

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Free MLK Day Activities Around Central Indiana



Dr. Martin Luther King Jr.

(WTHR) Attractions around central Indiana will spend Monday celebrating Dr. Martin Luther King Jr. Day with free admission or events.

Here is a list of activities to do with the family at no cost:

Children's Museum of Indianapolis

The Children's Museum of Indianapolis will offer free admission to all. Advance tickets are required.

The museum will offer a number of special programs to honor King's legacy. There will be performances from the Griot Drum Ensemble, storytelling about courageous children in the Civil Rights Movement, and a visit from artist Ashley Nora.

City of Fishers

The City of Fishers will offer residents opportunities to give back to celebrate the day. There will be a community-wide food drive with donations collected at local parks and Kroger stores from 10 a.m. until 2 p.m.

Additionally, the city is encouraging residents to volunteer, as Martin Luther King Jr. Day is a national day of service. See available volunteer opportunities here.

Conner Prairie

The outdoor grounds at Conner Prairie are closed for the season, but visitors can get free entry to the museum's indoor experiences Jan. 16.

The museum, typically closed on Mondays, will celebrate the day by highlighting identity, belonging, community and love.

Tickets will only be available at the desk on Jan. 16.

Hamilton East Public Library

The library is teaming up with HSE

Schools and the City of Fishers to host an event celebrating Dr. King on Jan. 15 from 1-2 p.m. The event, called "Living the Dream," will be in the library's meeting room and include HSE Schools students and staff, community members and city leaders.

IMS Museum

The Indianapolis Motor Speedway Museum is offering free admission in honor of Dr. Martin Luther King Jr. Day on Monday. The museum's hours are 10 a.m. to 4 p.m. and tickets can be reserved on the museum's website using the promo code MLK23.

This is the last week for the museum's exhibition "Sleek: The Art of the Helmet," which features the work of nine local artists who designed and created racing helmets. The exhibition also features historic and current driver helmets.

Indiana Historical Society

The Indiana Historical Society is offering free admission so visitors can experience storytelling, service activities and music. Pre-registration is strongly encouraged.

Indiana University

IU will host several MLK Day events for students, staff and community members. The 2023 Social Justice Conference will begin Sunday, Jan. 15 with a virtual discussion with former CNN political commentator and author Symone D. Sanders. The conference continues Jan. 16 with various sessions — both in person on the Bloomington campus and livestreamed — from 8:30 a.m. until 4 p.m.

Madam Walker Legacy Center

The Madam Walker Legacy Center will host the 41st Annual Day of Celebration

for Dr. Martin Luther King Jr. with social justice leader Tamika D. Mallory. The event will be in the historic Madam Walker Theatre. Tickets are free, but registration is required.

Newfields

Admission to Newfields will be free on Sunday, Jan. 15, but advanced tickets are required.

Here's the schedule:

- 11 a.m. - 4 p.m. | Self-Guided Gallery Tour | IMA Galleries

- 11:30 a.m. - 3:30 p.m. | Art Making: The Power of Word | Studios 3 & 4

- 11:30 a.m. - 12:30 p.m. | Music by Brandon Douthitt Duo | Pulliam Family Great Hall

- Noon - 12:30 p.m. | Storytime with Black Worldschoolors | Suite of Textile and Fashion Arts

- 1 p.m. - 1:30 p.m. | Kenyetta Dance Company Performance | The Toby

- 1:30 p.m. - 2 p.m. | Spoken Word by Pernell | The Clowes Pavilion

- 2 p.m. - 3 p.m. | Pianist Joshua Thompson | Pulliam Great Hall

- 3 p.m. - 3:30 p.m. | Kenyetta Dance Company Performance | The Toby

- 3:30 p.m. - 4 p.m. | Spoken Word by Manon Voice | The Clowes Pavilion

Purdue University

The Morgan State University Choir will perform a special concert at Purdue University on Tuesday, Jan. 17. The Purdue Varsity Glee club and the Black Voices of Inspiration will make a special appearance. The event is open to the public.

Purdue will also host a day of service on Jan. 16, coordinated by Boilers in Action. The day will focus on food, justice and mutual aid. Registration for service is required by Monday, Jan. 9.

White River State Park

Attractions around White River State Park will have free admission and complimentary garage parking for the day. Most of the park's major attractions will have free admission:

- Eiteljorg Museum of American Indians and Western Art

- Indianapolis Zoo

- Indiana State Museum, including the IMAX Theater inside

- NCAA Hall of Champions

Free parking will be available in the underground garage located off Washington Street in front of the Indiana State Museum, in the surface parking lots at the Indianapolis Zoo and Victory Field, and in the surface parking lot next to the park's Visitor's Center. Parking will be on a first-come, first-served basis.

TODAY'S QUOTE

"It takes many good deeds to build a reputation, and only one bad one to lose it."
- Benjamin Franklin

TODAY'S JOKE

Did you hear about a race with a faucet, a tomato and some lettuce?
The lettuce was a head, the faucet was running and the tomato was trying to ketchup.

TODAY'S VERSE

Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

TODAY'S HEALTH TIP

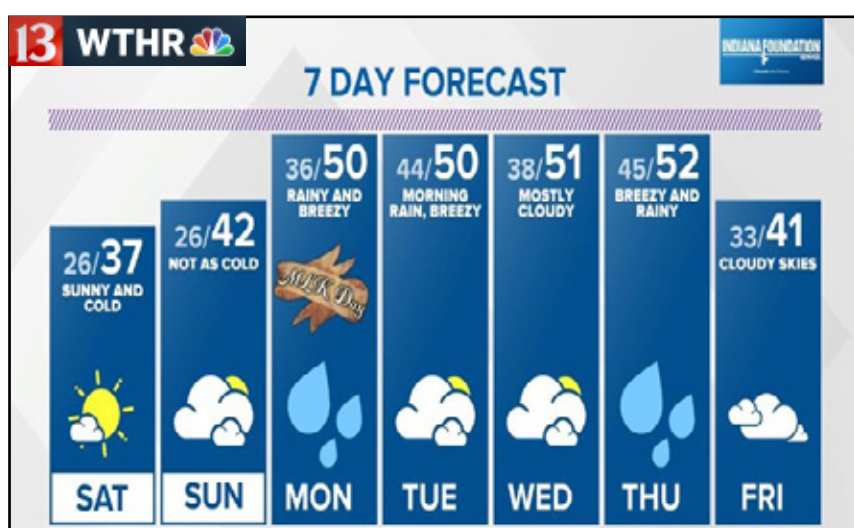
It's critical for kids, especially teens to get plenty of sleep to help with mood, school performance and appetite.

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

Tomorrow is a good day to remember James Atwell Mount. Indiana's 24th governor passed away on Jan. 16, 1901.





I ndiana Facts & Fun



Number Stumpers

1. What percentage of the county is made up of water? \geq
2. How many years of floods did English experience before relocating? \leq
3. What percentage of individuals in the county reside in English? \geq
4. How old is Crawford County? \leq

Answers: 1. About 1% 2. 31 Years 3. About 5.9% 4. 200 Years

Did You Know?

- Crawford County has a total population of 10,713 individuals.
- The county was founded by William H. Crawford in 1818.
- English, the county seat, was destroyed by six floods from 1959 to 1990, so the town was relocated.
- The total amount of land in the county is 308.72 square miles with 3.08 square miles being water.
- English has an estimated population of 632 people.

Got Words?

The Camp Fork, a stream in Crawford County, has destroyed much of the land for several years. Along with this, the county seat had to be relocated because of six destructive floods. What do you think are benefits and drawbacks of having small and large bodies of water in small towns?

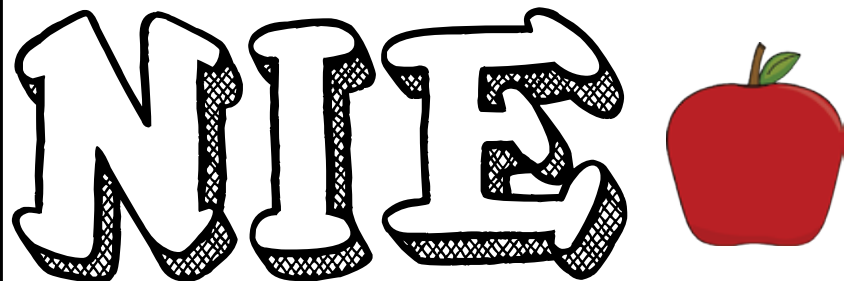
Word Scrambler

Unscramble the words below!

1. HSNIEGL
2. GNLFD00I
3. CRFRWDOA OUCYTN
4. ATRWE
5. MACP KORF

Answers: 1. English 2. Flooding 3. Crawford County 4. Water 5. Camp Fork

Indiana Facts & Fun Is Presented This Week By:



Newspapers In Education
A Program That Raises The Bar!

**To help support literacy please support
Newspapers in Education
If you'd like to be a sponsor,
call (765) 361-0100 ext. 22**

The Paper
OF MONTGOMERY COUNTY

Indiana the Strong

SUNDAY

Sunday, Jan. 15, 2023

B1

Want to Contact Us? ☐ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☐ ONLINE, www.thepaper24-7.com ☐ (765) 361-0100

Governor Holcomb's 2023 State Of The State Address

EDITOR'S NOTE: On Tuesday, Indiana Gov. Eric Holcomb delivered the annual State of the State address in Indianapolis. The Paper is happy to present the text of the speech as prepared for delivery.



Governor Eric Holcomb

Mr. Speaker, Mr. President, Madam Chief Justice, Lieutenant Governor, members of the General Assembly, my fellow Hoosiers, it's my privilege to report to you once again on the state of our beloved state, and to share what I believe we as Hoosiers can do to make Indiana an even better place to live, work, and build a future.

Please understand one thing up front: I intend to work even harder over the next two years than I have at any other time, to continue to improve our prospects for every single person who calls Indiana home.

After all, believing in this state and our people is why I wanted the job in the first place, and a ticking clock only increases my sense of urgency.

And as we all know, there is much more work to be done!

To that end, just last week, I laid out the specifics of my 2023 legislative agenda, keeping with the same pillars I've used the last six years – so I will spare you a repeat of every detail.

However, tonight I do want to lay out three sets of big goals, and how we achieve them – worthy of a state that is doing well, turning heads, and always seeking to improve.

One, let's secure Indiana's place in the economy of the future.

Two, let's transform the delivery of public health access across the state from how it was structurally designed over a century ago.

And three, let's continue to make unprecedented investments in the classrooms of Indiana's school systems – from pre-K through college and adult learning pathways.

And here's why we can do these three things at the levels I proposed in my budget last week.

Recall, when I first stood right here in 2017, our revenues were roughly \$15.5 billion.

By the end of fiscal year 2022, revenues had grown to over \$21 billion – that's almost \$6 billion – and we've controlled the size of government!

Looking forward, our revenues are estimated to exceed what we spend by \$2.3 billion, and expected to grow by another 3% in each year of the next biennium.

Ladies and gentlemen, because of our strategic collaboration, Indiana has become known for our responsible budgets – and this one is no different.

We have again proposed to make an additional \$1 billion contribution to the pre-1996 teachers' pension fund.

Since 2011, 30 years have been cut from the time to fully fund this pension, which will free up dollars for other uses beginning in 2029 instead of 2059.

And just since 2017, we've paid down our state debt by 31%!

And because our revenue and population are both growing, we have the ability – rather, the obligation – to fuel that growth and utilize reserves for one-time projects, even while we maintain a healthy surplus protecting our state's AAA credit rating.

Indeed, the work we've done together has brought us to this position of strength that calls us to invest in what I believe are needs, and address head-on our competitive advantages and disadvan-

ages. Fortunately, because of our growth, we have the financial wherewithal to do so, unlike some other states that balance their books with high taxes and debt.

But back home in Indiana last year was the kind of year that would justify some grand language.

For starters, our revenues increased. Our taxes and debt decreased; we're now among the top five lowest debt states per capita in the nation.

We even returned \$1.5 billion to Hoosier taxpayers in the form of a refund. And Forbes just ranked Indiana as "the best state to start a business in 2023," saying, we have "a business-friendly climate with a low flat tax rate, an above-average business survival rate, and a healthy amount of funding opportunities."

Please join me in thanking the legislature for the partnership that helped make all this possible! Yes, my friends, whether you are an employee or an employer, Indiana's reputation for the career opportunities available – and the kind of balance sheet we oversee – means all eyes are on our state, and for good reasons, like for the sheer amount that career creators are choosing to invest in our state.

I know, I'm a broken record on these broken records, but it bears repeating. The over \$22 billion in committed capital invested in 2022 is an all-time record many times over, over half of which will take place in rural and mixed rural areas throughout our state, with hourly wages nearly 40% higher than the state's average.

In case anyone is wondering why I travel overseas occasionally, an unprecedented \$7.2 billion of the \$22 billion comes from all over the world. Rest assured that I bring suits and ties, not shorts and sunscreen! And all these investments will impact Hoosiers throughout our state in counties like Boone and Floyd, where committed jobs average over \$50 an hour, and in Daviess County – over \$70 an hour!

These high wage job opportunities are the best way to keep our kids close to home. And there's more coming. So, let's keep surfing Indiana's wave of momentum to reach \$23 billion in 2023!

Now, to do this, and capitalize on the industries of the future that are looking for their new homes somewhere in America – like semiconductors and electric vehicles – means we must formalize the economic development tools you provided us in the last session and establish them in the budget.

And if we have more opportunities that exceed those resources, it's only prudent to provide state budget leaders the nimble ability to consider and allocate the needed resources so we can fly out

reach their Next Level aspirations. That includes finishing I-69 next year, connecting Evansville to Indianapolis three years ahead of schedule, double-tracking the South Shore rail line in northwest Indiana, and connecting homes, and schools, and businesses via broadband internet – even on our most remote terrain.

After all, there are autonomous tractors in the field, just as there are robotic assembly lines in our factories that need to communicate up and down the supply chain! And speaking of connecting, tonight I'm pleased to announce through our Next Level Trails program that we're adding a major acquisition to our state's trails legacy.

Director Dan Bortner and his Department of Natural Resources team led negotiations on behalf of Radius Indiana and the city of New Albany, with big time help from Steve Ferguson at the Cook Medical Group, to acquire an old abandoned rail corridor running through Clark, Floyd, Washington, Orange and Lawrence counties.

Once completed, this recreational trail that follows the route of the historic Monon Railroad will be 62.3 miles – the longest contiguous multi-use trail in the state. Trails and land conservation are sweet spots for Janet, and our dog Henry and me, and so many other Hoosiers.

No wonder we were recognized last year as the national Rail-Trail champion and that our state park inns have the highest occupancy rate in the country. With this new Monon South trail, we will have invested nearly \$150 million in trails since 2019, another example of the state helping meet the demand to explore and discover – in Indiana – right in their backyards.

So, I'm seeking \$50 million more for trails to continue our momentum, along with another \$25 million to build on our highly successful land conservation program, with partners like The Nature Conservancy and the Central Indiana Land Trust, so that even more Hoosiers and our guests can enjoy Indiana's great outdoors.

With this type of momentum, and so much more, I'm forced to utter that familiar phrase: ladies and gentlemen, the state of our state is strong, and about to get stronger!

But I don't want that phrase to distract us from my bigger purpose tonight.

It's the getting stronger part of the equation that I ask for your help over the next two years.

Because even though we've accomplished a great deal in Indiana, it's obvious we have more potential yet to be realized – and these challenges can't be wished or hoped away.

When individuals, communities, and businesses step up, acknowledge their challenges, and take steps to reach their Next Levels, they should know

their state has their back. And it will take new action to get new results where public health is concerned.

So, let me first thank the Public Health Commission, which completed its work last summer, and especially its co-chairs, former State Senator Luke Kenley, former State Health Commissioner Dr. Judy Monroe and our current Health Commissioner Dr. Kris Box and her team.

I hate to remind you, but I will: We rank 45th for smoking, 46th for obesity, 43rd for access to mental health providers and 41st for childhood immunizations, among all states – you know, our competition.

But what really struck me is that our life expectancy in Indiana has declined in recent years – specifically among those who are front and center to our future – working age adults between 25 and 64-years-old.

That's a pattern we need to reverse, and I will politely push and prod and poke everyone I can to adopt the commission's recommendations, including a significant increase in our state's public-health appropriation – \$120 million in the first year and \$227 million in the second year.

Nearly all of these dollars will be deployed locally – in your districts where our fellow Hoosiers need them – tailored to the unique circumstances of each community partner.

In fact, this initiative will come from the willing counties, to design and propose ways to leverage their own funds in an 80-20 state and local mix.

Our health and wellbeing challenges of course extend to addressing mental health problems, helping Hoosiers defeat addiction, maternal and infant mortality, and assisting our veterans who face double the risk of dying by suicide than other groups.

So, our localized pathways to improvement must include programs to attack these issues, close to home, by building sustainable systems that prevent and respond to a crisis – like our 988 system is doing today – and investing in data-driven, evidence-based community programs with the opioid settlement funds we're now receiving.

