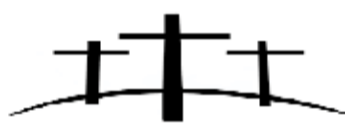
Sunday School 9:00 AM

Pastor Clint Fink

Email: lindenum@tctc.com

Website: lindenumchurch.org

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



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

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

Wednesday 6:30 Bible Study



Garfield Apostolic Christian Church

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Services

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Tuesday Prayer Meeting

6 pm - 7 pm

Thursday Bible Study

6:30 pm - 8 pm



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Romans 15:13

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Church 10:30 am

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Wednesday Night Bible Study 7 pm



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SUNDAY

Health and WELLNESS

Sunday, Dec. 11, 2022

H1

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Witham Health Services Recognized For Excellence In Infant And Maternal Health



Witham Health Services was recognized today by the Indiana Hospital Association (IHA), in partnership with Governor Eric J. Holcomb and State Health Commissioner Kris Box, M.D., FACOG, for their commitment to infant and maternal health at the third annual INspire Hospital of Distinction recognition program.

INspire, funded by the Indiana Department of Health's Safety PIN grant, was developed to implement the delivery of best practice care for Hoosier moms and babies and recognize hospitals for excellence in addressing key drivers of infant and maternal health.

Witham Health Services earned a Hospital



Photo courtesy of Witham Health Services

Witham Health Services earned a Hospital of Distinction Award for implementing best practices in six key areas, including infant safe sleep, breastfeeding, tobacco prevention and cessation, perinatal substance use, obstetric hemorrhage, and maternal hypertension.

excellence in areas that are key drivers of maternal and infant health. Together, we believe we can reduce Indiana's maternal and infant mortality and achieve Governor Holcomb's state challenge to be the "Best in the Midwest" by 2024

Association serves as the professional trade association for more than 170 acute care, critical access, behavioral health, and other specialized hospitals in Indiana.

About Witham
Witham Health Services is proud to be part

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.

Carpal Tunnel Syndrome

I have seen many people who suffered from carpal tunnel syndrome. Carpal tunnel is very common, often a result of repetitive injury at home or in the workplace. It is one of a number of repetitive strain injuries or "RSIs."

Carpal tunnel symptoms usually include numbness and/or pain in the hand and wrist that may extend up into the arm, shoulder, or even neck. The numbness, tingling, or pain frequently wakes people from sleep.

To understand carpal tunnel, it's helpful to have a lesson in wrist anatomy (see accompanying diagram). There are eight carpal bones that make up the wrist. If you hold your wrist with your palm facing up, these bones form a U-shaped valley. The top of the valley is covered by a piece of connective tissue called the transverse carpal ligament. These structures form the carpal tunnel.

The carpal tunnel is a cramped space with very important structures traversing it. There are nine flexor tendons and the median nerve. The tendons connect the muscles in the palm side of the forearm to the bones in the fingers. When the muscles in your forearm contract, the flexor tendons slide through the tunnel and pull on your finger bones, allowing you to make a fist (finger flexion).

The median nerve runs directly under the transverse carpal ligament and is responsible for the feeling in the thumb, index, middle, and the thumb side of the ring finger. It also controls the muscles in the thumb that allow you to touch your thumb to your fingers.

Knowing the anatomy makes it easier to understand what leads to the signs and symptoms of carpal tunnel syndrome. Occupations or hobbies requiring repetitive or forced finger flexion (using the flexor tendons) increase the risk for developing carpal tunnel.

Manual laborers, particularly those who encounter heavy vibration when operating machinery like a chain saw or jackhammer, frequently suffer irritation of the median nerve. Keyboard operators may be at some increased risk as well. Typing 60 words per minute will move their flexor tendons in and out of the tunnel 18,000 times per hour!

The constant back and forth movement of the tendons through the tunnel leads to swelling that puts pressure on the median nerve causing inflammation. The space in the tunnel becomes even more cramped when the wrist is bent toward the palm (flexed) or back (extend-



JOHN R. ROBERTS, M.D.
Montgomery Medicine

ed), causing additional pressure on the nerve. The nerve inflammation leads to the numbness and pain associated with carpal tunnel syndrome. The fibers that form the median nerve leave the spinal cord in the neck and course down the arm to the wrist. This is why the pain can be found at any point along the path of these fibers.

Diagnosing carpal tunnel is usually fairly straightforward. The history is often all that is needed. There are some simple physical exam tests that can also be done by a medical provider. The tests increase the pressure in the tunnel or put pressure directly on the nerve. Some cases are more difficult to diagnose and may require specialized electrical nerve testing to confirm involvement of the median nerve.

