

SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

ATHENS ARTS ●

Athens Arts Gallery Presents: A Poetry Workshop- Write From The Heart



Gwynn Wills

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

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!

➔ TODAY'S QUOTE

"Grow old along with me; the best is yet to be."
Robert Browning

➔ TODAY'S JOKE

*Why didn't the two dogs make serious plans for Valentine's Day?
It was just puppy love.*

➔ TODAY'S VERSE

Romans 5:3 – 5 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope; And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

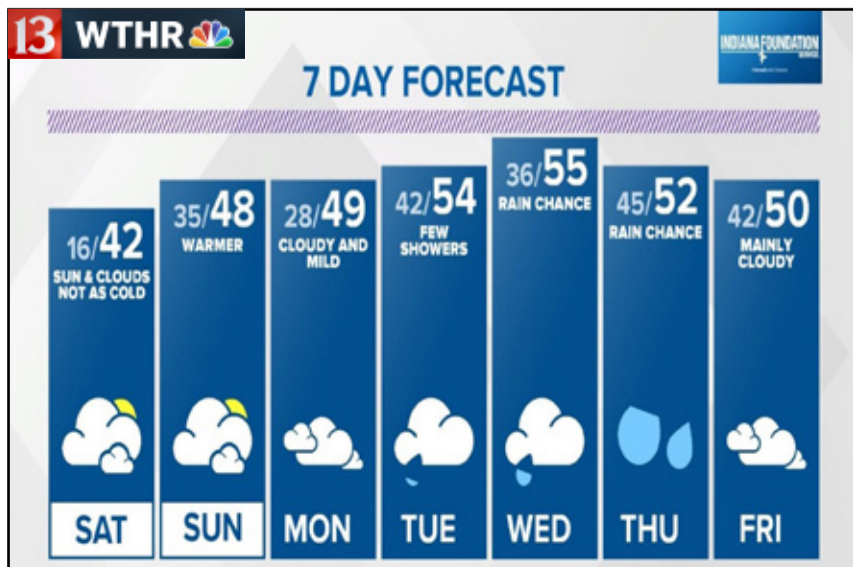
➔ TODAY'S HEALTH TIP

Kindness is contagious – surround yourself with giving people. 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

You know, I like the fact that I was built in the '50s – and most of my parts are still in working order!





I ndiana



Facts & Fun



Number Stumpers

1. What percentage of residents live in Greensburg?
≥
2. What is the population density of the county?
≤
3. How old is Decatur County?
≥
4. How many square miles of land does Greensburg not occupy?
≤

Answers: 1. About 46.07% 2. 69 People/Square Mile 3. 196 Years 4. 364.01 Square Miles

Did You Know?

- Decatur County was found in 1822 and named after Stephen Decatur Jr.
- Greensburg, the county seat, has an estimated population of 11,859 and a land area of 9.31 square miles.
- The county has a total land area of 373.32 square miles.
- Greensburg is known as “Tree City” because trees have been planted on top of the courthouse tower.
- There's an estimated population of 25,740 residents in the county.

Got Words?

As science has evolved, the possibilities of expanding agriculture have widened. Trees on top of courthouses, as seen in Greensburg, are one of the many peculiar methods for growing plants. How do you think agriculture in Indiana has positively and negatively evolved?

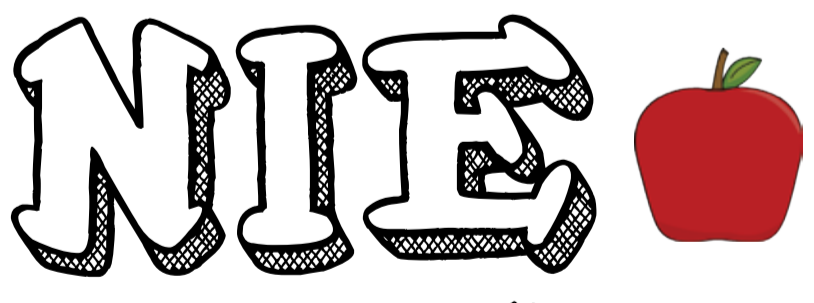
Word Scrambler

Unscramble the words below!

1. TERE IYCT
2. GRREGSUNEB
3. UADECRT CNYOTU
4. HUORCUEOTS
5. CIRUAGEUTLR

Answers: 1. Tree City 2. Greensburg 3. Decatur County 4. Courthouse 5. Agriculture

Indiana Facts & Fun Is Presented This Week By:



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SUNDAY

Indiana the Strong

Sunday, Feb. 5, 2023

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Anu, Previously Gropod, Awarded Nearly \$1 Million Competitive Grant From The National Science Foundation

Heliponix LLC, doing business as anu™ (previously gropod®), has been awarded a Phase II National Science Foundation Small Business Innovation Research (SBIR) grant for \$970,993 and \$75,000 in matching funding from Elevate Ventures.

Anu will continue its research and development work on multispectral photomorphogenesis that is now being deployed in conjunction with deep-learning, computer-vision algorithms within its novel rotary aeroponic cultivation chambers. It was previously awarded an NSF SBIR Phase I grant of \$256,000, in addition to \$50,000 in matching funding from Elevate Ventures. An online video shows the technology in use.

Anu was established six years ago by two undergraduate students in the Purdue Polytechnic Institute who were working on a NASA-funded research study at Purdue University. The research sought to optimize the photosynthetic efficiency of growing lettuce in a controlled-environment hydroponic chamber for astronauts to grow crops more efficiently in space. By manipulating the spectrum of LED light on the lettuce plants, the research team, led by Cary Mitchell, a professor of horticulture in the College of Agriculture, saw an increase in yields while simultaneously reducing the system's energy consumption.

Research team members Scott Massey and Ivan Ball, co-founders of anu, saw an opportunity to further increase yields and minimize energy consumption. Their innovative design, called the Rotary Aeroponic™ Cultivation Chamber, which has multiple patents pending, produces higher yields through its novel mechanical design coupled with a novel control algorithm facilitated through proprietary cloud software.

"Through decentralized, in-home production of produce, the wasteful inefficiencies and environmental destruction attributed to industrialized agriculture

are eliminated, while simultaneously delivering maximum freshness, flavor and nutritional value directly to consumers conveniently," said anu CEO Massey. "Produce is harvested when consumers are hungry rather than everything being harvested at the same time, which requires preservation of the produce. It simply stays alive and fresh until it's eaten. The anu team is now composed of more than 20 team members and continues to rapidly grow."

Massey said the Phase I SBIR grant from the NSF supported anu's "light recipe" research to maximize plant growth yields, nutritional content and energy efficiency within the proprietary Rotary Aeroponic Cultivation Chambers.

"We are now deploying those discoveries into our Phase II deep-learning, computer-vision system to commercialize an autonomous cultivation system for consumers to sustainably eliminate their dependency on grocery stores for eligible produce varieties without preexisting horticultural knowledge required," Massey said. "Our 'Keurig for plants' commercialization strategy empowers consumers to grow their own Pure Produce® that is more food safe, free of any pesticides and/or preservatives, and has much less environmental impact than industrial agriculture. This accomplishment is a giant leap forward as this century's Victory Gardens will unite to become the world's largest farm without owning a single acre of land."

As a leader in tunable horticultural research lighting systems, the Lighting Enabled Systems and Applications (LESA) Center of Rensselaer Polytechnic Institute has and continues to work with Anu to provide research-grade, multispectral, tunable LED modules and associated programmable control systems compatible with Heliponix's rotary chamber. These modules are based on the LESA Center's TIGER horticulture research

lighting modules and will provide the research flexibility needed in Phase II to optimize the LED illumination impact on plant growth variables in leafy greens including biomass, crop yield, nutritional content and energy efficiency.

"NSF is proud to support the technology of the future by thinking beyond incremental developments and funding the most creative, impactful ideas across all markets and areas of science and engineering," said Andrea Belz, division director of the Division of Industrial Innovation and Partnerships at NSF. "With the support of our research funds, any deep technology startup or small business can guide basic science into meaningful solutions that address tremendous needs."

Once a small business is awarded a Phase II SBIR/STTR grant, up to \$1 million, it becomes eligible to receive up to \$500,000 in additional matching funds with qualifying third-party investment or sales.

Startups or entrepreneurs who submit a three-page Project Pitch will know within three weeks if they meet the program's objectives to support innovative technologies that show promise of commercial and/or societal impact and involve a level of technical risk. Small businesses with innovative science and technology solutions, and commercial potential are encouraged to apply. All proposals submitted to the NSF SBIR/STTR program, also known as America's Seed Fund powered by NSF, undergo a rigorous merit-based review process. To learn more about America's Seed Fund powered by NSF, visit: <https://seedfund.nsf.gov/>

About the Lighting Enabled Systems & Applications (LESA) Center

The LESA Center at Rensselaer Polytechnic Institute is a graduated National Science Foundation (NSF) Engineering Research Center. LESA is an interdisciplinary, R&D center developing "Systems that Think.™" It is dedicated

to developing autonomous intelligent systems to address modern challenges in the built environment, including controlled environment agriculture (CEA). To learn more please visit lesa.rpi.edu.

About Rensselaer Polytechnic Institute
Founded in 1824, Rensselaer Polytechnic Institute is America's first technological research university.

Rensselaer encompasses five schools, over 30 research centers, more than 140 academic programs including 25 new programs, and a dynamic community made up of over 6,800 students and 104,000 living alumni. Rensselaer faculty and alumni include upwards of 155 National Academy members, six members of the National Inventors Hall of Fame, six National Medal of Technology winners, five National Medal of Science winners, and a Nobel Prize winner in Physics. With nearly 200 years of experience advancing scientific and technological knowledge, Rensselaer remains focused on addressing global challenges with a spirit of ingenuity and collaboration. To learn more, please visit www.rpi.edu.

About the National Science Foundation's Small Business Programs

America's Seed Fund powered by NSF awards \$200 million annually to startups and small businesses, transforming scientific discovery into products and services with commercial and societal impact. Startups working across almost all areas of science and technology can receive up to \$1.75 million to support research and development (R&D), helping de-risk technology for commercial success. America's Seed Fund is congressionally mandated through the Small Business Innovation Research (SBIR) program. The NSF is an independent federal agency with a budget of about \$8.1 billion that supports fundamental research and education across all fields of science and engineering.

BBB Tip: Data Privacy

Just because Data Privacy Week is over is no reason to forget about computer security. The Better Business Bureau has some tips to help you stay safe.

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news. While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves.

Quite a bit of personal information is already shared on the internet by cell phones, tablets, laptops or any other device that connects through wifi or an internet provider. These access points make it easier to shop, bank, make travel arrangements, and keep in touch with friends or family. When online, safeguard your information to help avoid scams, fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Cyber Security Alliance offer the following tips to help secure the privacy of critical information:

- Share with care. Posts on social media last a long time. Consider who will see the post, how it might be perceived by readers, and what information it might reveal about the individual posting it.
- Manage privacy settings. Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application or browser used will have different features to limit how and with whom you share information.
- Personal info is like money: Value it. Protect it. Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for, and weighing it against the benefits you may receive in return.
- Make your passwords long and strong. Use long passwords with a combination of upper and lower case letters, numbers, and symbols – eight characters for most accounts, twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.
- Keep tabs on apps. Many apps ask

for access to personal information, such as geographic location, contacts list and photo album, before using their services. Be thoughtful about who gets that information, and wary of apps that require access to information that is not required or relevant for the services they are offering. Delete unused apps on your internet-connect devices and keep others secure by performing updates.

- Lock down your login. For your online accounts, use the strongest authentication tools available. Your user names and passwords are not enough; consider two-factor authentication for key accounts like email, banking, and social media, especially for access on mobile devices.

- Don't click on unfamiliar links. Whether at home or at work, don't click on links from unfamiliar sources or unexpected correspondence. One false click can infect a whole computer... or a whole business.

