

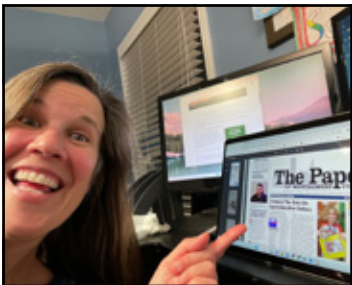
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TODAY'S VERSE
Proverbs 28:1 The wicked flee when no man pursueth: but the righteous are bold as a lion.

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People who call our community their own.



Congratulations to Sondi Eden for winning five tickets to the Indianapolis Home Show from The Paper of Montgomery County! Many of us remember Sondi from her athletic endeavors at North Montgomery! Thanks for playing along with The Paper, and we hope you enjoy the show!

THREE THINGS You Should Know:

1 For beginners and seasoned wordsmiths alike, come and learn about the different poetry structures and how to express yourself in the universal language of love. We will dive into the written word as an art form and each participant will come away with several original poems. Preview sessions are on Monday, Feb. 6 at 10 a.m. – 12 p.m. or Tuesday, Feb. 7 at 6 – 8 p.m. Morning sessions: Monday's at 10 a.m. – 12 p.m.: Feb. 13, Feb. 20, Feb. 27 and March 6. Evening sessions: Tuesday's at 6 – 8 p.m.: Feb. 14, Feb. 21, Feb. 28 and March 7. Cost for the preview session and four workshop sessions: \$75.00. Class size will be limited. Preview and Workshop sessions will be led by Gwynn Wills, Certified Amherst Writers and Artists Affiliate Workshop Leader and Founder of Calliope Writers Group. To register contact: Athens Arts at 765-362-7455- if no one answers please leave a message and someone will call you to complete the registration.

2 Criminals can be cunning but then again, once in a while, the police come across bad guys and gals who virtually turn themselves in, according to the Association of Mature American Citizens [AMAC]. For example, a pair of burglars who apparently were having a tough time carrying off their loot called 911 for help. The Associated Press reports that "while talking to deputies, the female suspect told them that she had called 911 for the purpose of having law enforcement help them move their belongings from the house they were burglarizing. They also wanted to get a ride to the airport so they could spend the weekend in New York," according to the Polk County Sheriff's Office.

3 Southmont Schools will be hosting their 2023-2024 Kindergarten Round-Up at New Market Elementary School, Ladoga Elementary School, and Walnut Elementary School on Wednesday March 15, 2023 from 4:30 to 7 p.m. This event allows incoming kindergarteners and their families to meet the staff, explore the school, and see the classrooms. Additionally, the preschool programs will host their Little Mountie Preschool Open House for children ages 3 and 4 years old. Children who will be 5 years old on or before Aug. 1, 2023 are eligible to enroll in kindergarten at Southmont Schools. Early admission may be considered for children who will be 5 years old between Aug. 2 - Oct. 1, 2023, however enrollment is not guaranteed.

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50¢

Butch Learns How To "Duck And Cover" !!!!



BUTCH DALE
Columnist

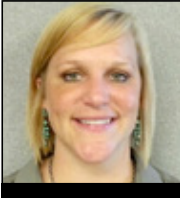
If the Soviet Union started a nuclear war back in the 1950s, and they dropped a bomb on Darlington, I was well prepared to survive. If my class had no warning of an imminent attack, all I had to do is dive under my school desk and cover my head. Of course, if we did know ahead of time there was going

to be an attack, not to worry... our teacher would lead us down to the National Guard armory, only four blocks away, where we would take shelter in the basement fallout shelter! Sounds crazy? Well, those actions seem ridiculous today, but back then my classmates and I watched a film entitled "Duck and Cover," in which an animated character, Bert the Turtle, was shown dropping to the ground and retreating into his shell after a nuclear explosion. The U.S.-Russia arms race had heated up, and in 1961 the Soviets exploded a 58-megaton bomb, which had a force equivalent to more than 50 million tons of dynamite...more than all of

➔ See BUTCH Page A5

Dangers Of Detox Diets

It's 2023 and the New Year New You fad diets are hitting social media hard. The cleanse or detox diet trend is saying do a cleanse or eat this way and eliminate harmful toxins from



MONICA NAGELE
Purdue Extension Office



your body. Typically, during a cleanse you must first fast, then follow a strict diet of fruits and vegetables and drink some sort of concoction that will give you the runs. Once you have done this you have rid your body of what toxins? Wait, what toxin did that coffee enema just clean out of my body. That's right, we have no idea

because these diets never tell you which toxin it is targeting. And in fact, there is no evidence that supports these diets remove any toxins from our bodies. Our body is smart folks, it already has mechanisms in place to cleanse our body. The liver makes toxic substances harmless and ensures you poop, pee or sweat them out. And don't forget about the kidneys and lungs who are also working together to maintain our body pH and ensure our body stays in an acid base balance. There are many social media posts out there telling you these are signs you need a detox. Here are 6 signs I have seen lately, that I can tell you are not true signs you need a detox.