We don't have a day or a dollar or a life to waste, so taking the next four months to get it right: nothing could be more important.

Just as we craft our new state public health system, we already have a great example of a tailor-made community development program.

Our first \$500 million READI investment leveraged another \$6.5 billion – over \$2 billion put toward housing – and has become an indispensable part of our business and talent attraction efforts, while offering a boon to every community and county that steps up.

There's already a queue of requests seeking another \$400 million to leverage nearly \$7 billion more of private and other non-state funding.

So, I'm asking the legislature for another \$500 million to launch READI 2.0 – to lock in more transformational projects.

And while READI is our secret weapon to attract more talent in our rural, suburban and urban communities, it's irrefutable that we must do more to prepare and retain our homegrown talent, too.

The most important determinant of a child's success in adulthood is their education.

Furthermore, the quality of their education relies overwhelmingly on two groups of people – parents and teachers.

Since 2017, I'm so proud of the work we've accomplished together to support unprecedented investments in K-12, which has translated into school districts answering the call to raise teacher pay.

Starting teacher salaries now reach \$40,000, and we're closing in on the goal of achieving an average teacher salary of at least \$60,000 a year.

But to ultimately reach this goal, we need to continue what we started by making the state's largest-ever investment in K-12 tuition support – an increase of \$1.1 billion – and give schools the resources to continue equipping our children's educators.

Hoosier parents are no more sheltered from the rising cost of living than their child's teachers.

And for these parents of school-aged children, fees for curriculum materials essential for in-class instruction can be hundreds of dollars each year – per child – depending on the district!

Sadly, Indiana remains one of only seven states that still allows this disguised tax to be levied on parents each year.

One such parent joins us tonight.

Mandy Allen, a school counselor in South Vermillion School Corporation, paid about \$630 this year for books for her four children.

Our state constitution promises a tuition-free education.

Let's cover the full cost of curriculum fees paid for by parents like Mandy, so that – starting next school year – no parent receives such a dreadful bill again.

And while parents and teachers are the essential human ingredients in a child's education, and curriculum materials are essential for instruction, no child can succeed without the ability to read.

There is overwhelming evidence that a child who cannot read by the third grade is more likely to become the adult parent who can't read – and therefore disadvantaged for life.

With nearly one out of every five kids in Indiana currently at risk of falling behind in reading, we must do everything we can – and do it now.

Last summer was a good start.

With the help of the Lilly Endowment, we made the state's largest investment in literacy to help prepare more current and future teachers for reading instruction, and the budget I submitted last week proposes rewarding schools that improve their results in third grade reading as well.

But even before entering a classroom, children should have access to books at home and develop a love of reading.

That's why I've proposed funding Dolly Parton's Imagination Library, so children from birth to age five statewide can receive high-quality books each month.

Then, at the other end of the public-education spectrum, I'm asking the legislature to support a \$184 million increase in higher education funding, and support the Commission for Higher Education's proposal to reward our world-class universities for keeping their graduates in careers in our state.

After all, Indiana's college campuses need to be the epicenters of brain gain – not brain drain!

Another pathway to brain gain is enrolling more first-generation,

and low-income minority college-goers, which is why we should support Martin University's mission.

And we can easily ensure thousands more students have their college opportunity paid by automatically enrolling all financially eligible students in the immensely successful 21st Century Scholarship Program, once and for all!

Finally, but no less importantly, we must further invest in adult learning and workforce training in a variety of tailored ways – including increased support for our Next Level Jobs program, expanded access to the Excel Centers, a pilot program to incentivize recipients of Unemployment Insurance to obtain their high school diplomas – and then on to a job!

And we expect that even more of these difference-making programs will be initiated and developed by our own Workforce Cabinet, because Indiana should light-up a pathway to anyone looking for upward mobility.

We don't just want everyone in the workforce, we need everyone in the workforce – and by-golly, we'll help you get there!

At the outset of this address, I mentioned that many of the investments were ones we needed to make in this budget year, made possible by our careful stewardship to grow the private, not public sector.

Yet, I'm mindful as public servants, we must maintain the strength of our essential good government services that Hoosiers rely on each day to grow.

And there is no more essential service than public safety.

That's why my budget calls for major investments in school safety, law enforcement and our firefighters across the state.

Specifically, I am asking the General Assembly to join me by increasing school safety grants by 30%, fully funding our courts' request to upgrade technology and make greater use of our problem-solving courts, making investments to finally realize a true statewide firefighter training system, and to buy the necessary protective equipment for our volunteer forces.

And let's raise the starting pay for Indiana's State Police to \$70,000 a year! Ladies and gentlemen, in closing, I hope you will take away a few things from tonight. Number one, I'm proud of our stewardship of state government.

Here in Indiana, we have a well-run, soundly financed state – and the word is out!

And two, more broadly, this is Indiana's time, and we're on the move. Our economy is growing.

New and exciting opportunities are in reach. Investors are giving us their vote of confidence.

They're creating industries and careers here. They see their growth and future here.

Let's prove them right! For we know there is demand for what Indiana offers.

So, let's redouble our focus on the supply, by building pathways on which more Hoosiers can travel to become healthier, wealthier and wiser.

I stand before you as a full and faithful partner in getting this done, who intends to step on it coming out of turn four.

Thank you, and may God continue to bless our efforts.

SUNDAY

Indiana the Strong

Sunday, Jan. 15, 2023

B2

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

Federal Grant Will Help Improve Quality, Access, Affordability Of Early Childhood Care, Education

The Indiana Family and Social Services Administration Office of Early Childhood and Out-of-School Learning, in partnership with the Indiana Department of Education Office of Kindergarten Readiness, has been awarded a \$42 million federal grant. These dollars will be used over three years to implement programmatic changes that will improve Indiana's capacity to recruit early educators, increase access to early learning opportunities for students in unserved areas and ultimately, support families as they make important decisions regarding their child's education.

"These funds come at a key time as Indiana has built the foundation for innovation through the collaborative partnership of FSSA, IDOE and the Early Learning Advisory Committee. Together we are uniquely prepared to best serve children and families across the state," said Maureen Weber, chairwoman of the Early Learning Advisory Committee.

The three-year grant from the U.S. Department of Health and Human Services will award

\$14 million annually to FSSA, which partnered with the Indiana Department of Education on the grant application.

Combined with FSSA's \$4.2 million annual investment as matching funds required by the grant, \$54.6 million will be leveraged in total to accelerate and build Indiana's capacity to implement long-lasting change, including:

- Building upon stakeholders' understanding of the needs, gaps and inequities in Indiana's birth-through-age-5 mixed delivery system, especially as they relate to underserved populations

- Refreshing Indiana's birth-through-age-5 strategic plan to reflect the current environment and the existing opportunities to drive system-level change

- Amplifying the voices of families in decision-making and introducing new services and educational supports that empower them as their child's first and most important teacher

- Introducing new workforce recruitment and career pathways, building the operational

capacity of early childhood care and education providers and enhancing workforce conditions and compensation

- Strengthening instructional practices, quality measures and birth-to-age 8 coordination efforts

- Investing in the expansion of high-quality programs in underserved geographies

The funding will build upon key work already underway to improve the early learning infrastructure in Indiana. New state legislation championed by Gov. Eric J. Holcomb restructured and expanded Indiana's Early Learning Advisory Committee, and Gov. Holcomb also launched a new Office of Kindergarten Readiness within IDOE to work in partnership with OECOSL to ensure the early learning experiences children receive are effectively readying them for school. In September 2022, new early learning policy goals were established by ELAC to ensure Hoosier children, especially those most underserved, have access to early learning opportunities that prepare them with the skills required to thrive in kindergarten.

Purdue Ag Economists Provide Insight On Critical Issues Facing Farmers In 2023

After a year of economic shocks that included supply chain disruption, global conflict, tight margins and historic inflation, Purdue University Department of Agricultural Economics experts are looking ahead to what the agricultural sector can expect in 2023. Those findings were recently published in the Purdue Agricultural Economics Report's annual outlook issue.

"Signs are pointing to another uncertain and volatile year in agriculture," said Roman Keeney, associate professor and co-editor of the report. "In 2023, our experts are assessing the possibility of a recession, impacts from the ongoing war between Russia and Ukraine, as well as expectations for input costs

and food prices.

"Additionally, the 2018 Farm Bill is set to expire in September, which makes 2023 an important year for farm policy. Following multiple years of emergency support and agriculture benefiting from COVID relief packages, government direct support to agriculture is set to fall dramatically."

Inside the issue, Keeney discusses the implications of these changes and notes that the short timeline and a wave of new congressional representatives could make replacing the 2018 Farm Bill in 2023 a significant challenge.

To read the full Purdue Agricultural Economics Report 2021 outlook issue, visit <https://purdue.ag/paer>. The report

provides an outlook for the following agricultural topics:

- The U.S. Economy in 2023
- Trade and trade policy
- Factors that shape the 2023 Farm Bill
- Consumer food prices
- Dairy consumption and production
- Purdue Crop Cost and Return Guide
- Agricultural credit
- Farmland values and cash rents

The Purdue Agricultural Economics Report is a quarterly publication from the Department of Agricultural Economics. Articles in the annual outlook issue are intended to provide a road map for understanding challenges facing the agricultural economy.

Application Deadline For Teacher Scholarships Is Approaching

Students in high school or college who are planning to teach or work in school administration in the State of Indiana have until January 31 to apply for three scholarships – Next Generation Hoosier Educators Scholarship, Earline S. Rogers Student Teaching Scholarship for Minorities and Student Teaching Scholarship for High-Need Fields.

The Indiana Commission for Higher Education is encouraging students to act quickly, as there is limited funding available. All three financial aid opportunities can be applied for at ScholarTrack.IN.gov.

"Our state's K-12 teachers play an incredibly important role in sharing the value of higher education with their students and preparing them for success," said Indiana Commissioner for Higher Education Chris Lowery. "The Commission is proud to provide these scholarships to future educators, strengthening Indiana's teacher pipeline for today and tomorrow."

Next Generation Hoosier Educators Scholarship

The Next Generation Hoosier Educators Scholarship provides 200 top-performing high school and college

students interested in pursuing a career in education the opportunity to earn a renewable scholarship of up to \$7,500 per year of college (up to \$30,000 total). In exchange, students agree to teach for five years at an eligible Indiana school or repay the corresponding, prorated amount of the scholarship. The Commission will review all applications and notify applicants of their scholarship status via email by March 24, 2023.

"I am really grateful to have received the (Next Generation Hoosier Educators Scholarship). It made paying for college so much cheaper," said current Indiana University South Bend student and scholarship recipient Brianna Simmons. "Now, instead of finding ways to pay for college, I can focus on saving for when I graduate."

Brianna Simmons To qualify for the scholarship, students must meet one of the following academic requirements:

- Rank in the top 20% of their high school graduating class
- Have a top 20th percentile score on the ACT (26) or SAT (1130)
- Have a cumulative grade point average (GPA) of at least 3.5 on a 4.0 scale

For instructions on how to apply, and for a full list of eligibility requirements, visit the website.

Earline S. Rogers Student Teaching Scholarship for Minorities

The Earline S. Rogers Student Teaching Scholarship for Minorities is available to minority students (defined as Black or Hispanic and Latino individuals) who plan to participate in student teaching or a school administration internship as part of their degree requirements in the semester during which they receive the scholarship. The maximum amount a student may receive is up to \$4,000. Priority will be given to student teaching applicants.

Student Teaching Scholarship for High-Need Fields

The Student Teaching Scholarship for High-Need Fields is available to students who plan to teach special education (any grade) or middle or high school-level math or science. The maximum amount a student may receive is up to \$4,000

For questions about state financial aid, students can contact the Indiana Commission for Higher Education by phone at 888-528-4719 or via email at awards@che.in.gov.

Jessica Gurevitch Appointed New Forestry And Natural Resources Department Head

Jessica Gurevitch has joined the Purdue College of Agriculture as the new department head for Forestry and Natural Resources. She will also join the department's faculty as a professor.

After earning her bachelor's degree in biological sciences/ecology, evolution and systematics from Cornell University and her PhD in ecology and evolutionary biology from the University of Arizona, Gurevitch completed a three-year post-doctoral fellowship at the University of Chicago.

Gurevitch joined Stony Brook University faculty, where she was appointed a distinguished professor

in 2018. She also served as chair and co-chair of the Department of Ecology Evolution.

A plant ecologist, Gurevitch is broadly trained with interests in the environment and ecology and in natural resources and forests. After meeting department members during her interview and on several visits during the summer and fall, Gurevitch said she is eager to get to know the department and the state better.

"This is very clearly a high-functioning department with really interesting work taking place, which makes it all the more exciting to join,"

she said. "I'm very eager to visit forests across the state and to meet with those working in them and learn more about the work taking place."

Gurevitch said finding a path to build a much-needed new building, increasing diversity within the department and in the broader field of natural resources, and addressing the needs of forestry and natural resources students are her immediate priorities.

"I want to ensure students are receiving the most current and up-to-date education they need for the fields we are preparing them to pursue," she said.

"Broadening the base of people who are doing environmental sciences and natural resource work is crucial. By doing so, we are then broadening the knowledge of all communities."

The move from the East Coast to the Midwest is a big change, Gurevitch said, after spending 37 years of her career in New York. But she is eager to make the leap.

"I love being a part of a state university," she said. "My education and academic career have been spent in public institutions, and it's something I'm very proud of. I have enjoyed that about Stony Brook, and I am very enthusiastic about being at Purdue and becoming a Boilermaker!"

Want more local news coverage and entertainment?

Visit us online at

www.thepaper24-7.com

for coverage of County Council meetings, school board meetings, more information on these stories as well as articles from your favorite columnists, such as Karen Zach, John Roberts, Butch Dale, John Marlowe, Kenny Thompson, Casey Williams, Gwynn Wills, Carrie Classon, Dick Wolfsie and Tim Timmons!

Check back daily for updates!



Butch Buys Old Firearms
Retired Sheriff and Licensed FFL

I will buy your old guns: Winchester, Colt, H&R, Ruger, Savage, Browning, Smith & Wesson, Marlin, & others
Call me anytime for a free estimate !!
John "Butch" Dale (765) 404-1354



exp REALTY

FOR SALE

Clark Dale
765.918.1773
william.dale@exprealty.com

SUNDAY

Indiana the Strong

Sunday, Jan. 15, 2023

B3

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

USDA Expands Eligibility, Enhances Benefits For Key Disaster Programs



The U.S. Department of Agriculture (USDA) made updates to several conservation, livestock and crop disaster assistance programs to give more farmers, ranchers, and tribes the opportunity to apply for and access programs that support recovery following natural disasters. Specifically, USDA's Farm Service Agency (FSA) expanded eligibility and enhanced available benefits for a suite of its programs. These updates will provide critical assistance to producers who need to rebuild and recover after suffering catastrophic losses of production and infrastructure due to natural disasters.

FSA has updated the following programs: The Emergency Conservation Program (ECP), the Emergency Forest Restoration Program (EFRP), the Emergency Assistance for Livestock, Honeybees, and Farm-raised Fish (ELAP), the Livestock Forage Disaster Program (LFP), the Livestock Indemnity Program (LIP) and the Noninsured Crop Disaster Assistance Program (NAP).

"As I meet with producers across the country, I have gained a better understanding of the ways in which our programs work—and the ways in which they can be improved to better support all producers, especially those who are working to rebuild their operations after a disaster," said FSA Administrator Zach Ducheneaux. "This set of updates to our disaster assistance programs reflects FSA's commitment to listening to producers and responding to their needs wherever we have the authorities to do so. We are confident that these changes will increase the both the accessibility and efficacy of our disaster assistance programs, consistent with our goal to build equity into the fabric of our work at the FSA."

Conservation Disaster Assistance Updates

FSA updated ECP to:

- Allow producers who lease Federally owned or managed lands, including tribal trust land, as well as State land the opportunity to participate.

- Provide advance payments, up to 25% of the cost, for all ECP practices before the restoration is carried out, an option that was previously only available for fence repair or replacement. The cost-share payment must be spent within 60 days.

Additionally, Congress also authorized the Federal government to pay 100% of the ECP and EFRP cost for damage associated with the Hermit's Peak/Calf Canyon Fire in New Mexico. This fire burned over

340,000 acres from April 2022 to June 2022 and was the largest wildfire in recorded history in New Mexico. ECP and EFRP cost-share assistance is typically capped at 75%. This policy change for 100% cost-share applies only to those locations impacted by the Hermit's Peak/Calf Canyon Fire.

ECP and EFRP provide financial and technical assistance to restore conservation practices like fencing, damaged farmland or forests.

Livestock Disaster Assistance Updates

FSA also expanded eligible livestock under ELAP, LFP and LIP. Specifically, horses maintained on eligible grazing land are eligible for ELAP, LFP and LIP. Many family farms and ranches use their forage to raise horses to augment their other agriculture endeavors. FSA recognizes that animals maintained in a commercial agriculture operation, add value to the operation and could be available for marketing from the farm. FSA regulations have been updated to include these animals as eligible livestock.

