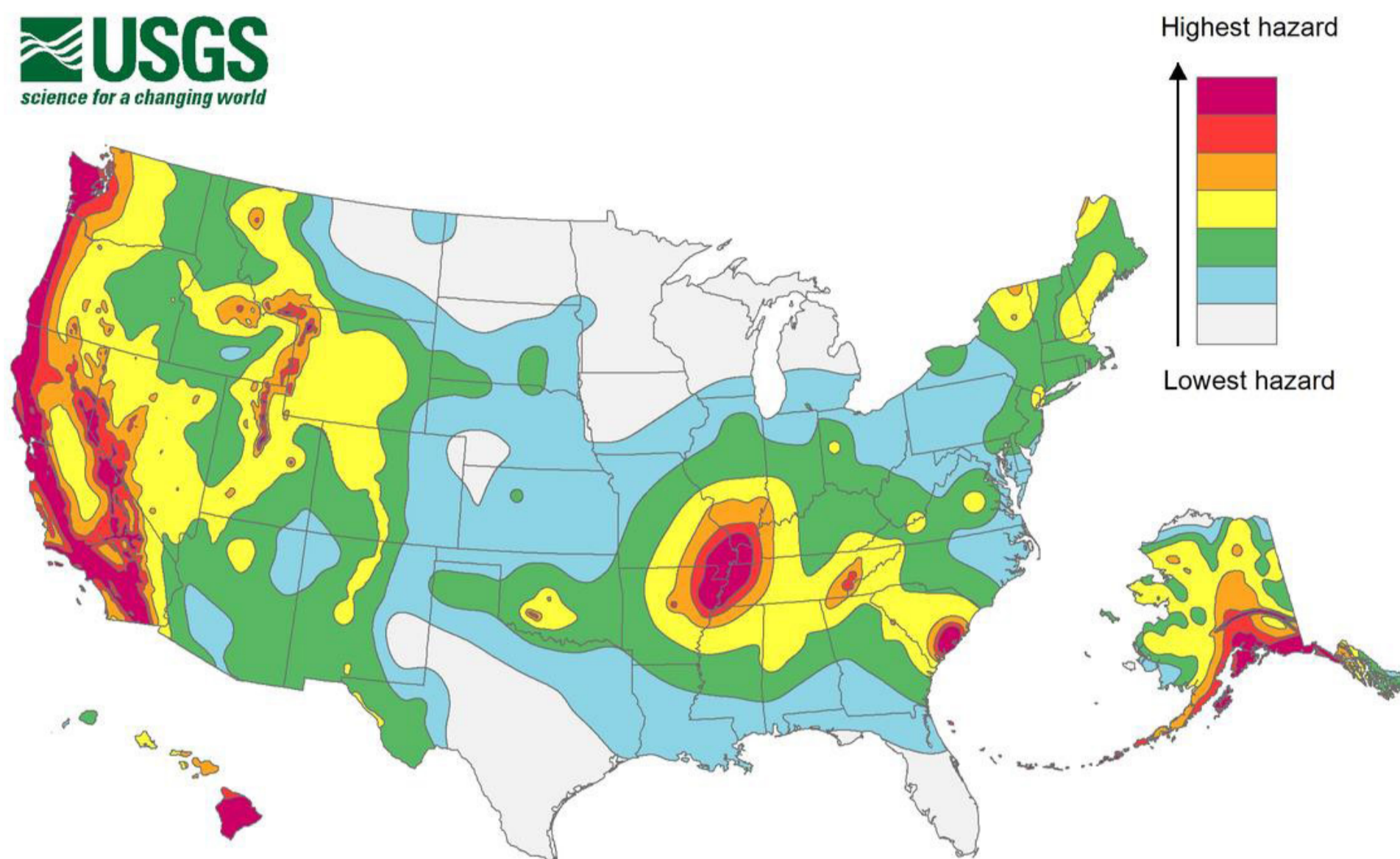


SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper



Get ShakIN' During Earthquake Awareness Month

February is Earthquake Awareness Month. Earthquakes in Indiana may seem unusual or unlikely, but the reality is the state is near two seismic zones. Both seismic zones have the potential to produce major earthquakes and many small quakes. About 2,000 tremors occur daily in the central United States, underscoring the need for all Hoosiers to know earthquake safety.

Hoosiers need to Get ShakIN' to be aware of the risk and prepare for a substantial quake. If an earthquake were to strike, Hoosiers should stop what they are doing and:

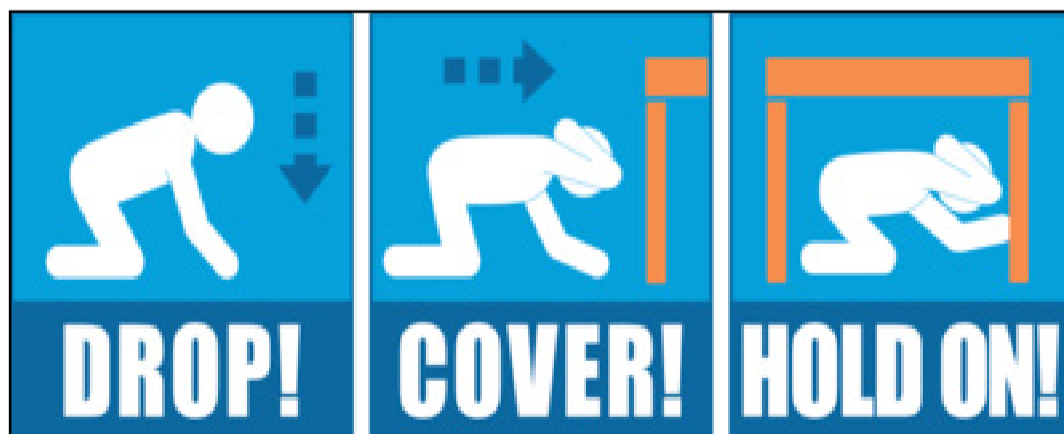
- **Drop** where they are, onto their hands and knees,
- **Cover** their head and neck with one arm and hand and crawl for shelter under a nearby table or desk (sturdy piece of furniture), and
- **Hold On** to the shelter with their free hand until the earthquake stops.

K-12 Get ShakIN' Video Contest

To encourage students to take an active role in learning earthquake safety the Indiana Department of Homeland Security (IDHS) is launching the Get ShakIN' video contest. School-aged Hoosiers (K-12) have the chance to win their class or group a Raspberry Shake® RS3D seismograph to use for a year to track seismic activity worldwide!

Groups can enter by submitting a student-produced video focused on earthquake preparedness and/or safety. A panel of judges from IDHS will select the Top 10 videos to win a seismograph, and an overall winner will be selected to receive a seismograph plus the grand prize: an "Indiana Earthquake Day" event.

The contest is open now. Video entries will be accepted until Aug. 31, 2023. Additional information about the video contest and earthquake safety is on the GetShakIN' webpage.