- Pay attention to internet-connected devices. Smart thermostats, voice control systems, cars, even refrigerators are just the beginning of the growing list of devices that watch our homes and track our location. Read the privacy policy and understand what data is being collected and how it will be used. Read BBB's tips on smart devices and cyber security risks.

Charitable organizations should be aware of data privacy. Donors and others communicate online with charities via their websites, emails and other online means and need to be informed about what policies are in place to address privacy concerns. BBB Wise Giving Alliance published a blog article containing advice for charities regarding data privacy concerns.

For more information: See BBB's Cybersecurity Resources page.

Check out the National Cyber Security Alliance's Privacy Tips, including special information for teens, parents, older adults, mobile users, and more.

Businesses can learn more about BBB's tips for improved cybersecurity.

Ask the BBB in your area about programs for business leaders and employees.

ABOUT BBB SERVING CENTRAL INDIANA: For more than 100 years, Better Business Bureau has been helping people find businesses, brands and charities they can trust. In 2020, people turned to BBB more than 220 million times for BBB Business Profiles on more than 6.2 million businesses and Charity Reports on 11,000 charities, all available for free at bbb.org. There are local, independent BBBs across the United States, Canada and Mexico, including BBB serving Central Indiana, which was founded in 1916 and serves 46 counties.



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Ivy Tech Announces Partnership To Increase Access For Working Adults



IVY TECH
COMMUNITY COLLEGE

Ivy Tech Community College has partnered with Guild, a Career Opportunity Platform, which enables employers in Indiana and across the nation to invest in their employees, unlocking opportunities for personal and professional growth.

Guild matches higher education needs of employers and employees, with pre-determined programs offered through Ivy Tech's online platform, IvyOnline. Many employers pay all or a portion of their employees' tuition and fees, as an employee benefit, while they skill up their workforce. This helps to ensure learners can access their education and learning programs without facing significant financial barriers that present a hurdle to degree enrollment and completion.

"We are pleased to be

able to offer a portfolio of in-demand programs to Hoosiers who work for exceptional companies through this Guild initiative. We are also serving those nationally who have the same needs as our Hoosiers," said Ivy Tech President, Dr. Sue Ellspermann. "Ivy Tech is a perfect fit to offer programs to help individuals advance their knowledge and their careers and to meet the needs of employers."

"We are proud to welcome Ivy Tech Community College to Guild's learning marketplace," said Marty Martinez, Senior Vice President, Learning Marketplace at Guild. "Ivy Tech is an innovator in workforce-aligned learning. Their programs are high-quality, affordable, and uniquely suited to support the needs of working adult learners." Companies offering

Ivy Tech programs to their employees through Guild include: Kohl's, Regions Bank, Sentara Healthcare, Target, and Walmart.

"With programs offered through Ivy Tech, we're creating a path of opportunity for our associates to grow their careers at Walmart, so they can continue to build better lives for themselves and their families," said Lorraine Stomski, senior vice president of associate learning and leadership at Walmart.

The Ivy Tech Evansville campus serves as the enrollment hub for the Guild initiative, and a similar program—Achieve Your Degree—working with employers to defer tuition payment until the end of the semester. Ivy Tech Evansville Chancellor Daniela Vidal said the Evansville campus volunteered to take care of all enrollment, advising, and financial aspects of the Guild partnership, because of the success of the Achieve Your Degree program work.

"Our team has developed a plan, and employees from these companies are able to seamlessly reach our team members to get concierge service for all

of their enrollment and advising needs," Vidal said. "I look forward to seeing both students and employers skill up with Ivy Tech."

For employers to learn more about GUILD and Ivy Tech, call (812) 492-0175.

About Guild
Guild unlocks the talent and economic potential of America's workforce for employees and their companies. Guild partners with the nation's largest employers—including Walmart, Chipotle, Discover, Hilton, Macy's, Target, and The Walt Disney Company—to create cultures of opportunity that help them attract and retain top talent, while building the workforce of the future from within. By using Guild's proprietary Career Opportunity Platform to connect workers to a marketplace of education and learning programs that work in the real-world, employees at those companies can gain the skills, knowledge, and guidance they need to build a brighter future for themselves and their families—all without paying for tuition or career services on their own. For more information, visit <https://www.guildeducation.com/>

Forage Enthusiasts To Gather For Annual Meeting And Seminar

The Indiana Forage Council (IFC) Annual Meeting and Seminar will take place Feb. 9, 2023, at CLAAS of America in Columbus, Indiana. The location is the North American distribution hub for the global manufacturer of CLAAS harvesting machines and tractors.

"The yearly event is an opportunity to network with individuals who are enthusiastic about the contributions that forages provide society," said Keith Johnson, professor of agronomy at Purdue University. Scheduled events include a tour of CLAAS of America, a networking dinner and a brief awards presentation.

In addition, featured speakers Brock Kiesler and Matt Tobias will discuss the production,

harvest and marketing strategies they use to produce high-quality hay. As cash-crop hay producers in Floyd and Shelby counties, respectively, they have received recognition for award-winning hay entries in the IFC's hay-quality contest.

Elysia Rodgers, Purdue Extension director and educator, Dekalb County, said, "This will be my last annual meeting as the president of the Indiana Forage Council, having served the last two years. It has been a pleasure to see the changes in the forage industry and meet so many people from across Indiana that have similar interests."

Registration and agenda details can be found on the IFC website and Facebook page.

Indy 500 Green Flag Embarks On Epic Global Journey

The green flag for the 107th Indianapolis 500 presented by Gainbridge will experience an epic journey with fun twists as it travels the globe during the Green Flag Relay leading into "The Greatest Spectacle in Racing" on Sunday, May 28.

The flag made its first stop of the 2023 Green Flag Relay in a new location. Dan Smith of NTT DATA, partner of the NTT INDYCAR SERIES and Indianapolis Motor Speedway, carried the green flag on his trip to Antarctica (photo, above), where he supported Robert Swan's Undaunted: South Pole 2023 expedition.

Continuing its international travels, the green flag made a return visit to Sweden, the home country of Marcus Ericsson, defending Indianapolis 500 winner and Chip Ganassi Racing driver. In addition to enjoying action with Huski Chocolate athletes, the green flag traveled to Stockholm for the Idrottsgalan 2023 Swedish sports awards gala Jan. 16 at Avicii Arena. Ericsson was nominated for Performance of the Year.

"The Indianapolis 500

green flag is one of the most important symbols in all of motorsports, signifying the start of the world's greatest race," Indianapolis Motor Speedway President J. Douglas Boles said. "This year, the excitement continues as the green flag journeys to Antarctica, returns to Sweden and embarks on a relay to many other worldwide landmarks before returning to Indianapolis where it will be used to signal the start of this year's race."

To follow the flag's adventures, visit www.ims.com/GreenFlagRelay, which features an interactive map with photographs, video and more. On social media, the campaign can be tracked using the hashtag #GreenFlagRelay. The flag will travel to more fun locations soon, so make sure to look for additional content and updates.

Live coverage of the 107th Indianapolis 500 starts at 11 a.m. ET Sunday, May 28 from Indianapolis Motor Speedway on NBC and the INDYCAR Radio Network. Visit ims.com to buy tickets and for more information.

Do You Know Where Your Unclaimed Money Is?



Attorney General Todd Rokita

Have you checked to see if the state has any of your money lying around? Well, Feb. 1 was National Unclaimed Property Day and Indiana Attorney General Todd Rokita reminds Hoosiers to visit IndianaUnclaimed.gov or text CLAIM to 46220 to see what you may have.

"Protecting Hoosiers' liberty is my office's top priority," Rokita said. "Returning unclaimed property to the rightful owners is just one way we carry out this larger mission. Who knows — you might find \$5 or \$1,000, but it's worth a look."

Indiana is the only state where the attorney general oversees unclaimed property.

Last year, Attorney General Rokita's Unclaimed Property Division returned over \$61 million to Hoosiers.

Here are the types of property that might go unclaimed:

- Unclaimed wages or commissions
- Money orders

- Safety deposit box contents
- Savings and checking accounts
- Refunds
- Overpayments such as:

- Credit card balances
 - Cell phone bills
 - DMV payments
- Individuals and/or businesses have 25 years in which to claim money once it is reported to the Unclaimed Property Division. All you must do is supply proof of rightful ownership.

Money isn't the only thing waiting for you in the Unclaimed Property Division. There are some tangible items received from dormant safe deposit boxes. After three years, the divi-

sion typically liquidates those items through such means as eBay auctions.

Rokita credited Amy Hendrix, director of unclaimed property, with her effective supervision of the division.

"Throughout our office, staff members do their work with servants' hearts," Attorney General Rokita said. "Our mission is to earn Hoosiers' trust every day."

So be sure to check IndianaUnclaimed.gov or text CLAIM to 46220 to search your name, family, or business.

In addition to the website, you also may contact the Unclaimed Property Division at 1-866-462-5246 or upd-mail@atg.in.gov.



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Photos courtesy of Indy Airport Fire Department

Indy Airport Fire Department Inducts New Equipment With Old Traditions

Firefighters, retirees and officials at the Indianapolis International Airport (IND) recently celebrated the arrival of two new aircraft rescue firefighting apparatus, which included ceremonial traditions practiced among firefighters dating back to the 1800s. The event demonstrated the fellowship and team connection candidates looking to serve among Indy airport first responders can expect to find.

“These are age-old traditions that signify teamwork, camaraderie, respect for the job and appreciation for the right resources to do that job,” said Chief Fred Pervine of the Indianapolis Airport Authority fire

department.

The event kicked off with a wet down, a tradition of using the old fire truck’s hoses to wet the new truck. The wet down ceremony dates back to the late 1800s when a new fire apparatus was washed with water from an outgoing apparatus. At the event, all attendees were given a memorial towel to help dry the trucks as a symbol of pride.

“The ‘wet down’ is like an anointing to symbolize good luck, safe responses, and passing the proverbial torch,” said Deputy Chief Steve Summers of the IAA fire department.

The ceremony also included a push-in, a tra-

dition that also dates back to the late 1800s when fire departments used horse-drawn equipment.

“After returning to the station after a fire call, the horses could not easily back the equipment into the stations,” said Summers. “So the horses were disconnected from the fire wagons and firefighters pushed the equipment into the bay themselves.”

Indianapolis Fire Department Chaplain Father John McCaslin was also on hand to bless the trucks and all who ride on them. The event topped off with a radio call from the Airport Operations Center, announcing the old trucks official-

ly out of service and the new trucks officially in.

Pervine said the two trucks are specifically designed for aircraft firefighting, each with the capacity to carry 3,000 gallons of water, 420 gallons of foam concentrate, and 500 pounds of dry chemical firefighting agent.

“They have off-road capabilities, floatation tires, independent suspension, and can pump agents through two turrets while driving,” Pervine explained.

Each truck also has a 50-foot boom and a penetrating nozzle to pierce the aluminum skin on an aircraft or cargo box and flood it with a firefighting agent. In addition, each truck has a “low

attack” feature that can apply firefighting foam under the aircraft, while simultaneously using an agent from the top.

About the Indianapolis Airport Authority

The Indianapolis Airport Authority owns and operates Indiana’s largest airport system in the Indianapolis metropolitan area. In addition to the Indianapolis International Airport (IND), its facilities include the Downtown Heliport, Eagle Creek Airpark, Hendricks County Airport-Gordon Graham Field, Indianapolis Regional Airport and Metropolitan Airport. IND generates a \$7.5 billion total annual economic impact to the

state of Indiana – without relying on state or local taxes to fund operations. More than 11,000 people work at the airport each day, and nearly 54,000 jobs statewide have a connection to the airport. In 2021, IND served more than 7.1 million business and leisure travelers. IND is consistently ranked, year after year, as the best airport in North America and the nation, based on ease of use, passenger amenities, customer service, local retail offerings and public art. The airport is home of the world’s second largest FedEx operation and the nation’s eighth-largest cargo facility. For more information, visit IND.com.