Once the diagnosis is made, the treatment is usually straightforward depending on the severity of the condition. Mild cases usually respond to activity modification by reducing repetitive motion of the fingers, intensity of gripping, or vibration. Splints that keep the wrist in a neutral position (not flexed or extended) can be helpful, particularly when worn at night. Anti-inflammatory medications may help as well. The goals of these treatments are to decrease the pressure in the tunnel and reduce inflammation, allowing the nerve to heal.

People who don't respond to activity modification and splinting may need to consider more invasive treatments such as injecting a steroid into the tunnel. Very severe cases can cause damage to the nerve, resulting in weakness of the muscles responsible for thumb movement. Patients with pain that is unresponsive to these treatments or who have muscle weakness may need to undergo surgery to relieve the pressure. This is done by cutting the transverse carpal ligament. This is a fairly simple surgery that is usually quite successful if patients follow their post-operative instructions and don't return to activity too soon.

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

Winter Viruses And The Busy Travel Season: Doctors Share Tips On How To Stay Healthy

Fall is upon us, which means colder-weather illnesses are too. Common viruses and close contact when traveling can wreak havoc on your immune system - especially during the holidays when we see peak travel days across the US. Doctors at MedStar Health share advice on how to stay protected when traveling:

If you don't feel well, stay home

Delaying a trip is much better than spreading a virus. You'll feel much better when traveling once recovered, and those you share transportation with will thank you too.

Avoid alcohol when traveling

Alcohol consumption can impair the body's immune system, as well as impair sleep - which is vital to maintaining the

immune system. It also dehydrates the body.

Open the vents above your seat on planes

Airlines adopted new airflow technology at the onset of the COVID-19 pandemic, with filters able to circulate clean air every 2-3 minutes. This new technology vastly improves ventilation on airplanes - as long as the vents above your seat are open!

Wear a mask when in crowded situations

Viruses spread through respiratory secretions (saliva and mucus) when an infected person coughs, sneezes or touches a surface that another person then touches. The best way to stop the spread of saliva and mucus is by wearing a mask when you are in a close contact environment (public transportation, crowds and

airplanes).

Stay vigilant with hygiene

Practicing good hygiene, such as washing hands frequently and using hand sanitizer, will slow the spread of viruses. The spread of viruses is drastically slowed when proper hygiene is practiced.

Take a multivitamin

Taking a multivitamin year-round, especially during winter months, helps support your body and your immune system. Adding a Vitamin C supplement during the winter helps shorten colds, keeping you healthy both when you travel and at home. Start taking a Vitamin C supplement at least 48 hours before travel and continue during your travels for maximum effect.

Stay hydrated
Drink plenty of water

before and during traveling. If you bring a refillable water bottle, you can find refilling stations in most airports so you don't have to buy overpriced bottled water.

Wear layers

When going through multiple temperature changes, it is important to be able to help your body regulate your temperature by wearing appropriate clothing. Layering up will help you shed layers if you get warm, and add more if you are in an air conditioned or cold outdoor environment.

Stay up to date on vaccinations

For all those eligible, get the COVID-19, flu, and pneumonia vaccines before you travel and gather with family and friends. It can help protect you and your loved ones.

How To Safely Dispose Of Used Medical Sharps During Holiday Travel

(Family Features) Millions of people in the United States use sharps to manage short-term or chronic conditions. Sharps are needles or devices that puncture the skin to dispense medication. For many existing sharps users and people using sharps for the first time, disposal can be confusing, especially while traveling.

Holiday travel requires sharps users to be

educated on local rules governing safe disposal.

A resource called SafetyIsThePoint.org helps people learn how to safely discard their used sharps and find disposal locations across the United States. The website features a clickable map and ZIP code search that explains disposal rules by location to help travelers comply with local regulations, no matter where they

are. Additionally, there are short videos explaining what sharps are and how to manage their disposal at home and on the road.

Free printable resources, a step-by-step guide for at-home sharps disposal and a disposal location finder in every state are available on the website for sharps users, health care providers, patient educators and advocates. The resources

can also be downloaded and sent to family members and friends ahead of travel.

No matter if you are traveling by plane, train, car or staying home this holiday season, it's important to know how to safely dispose of used sharps. SafetyIsThePoint.org can help.

Learn more about the rules of safe sharps disposal this holiday season at SafetyIsThePoint.org.