Horses and other animals that are used or intended to be used for racing and wagering remain ineligible.

Ostriches are also now eligible for LFP and ELAP. FSA is making this change because ostriches satisfy more than 50% of their net energy requirement through the consumption of growing forage grasses and legumes and are therefore considered "grazing animals".

This change for ostriches is effective for the 2022 program year for both LFP and ELAP. ELAP requires a notice of loss to be filed with FSA within 30 days of when the loss is first apparent. Because this deadline may have passed for 2022, FSA is extending the deadline for filing notices of loss through March 31, 2023.

LIP and ELAP reimburses producers for a portion of the value of livestock, poultry and other animals that died as a result of a qualifying natural disaster event or for loss of grazing

acres, feed and forage. LFP provides benefits for grazing losses due to drought and eligible wildfires on federally managed lands.

Noninsured Crop Disaster Assistance

NAP provides financial assistance to producers of non-insurable crops when low yields, loss of inventory or prevented planting occur due to natural disasters. Basic NAP coverage is equivalent to the catastrophic level risk protection plan of insurance coverage, which is based on the amount of loss that exceeds 50% of expected production at 55% of the average market price for the crop.

Previously, to be eligible for NAP coverage, a producer had to submit an application (Form CCC-471) for NAP coverage on or before the application closing date. For 2022, if a producer has a Socially Disadvantaged, Limited Resource, Beginning and Veteran Farmer or Rancher Certification (Form CCC-860) on file with FSA, it will serve as an application for basic coverage for all eligible crops having a 2022 application closing date and all NAP-related service fees for basic coverage will be waived for these producers.

FSA will notify all eligible producers who already have the CCC-860 certification form on file of their eligibility for NAP basic coverage for 2022. To potentially receive NAP assistance, producers who suffered losses due to natural disasters in 2022 should file an acreage report as well as a notice of loss with the FSA at their local Service Center.

Producers who are interested in obtaining NAP coverage for 2023 and subsequent years should also contact their local FSA county office for information on eligibility, coverage options and applying for coverage.

Reporting Losses
Producers impacted by a natural disaster should report losses and damages and file an application with their FSA county office. Timelines for reporting losses and applying for payments differ by program.

For LIP and ELAP, producers will need to

file a Notice of Loss for livestock and grazing or feed losses within 30 days and honeybee losses within 15 days. For LFP, producers must provide a completed application for payment and required supporting documentation to their FSA office within 30 calendar days after the end of the calendar year in which the grazing loss occurred.

For NAP, producers should contact their local FSA office for guidelines on submitting a notice of loss and filing an acreage certification.

More Information

The updates to these programs build on other Biden-Harris administration efforts to improve disaster assistance programs, including additional flexibility in obtaining Noninsured Crop Disaster Assistance Program (NAP) basic coverage for socially disadvantaged, beginning, limited resource and veteran farmers and ranchers.

Previous enhancement to the ELAP provide program benefits to producers of fish raised for food and other aquaculture species as well as cover above normal expenses for transporting livestock to forage and grazing acres and transport feed to livestock impacted by qualifying drought. And earlier updates to the LIP payment rates better reflect the true market value of non-adult beef, beefalo, bison and dairy animals.

Yesterday, FSA announced it would begin accepting applications for the Emergency Relief Program (ERP) Phase Two and the new Pandemic Assistance Revenue Program (PARP) on Jan. 23, 2023, through June 2, 2023. ERP Phase Two is designed to fill gaps in the delivery of program benefits not covered in ERP Phase One and improves equity in program delivery to underserved producers. PARP will help address gaps in previous pandemic assistance, which was targeted at price loss or lack of market access, rather than overall revenue losses. Learn more in the Jan. 9, 2023 news release.

Additional Resources

On farmers.gov, the Disaster Assistance Discovery Tool, Disaster Assistance-at-a-Glance fact sheet, and Farm Loan Discovery Tool can help producers and landowners determine program or loan options. For assistance with a crop insurance claim, producers and landowners should contact their crop insurance agent. For FSA and Natural Resources Conservation Service programs, contact the local USDA Service Center.

Purdue Economic Impact Study Proves Indiana Grown Delivers Value

Indiana Grown worked with the Purdue University Department of Agricultural Economics to determine the economic impact and growth of the Indiana Grown program through a collaborative, science-driven approach. The study showed that every dollar spent via Indiana Grown activities resulted in \$0.97 in additional economic activity within Indiana.

"The economic impact study conducted by Purdue shows how valuable Indiana Grown is to the state," said Lt. Gov. Suzanne Crouch, who also serves as Indiana's Secretary of Agriculture and Rural Development. "I am grateful to show our Indiana Grown members that their hard work and dedication to the program is paying off."

Consumer survey results showed that over 33% of Hoosiers have awareness and perceptions of the Indiana Grown program and label. For Indiana Grown members, the survey found that the value of the program to their business is equivalent to approximately \$13,600.

"This data is crucial for us to grow the program and address the needs of both our Indiana Grown members and consumers," said Caroline Patrick, director of Indiana Grown. "I am excited to use this study to propel the program forward and look forward to many years of continued economic growth for local products and businesses."

To determine this data the Purdue team distributed a state-wide questionnaire to Hoosiers to detect consumer awareness, quantified consumer willingness to pay for locally made or grown products and surveyed Indiana Grown members to determine the drivers and benefits of being a member of the program.

For the economic contributions of the Indiana Grown program, the data showed that the total economic footprint of the Indiana Grown program was \$13.91 million as of 2020.

"This project was a great example of the partnership between ISDA, Purdue's Department of Agricultural Economics, and Purdue Extension Community Development," said Dr.

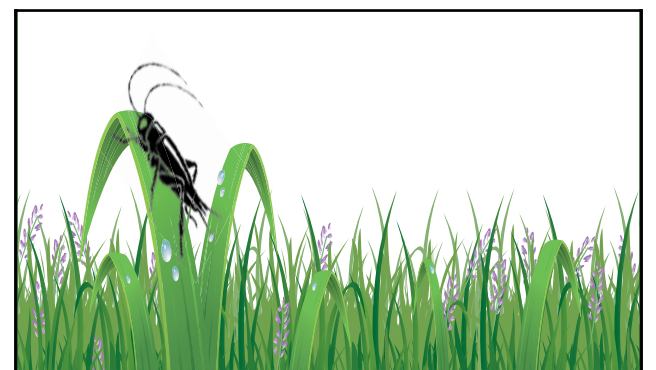
Michael Wilcox, Community and Regional Economics specialist with the Department of Agricultural Economics for Purdue University. "We set out to explore the impact and potential of Indiana Grown from the perspective of consumers, producers (the Indiana Grown members), and the Indiana economy in a rigorous and defensible way. This unique study helps ISDA and Indiana Grown make data-driven decisions about how to continue best supporting Indiana agricultural product branding, and local agri-entrepreneurs that provide value-added agricultural products to consumers in Indiana and beyond."

For Indiana Grown producers, the survey found that members are satisfied with their membership and would recommend the program to others. Additionally, member respondents enjoyed the promotional and marketing events and would like to see more events in 2023. According to the data, most Indiana Grown members joined the program in 2018, particularly in the proteins, livestock, horticulture, grains and oil operations. Likewise, 2020 was the year with the second-highest number of producers enrolled in Indiana Grown, those categories of new members were horticulture, grains, oils, proteins, livestock, wholesale and retail.

"As an Indiana Grown member, the data collected in the study is so valuable in knowing that this program truly enhances my business and sales," said Rachel Boyer, owner of Rachel's Taste of Indiana in Converse. "I love encouraging consumers to shop local and I am passionate about the Indiana Grown program. I was thrilled to see this study come to life and see that what we thought all along, that consumers enjoy shopping local, really is true."

This data was collected from September 2019 to September 2022 and was funded for nearly through the USDA's Federal State Marketing Improvement Program.

Learn more about Indiana Grown at indianagrown.org.



Life without local news is like hearing crickets
STOP LISTENING TO CRICKETS

The Paper
OF MONTGOMERY COUNTY
SUBSCRIBE TODAY!
361-0100

WWW.THEPAPER24-7.COM

SUNDAY

In The Kitchen

Sunday, Jan. 15, 2023

C1

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

Party-Worthy Wine Pairings Perfect for Easy Entertaining

FAMILY FEATURES

Red or white, sweet or dry, wine lovers are often entertainers at heart. When inviting guests to share your personal favorites, nothing enhances a tasting get-together quite like complementary snack and wine pairings.

The next time you find a wine party on your schedule, consider these simple yet delicious recommendations from sommelier and founder of “The Lush Life,” Sarah Tracey, who partnered with Fresh Cravings to create “Dips and Sips.” Aimed at reinventing wine and cheese parties, the movement focuses on simplistic recipes, easy dip pairings and suggested wines.

“When I entertain at home, I’m always looking for ways to impress my friends with fresh, creative bites I can pair with wine,” Tracey said. “My favorite hack is finding great products with high-quality ingredients then creating simple, elevated ways to serve them. The less time I spend in the kitchen, the more time I get to spend with my guests.”

Tracey relies on the versatility of Fresh Cravings’ array of dip options and crowd-pleasing, bold flavors worth celebrating. With authentic-tasting chilled salsas offering a vibrant alternative to soft, dull blends of jarred salsa and flavor-filled hummus made with premium ingredients like Chilean Virgin Olive Oil, these dips elevate both traditional and reinvented recipes.

For example, Tracey’s recipes for Polenta Rounds with Pico de Gallo Salsa and Crab, Spiced Butternut Squash Naan Flatbreads, Cheesy Tortilla Cutouts with Salsa and Hummus-Stuffed Mushrooms offer flavorful, easy-to-make appetizers that can make entertaining easy and effortless. Plus, these crave-worthy morsels are just as tasty and approachable for guests choosing to skip the wine.

Find more recipe and pairing ideas perfect for enhancing your next party at FreshCravings.com.

Hummus-Stuffed Mushrooms

Recipe courtesy of Sarah Tracey
Total time: 15 minutes
Servings: 6

- Nonstick olive oil spray
- 16 ounces cremini mushrooms, stems removed and gills scooped out
- salt, to taste
- pepper, to taste
- 1 container Fresh Cravings Classic Hummus
- 1 jar manzanilla olives stuffed with pimientos, cut in half
- 1 jar roasted red pepper strips
- Oregon Pinot Noir

Preheat oven to 375 F. Prepare sheet pan with nonstick olive oil spray.

Place mushroom caps on sheet pan, spray with olive oil and season with salt and pepper, to taste.

Roast 7-8 minutes then let mushrooms cool to room temperature.

Fill each mushroom cap with hummus and top each with one olive slice.

Thinly slice roasted red pepper strips and arrange around olive slices.

Pair with lighter bodied pinot noir with cherry tones from Oregon.



Hummus-Stuffed Mushrooms

Spiced Butternut Squash Naan Flatbreads

Recipe courtesy of Sarah Tracey
Total time: 25 minutes
Servings: 6

- 1 1/2 pounds butternut squash
- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- salt, to taste
- pepper, to taste
- 1 container Fresh Cravings Roasted Garlic Hummus
- 1 package mini naan dippers
- 1 bunch fresh rosemary, minced
- La Vieille Ferme Rosé

Preheat oven to 425 F.

Chop butternut squash into 1/2-inch chunks.

Toss squash with olive oil, maple syrup, cumin and chili powder. Spread on sheet pan, sprinkle with salt and pepper, to taste, and roast until tender, about 20 minutes.

Spread hummus on naan dippers and top each with squash and fresh rosemary.

Pair with deeper, savory and earthy rosé.



Spiced Butternut Squash Naan Flatbreads

Cheesy Tortilla Cutouts with Salsa

Recipe courtesy of Sarah Tracey
Total time: 20 minutes
Servings: 6

- Nonstick cooking spray
- 6 large flour tortillas
- 16 ounces pepper jack cheese, grated
- 1 can (4 ounces) green chiles, drained
- 1 bunch fresh cilantro, finely chopped
- 1 container Fresh Cravings Restaurant Style Salsa, Medium
- New Zealand Sauvignon Blanc

Preheat oven to 350 F. Prepare sheet pan with nonstick cooking spray.

Place large flour tortilla on sheet pan. Top with handful of grated cheese.

Sprinkle chiles on top of cheese layer. Add chopped cilantro. Sprinkle with additional cheese.

Top with another tortilla. Bake until cheese is melted, about 10 minutes. Work in batches to make three sets of cheese-filled tortillas.

Cut out desired shapes with cookie cutters.

Serve with salsa and pair with sauvignon blanc from New Zealand with zest and zing.



Cheesy Tortilla Cutouts with Salsa



Polenta Rounds with Pico de Gallo and Crab

Polenta Rounds with Pico de Gallo Salsa and Crab

Recipe courtesy of Sarah Tracey
Total time: 30 minutes
Servings: 6

- 1 tube (16 ounces) prepared polenta
- nonstick cooking spray
- salt, to taste
- 8 ounces jumbo lump crabmeat
- 1 container Fresh Cravings Pico de Gallo Salsa, Mild
- 1 bunch fresh mint, finely chopped
- Mateus Rosé

Heat oven to 400 F.

Slice polenta into 1/4-inch thick rounds. Arrange on baking sheet sprayed with nonstick cooking spray and bake 20-25 minutes until golden brown and crispy. Sprinkle with salt, to taste, and let cool.

Combine jumbo lump crabmeat with salsa.

Top each polenta round with crab salsa mixture.

Garnish with finely chopped fresh mint and pair with vibrant, fruity rosé.

SUNDAY

In The Kitchen

Sunday, Jan. 15, 2023

C2

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

Planning a Balanced, Plant-Based Diet for Kids

FAMILY FEATURES

Caregivers who follow a vegetarian, vegan or other plant-based diet may wonder whether it's wise for their children to follow the same eating plan.

A well-balanced vegetarian diet can meet a baby or child's needs, although it's important to make sure children eating plant-based diets are getting enough protein-rich plant foods and other essential nutrients, according to Malina Malkani, MS, RDN, CDN.

If you're contemplating a plant-based diet for your child, you can learn more about the essential nutrients every child needs with this insight from Malkani and the nutrition experts at Plum Organics.

Iron

Starting at about 6 months, babies' iron reserves are low and they need iron from food sources. Iron is essential for brain development and healthy immune systems, as well as overall growth. Heme iron from animal-based foods is absorbed better than non-heme iron found in plant foods, but you can increase the absorption of non-heme iron by offering meals that include a plant source of iron – found in foods like beans, legumes, quinoa, chia seeds, leafy greens, nuts, nut butters and tofu – and a vitamin C-rich food, such as broccoli, strawberries or cantaloupe. Vitamin C helps boost non-heme iron absorption.

Vitamin B12

Important for development of the nervous system, vitamin B12 also plays a role in the prevention of anemia and affects some behavior and mood regulation. Dietary sources of B12 include primarily animal products (meat, fish, eggs and milk), although some B12 can be found in nutritional yeast and fortified cereals. Infants likely get enough vitamin B12 from breast milk or formula, but as their milk intake begins to taper between 9-12 months, vegan babies may benefit from supplementation.



Photos courtesy of Getty Images



Vitamin D

Most people know vitamin D is good for strengthening teeth and bones, but it also supports calcium absorption and promotes optimal functioning of the immune system. The only known naturally occurring plant-based food source of vitamin D is some varieties of mushrooms. Formula-fed infants drinking more than 32 fluid ounces do not generally need a supplement, but breastfeeding infants may need to be supplemented.

Omega-3 Fatty Acids

These essential fatty acids are important for brain development, learning and behavior. There are three types of omega-3s, including EPA, DHA and ALA. EPA and DHA, the most critical, are found mainly in fish or algae. Breast milk and formula often contain omega-3s, as well.

For plant-based tots who don't eat fish, the ALA in foods like chia seeds, flax seeds and walnuts can be an important source of omega-3 fatty acids. Consider an option like the Mango & Pineapple, White Bean, Butternut Squash & Oats blend from Plum Organics, which provides omega-3 ALA from chia seeds and offers a convenient way to add important nutrients to a toddler's plant-based diet.

Calcium

Calcium is important for strengthening bones and teeth, as well as muscular and nervous systems and heart function. For most infants, formula, breast milk or a combination of the two will provide adequate intake of calcium. Plant-based

dietary sources of calcium include tofu, beans, fortified cereals, green leafy vegetables, tahini, sesame seeds and almond butter.

Zinc

In addition to the important role it plays in immune health, overall growth and development, zinc is a vital component of cell turnover and repair. Breast milk provides adequate zinc to meet a baby's needs, but over time the concentration of zinc in breast milk decreases (even if the mother takes supplements). Whole grains, fortified breakfast cereals, beans, legumes, chickpeas and nuts are all plant-based sources of zinc.