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COPAYS AND DEDUCTIBLES MAY APPLY

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In The Kitchen

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

Enjoy Better-for-You Foods Focused on Flavor

FAMILY FEATURES

From salads and snacks to breakfast, lunch and dinner, rounding out a full menu of healthy meals shouldn't be a chore. In fact, you can still enjoy your favorite flavors and tickle your taste buds with nutritious recipes that capitalize on powerful ingredients you actually want to eat.

A fruit-forward breakfast is a nutritious way to start your morning, and a fresh twist on pasta salad can make lunches or your evening side an enjoyable way to stay on track. Bowls filled with grains, veggies and a favorite protein are all the rage, and this seafood-fueled version is no exception when you're craving a combination of your personal favorites.

Take your better-for-you eating plan from bland and boring to delightfully delicious by visiting Culinary.net for more recipe inspiration.

Eat Smart with Seafood

No matter if you're searching for a healthy family dinner, a quick lunch at home or an easy idea to meal prep for the week ahead, these Orange Shrimp Quinoa Bowls are perfect for seafood lovers who also enjoy a hint of spice. Fresh, healthy and full of deliciously prepared shrimp, these bowls are also loaded with mushrooms, peppers and cucumbers.

The homemade sauce is light with a sweet yet spicy vibe. Resting over a cup of steamy quinoa for a filling base of healthy grains, it's a quick and easy recipe you can customize with favorite toppings like sesame seeds and cilantro.

Find more wholesome, health-forward recipes at Culinary.net.

Orange Shrimp Quinoa Bowls

Servings: 2

- 1 cup quinoa
- 1 cup orange juice
- 1 tablespoon hot sauce
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 4 tablespoons vegetable oil
- 1 tablespoon lime juice
- 1 tablespoon white miso
- 1 1/2 pounds shrimp, peeled, deveined and tails removed
- 1/4 cup butter
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup mushrooms, sliced
- 1 red bell pepper, diced
- 1 cucumber, sliced into half moons
- 5 green onions, sliced
- 1 avocado, sliced
- 1 teaspoon sesame seeds
- 2 tablespoons cilantro, chopped

Cook quinoa according to package instructions. Set aside.

In medium bowl, whisk orange juice, hot sauce, honey, soy sauce, vegetable oil, lime juice and miso until combined. Pour 1/4 of liquid into separate bowl. Set aside.

Add shrimp to remaining mixture and marinate 15 minutes.

Heat large skillet over medium heat with butter. Add shrimp, salt and pepper. Cook 2 minutes on each side until pink. Add mushrooms and cook until tender.

In two serving bowls, divide quinoa, bell pepper, cucumber, onions, avocado and shrimp. Sprinkle sesame seeds and cilantro over both bowls.

Drizzle with reserved dressing.



Orange Shrimp Quinoa Bowls

Start the New Year with a Savory Salad

Starting the new year with fresh intentions, whether you're trying to reset for 2023 or simply add more greens to your meals, begins with delicious, nutritious and easy recipes.

With more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, Fresh Express provides plenty of inspiration, information and incentives to help you achieve your goals. For example, this Pesto Pasta Salad features red lentil rotini and Twisted Pesto Caesar Chopped Salad Kits loaded with a fresh blend of crisp iceberg and green leaf lettuces, crunchy garlic bricchoe croutons, Parmesan cheese and creamy pesto dressing. Add fresh grape tomatoes and toasted walnuts for a simple side or easy lunch that can be made ahead of time.

Discover more fresh recipe ideas at FreshExpress.com.

Pesto Pasta Salad

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 6

- 1 quart cooked red lentil rotini
- 2 packages (9 1/2 ounces each) Fresh Express Twisted Pesto Caesar Chopped Salad Kits
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup grape tomatoes, halved
- 1/2 cup walnuts, toasted

Prepare red lentil rotini according to package directions; cool 15 minutes.

In bowl, mix rotini and one dressing packet from salad kits. Sprinkle with salt and pepper; mix well. Refrigerate, covered, 30 minutes, or until rotini is cold.

In large bowl, mix lettuce from both salad kits with remaining salad dressing package. Add rotini and tomatoes; toss to combine. Sprinkle with garlic bricchoe croutons and shredded Parmesan cheese from salad kits and walnuts.

Substitution: Traditional rotini can be used for red lentil rotini.



Pesto Pasta Salad



Brunch Fruit Tart

A Fruity Twist on Breakfast

Whether it's a weekend celebration or a simple morning bite on the go, it's often said breakfast is the most important meal. Starting off your day with some fruity nutrition is a sweet way to add vitamin C to your diet without skimping on flavor.

With a tasty granola crust and yogurt filling, this Brunch Fruit Tart is an easy way to impress guests or fuel your morning at the office. Balanced and easy to make, the crunchy crust and smooth center make it an enjoyable addition to at-home menus. This version calls for strawberries, blueberries and kiwi, but you can get creative with your own favorite fruits for a different flavor each time you make it.

Visit Culinary.net to find more nutritious breakfast ideas.

Brunch Fruit Tart

Recipe adapted from homemadeinterest.com

Crust:

- 4 cups granola mixture
- 1/2 cup butter, softened
- 4 1/2 tablespoons honey
- nonstick cooking spray

Filling:

- 2 1/4 cups vanilla Greek yogurt
- 8 ounces cream cheese, softened
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 package gelatin

Toppings:

- strawberries, sliced
- blueberries
- kiwis, sliced

To make crust: Preheat oven to 350 F.

In large bowl, combine granola, butter and honey. Grease 11-inch tart pan with nonstick cooking spray. Line bottom of tart pan with parchment paper. Press granola mixture into tart pan. Place tart pan on baking sheet and bake 10 minutes. Cool completely.

To make filling: Using mixer, combine yogurt, cream cheese, sugar, vanilla extract and gelatin until whipped completely.

Pour yogurt mixture into tart crust. Refrigerate at least 1 hour. Top with strawberries, blueberries and kiwis.

SUNDAY

In The Kitchen

Sunday, Feb. 5, 2023

C2

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

Quick and Easy Dishes from *Around the Globe*

FAMILY FEATURES

One of the best parts of traveling is trying the local cuisine, and that's particularly true on an international scale. No matter where you go around the globe, however, there is one ingredient you'll likely find is an integral part of many cultures and cuisines: rice.

Grown on almost every continent, this staple ingredient is a large part of meals around the world, which means there are nearly endless varieties and recipes to try. However, you don't need to go on vacation to try authentic-tasting international food; easy-to-make versions of popular dishes from around the globe can be made right at home in mere minutes.

Mediterranean

Known for vibrant vegetables, savory sauces and incredible tastes, the Mediterranean is also home to a few classic rice dishes such as rich and creamy risotto from Italy. Other vibrant options include Spanish specialties like arroz con pollo (chicken and rice) and paella, which is made with an assortment of ingredients like seafood, spices and savory broth.

Asia

If you've ever been to an Asian restaurant, you'll notice a large portion of the menu likely includes recipes made with rice. While it might be difficult to pinpoint where certain recipes originate, fried rice is a Chinese specialty. Over time, this delicious dish has made its way to many different countries and been reinvented with local ingredients. For example, this Kale and Kimchi "Fried" Rice is based on Korean cuisine and can be made in less than 5 minutes using Minute Jasmine Rice & Red Quinoa Cups, which combine the buttery taste and aromatic scent of authentic Jasmine rice with crunchy, 100% whole-grain red quinoa in a convenient, pre-portioned cup.

Middle East

Much like other cuisines around the world, Middle Eastern cooking uses rice almost every day. A Turkish and Arab mixed dish, shawarma is now a global street food. Traditional Persian rice uses a variety of spices like turmeric, ginger and cardamom with dried fruits and nuts.

Latin America

Latin American recipes vary from country to country and region to region, but rice is essential on the side or as part of the main dish across the board. A quick and easy morning meal, this Mexican Breakfast Scramble is ready in 4 minutes. Aiding the short prep time, Minute Jalapeno Rice Cups are ready in just 1 minute and can help spice up dishes with a tasty blend of onion, green peppers and jalapenos.

North America

With bold flavors, few things say southern comfort quite like Louisiana cooking. Bring the taste of New Orleans to your kitchen with rice-based dishes like gumbo or jambalaya, or by pairing rice with another popular Cajun pastime – a classic shrimp boil.

Find more quick and easy international recipe ideas at MinuteRice.com.



Kale and Kimchi "Fried" Rice

Prep time: 2 minutes
Cook time: 3 minutes
Servings: 1

- 1 Minute Jasmine Rice and Red Quinoa Cup
- 1 cup kale, chopped
- 1/4 cup kimchi, chopped
- 1 teaspoon soy sauce
- 1 egg, lightly beaten

Heat rice according to package directions.

In medium microwave-safe bowl, combine kale, kimchi and soy sauce. Cover and microwave 1 minute.

Add rice and egg; mix well to combine. Cover and microwave 30 seconds. Stir and serve.

Serving Suggestions: Drizzle with sesame oil. Add cooked shrimp.

Mexican Breakfast Scramble

Prep time: 2 minutes
Cook time: 2 minutes
Servings: 1

- 1 Minute Jalapeno Rice Cup
- 1 egg, lightly beaten
- 2 tablespoons salsa
- 2 tablespoons queso fresco

Heat rice according to package directions.

In small microwave-safe dish, combine egg, salsa and rice.

Microwave 1 minute. Stir in cheese; microwave 30 seconds.

Serving Suggestion: For meal to go, wrap scramble in warm tortilla.



KAREN ZACH



Think writing a column on genealogy is easy?

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



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SUNDAY

In The Kitchen

Sunday, Feb. 5, 2023

C3

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

Smoked Chuck Beef Ribs

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans
Cook time: 10 hours, 30 minutes
Servings: 8

- 1 slab beef chuck short ribs (about 4 pounds)
- 2 tablespoons kosher salt
- 2 tablespoons coarse black pepper
- 1/4 cup cider vinegar
- 1 cup water

Preheat smoker or pellet grill to 275 F.

Pat ribs dry with paper towel; remove moisture on surface.

Combine salt and pepper. Rub beef ribs well on all sides and ends with seasoning, coating generously.

Place ribs in smoker and close lid. Cook 5-6 hours.

In spray bottle, combine cider vinegar and water. Lightly spritz ribs every 30 minutes for first 4 hours of cooking.

Ribs are ready when completely probe tender. If parts still feel tough, continue cooking.

Once completely tender, remove ribs from smoker then wrap tightly in butcher's paper and place in small cooler to rest 30 minutes.

To serve, slice ribs between bones.



Cook Like a Pitmaster from the Comforts of Home

FAMILY FEATURES

For home chefs looking to take their cooking skills to the next level, it all starts with a little inspiration and a few new skills. Turn family meals into extravagant adventures, take backyard barbecues to new heights and impress friends and neighbors with pitmaster-worthy recipes.

In fact, it can be as easy as turning on the TV. From beef ribs and barbacoa to curried brisket rice and pho rub beef belly spring rolls, viewers are in for a treat by tuning into season 3 of "BBQuest: Beyond the Pit," a video series that dives into the long-held traditions, new flavors and everyday inspiration that make Texas barbecue legendary.

The show follows four themes that capture the essence of Texas barbecue: legacy and tradition; creativity and innovation; Texas trailblazers; and family and community.

You can bring barbecue flavors home and cook like a pitmaster with dishes recreated from the series and developed by "Hardcore Carnivore" cookbook author Jess Pryles, including Smoked Chuck Beef Ribs, Grilled Jalapeno Cheddar Meatballs and Szechuan Skirt Steak with Crispy Rice.