➔ See DIETS Page A5

A Poetry Workshop-Write From The Heart

For beginners and seasoned wordsmiths alike, come and learn about the different poetry structures and how to express yourself in the universal language of love. We will dive into the written word as an art form and each participant will come away with several original poems. Preview sessions are on Monday, Feb. 6 at 10 a.m. – 12 p.m. or Tuesday, Feb. 7 at 6 – 8 p.m. Workshop sessions are offered both during a morning or evening time. Morning sessions: Monday's at 10 a.m. – 12 p.m.: Feb. 13, Feb. 20, Feb. 27 and March 6. Evening sessions: Tuesday's at 6 – 8 p.m.: Feb. 14, Feb. 21, Feb. 28 and March 7.

Cost for the preview session and four workshop sessions: \$75.00. Class size will be limited. Some Scholarships available, contact Athens Arts. Preview and Workshop sessions will be led by Gwynn Wills, Certified Amherst Writers and Artists Affiliate Workshop Leader and Founder of Calliope Writers Group



Gwynn Wills

To register contact: Athens Arts at 765-362-7455- if no one answers please leave a message and someone will call you to complete the registration. "To me, art begets art. Painting feeds the eye just as poetry feed the ear, which is to say, that both feed the soul." Susan Vreeland. Come be a pART of it!

The Daily Almanac

Sunrise/Sunset
RISE: 8:00 a.m.
SET: 6:00 p.m.

High/Low Temperatures
High: 34 °F
Low: 20 °F

Today is...

- National Big Wig Day
- Vietnam Peace Day

What Happened On This Day

- 98 Trajan succeeds his adoptive father Nerva as Roman emperor; under his rule the Roman Empire will reach its maximum extent
- 1973 The Paris Peace Accords officially ends the Vietnam War

Births On This Day

- 1756 Wolfgang Amadeus Mozart Austrian composer
- 1832 Lewis Carroll English author

Deaths On This Day

- 2008 Suharto Indonesian soldier, politician and 2nd President of Indonesia
- 2014 Pete Seeger American singer-song-writer and guitarist

HONEST HOOSIER
Every day across this country, new laws and ordinances are proposed. How come no one talks much about doing away with laws we don't need anymore? Kind of like taxes, huh!



TODAY'S HEALTH TIP
Listen to your body - If it hurts, your body is telling you to rest it. 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.



OBITUARIES
None

INSIDE TODAY'S EDITION
Obituaries.....A2
Kenny Thompson.....A3
Classifieds.....A3

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TODAY'S QUOTE
"Don't only practice your art, but force your way into its secrets."
- Ludwig van Beethoven

TODAY'S JOKE
Why should you stock up on yeast?
So you can make some dough!



The Paper appreciates all our customers. Today, we'd like to personally thank HEATHER BARNETTE for subscribing!

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OF MONTGOMERY COUNTY



OBITUARIES

Jerry Joseph Hocking

Nov. 26, 1950 - Jan. 20, 2023

On Friday, Jan. 20, 2023 Jerry Joseph Hocking, beloved dad, grandpa and brother, passed away at Ben Hur Health & Rehabilitation in the presence of his daughters and grandchildren, while surrounded by family and friends.

He was seventy-two years old, born on Nov. 26, 1950 to Joseph J. and Violet M. (Surber) Hocking in Crawfordsville.

He played on the undefeated CHS Football Team in 1968, and was second in state in 1969 wrestling in his weight class. He graduated from CHS in 1969 before serving on a nuclear submarine in the US Navy until 1975. After his military service, he returned to Crawfordsville, where he worked at Midstates Steel and Wire for over 20 years while raising his family.

Over the years, he enjoyed working with stained glass, flying kites, high tech electronics, his two Harley Davidson Motorcycles, collecting, and attending his grandchildren's sporting events.

Survivors include his daughters, Michelle (Mark) Struck of Rossville and Megan (Andrew) Craig of Crawfordsville; his grandchildren, Madison Struck, Elijah Widmer and Elyse Widmer; his brothers, Rick (Cathy) Hocking and John Hobart (Janet Mason) Hocking both of Crawfordsville; his sisters, Sandra (Ron) Mendenhall of Crawfordsville and Rhonda (Dave) Commons of Lake Holiday; several nieces, nephews, aunts, uncles, and cousins spread across Indiana and Wisconsin.

He was preceded in death by his son Matthew Joseph Hocking; his parents; and grandparents.

According to his wishes, he has been cremated and his remains will be buried next to his son Matthew at Calvary Cemetery. Family and friends may gather at Sanders Priebe Funeral Care, 315 S Washington St, in Crawfordsville on Friday, Feb. 3, 2023 from 1 p.m. till the time of the memorial service at 3 p.m., with military honors by the United States Navy and Legion Post 72 Honor Guard. The service will be live-streamed and recorded which can be viewed on his obituary page at www.SandersFuneralCare.com. Burial will follow at Calvary Cemetery. Memorial donations may be given in his memory to the Lewy Body Dementia Association, 912 Killian Hill Road, S.W., Lilburn, GA 30047 or online at www.lbda.org. Share memories and condolences online at www.SandersFuneralCare.com



Honor Roll, 3rd Six Weeks 2022-23

First Grade – All A's – Mason Allen, Easton Crossley, Mila Fields, Emylann Gleason, Carson Hopkins, Colten Morgan, Oliver Needham, Taylor Nelson, James Noggle, Elijah Smith, and Blake Williams. Regular – Maclynn Brierly, Audrey Buce, Cohee Eppey, Kida Fields, Emery Fullenwider, Carter Roberts, and Isla Rosen.