Protein

Most children who eat plant-based diets easily meet their needs for protein, which is essential for adequate growth and development. Plant-based baby food blends like the Carrot, Sweet Potato, Corn, Pea and Chicken pouches from Plum Organics offer a no-mess, portable way to provide about 18% of an average 6-12-month-old's daily protein needs. Other sources of plant-based protein include beans, legumes, whole grains, vegetables, nuts, seeds and soy.

Caregivers should speak with their pediatricians or registered dietitians about any nutrition-related concerns and always consult them before starting any supplements. Find more information to support your child's nutrition needs at plumorganics.com.

*Sagamore News Media
is looking for talented sales people!*

Whether you sell by phone or in person, we want to talk with you!
Hourly rates begin at \$15 per hour and only go up from there.
If you have good sales skills,
this might be the job you have been looking for.

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

Sagamore News Media owns newspapers in
Noblesville and Crawfordsville
and feature award-winning work every day.
Come be part of our team!

Apply today by e-mailing resume to jobs@thepaper24-7.com.

We can't wait to talk with you!

DR. JOHN ROBERTS



As we age, our health becomes more and more important. Dr. John Roberts, a well-respected physician, gives us great information on the things that matter to our well-being, as well as how to live healthier. Taking care of ourselves is vital and Dr. Roberts can give you the inside track on how to do exactly that.

Catch Dr. Roberts every Monday,
only in Montgomery County's Favorite Daily Edition!

SUNDAY

In The Kitchen

Sunday, Jan. 15, 2023

C3

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

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, Jan. 15, 2023

C4

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

Show Your Love with a Naturally Sweet, Delicious Gift

FAMILY FEATURES

Whether you're celebrating a special occasion, saying "I love you" to a faraway relative or offering a kind gesture to a friend or neighbor, sending a gift is a thoughtful way to share your appreciation. A handwritten note goes a long way, and you can take that token of gratitude one step further by pairing it with an authentic fruit basket.

When it's time to give a gift to a friend or loved one, consider sending fresh Florida Citrus boxes, which contain premium citrus hand-selected at the peak of ripeness. Available in a variety of sizes to fit your budget and filled with your choice of oranges, grapefruit, tangerines and unique jams, jellies and candies, the baskets arrive fresh at the door of your recipient.

With naturally sweet taste from the Sunshine State, the unique climate with subtropical temperatures, abundant sunshine, distinctive sandy soil and ample rainfall help grow juicy citrus. Plus, the delicious fruits are equally nutritious as they're loaded with vitamin C and provide a combination of nutrients to support overall health to help adults and children alike meet intake recommendations for certain key nutrients.

On top of their taste as appetizing snacks, they're perfect for cooking in recipes like Citrus Marinated Flatiron Steak Salad or Citrus Cherry Cobbler that take advantage of their natural sweetness and allow for mouthwatering meals, sides, desserts and more.

To choose a premium, hand-selected basket and send to your friends, neighbors, coworkers and loved ones, visit gifts.floridacitrus.org.

Citrus Cherry Cobbler

Cobbler:

- 4 cups cherries, pitted, juice reserved
- 1/2 cup Florida Orange Juice
- 1 1/2 cups sugar
- 1 tablespoon lemon juice
- 3 tablespoons cornstarch
- 2 tablespoons unsalted butter
- 2 cups Florida Orange segments, seeded
- 1/2 cup Florida Grapefruit segments, seeded

Topping:

- 1 cup all-purpose flour
- 6 tablespoons light brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 3 tablespoons unsalted butter
- 1 large egg, beaten
- 3 tablespoons milk

To make cobbler: In medium saucepan, combine cherries and reserved juice, orange juice, sugar, lemon juice and cornstarch. Bring to simmer, stirring constantly. Cook 1 minute and remove from heat. Add butter and stir until melted. Cool and add orange segments and grapefruit segments. Pour filling into baking dish or pie pan.

To make topping: Heat oven to 350 F.

In food processor, combine flour, brown sugar, baking powder and cinnamon. Add butter and pulse until butter is cut into small, pea-sized pieces. Remove flour mixture from food processor and place in mixing bowl. Add egg and milk; stir until just combined. Drop topping mixture by tablespoon over filling until almost covered.

Bake until topping is browned and filling is bubbling and hot. Remove from oven and cool slightly before serving.



Citrus Cherry Cobbler



Citrus Marinated Flatiron Steak Salad

Citrus Marinated Flatiron Steak Salad

Citrus Balsamic Vinaigrette:

- 1/4 cup Florida Orange Juice
- 1/4 cup Florida Tangerine Juice
- 2 teaspoons Florida Orange zest
- 1/4 cup lemon juice
- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons garlic, minced
- 1 tablespoon Dijon mustard
- salt, to taste
- pepper, to taste
- 1 1/2 cups olive oil

Flatiron Steak Salad:

- 1 1/2 pounds flatiron steak
- 2 cups Citrus Balsamic Vinaigrette, divided
- 1/2 cup Florida Orange segments
- 1/2 cup Florida Grapefruit segments
- 2 quarts baby spinach
- 1/2 cup red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved

- 1/2 cup radish, thinly sliced
- 1/2 cup cucumber, thinly sliced
- 1/2 cup crumbled goat cheese

To make citrus balsamic vinaigrette: Combine orange juice, tangerine juice, orange zest, lemon juice, balsamic vinegar, honey, garlic, Dijon mustard and salt and pepper, to taste. Slowly drizzle in olive oil while whisking vigorously. Set dressing aside.

To make flatiron steak salad: Place flatiron steak in container and add 1 cup citrus balsamic vinaigrette. Marinate in refrigerator at least 30 minutes, or up to 3 hours.

Heat grill to medium-high heat.

Grill steak to desired doneness. Remove from heat and rest 5 minutes before slicing thinly.

In large mixing bowl, combine orange segments, grapefruit segments, baby spinach, red onion, cherry tomatoes, radish and cucumber. Add remaining citrus balsamic vinaigrette, as desired, and toss well to combine.

To serve, divide salad and sliced steak among four plates and top with crumbled goat cheese.

*Sagamore News Media
is looking for talented sales people!*

Whether you sell by phone or in person, we want to talk with you!
Hourly rates begin at \$15 per hour and only go up from there.

If you have good sales skills,
this might be the job you have been looking for.

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

Sagamore News Media owns newspapers in
Noblesville and Crawfordsville
and feature award-winning work every day.
Come be part of our team!

Apply today by e-mailing resume to jobs@thepaper24-7.com.

We can't wait to talk with you!

KAREN ZACH



Think writing a
column on genealogy
is easy?

THINK
AGAIN!!!

Each week Karen Zach pores over page after page after page of historical records just so she can bring the readers of The Paper of Montgomery County the absolute latest . . . well, it's historical, so it's not exactly . . . so she can bring you the most up-to-date . . . oh, you know what we mean!

Catch Karen every Thursday,
only in Montgomery County's Favorite Daily Edition!

The Paper
OF MONTGOMERY COUNTY

SUNDAY

In The Home

Sunday, Jan. 15, 2023

D1

Want to Contact Us? ☒ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☒ ONLINE, www.thepaper24-7.com ☒ (765) 361-0100

Grow A Beautiful Indoor Succulent Garden



MELINDA MYERS
Columnist

It's no surprise that succulents, including cacti, are popular. These easy-care houseplants come in a variety of colors, shapes, and sizes making them perfect for any home.

All you need is a lot of light and benign neglect to raise healthy and beautiful succulents. Place the plants near an unobstructed south-, west- or east-facing window.

Don't let a lack of light stop you from enjoying these beautiful plants in your home. You'll find many attractive options for displaying your plants while providing the light they need. A single desktop LED plant light, attractive plant light shelves and carts, and furniture-grade light gardens allow you to grow these sun-lovers anywhere in your home.

Grow these plants in cacti and succulent potting mix. These fast-draining mixes help reduce the risk of overwatering which can lead to root rot. Further reduce this risk by using containers with drainage holes that are only slightly larger than the succulents' root system. Growing them in too large of a container that



Photo courtesy of Gardener's Supply Company/gardeners.com

Succulents are low-maintenance houseplants that add interest and beauty to indoor décor.

retains moisture longer can result in root rot, decline, and even the death of your plants.

Water thoroughly whenever the top inch or two of soil is dry. Some gardeners check the soil moisture at the drain hole to ensure it is dry and the plants need to be watered. Always pour off any excess water that collects in the saucer.

Avoid water collecting in the rosette of leaves or the cluster of prickly stems that can lead to crown rot. Use a watering can like the Haws Indoor Watering Can which has a long narrow spout that allows you to reach under the plants to water just the soil.

Make slight adjustments in your watering regime and growing environment as the seasons change. Adapting to changing conditions will keep your plants healthy and looking their best year-round.

Find a cool, sunny, draft-free location for

your cacti and succulents in the fall and winter. Maximize the amount of light the plants receive by moving them to the sunniest, usually south-facing, window in your home. Water thoroughly but only when the top few inches of soil are dry and just often enough to keep the plants from shriveling. These changes in the growing conditions often encourage a spring display of colorful and unique flowers.

Boost your succulents' natural beauty by displaying them in unique containers or places in your home. Create a living wall display with a 3-tier vertical wall planter (gardeners.com) or Mini Magnetic Galvanized Planter Pock

Grow a succulent centerpiece that can be enjoyed year-round. Plant a variety of succulents in a long narrow planter like the Veradek GEO Series Planter boxes. Display it on the table, and if needed, move it back to its

sunny location between dinner parties. Small containers like the heart-shaped concrete tabletop planters allow you to create an attractive dish garden even when space is limited.

Whether you're a busy, experienced, or new indoor gardener, creating a succulent garden may be just what you need to brighten your home and elevate your mood.

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

Poetry With Flowers As A Hymn To Nature

Everything is connected, and as human beings we are part of everything. Nature's overwhelming power finds its way to the interior. Create stunning flower poems as an ode to nature.

Vulnerable
The climate crisis is the subject of a great deal of attention because people are starting to realize that rather than the earth, it is humanity itself that needs saving. People are starting to understand that humanity is vulnerable. We are increasingly experiencing the overwhelming power of nature.

Take-over
Mother Nature is an awesome element of life. We put her on a pedestal and she can be found throughout the house. The interior is more robust, more whimsical and, as such, over the top of course. All the forms used are organic.

It is almost as if nature is invading and taking over our house.

Symbiosis
The use of flowers is just as whimsical and natural as the rest of the interior. Indoor gardens with dead and living materials stand out, forming an organic symbiosis as they are combined. Why not try working with flower bulbs to create cohesion between different elements of nature.

Beauty
Repeat bulb flowers in natural and balanced colors to create your 'rhyme'. Create an indoor garden of flowers in a double vase, or combine white hyacinths with pale-pink Muscari. A single flower is a beauty in itself, thanks to the miraculous geometric repetitions in flower and leaf.

Would you like to know more about bulb flowers? Then go to www.ilsays.com.



Start The Spring Swinging With Bulb Flowers

Do you feel like starting the spring dancing? Flowers instantaneously make you feel like spring has started. Buy a nice bunch of spring flowers and start bringing the outside in - even when it is still cold outside!

Blooming
Calyces and leaves that dance and swing in the breeze; spring flowers are colorful, fresh, playful and ooze spring. They provide the freshness we are all longing for and immediately get the house ready for the next season, so they are an indispensable feature. They are available as cut flowers or potted bulbs. Choose whatever makes you happiest!

Typical spring flowers are available from January onwards. All it takes is just one trip to your local florist to get ready for spring. What about typical bulb flowers

such as tulips, crocuses, hyacinths or grape hyacinths? Arrange them into a beautiful bunch in a vase or place potted bulbs in a decorative basket, pot or dish.

Tips for spring flowers:

Make several small bunches of different types of spring flowers and place them all over the house.

Use a clean vase for fresh flowers and fill it with clean water.

Daffodils produce a substance which other flowers do not tolerate. If you would still like to combine them, place the daffodils in a separate vase for one night. After this night, you can mix them with other flowers.

Buy your flowers locally so your they are fresh, and to support local florists.

Would you like to know more about bulb flowers? Then go to www.ilsays.com.

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. Replace the entire pan at least weekly. Strip and wash the exterior covering of pet beds and air out the cushion.

 Visit us online:
thepaper24-7.com

Buy. Sell. Rent. Lease.

THE PAPER classifieds.

SUNDAY

In The Home

Sunday, Jan. 15, 2023

D2

Want to Contact Us? ☐ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☐ ONLINE, www.thepaper24-7.com ☐ (765) 361-0100



Photo courtesy of Getty Images

Healthy Habits for Your Home

FAMILY FEATURES

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

Your home living environment plays a major role in your health and comfort, so incorporating some new habits like these from the cleaning experts at Swash Laundry Detergent can help you establish a healthier lifestyle.

Control Air Quality

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

Scale Back Detergent Use

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

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

Make Use of Natural Light

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

Switch Bedding on Schedule

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

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

Work Up (and Wash Out) a Sweat

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

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

5 Ideas for an Organized, Intentional Laundry Space

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

1. Think like a minimalist.

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

2. Update your space with open shelving.

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

3. Create a practical workspace.

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

4. Use colors and materials that evoke calm.

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

5. Invest in products that bring you joy.

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



SUNDAY

Business

Notes and

NEWS DAY

Sunday, Jan. 15, 2023

F1

Want to Contact Us? ☐ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☐ ONLINE, www.thepaper24-7.com ☐ (765) 361-0100

Take Command Of Your 2023, Compel The Career & Life You Want

Ask anyone what “personal development” means to them and you’ll surely receive a vast array of differing answers. On the whole, some popular definitions regard personal development to be interchangeable with self-improvement, consisting of activities that advance a person’s capabilities and potential, build human capital, facilitate employability and enhance quality of life and the realization of dreams and aspirations.

Sounds pretty good in theory. In tactical practice, however, those overarching outcomes can seem lofty. Indeed, not intended to be a short term endeavor, the quest for personal development is a lifelong one to be pursued throughout one’s entire human experience.

Inherent in the personal development process is self-reflection, with a myriad of questions to be asked through those recurring assessments. This includes exploring mindsets and skillsets that you currently have, and that you aspire toward, in order to achieve fulfillment both personally and professionally. In order to achieve better and different results, it’s important to consider both your capabilities and capacity with intentionality.

What’s certain is that there’s always a better way to respond to your current challenges and circumstances. Of course, this often requires a change in approach. Whether you want to form closer, more rewarding relationships built on trust and respect; gain ways to project an upbeat and contagious attitude; discover ways to manage stress and minimize wor-

ry; encourage positive thinking; and other representative aspirations, continuous improvement is yours to be had ... though with the right amount of intention, effort and consistency.

Every change begins with the self. Deepening our understanding of our natural tendencies as humans helps clarify why it takes active work by each of us to change. Gaining insight into our attitudes, opinions and thoughts helps us identify and confront our fears. Building our resilience and self-confidence enables us to engage in honest exchanges—both with ourselves and others.

Here are key strategies that will help you “do the work” to find your inner strength, build enduring relationships, unlock your full potential and ultimately create the life you want.

#1 Find Your Inner Strength

One key to living a happy and successful life is finding your inner strength. This means understanding and managing your thoughts and emotions, and developing habits and practices that help you cultivate a strong, optimistic mindset. Here are a few ways to do this:

Pay Attention to Your Thoughts

How often do you think about what you think? Most of us go through our days reacting to things that happen to us, without taking the time to really consider our thoughts. But the thoughts we have can have a big impact on our emotions and actions. It’s important to take a step back and ask yourself if you’re really thinking about something the right

way. Are you seeing things clearly? Challenge negative thoughts and try to see things in a more positive light.

Handle Stress

Stress is a normal part of life, but it’s important to learn how to manage it. When we’re stressed, it can be tempting to turn to unhealthy coping mechanisms like overeating, procrastinating, or relying on drugs or alcohol. But these behaviors can actually make things worse in the long run. Instead, try healthy stress management techniques like exercise, meditation, or talking to a trusted friend or family member.

Build Courage and Confidence

Another key to inner strength is courage and confidence. When we feel confident, we’re more likely to take on new challenges and persevere when things get tough. But confidence doesn’t always come naturally. It’s something we need to work on and build over time. One way to do this is by setting small, achievable goals for ourselves and then celebrating our successes. As we accomplish more and more, our confidence will grow.

Deal with Change

Change is a fact of life, and it can be hard to deal with at times. But it’s also an opportunity for growth and development. When faced with change, try to focus on the positives and see it as a chance to learn and adapt. Change can be scary, but it can also be exciting. Embrace it and see where it takes you.

Move Past Regret

It’s natural to have regrets from time to time, but it’s important

not to let them hold us back. Instead of dwelling on the past, try to learn from your mistakes and move on. Don’t let regret keep you from pursuing your goals and living the life you want.