"Since launching BBQuest four years ago, it's truly remarkable to see how much has changed and yet stayed the same when it comes to Texas barbecue, and that's exactly what you see in season 3," said Rachel Chou, Texas Beef Council's director of consumer marketing. "There has been so much exciting innovation around cooking methods and international flavors while there's still a huge dedication to long-held recipes and smoking techniques."

Learn more about the show and find inspiration to bring the taste of barbecue to your kitchen at BeefLovingTexans.com.

Grilled Jalapeno Cheddar Meatballs

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Cook time: 1 hour, 15 minutes
Servings: 15

- 1/2 cup tortilla chips, crushed
- 3/4 cup milk
- 2 pounds ground beef
- 3 fresh jalapenos, seeded and finely diced
- 1 block (8 ounces) cheddar cheese, finely diced
- 1 tablespoon paprika
- 2 teaspoons garlic powder
- 2 teaspoons kosher salt

Place crushed tortilla chips in large bowl. Add milk and allow chips to soften about 10 minutes.

After milk is absorbed, add beef, jalapenos, cheese, paprika, garlic and salt. Mix well to combine then scoop approximately 1/3-1/2 cup of mixture to form meatball; repeat with remaining mixture.

Place meatballs on plate or tray and refrigerate 30 minutes to firm.

Heat grill to medium for two zone cooking.

Place meatballs on indirect heat side of grill away from coals or lit burner; close lid. Grill 25-35 minutes, or until meatballs reach 165 F internal temperature on meat thermometer.

Remove meatballs from grill and cool slightly before serving.



Grilled Jalapeno Cheddar Meatballs



Szechuan Skirt Steak with Crispy Rice

Szechuan Skirt Steak with Crispy Rice

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Total time: 35 minutes
Servings: 2

- 2 teaspoons Szechuan peppercorns
- 1 teaspoon five spice powder
- 1 teaspoon kosher salt
- 1 skirt steak or bavette steak (about 1 pound)
- 1/4 cup vegetable oil, divided
- 2 teaspoons milk or cream
- 2 cups cooked white rice
- sesame seeds (optional)
- scallions, thinly sliced (optional)
- cucumber, sliced (optional)
- cilantro leaves (optional)

In skillet over low heat, toast peppercorns until fragrant, swirling in pan to keep from burning, about 2 minutes. Allow peppercorns to cool slightly then add to spice grinder or mortar and pestle with five spice and salt. Crush until fine powder forms.

Pat skirt steak with paper towel to remove moisture then season well with Szechuan salt on both sides.

Place skillet over high heat then add 1 tablespoon oil. When skillet is hot, add skirt steak and cook 5 minutes per side for medium-rare or medium doneness (135-150 F), turning occasionally. Remove steak from skillet then tent with foil to rest 3 minutes. Temperature will rise about 10-15 F to reach 145 F for medium-rare; 160 F for medium.

Lower heat to medium-high then add remaining oil and milk or cream. Add rice, pressing down gently with large spoon to form large, flat disc covering entire base of pan. Season with Szechuan salt, if desired, then lower heat to medium and cook 10 minutes until grains begin to turn brown and become crisp on bottom. Break up rice in pan to mix soft and crispy grains.

Slice skirt steak across grain.

To serve, place rice in two bowls. Layer with sliced skirt steak. Sprinkle with sesame seeds and chopped scallions then place cucumber and cilantro on top, if desired.

SUNDAY

In The Kitchen

Sunday, Feb. 5, 2023

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Warm Up Winter with Watermelon Fun



FAMILY FEATURES

The cold chill of winter may have you feeling trapped indoors with nothing to do and nowhere to go, but fun activities fit for the whole family can add excitement and chase away those wintertime blues.

Paired with an appetizing snack, at-home crafting provides a relaxing way to keep your mind and body moving.

Warming up with family-friendly activities starts with a versatile (and delicious) option like watermelon, which can be your sweet superstar all year long. As a centerpiece for evenings at home or gatherings and get-togethers, its versatility creates zero food waste with endless creative uses in the kitchen, from rind-smile snowmen to handheld snacks.

When this year's first snowfall offers a canvas for creativity and entertainment, gather your loved ones to make this Watermelon Snowman. Fresh-cut and personal-sized watermelons are the predominant options in wintertime, and they're perfect for putting together this festive work of art. All you'll need is a collection of kitchen knives, an ice cream scoop, melon ballers, skewers, some decorative "clothing" and blueberries for a fruit salad served right out of the snowman.

While you're hard at work, ease your appetite with a quick and easy snack like Watermelon Glazed Meatballs. Start with a homemade watermelon puree mixed with barbecue sauce then saute frozen meatballs and top with the sweet glaze for a perfect wintertime treat. Along with delicious taste, watermelon is also a nutritious hydration source, which is just as important in winter as during warmer months, and provides an excellent source of vitamin C with 25% of the daily recommended value in each 2-cup serving to support immunity.

These tasty morsels also make for a simple, shareable appetizer while hosting throughout the season. Just lay them out on a serving tray and pop toothpicks into each meatball so guests can grab and go while mingling.

To find more family-friendly crafts and sweet snack ideas, visit Watermelon.org.

Watermelon Snowman

Kitchen knives

- 1 round seedless watermelon
- 2 personal-sized watermelons, one larger than other
- ice cream scoop or large spoon
- melon baller
- mini melon baller or paring knife
- blueberries
- large wooden skewers

y-shaped sticks scarf hat

Using knife, cut 1/4-inch slice off bottom of round seedless watermelon and both personal watermelons to provide stable bases. Use smallest melon for head, second largest for torso and largest for lower body. Set aside smallest watermelon.

Cut tops off large and medium watermelons to create bowls. Using ice cream scoop or large spoon, scoop out flesh.

Using melon baller, scoop eyes out of smallest watermelon. Invert melon balls and reinsert.

Using mini melon baller or paring knife, scoop out holes for nose and mouth. Carve one piece of watermelon into triangle for nose and fill mouth holes with blueberries.

On platter, using large wooden skewers, connect all three watermelons.

Insert y-shaped sticks in middle watermelon for arms.

Fill bottom sections with fruit salad of melon balls and blueberries. Decorate with scarf and hat.



Watermelon Glazed Meatballs

Servings: 8

Watermelon Puree:

- 1 fresh watermelon
- 2 tablespoons vegetable oil
- 24-36 frozen prepared mini meatballs
- 1 cup prepared barbecue sauce
- 1 cup watermelon puree

To make watermelon puree: Remove seeds from watermelon and cut into large chunks. In blender, process until smooth.

In large, heavy saute pan over medium-high heat or electric skillet set to 325 F, heat oil.

Saute mini meatballs until browned and hot. Reduce heat to low.

Mix barbecue sauce and watermelon puree. Pour over meatballs and simmer 2-3 minutes. Serve hot.

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In The Home

Sunday, Feb. 5, 2023

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Garden Longer With Less Muscle Strain And Fatigue This Year



MELINDA MYERS
Columnist

Keep gardening longer with less muscle strain and fatigue with these pain-free gardening techniques. You'll not only keep your garden looking its best but also make it a more enjoyable experience.

Keep tools handy to reduce the number of trips from the garden back to your garage or shed. A garden tool bag or bucket with a wrap-around tool organizer works well for small hand tools. Purchase a mobile garden tool caddy or convert a discarded wheeled golf bag, shopping cart, or wheeled trash bin into a tool caddy for long-handled tools. These make it easier to keep them handy as you move from garden to garden.

Store small tools right in the garden. Install an old mailbox in your garden filled with your favorite small hand tools and gloves. Then add a little paint or cover it with a mailbox planter or vine to make it an attractive and functional part of your landscape.

Keep tools clean and sharp. Regular maintenance will extend their life and improve their efficiency. It can also help reduce the risk of spreading disease.

Invest in ergonomic tools when replacement or new tools are needed. They have larger and softer handles for easier, less stressful gripping. Many are designed for the proper positioning of your body to reduce joint stress and fatigue. Longer handles extend your reach and help you retain good posture. Consider purchasing



Photo courtesy of MelindaMyers.com

Kneelers with built-in handles make moving up and down easier, protect joints and allow you to garden longer.

ratchet-type pruners designed to give you more cutting power with less effort.

Use wagons, carts, or old snow saucer-type sleds for moving heavy items to the garden. You'll need to make fewer trips, reduce muscle strain, and save energy when moving mulch, potted plants, and other items.

Divide heavy loads into smaller increments. You may need to make more trips, but it will be easier on your back and knees.

When shoveling, be sure to stand upright and take small scoops. Remember to pivot your body rather than twisting when emptying the load. Switch sides and take frequent breaks to reduce the risk of muscle strain, and fatigue.

Protect your knees with kneelers or wrap-around kneepads. No matter your age or physical ability you will benefit now and in the future by protecting your joints when gardening. These gardening acces-

sories also reduce the pain and pressure on your joints. Kneelers with built-in handles make moving up and down easier, allowing you to garden longer.

Include a pair of safety glasses in your tool caddy. It is too easy to end up with a stick in the eye when pruning and working around trees and shrubs.

Take time to warm up before digging in. Gentle backbends and lunges are great ways to engage your muscles. Adjust your gardening activities to the weather. If it's cold, try waiting for the weather to warm. If you are stiff in the morning, try gardening a bit later in the day.

Garden for shorter periods and try to take breaks every 15 to 20 minutes. Consider adding a few benches to the landscape to encourage you to sit, relax and enjoy your handiwork.

Wear gloves to protect your hands from cuts and bruises. Gloves also keep your hands warm and provide

support as you dig, pluck and prune. Find a good-looking comfortable pair that you are likely to wear.

Protect your eyes and skin from sun damage. Wear a hat, sunglasses, and sunscreen. You'll avoid sunburns and protect your skin from long-term damage. Keep yourself hydrated by drinking plenty of water as you garden.

Including these strategies in your gardening efforts can make gardening even more beneficial and enjoyable.

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

Flowers Bring Life To Your Home Office

Working from home is here to stay. In recent years, considerable investments have been made in proper home offices. It's important to keep your home office cozy and productive. This is best done with flowers, of course!

Continuing Working from home started out of necessity, due to COVID-19. But even after the pandemic, businesses continue to focus on working from home. Research shows that working from home is more productive and improves work-life balance. If you are working from home, try to make

your office as cozy as possible!

Important aspects Flowers are important in your workplace. They reduce stress, boost your creativity and make things less business-like. And whose mood doesn't improve with a colorful bouquet? So, don't hesitate and seize this excellent reason to bring a bunch of happiness into your home. Spring bloomers such as tulips and hyacinths are guaranteed to lift your mood.

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

Chores To Tackle To Get Your Home Ready For Spring

(Family Features) After months spent largely indoors while harsh elements battered your home's exterior, many homeowners are throwing open the windows and embracing spring's arrival.

Every home requires ongoing maintenance to ensure it's living up to its aesthetic and functional best. This checklist can help you create a comfortable home setting for enjoying the warmer months.

Check gutters. During the colder months, debris can accumulate in the gutters, which can be problematic when spring rains arrive. Clogged gutters prevent water from flowing efficiently away from the roof and house. When they're backed up, they can cause water damage in a short amount of time. Faulty guttering can also cause slow leaks that lead to damage you may not discover until major repair work is needed. Properly functioning gutters are clear of debris, flow freely and are securely attached to the home.

Inspect the roof. Your roof takes a real beating in all kinds of weather conditions. Making it a common practice to carefully inspect the roof with the change of seasons can help you identify potential problems while they're still in early stages, before a big storm hits and major damage occurs. Some roof issues can be addressed with simple repairs you can do yourself while others may require a professional. A roofing expert can help you determine whether any trouble areas can be patched or if a more complete restoration is in order.