➔ TODAY'S QUOTE

"My heart is and always will be yours."
Jane Austen

➔ TODAY'S JOKE

What's an octopus' favorite love song?
*I want to hold your hand, hand, hand, hand,
hand, hand, hand, hand*

➔ TODAY'S VERSE

1 Peter 1:3 Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead.

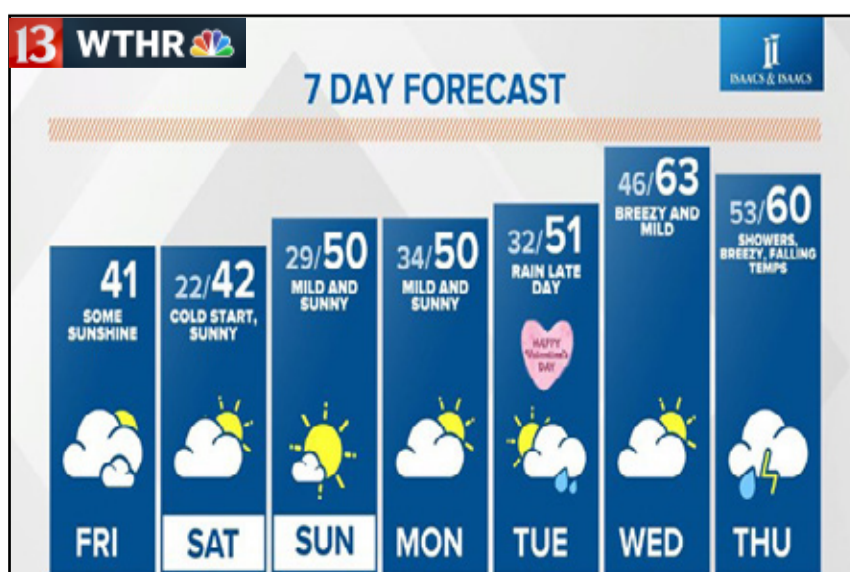
➔ TODAY'S HEALTH TIP

Keep your fingers away from your eyes if you want to minimize your chances of getting "pink eye." 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

Valentine's Day is just hours away. Are you ready?



HONEST HOOSIER



I ndiana Facts & Fun



Number Stumpers

1. How many total schools are there in DeKalb?
≥
2. How old is DeKalb County?
≤
3. What median age of people live in DeKalb?
≥
4. What is the poverty rate of the county?
≤

Answers: 1. 15 Schools 2. 183 Years 3. Around 39 4. 12.5%

Did You Know?

- DeKalb County was formed in 1837. It was named for the heroic General Johann de Kalb, a Continental Army officer from Bavaria.
- DeKalb County, is inhabited by approximately 43,226 residents as of the 2018 census.
- DeKalb is home to the Auburn Cord Duesenberg Automobile Museum that has the most extensive collection of Auburn Cord and Duesenberg automobile in the world.
- The county contains 5 high schools, 2 middle schools and 8 elementary schools
- The county's cities consist of Altona, Ashley, Auburn, Butler, Garrett, Corunna, Garrett, Hamilton, St. Joe, Spencerville, Waterloo

Got Words?

A courthouse for the county was built in 1829, and was located in the center of the square. On Jan. 9, 1842, the building caught fire, destroying nearly all the county's records. Although the cause of the fire remains mysterious, many believe it was intentionally started. In your opinion do you think rumors such as this add to the county's history, or diminish it?

Word Scrambler

Unscramble the words below!

1. NEERLGA
2. BLKAED
3. EIRF
4. MOTOELIBUA
5. CHSLOOS

Answers: 1. General 2. DeKalb 3. Fire 4. Automobile 5. Schools

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Book About The 1965 Palm Sunday Tornadoes Now Available

A new book covering Indiana's worst natural disaster — The 1965 Palm Sunday Tornadoes in Indiana — is now available from national publisher The History Press. The book was written and compiled by Tipton-based author Janis Thornton.

The tornadoes that devastated much of Indiana were part of a collective rampage that ripped through six Midwestern states. The day started as the nicest of the year, with the kind of weather that encouraged Hoosiers to enjoy an afternoon outdoors, fire up the barbecue grill, hit the golf course, or take a leisurely drive through the country. That evening, however, the skies over northern and central Indiana

turned an ominous black and storms moved in, quickly manifesting as the worst tornado outbreak in Indiana history. Within three hours, twisters, some a half-mile wide, swept through seventeen counties, destroying communities and leaving death and destruction in their wake.

When the tornadoes were finished with Indiana, 137 people were dead, hundreds were injured, and thousands more were forever changed.

Thornton's book is the first encompassing all three lines of tornadoes that tore through northern and central Indiana on April 11, 1965. The book features dozens of photographs and more than 100 stories shared

by people who experienced the tornadoes' wrath first hand. The stories tell of heroism, terror and heartbreaking loss, many told for the first time.

"When people ask what drew me to this project," said Thornton, "my answer is simple: I love people, I love history, and I love telling powerful stories. Recording one of Indiana's most tragic natural events through the experiences of people who lived it makes for powerful storytelling, and I am immensely grateful for the opportunity to document how so many lives were touched that long-ago Palm Sunday night."

The 1965 Palm Sunday Tornadoes in Indiana is Thornton's

sixth non-fiction work. Her previous works include true crimes books, No Place Like Murder and Too Good a Girl; pictorial histories covering Tipton County, Frankfort and Elwood, Indiana; as well as three mystery novels. She is a member of The Authors Guild, the national and Indianapolis chapter of Sisters in Crime, Women Fiction Writers Association, the Indianapolis Writers Center, and the Tipton County (Indiana) Historical Society.

The book is available for purchase at major bookstores and online booksellers, as well as Thornton's website, www.janis-thornton.com. For more information, please contact Thornton via her website.



Federal Grant Funds Are Available For Specialty Crop Industry

The Indiana State Department of Agriculture (ISDA), beginning Feb. 15, will seek project proposals from Indiana's specialty crop sector for funding from the U.S. Department of Agriculture's (USDA) Specialty Crop Block Grant Program.

"Specialty crops are big business in Indiana," said Lt. Gov. Suzanne Crouch, Indiana's Secretary of Agriculture and Rural Development. "This unique sector is quite large in Indiana, after all 80% of our state is farmland and forests. We are excited to use this federal funding to bolster our large specialty crop sector and research initiatives."

The USDA Specialty Crop Block Grant Program offers federal funding annually to state departments of agriculture to support their specialty crop industries. This year, Indiana's allocation is \$484,966.

Eligible projects must enhance the competitiveness of specialty crops in Indiana, defined as fruits, vegetables, tree nuts, horticulture and nursery crops.

Funding will not be awarded to projects that benefit a particular commercial product, or provide a profit to a single organization,

institution or individual. Each project must identify at least one of the new USDA performance measures that specifically demonstrate the project's impact on enhancing the competitiveness of eligible specialty crops.

ISDA is seeking projects that have objectives such as: increasing consumption and consumer purchasing, increasing access and distribution, increasing food safety knowledge and processing, developing new seed varieties and improving environmental sustainability, among other things. Click here or visit ams.usda.gov to see the full list of performance measures.