SUNDAY

PEOPLE

DAY

Voice of our PEOPLE

Sunday, Dec. 11, 2022

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Odds And Ends From My Israel Trip

Let me repeat something I wrote earlier. Jet lag is real. As of this writing, we have been home a little less than 24 hours. The clock and bright daylight tell me it's mid-afternoon, but my body tells me it's time for bed. In addition, my wife and I both feel like death eating a brick, a line I'm borrowing from an old friend. Don't know if it's that wonderful recirculated air we spent 14 hours breathing on Delta yesterday or what, but I'd have to start feeling a whole lot better before I could even say I feel worse.



TIM TIMMONS
Two Cents

that way over here road rage would be worse. MUCH worse.

SPEAKING OF driving, tour bus drivers (of which there are many in the Holy Land) can park tour buses in spots a Smart car would have trouble with.

WE ALL know from bible school how Jesus and his disciples traveled from village to village, almost completely on foot. Now that I've seen the hills, the rocks, the mountains that they had to go through, over and around . . . well, "impressive" is an understatement.

WE SPENT very little time in Tel Aviv, but I was surprised by the lack of smokers there. Not sure why I expected more, but there was little to no evidence. However, when we went to the markets in Jerusalem and Bethlehem, it was hard to find someone not smoking.

ANOTHER SURPRISE

was how small the Jordan was. Sugar Creek is bigger in some spots.

WHEN WE were up north in Tiberias on the banks of the Sea of Galilee, the tour guide told us that the sunrise over the sea and mountains would be spectacular. So the next morning, I waited on the deck watching . . . and watching . . . and in a little bit got a blanket because it was chilly. We were on the 8th floor of our hotel and I watched the street lights blink off as the sky began to lighten. The street sweeper looked small from that high up. The sky was a pale blue with hints of yellow and orange to the east. The smell from the eucalyptus trees was fresh and inviting. The closer the clock ticked to 6:15, the more the hills behind us began to take on definition. And then the big moment arrived, and the sun peeked over the horizon – **DIRECTLY BEHIND THE HOTEL** to our east.

FOOD? I found I like falafels – even after I found out what was in them. Basically, these are deep-fried balls (they look like hushpuppies) made from chickpeas and beans, all ground up. I also fell in love with schnitzel – a thinly sliced boneless chicken that's breaded. Yeah, I ate about as healthy there as I do here. Oh, and the stuffed tomato they served at breakfast . . . wow!

FOR HOLLYWOOD fans, we went by one of the cemeteries where the final scene

from Schindler's List was filmed.

WHEN WE were walking through Jerusalem and went from sites of the Last Supper, the trial of Jesus, the crucifixion, the place where Abraham was going to sacrifice his son, the rising of Jesus on the third day and more, it begged the question: Is there one spot on earth that witnessed so many things of epic proportion in such close proximity?

JERUSALEM IS a city of just under 900,000. Just south of there is smaller Bethlehem with its population of around 75,000. These two cities used to be miles apart, but Jerusalem has grown to the south and Bethlehem has grown to the north and now it's hard to tell when you leave one and go into the other?

NOT SURE about politics over there, but there was a definite anti-Russian sentiment in regard to the war on Ukraine. One bumper sticker read: Putin Khuylo. Being the intrepid journalist I am, I dove into learning what that meant (I googled it) and found out it has something to do with comparing the Russian leader to a body part.

ALONG THOSE lines, we asked our tour guide if missile strikes were of concern. He said they had not had any in a while and didn't think we needed to worry . . . unless Russia's aim is really off that day.

THE CHURCH of the

Holy Sepulcher is maintained by six churches and represents nearly 2 billion people – almost a third of the world's people. The six are the Greek Orthodox, Roman Catholics, the church in Egypt, Armenians, Ethiopian Christians and Syrian Orthodox.

AND WHILE we are talking about Ethiopia, our tour guide said he is of the belief that the Ark of the Covenant may well be in Ethiopia in a church.

THE WEATHER was wonderful. I wore shorts on all the days that modest wear was not required. Temps were mostly in the 60s and 70s.

WHILE EATING lunch at an outdoor market (we almost always ate lunch at outdoor markets) we heard a frantic woman screaming, and then another. The cause? A little boy had wandered away and his parents (I assume) could not find him. Suddenly, another woman came running up dragging what looked to be a 4- or 5-year-old by the hand. The boy, who looked scared to death, started crying as his mom rushed in and swooped him up. No interpreter was needed. Any parent watching could tell she was ready to hug him to death and then fan his little bottom.