Replace the dryer vent. Upgrading your dryer

vent is an opportunity to conserve energy and prevent flammable lint build-up in your dryers. One option for updating the exhaust system is a paintable version of InoVate's Prime Dryer-WallVent. Engineered for both vent replacement and new construction, the vent includes features such as a gravity-assist damper, integrated magnets and a drip edge to provide extra protection from the elements as well as pests. A large, clean opening and lightweight angled damper promote exceptional airflow efficiency.

Service air conditioning units. Your heating and cooling system works hard to keep your indoor climate comfortable when extreme temperatures make the outdoors unbearable. That's why it's important to have your systems serviced by a professional, and spring is a smart time to do so before they're hard at work throughout the warmer months. Service can correct problems and ensure everything is operating efficiently, which can lead to money savings as well.

Repair window screens. Throughout the winter, your home's window screens can accumulate a layer of dirt and grime that isn't just unsightly; it blows indoors when you open the windows to welcome a fresh breeze. What's more, if your screens have rips and tears, pesky bugs and other critters can make their way into your home more easily. Cleaning and repairing your screens can make your home more secure and help protect your indoor air quality.

Find more information to help get your home ready for spring at DryerWallVent.com.

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SUNDAY

In The Home

Sunday, Feb. 5, 2023

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4 Steps to Live in the Present Every Day

FAMILY FEATURES

Living in the present means celebrating each moment as it happens without worries about the past or anxiety for what the future holds and enjoying life to the fullest. Many people find themselves thinking about what happened yesterday or what might happen tomorrow, making living in the now a challenge.

You can overcome those hurdles and live each day more fully by adopting habits that promote physical and mental well-being, including these suggestions from the experts at Natrol, the No. 1 drug-free sleep aid brand, according to data from Nielsen*.

Regular Exercise

You'll find exercise on virtually every list of self-care advice, and for good reason. Exercise stimulates your body in numerous beneficial ways, not the least of which is getting your heart pumping and oxygen flowing throughout your body, including your brain. Exercise also pairs well with meditation or mindfulness activities, which allow you to align your body's movement with your thoughts and focus on the act of nurturing your body while freeing your mind.

Quality Sleep

Getting quality sleep is linked to improved concentration and productivity, consciously managing your sleep habits can help you be more present each day. Creating a bedtime routine and establishing a comfortable, quiet sleeping environment are important steps. In addition, drug-free sleep aids like Natrol Melatonin products are designed to work with the body's natural cycles and help users fall asleep faster, stay asleep longer and wake up revitalized with a clearer, calmer mind†. Made with clean ingredients and no artificial flavors, sweeteners or preservatives, the line of melatonin products may help you rethink your relationship between sleep and living life to the fullest.

Deep Breathing

Focusing on the here and now can be easier said than done. However, it's possible to train your body and mind to concentrate on specific thoughts and tasks. Deep breathing exercises are an example of physically focusing yourself. Initiating a slow, steady breathing pattern and paying close attention to that rhythm can be an effective way to ward off negativity, whether it's fear, anxiety or another undesirable emotion. Managing your breathing gives you a degree of control that can help you navigate a tricky situation or establish a deeper connection between your body and mind.

Time Management

For many people, the modern world's frenetic lifestyle often demands constant multitasking. However, that continual juggling act makes it virtually impossible to give your full attention to any one aspect of your life. While a full stop to your multitasking tendencies may be impractical, you can carve out time to dedicate your mind more intentionally and completely. You may be surprised by how much joy you derive from simply being present.

Explore more advice and products to help you stay present at Natrol.com.

*Nielsen, xAOC, 52 weeks ending 09/10/22

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



DEVELOP HEALTHY SLEEP HABITS

Healthy sleep begins with 7-9 hours of sleep a night, but there's more you need to know to achieve the sleep you deserve. By getting the recommended amount of sleep and hitting all your sleep stages, you can wake up feeling more refreshed and ready to own the day.

Create healthy sleep habits. Establishing a consistent sleep-wake schedule helps regulate your circadian rhythms and increases your quality of sleep.

Avoid bright screens 60 minutes before bedtime. Exposure to bright LED lights such as smartphones, laptops and TV screens before bed can interfere with your body's natural release of melatonin.

Consider taking a melatonin supplement. When you need a little extra nudge toward dreamland, melatonin may help you fall asleep and stay asleep so you wake up refreshed.†

Create a calm and dark bedroom oasis. A dark, noise-free bedroom can help you sleep better throughout the night. Mask noise pollution with calming sounds and block out disruptive light with darkening curtains or a sleep mask.

Walk or exercise daily. Walking as little as 10 minutes a day can help improve sleep quality.

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SUNDAY

Business

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Sunday, Feb. 5, 2023

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Sec. Chambers' 5E Focus On Innovative Entrepreneurs

Earlier this week, Indiana Gov. Eric Holcomb and Secretary of Commerce Brad Chambers announced the conclusion of a record-setting year for entrepreneurship in Indiana, fostering innovation and fueling small business and startup growth statewide.

"Indiana's business-friendly climate paired with our strong Hoosier work ethic make our state prime for entrepreneurial growth and innovation," said Gov. Holcomb. "As a state, we are committed to investing in entrepreneurs and small businesses, enabling innovators to continue growing, finding success, and contributing to our economy and to our communities."

"2022 was a record year for Indiana, and one thing is clear: entrepreneurship is thriving in Indiana," said Sec. Chambers. "Indiana is now the number-one best state in the U.S. to start a business and among the top 40 destinations globally thanks to the commitments of our state and the perseverance of our innovators. Today and every day, we celebrate the many contributions of our entrepreneurial ecosystem and look forward to supporting tomorrow's businesses and breakthroughs."

Advancing entrepreneurship is a key pillar of Sec. Chambers' comprehensive, economic roadmap designed to ensure that Indiana is at the center of the future,

global economy and Indiana's leadership in innovation and entrepreneurship continues to grow. In 2022, Indiana was named Best State to Start a Business by Forbes, citing the state's business-friendly climate, above-average business survival rate and healthy funding opportunities. Additionally, Indiana was named a Global Top 40 Emerging Ecosystem by Startup Genome and six of the state's cities were named among the 2022 Best Startup Cities in the Midwest with Indianapolis ranking No. 3.

The IEDC, along with its venture capital partner, Elevate Ventures, works to fuel the entrepreneurial ecosystem by supporting innovators and small businesses across all stages of the entrepreneurial journey, from ideation to formation to expansion and beyond.

INSPIRING NNOVATORS & STARTUPS: In 2022, a record number of startups (38) participated in IEDC-supported accelerators. These startups also set new annual records by raising more than \$65 million in growth funding and creating 236 high-wage jobs. Since the IEDC launched its partnership with generator, a leading national startup accelerator, in 2018, 120 startups have utilized state supported accelerator programs, advancing innovation and growth in key industries, such as 5G technologies, the future of mobility,

advanced manufacturing and more.

Additionally, the IEDC set new records for utilization of its Venture Capital Investment (VCI) tax credit program, which helps entrepreneurs and startups attract capital more quickly by giving an investors an additional incentive to invest in early-stage, growing Indiana companies or in qualified investment funds that support these fast-growing companies. In 2022, the IEDC certified \$71.8 million in capital investments in Indiana companies, totaling \$18.5 million in associated tax credits. Additionally, 49 new Indiana businesses were certified to use the program, including 18 women- and minority-owned companies, advancing the entrepreneurial ecosystem in the coming years.

INVESTING IN ENTREPRENEURS & SMALL BUSINESSES: The IEDC works to support entrepreneurs and small businesses through the Indiana Small Business Development Center (SBDC) and the Indiana Procurement Technical Assistance Center (PTAC). In 2022, the Indiana SBDC provided no-cost support to more than 5,469 entrepreneurs and small businesses, helping secure \$110 million in capital and helping launch 407 new businesses – a new annual record. Of these new businesses, 32 percent were founded by

minority entrepreneurs. The Indiana SBDC also provided funding for a record number of growth and improvement projects through the Indiana Technical Assistance Program (INTAP) in 2022, helping 62 startups with projects, including business management systems, product prototyping, SBIR/STTR support and technology research and development.

Additionally, PTAC served 433 new clients, with roughly 68 percent qualifying as women-, minority- or veteran-owned business enterprises, helping businesses secure \$446.1 million in federal government contracts and create 815 new jobs as result.

ENCOURAGING ENTREPRENEURIAL EQUITY: The IEDC secured up to \$99.1 million in federal funding through the State Small Business Credit Initiative (SSBCI) to expand access to and increase capital for Hoosier entrepreneurs, startups and small businesses. The funds, invested alongside private dollars, are expected to result in at least \$990 million invested in Indiana's innovation and entrepreneurship ecosystem and at least 37 percent of SSBCI funds will be allocated to traditionally underserved small businesses and entrepreneurs, encouraging greater equity in access to capital for Hoosiers.

INVESTING IN HIGH-GROWTH

STARTUPS: As the number-one most active venture capital firm in the great lakes region since 2017, Elevate Ventures supports the efforts of the IEDC by providing assistance to high-growth, high-potential, cross-sector startups and innovators, making capital more accessible and attracting additional private co-investment. In 2022, Elevate Ventures made 183 investment commitments totaling nearly \$35 million – a new annual record. Since inception, Elevate Ventures has invested \$152 million in Hoosier businesses, attracting \$2.035 billion in capital from other sources (13-to-1 investment leverage ratio).

Elevate Ventures also assists small businesses in applying for grants through the Small Business Innovation Research and Small Business Technology Transfer (SBIR/STTR) programs, which encourage research and development technology commercialization, and with securing state matching funds. In 2022, Elevate Ventures committed \$1.8 million in state matching funds to leverage \$12.5 million in federal SBIR/STTR Phase 1 and Phase 2 grants secured by 34 Indiana companies.

In 2022, the IEDC also celebrated the many contributions of Indiana entrepreneurs and innovators during Global Entrepreneurship Week, announcing new entre-

preneurial ecosystem assets: Entrepreneurship Indiana, an annual publication honoring the entrepreneurial journey, and a new website, which is in the final stages of testing, that will provide a comprehensive, statewide listing of resources, programs and services for entrepreneurs, helping them start and grow their business. Visit Entrepreneurship-Indiana.com to submit an inspiring entrepreneur in your community for next year's issue.

Read more about Indiana's focus on entrepreneurship and its 5E approach to creating the economy of the future in the IEDC's 2022 annual report.

About IEDC
The Indiana Economic Development Corporation (IEDC) is charged with growing the State economy, driving economic development, helping businesses launch, grow and locate in the state. Led by Secretary of Commerce Brad Chambers, @SecChambersIN, and governed by a 15-member board chaired by Governor Eric J. Holcomb, @GovHolcomb, the IEDC manages many initiatives, including performance-based tax credits, workforce training grants, innovation and entrepreneurship resources, public infrastructure assistance, and talent attraction and retention efforts. For more information about the IEDC, visit iedc.in.gov.

Experts Offer A Plan For Raising The Bar On Workplace Safety

Compliance with OSHA and industry safety standards should not be the ultimate goal for an organization; it should be the baseline, say workplace safety experts Ken Chapman and Tony Orlowski.

In their new book, *Safety Beyond the Numbers: A Path to Principled Leadership*, Chapman and Orlowski address the "what now?" question when a company has a robust safety compliance program but is still experiencing serious injuries.

"We have come a long way in organizational safety. Fewer people are injured at work today than ever before. But safety is a job that is never 'done,'" the authors write in the book's introduction. "What is good in safety should be viewed through the lens of what can become even better."

In *Safety Beyond the Numbers*, the authors introduce readers to the next step beyond compliance: ownership.