ISDA and USDA encourage applications that benefit smaller farms, new and beginning farmers, underserved producers, veteran producers and underserved communities.

Applications open on Feb. 15, 2023 and are due by 12 p.m. ET on March 10, 2023. Proposals must be submitted online through the Indiana State Department of Agriculture's Grants Management System. Indiana Specialty Crop Block Grant application resources are located on ISDA's Grants and Funding Opportunities website.

Improvement In Farmer Sentiment Carries Over Into 2023

Following a sharp increase to close out 2022, the Purdue University/CME Group Ag Economy Barometer had only a modest increase in January, up 4 points to a reading of 130. The rise in sentiment was primarily attributable to better expectations for the future, as the Future Expectations Index improved by 5 points to 127. The Index of Current Conditions rose only 1 point to a reading of 136. The Ag Economy Barometer is calculated each month from 400 U.S. agricultural producers' responses to a telephone survey. This month's survey was conducted from January 16-20.

"Although producers were a bit more optimistic about the future this month, they again reported expectations for tighter margins in 2023 than in 2022," said James Mintert, the barometer's principal investigator and director of Purdue University's Center for Commercial Agriculture.

The Farm Capital Investment Index was up 2 points this month to 42; however, it remained 7% lower than a year earlier. Just over 7 out of 10 survey respondents said they think now is a bad time to make large investments in their farm operation. Among respondents who felt now is a bad time, 39% said high prices for machinery and new construction, 25% said rising interest rates, and 12% said uncertainty

about farm profitability was the primary reason. Interest rates are becoming a bigger concern for farmers. As recently as November, just 19% percent of farmers in the monthly barometer survey chose rising interest rates as a key factor impacting their perspective on investments.

Each January, starting in 2020, the survey has included a question asking respondents if they expect to have a larger operating loan compared to the previous year and, if so, the reason for the larger loan. In January, 22% of respondents said they expect to have a larger 2023 farm operating loan compared to 2022, down from 27% last year. Among respondents who expect to have a larger operating loan, 80% indicated it was due to increased input costs, while only 5% said it was due to carrying over unpaid operating debt, which according to Mintert is important to note. The percentage of respondents who attribute their need for a larger loan to unpaid operating debt has fallen sharply since the question was first posed in January 2020. At that time, just over one-third of producers who anticipated needing a larger loan said it was because of unpaid operating debt. That percentage fell to 20% in 2021 and to 13% in 2022 before declining again to just 5% in 2023.

"The sharp decline in the percentage of producers expecting to carry

over unpaid operating debt is important," said Mintert. "It supports the idea that the vast majority of producers are entering 2023 in a strong financial position despite the rise in production costs."

Producers' expectations for short-term and long-term farmland values were mixed in January. The Short-Term Farmland Index fell 4 points to 120, down 15% when compared to one year earlier, as more producers said they expect values to hold steady over the coming year instead of increasing. The Long-Term Farmland Values Index rose slightly to 142 from 140 in December. Over the last year, the long-term index has declined just 2%, as producers continue to retain a more optimistic long-term than short-term view of farmland values. Among producers who expect to see farmland values rise over the next five years, the top reasons for their optimism continue to be non-farm investor demand (63%) and inflation (23%).

This month's survey also included questions about leasing farmland for carbon sequestration, and U.S. farmers continue to express interest in carbon contracts. During the first quarter of 2021, approximately 7% of survey respondents said they had engaged in discussions with companies about being paid to capture carbon on their farms.

When we repeated the question about carbon payments in August 2022 and again in January 2023, the percentage of producers who said they had discussed a carbon contract with a company rose modestly to 9% of respondents. However, relatively few farm operators have chosen to sign a carbon contract, with just 1% of January's survey respondents indicating they had signed a contract.

Read the full Ag Economy Barometer report at <https://purdue.ag/agbarometer>. The site also offers additional resources — such as past reports, charts and survey methodology — and a form to sign up for monthly barometer email updates and webinars.

Each month, the Purdue Center for Commercial Agriculture provides a short video analysis of the barometer results, available at <https://purdue.ag/barometervideo>. For more information, check out the Purdue Commercial AgCast podcast available at <https://purdue.ag/agcast>, which includes a detailed breakdown of each month's barometer and a discussion of recent agricultural news that affects farmers.

The Ag Economy Barometer, Index of Current Conditions and Index of Future Expectations are available on the Bloomberg Terminal under the following ticker symbols: AGECCBARO, AGECCURC and AGECCFTX.

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Speaking Stones: Analyzing Antarctica's Rocks To Explore Earth's Past And Possible Futures

The standard image of Antarctica is vast, featureless sheets of ice and blowing blizzards. But soaring rocky mountains with deep valleys cut like a knife into the continent of Antarctica, evoking the lavish landscapes of the American Southwest's Monument Valley. Here, ancient rocks reach for the cold blue sky, and here is where Marissa Tremblay, assistant professor of earth, atmospheric, and planetary sciences in Purdue University's College of Science, led her team of science experts – all of whom happen to be women.

Their goal in traveling to what is essentially the ends of the Earth was to look far into the past of Antarctica's climate history. Researchers have long examined ice cores to understand the climate history of Antarctica, but that research can go only as far back as the oldest ice they can access.

To dig deeper into the past – to learn more about some of Earth's warm periods, when Antarctica lost much of its ice – scientists need to look to the rocks.

Tremblay is a noble gas geochemist who has pioneered a new way of looking at rocks and analyzing what temperatures they have experienced using tiny amounts of noble gas inside the rock. She has already used this technique to study climate history in the European Alps and other places, and she hopes that Antarctic rocks will tell an even older story, taking a deeper dive into ancient history.

"One of the most exciting things about this



Photo courtesy of Marissa Tremblay, Purdue University

Marissa Tremblay, assistant professor of earth, atmospheric, and planetary sciences at Purdue University and an expert in geochronology, led an all-woman team of researchers into the wilds of Antarctica to research the climate history of the continent – and the planet.

trip – other than the trip itself – is the possibility of revealing how warm the Antarctic continent was before our oldest ice core records," Tremblay said. "Understanding what Antarctica, and the Earth, looked like in the past can help us peer into and predict potential futures."

Tremblay and her team trekked into Antarctica's remote McMurdo Dry Valleys to sample rocks and record the weather, temperature and atmospheric conditions at a number of sites. The rocks here, at one of the driest and most remote places on Earth, are devoid of ice. They have been exposed to the atmosphere, and almost nothing else, for millions of years.

The team included Tremblay's doctoral student Emily Apel, who is focusing on this research as part of her dissertation; geologist Jennifer Lamp of Columbia University's Lamont-Doherty Earth Observatory, who oversaw the weather and temperature instruments; and geochemist Marie Bergelin of the Berkeley Geochronology Center, who sampled rocks and helped install the instruments.