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

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SUNDAY

Voice of our PEOPLE

The Paper of Montgomery County

Sunday, Dec. 11, 2022

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

By John Grimaldi

Kimberly Strassel is a veteran journalist and member of the Wall Street Journal's editorial board who writes the weekly 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, Kimberly 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 than anything that we have probably seen since

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 way back with the Russia

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 story, not actually asking

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 kind of journalism isn't acceptable."

An Aisle To The Future

I walked down the aisle between the rows of seats in the Dresden Elementary School cafeteria. On each side were the parents and grandparents of my classmates watching with bright faces as we walked by in our best. Kelly Carter was paired to walk beside me in the procession as we completed seven years of learning before transitioning to high school in the fall.

Within this room, I had eaten five meals a week for seven school years. After I was diagnosed allergic to milk, that was a daily trip into the kitchen to get a glass of orange juice, more times than I can count.

In that room, the Cub Scouts held their Pack Meetings and Pinewood Derbys. As I recall, Mr. Donor, our principal doubled as pack leader. My late parents also served - Mom was a den mother.

We held choral and orchestra performances from the stage of that room and a few childhood plays also made their way to the parents' awaiting eyes.

We held parts of Halloween events, Spring Carnivals and special programs in that room. Some of my favorite moments were the special Christmas chorales that were held with such wonderful music. All of us had clear childhood voices with which to harmonize and make the music blend.

I recall at least one Peachtree Pickers performance by my youth bluegrass band from that stage, but on this day all of that was coming to a close as we were handed our certificates and bid goodbye to the teachers we had known from ages 6 to 13.

There were many hopes and dreams that were realized for us that day and many new dreams began.

In your hometown, in your elementary and middle schools, many of the youth will gather



RANDALL FRANKS
Southern Style Columns

to share songs or music during this Christmas season. I encourage you to lend your support to these efforts. Make a difference in the lives of youth who wish to share their talents. Some may be presenting special plays at Christian schools or churches that reflect the story of the season. Please attend and encourage the participants. You never know, you may find yourself uplifted by talents who will change the world in a few years.

I am sure those parents sitting out in the audience at my graduation or at one of those early performances, likely never imagined they would one day see me acting on network television or hear me from the stage of the Grand Ole Opry, but that is where those early experiences led me.

You may experience the same, but while doing it be sure to encourage them along the way and support your local charities which make Christmas that much brighter for the young people in your hometown.

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@gmail.com.

Christmas Rest And Peace

By Dr. Glenn Mollette

Christmas is a good time to catch up on your pumpkin pie eating. Pecan pie seems readily available so this too is a good option. Try to drink one glass of eggnog during the season of joy. Eggnog does have some calories and fat grams but one glass won't hurt you too bad. I don't recommend drinking a gallon.

If you had turkey and ham for Thanksgiving, you may have it again for Christmas. There is nothing wrong with repeating the Thanksgiving meal especially if it was good. If it was bad then you might consider something else. The only time of the year that I eat much turkey or country ham is during the Thanksgiving and Christmas seasons. Be careful eating too much of that smoked Turkey and ham because

they can be a bit salty. You don't want to swell up like a balloon on Christmas.

Christmas should be a relaxing time. If you believe Santa Claus is coming then let him take care of the work. Surely, he will show up. Just ask him to bring dinner when he comes. Make sure he comes in the front door. I don't know about bringing broccoli casserole down the chimney.

If you are putting up lights, now is the time to do so. You want to have time to enjoy the lights and the more you string together and cover your house the more electricity you are using. This is turn creates a big electric bill but you are keeping the paychecks going for the utility people.

The main thing is don't go crazy this Christmas. You don't have to buy everything. The stores love for you to max out

your credit cards but you won't love it in February and March when you are paying it back. Use commonsense when it comes to the entire season. Eat a piece of pie but don't eat the pie. Eat a slice of turkey but don't eat the turkey. Decorate if you wish but you don't have to spend a week putting up lights. They all have to come back down you know. Spend only what you can afford. If you can't afford much then don't press yourself to do what you cannot do.

Christmas is the birthday of Jesus but we often make it a day of bedlam. The birth of Jesus was in Bethlehem. His parents were poor. They had gone to an out of the way town to pay their taxes. There was no place for them to sleep. They slept in a barn and Jesus was born while they were there. Mary laid him in a cow's trough. They were

poor, tired and life was not very easy for Mary, Joseph and Jesus.

Keep in mind that Jesus came to save us from our sins. He came to give us peace. The Bible calls him the Prince of Peace. Most people need some peace and one way to have more peace is to focus on the baby of Christmas. Christ is comfort and peace.

You don't always find your peace at church. The church isn't Jesus. If your church is stressing you out, harping about money every Sunday, and pulling you in ten different directions then you might consider taking a step back and reevaluating.