Second Grade – All A's – Jacen Burris, Jaylen Clark, Natalie Duke, Sophia Ellenberger, Harper Gilstrap, Josephine Miner, and Hunter Sutherlin. Regular – Penelope Bridge, Tyler Buce, Mahala Cooksey, Hadley Dowell, Starla Newkirk, Conner Phillips-Edison, Bailey Rhoads, and Franklin Skelton.

Third Grade – All A's – Maverick Cagle, Aurora Noggle, Mikenna Vannice, Reagan Webb, and Eva Yates. Regular – Keely Hardin, Addyson Krieger, Iain Miller, Lillian Moore, Makenna Nekolite, Trinity Nephew, and Addison Potts.

Fourth Grade – All A's – Catherine Barry, Walker Cleek, Jackson Duke,

Jeffrey Hopkins, Koralie Kemble, Carter Scott, William Whetstone, and Oliver Woods. Regular – Summer Binch, Autumn Blythe, Clayton Davis, Kady Dowell, Adalyn England, Haven Estelle, Avari Hammers, Shiloh Newlin, Brantly Williams, Brylee Winningham, and Hunter Winningham.

Fifth Grade – All A's – Ezra Booth, Easton Kelsey, Juliet Miller, Harmony Norton, Hallie Rhoads, Isabella Roberts, Ryken Skelton, and Kobyn Stadler. Regular – Braycen High, Mayleigh James, Jayce Meece, Grady Miller, Madison Pierpont, Addison Presley, and Braylin Taylor.

1st Semester 2022-23

First Grade – All A's – Mason Allen, Easton Crossley, Kida Fields, Mila Fields, Emylann Gleason, Carson Hopkins, Colten Morgan, Oliver Needham, Taylor Nelson, James Noggle, Elijah Smith, and Blake Williams. Regular – Maclynn Brierly, Cohee Eppey, Emery Fullenwider, Carter Roberts, and Isla Rosen.

Second Grade – All A's – Jacen Burris,

Natalie Duke, Sophia Ellenberger, Harper Gilstrap, and Josephine Miner. Regular – Penelope Bridge, Jaylen Clark, Mahala Cooksey, Hadley Dowell, Bailey Rhoads, Franklin Skelton, and Hunter Sutherlin.

Third Grade – All A's – Maverick Cagle, Keely Hardin, Reagan Webb, and Eva Yates. Regular – Lilah Eppey, Addyson Krieger, Iain Miller, Lillian Moore, Hartley Morris, Makenna Nekolite, Trinity Nephew, Aurora Noggle, Addison Potts, and Mikenna Vannice.

Fourth Grade – All A's – Catherine Barry, Walker Cleek, Jackson Duke, Jeffrey Hopkins, Carter Scott, William Whetstone, and Oliver Woods. Regular – Summer Binch, Autumn Blythe, Clayton Davis, Kady Dowell, Adalyn England, Haven Estelle, Avari Hammers, Koralie Kemble, Kaleb Kerkhoff, Hailey Nelson, Shiloh Newlin, Brantly Williams, Brylee Winningham, and Hunter Winningham.

Fifth Grade – All A's – Ezra Booth, Easton Kelsey, Juliet Miller, Hallie Rhoads, Isabella

Roberts, and Kobyn Stadler. Regular – Braycen High, Mayleigh James, Grady Miller, Harmony Norton, Addison Presley, Ryken Skelton, and Braylin Taylor.

Perfect Attendance, 3rd Six Weeks 2022-23

Kindergarten – Sean Binch & Sylvia Butler.

1st Grade – Bentley Butler, Oliver Needham, and James Noggle.

2nd Grade – Penelope Bridge, Zoey Johnson, Conner Phillips-Edison, and Bailey Rhoads.

3rd Grade – Addyson Krieger and Lillian Moore.

4th Grade – Kady Dowell, Shiloh Newlin, William Whetstone, and Oliver Woods.

5th Grade – Mayleigh James, Madison Pierpont, Hallie Rhoads, Ryken Skelton, and Braylin Taylor.

Walnut Elementary Perfect Attendance 1st Semester 2022-2023

Kindergarten –

1st Grade –

2nd Grade –

3rd Grade – Lillian Moore

4th Grade – Shiloh Newlin and William Whetstone.

5th Grade – Hallie Rhoads

Walnut Elementary Honor Roll And Perfect Attendance

Crouch, IHCD Announce Affordable Housing Investment



Lt. Gov. Suzanne Crouch

Lieutenant Governor Suzanne Crouch and the Indiana Housing and Community Development Authority (IHCD) Board of Directors today announced the recipients of the 2023 Low Income Housing Tax Credit (LIHTC) program, which is used to incentivize private developers to fund the construction, acquisition and rehabilitation of affordable housing communities throughout Indiana.