The rock samples they collected are being sent in cold storage on a ship to Tremblay's lab at Purdue. Once they arrive, she will use her unique expertise to analyze the samples and conduct more detailed research alongside Darryl Granger, Purdue geologist and professor of

earth, atmospheric, and planetary sciences.

"Three to 3.3 million years ago, carbon dioxide concentrations in the atmosphere were similar to today, and sea levels were 50 feet or more higher – about the height of a five-story building!" Tremblay said. "This required the entire Greenland ice sheet to have melted, as well as a significant portion of the Antarctic ice sheets. Today, ice sheets cover most of Antarctica, but they are vulnerable to climate change. But just how vulnerable are they, and how much will they contribute to sea level rise as our planet continues to warm? Those are the questions we're hoping to answer with this new research."

Food Survey Queries Consumers About New Year's Resolutions, Risk Tolerance

Eating more fruits and vegetables and less sugar ranked highly as potential changes to eating behaviors related to New Year's resolutions, according to the January Consumer Food Insights Report. This month's report also summarizes and discusses the state of the survey indicators after one full year of data collection.

The survey-based report out of Purdue University's Center for Food Demand Analysis and Sustainability assesses food spending, consumer satisfaction and values, support of agricultural and food policies, and trust in information sources. Purdue experts conducted and evaluated the survey, which included 1,200 consumers across the U.S.

"People are generally knowledgeable about the actions needed to improve health and want to pursue them – such as increasing fruits and vegetables and exercising more," said Jayson Lusk, the department head and Distinguished Professor of Agricultural Economics at Purdue who leads the center. "However, they don't necessarily want to give up on taste and indulgences. For example, eating less meat or drinking less alcohol is low on the list of priorities of most Americans."

As the Consumer Food Insights Report has noted previously, food spending is up significantly – 19% – from a year ago. Grocery spending, however, has remained effectively flat for the past six months.

"It appears that people have already cut back and found deals to help stop their food spending from continually rising," Lusk said. "If food inflation does not come down significantly this year, consumers might not have much room to maneuver their budgets further."

Those surveyed estimated that current inflation is up more than 1 percentage point from last month. But the survey results show that people seem to remain optimistic about inflation declining dramatically over the next year.

Additional key results include: Food insecurity is unchanged from January 2022, but a decline in households visiting food pantries raises further questions.

Americans report being neither risk averse nor risk loving but are slightly more cautious with regards to their health.

Trust in the USDA and US Department of Health and Human Services' Dietary Guidelines for

Americans is at an all-time high as its advisory committee prepares to discuss 2025 guidelines.

A large majority of people want to increase funding and technical support to agricultural producers.

Despite price increases, the rate of national food insecurity again shows surprising consistency from last January, said Sam Polzin, a food and agriculture survey scientist for the center and co-author of the report.

"In fact, we have even seen a continued decline in the share of households who say they have received free food from a pantry this month," Polzin said. "Given the current high-price environment, it is hard to believe that fewer people need help from the charitable food system. We might ask if there are fewer charitable food resources available now or if people are having a harder time accessing them."

Overall, the sustainable food purchasing index continues to show consistency. But as the "taste" and "economic" aspects of the index remain strong, the ongoing weakness of the environment and social indicators is discouraging from the sustainability perspective, Polzin noted.

Behaviors like "choosing plant-based proteins over animal proteins" are rare. Similarly, beliefs like "agriculture is a significant contributor to climate change" are held by a minority.

"We might say that food system sustainability does not concern consumers as much as some advocates might want it. We saw little change on this front in our survey over the course of 2022," Polzin said.

As for risk-taking, Americans generally consider themselves to be middle-of-the road in daily life, scoring 5.4 on a 0 to 10 (risk averse to risk loving) scale. They rated their risk tolerance regarding their health generally about one point lower, 4.3. But when it comes to food consumption, their risk tolerance is 5.2 for "food consumed at home," and 5.1 for "away from home."

Lusk further discusses the report in his blog.

The Center for Food Demand Analysis and Sustainability is part of Purdue's Next Moves in agriculture and food systems and uses innovative data analysis shared through user-friendly platforms to improve the food system. In addition to the Consumer Food Insights Report, the center offers a portfolio of online dashboards.

IMS Becomes First Sport Venue To Receive Silver Responsible Sport Certification

Indianapolis Motor Speedway (IMS), home to the largest single-day sporting event in the world, the Indianapolis 500 presented by Gainbridge, is the first sport facility to achieve organizational certification through the Council for Responsible Sport (Council).

Organizational certification became available for the first time in August 2021. The new standard is based on the recognition of the following core principles: power of sport, resolution of climate change, enablement of social justice and business of sport. IMS was the first to commit to the new framework, implementing year-round tracking of environmental and social impacts for the more than 300 events hosted at IMS annually.

Previously, in 2021, the Indianapolis 500 presented by Gainbridge was certified a responsible event.

The Council provides a structured approach for event hosts and organizers to measure, implement, validate and improve

the social and environmental sustainability of their events and venues. Certification is earned by taking action spanning five categories: planning and communications, procurement, resource management, access and equity and community legacy. IMS ultimately accomplished 210 credits across these categories, earning silver level distinction as a Certified Organization.

"IMS' commitment to embrace social and environmental realities and to implement a systematic approach to setting goals, adapting operations and measuring progress is outstanding," said Rico Tesio, Council for Responsible Sport board chair. "Achieving Responsible Sport certification at an organizational level is not only a real milestone in the venue's own storied history but also demonstrates leadership in motorsport and beyond and should be celebrated as vigorously as any checkered flag waved on the famous Yard of Bricks."

Key partnerships and

the implementation of new tracking technology helped IMS achieve this landmark goal. With the addition of the new organizational certification, the Council implemented ReScore, a system designed to help venues track their progress. WM Sustainability Services was critical in IMS' sustainability journey, providing support by documenting a variety of resource management credits relating to emissions calculations, waste diversion and energy consumption.

"This is a monumental and impactful achievement for the Indianapolis Motor Speedway, earned through a comprehensive commitment to innovation and hard work that safeguards our community and leads the way in our sport," IMS President J. Douglas Boles said. "We learned a lot in 2021 when we received our event certification for the Indy 500. That process helped us get to this moment, where we are now tracking the impact of our events throughout the year and implementing sys-

tem programs that yield results.

"We remain committed to becoming the most sustainable motorsport venue in the world, and we are grateful for the support and enthusiasm shown by our fans as we continue to identify new opportunities to encourage their participation in this journey."

As part of the new certification, IMS implemented new standards and procedures. This includes the development of a diversity, equity and inclusion plan, along with a public commitment to the measurement and mitigation of environmental impacts. IMS expanded waste diversion efforts beyond the Indianapolis 500 to include events hosted at IMS year-round. Additionally, IMS adopted new procurement policies and protocols, eliminating single-use plastic and Styrofoam in office spaces, in addition to prioritizing purchases from women- and minority-owned businesses and businesses with sustainability related certifications.