The season of joy is here. Don't depend on others to create joy for you. Get alone with God every day and focus on him. You'll discover a peace and a rest that only He can provide.



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Ask Rusty – Will My Wife’s Benefit Change My Claiming Decision?

Dear Rusty: I’ll be 69 in April 2023, and my wife will be 59 later this month. I’m still working and am trying to determine whether I should take Social Security at 69 or 70. My main question revolves around my wife’s future Social Security benefits and how they will affect my decision on whether to start mine at 69 or 70. I would like to know how to map this all out. **Signed: Waiting but Wondering**

Dear Waiting: Since you’re now 68 and not yet collecting benefits, you have been (since you were 66) earning Delayed Retirement Credits (DRCs) which will result in an increased personal Social Security benefit for as long as you delay claiming, up to age 70 when your maximum

benefit is reached. If you claim at age 69, your benefit will be 24% more than it would have been at your full retirement age (FRA) of 66; if you wait until age 70 to claim your benefit will be 32% more than it would have been at 66 (8% additional benefit for waiting that extra year).

Your wife’s future spousal benefit while you are both living (if she is entitled to one) will be based on your age 66 amount, not the higher amount you will get because you waited to claim. But your wife’s benefit as your surviving widow will be based on the amount you were actually receiving at your death, not on your age 66 amount. So, if your goal is to maximize your younger wife’s benefit as your widow, then waiting until you are 70 to claim



ASK RUSTY
Social Security Advisor

your benefit will do that. Keep in mind that your wife’s surviving spouse benefit will be affected by her own age when she claims. If she has reached her own full retirement age of 67 when she claims, she will get the maximum survivor benefit available to her. Claimed at age 67 while you are both living, her spouse benefit will be 50% of your age 66 benefit amount, if that is more

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

than she is personally entitled to on her own. If you die first and your wife claims her survivor benefit at or after age 67, she will get 100% of the benefit you were receiving at your death instead of her own smaller benefit. But if she claims her survivor benefit before reaching her own FRA of 67, that benefit will be actuarially reduced according to the number of months prior to her FRA

it is claimed. Note your wife can wait to claim her survivor benefit until it reaches maximum at her full retirement age.

So, to recap: Your wife’s spousal benefit while you are living will be based on your age 66 amount and her age when she claims it, and your wife’s benefit as your widow will be based on 100% of what you are getting when you die and her age when she claims

it. The maximum benefit for your wife in either case is attained when she reaches her FRA (67) but claimed earlier will be reduced. And you waiting until age 70 to claim will maximize your wife’s benefit as your widow.

Finally, since you are still working, you should know that if your current earnings are among the highest of your lifetime, you will still get credit for those earnings even after you start collecting your Social Security benefits. Your SS benefit when you claim will be based on the highest-earning 35 years over your lifetime (adjusted for inflation), but SS will monitor your earnings each year to see if a benefit increase is warranted because your current earnings are higher than any used in originally computing your benefit amount.

Butch Has Some Great Letters From Kids To Santa

When you were a youngster, did you write letters to Santa? Well, I guess just about everyone scribbled out something and likely left some treats for jolly old Saint Nicholas. Here are a few that were posted on the Internet...

Dear Santa, no cookies for you this year. you need to go on a diet. how about soda instead?

Dear Santa, how are you? I am good. Are you friends with God? What do you want for Christmas? I would like a sumo Dino Legos, peace for the world, and \$25,000. Merry Christmas.

Dear Santa, I want a order of french fries, a computer, and a chicken nugget.

Dear Santa, I want for Christmas is a little sister. but not right now. like in 2 years.

Dear Santa, I flushed my brothers head in the toilet but can I have a puppy?



BUTCH DALE
Columnist

Dear Santa, How are you? I am good. Are you friends with God? What do you want for Christmas? I would like a sumo Dino Legos, peace for the world, and \$25,000. Merry Christmas.

Dear Santa, Please leave before 6:00am. my alarm goes off at 6:00. my stocking is on the left.