"Good leaders who lead good organizations adhere to both OSHA and industry standards. But that is just the foundation," Chapman said. "They also own their

moral responsibility to ensure safe outcomes, and likewise require all team members to be worthy partners in keeping themselves and the people they work beside safe. Building an ownership culture on the foundation of compliance is the essential component that drives outstanding safety results."

Companies continue to invest a great deal of time, effort and money in newer equipment, smart controls that make good decisions, and advanced technologies to track and analyze compliance efforts, the authors explain. But these same companies spend relatively little time focusing on a component that has remained unchanged for thousands of years: human nature.

"Responsible human interaction and meaningful engagement with your people is as important to safety as technological advancement," Orlowski added.

Safety Beyond the Numbers provides a clear path toward implementing ownership principles for leaders who see safety as more than a mandated priority. It is for leaders who view the well-being of

their people as critical to the business, a prerequisite of doing business and a moral obligation.

About the Authors
Ken Chapman is an industrial psychologist with 40 years of experience working with foundries, generating plants, paper mills, steel fabrication and other heavy industry. His focus has been on leadership development and building durable safety cultures.

Tony Orlowski earned bachelor's and master's degrees in engineering followed by four years as a consultant in the mining industry, ultimately becoming a licensed professional engineer and completing an MBA. For the past 25 years, he has served in a series of leadership roles as a general manager and is currently an executive vice president in heavy industry.

The ownership principles described in *Safety Beyond the Numbers* are also available in a one-day, introductory seminar and as in-house training for organizations of all kinds.

For more information, please visit www.safepath.solutions.

American Senior Communities Appoints Cate Sabatine As General Counsel

Cate Sabatine has been appointed General Counsel of American Senior Communities, Indiana's largest senior care provider. Cate will oversee legal matters, real estate business and corporate transactions.

Cate joined ASC in 2016 as Associate General Counsel and then in 2019, served as Chief Compliance Officer. Prior to joining ASC, Cate spent five years of private practice in two Indianapolis law firms with a focus on health care law. Cate is a graduate of Penn State University and received her Juris Doctor and Master of Business Administration degrees from Indiana University.

Cate is involved in the com-

munity as a volunteer with the Indianapolis Bar Association and is on the board of directors at State Bank.

About American Senior Communities:
American Senior Communities offers a wide variety of Lifestyle and Care Options including Garden Homes, Assisted Living, New Energy Wellness, Inpatient and Outpatient Rehabilitation, Memory Care, Skilled Nursing Care, Hospice and Respite. Our mission is to compassionately serve each customer with quality care and excellence. To learn more about American Senior Communities visit ASCCare.com.

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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

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

300 S. Third Street • New Market
(765) 866-0421

Dr. Gary Snowden, Minister

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

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

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



*Helping
people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

609 S. Main Street • Linden
(765) 339-7347



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

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

ladogachristianchurch@gmail.com

www.ladogacc.com



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

Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



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

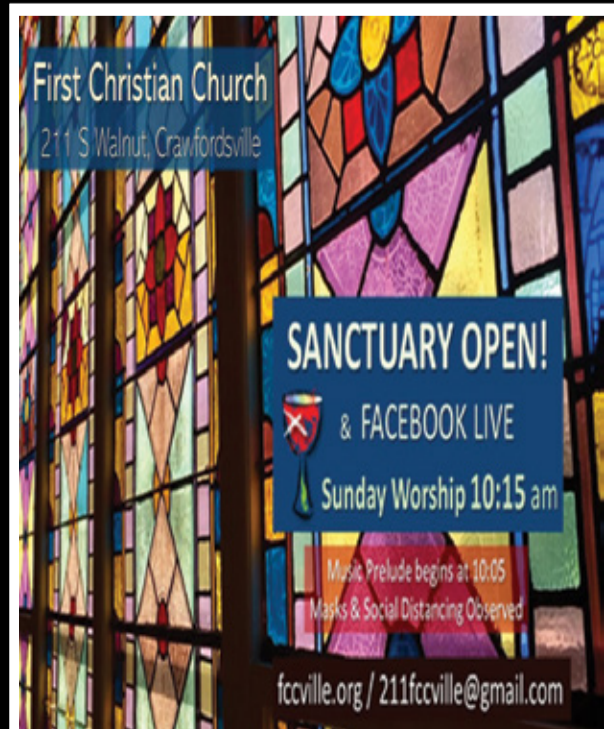


FIRST UNITED
METHODIST CHURCH
Follow in The Sun

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
Wed. Prayer: 5:30 p.m. - 7 p.m., Wed
Bible Study 7 p.m.
Kingdom Seekers Youth Group (alternate Sundays)
Pastor Seth Stultz
- Darlington Christian Church*
Main and Washington streets
794-4558
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
- First Christian Church (Disciples of Christ)*
- 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 Kenneson
- 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
Wed. Prayer: 5:30 p.m. - 7 p.m., Wed
Bible Study 7 p.m.
Kingdom Seekers Youth Group (alternate Sundays)
Pastor Seth Stultz
- 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
- 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
- North Cornerstone Church*
609 South Main St. P.O. Box 38
339-7347
Sunday School: 9:30 a.m.
Worship: 10 a.m.
Rev. Clint Fink
- 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, Feb. 5, 2023

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Helping Heroes Handle IBD



Photos courtesy of Getty Images

FAMILY FEATURES

For many veterans, their greatest battle isn't against enemy forces. It's a challenge that lies within their own bodies.

An estimated 66,000 veterans live with inflammatory bowel disease (IBD). Whether diagnosed while in service or after discharge, it's normal to have questions about the disease, need resources to navigate care options and want to connect with others who understand what you are experiencing.

Regardless of your specific circumstances, learning to be an advocate for your health can take some time as you complete your transition process into the U.S. Department of Veterans Affairs' (VA) health care system.

Being a proactive participant in your health care can help you in your journey. Arm yourself with more information about IBD and your options with these tips from the Crohn's & Colitis Foundation.

Learn About IBD

No matter where you are in your disease journey, you may have questions about Crohn's disease and ulcerative colitis. Focus groups led by the Crohn's & Colitis Foundation revealed many veterans living with IBD want to learn more about their diet and how to manage their disease symptoms.

Living with IBD means paying special attention to what you eat. Your diet needs to include enough calories and nutrients to keep you

healthy and avoid malnourishment. Some of the best ways to maintain adequate nutrition are to work with your health care team, seek help from a dietitian, make healthy food choices and avoid foods that make your symptoms worse.

Many people with IBD also take medications on a regular basis to manage symptoms and help prevent flares, even when the disease is in remission. Patients may sometimes use complementary therapies together with traditional medicine; however, it is important to remember complementary therapies should not replace the treatment prescribed by your doctor.

Continuous Care

Living with a chronic illness like Crohn's or colitis means seeing your doctor regularly. Continuous care helps ensure your needs are being addressed and you're receiving the care you need.

Working on an ongoing basis with a primary care doctor and gastroenterologist (ideally an IBD specialist) allows you to focus on targeted IBD and preventive care such as immunizations, cancer screenings and bone health monitoring.

Keep these tips in mind as you navigate your care, whether it be through a VA hospital, community center or private physician outside the VA.

- Seek help from a social worker, care coordinator or patient navigator.
- Adhere to recommendations for follow-up visits with your health care team.
- Keep a list of all prescribed and over-the-counter medications in your smartphone or on paper.
- Sign up for the VA's health app, Myhealthvet, to communicate with your health care team, access your records, request prescription refills and access other helpful tools.

Mental Health and Emotional Wellness

People with IBD are 2-3 times more likely to experience anxiety and depression than the general population, according to the Crohn's & Colitis Foundation. However, there are ways to help you cope with these feelings and concerns.

Coping tips include engaging in activities like exercise, relaxation techniques and meditation. You might also consider seeking help from a mental health professional who can assist you with acquiring skills to cope with your fears, worries and emotions.

To find more resources, including perspectives from other veterans managing IBD, visit crohnscolitisfoundation.org/veterans, where you can also find a link to a support group for veterans with IBD on Facebook.

Manage Your Menu

It's not always easy knowing what foods best fuel your body, especially when you have Crohn's disease or ulcerative colitis. Your diet and nutrition are a major part of life with IBD, yet there is no single diet that works for everyone.

Nutrition affects not just your IBD symptoms, but also your overall health and well-being. Without proper nutrients, the symptoms of your Crohn's disease or ulcerative colitis can cause serious complications, including nutrient deficiencies, weight loss and malnutrition.

While there is no one-size-fits-all for meal planning, these tips can help guide you toward better daily nutrition:

- Eat small, frequent meals daily.
- Stay hydrated with water, broth, tomato juice or a rehydration solution. Drink enough to keep your urine light yellow or clear.
- Drink slowly and avoid using a straw, which can cause you to ingest air that may cause gas.
- Prepare meals in advance and keep your kitchen stocked with foods you tolerate well.
- Use simple cooking techniques such as boiling, grilling, steaming and poaching.
- Use a food journal to keep track of what you eat and any symptoms you experience.



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Scaling Back



Photo courtesy of Getty Images

5 ways to manage your weight

FAMILY FEATURES

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

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

Eat Mindfully

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

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

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

Consider Intermittent Fasting

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

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

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

Manage Stress

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

Get Proper Sleep

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

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

Track Eating and Exercise

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

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

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

3 Tips for Intermittent Fasting

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

- 1. Pace yourself.** Make a gradual transition so your body gets used to going without food for shorter periods of time before you work up to extended fasting periods.
- 2. Stay hydrated.** Avoid confusing thirst for hunger by upping your fluid intake. Staying hydrated and energized while you fast helps keep fatigue and brain fog at bay. Options like

fruit-flavored SlimFast Intermittent Fasting Energizing Hydration Supplement Drink Mix won't break your fast and can help you add variety as a flavorful alternative to water. They can provide the energy and focus you need between meals and are perfect for those who feel groggy or run-down while fasting.

- 3. Set goals.** Know what you want to achieve and why, so your "why" can keep motivating you to follow your intermittent fasting plan even when you're tempted to quit.



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Final Durham Saga - #4 Jesse Younce Durham

Nine children were born to Jesse Younce (also found as Youce) Durham, today's feature and his wife, Martha Tarkington (haven't checked it out but she is supposed to be a 1st cousin of the famous Booth Tarkington). Jesse Younce was born in Mercer Co KY 25 Nov 1820 (son of John J and Celia Bonham) died in Waveland 26 Aug 1907 and Martha born 29 April 1829 died 1 Jan 1892. Although most of the other Durhams were here in the 1830s these two were married in Boyle Co KY 31 Aug 1843 and were here in 1850.



KAREN ZACH
Around The County

Dec 1856 Brook Station, Ky died 12 Sept 1935 in Waveland) – they are buried in Oak Hill. Parents of two sons (Roscoe Conklin and Henry North) and three daughters (Betty died age 1), Julia Belle and Rosalie Tarkington. George went to the country schools around Waveland then went to the Waveland Academy. He lived most of his life as a farmer and raised stock in Parke County where he served as Howard Township Trustee. He was a Mason and Democrat. Three of their children married into local families (Fullenwider, Elmore, Davis).

Governor Crittenden Durham (12 April 1848 KY) went by his middle name but several also called him "Gov". In Waveland's local barber, Hiram Pratt's diary on November 15th, 1911 he wrote "Report came in about 7 o'clock this evening that Gov Durham was dead. I was surprised very much. He was in my shop yesterday



born (7 May 1850) either in Kentucky right before their move or just as they got here. At age 18, she married Franklin North Johnson who at the time of Julia's death (not quite 30) was county treasurer and later a banker for years. County officials were Julia's pallbearers. She left her beloved husband and two sons Henry Franklin and John Amos ages 11 and 4. Buried Waveland Methodist Cemetery.