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Photo courtesy of MJ Multimedia

Laurie Hayn lost her left arm and leg in a combine entanglement in 2018. During her 2023 AgrAbility National Training Workshop keynote address, she will share how the AgrAbility program helped her continue farming after her accident.

Indiana AgrAbility Farmer to Speak at 2023 AgrAbility National Training Workshop

The National AgrAbility Project, housed at Purdue University's Breaking New Ground Resource Center, invites farmers, ranchers and agriculture professionals to the 2023 AgrAbility National Training Workshop (NTW) to address issues of disability in agriculture.

The workshop will take place March 20-23 at the Centennial Hotel in Spokane, Washington. Early bird pricing ends on Feb. 17, with registration ending on March 13. The complete event schedule, pricing and hotel information are available online.

"The 2023 NTW will be held in conjunction with the Western Regional Agricultural Stress Assistance Network, so there will be a special focus on the mental and behavioral health needs of farmers and ranchers," said NAP manager Paul Jones.

"We're also excited to

have one of our Indiana AgrAbility clients, Laurie Hayn, as the keynote speaker. She has overcome severe disabilities to remain productive and positive."

Hayn lost her left arm and leg in a combine entanglement in 2018. She will share how the AgrAbility program helped her continue farming after the accident. A preview of her inspirational story can be viewed online. Additional event breakout sessions will cover topics such as farm stress, assistive agriculture technology, support for veteran and beginning farmers, and more.

Attendees will have the opportunity to tour sites that include a beef cattle operation, a family-run farm and the Washington State University Wilke Research Farm.

Traditionally known for helping those with physi-

cal disabilities gain access to assistive technologies, AgrAbility continues to evolve to meet the needs of underserved populations, including but not limited to veterans and caregivers. Connect with AgrAbility on social media to learn the latest about assistive technologies, resources, safety tips, information, and more.

- Facebook: @NationalAgrAbilityProject
- Twitter: @NatlAgrAbility

First authorized in the 1990 Farm Bill (with funding appropriations beginning in 1991), AgrAbility is a grant-funded program through the U.S. Department of Agriculture's National Institute of Food and Agriculture. Each project must involve a collaboration between a land-grant university and at least one non-profit disability services organization.

Indiana Voters Could Make School Board Elections Partisan Under New GOP-Backed Legislation

By Casey Smith

Indiana voters could get to decide whether their local school board elections should be partisan under a new draft of Republican-backed legislation that lawmakers say would provide "more transparency" about candidates.

House Bill 1428, authored by Rep. J.D. Prescott, R-Union City, seeks to add political party identifications to what are now nonpartisan school board elections throughout the state.

But unlike other versions of the bill that have previously circulated through the Indiana Statehouse to no avail, Prescott's legislation provides "local control" over the issue.

The House elections committee adopted an amendment to the bill on Wednesday giving school boards an option to vote to become partisan. It also allows voters in a school corporation to decide on the elections via a ballot referendum.

The measure advanced 6-4 from committee — with Rep. Bob Cherry, R-Greenfield, joining Democrats in opposition — and now heads to the full House chamber. It's a novel move, given that Indiana's GOP leaders have consistently resisted efforts to let Hoosiers vote on referendums for other issues like abortion rights or legalizing cannabis.

"This is all about transparency for the voters — give our voters as much information as possible before they cast their vote at the ballot box," Prescott said. "This could really be tailored to your individual communities now, whether your community wants to move forward with this process or not."

Currently, Indiana is among 41 states where local school board elections are held without any party identification on the ballot for candidates.

A separate proposal under consideration in the current session would instead create a blanket requirement for school board candidates to identify as a Republican, Democrat or Independent. The bill has yet to advance from the Senate elections committee, however.

Locals could decide
As amended, Prescott's bill gives Hoosier communities three options.

- The first is to do nothing at all, meaning school board elections in a particular district would remain nonpartisan. That's the default option laid out in the bill.

- Another provision says sitting school board members can decide on their own to vote for their seats to become partisan. According to the bill, they can do so as early as Jan. 1, 2024.

- A third option would permit the decision to be made through a petition process requiring signatures of 500 voters or 5% of voters in the district, whichever is lesser. A successful petition would put the question on the ballot.

Whether through a school board vote or voter-led public question, school board candidates would either have to run in partisan primaries in order to be nominated for the general election, or forgo a primary altogether but have to use a partisan label in the general election.

As the bill is written now, there's no way for a school board or community to opt-out if they later change their minds about the partisan school board races, however.

Candidates for school board additionally cannot work for that school corporation, according to the latest version of the bill.

Rep. Alan Morrison, R-Brazil, who authored the amendments adopted to the bill, said he's seeking to give Hoosiers more say in local elections.

"I certainly understand that there have been a lot of opinions on this. It has been a hot topic for a lot of people," Morrison said. "This is something where we are saying that there are some communities that want this and there are some communities that don't, and through this (amended bill), they will be able to make that choice."

School boards association still opposed

The bill drew more than two hours of testimony on Wednesday.

Those who supported the proposal said forcing partisan labels will increase transparency, arguing, too, that school board races are already partisan — just not in name.

Many of the education advocates and school board members who testified were opposed to the

measure, though.

The Indiana State Teachers Association, the state's largest teachers union, said they oppose partisan school board elections because "keeping the labels out helps people come together at the local level."

Terry Spradlin, executive director of the Indiana School Boards Association (ISBA), said politics will "further divide our communities" and compromise the ability of school boards to "serve the best interests of children."

"This invites politics to the boardrooms to the detriment of children. This bill is a solution looking for a problem," Spradlin said. "Our school communities should not be governed by politics. There's no Democrat or Republican way to teach children."

While testifying against a separate bill in the 2022 session that sought to make all Indiana school board races partisan, Spradlin said the ISBA recommended moving to a hybrid system, where local voters would decide whether to create a partisan school board for their school district.

The school boards association has changed its position, however. Instead, Spradlin said the ISBA is now recommending lawmakers support Senate Bill 177, which would move the candidate filing deadline for school board races up by 60 days.

Spradlin said the shift would give voters more time to get to know candidates. The bill unanimously advanced from the Senate chamber Monday and now heads to the House.

Still, he conceded that if lawmakers pass legislation to make school board elections partisan, Prescott's bill "would probably be the best option."

"If it becomes law, we would want local communities to exercise their rights that you're providing through this legislation," Spradlin said.

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SUNDAY

In The Kitchen

Sunday, Feb. 12, 2023

C1

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HOST A HALL OF FAME HOMEGATE



Layered Mediterranean Hummus Salad

FAMILY FEATURES

From kickoff to the final whistle, taking your game day party to the next level starts with serving an all-star lineup of menu items. From starting-caliber appetizers to MVP-level main courses and a supporting cast of side dishes, dips like salsa and hummus can play the role of superstar when it comes to serving up game day grub.

One of the benefits of cheering on your favorite teams from the couch and bringing the tailgate to your literal home field is the availability of appliances you may not otherwise have access to at the stadium like the oven or air fryer. However, that doesn't mean missing out on the

action and being sidelined in the kitchen all game or that these recipes won't travel to a tailgate.