#2 Building Enduring Relationships

Having strong connections with the people around us is an essential part of a fulfilling life. Whether you’re an introvert or an extrovert, it’s important to be able to connect with people authentically and respectfully. Here are a few ways to build great relationships:

Be Warm

Showing warmth is an important part of building relationships. Being open and friendly with body language, facial expressions, and tone of voice helps others feel emotionally safe and trustworthy. Research shows that 55% of communication is nonverbal, so the way you present yourself is almost more important than what you say.

Listen

Effective listening involves more than simply not talking while someone else speaks. It means opening your mind to truly hear what the other person is saying and asking follow-up questions to gain a deeper understanding. It also means being patient and showing that you’re truly listening. Dale Carnegie wrote that “intent and focused listening is one of the highest compliments we can pay someone.”

Find Common Ground and Show Genuine Interest

Connecting with others through common interests, hobbies, professions, and values can help build strong

relationships. This is especially important in the early stages of getting to know someone, but it can also be used to reconnect with relationships that have faded or to strengthen relationships that are going through a rough patch.

Showing genuine interest in others helps build connections.

#3 Taking Command of Your Future

Set Clear Goals

Pursuing your purpose and creating a vision for your life are important steps in living an intentional life. This means knowing your “why”: what drives you and what you want to accomplish. It’s about taking control of your life and making conscious decisions about the kind of life you want to live and the contribution you want to make. To live an intentional life, it’s important to step back and think about your values, goals, and priorities. In the end, living an intentional life is about making conscious choices that align with your values and goals. By taking control of your future and defining your purpose, you can create a life that is meaningful and fulfilling.

Seek Fellowship-Based Inspiration

Developing a vision for your life can be exhilarating, as it allows you to see the possibilities for your future. It can also be eye-opening, as it may reveal areas of your life that you’re not fully satisfied with or that you’re not giving the attention they deserve. For example, you may realize that you’ve been focusing too much on work and not enough on your relationships with friends and family. To

create a vision for your life, it can be helpful to seek guidance from inspiring leaders who are pursuing their dreams and making a lasting difference. These individuals can provide valuable insight on how to pursue your own passions and make a positive impact on the world.

It’s important to remember that each of us has inherent greatness within us, no matter one’s background or circumstances. By developing and leveraging this greatness, you have the potential to achieve anything for yourself and make a positive impact on the lives of others.

The strategies outlined above require ongoing attention and proactive application in order to achieve success. By focusing on your thoughts, emotions, relationships and passions with regularity, you can better control your future and live life to its fullest.

Joe Hart is the President & Chief Executive Officer of Dale Carnegie—a global training and development company with operations in over 75 countries and a worldwide leader in professional development, performance improvement, leadership training and employee engagement. Participants can build skills through in-person, live online, and hybrid programs. Also author of the book “Take Command: Find Your Inner Strength, Build Enduring Relationships, and Live the Life You Want,” Joe has a unique understanding of how leaders can inspire trust, create an environment of psychological safety, drive employee engagement and instill a culture of creativity and resilience toward change.

INDIANAPOLIS
HOME SHOW
SINCE 1922

JAN. 20-29
INDIANA STATE FAIRGROUNDS & EVENT CENTER

DISCOVER. PLAN. DO.

10 DAYS ONLY!

Shop, compare and save with **400+** experts in kitchen & bath, landscaping, flooring and more!



Discover the latest trends as you tour the brand-new **Centerpiece Home**, crafted by Custom Container Builders, including a container pool & pool house!



See HGTV stars and twin sisters **Leslie Davis** and **Lyndsay Lamb** from their hit show *Unsellable Houses* on Fri., Jan 20 & Sat., Jan. 21!

buy online & **SAVE \$2**
PROMO CODE: **TWO**
VALID ON REGULAR ADULT ADMISSION ONLY.

DISCOUNT COURTESY OF:






IndianapolisHomeShow.com MARKETPLACE EVENTS

Sagamore News Media
is looking for talented sales people!

Whether you sell by phone or in person, we want to talk with you!
Hourly rates begin at \$15 per hour and only go up from there.
If you have good sales skills,
this might be the job you have been looking for.

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

Sagamore News Media owns newspapers in
Noblesville and Crawfordsville
and feature award-winning work every day.
Come be part of our team!

Apply today by e-mailing resume to jobs@thepaper24-7.com.

We can't wait to talk with you!

ThePaper24-7.com

ThePaper24-7.com

ThePaper24-7.com

Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

**a small church
with a big heart!**

Dr. Curtis Brouwer, Pastor
765-918-4949



Woodland Heights Christian Church

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

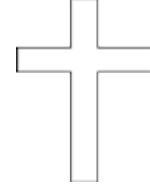
Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

A family for everyone



Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

[Facebook.com/NewRossUnitedMethodistChurch](https://www.facebook.com/NewRossUnitedMethodistChurch)

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

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

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

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

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



*Helping
people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



Linden United Methodist Church

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

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

ladogachristianchurch@gmail.com

www.ladogacc.com



HOPE CHAPEL

A UNITED PENTECOSTAL CHURCH

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

Service Times:

Sunday 10:30 a.m.

Starting August 1:

10 a.m. Sunday School
11 a.m. Worship

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting

6 pm - 7 pm

Thursday Bible Study

6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



FIRST UNITED METHODIST CHURCH

Follow in The Sun

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

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

All are welcome to join and
all are loved by God



Faith Baptist Church

5113 S 200 W • Crawfordsville
(765) 866-1273 • faithbaptistcville.com

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

Where church is still church
Worship Hymns
Bible Preaching



EAST SIDE BAPTIST CHURCH

2000 Traction Rd • Crawfordsville
765-362-1785
www.eastsidebc.com

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through truth and love



Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

117 E State Road 234 • Ladoga
765-866-8180



Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington
765-794-4716

Sunday School for all ages 9:30am
Worship 10:30am

You can find us on Youtube and Facebook



Christ's United Methodist Church

Dr. David Boyd

We're here and we can hardly wait to see you
Sundays at 11 a.m.!

909 E Main Street • Crawfordsville
765-362-2383
christsumc@mymetronet.net

View live and archived services on our FB page.
View archived only services at christsumc.org.>video>livestream.



First Baptist Church

CRAWFORDSVILLE, INDIANA

Sunday School/Growth Groups: 9:00 AM
Worship Service: 10:30 AM
Youth Group Wednesday at 6:30

You can watch us on YouTube and Facebook
Watch Sunday Mornings

YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

- Apostolic:**
Garfield Apostolic Christian Church
Rt. #5, Box 11A, Old Darlington Road
794-4958 or 362-3234
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Bible Study: 6:30 p.m.
Pastor Vernon Dowell
- Gateway Apostolic (UPCI)*
2208 Traction Rd
364-0574 or 362-1586
Sunday School: 10 a.m.
- Moriah Apostolic Church*
602 S. Mill St.
376-0906
10 a.m. Sunday, 6 p.m. Wednesday
Pastor Clarence Lee
- New Life Apostolic Tabernacle*
1434 Darlington Avenue
364-1628
Worship: Sunday 10 a.m.; 6 p.m.
Sunday: The Voice of Healing & Restoration on 103.9 at 9 a.m.
Tuesday prayer: 7 p.m.
Thursday Mid-week: 7 p.m.
Pastor Terry P. Gobin
- One Way Pentecostal Apostolic Church*
364-1421
Worship 10 a.m.
Sunday School: 11 a.m.
- Apostolic Pentecostal:**
Cornerstone Church
1314 Danville Ave.
361-5932
Worship: 10 a.m.; 6:30 p.m.
Bible Study: Thursday, 6:30 p.m.
- Grace and Mercy Ministries*
257 W. Oak Hill Rd.
765-361-1641
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
Sunday School: 11 a.m.
Co-Pastors Nathan and Peg Miller
- Assembly of God:**
Crosspoint Fellowship
1350 Ladoga Road
362-0602
Sunday Services: 10 a.m.
Wednesdays: 6:30 p.m.
- First Assembly of God Church*
2070 Lebanon Rd.
362-8147 or 362-0051
Sunday School: 9 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
- Baptist:**
Browns Valley Missionary Baptist Church
P.O. Box 507, Crawfordsville
435-3030
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
- Calvary Baptist Church*
128 E. CR 400 S
364-9428
Sunday School: 9:30 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Calvary Crusaders Wednesdays: 6:45 p.m.
Pro-Teen Wednesdays: 7 p.m.
Pastor Randal Glenn
- East Side Baptist Church*
2000 Traction Rd.
362-1785
Bible Study: 9 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m. Prime Time
Teens, Pioneer Clubs; 6:45 p.m. :Adult Bible Study
Rev. Steve Whicker
- Faith Baptist Church*
5113 S. CR 200 W
866-1273
Sunday School: 9:30 a.m.
Worship: 10:30 a.m. and 6 p.m.
Wednesday Prayer Meeting: 7 p.m.
Pastor Tony Roe
- First Baptist Church*
1905 Lebanon Rd.
362-6504
Worship: 8:15 a.m.; 10:25 a.m.
Sunday School: 9:30 a.m.
High School Youth Sunday: 5 p.m.
- Freedom Baptist Church*
6223 W. SR 234
(765) 435-2177
- Worship: 9:30 a.m.
Sunday School is 10:45 a.m.
Wednesday Bible Study: 7 p.m.
Pastor Tim Gillespie
- Fremont St. Baptist Church*
1908 E. Fremont St.
362-2998
Sunday School: 10 a.m.
Worship: 11 a.m.; 6 p.m.
Pastor Dan Aldrich
- Friendship Baptist Church*
U.S. 136 and Indiana 55
362-2483
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Friendship Kids for Christ: 6 p.m.
Pastor Chris Hortin
- Ladoga Baptist Church*
751 Cherry St., Ladoga
942-2460
Sunday School 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study 7 p.m.
Ron Gardner, Pastor
- Mount Olivet Missionary Baptist*
7585 East, SR 236, Roachdale
676-5891 or (317) 997-3785
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Evening: 7 p.m.
Bro. Wally Beam
- New Market Baptist Church*
200 S. First St.
866-0083
Sunday School: 9 a.m.
Worship: 10 a.m.
Children's church and child care provided
- Second Baptist Church*
119 1/2 S. Washington St,
off of PNC Bank.
363-0875
Sunday School: 10 a.m.
Worship: 11 a.m.
- StoneWater Church*
120 Plum St., Linden
339-7300
Sunday Service: 10 a.m.
Pastors: Mike Seaman and Steve Covington
- Waynetown Baptist Church*
Corner of Plum and Walnut Streets
234-2398
Sunday School: 9:30 a.m.
Fellowship: 10:30 a.m.
Worship: 11 a.m.
Children's Church: 11:10 a.m.
Pastor Ron Raffignone
- Christian:**
Alamo Christian Church
866-7021
Worship: 10:30 a.m.
- Browns Valley Christian Church*
9011 State Road 47 South
435-2590
Sunday School: 9 a.m.
Worship: 10 a.m.
- Byron Christian Church*
7512 East 950 North, Waveland
Sunday School 9 a.m.
Worship Service 10 a.m.
- Waynetown Christian Union Church*
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.
- Whitesville Christian Church*
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
Worship: 8:15 a.m. (traditional);
10:30 a.m. (contemporary)
Student Ministry: 5 p.m., Sunday
Pastor Tony Thomas
- Woodland Heights Christian Church*
468 N. Woodland Heights Dr.
362-5284
Sunday School: 9:30 a.m.
Worship: 8:15 a.m. (traditional);
10:30 a.m. (contemporary)
Student Ministry: 5 p.m., Sunday
Pastor Tony Thomas
- Young's Chapel Christian Church*
Rt. 6, Crawfordsville
794-4544
- 211 S. Walnut St.
362-4812
SUNDAY: 9:22 a.m. Contemporary
Café worship
9:30 a.m. Adult Sunday School
10:40 a.m. Traditional Worship
WEDNESDAY: 5-7 a.m. Logos Youth
Dinner & Program
Pastor: Rev. Daria Goodrich
- Ladoga Christian Church*
124 W. Elm St.
942-2019
Sunday School: 9 a.m.
Worship: 10 a.m.; 6 p.m.
- Love Outreach Christian Church*
611 Garden St.
362-6240
Worship: 10 a.m.
Wednesday: 7 p.m.
Pastors Rob and Donna Joy Hughes
- New Hope Chapel of Wingate*
275-2304
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Bible Study: 6:30 p.m., Wed.
Youth Group: 5:30 p.m., Wed.
Homework Class: 4:30 p.m. Wed & Thurs.
Champs Youth Program: 5:30 p.m. Wed.
Adult Bible Class: 6:30 p.m. Wed.
Pastor Duane Mycroft
- New Hope Christian Church*
2746 US 231 South
362-0098
newhopefortoday.org
Worship and Sunday School at 9 a.m. & 10:30 a.m.
- New Market Christian Church*
300 S. Third St.
866-0421
Sunday School: 9 a.m.
Worship: 10 a.m.
Wednesday evening: Bible Study 6:15,
Youth 6:15, Choir 7:15
Pastor Gary Snowden
- New Richmond Christian Church*
339-4234
202 E. Washington St.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor John Kennesson
- New Ross Christian Church*
212 N. Main St.
723-1747
Worship: 10 a.m.
Youth Group: 5:30-7 p.m. Wednesday
Minister Ivan Brown
- Parkersburg Christian Church*
86 E. 1150 S., Ladoga
866-1747
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Rich Fuller
- Providence Christian Church*
10735 E 200 S
723-1215
Worship: 10 a.m.
- Waveland Christian Church*
212 W. Main St.
435-2300
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
- Waynetown Christian Church*
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.
- Whitesville Christian Church*
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
Worship: 8:15 a.m. (traditional);
10:30 a.m. (contemporary)
Student Ministry: 5 p.m., Sunday
Pastor Tony Thomas
- Young's Chapel Christian Church*
Rt. 6, Crawfordsville
794-4544
- Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor: Gary Edwards
- Church of Christ:**
Church of Christ
419 Englewood Drive
362-7128
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
- Southside Church of Christ*
153 E 300 South, east of US 231
765-720-2816
Sunday Bible Classes: 9:30 a.m.
Sunday Morning Worship: 10:30 a.m.
Sunday Evening Worship: 5 p.m.
Wednesday Bible Classes: 7 p.m.
Preacher: Brad Phillips
Website: southsidechurchofchristindiana.com
- Church of God:**
First Church of God
711 Curtis St.
362-3482
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Chuck Callahan
- Grace Avenue Church of God*
901 S. Grace Ave.
362-5687
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Duane McClure
- Community:**
Congregational Christian Church
402 S. Madison St., Darlington
794-4716
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.
- Crawfordsville Community Church*
Fairgrounds on Parke Ave.
Crawfordsville
794-4924
Worship: 10 a.m.
Men's prayer group, Mondays 6:30 p.m.
Pastor Ron Threlkeld
- Gravelly Run Friends Church*
CR 150 N, 500 E
Worship: 10 a.m.
- Harvest Fellowship Church*
CR 500 S
866-7739
Pastor J.D. Bowman
Worship 10 a.m.
- Liberty Chapel Church*
500 N CR 400 W
275-2412
Sunday School: 9 a.m.
Worship: 10 a.m.
- Linden Community Church*
321 E. South St., Linden (Hahn's)
Sunday: 9:15
- Yountsville Community Church*
4382 W SR 32
362-7387
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Alan Goff
- Episcopal:**
Bethel African Methodist Episcopal
213 North St., Crawfordsville
364-1496
- St. John's Episcopal Church*
212 S. Green Street
765-362-2331
Sunday Eucharist: 8 a.m. and 10:30 a.m.
Christian Formation: 9:15 a.m.
Midweek Eucharist Wednesday: 12:15 p.m.
- Full Gospel:**
Church Alive!
1203 E. Main St.
362-4312
Worship: 10 a.m.; Wednesday, 7 p.m.
- Enoch Ministries*
922 E. South Boulevard
Worship: Sunday, 10 a.m.
Pastor: Jeff Richards
- New Bethel Fellowship*
406 Mill St., Crawfordsville
362-8840
Pastors Greg and Sherri Maish
Associate Pastors Dave and Brenda Deckard
- Worship 10 a.m.
- Victory Family Church*
1133 S. Indiana 47
765-362-2477
Worship: 10 a.m.; Wednesday 6:30 p.m.
Pastor Duane Bryant
- Lutheran:**
Christ Lutheran ELCA
300 W. South Blvd. • 362-6434
Holy Communion Services: 8 a.m. and 10:30 a.m.
Sunday School: 9:15 a.m.
Pastor: Kelly Nelson
www.christchurchindiana.net
- Holy Cross (Missouri Synod)*
1414 E. Wabash Ave.
362-5599
Sunday School: 9 a.m.
Worship: 10:15 a.m.
Adult Bible Study: 7 p.m., Wed.
Minister: Rev. Jeffery Stone
http://www.holycross-crawfordsville.org
- Phanuel Lutheran Church*
Lutheran Church Rd., Wallace
Sunday School: 10:30 a.m.
Worship: 9:30 a.m.
- United Methodist:**
Christ's United Methodist
909 E. Main St.
362-2383
Sunday School: 10 a.m.
Worship: 11 a.m.
- Darlington United Methodist Church*
Harrison St.
794-4824
Worship: 9:00 a.m.
Fellowship: 10:00 a.m.
Sunday School: 10:30 a.m.
Pastor Dirk Caldwell
- First United Methodist Church*
212 E. Wabash Ave.
362-4817
Sunday School: 10 a.m.
Traditional Worship: 9 a.m.
The Gathering: 11:10 a.m.
Rev. Brian Campbell
- Linden United Methodist Church*
609 South Main St. P.O. Box 38
339-7347
Sunday School: 9:30 a.m.
Worship: 10 a.m.
Rev. Erin Michelle Weaver
- Mace United Methodist Church*
5581 US 136 E
362-5734
Sunday School: 9:30 a.m.
Worship: 10:40 a.m.
- Mount Zion United Methodist*
2131 W. Black Creek Valley Rd.
362-9044
Sunday School: 10:45 a.m.
Worship: 9:30 a.m.
Pastor Marvin Cheek
- New Market United Methodist Church*
Third and Main Street
866-0703
Sunday School: 9:30 a.m.
Worship: 10:45 a.m.
- New Ross United Methodist Church*
108 W. State St.
Sunday School: 10 a.m.
Worship: 9 a.m.
- Waveland Covenant United Methodist Church*
403 E. Green St.
866-0703
Sunday School: 10:30 a.m.
Worship: 9:15 a.m.
- Waynetown United Methodist Church*
124 E. Washington St.
243-2610
Worship 9:30 a.m.
Johnny Booth
- Mormon:**
Church of Jesus Christ of Latter-day Saints
125 W and Oak Hill Rd.
362-8006
Sacrament Meeting: 9 a.m.
Sunday School: 10:20 a.m.
- Nazarene:**
Crossroads Community Church of the Nazarene
US 231 and Indiana 234
866-8180
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Mark Roberts
- Harbor Nazarene Church*
2950 US 231 S
307-2119
Worship: 10 a.m.
Pastor Joshua Jones
www.harbornaz.com
- Orthodox:**
Holy Transfiguration Orthodox
4636 Fall Creek Rd.
359-0632
Great Vespers: 5 p.m. Saturday
Matins: 8:30 a.m.
Divine Liturgy: 10 a.m. Sunday
Rev. Father Alexis Miller
- Saint Stephen the First Martyr Orthodox Church (OCA)*
802 Whitlock Ave.
361-2831 or 942-2388
Great Vespers: 6:30 p.m. Saturday
Wednesday evening prayer 6:30pm
Divine Liturgy: 9:30 a.m. Sunday
- Presbyterian:**
Bethel Presbyterian Church of Shannondale
1052 N. CR 1075 E., Crawfordsville
794-4383
Sunday School: 9 a.m.
Worship 10 a.m.
- Wabash Avenue Presbyterian Church*
307 S. Washington St.
362-5812
Worship: 10 a.m.
Pastor: Dr. John Van Nuys
- Roman Catholic:**
Saint Bernard's Catholic Church
1306 E. Main St.
362-6121
Father Christopher Shocklee
Worship: 5:30 p.m. Saturday; 9:30 a.m., Noon & 3 p.m. Spanish Mass - Sunday and 5 p.m. Youth Mass (during school year)
www.stbernardcville.org
- United Church of Christ:**
Pleasant Hill United Church of Christ - Wingate
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
Pastor Alan Goff
- United Pentecostal:**
Pentecostals of Crawfordsville
116 S. Walnut St., Crawfordsville
362-3046
Pastor L. M. Sharp
Worship: 2:30 p.m.
Prayer Meeting: 10 a.m., Tuesday
Bible Study: 6 p.m., Wednesday
- Non-denominational:**
Athens Universal Life Church
Your Church Online
http://www.aulc.us
(765)267-1436
Dr. Robert White, Senior Pastor
The Ben Hur Nursing Home
Sundays at 9:00am
Live Broadcast Sundays at 2:00pm
Bickford Cottage Sundays at 6:00pm
- Calvary Chapel*
915 N. Whitlock Ave.
362-8881
Worship: 10 a.m., 6 p.m.
Bible Study, Wednesday: 6 p.m.
- Rock Point Church*
429 W 150S
362-5494
Sunday church services are 9:15 a.m. and 11 a.m.
Youth group is from 6 p.m. to 7:30 p.m. on Sunday
Small Groups: Throughout the week
- The Church of Abundant Faith*
5529 U.S. Highway 136
Waynetown, IN
Reverend John Pettigrew
Sunday Worship: 9:45 am
(765) 225-1295
- The Vine Christian Church*
1004 Wayne Ave. Crawfordsville
Service at 10:02