More than \$180 million in housing tax credits were awarded to 17 developments to create or preserve 776 affordable units that will serve individuals, families, seniors, individuals with disabilities and individuals experiencing homelessness. The tax credits will be claimed over 10 years.

"These low income housing tax credits represent a significant commitment to our



Indiana Housing & Community Development Authority

state's infrastructure," said Lt. Gov. Suzanne Crouch, who also serves as Indiana's Secretary of Agriculture and Rural Development. "The selected developments will directly address the needs of our workforce and will bring hundreds of affordable housing units to Indiana cities, towns, and rural areas."

IHCD received 33 LIHTC applications requesting 2023 credits under the 2023-2024 Qualified Allocation Plan (QAP). The QAP, which is unique to each authorizing state, details selection criteria and application requirements for the LIHTC program, Multifamily Bonds, HOME funds, Development Fund and the National Housing Trust Fund in conjunction with tax credits. It also contains all deadlines, application fees, restrictions, standards and requirements.

"IHCD administers the LIHTC program to create and preserve affordable housing in the state," said IHCD Executive Director

Jacob Sipe. "The scope of today's awards will make a lasting impact on thousands of Hoosiers, providing necessary affordable housing developments to communities around the state for at least the next 30 years."

IHCD incentivizes developments that will be in proximity and accessible to desirable facilities tailored to the needs of the tenants, including access to services, retail, healthcare and transit. IHCD prioritizes developments that will be in communities with nearby access to employment, access to post-secondary education and access to primary care. All 17 developments earned points in this category by demonstrating proximity to or location in these areas.

Seven of the 17 developments will meet IHCD's commitment to individuals with intellectual and development disabilities by providing affordable housing in an integrated setting. These developments will create up to 82 units for this

population.

Developers will create 53 units of supportive housing for persons experiencing homelessness by utilizing the Housing First model. Four of the 17 developments completed training through the Indiana Supportive Housing Institute and will help rapidly house individuals experiencing homelessness and provide intensive but flexible services.

Three of the developments will preserve 116 units of existing affordable housing, ensuring they remain affordable for at least 30 years.

Constructing affordable housing within a diverse array of Hoosier communities remains a priority. Six of the developments will be created in large cities, seven in small cities, and four in rural communities.

In addition to LIHTC funding, the board also approved \$10.3 million in Development Fund loans, \$1.5 million in HOME loans, and \$6.2 million from the Housing Trust Fund.

Births

A son, Remington David Hendrix, was born to Matthew Hendrix and Emily Hendrix on Jan. 24, 2023. The baby weighed 10 pounds 13 pounds.

Remington will be wel-

comed home by a sister, Toniann and a brother, Maverick.

Maternal grandparents are Jeff and Tia of Thorntown; paternal grandparents are David and Trish of Ohio.



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Kenny Talks Boilermaker Hoops, NFL Draft

It's such an oft-used phrase, "defense wins championships," that it's almost become a sports cliché.

But part of Purdue's downfall in the NCAA basketball tournament a year ago was having a variety of offensive weapons who didn't always want to guard their man.

That is not the problem so far this season for the Boilermakers, whose improvement in the defensive rankings has at least one prominent college basketball writer liking their chances to win the national championship.

Borrowing a concept from the late Sports Illustrated writer Grant Wahl, Seth Davis issued his "Magic Eight" teams that have the best chance at a national title. Davis notes that in the seven years Wahl wrote his "Magic Eight" column, only the 2003 Syracuse national champions overcame his criteria.

Davis' main rule was a school had to be ranked in the top 30 in adjusted defensive efficiency on KenPom.com. Davis notes that no NCAA champion during the past 11 years was ranked lower than 22nd. Kansas was 17th on its way to the 2021-22 title.

Davis' "Magic Eight" for 2022-23 are Purdue, Alabama, Houston, Kansas, TCU, Texas, UCLA and Virginia.

"In mid-February last season, I wrote that the Boilermakers, who were

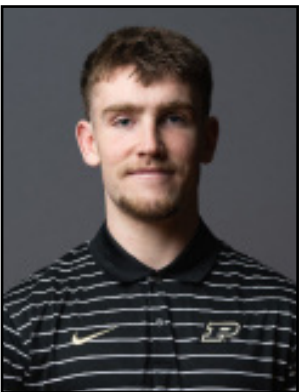


KEN THOMPSON
Columnist

No. 5 in the AP poll, had a fatal flaw: their defense," Davis wrote for TheAthletic.com. "At the time, they were ranked 102nd in defensive efficiency on KenPom. Now they are 16th. "The main reason, of course, is Zach Edey, but while the Big Maple is putting up monster numbers, his best asset may be his passing. You can't defend Edey with single coverage, and yet no team has two defenders big enough to keep him from passing out of double teams. Throw in his savvy decision-making, and you understand why Purdue is ranked No. 4 in the country in offensive efficiency and has lost just one game (by a single point) all season."

Davis doubled down on the Boilermakers Wednesday during a discussion among The Athletic's college basketball writers on their choice to win the national title.