With a flavor-packed, vibrant recipe, the lineup of Fresh Cravings Salsa offers a homemade-tasting alternative to softer, duller blends of jarred salsa. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to these recipes from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off."

Kickoff your menu with an app like these Jalapeno Bacon and Salsa Biscuit Bites that

meld together traditional tailgate tastes. Then put a Tex-Mex twist on a traditional favorite with this Enchilada Lasagna, perfect for feeding a crowd of hungry fans.

To round out the playbook, this Layered Mediterranean Hummus Salad can make for an accompaniment to a variety of main courses. The cucumbers, olives, cherry tomatoes and other veggies are balanced by the savory taste of Fresh Cravings Hummus. Made with a short list of high-quality ingredients like chickpeas, tahini and Chilean extra-virgin olive oil, it has a smooth, creamy mouthfeel.

Find more game-winning recipes made for homegating and tailgating at FreshCravings.com.

Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran

Servings: 4-6

- 2 containers (10 ounces each) Fresh Cravings Hummus, any flavor
- 1 cup sliced cucumbers
- 1/2 cup Kalamata olives, seeded and roughly chopped
- 1/2 cup canned garbanzo beans, drained
- 1/4 cup crumbled feta cheese
- 3/4 cup cherry tomatoes, quartered
- 1/4 red onion, finely chopped
- 2 tablespoons finely chopped fresh parsley
- 1/2 lemon, juice only
- extra-virgin olive oil
- zaatar, for sprinkling (optional)
- pita bread or tortilla chips

On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.

Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top.

Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.



Enchilada Lasagna

Enchilada Lasagna

Recipe courtesy of chef George Duran

Servings: 4-6

- 2 tablespoons olive oil
- 1 large onion, chopped (1 cup)
- 1 deli roasted chicken, skin and bones removed, shredded
- 2 tablespoons taco seasoning
- 1 cup chicken stock or broth
- 8 ounces cream cheese, at room temperature
- 2 cups shredded Tex-Mex cheese blend
- 16 ounces Fresh Cravings Chunky Salsa, plus additional for serving
- 1 cup fresh cilantro, chopped
- nonstick cooking spray
- 6 flour tortillas (9 inches each)
- 1 cup tortilla chips, crushed
- 1 cup shredded cheddar cheese

Preheat oven to 350 F.

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 minutes.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 minutes.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas.

Repeat then place remaining tortillas over top. Mix crushed tortilla chips with cheddar cheese and sprinkle over top. Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.

Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapenos, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

Preheat air fryer to 350-360 F.

Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

Serve warm.

Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.



Jalapeno Bacon and Salsa Biscuit Bites

SUNDAY

In The Kitchen

Sunday, Feb. 12, 2023

C2

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Add Mediterranean Flair to Your Dinner Table

FAMILY FEATURES

During the past year, many people have missed the opportunity to travel and experience the sights, sounds and tastes of the world, but it's easy to explore other cultures and cuisines by experimenting in the kitchen.

If you're looking to transport your taste buds to the shores of Spain or the beaches of Greece, one of the best places to start is with the Mediterranean Diet. Renowned chef Geoffrey Zakarian recommends these tips to help home cooks elevate their dishes and easily incorporate the popular diet into everyday cooking.

Reach for Pantry Staples. There's no single definition of the Mediterranean Diet, but it's high in vegetables, fruits, whole grains, nuts, seeds, olive oil and seafood. By keeping your pantry stocked with

canned versions of ingredients like beans and fish you can easily add them to your favorite dishes. Yellowfin Tuna Pasta Salad with Arugula Pesto and Dates, and Tuna Aioli Dip with Balsamic Drizzle are flavorful ways to bring Mediterranean flair to your dinner table.

Add Seafood. Eating more seafood is one of the leading principles of the Mediterranean Diet. Tuna salad is one tried-and-true dish that can help incorporate fish into your menu. To make it more nutritious, opt for tuna that's packed in extra-virgin olive oil, so you don't have to add much mayo to the base. For example, Genova Premium Tuna provides a tasteful addition to recipes and is high in protein, a great source of omega-3s and has a uniquely rich and savory flavor that offers a taste of the Mediterranean in every bite.

Visit GenovaSeafood.com for more recipe inspiration.

Yellowfin Tuna Pasta Salad with Arugula Pesto and Dates

Prep time: 20-30 minutes

Cook time: 20-25 minutes

Servings: 4

- 2 cans (5 ounces each) Genova Yellowfin Tuna in Olive Oil, drained
- 1/2 cup pine nuts
- 4 cups arugula
- 1 garlic clove
- 2 tablespoons butter (optional)
- 1 cup grated Parmigiano-Reggiano, plus additional for garnish (optional)
- 2 lemons, zest only (optional)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3/4 cup extra-virgin olive oil
- 8 ounces whole-wheat orzo
- 1/2 cup jarred sun-dried tomatoes in oil, chopped
- 1/2 cup dates, pitted and quartered
- 1/4 cup kalamata olives, pitted and chopped
- 1/4 cup dill, chopped (optional)
- 1/4 cup parsley, chopped (optional)

Preheat oven to 325 F.

On a sheet tray, toast pine nuts 8-12 minutes, or until golden. Set aside to cool.

Bring large pot of salted water to boil. Prepare ice water bath by filling large bowl with cold water and ice. Stir arugula into boiling water and cook until bright green and tender, about 30 seconds. Drain arugula, immediately shock in ice water and set aside to fully drain; cover with towel.

In blender or food processor, add arugula; garlic; pine nuts; butter, if desired; Parmigiano-Reggiano; lemon zest, if desired; salt; and pepper. Puree on high, incorporating olive oil to desired thickness.

Place pesto in bowl and cover tightly to avoid discoloring.

Bring large pot of salted water to boil.



Add pasta and return to boil, stirring occasionally. Taste pasta for doneness 2 minutes earlier than package instructions. Once cooked, drain and transfer to large bowl. Do not rinse.

Add pesto gently until evenly distributed. Fold in tuna, sun-dried tomatoes, dates and olives.

Divide between shallow bowls and finish with additional Parmigiano-Reggiano, dill and parsley, if desired.



Tuna Aioli Dip with Balsamic Drizzle

Prep time: 15-20 minutes

Cook time: 10-15 minutes

Servings: 4

- 6 ounces Genova Albacore Tuna in Olive Oil
- 1/4 cup balsamic vinegar
- 1 dried bay leaf
- 1 sprig fresh rosemary
- 1/3 cup mayonnaise
- 2 tablespoons capers, drained
- 2 anchovies
- 1/2 lemon, juice only (about 1 1/2 tablespoons)

raw vegetables, such as carrots, celery, cucumber spears, endive leaves, sliced fennel and bell pepper strips, for dipping

Drain tuna, reserving 2 tablespoons oil.

In small saucepan, combine balsamic vinegar, bay leaf and rosemary sprig. Bring to boil and reduce until syrupy, about 1 tablespoon. Let cool slightly; discard bay leaf and rosemary sprig.