SUNDAY

Health and WELLNESS

Sunday, Jan. 15, 2023

H2

Want to Contact Us? ☒ U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ☒ ONLINE, www.thepaper24-7.com ☒ (765) 361-0100



Photo courtesy of Getty Images

How managing blood pressure can help save lives

FAMILY FEATURES

Effectively managing your blood pressure can help reduce your chances of life-threatening medical events, even death.

Gain confidence and learn how to take control of your blood pressure with these tips and resources from the American Heart Association.

The Silent Killer

High blood pressure is often referred to as the “silent killer” because it typically has few, if any, noticeable symptoms but can lead to heart attack, stroke, heart failure and even death. Many people with high blood pressure don’t even know they have it. Some overlooked symptoms can include dizziness, facial flushing and blood spots in the eyes.

Understand Your Readings

The only way to know if you have high blood pressure is to regularly take an accurate blood pressure measurement. Understanding your results is key to controlling high blood pressure. Blood pressure numbers of less than 120/80 mm Hg are usually considered within the normal range, yet it is important to talk to a doctor about your healthy range. Even if you fall within a healthy range, it can be beneficial to stick with heart-healthy habits like following a balanced diet and getting regular exercise. Consider these numbers and ranges to know if it’s necessary to take action:

- **Elevated blood pressure** is when readings consistently range from 120-129 mm Hg systolic (the upper number) and less than 80 mm Hg diastolic (the lower number). People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.
- **Hypertension stage 1** is when blood pressure consistently ranges from 130-139 mm Hg systolic or 80-89 mm Hg diastolic. At this stage, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease, such as heart attack or stroke.
- **Hypertension stage 2** is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.
- **A hypertensive crisis** requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait 5 minutes then test again. If your readings are still unusually high, contact your doctor immediately. Seek emergency help if your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness or weakness, change in vision or difficulty speaking.

Know Your Risk

While many risk factors for high blood pressure may be related to your age, gender and family history, there are also risk factors you can change to help prevent and manage high blood pressure. People at added risk may be those who engage in lower levels of physical activity, eat a diet high in sodium (particularly from packaged, processed foods), may be overweight or obese, drink excessive amounts of alcohol and may have multiple chronic conditions.



Talk About It

Whether you’re making changes in your own life to combat high blood pressure or helping someone else, positive feelings and confidence are longer-term motivators to making health changes. If you’re talking with friends, loved ones or your doctor, be prepared to ask open-ended questions. Be curious and kind to yourself and others you may be helping.

Lowering Your Pressure

You can reduce your risk of heart disease, stroke, heart failure and even death with lifestyle changes and medication. Watching your weight, especially if you are overweight or obese, can bring health gains; losing as little as 5-10 pounds may help lower your blood pressure. Managing your stress by relaxing for short periods during your workday, at night and on weekends is another productive practice.

If you have diabetes, it’s important to work with a doctor to manage the disease and reduce your blood glucose levels. If you think you could have sleep apnea, getting screened for and treating the condition can also reduce your risk for developing high blood pressure.

When you have high blood pressure, medication may be an important part of your treatment. Follow the recommendations carefully, even if it means taking medication every day for the rest of your life.

When you’re discussing high blood pressure concerns with your health care provider, also be sure to talk to your doctor about over-the-counter pain relievers that may raise your blood pressure. Talking with your doctor can help you identify over-the-counter pain medications that won’t raise your blood pressure to ensure you’re not creating a blood pressure problem while treating other concerns.

Getting Ready for Your Appointment

Think about what challenges you face in controlling your blood pressure that you need to share with your doctor to create a plan that works for you. Start by considering the answers to these questions to discuss with your health care provider:

- How often do you check your blood pressure?
- Do you keep a log of your blood pressure measurements?
- Are you taking medications as prescribed?
- What are some things you can do to have less salt in your diet?
- What are some reasons it can be hard to manage your blood pressure?
- What are some things you’d like to discuss during your appointment?

Learn more about monitoring and managing high blood pressure at heart.org/bptools.

Blood Pressure Categories			
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels

SUNDAY

Voice of our PEOPLE

DAY

Sunday, Jan. 15, 2023

11

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

Meet The Durham Family Here In Saga #1

Welcome to the next Saga which will follow the local Durham family. Although I have both families of John Durham and Martha Bugg back farther, our saga basically begins with them. He was a Revolutionary Soldier from VA but moved his family to Mercer County, Kentucky where he and Rev. Francis Clark began the first Methodist Congregation west of the Appalachians (FindAGrave). He was born 2 Oct 1742 in Henrico County, Virginia and he had two interesting occupations and a bunch of children (13 of them). He married Martha the day after Christmas in Luxembourg, Virginia (1765). He passed away in Mercer County, Kentucky in 1817 as did she two years later. John was a farmer and a strong Methodist.

Some of their 13 children remained in Kentucky; others went off to Kansas, as well as Washington state, while still others came to Indiana. It is their son John J. who will be highly featured in this saga. He and wife Celia Bonham did not (as far as I know) come to Indiana (he passed 19 Sept 1855 and she in 1868 in Mercer which had at this point become Boyle County, Kentucky. When he was nine he went to Mercer County with his parents and their family, later marrying Celia 10 Dec 1801. They were parents of ten children (Phoe-



KAREN ZACH
Around The County

be, Richard, Jeremiah Brisco, John Harrison, James Harlan, Harriet, Sam, Elizabeth, Jesse Younce and Cassandra Walker Durham) some of whom came to MoCo and will make-up the Durham Saga!

Phoebe born 20 August 1802 married Mason Owens (she passed 20 May 1872) and they and their eight children mainly stayed in Hendricks County, Indiana.

Richard died young (born 21 March 1804 – died 19 Jan 1806).

Jeremiah Brisco (27 June 1806 – 25 Feb 1883) married Minerva Walker. They lived here for a number of years where I believe all 9 of their children were born (John Harrison; Mahala Jane; Minerva Caroline; Ophelia Holman; Thomas Wise; Elizabeth Catherine; Ruth Cornelia; Celia



Ann and Martha Craig). Ophelia passed quite young but the rest lived long, healthy lives. About 1870 or so this family moved to Topeka, Kansas but we will hear more of him in the saga.

Their son John Harrison will be one of the main stays of this story so other than to say he married Sarah Stubbins here in Montgomery County (2nd marr – he first married Mary Miller Fields) and altogether had 14 children, 5 with Mary and 9 with Sarah, you can read about him later on.

James Harlan was just over 20 when he passed away (9 Jan 1811 – 31 Jan 1831) and although I found no tombstone on findagrave fairly sure he was buried in Boyle County, Kentucky.

Harriet Durham lived but

a short time as well 1813-14 and is likely buried with her brother.

Samuel Durham was almost 40 when he was killed in Gordon County, Alabama during the Civil War. Not sure if he was ever married but don't think so.

Elizabeth Brisco Durham (2 Feb 1818) married (Oct 9, 1840) Thomas Clelland Caldwell and they remained in Kentucky where they raised Minerva, Matilda, Joshua, James, Amelia, Thomas Wilson. About half of these stayed in Kentucky, but Ohio and Missouri were their living quarters as well.

Jesse Younce Durham came to Montgomery County and he too will be a part of the Durham Saga (although I'm not real sure how I'm going to work this with two other MoCo brothers but I'll figure it out – “never fear when me & my computer are here”!

Lastly, we have Cassandra who married Alexander David Williamson. They remained in Kentucky for quite some time where they raised their children (Sarah Julia died age 22; Cecelia; Arabella) but Cassandra passed away in Denver, Colorado having gone out there when it was yet a territory.

John and Martha were buried on their farm near Danville, Boyle County, Kentucky (Martha 17 July 1747 – 8 April

1819; John 2 Oct 1742 – 22 May 1817) but their stones (not their remains) were moved to the large Bellevue Cemetery in Danville and they have an epitaph (basically just a memorial) there which I found on FindAGrave – photo by Karen (not me but surely appreciated).

By now, I think I have come to the conclusion that the Durhams were quite a wandering group. However, they spent several generations in the Charles County, Maryland area and St. Paul's Parish in Virginia. The name Thomas is a very popular family name and most agree that Thomas Durham born 1604 in Pittington (County Durham even) England is the progenitor of the area Durham family – coming to Port Royal, Virginia. More research but that's a good starting place, I'm fairly sure. Once you get a family across the sea the more likelihood you will discover queens and kings and that is definitely FUN! This batch of Durhams is a real possibility for that. So, do stay tuned for the Part II Durham Saga entry next week! Enjoy!

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

Butch Says Sometimes You Only Get One Chance

What will this year bring? No one knows for sure. We can't predict the future. I always try to stay positive, even when circumstances dictate otherwise. I witnessed so many tragic situations during my years as a deputy and county sheriff that today I appreciate all of the little things in life. Those of you who have recovered from a life-threatening illness or accident may feel the same way. Walking my dog down the road in the evening, sitting on our back deck and watching the black and yellow finches eat from the feeder, mowing our lawn on a bright sunny day, reading a good book after the evening meal...well, you get the picture...such things as these are often taken for granted. I have started to notice life's sim-



BUTCH DALE
Columnist

ple pleasures more and more, and when you reach my age, you are glad to still be around and in good health. Seven of my high school classmates (out of a graduating class of 32) are no longer with us. Many of the

boys who I competed against in sports have passed on. I don't dwell on those sad thoughts, but they are floating around in my mind. I don't become depressed, because I always look to the future. But I realize that sometimes I may only get one more chance...

...one chance to hear what a child or teenager wants to tell me

...one chance to show how much I appreciate the kindness of a friend or neighbor by doing a good deed for them

...one chance to right a wrong that I may have done in the past

...one chance to help out my community, my town, or a local organization

...one chance to tell the “helpers,” such as repairmen, teachers, firemen, police

officers, business owners... and many others...how much I appreciate them

...one chance to visit someone in the hospital or nursing home and brighten their day

...one chance to teach my grandkids the importance of trying their best, win or lose, and showing good sportsmanship

...one chance to stand up and do what is right instead of going along with the crowd

...one chance to admit a mistake and apologize

...one chance to play, have fun, enjoy life, learn a new skill, or seek out a new hobby

...one chance to tell my family how much I appreciate and love them

We are very lucky to live here in rural and smalltown Indiana. The big cities and

suburbs are overloaded with problems. I realize that a certain amount of progress and industrialization is necessary. But I would hope and pray that Montgomery County stays true to its past...a county with beautiful scenery, family owned farms, hundreds of “Mom and Pop” owned businesses...and smalltown and farmer friendly kindness. We don't want to ruin what we have been blessed with, but such things are often taken for granted.

You and I may only get one chance....

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.

AMAC Action Update: We Helped Take Down Woke Disney

By John Grimaldi

AMAC Action is the advocacy arm of the Association of Mature American Citizens. The affiliate is responsible for the execution of legislative strategies as they relate to the wants and needs of the Association's 2.4 million members, working simultaneously in Washington, DC, and in state legislatures. Andy Mangione is AMAC Action's Senior Vice President and he joined Rebecca Weber, the Association's CEO, on the first 2023 episode of Weber's Better For America podcast to explain how AMAC works to achieve the membership's political and legislative goals.

For example, Mangione talked about the AMAC Action 2022 Call-To-Action campaign aimed at getting the Federal Trade Commission to investigate the anti-competitive business practices of pharmacy benefit managers. The goal of that effort, he said, was to “affect a 20% to 25% decrease across the board in prescription drug prices for every American, including those who use Medicare” by encouraging AMAC members to go online

to the FTC's website and post messages urging the Commission to take action. In less than three months more than 17,000 members left their messages and just about two weeks later the FTC announced that it “would investigate the business practices of the top six pharmacy benefit managers. This is important because these anti-competitive business practices have been proven to increase the cost of prescription drugs.”

Another issue of importance to AMAC's members ever since the 2020 presidential election is election integrity, Mangione said. “When 2022 rolled around, we found ourselves in the midst of the midterm elections and the primary elections that were before the midterm elections. We mobilized our members to become poll watchers. We started in early January by recognizing national poll worker recruitment day.” He said the goal was to make it easy for members to sign up to work the polls. “We did this throughout 2022, right up until about a week before the election when people could still get credentialed to work the polls.