Their son, Cornelius died in infancy and their next child (Laura Bell) I know little about (born 12 Nov 1855 died May 1939 Danville, Ky) other than she married William Mitchell Rue, a horse trainer, who died young in 1896. When she passed away, her pall bearers were nephews and the minister was the president of Caldwell College for Girls "with which Mrs. Rue was connected for a

number of years." (obit).

Joseph Pinkney Durham, born on the farm 22 April 1859, died in Indianapolis 6 Jan 1915. He married Martha Watson "Mattie" in 1884. They are buried at Crown Hill. He attended Wabash but graduated from a commercial school after which he became an expert accountant. In Indy, he was bookkeeper for the Daniel Stewart Drug Company (obit). An active worker in the Presbyterian Church, he served as treasurer of the Indiana Synod. The Durhams were parents of four sons: Raymond Watson; Joseph; Leland VanMeter and Milton Webster. Raymond was in the window shade business in Indianapolis and died at age 44 after a lengthy illness. Joseph aided his brother in his business for some time, was a janitor and other jobs. Leland also helped his brother in the Shade business and worked on the railroad. Milton was briefly married, was in the AF during WWII and passed away in Santa Clara, California the next March.

Sixth son, Joshua Bell, "Judge" was born 19 May 1860 (died 26 June 1932) on the Durham place. He married Sittie Ellis who died about 7 years afterwards as did one child. Nellie Manning was his second wife. They had three children: Laura Elizabeth, Marion Younce and Lelia Belle. Judge farmed, was in the horse business, managed a stock farm and was a member of the Methodist Church

in Waveland, K of P and F&AM. He was noted in his obit for his "loyalty, friendliness, immaculate cleanliness, rugged honesty, optimistic spirit, and hearty laugh."

Their last was William Younce Durham born October 1863 died in Aug 1957 age 93. Bill married Mary Annabell McMurtry on Christmas day in 1889 and they had three sons, Rue Belle, Frank A and William Harold "Younce." Bill lived in Waveland most of his life and bought and sold horses and mules, many envying his; however Norman Dillman said: "He did succumb to modern ways though as in later life, he had a Blue Whippett Coupe!" Rue worked for many years with the Brandywine Detective Agency (Elkton, MD), Frank was a Doctor (Louisville) and Harold, a salesman for a factory in Dallas, Texas.

Jesse Younce was a Methodist, Democrat, Mason and served in the State Legislature in 1872. He and Martha are buried at Maple Ridge cemetery near Waveland. Thanks much to Sue P for the photo (FindAGrave). Thus, you have just perused the conclusion of the Durham Saga. Hope ya' enjoyed!!!

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 Visits The Lafayette Wal-Mart And Notices Some Things

My wife and I shopped at the Wal-Mart on State Road 26 East in Lafayette a couple of weeks ago . . . needed to pick up a few odds and ends. It was a cloudy, cold, and windy day, and we were bundled up in our winter coats. As we approached the entrance, I noticed a fellow who appeared to be in his 30s, pushing a cart full of groceries out the front door. He was wearing a short-sleeve T-shirt, shorts, and flip-flops. Seriously. And once inside, in front of us was a teenage girl in shorts and a tank top!



BUTCH DALE
Columnist

same . . . no questions asked. Yes, yes . . . I know . . . it's a different world that we live in now. I grew up in the 1950s and early 1960s. People had more common sense, and we did what our parents told us to do . . . no questions asked. In addition, peer pressure to conform was the standard. That flew out the window in the late 1960s with the "do your own thing" philosophy. It's been

that way ever since, but in the past few years, a few people have gone haywire.

Nowadays you never know what to expect when out in the public. At Wal-Mart that afternoon, two women were shopping in their pajamas. They even had on their furry slippers. In the line to the pharmacy was a guy whose jeans were hanging down so low that you could see all of his backside underwear, as he held his pants up with one hand. Evidently no one had told him that belts had been invented several thousand years ago. A young girl looking at hair products was wearing leather shorts, fishnet hose with numerous holes, and shoes with thick 5-inch heels . . . sorry . . . NOT stylish! As I headed down the snack aisle, I got behind a rather heavy-set lady who was driving an electric cart. Her slacks evidently were way too short . . . talk about "plumber's crack" Oh,

my Lord! Ma'am, you might want to skip the Cheetos and Little Debbies today. As I headed to the frozen food section, I met a tall fellow. He had on a cowboy hat and cowboy boots . . . and he was wearing a skirt and carrying a large purse . . . perhaps the modern day version of Matt Dillon. Maybe Matt kept his \$300 Coach purse in his saddlebag.

And it's not just clothing. A short fellow standing at the jewelry counter had his entire face, neck, and bald head covered in tattoos. Tattoos are OK . . . but the entire head? And hair . . . how many colors did I see? Blue, magenta, green, pink, rainbow . . . you name it. A man shopping in the meat department had a bright red mohawk hairdo. The fellow with him had those large earrings protruding from the giant holes in his stretched-out earlobes. I'm still not sure what tribe those two belonged

to, but I remember seeing their ancestors in a National Geographic magazine back in 1957.

Call me old-fashioned, but I just don't get it. Perhaps they look at me and say, "Gee, look at that old guy with the silver hair, wire-rimmed glasses and Milwaukee Braves hat . . . He sures looks goofy!"

Well, live and let live. I will admit that it makes shopping more entertaining. And the great thing is . . . I don't have to pay to see these people. It's like going to the circus for free!

You know, after all of these sightings, perhaps shorts and T-shirts in 20-degree weather isn't so bad after all.

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.

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Where Are We With Taxes? Let's Ask ...

I'd like to think that my talent with the written word is responsible for the landslide of response the last two weeks. But I suspect the topics – politics as usual and the insanity of our massive national debt – has far more to do with it. Whatever the reason, I'll take it. The more of us who get involved the better. The more unwilling to accept the embarrassing load of debt we're handing our child-, er, grandchild-, er, great-grandchildren . . . the better.



TIM TIMMONS
Two Cents

Let's recap. The discussion began when our country reached its debt limit . . . and the hired hands in Washington appear to be going down the same ol' path of not addressing the real problem (let alone cutting spending and actually starting to fix it). Nope, they're going to play politics for a while and then, one-two-presto . . . they're going to "solve" everything by kicking the can down the road and raising the debt limit.

However, there's a little good news. In addition to an awful lot of you talking about this, Sen. Mike Braun – yes, the same one running for governor in the great Hoosier State, and 23 of his Republican buddies sent a letter to President Joe Biden about the growing debt. Was it a political stunt? Oh, probably. But at least they said something.

"Americans are keenly aware that their government is not only failing to work for them – but actively working

against them," the letter said in part. "We do not intend to vote for a debt-ceiling increase without structural reforms to address current and future fiscal realities and manage out-of-control government policies."

It stops short of saying they'll find ways to reduce spending.

Hey, it's a start.

How did we get here?

Well, part of it is greed and corruption. If anyone out there thinks that Joe Biden and his pals all over D.C. (past and present) didn't get fat and happy in their government jobs, well, I've got a couple of daily newspapers I want to sell you! Besides, let's not forget the wise words from one of the last honest guys to sit in the Oval Office, Harry S. Truman. "Show me a man who gets rich by being a politician, and I will show you a crook."

Amen, Harry . . . amen!

Look, a lot of us grew up

the same way. My wife and I will celebrate 40 years of marriage in a few months – assuming she doesn't kill me first. And we've done OK for ourselves. I say that not to brag. We worked our asses off for what we have. The thing is, we – like many of you – started out with little. We lived in Mrs. Schroeder's upstairs for a while on West Main Street because we couldn't afford our own place. When we finally could, that first abode was a house trailer. Hey, the Journal-Review was paying me \$190 a week and all the newsprint I could eat. It's what we could afford.

Did I suggest the government to be blame? Did I expect someone to improve things for me?

My Dad and his Dad would have kicked me in the posterior if I had.

Instead, I got more jobs. I worked at the Park & Rec Department running a summer league. I got my referee's license and started ref'ing games. As a writer, I freelanced. Later on, I coached three sports at South.

How many of you worked more than one job back in the day? I'll bet a lot.

We had to, right? The idea that the government would step in and either give us a free handout, or force our employers to double the wages they were paying would have resulted in a whole lot of politicians finding out just how angry voters react at the ballot

box.

- Times have changed.
- Our taxes are out of control.
- Government spending is out of control.
- Government growth is out of control.

I'll ask again – how did we get here? It sure didn't happen overnight. It's kind of like that old story about the camel's nose. The thought is that if a camel sticks its nose under the tent and you don't shoo it away, then little by little the camel will soon follow. Tell you what friends, the camel and his buddies are in our tent.

So we're going to be like that camel. Over some time, we're going to take a closer look at the details of where our money goes in the government and pass what we learn along. We've already started by reaching out earlier this week and asking for some "big picture" data. Simply put, we asked four things: 1.) How much money does the county bring in each year 2.) What are the sources of that money (income tax, property tax, etc.) 3.) What local taxes have been passed over the years (dates and what it was for) And 4.) How much does the county spend year by year?

What I've gotten so far is a 40-something page document full of numbers, charts, graphs, bells and whistles. It's titled Strategic Financial Plan and Analysis and it was put together by Peters Municipal

Consultants, Ltd. What'd it cost? I asked, and will let you know what they say.

Let's be clear. The intention here is to not be critical of the county. It's just a place to start to figure things out. Let me say it again:

- Times have changed.
- Our taxes are out of control.
- Government spending is out of control.
- Government growth is out of control.

So we're asking questions. We'll report the answers – good, bad or indifferent – and we'll see what we learn. Truth to tell, I hate to start here. The best, and I truly do mean that, the best people in government are those on the local level. For the most part, these are friends and neighbors and folks who just want to do their part. Government at the local level is usually as good as government gets.

The bigger issues, 97.5 percent of the problems, are in Indianapolis and Washington. But if we're going to get things to change, we have to start somewhere.

Want to join in? Send your questions, comments and concerns my way. We'll see where this goes.

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

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Ask Rusty – Will Social Security Be There For Me?

Dear Rusty: I am 56 and hope to hold out to get maximum Social Security at age 70. However, with all of the talk of Social Security funds being depleted, is it wise to continue with this mindset? Will there even BE Social Security benefits for folks in my age bracket? Should I think about starting Social Security benefits as soon as I am eligible? I am employed; however, I don't have a large amount of savings. I contribute to my company's 401(k) and receive the match, and I own my own home (almost paid off) with an estimated \$250,000.00 in equity, but I won't be able to stay in the home long term. Any insight you can provide would be greatly appreciated.
Signed: Weary Worker

Dear Weary Worker: I don't suggest changing your strategy due to

fears of Social Security not being there – it will be. Although the program is facing some future financial issues, the very worst that could happen is that everyone's benefits might be cut by 20+ % if Congress fails to act to restore the program to solvency before the Trust Funds are depleted in the early to mid-2030s. In my opinion, Congress will not likely fail to act because to do so would be political suicide. The fact is, they already know how to fix Social Security's financial issues; they just lack the bipartisan spirit and political fortitude to do so until they extract every possible ounce of political capital from the issue. So, it's largely a matter of how long Congress will wait to reform the program.

Right now, the Social Security Trust Funds hold about \$2.8 trillion in reserves to ensure full benefits will be paid. But



ASK RUSTY
Social Security Advisor

Social Security now pays out more in benefits than it receives in revenue, so the extra money needed to pay full benefits is taken from those reserves. What is needed is reform which addresses the reality that people today are living much longer and collecting benefits for much longer than the program is structured to accommodate. Many possible solutions are on the table in Congress, including raising the full retirement age a bit to deal with the reality of people living much

Social Security Matters

by AMAC Certified Social Security Advisor
Russell Gloor

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longer, and increasing the program's tax revenue by withholding a bit more from American workers. The eventual reform will likely include some variation of both, as well as other "tweaks" which further guarantee the program will be there for future generations.