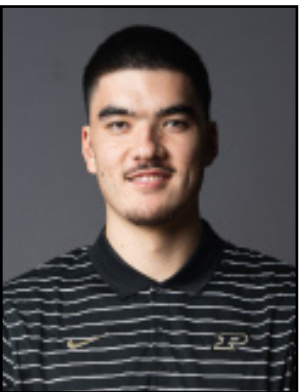
"Sometimes we get too stuck to conventions and history, and in Purdue's case both those things make me feel like Charlie Brown trying to kick



Braden Smith

that field goal with Lucy holding. (Or Brett Maher trying to kick a PAT. Too soon?) One of those conventions is that you need to have great guard play to win a national championship. Well guess what — Purdue has that. And I'm not just talking about those fearless freshmen Braden Smith and Fletcher Loyer. I'm talking about the Big Maple himself. He's not a playmaking point guard, but Zach Edey is expert at recognizing and passing out of double teams. You simply cannot guard this man one on one, but he's so good at reading the defensive help that he almost always makes the correct pass. And of course, it's easier for him because he's always passing over smaller defenders.

"As a team, Purdue is making just 32.6 percent from 3, and while that seems very low, Smith is a 44.6 percent 3-point shooter, and three other Boilermakers are 35 percent or higher. They don't need to be great at this part of the game.



Zach Edey

They just need to be good enough, which clearly they are."

Purdue's rise up the defensive rankings was aided by a rare performance on a Big Ten opponent's home court. Alan Karpick, publisher of GoldandBlack.com and a Purdue athletics historian, notes that the Boilermakers' 61-39 victory inside Williams Arena was the lowest point production by a conference rival on its home court since Jan. 7, 1944. That night, Purdue held Chicago to 27 points in a 43-point victory against the Maroons. Chicago withdrew from Big Ten athletic competition two years later.

The Journal and Courier noted in its Jan. 8, 1944 edition that the victory snapped a four-game losing streak for Purdue. It also was the 46th loss in 47 games for Chicago. At least the Maroons led 2-0. Purdue's Chuck Haag nearly outscored Chicago on his own, putting up 21 points.

Minnesota's 39 points was its lowest total since

the 1950-51 season. The Gophers' 12 first-half points were the fewest allowed in any half by a Big Ten opponent in the league's 128-year history. The 12 points allowed matched the Purdue school record as well, last accomplished against UNC-Wilmington on Nov. 21, 2012.

Colts will get their QB?

Mel Kiper Jr.'s first mock NFL Draft of 2023 presents an interesting scenario for the Indianapolis Colts.

Kiper predicts the Chicago Bears keeping the No. 1 overall pick and selecting Georgia defensive tackle Jalen Carter. If so, that would assure the Colts would get probably the No. 2 quarterback in the draft.

That would be 2021 Heisman Trophy winner Bryce Young of Alabama, since Kiper projects Ohio State's C.J. Stroud going off the board to Houston at No. 2.

"There's a clear gap after the top three passers in this class, and the Colts don't necessarily have to trade up to get one of them," Kiper writes.

"In this scenario, they could take Young, a quick processor with an elite feel for the pocket and how to move around and locate his target. The 2021 Heisman Trophy doesn't have a big frame, which some NFL scouts will downgrade him for because there aren't many starting quarterbacks under 200 pounds. I love his tape, though, and I'd be willing to bet on his talent. Spread out the offense and

watch him throw darts to Michael Pittman Jr. and Alec Pierce."

Noteworthy
Chris Forman, Purdue's associate strategic communications director for men's basketball, notes that Zach Edey is approaching single-season numbers posted by a Hall of Fame center.

Based on a 35-game schedule, Purdue's 7-4 junior center is on pace for 751 points, 460 rebounds and 82 blocked shots. In his research of the Sports-Reference database, Forman found only one player with 750 points, 450 rebounds and 75 blocks in a season: Navy's David Robinson (796-455-207). Since the 1992-93 season, no player has even reached 700-400-75. ...

Edey was selected to The Sporting News' midseason All-America first team last week. The Sporting News is one of four organizations used to determine consensus All-America status.

The front-runner for National Player of the Year, Edey is averaging 21.5 points and 13.2 rebounds. Notably, Edey has 43 blocked shots to just 29 fouls in 19 games. His 16 double-doubles are one behind St. John's Joel Soriano for the national lead.

Kenny Thompson is the former sports editor for the Lafayette Journal & Courier and an award-winning journalist. He has covered Purdue athletics for many years.

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More Than 50 Groups To Host Writing Workshops, Author Talks For Indiana Authors Awards Programs

Fifty-two organizations in more than 30 cities across the state will host Indiana authors during 2023 as part of a state-wide speakers program and writing workshop program offered through the Eugene and Marilyn Glick Indiana Authors Awards. Category winners and shortlisted authors from the 2022 awards season will visit communities virtually and in-person to provide readings and discussions.

Indiana Humanities, the engine behind the Indiana Authors Awards, selected the hosts and provides support for award-winning Indiana authors to travel the state to speak to public audiences. The programs, open to public libraries, schools, churches, museums, community centers and other nonprofit organizations, are funded through the support of Glick Philanthropies.

“We are excited to continue offering Hoosiers with opportunities to meet and connect with Indiana’s most talented authors,” said Megan Telligman, director of programs at Indiana Humanities.