Dear Santa, How are you? Well, enough chit-chat. Let’s get down to business. This year I

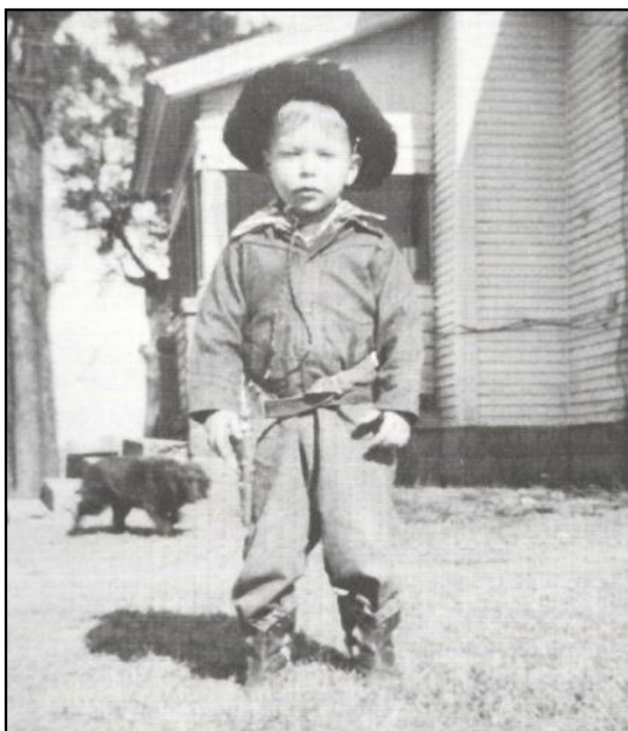


Photo courtesy of Butch Dale

Butch ready for action in 1952 at age 3.

want a big space Lego set, some jelly beans, a sharks jacket and hat, any Nintendo game.

Dear Santa, if you want to grab a beer feel free to get the lot or just one. The fridge is near

the door.

Dear Santa, if you bring presents with batteries, bring batteries.

Dear Santa, You better bring my pony this year, or there will be consequences.

Dear Santa, How are you and the reindeer doing? I am doing fine. I want a new football game and football because my little brother always trys to steal mine. he may look sweet but he is the devil. I also want a remote control car.

Dear Santa, When it was Saturday I thought I would try to be good the whole winter vacation. But it seems like I did not succeed. Will you still give me a present anyway?

Dear Santa, I don't want all the other nine (9) things on the list I sent to my father (dad). I only want the puppy.

Every time I think about not getting a puppy, it makes me sadder and sadder. I just want one little puppy. Just one. All I'm asking for is one little puppy... Thank you if I discover a puppy in a box under a tree.

Now..if you didn't receive the presents you wanted, you could have written a letter like this....

Dear Santa, i am riting this on the day after X-mas and i am very sad. i only received 1 of the 2 presents i asked for. Sense you ate my cookys i will asoom that my missing gift was a miss take. i will give you 1 week too fix this.

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.

Covid-19 Patent Waiver Will Cost Lives, Not Save Them

By Joe Crowley

Anyone wondering why Democrats fared better than expected in the midterms should direct their attention to President Joe Biden’s recent string of legislative victories.

These accomplishments helped Democrats win crucial votes in key states and maintain control of the Senate. But if they want to hold onto the White House, it’s important that President Biden and congressional Democrats avoid any policy stumbles before 2024.

One such stumble would be the president and his allies throwing their support behind the World Trade Organiza-

tion’s proposal to waive intellectual property protections on therapeutics and tests related to Covid-19. It would allow our global competitors -- including China -- to help themselves to U.S. patents and other intellectual property.

The stated goal of the proposal is to improve access to Covid-19 therapeutics and diagnostics in the developing world, similar to the WTO’s nullification of IP protections for vaccines in June. But there’s little evidence that such access is lacking or that this reform would improve it.

What it would do is harm the research ecosystem that has made the U.S. the world’s leading source of medical break-

throughs.

The very idea that patents are inhibiting access to Covid-19 tests and therapies is unfounded. Since the beginning of the pandemic, pharmaceutical firms have voluntarily licensed their Covid-19 therapies to manufacturers in low- and middle-income countries around the world.

Simply put, suspending IP for valuable Covid-19 technologies isn’t likely to save lives. But it will certainly compromise the Biden administration’s efforts to improve health-care access and encourage domestic biotech innovation.

Currently, getting a new medicine to market requires a massive investment -- \$2.6

billion, on average.

Patents help ensure that when a new drug passes government-mandated clinical trials -- about 90% don’t -- investors have a chance to recover their development costs and pay for the numerous failures that came along the way.

If federal officials start calling patents into question, the result will be a future deprived of cutting-edge medicines for everything from cancer and heart disease to diabetes and Alzheimer’s. It’s also a future in which the world will be far less ready to handle a global health crisis like Covid-19.

Had patent waivers been the norm before the pandemic, America’s sci-

entists and drug manufacturers would have lacked the basic infrastructure to invent, mass produce, and distribute the vaccines and therapies that are now bringing this emergency to an end.