We drove over 12,000 of our members to work the polls [using] election worker recruiting websites ... both in the primary and in the midterm election. We did this in states throughout the country. In some states, they experienced a 90% capacity, meaning they had 90% of the positions filled in their precincts during the Georgia recount. Some precincts were reporting 100% coverage. Our members stood up and they got involved in the election process to prevent it from being co-opted by the left. This was a significant victory because we had conservative scrutiny on these elections probably for the first time.”

Mangione said that he, the president of AMAC Action, Bob Carlstrom, and Vice President Jennifer Bankston signed up to work the polls in their respective precincts. It was a huge commitment but so was it for our members who volunteered, he added.

And then there was the Disney debacle. The new management consisted of members of what some might call the “woke” generation-- upstarts who were antithetical to the vision of the company's found-

er, Walt Disney. It riled a lot of people, including AMAC members when they “decided to pick a fight with Florida Governor Ron DeSantis over parental rights legislation that a lot of people agreed with, particularly people who pay the freight for their families to go to Walt Disney World. And so back in April, when this debate was raging, we did our first foray into corporate advocacy. We asked our members to contact Disney's chief executives and people on their board to let them know exactly what they thought of Disney school policies. Our members sent over 140,000 emails and telephone calls to these executives and board members to tell them what they thought of their policies, and that they weren't supporting them. This was so effective that about two weeks after we launched our campaign, one of the Disney communications persons was fired. And then at the end, close to the end of this year, the Disney CEO was fired. Now, I'd like to think that our campaign has a little something to do with that and all the credit goes to AMAC members. They stood up. They made these calls.

They sent these emails to the point where we were hearing from a Disney insider that they were overwhelmed and deluged with these calls and with these emails.”

Mangione concluded his remarks by noting that the biggest source of pride within the AMAC Action family is when its members become citizen activists, become involved, and volunteer. “They're all volunteers who walk into their local congressional district office as a constituent first and an AMAC member second to articulate the same issues that we're articulating in Washington, D.C. so we can have synergy on the local and national level ... I have tremendous hope and I have tremendous confidence that America's best days lay in front of her.”

The 2.4 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country.

Become a Published Author with Dorrance.
We want to read your book!

Our staff is made up of writers, just like you. We are dedicated to making publishing dreams come true. Trusted by authors for nearly 100 years, Dorrance has made countless authors' dreams come true.

Complete Book Publishing Services

FIVE EASY STEPS TO PUBLICATION:

1. Consultation
2. Book Production
3. Promotion
4. Distribution
5. Merchandising and Fulfillment

Call now to receive your **FREE Author's Guide**
888-965-1444
or www.dorranceinfo.com/hoosier

WESLEY FINANCIAL GROUP, LLC

We Cancel TIMESHARES for You

Every year 150,000 people reach out to us for help getting rid of their timeshare. In 2019, we relieved over \$50,000,000 in timeshare debt and maintenance fees. We can help.

Get your free information kit and see if you qualify:
877-329-1207

SUNDAY

Voice of our PEOPLE

Sunday, Jan. 15, 2023

12

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

One More Look At Ridiculous World Of Politics

The battle for Speaker of the House was irresistible to watch – irresistible in the same way a horrific car crash on the interstate is as you drive by.

And even though most of the mess happened a week ago, it behooves us to not let this fiasco slip past like the regular stream of waste we're so accustomed to from Washington. Why? Because this is a perfect example of not only what's wrong with politics, but what's wrong with how we accept it.

First, the general news about the 14 failed ballots to select a speaker of the house focused on the 20 or so disruptors. These lawmakers were the problem, we were told. And time and again, the other 200 or so representatives sent out tweets, e-mails and messages to their constituents explaining:

- a) Why this process takes time
- b) How it's not as bad as it looks



TIM TIMMONS
Two Cents

c) And why these 20 or so are the problem

Not so fast my friends! Of course the process takes time, and time is exactly what Republican lawmakers had from the end of the election in November when it was apparent they were back in the majority. Why couldn't the Grand Old Party come to some decision in the almost two months since then?

But you know what, let's give them that one. After all,

we had the Christmas break and far be it from us peasants to expect our nation's elected elite to work over the holidays . . . Like! The! Rest! Of! Us!

That still leaves the pathetic points of it not being as bad as it looked, and why those who held up the coronation of Kevin McCarthy were the problem.

It absolutely was as bad as it looked! The problems with politics in general today, and specifically inside the beltway, are too numerous to detail. But here's a few:

- Everything is decided on what's best for one party or the other, not the country
- The fat in government is so outrageously overwhelming it's obscene
- Lawmakers live by their own set of rules while we're given another
- Lobbyists and money influence (i.e., determine) far too many decisions
- There are too many career politicians who have never worked a real job in their

lives

That's just for starters.

Let's be clear, those 20 were the heroes not the bad guys.

They were vilified, accused of being "far-right" and a bunch of other labels that have become watchwords in today's world. It used to be conservative and liberal weren't negative terms.

When did that change? About the same time as when folks decided you were either on their team or you were the enemy. Forget the idea that two good people can hold opposing points of view and in the process find better outcomes. That's long gone. The 20 or so who said they wouldn't go along with Kevin McCarthy as the speaker cited valid objections. Maybe you agreed with them, maybe you didn't. But that's what a lot of them got elected for, to help – what's that term? – drain the swamp. For that, they got pummeled instead of respected.

Perhaps I'm overreacting here? Maybe I'm just on my soapbox – again. Maybe, but I don't think so. We, as in We The People, have become resigned to the outrageous things going on in our country. We accept this sort of absurd politics as normal, never stopping to think that this is the first time in 100 years the House failed to elect a speaker on the first vote. We take in stride – or apathy – a ton of other things that defy logic in today's world.

It's time, no, it's past time, for us to stand up and say enough is enough. There's an old saying – politics as usual. We have the power to give that a whole new definition. We'd be better off if we do exactly that.

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.

SEND LETTERS TO
NEWS@THEPAPER24-7.COM
REACH OUT AND TOUCH SOMEONE . . .

FEDERAL

PRESIDENT OF THE UNITED STATES

Joe R. Biden
(202) 456-1414

U.S. SENATOR

Todd Young
(202) 224-5623

U.S. SENATOR

Mike Braun
(202) 224-4814

U.S. REPRESENTATIVE

James Baird
(202) 225-5037

LOCAL

COMMISSIONERS

Dan Guard
(765) 230-0636

Jim Fulwider
(765) 361-2623

John Frey
(765) 361-2623

COUNTY COUNCIL

Tom Mellish
(765) 364-6400

Gary Booth
(765) 362-6273

Jake Bohlander
Dave Hunt

Don Mills
(765) 366-5275

Mark Smith
(765) 339-7783

Mark Davidson
(765) 366-0078

MAYOR

Todd Barton
(765) 364-5160

CLERK / TREASURER

Terri Gadd
(765) 364-5150

CITY COUNCIL

Andy Biddle
(765) 366-5542

Mike Reidy
(765) 362-5285

Jeff Lucas
(765) 364-5160

Ethan Hollander
(765) 918-1919

Kent Priebe
(765) 366-0685

Jennifer Lowe
(765) 366-9729

Stan Hamilton
(765) 361-0093

STATE

INDIANA GOVERNOR

Eric Holcomb
(317) 232-4567

SEC. OF STATE

Connie Lawson
(317) 232-6531

TREASURER

Kelly Mitchell
(317) 232-6386

SECRETARY OF EDUCATION

Katie Jenner
(317) 232-6610

REPRESENTATIVE

Sharon Negele
(317) 232-9816

INDIANA LT. GOVERNOR

Suzanne Crouch
(317) 232-4545

AUDITOR

Tera Klutz
(317) 232-3300

ATT. GENERAL

Todd Rokita
(317) 232-6201

SENATOR

Phil Boots
(317) 232-9400

REPRESENTATIVE

Timothy Brown
(317) 232-9651

PUB. ACCESS COUNSELOR Luke Britt (317) 234-0906



Visit us online:

thepaper24-7.com



SUNDAY

Voice of our PEOPLE

Sunday, Jan 15, 2023

13

Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100

Ask Rusty – Should I Claim Social Security Now?

Dear Rusty: I am 68 years old, born in July 1954. I have the credits necessary to qualify for benefits. The Social Security website says that if I continue to work to age 70 with yearly earnings of \$206,000, my monthly benefit would be \$4,245. If I stop working now, and start taking benefits in January 2023, my benefit would be \$3778. The number of months between January 2023 and July 2024 is 19. Nineteen months of benefits for that period would be \$71,782. It looks like it would take about 17 years to make up the difference between taking the money in January vs. waiting until age 70, which would put me at

age 85. I don't think that I would live much past that age, given my family history. Do you think it wise on my part to begin taking benefits in January 2023, and are my calculations correct? *Signed: Trying to Decide*

Dear Trying: Well, the difference between your monthly payment at age 70 vs. your benefit amount in January 2023 is \$467, so it would take you about 154 months (just under 13 years) to recover that \$71,782. But that doesn't take future cost of living adjustments (COLA) into account. Average annual COLA over the last 20 years was about 2%, and if you factor average future COLA into the



ASK RUSTY
Social Security Advisor

equation you would likely break even at about age 81 (if you wait until age 70 to claim). And this is where your life expectancy comes in.

According to Social Security, the average life expectancy for a man your age is 85, which means that if you claim at 70 and enjoy average longevity, you'll collect

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.

that higher benefit for an extra 4 years. That would mean more than \$22,000 in additional benefits over your lifetime. Of course, no one knows how long they will live, but if you'd like to get a more personal estimate of your life expectancy, I suggest you try this tool: www.socialsecurityreport.org/

tools/life-expectancy-calculator/. This tool takes your lifestyle and current health status, as well as your family history, into account.

When to claim is always a personal choice, but in your specific circumstances - since you apparently don't need the money right now and have a family

history which suggests longevity - waiting until age 70 to claim could not only give you a substantially higher monthly benefit but also the most in cumulative lifetime benefits. And if you're married, it will also mean the maximum possible survivor benefit for your wife if you predeceased her because, as your widow, your wife would get the benefit you are receiving at your death instead of her own smaller amount. Thus, when you claim your benefit will also affect your wife's benefit as your surviving widow. In the end, it's your personal decision to make, after considering all of the above factors, especially your life expectancy.

Butch's Brother Had A Crush On Trudy!

When a school has plenty of spirit, it also has great cheerleaders, and Darlington was never lacking in either. From 1921 to the end of the high school in 1971, the students elected at least one cheerleader each year. During most years, there were three or four varsity cheerleaders, and the same number for the B-team, junior high, and grade school teams.



BUTCH DALE
Columnist

For many youngsters, particularly the girls, one of their main goals in school was to be elected cheerleader. They practiced for hours at home and at recess. Trying out for the cheerleader squad was often a terrifying experience, and a few tears were shed when the news came back that they had not been elected. But the disappointment soon vanished as the once aspiring yell leader joined the cheering section and rooted for the team.

One thing that was evident at every school in Montgomery County was that the girl cheerleaders were always a hit with the boys, especially the younger ones, who often developed a crush. There was something about a beautiful girl doing a cartwheel in her colorful cheerleader outfit that drove schoolboys crazy! Many girls had to order extra school photos to pass out to buggy-eyed grade

school boys who begged and pleaded for a photo of "the love of their life."

During the 1960 basketball season, the Darlington yell leaders were Trudy Mennen, Sharon Cochran, Sherry Cox, and Janet Gick...all great-looking gals. After Janet graduated that year, another beauty, Sharol Threlkeld, took her place in 1961. Many grade school boys came to the basketball games...not to watch the game...but to swoon over the cheerleaders. My brother Gary, and his best friend, Stan Weliever, were in the third grade in 1961, and both of them were head-over-heels in love with Trudy Mennen, who had a beautiful smile and wore little red ribbons in her hair. They sat in the bleacher cheering section as close as they could get to Trudy at every ballgame, with her autographed photo in hand, caring less about whether the Darlington team was winning or not. Yes, they thought Winston Wilson, the county's top scorer,



Trudy Mennen

was amazing, but their eyes were on Trudy!

On a trip to an away game that year, Stan's father, Don Weliever, drove the "booster bus" to the game. Stan rode on the bus, and it also happened to be his birthday. In a moment that Stan has never forgotten, Trudy gave Stan a birthday kiss on the cheek...and Stan just about fainted! Gary's birthday was in March, after the basketball season had ended, so he never received his cheerleader birthday smooch. But of course, he still had a crush on Trudy, who always greeted her two devoted third graders when meeting them in the hallway during lunch time.

In 1988 I wrote a book about the history of Darlington School, and in one section I included some comments from many former cheerleaders. Trudy Mennen Freeman, who had become a teacher, wrote: "Darlington sports, especially basketball, was a very special and important part of my school life.

In the younger grades, the kids really looked up to the basketball players and cheerleaders. It was really a lot of fun having admirers, even if you didn't realize it at the time."

Last spring, my brother Gary suffered a heart attack and had to undergo open heart surgery. During his recovery, he received a surprise long-distance call...from...you guessed it...Trudy! Stan had contacted her and told Trudy about Gary's illness. She spoke to Gary at length and wished him a speedy recovery, and I can honestly say that call just made his day. To top things off, a few days later he received a get-well card from Trudy. The card had perfume on it and a lipstick kiss! WOW! It's probably a good thing that Trudy, who lives in Colorado, did not show up in person...or otherwise Gary might have suffered a second heart attack! But Trudy, if you read this... if you ever come back to visit Darlington, the little third grade boy who adored you still wants that kiss on the cheek on his birthday...and bring another autographed photo, too!

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.

Finding A Path Within One's Soul

Is there an unrevealed path deep within you.

If you find a quiet place and think back upon your life, was there ever a still small voice that you ignored encouraging forward to something greater.

Did anyone ever come to you in life with a prophetic word about your future?

Did they say, "God asked me to share this with you, and He sees you being..."

Contemplate and look back upon your life, was there some greater purpose that even you believed to be yours?

Were you to be a great minister of the Gospel meant to bring millions to Christ?

Maybe a leader of men and women who was to rise to great heights in elected office?

Perhaps your head was once teaming with ideas that could change the face of the business world?

Perhaps you hoped to change the world in some way, possible bring peace to mankind?

Did you have a play, a poem, or a novel floating between your synapses?

Is there a great work of art - a painting, a sculpture or another masterpiece just waiting for you to grasp the tools of it's creation?

Life has a way of getting away from us, one day we are young with all our future ahead, the next we are graying looking back upon the paths we trod.

The nice thing is no matter where on the timeline of life we find ourselves, our mind, our hopes, our dreams remain almost always planted strongly in our



RANDALL FRANKS
Southern Style Columnist

first quarter.

We can realign our lives no matter where we find ourselves, to use the remaining quarters to achieve a trip down that unrevealed path.

While bones may no longer accept a path that includes skydiving or climbing Mount Everest, we still have the opportunity to reach within ourselves and make the world a better place for those around us.

Perhaps your unrevealed path is simply improving the plight of the less fortunate?

Be still, and listen to the Words within your soul.

God is speaking to your heart, if not today, He left a message for you long ago.

Seek and you shall find.

Randall Franks is best known for his role as "Officer Randy Goode" on TV's "In the Heat of the Night." 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.

Kevin McCarthy, President Joe Biden And Congress Must Work To Solve Problems

By Dr. Glenn Mollette

Recently, in a Mexican restaurant in Houston, Texas, a patron shot and killed a man who was robbing other patrons. The robber was masked and brandishing what appeared to be a pistol. If the man who shot the robber is charged with murder for protecting himself and others from a potentially lethal threat, then we have a serious problem.

We have another problem. Millions of undocumented people have crossed our border from El Paso to San Diego and in between. America is being invaded. We do not have enough free housing, welfare and food stamps to support all these people.

Biden wants to mobilize 85,000 IRS agents who will find every dollar they can to support the millions of undocumented people roaming our nation. How many more dollars can the IRS squeeze out of your pocket? Do you have property that they can seize and sell for a few dollars? 85,000 agents will need to find something to do and most likely they will be checking up on everyone.

Arizona has been patching holes in their border with containers which

has been working. Biden ordered that the containers be removed. Over one million undocumented people have crossed into America through Arizona during Biden's Presidency.

Can you imagine being a farmer or just living on the Southern Border? This is 24-hour a day nightmare for these landowners. Do you think anyone wants to buy their property? These same people are coming to your community. They are looking for jobs and housing. They need money and food. Do you have plenty of affordable housing in your community? Do you have big free food banks to feed these people? If you need a reasonably priced apartment, I would suggest you snatch it fast because people are coming who need that apartment and they may have more help from the government than you do to underwrite the costs.

McCarthy, Biden, and Congress must bring back every job we have outsourced to China. We can no longer do business with China. The people who have been living in America the last few years need jobs and millions of new undocumented workers need jobs. By the way, do you remember when the United States Census was

a once every ten-year job? Now, Census workers have to work year-round chasing down people who will not complete U.S. Government Census information. How many full-time census workers will it take to chase down all of these undocumented people?