“Thanks to continued support from Glick Philanthropies, more communities will have access to engage with literature written about and inspired by our state, which we hope inspires meaningful conversations.”

Organizations hosting author talks are:

- Allen County Public Library, Fort Wayne (Author: Angela Jackson-Brown)
- AMB Foundation, Evansville (Author: Tamara Winfrey Harris)
- Center for Inquiry 2, Indianapolis (Author: Helen Frost)
- Center for Inquiry 70, Indianapolis (Author: Kim Howard)
- Clear Creek Elementary School, Bloomington (Author: Kim Howard)
- Crown Point Community Library, Crown Point (Author: Jim Madison)
- Franklin College, Franklin (Author: Angela Jackson-Brown)
- Heartland Society of Women Writers, Indianapolis (Author: Marianne Boruch)
- Highland Arts Council, Highland (Author: Michael Martone)
- Highland High School, Highland (Author: Paul Allor)
- Impact Academy, Indianapolis (Author: John David Anderson)
- Indiana State Library, Indianapolis (Author: John David Anderson)
- Indy Reads, Indianapolis (Author: Tamara Winfrey Harris)
- LaGrange County Arts, LaGrange (Author: Judith Roth)
- Liberty Elementary School, Liberty (Author: John David Anderson)
- Maple Seeds Preschool Co-op, Indianapolis (Author: Rebecca Mullin)
- Marquette Park Playground Committee, Gary (Author: Kenneth Kraegel)
- Morrison-Reeves Library, Richmond (Author: Susan Neville)
- MSD of Wayne Township, Indianapolis (Author: Rebecca Mullin)
- Paragon Elementary School, Paragon (Author: Kim Howard)
- Plainfield-Guilford Township Public Library, Plainfield (Author: John David Anderson)
- Princeton Community Middle School, Princeton (Author: Laura Martin)
- Shelby County Public Library, Shelbyville (Author: Paul Allor)
- Sheridan Public Library, Sheridan (Author: Rob Harrell)
- St. Joseph County Public Library, South Bend (Author: Ashley C. Ford)
- The Community Learning Center, Kendallville (Author: Craig Fehrman)
- Tri-North Middle School, Bloomington (Author: Laura Martin)
- University of Southern Indiana, Evansville (Author: Craig Fehrman)
- Valparaiso University, Valparaiso (Author: Rob Harrell)
- Walton and Tipton Township Public Library, Walton (Author: Gabrielle Balkan)
- Westchester Public Library, Chesterton (Author: Tyrone McKinley Freeman)
- Writers Guild at Bloomington, Bloomington (Author: JL Kato)
- Zionsville Middle School, Zionsville (Author: Laura Martin)

Organizations hosting writing workshops are:

- Adams Public Library System, Geneva (Author: Shari Wagner)
- ArtMix, Indianapolis (Author: Ashley Mack-Jackson)
- Bloomfield-Eastern Greene County Public Library, Bloomfield (Author: Dave Griffith)
- Bloomington High School South, Bloomington (Author: Kenneth Woods)
- Brownsburg Public Library, Brownsburg (Author: Januarie York)
- Christian Park School 82, Indianapolis (Author: Curtis Crisler)
- Edison School of the Arts, Indianapolis (Author: Chantel Massey)
- Floyd County Public Library, New Albany (Author: Lydia Johnson)
- Forest Park Jr.-Sr. High School, Ferdinand (Author: Dave Griffith)
- Franklin Central High School, Indianapolis (Author: Chantel Massey)
- Franklin College, Franklin (Author: Saundra Mitchell)
- Impact Academy, Indianapolis (Author: Kenneth Woods)
- Indiana Connections Academy, Indianapolis (Author: Januarie York)
- Indianapolis Public Library, Indianapolis (Author: Alicia Rasley)
- Jeffersonville Township Public Library, Jeffersonville (Author: Kenneth Woods)
- Lake County Public Library, Merrillville (Author: Samuel Love)
- Midtown Indy, Inc., Indianapolis (Author: Januarie York)
- Morrisson-Reeves Library, Richmond (Author: John F. Allen)
- New Castle-Henry County Public Library, New Castle (Author: Larry Sweazy)
- Pendelton Community Public Library, Pendelton (Author: Alicia Rasley)
- The Franklin County Arts Council, Brookville (Author: Shari Wagner)
- West Lafayette Public Library, West Lafayette (Author: Bryan Furuness)

In addition to paying the speakers’ fees, Indiana Humanities will provide participating organizations with resources such as a communications toolkit, press release template and graphics for social media promotion.

Dates, times and other details for the author talks and writing workshops will be announced later. Watch for more information at indianaauthorsawards.org/events

Please Go Away!



DICK WOLFSIE
Life in a Nutshell

My wife is getting ready for our upcoming vacation. . She has already packed and unpacked and packed again. She practices packing because she wants to be sure everything fits in her suitcase. I practice putting on my pants because I want to be sure there will be room for the waistband to expand after I indulge in the all-you-can-eat buffets on the cruise.

I’m under the assumption I am going with Mary Ellen on this trip, but there is not a great deal of evidence to support this. My advice and input has not been requested, so I don’t want to jump to any conclusions that could lead to disappointment.