Indeed, a new Progressive Policy Institute paper notes that strong, codified IP protection has "contributed to a long-term upturn in scientific research and invention, a public good well worth preserving; which makes this next decision one that raises some systemic questions."

By weakening IP protections, the WTO’s expanded waiver would deal a blow to a \$1 trillion domestic industry that supports millions

of U.S. jobs. It would also enable other countries -- friends and foes alike -- to piggyback off American innovation, hurting our economic competitiveness.

President Biden’s historic strides in expanding healthcare access and bolstering America’s biotech economy are legacy accomplishments. Rejecting an expansion of the WTO waiver gives his administration the opportunity to continue that legacy of supporting American ingenuity and prosperity, and restoring our nation’s position as a leader in global health.

Joe Crowley represented New York’s 7th and 14th congressional districts from 1999 to 2019.



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BAKEcation Warms Holiday And Winter Travel In Ohio's Hocking Hills

Explore Hocking Hills today launched its new BAKEcation, a one-of-a-kind travel experience that capitalizes on the warm winter escapes offered by area's cozy cabins and luxury lodges, tree houses and other unique accommodations. Most feature full kitchens that invite families and groups of friends to gather and create together. Ideal for multi-generational families, groups of girlfriends, couples, mother/daughter and sister groups, among others, travelers can call 1-800-Hocking (800-462-5464) to reserve their BAKEcation kit in advance after booking a Hocking Hills cabin.

Upon arriving in the Hocking Hills, BAKEcationers stop by the Hocking Hills Regional Welcome Center, 13178 OH-664, en route to their cabin, where they can

borrow – at no charge – a basket loaded with tools they'll need for holiday and winter baking. Kits include everything from a mixer, spatulas, baking sheets and pans to a mixing bowl, rolling pin, cookie cutters and stamps, and cooling racks. Travelers are required only to show their lodging confirmation and a driver's license and credit card to ensure they return the BAKEcation kit to the Welcome Center for the next visitor to enjoy. Details are available at Hockinghillsbakecation.com, along with links to cabins and other lodging, dining options and all there is to do in the Hocking Hills, with additional traveler information found at ExploreHockingHills.com.

"So many of our holiday and winter guests get together with friends and family in the gorgeous

cabins and lodges around the Hocking Hills to bake together," said Explore Hocking Hills Executive Director Karen Raymore. "We wanted to make it extra easy for them to have just about every tool they might possibly need right at their fingertips, without having to load up the car with everything but the kitchen sink."

Raymore added that her team has included favorite family recipes from Hocking Hills residents, along with a list of nearby stores and shops where visitors can pick up any forgotten ingredients. Hocking Hills BAKEcation is offered throughout the holidays and beyond, with recipes changing seasonally. All recipes are available online at Hockinghillsbakecation.com so visitors have an ingredient shopping list. Located 40 miles

southeast of Columbus, Ohio's Hocking Hills is home to loads of affordable accommodations, from cabins, cottages, hotels and country inns, to treehouses, yurts, geodomes, hobbit houses and more unusual lodging. Miles and miles of wooded trails marked by gorgeous rock formations deep gorges and waterfalls offer stunning winter hikes. Unique galleries, gift and antique shops are home to wonderful locally crafted treasures and holiday gifts. A salt cave, woodland spas and sauna pods and a visit to John Glenn Astronomy Park add to the allure of the Hocking Hills as the perfect place to unplug during holiday time and throughout the winter. Complete traveler information is available ExploreHockingHills.com or 1-800-Hocking (800-462-5464).

Brown County SP Ranks 6th In Country For Beauty

Brown County State Park ranks sixth on a list of most beautiful state parks in the country according to a study done by Travel Lens. Brown County

The online publication used Yelp and TripAdvisor reviews, the number of times they mentioned the words beautiful, stunning, and breathtaking, as well as a park's Instagram popularity and Google search data to compile its list of the "most aesthetically pleasing" state parks.

Based on their research, the park just outside of Nashville, Indiana received 86 total Yelp reviews, 42 "beautiful" reviews, one "stunning review, six "breathtaking" reviews and 49 total aesthetic reviews.

"Brown County State Park offers stunning views of the Brown County Hills Region, provides a diversity of trails for hikers, mountain bikers and equestrians, and welcomes over-

night guests for camping, cabin and lodge stays," said Terry Coleman, director of Indiana State Parks. "As with all of our Indiana State Parks, the staff who work in the park provide service that allows guests to focus on those natural resources, history, and making great memories with family and friends."

Travel Lens also ranked Brown County State Park 13th for Most Instagrammed State Parks.