If Biden, McCarthy, and Congress do not protect Social Security your town will probably have to close up. Over 70 million Americans count on Social Security income. Social Security is all or over half of all this number receives each month. As the buying power of the retired population suffers, each community suffers. The government collects social security taxes from people to subsidize us in our old age. Americans will be back into abject poverty if they don't keep Social Security strong.

Affordable housing, medical insurance and jobs that pay over \$15 an hour must also be McCarthy and Biden commitments. We must be able to buy health insurance across state lines. State governments need to make it easier for working poor to have health insurance. We need real people to answer the telephones in the state and local governments. Websites need to be simple and seamless.

Working poor Americans feel like their local states aren't that interested in helping them.

Making medical care more affordable will solve problems for everyone including the insurance companies. Publicly listing the cost of services and surgeries was a good idea that most medical providers don't seem to be following. Making pharmacy purchases from Canada easier is imperative for struggling Americans.

We have some problems in America. Biden, McCarthy and Congress have a lot to do. Name calling, and aggressive behavior in the House only makes for a few seconds of television stupidity. America has some problems. We need for McCarthy and Biden and Congress to step up and help us solve them.

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

Dreaming of a new home?

find it here!

thepaper

SUNDAY Voice of our PEOPLE

The Paper of Montgomery County

Sunday, Jan. 15, 2023

14

Learning For Freedom's Sake, Part 1: The Liberal (Liberating) Arts At Grove City College

By Dr. Peter Frank

For the past couple of years, I have been working with the faculty at Grove City College to assess and review the core curriculum. While the culture at large, and higher education in particular, have been pushing greater and greater specialization and a focus on job-skill training, we at Grove City College are expanding our commitment to the liberal arts as the foundation of the student experience. The final details of the revised core are still in process, but we do know that rather than abandoning our rich heritage centered on the classical liberal arts, we are not only safeguarding that heritage, but strengthening it.

Why this emphasis on the liberal arts?

Perhaps a better name for these subjects of study would be the liberating arts. Throughout history this kind of education—focused on the great books of literature, history, philosophy, and theology, as well as the great works of music and art, and the exploration in science and mathematical fields—has been a way to liberate people. Originally the privilege of those who had leisure time and could learn more than a vocational trade, this kind of education was for free people, equipping them to strengthen democracy and promote freedom. Wise and eloquent citizens could advocate for liberty, justice, and virtue. Over the last millennium, these liberating arts have provided freedom to those who would otherwise have remained uneducated, unequipped, and unskilled.

Grove City College has always valued freedom and an emphasis in the liberating arts is central to our institutional vision. We want to raise up more wise and eloquent citizens “for such a time as this.” As a Christian college, our desire for free citizens is not for the purpose of individual indulgences, but rather for the purpose of helping others to thrive. (1 Peter 2:16, Galatians 5:13)

As an economist, I have seen over and over again the importance of a free citizenry. Data repeatedly demonstrate that when personal liberties diminish, the well-being of the entire society suffers. What's more, freedom always leads to a more hopeful and flourishing life by numerous measures beyond material well-being alone. Educational attainment, improved healthcare, protection under the law, access to the basic needs of food and water, expanded life expectancy, and improved infant mortality

are a few of the factors that improve significantly where freedom expands in society.¹

Beyond the basics of job training, we see our purpose here as forming free citizens steeped in Christian wisdom, ready to serve their communities by promoting and protecting freedom for all.

Rich Content and Conversations

We talk a lot at Grove City College about imparting what is good, true, and beautiful to our students. These transcendental concepts, appreciated for hundreds of years, are what shapes us as people, not just as workers. We are not here to just pass on information; we are more concerned with the formation of souls. The liberating arts are full of these good, true, and beautiful elements: from momentous occasions in history to perplexing philosophical questions, from stunning literary passages to exhilarating orchestral harmonies, from the complex structure of atoms to the profound truths in the very Word of God, there is gift after gift for the student to unwrap.

Regardless of the student's future career—and our data shows that Grove City students will go on to have fulfilling careers—we want them to go forth with a greater appreciation for God, His world, and the people around them. Practically speaking, a person in his or her early 20s is likely to go on to several different careers throughout a lifetime², many of which are completely unforeseen while the student is in college. While skill development is an important element of the college degree, there is much more life preparation that takes place during a student's four years on our campus.

Various majors at Grove City College will prepare our students for thriving careers, but it is the core curriculum—the liberating arts—that will prepare them for thriving lives.

Technical training is good, and can be found in many places, but the combination of training with whole-souled wisdom is something unique to a school like Grove City College.³ As Steve Jobs once said, “it's technology married with liberal arts, married with the humanities, that yields us the results that make our heart sing.”⁴ There is so much more to education than job training. The rich content of the liberal arts, and the ensuing conversations that students will have as they go through the core curriculum together, will prepare them in broad and deep ways. Cultivation of Virtue

In addition to these benefits of a liberal arts education, there is also the cultivation of virtue that happens in the core. While students are exposed to things that are good, true, and beautiful, and also shown the contrast to things that are not, they are shaping their appetites. They are developing wisdom, and keener senses of other virtues like courage and diligence and love.

As their worlds expand beyond their own neighborhoods, they see examples of those who have gone before them and alongside them, whether in history or literature, and they can learn from those examples. As they are exposed to new, challenging ideas, they flex new “muscles” and grow in beneficial ways. Ultimately, because our entire curriculum centers around Christ revealed to us in the Bible, our hope is that as students see more of Him, they will become more like Him.

Finally, in addition to all the content, conversations, and cultivation of virtue that a liberal arts education provides, it also prepares students for their great roles in this world, as restorers. Cornelius Platinga, Jr. sums it up this way: “The point of all this learning is to prepare to add one's own contribution to the supreme reformation project, which is God's restoration of all things that have been corrupted by evil.”⁵ This is our great hope for all Grove City College graduates: that they will go forth in greater knowledge and wisdom from this City on a Hill to be light and salt in the world that so desperately needs both.

“Education means emancipation. It means light and liberty. It means the uplifting of the soul of man into the glorious light of truth, the light by which men can only be made free.”
– Frederick Douglass, Blessings of Liberty and Education. Speech, 1894.

<https://www.fraserinstitute.org/studies/economic-freedom>
The Bureau of Labor Statistics in 2021 reported that people between the ages of 18 and 54 had over 12 different jobs in that span. <https://www.bls.gov/nls/questions-and-answers.htm#anch41>

Ryan West, Educating for Whole-souled Christian Wisdom, unpublished manuscript.

<https://www.wired.com/2011/08/apple-liberal-arts/>

Cornelius Platinga Jr., Engaging God's World, p. xii

Dr. Peter Frank is the Provost & Vice President of Academic Affairs at Grove City College. Frank also teaches economics.

Paul Ryan, President Joe Biden And Congress Must Work To Solve Problems

By Dr. Glenn Mollette

Recently, in a Mexican restaurant in Houston, Texas, a patron shot and killed a man who was robbing other patrons. The robber was masked and brandishing what appeared to be a pistol. If the man who shot the robber is charged with murder for protecting himself and others from a potentially lethal threat, then we have a serious problem.

We have another problem. Millions of undocumented people have crossed our border from El Paso to San Diego and in between. America is being invaded. We do not have enough free housing, welfare and food stamps to support all these people.

Biden wants to mobilize 85,000 IRS agents who will find every dollar they can to support the millions of undocumented people roaming our nation. How many more dollars can the IRS squeeze out of your pocket? Do you have property that they can seize and sell for a few dollars? 85,000 agents will need to find something to do and most likely they will be checking up on everyone.

Arizona has been patching holes in their border with containers which has been working. Biden ordered that the containers be removed. Over one million undocumented people have crossed into America through Arizona during Biden's Presidency.

Can you imagine being a farmer or just living on the Southern Border? This is 24-hour a day nightmare for these landowners. Do you think anyone wants to buy their property?

These same people are coming to your community. They are looking for jobs and housing. They need money and food. Do you have plenty of affordable housing in your community? Do you have big free food banks to feed these people? If you need a reasonably priced apartment, I would suggest you snatch it fast because people are coming who need that apartment and they may have more help from the government than you do to underwrite the costs.

Ryan, Biden, and Congress must bring back every job we have outsourced to China. We can no longer do business with China. The people who have been living in America the last few years need jobs and millions of new undocumented workers need jobs. By the way, do you remember when the United States Census was a once every ten-year job? Now, Census workers have to work year-round chasing down people who will not complete U.S. Government Census information. How many full-time census workers will it take to chase down all of these undocumented people?

If Biden, Ryan, and Congress do not protect Social Security your town will probably have to close up. Over 70 million Americans count on Social Security income. Social Security is all or over half of all this number receives each month. As the buying power of the retired population suffers, each community suffers. The government collects social security taxes from people to subsidize us in our old age. Americans will be back into abject poverty if they don't keep Social

Security strong.

Affordable housing, medical insurance and jobs that pay over \$15 an hour must also be Ryan and Biden commitments. We must be able to buy health insurance across state lines. State governments need to make it easier for working poor to have health insurance. We need real people to answer the telephones in the state and local governments. Websites need to be simple and seamless. Working poor Americans feel like their local states aren't that interested in helping them.

Making medical care more affordable will solve problems for everyone including the insurance companies. Publicly listing the cost of services and surgeries was a good idea that most medical providers don't seem to be following. Making pharmacy purchases from Canada easier is imperative for struggling Americans.

We have some problems in America. Biden, Ryan and Congress have a lot to do. Name calling, and aggressive behavior in the House only makes for a few seconds of television stupidity. America has some problems. We need for Ryan and Biden and Congress to step up and help us solve them.

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

Sagamore News Media
is looking for talented sales people!

Whether you sell by phone or in person, we want to talk with you!
Hourly rates begin at \$15 per hour and only go up from there.
If you have good sales skills,
this might be the job you have been looking for.

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

Sagamore News Media owns newspapers in Noblesville and Crawfordsville and feature award-winning work every day.
Come be part of our team!

Apply today by e-mailing resume to jobs@thepaper24-7.com.

We can't wait to talk with you!

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.

Classifieds

765-361-0100 ext. 15 | class@thepaper24-7.com
 Monday - Friday 9 a.m. to 4 p.m.

Deadlines for next-day publication:
 Line ads: 1 p.m. | Display ads 11 a.m.

2, 3 and 4 bedroom homes,
 Contract Sales, Hooks
 (765) 918-8700, (765) 362-0185
 www.hookshomesindiana.com

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

STATE ADS

Your Family Deserves The
BEST Technology...
 Value...
 TV!...

\$59.99
 MONTH
 for 24 months
 190 Channels

Upgrade to the Hopper® 3
 Smart HD DVR
 • Watch and record 16 shows at once
 • Get built-in Netflix and YouTube
 • Watch TV on your mobile devices
 Hopper upgrade fee \$5/mo.

Add High Speed Internet
\$14.95/mo.
 Subject to availability. Restrictions apply.
 Internet not provided by DISH and will be billed separately.

CALL TODAY **1-855-551-8162**
 Save 20%!



Offer ends 11/14/18. Savings with 2 year price guarantee with AT 120 starting at \$59.99 compared to everyday price. All offers require credit qualification, 2 year commitment with early termination fee and eAutoPay. Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/ Sling or Hopper 3 \$5/mo. more. Upfront fees may apply based on credit qualification. Fees apply for additional TVs: Hopper \$15/mo., Joey \$5/mo., Super Joey \$10/mo. All new customers are subject to a one-time, nonrefundable processing fee.

Master RESIDENTIAL & COMMERCIAL
 SERVICE COMPANIES
YOUR LOCAL WATERPROOFING EXPERTS!
 Proudly serving Indianapolis and all of Central Indiana!

SINKING CONCRETE
 NASTY CRAWL SPACES
 WET BASEMENTS

Call today to learn the ideal solution!
 317.827.7665 | InHomeRepairPros.com

MENTION "INDIANA PRESS" TO RECEIVE THIS SPECIAL OFFER!
\$250 OFF ANY COMPLETE SYSTEM
 Cannot be combined with any other offer. Coupon must be presented at time of estimate. Not valid on concrete jobs or prior work. Expires 3-31-19. Maximum discount 5%.

Earn more with Quality!
 ★ ★ ★ 30 YEARS OF SERVICE ★ ★ ★

Quality Drive-Away, Inc. needs CDL & Non-CDL drivers to drive new trucks, buses & RVs across North America. 20+ pickup locations. Experience preferred. Must have DOT physical and be willing to keep logs. No DUIs in last 10 years, clean MVR.

Quality Drive-Away INC.

Apply Online at www.qualitydriveaway.com
 or call 574-642-2023

Discover the world's best walk-in bathtub from **American Standard**

\$1,500 SAVINGS

5 Reasons American Standard Walk-in Tubs are Your Best Choice

- 1 Backed by American Standard's 40 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

Includes FREE American Standard Right Height Toilet Limited Time Offer! Call Today!
855-883-2970

MORE HD CHANNELS, FASTER INTERNET AND UNLIMITED VOICE.

• Speeds up to 60Mbps
 • Unlimited data - no data caps

SPECTRUM INTERNET™ AS LOW AS \$29.99
 /per mo. for 12 mos when launched

Blazing fast Internet is available and can be yours with Spectrum Internet™ With speeds starting at 60 Mbps

125+ CHANNELS
 UP TO 60MBPS
 UNLIMITED CALLING

SPECTRUM TRIPLE PLAY™ TV, INTERNET AND VOICE
\$89.97 /per mo. for 12 mos when launched

CONTACT YOUR LOCAL AUTHORIZED RETAILER
855-663-7513

Spectrum AUTHORIZED RETAILER

*Bundle price for TV Select, Internet and Voice is \$89.97/mo. for year 1; standard rates apply after year 1. Available Internet speeds may vary by address. WiFi: Equipment, activation and installation fees apply. Services subject to all applicable service terms and conditions, subject to change. Services not available in all areas. Restrictions apply. All Rights Reserved. ©2017 Charter Communications.

Dental Insurance
 Call for dental coverage today to help save money on big dental bills.

This is real dental insurance from Physicians Mutual Insurance Company that helps pay for over 350 procedures - cleanings, fillings, crowns, even dentures.

- No annual maximum, no deductible
- See any dentist you want - including your own
- Over 50? Coverage as low as \$1 per day

Call now to get this **FREE** Information Kit
1-844-244-7025
dental50plus.com/hoosier

IN TROUBLE WITH THE IRS?
 If you owe the IRS or state \$10,000, \$15,000 or more call us for a **FREE, no obligation consultation.**

Our FREE Consultation will help you:

- ✓ Resolve your past due tax problems
- ✓ End Wage Garnishment
- ✓ Stop IRS Tax Levies

We know your rights and are here to protect you. Our team of highly qualified tax attorneys deal with the IRS for you.
 We have successfully represented thousands of cases with the IRS.

Call now for your free consultation **866-765-5293**

BOOK YOUR VACATION NOW - CALL FOR LIMITED TIME SAVINGS

Grand Alaskan Cruise & Tour Save \$500 per couple
 12 days from \$1,849* \$1,599*
 Departs June - September, 2019
 Enjoy a spectacular cruise & tour between Seattle and Alaska including 7 nights aboard Holland America Line's ms Westerdam and 4 nights on land. You'll cruise the Gulf of Alaska and the Inside Passage—a breathtaking sea lane teeming with marine wildlife, where you'll pass glaciers, towering mountains, and lush forests, with stops in Ketchikan, historic Skagway and magnificent Glacier Bay. On land, you'll go deep into Denali National Park, tour Anchorage, and see the Alaska Wildlife Conservation Center.

Ultimate Hawaii Tour with Pearl Harbor Save up to \$900 per couple
 Experience 13 days from \$2,249* \$1,799*
 Departs year-round
 Enjoy a fully-escorted 4-island Hawaiian vacation with beachfront lodging on Kauai, Maui, and the "Big Island" of Hawaii, and a centrally-located hotel in gorgeous Waikiki on Oahu. Includes a Pearl Harbor experience where you will see the USS Arizona Memorial and Battleship Missouri. Visit historic Lahaina, enjoy a boat cruise on the Waialua River and authentic Hawaiian entertainment and food at our Farewell Feast. Escorted throughout by our friendly Tour Directors—your local experts. Price includes 3 inter-island flights.

VACATIONS Promo code N7017 **1-866-391-0054**

Put on your TV Ears
 ...and hear TV with unmatched clarity

TV Ears Original™
~~\$129.95~~
NEW SPECIAL OFFER NOW \$59.95
 Use promo code MB59

Call 1-877-930-2645
 M-F 6am - 6pm

TV-EARS
 Voice Clarifying TV Headset



THE
POWER
OF THE
PEOPLE
IS IN OUR
HANDS



**AMERICAN DEMOCRACY WAS BORN
IN LOCAL NEWSPAPERS.
WE'RE YOUR EYES, YOUR EARS,
AND YOUR VOICE TO KEEP THE NATION STRONG.**