As for the thought of claiming your benefits as soon as you are eligible (age 62), be aware that Social Security has an "earnings test" which applies to anyone who collects benefits before

reaching full retirement age (FRA). If you are working full time when you first become age-eligible, you likely wouldn't be able to collect benefits because your benefit amount would be insufficient to pay the penalty for exceeding the earnings limit (\$1 for every \$2 over the limit) within one year. And, as you may already know, your age 62 benefit would be cut by about 30% from your FRA amount, while your benefit at age 70 would be about 76%

more than your age 62 benefit.

So even if the worst case scenario happens (which it almost certainly won't), an across the board cut of 20+ % to your age 70 benefit would yield a higher monthly payment than that same cut to your age 62 benefit amount. So, I suggest you stick with your current strategy to continue working and wait as long as practical to claim your benefits (up to age 70). As an aside, AMAC (Association of Mature American Citizens) has, for years, been proposing (to Congress) its "Social Security Guarantee Plus" which would restore Social Security to solvency for generations to come and would not require an increased payroll tax rate. Congressional reaction has been generally positive, leading us to be hopeful for a reasonable solution to the problem.

Butch Remembers The Guy That Got Off Easy

(NOTE: The names used in this article are not the real names.)

Each night on the news, we hear about the rampant crime, including murders, in the large cities, including Indianapolis. Montgomery County is not crime free. A look at the daily police blotter confirms that unfortunate fact. A wide variety of crimes occur sporadically, many of which are drug and alcohol related, but serious felonies and homicides are rare. Sometimes the perpetrators are caught. Sometimes they aren't. Here is one I will never forget....

As a deputy sheriff, one evening I was dispatched to a report of a person who had been shot at a residence south of Crawfordsville. I knocked on the door of the house trailer, and not knowing any details, I stood at an angle, my hand on the grip of my Smith and Wesson revolver. A few seconds later, a man opened the door... "Joe's dead...it was an accident...I didn't do it." On the living room floor was a man... laying motionless.

After frisking the fellow who let me inside and searching the other rooms in the trailer, I examined the victim, who was laying face up, with what appeared to be a bullet hole in the middle of his forehead. He eyes were wide open, and he was, indeed, deceased. I radioed dispatch and requested the Sheriff head to the scene. As I read the witness his Miranda rights, he sat on the couch and lit up a cigarette. I asked him what happened. "Billy shot



BUTCH DALE
Columnist

him. He had a gun and was playing around. He was pointing it at Joe... and the gun went off. He didn't aim to shoot him. It was an accident." As this fellow told me about the incident, he was very nervous, which is understandable, but he also never looked me square in the eyes...a sign of deception.

"Where is Billy now?" I responded. "He took off. He knew he would be in trouble even though it was an accident." "Did he take the gun with him?" "I don't know... yes, I think so." "What is Billy's last name?" "As he lit up another cigarette, he told me the shooter's last name. I knew immediately who he was referring to...he was a suspect in several burglaries and was also thought to be a drug dealer, which is about as low as anyone can get.

In short time, the Sheriff, along with several other officers, arrived at the scene. Photos were taken, items were dusted for fingerprints. The victim was taken to the morgue, and the witness was transported to the jail for further questioning. As darkness fell, a search then ensued to locate the shooter in the nearby house trailers, some of which were va-



cant. No luck, so then a search of the surrounding wooded area began. This proceeded slowly and cautiously, as we assumed the shooter still possessed a gun. He was finally apprehended the next morning, taken in for questioning, and subsequently admitted that he had shot the victim..."It was an accident...I swear."

I was not present during the questioning of the accused. I was also not present during the questioning of the witness. After a while, you just get a gut feeling of when someone is telling the truth or not... their actions, eye contact, mannerisms. I was good at interviewing suspects and solving cases. I was absolutely certain the witness had not told the truth. I was also never asked to testify in court.

The result? The shooter was convicted of involuntary manslaughter/ criminal recklessness with a deadly weapon. To the best of my knowledge he served two or three years in prison, and was released. A few years later, I was at the jail when the city police arrested...guess who... the witness to the shooting...for public intox-

ication. While he was being fingerprinted, I walked over next to him. I couldn't resist. "Was it really an accident when Billy shot your friend Joe?" He hesitated and then looked straight at me, "No, Joe owed Billy drug money. Billy pulled out his pistol and made him get on his knees. He told him he wanted the money now...or else. Joe begged him not to shoot, but Billy shot him right between the eyes." I paused, "Then why didn't you tell the detective this?" "Because Billy told me if I said one word about it, he would kill me...sometime... somewhere...one way or another."

I knew it. I just knew it. I am confident that if I had been given the chance to interview the witness, I could have gotten the truth out of him. I don't blame the detective. He was good at his job. But the first responding officer to a serious crime has the most information and has details in his mind that other officers do not have.

To this day, not counting this incident, there are four unsolved murders here in Montgomery County. Billy got off easy. The law of double jeopardy excludes the possibility of him being charged again for what he did. But when he and the other four murderers face God some day, they won't get off so easy.

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.

Dreams That Inspire

I ran down the dark corridor. My heart was beating fast as I heard footsteps rushing towards me from behind. I opened the door at the end as it swung inward and next I found myself dangling from the door-knob over a dark pit that seemed bottomless.

I held on for dear life trying to pull myself back up into the hall.

Which was worse? Falling into the dark unknown or making it back to the solid hallway where I was being chased by who knows what.

Thankfully, I didn't have to find out as my alarm went off bringing me safely back into my bedroom.

Dreaming can sometimes bring us to smiles, sometimes to fear, sometimes in between.

I have spent time in many dreams sitting and talking with loved ones who were long passed. Those moments are usually cherished opportunities to spend a few more minutes with a dear friend or relative.

Other dreams have found me in places I have never been experiencing new adventures with people I have never known or with faces I recognize. Those are usually quite comforting as well.

As a youth I saw dreams as roadmaps to where God wanted to take me, and often he placed the footsteps out ahead of me as if they were flashing in neon.

Those took me places I could have never dreamed of in my waking hours.

Are dreams simply our imagination running wild?

Are messages from our past, our future, or from our loved ones gone on hidden within?

I know that people in various forms of study have spent endless hours trying to answer those types of questions. From



RANDALL FRANKS
Southern Style Columnist

the Biblical stories of Joseph interpreting the dreams of pharaoh, to whatever scenario one might surmise from their own research, dreams play a vital part in our lives.

They give us relief, sometimes hope, and sometimes fear. No matter what they provide, if you are blessed with a good dream experience, be thankful for what has passed. Perhaps it is a God wink to uplift.

If it's not such a good experience, maybe that is an inducement to examine your life and find where you might improve to clear your heart and mind, so next time it can be.

For me, despite a few frightening ones along the way, the good ones out weigh those, and from time to time, I do believe God's drops in a bit of guidance here and there to make my life better, if I only recall it. So, get a good night's rest...

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.

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Voice *of our* **PEOPLE**

The Paper of Montgomery County

Sunday, Feb. 5, 2023

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Classified Document Stink Piles



GLENN MOLLETTE
Guest Column

An Old Testament story records an overwhelming infestation of frogs throughout Egypt. There was no place in Egypt where frogs were not present in large numbers. The plague was sent in response to Pharaoh's attitude toward the Israelite people who lived in slavery under his rule. When God ended the plague there were piles of dead frogs all over Egypt. In the streets, bedrooms, bathrooms, closets, storage facilities, and places we can only imagine. It became a very stinky situation as they raked up the dead frogs and piled them up all over Egypt.

The Classified Document saga seems to be growing in similar fashion to the dead frogs of Egypt. They appear to be everywhere and they stink. The odor has to be particularly bad for Presidents Donald Trump and Joe Biden as well as Vice President Mike Pence.

First came the big raid of Trump's home in Florida. Late at night, FBI agents went through his home and personal items and carried out boxes of documents. Next, we hear that

Biden has had classified documents in his home for years. They seem to be scattered everywhere throughout his house. Then, Mike Pence in Indiana has more classified documents. What are these men doing with these documents? They are scattered out like the dead frogs of Egypt.

Again, what are these individuals doing with classified documents? I used to keep a big box of comic books when I was a kid. I would read a comic and then put it in the box. Sometimes I would read them again. I definitely knew that I had them. Why would past administrations hold on to classified documents? How did they get to the locations where they were found?

The National Archives has asked all the former Presidents to check for classified documents. Jimmy Carter? Where would he have them? In his family Bible? Mixed in with old Sunday school lessons that he has taught at the local Baptist Church? I don't think so but you never know who might have picked them up, packed them in a box, and placed them on a shelf in his garage. What about George W. Bush? Could documents be under the seat of his old truck? Bill Clinton has emphatically stated he does not have any classified documents but he has made emphatic statements before. These former Presidents have said they do not have such documents.

Did Trump carry these documents out of the White House when he and his family climbed aboard the Presidential helicopter? I've never seen Trump or Biden carry anything. Which aid picked up some boxes and tossed them into the moving van? Where is White House security when it comes to classified documents?

Only time will tell and we may never know for sure about the plethora of classified documents. We hope they aren't reading some of them in China or Russia. Who can say for sure where they are not being read? We do not know for sure whether or not someone else has them. Could another family member have a box or two somewhere? How much money would China, Russia or others pay for classified documents?

Democrats and Republicans will point fingers and scream about all this in the next election. Both sides will try to make the other side look worse but it appears there is plenty of stink everywhere.

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.

How Do You Preserve History That You Don't Know Exists?

By Eunice Trotter, Director of Indiana Landmarks' Black Heritage Preservation Program

Imagine reading a book with chapters torn out. Or watching a movie that's missing scenes. Or trying to describe a family when you've not met all of its members.

That's what it's like trying to understand Indiana's history without knowing key stories.

Like the story of Mary Bateman Clark.

Mary was a slave who was brought to Indiana from Kentucky in 1814 and given her freedom ... sort of. Although no longer a slave, she was immediately forced into indentured servitude, first with Benjamin J. Harrison, then with Gen. Washington Johnston, one of the most influential men in the state.

A practice common in America throughout the 18th century, indentured servitude was a contractual agreement in which one person worked for another for no pay to resolve a debt, such as the cost of passage to the

states, or to learn a trade.

The difference between that model and Mary's servitude is that hers was not voluntary.

Fortunately, abolitionist attorney Amory Kinney was willing to fight Mary's indenture. While the lawsuit he filed, Mary Clark, a woman of color vs. General W. Johnston, lost in the Knox County Circuit Court, Kinney successfully appealed the decision before the Indiana Supreme Court in 1821, creating a precedent that others were able to use to effectively put an end to indentured servitude in Indiana.

As a result of Mary's contributions, a historical marker now stands in her honor at the Knox County Courthouse in Vincennes, a fitting acknowledgment of a remarkable story that's even more remarkable to me because, as I discovered several years ago, Mary was my great-great-great-grandmother. But her story isn't just a part of my family's story; it's a part of Indiana's story.

I am aware that, by knowing Mary's story

and its connection to my family, I'm an exception among Black Hoosiers. Many don't know their roots. I have become increasingly aware of this challenge since I joined Indiana Landmarks last year to lead the organization's Black Heritage Preservation Program. As we seek to save and celebrate places significant to the state's Black history, we first need to identify the history.

To do that, we need help. That's why I'm asking you to contact us if you know about stories or places that could help fill those gaps. Email us at shareyourstory@indianalandmarks.org to share your story.

Indiana's history is not complete without the story of Black Indiana, and that story starts with Black families. After all, as I discovered, digging deeper into the stories of your family might allow you to uncover a history maker like Mary Bateman Clark. And, even if you don't, it will allow you to fill in missing chapters of the story of Indiana.

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KAREN ZACH



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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.

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