During all her planning she did exhaustive research by reading travel brochures and doing endless web searches to secure the best plane fares. She even made a few dinner reservations for when we are off the ship. In fact, she already checked the menu at one restaurant, and she knows what she wants for dinner in three weeks. She made a great salad dressing choice.

Mary Ellen told me that this trip may be a bit pricey, but it would be the perfect way to celebrate the 50th. This confused me because I know it’s not her 50th birthday. We celebrated that four different times about 20 years ago. And I am almost positive it’s our 43rd anniversary coming up, so it’s obviously just a ploy to get me to agree to splurge on this trip. But just to be sure, I’m going to run the numbers again.

Meanwhile, you should see what our house looks like. Books, charts, maps, and travel magazines are all strewn about the place. The last time I saw her this obsessed with a vacation was years ago when we went to Ireland. There were travel posters in every room, shamrocks pasted on the fridge and Irish music blasting from the portable CD player. Mary Ellen even started calling our beagle Blarney instead of Barney, which might have confused him, but he was getting so many corned beef leftovers, he let it slide.

I finally questioned her detailed planning. I was concerned that this much preparation might make the trip seem less spontaneous.

“Dick, when you enter a new country, it’s important to have a plan for what to do—a strategy.

“Yes, I agree if you are invading, but not if you are vacationing.”

The other day she was at the kitchen sink and I walked behind her and gave her a little smooch on the back of her neck. “Not now,” she said, “I’m packing.”

“Mary Ellen, I think you are getting rusty with the excuses. What happened to ‘I have a headache’?”

“Dick, I am now re-packing in my head, thinking about how to position my shoes, where to stuff my bathing suit and how to layer in my blouses. I want everything to be perfect. I don’t like to leave anything to the last minute. When do you plan to pack?”

“The week before our 50th anniversary.”

By the way, after reading this you probably are curious to know where we are going on this trip. I promise you that once Mary Ellen tells me, you’ll be the first to know.

Dick Wolfsie spent his career sharing his humor, stories and video essays on television, radio and in newspapers. His columns appear weekly in The Times of Noblesville. E-mail Dick at Wolfsie@aol.com.

Congressman Jim Banks Clarifies Anti-Abortion ‘Travel Ban’ Stance

By Whitney Downard

Third District Republican U.S. Rep. Jim Banks does want stronger anti-abortion laws but says he doesn’t believe measures banning travel from Indiana to abortion access states like Illinois is the answer.

“Neither (conservative WOWO host) Pat Miller nor I were talking about travel bans,” Banks said Wednesday in an interview with the Capital Chronicle. “I have never even heard of a travel ban until (I was accused) of that.”

During a Fort Wayne radio interview last week praising the anti-abortion March for Life rally in Washington D.C., Miller told Banks the pro-life movement still had work to do because Hoosiers could still access the procedure by driving to Michigan or Illinois.

“The fight is far from over,” Miller said.

“That’s exactly right,” Banks responded. “I’m for federal legislation, I’m for stronger laws at the state level – whatever we can do to save lives, to protect babies. That’s what this fight is all about.”

This interaction, tweeted out by Heartland Signal, caused a minor uproar on the app, claiming Banks supported banning travel between Indiana and Illinois for those seeking reproductive health care. Heartland, part of the “progressive” Chicago station WCPT, called Banks an extremist in another tweet.

Illinois Gov. J.B. Pritzker, a Democrat, added his opinion to the din, saying on Twitter, “The GOP’s plan to criminalize the most fundamental decisions a woman can make doesn’t stop with overturning Roe. The fight is far from over, and Illinois stands ready to protect all women.”

The Times of North-

west Indiana, based in Munster, wrote its own story describing the conversation, including Heartland’s tweet, with the initial headline of “Republican US Senate candidate backs abortion travel ban for Hoosier women.” An updated headline for the story says “Hoosier US Senate candidate backs reducing abortion options in other states.”

Banks said Wednesday that he would support a nationwide bill banning abortion after cardiac activity is detected in a fetus but called the “outrageous accusation” about travel bans “ridiculous.”

“My quote couldn’t be any more clear: I am unapologetically pro-life and support laws that protect babies. I support a federal ban and I support the law Indiana passed,” Banks said. “There are arguments that Congress shouldn’t pass pro-life bills but I

support them because of states like Illinois that have no pro-life protections for babies or women.”

Banks announced his candidacy for the U.S. Senate earlier this month, emphasizing his conservative values and commitment to anti-abortion legislation.

Indiana’s near-total abortion ban is on hold, as the Indiana Supreme Court weighs the constitutionality of the ban – the court heard arguments last week and said an opinion would be issued “in due course.”

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➤ BUTCH From Page A1

the explosives used in World War II. Not wanting to be incinerated, at least not until I had a chance to reach my teenage years, play basketball, get my driver's license, and date some foxy-looking gal, I went through the drill with my classmates at school during 5th grade. "Duck and cover" was easy...almost the same as a tornado drill, except we didn't have to hurry down to the basement hallway. Our teacher also walked us down to the armory one afternoon, where one of the uniformed soldiers showed us the fallout shelter, which was formerly the indoor firing range. Gosh, they even had first aid kits, water, canned food, and crackers for those seeking shelter. After the radiation simmered down, we could even go upstairs and play basketball on the full-size court. Who said a nuclear attack was the end? What fun!