This is just the latest of a long list of special recognitions Indiana's largest state park has received. Last year, the park was added to the National Register of Historic Places, and it is a fixture on various "best of" rankings for its mountain biking trails.

The park comprises nearly 16,000 acres, most of them heavily wooded.

More about Brown County State Park is at on.IN.gov/browncountysp.

Get Ready To Soar With Snowbird Travel Tips

(Family Features) During the winter months, many sun seekers put beach and desert destinations at the top of their travel lists. Chasing the winter sun can be a rewarding vacation experience, made even better when you can enjoy homelike accommodations.

"Snowbirding isn't just for retirees anymore," said Melanie Fish, Vrbo travel expert. "More flexibility at work allows travelers of all ages to escape the cold and stay in warmer places for days or weeks. Private vacation rentals provide all the comforts of home and allow snowbirds to travel in flocks and spend the winter month with their family or close friends."

Many snowbirds plan to travel for weeks or even months at a time, and that can translate into discounts for stays more than a week or month long, especially if you'll be staying at a vacation home.

If you're considering a sunshine-filled escape this winter, consider these popular destinations, which offer premium amenities, ample space and outstanding reviews, making them ideal places for family or friends to stay together and soak up the sun.

Akumal, Mexico: In the Mayan Riviera, attractions include the Yalku lagoon with its unique freshwater to saltwater snorkeling and restaurants serving up fine local cuisine. You can find a wide selection of rental homes, including options boasting rooftop sun decks, hand-painted murals and tropical enclosed yards with pools, spas and outdoor dining.

Destin, Florida: In the sought-after neighborhood of Destiny West, rental homes are situated directly on the lake and complemented by impressive views of the Gulf across the street. Look for options with added bonuses like built-

in spa pools, sun shelves, hot tubs and modern outdoor furnishings.

Galveston, Texas: In the heart of Beachside Village, guests can find both character and comfort. Rentals offer easy access to the beach; sought-after spots nearby for fishing, swimming and local shopping; and stunning views.

Guanacaste, Costa Rica: Nestled between the Costa Rican mountains, guests love the relaxing and private natural surroundings with 270-degree mountain views. For one of the best ways to enjoy the scenery, take those views in from a tropical villa with an infinity-edge pool.

Palm Springs, California: Breathtaking views of the San Jacinto Mountains are just part of the reason snowbirds flock to Palm Springs. Many rental options in the area blur the lines between indoor and outdoor living with floor-to-ceiling sliding doors and

open layouts, along with fireside lounging areas to wind down each day.

Maui, Hawaii: At an elevation of 700 feet and only 10 minutes from Lahaina, guests enjoy premium access to nearby hiking and biking trails from luxury rental homes. Surrounded by 1 1/2 acres of lush tropical gardens, this retreat also offers unobstructed views of neighboring islands, floor-to-ceiling windows and a wrap-around lanai.

Phoenix, Arizona: With a large backyard and heated pool, built-in grill and a fire pit, guests can take advantage of Tucson's year-round outdoor living in a well-appointed, contemporary modern rental home.

For snowbirds planning an upcoming winter escape or just looking for future inspiration, visit Vrbo.com and explore the Trip Boards feature, where you can like, save and share favorite properties to make planning a group trip easy.

See Christmas Around The World

The Haan is decked out for Christmas Around The World with beautiful trees and sparkling lights, holiday cheer, and festive decorations and special programs highlighting different cultures, plan your visit now! Sunday hours have been added for the season through December 30 (closed December 24 and 25). For the most up-to-date information on tickets and special hours, visit <https://theHaan.org>. Visit on Wednesday - Friday, and Sunday 1 - 4 p.m. and Saturday 10 a.m. - 4 p.m.

Generations 2023 Fine Art Sale and Exhibit is around the corner. The April 29 opening event is for registered guests and the public exhibit runs from May 3 - June 3. Don't miss this opportunity

to see or purchase works of art by Indiana's premier artists. Keep your eyes open for more information about this fantastic event.

Karen Freeman joins the Haan staff as administrative manager, working closely with Jo McGraw, operations assistant. This staffing change allows the Haan to offer extended office hours, 10am to 5pm, Monday through Friday.

Karen's first visit to the Haan was just a year ago. Her passion for this Lafayette treasure provided numerous opportunities for her to share her talents as a volunteer. We will introduce Karen and her background in more detail in our next newsletter. Take a moment to get to know Karen the next time you visit the Haan.



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Montgomery County's Most Wanted

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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

Please Read Our Disclaimer:

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

Notice:

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

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

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