In blender or food processor, process tuna and reserved oil, mayonnaise, capers, anchovies and lemon juice to make smooth dip. Transfer to flat serving bowl. Drizzle with balsamic syrup. Serve with raw vegetables.

KAREN ZACH



Think writing a column on genealogy is easy?

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In The Kitchen

Sunday, Feb. 12, 2023

C3

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Party-Worthy Wine Pairings Perfect for Easy Entertaining

FAMILY FEATURES

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

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

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

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

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

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

Hummus-Stuffed Mushrooms

Recipe courtesy of Sarah Tracey

Total time: 15 minutes

Servings: 6

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

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

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

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

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

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

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



Hummus-Stuffed Mushrooms

Spiced Butternut Squash Naan Flatbreads

Recipe courtesy of Sarah Tracey

Total time: 25 minutes

Servings: 6

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

Preheat oven to 425 F.

Chop butternut squash into 1/2-inch chunks.

Toss squash with olive oil, maple syrup, cumin and chili powder.

Spread on sheet pan, sprinkle with salt and pepper, to taste, and roast until tender, about 20 minutes.

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

Pair with deeper, savory and earthy rosé.



Spiced Butternut Squash Naan Flatbreads

Cheesy Tortilla Cutouts with Salsa

Recipe courtesy of Sarah Tracey

Total time: 20 minutes

Servings: 6

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

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

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

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

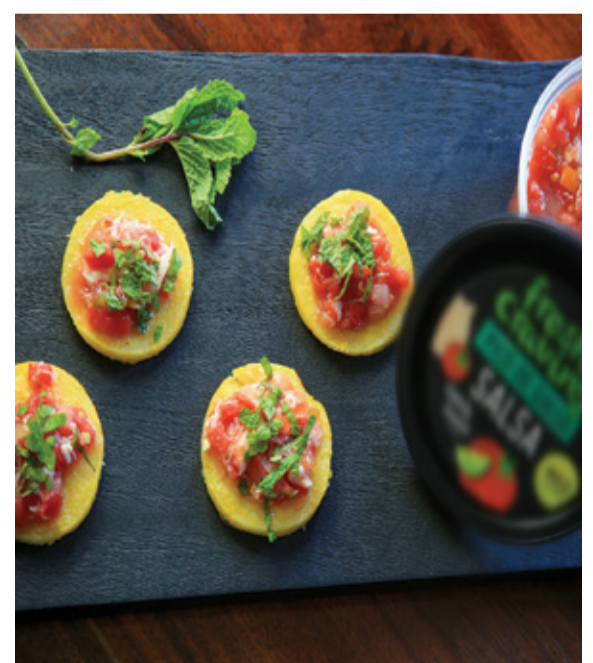
Top with another tortilla. Bake until cheese is melted, about 10 minutes. Work in batches to make three sets of cheese-filled tortillas.

Cut out desired shapes with cookie cutters.

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



Cheesy Tortilla Cutouts with Salsa



Polenta Rounds with Pico de Gallo and Crab

Polenta Rounds with Pico de Gallo Salsa and Crab

Recipe courtesy of Sarah Tracey

Total time: 30 minutes

Servings: 6

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

Heat oven to 400 F.

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

Combine jumbo lump crabmeat with salsa.

Top each polenta round with crab salsa mixture.

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

SUNDAY

In The Kitchen

Sunday, Feb. 12, 2023

C4

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Cook with Heart Health in Mind

FAMILY FEATURES

Healthy eating doesn't have to be difficult or require you to take favorite meals off your family's menu. In fact, making smart choices when cooking at home can give you more control over the types of tasty, heart-healthy dishes you put on the table.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. These cooking tips can help you prepare heart-healthy meals that could help improve cholesterol levels by reducing excess saturated fat and trans fat.

Cook Fresh Vegetables the Heart-Healthy Way

Roasting, steaming, grilling or baking can help bring out the natural flavors of vegetables. Adding herbs and spices can also help make veggies tastier, including combinations like basil with tomatoes, oregano with zucchini, dill with green beans or rosemary with peas and cauliflower.

Reduce Saturated Fat in Meat and Poultry

The amount of saturated fat in meats can vary widely, depending on the cut and how it's prepared. Opt for poultry and fish over red meat and look for lean cuts of meat with minimal visible fat, which

should be trimmed away before cooking. Also limit processed meats such as sausage, bologna, salami and hot dogs, which are often high in calories, saturated fat and sodium.

Use Liquid Vegetable Oils in Place of Solid Fats

Some fats are better for you than others. Liquid vegetable oils such as canola, safflower, sunflower, soybean and olive oil can often be used instead of solid fats, such as butter, lard or shortening. If you must use margarine, try the soft or liquid kind.

Find more heart-healthy recipes and tips for lowering cholesterol at heart.org/cholesterol.



Grilled Tequila-Lime Chicken with Grilled Asparagus

Frozen Yogurt Bark

Recipe courtesy of the American Heart Association
Servings: 8

- 1 1/2 cups 2% low-fat plain Greek yogurt
- 2 tablespoons honey
- 2 tablespoons chopped, unsalted almonds
- 1/2 cup chopped mango
- 1/4 cup blackberries or raspberries
- 1/2 cup blueberries

In medium bowl, mix yogurt and honey.

Line 9-by-13-inch baking dish with parchment paper. Use spatula or knife to spread yogurt over entire bottom of dish.

Pour chopped nuts over yogurt. Use fingers to slightly press into yogurt. Top yogurt with mango, blackberries and blueberries and slightly press into yogurt.

Cover with plastic wrap or foil and place in freezer overnight.

To serve: Lift parchment paper from baking dish onto cutting board. Use hands to break bark into pieces.



Frozen Yogurt Bark

Grilled Tequila-Lime Chicken with Grilled Asparagus

Recipe courtesy of the American Heart Association

Servings: 4

- 1/4 cup tequila or white vinegar
- 2 teaspoons lime zest
- 1/2 cup fresh lime juice
- 2 medium garlic cloves, minced
- 1 tablespoon chipotle pepper canned in adobo sauce, minced, plus 2 tablespoons adobo sauce
- 1 1/2 pounds boneless, skinless chicken breasts, fat discarded
- nonstick cooking spray
- 3 bunches asparagus spears, trimmed
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper, divided
- 2 tablespoons canola oil or corn oil

In small bowl, stir tequila, lime zest, lime juice, garlic, chipotle pepper and adobo sauce. Pour into large resealable plastic bag. Add chicken and seal bag tightly; turn bag to coat. Refrigerate 2-12 hours.

Preheat grill to medium-high heat. Lightly spray grates with nonstick cooking spray.

In large dish, sprinkle asparagus with salt and 1/4 teaspoon pepper. Drizzle with oil. Turn asparagus over to coat.

Remove chicken from marinade. Discard marinade and wipe most of it off chicken. Sprinkle chicken with remaining pepper.

Grill 8-12 minutes, or until chicken is no longer pink in center. Transfer to plate and cover with aluminum foil.