The government also put out a pamphlet on how to survive an attack and even build your very own fallout shelter. I don't believe anyone in Darlington ever built one, but some families did stock up on necessary supplies. According to fliers, we needed the following: lantern, commode with bags, toilet paper, flashlight, water, canned food, can opener, batteries, bedding, playing cards, board

games, penicillin tablets, medical kit, and a few other odds and ends...including, believe it or not...a box of Twinkies. They also suggested taking along a bottle of aspirin and a can of "survival biscuits." I guess the theory was that since radiation could last several years, while you are hiding out in the basement, you might as well play Monopoly and euchre, munch on dried biscuits and Beefaroni, and have a Twinkie for dessert while you're waiting for the "all-clear" announcement on your battery-powered radio. Just a reminder...go easy on the toilet paper. A couple of rolls may have to last 25 to 30 years.

Of course, I believed everything. I had seen photos of the victims of the Hiroshima and Nagasaki nuclear bombs, which President Truman had authorized to thwart Japan's resolve to "fight to the very last" and end World War II. And when Russia developed their own nuclear bomb in 1949, when I was one year old, that started the Cold War. Tensions escalated, strategies for survival were thought out, and Civil Defense started showing public service announcements. For us baby boomers, drilling at school in case of a nuclear war was part of our lives. Who were we to question the

federal government?... We "liked Ike." He knew how to protect us...right?

In 1972, when I started teaching Social Studies at Darlington, the tradition of taking students down to the armory to view the fallout shelter was still a yearly routine. One sunny spring afternoon in 1975, I escorted my 5th grade class down there. One inquisitive boy asked the kindly National Guardsman how many people the fallout shelter could hold, and he answered, "approximately 150 people." The student then asked, "Well, how many people live in Darlington?"..."Oh, about 800." The boy paused for a couple of seconds, "Well, where do all the other people go if a bomb is dropped?" To which the soldier replied, matter-of-factly, "Son, you had better get down here as fast as you can...first come...first serve!" The 5th grade boy stood there...stunned...his eyes watering up.

That was the last time I took the kids to the armory fallout shelter..."Bert the Turtle" would have been better off going to church and praying.

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.

➤ DIETS From Page A1

· Bloating – When we eat food our body has to work to digest it. This can sometimes cause bloat as your body works, 100% normal. This should be mild. If you have sustained bloat or discomfort, you should seek medical attention. This could be signs of constipation or other gastrointestinal problems.

· Food Cravings – When your body needs food, it causes an imbalance of your hunger and fullness hormones, making you crave food. Food cravings can actually be caused by many things such as PMS, lack of sleep, a poor diet, dehydration, and an increase in physical activity. Besides that, stress can cause cravings for comfort foods and we just finished the holidays, a certain time of year or location can cause you to crave certain foods. But if you ask me that detox diet is only going to increase cravings.

· Constipation – as mentioned with the bloat. Constipation is normally a reason for bloat and so you need to increase physical activity and drink plenty of water to help get some relief, or see a doctor if these typical methods aren't working. When people change their diet, they often increase their fiber consumption. While

fiber helps with bowel movements if not paired with water things can get stuck. And yea being plugged with feces is definitely toxic.

· Constant colds – while you won't need a cleanse to help with the constant colds a well-balanced diet can help. I know you have all heard the saying an apple a day keeps the doctor away. When you eat a well balance diet full of fruits and vegetables, whole grains and lean protein you get all the vitamins and minerals your body needs.

· Fatigue or trouble sleeping – Before we go claiming our diet is the problem for our fatigue, maybe we should check how many hours of sleep we are getting. Lack of sleep is a major problem for US Adults, and the overconsumption of alcohol and high calorie meals doesn't improve our sleep. There is a lot of research currently going on about sleep and body weight. Stay tuned for a future article on this.

· Headaches could be from alcohol, smoking, changes in your sleep, dehydration and even a sinus headache.

It's the New Year and plenty of people are trying to sell you the next life changing diet. Please think twice before buying into these new trends. I

know eating a well-balanced diet of fruits and vegetables, low fat dairy, lean proteins and whole grains isn't exciting and flashy. But you know what, it works!

If you made a New Year's resolution to change your diet, physical activity or the way your body looks. Elimination diets are typically a quick way to fail. My suggestion is finding something you can add. Adding is always more appealing than having to remove something. And typically, when you add, you are inadvertently not leaving room for something else. When I fill my plate with fruits and vegetables at lunch time, I have filled my plate and stomach with nutrient dense food instead of the bag of chips that I would normally eat. I didn't have to remove the chips there just simply wasn't room for them. But of course, if you need that salty crunch, let yourself eat those chips, otherwise that food craving is going to backfire on you.

If you are looking for more information like this. Find me on Spotify for my Bite by Bite: Nutrition for Life podcast.

Monica Nagele is the County Extension Director and educator of health and human science for the Montgomery County Purdue Extension.

KAREN ZACH



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