Place asparagus on grill, facing opposite direction of grates. Grill 7 minutes, or until tender crisp.

Serve asparagus with chicken.

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SUNDAY

In The Home

DAY

Sunday, Feb. 12, 2023

D1

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Beautify Your Home With A Bit Of Greenery



MELINDA MYERS
Columnist

Whether you want to create a tropical oasis indoors or dress up your décor, plants are the answer. A few plants set on the floor, hanging from the ceiling, or displayed on a table can beautify any room, boost your mood, and reduce stress.

Select plants suited to the growing conditions and your gardening style. This reduces ongoing maintenance and increases your growing success. If you tend to overwater, look for plants that thrive in moist soil conditions. Grow more drought-tolerant plants if you are a gardener that tends to underwater. Check plant tags for tips on light and water needs.

Use large floor plants to create a focal point, provide height and balance in the room and brighten bare walls. Fiddle leaf and weeping figs, rubber plants, dragon trees (*Dracaena marginata*), and palms are a few popular plants available as indoor trees. Set them on a plant caddy to protect your floors. This also makes it easier to move them for cleaning and maintenance.

Large plants and indoor trees are often pictured far from a window or placed in a dark corner of the room. Make sure the plants receive sufficient light or supplement natural light with attractive energy-efficient



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

Multi-layered plant stands, like this crisscross design, allow you to showcase many plants in a small space.

plant lights like the Alden Grow Lamp with a full spectrum LED bulb to help keep them healthy and looking their best.

Hang trailing plants like pothos, philodendrons, ivy, and others from the ceiling, in front of windows, or set them on shelves. The cascading foliage provides a bit of screening and softens hard surfaces for a cozier look and feel. Elevating plants also helps keep them away from curious pets and children.

Dress up any room, small or large, with wall-mounted planters like the Kira Grow Light Hanging Planter with a built-in light or the Triple Wall Planter or Wall Shelf with Planter. Plant-filled wall planters serve as living art, providing added color, texture, and

form to any blank space.

Use plant stands like the Crisscross Cascading Plant Stand to expand your indoor garden to various levels throughout the house. Furniture grade and multifunctional stands like the Mobile LED Grow Light Cart (gardeners.com) allow you to maximize the function and growing space in your home.

Brighten any room with colorful and flowering plants. Crotons, prayer plants, dracaenas, and philodendrons are just a few indoor plants with colorful leaves. Grow peace lilies, anthuriums, bromeliads, and moth orchids for a bit of floral beauty.

Boost the renewal powers of a good night's sleep by including a few plants in your bedroom. The added greenery can

create a sense of calm. The oxygen and boost in humidity the plants provide are also beneficial.

Elevate your bathroom to spa level with some greenery. The humidity in the bathroom is great for ferns, air plants, prayer plants, and a variety of other tropical plants. You'll enjoy this splash of greenery when stepping out of the shower or tub

Add a few plants to your home office. Looking at and tending plants can help increase focus and creativity.

Containers are an important part of your indoor garden. They should contain drainage holes to reduce the risk of soggy soil and root rot. Self-watering pots help take the guesswork out of watering, reduce maintenance, and for many will increase gardening success. No need to have matching pots but consider using those made from similar materials and design elements. This helps provide unity throughout your indoor garden and home's décor.

Start your plant makeovers one room at a time. Just like any home decorating project, dividing it into smaller tasks is easier on the budget and makes the process less overwhelming.

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

Pre-Forced Bulbs: Weeks Of Enjoyment

If you don't have green fingers, but still want to enjoy flowers for as long as you can, pre-forced bulbs are a great idea as you will enjoy them for many weeks.

Easy You don't need green fingers to grow pre-forced bulbs. They come as single or multiple flower bulbs that have been grown in pots, so that the roots and stems are already present. In other words: no need to worry whether they will actually flower. The only thing you need to do at home is put them in a nice pot, so that you can enjoy the magical growth and flowering spectacle for weeks on end.

Choice Pre-forced bulbs are available for sale from January. You will find them in the shops in many varieties, such as hyacinths (*Hyacinthus*), tulips (*Tulipa*), daffodils

(*Narcissus*) and grape hyacinths (*Muscari*). But you can also find other colorful ones, such as lapwing (*Fritillaria*) and dwarf irises (*Iris reticulata*). They come in soft tones or in vibrant colors. Just pick whichever type makes you happy!

Local If you prefer to buy local, you'll be happy to hear that many pre-forced bulbs are grown locally. This means they are incredibly fresh, and you also support local growers. Water your pre-forced bulbs regularly. Just be careful not to over-water them, as doing so may cause the bulbs to rot. Extra feed is not necessary, because the bulbs contain all the nutrients they need.

Would you like to find out more about pre-forced bulbs or other bulbous flowers? Take a look at www.ilsaysays.com.

Make Your Home Smell Fresh And Clean

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

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

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

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

Install a Heated Towel Rack

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

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

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

Simmer Fresh Aromas

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

Clean Common Culprits

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

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.

WWW.THEPAPER24-7.COM

SUNDAY

In The Home

Sunday, Feb. 12, 2023

D2

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

LIVING COLOR

ON-TREND HUES REFLECT COMFORTING LIFESTYLE DESIGN



FAMILY FEATURES

Upgrading your home design is an opportunity to tap into new color schemes. Knowing what shades are trendy and how different hues can work together for a cohesive design is an important step in creating an attractive design aesthetic.

While you might turn to family or friends for inspiration for your next DIY project, another resource for collecting concepts and options to upgrade your space is the internet. Consider the Valspar Color-verse, which allows visitors to explore colors in a unique way and offers paint color inspiration and decor trends they can envision within their own homes.

The interactive virtual home showcases the latest paint and design trends so you can get creative for your next project. After experiencing the Valspar 2023 Colors of the Year firsthand by painting walls and art from the collection to see the 3D virtual house come to life, you can find the perfect paint shade for your space.

"Through the Color-verse, visitors can experience the 12 Colors of the Year in a realistic virtual home," said Gus Morales, vice president of brand marketing for CBG Sherwin-Williams. "Aside from exploring the Colors of the Year, the home is an engaging space for visitors to create art, play games and order paint chips to see how their top color picks look and feel in their homes."

Color Trends to Consider

Many of this year's popular nature-inspired designs are all about finding comfort, embracing a flexible lifestyle, rediscovering joy and leaning into the growing DIY movement. The most trend-worthy, forward-thinking and livable colors reflect specific facets or emotions of life so you can update your well-used spaces with thoughtful colors that evoke positive energy and lasting change.

Comfort and Contentment: If your goal is to create a space that envelops you in a sense of comfort,

consider a white with a yellow undertone that makes a space cozy like a soft blanket, like Cozy White from Valspar. Complement the softness with a muted clay that brings in brown undertones that suggest gentle contentment.

Calming Restoration: Tap into the calming tones of nature with a hazy green that has duality, which brings in both the calm and liveliness of the great outdoors. Another option is a deep midnight blue used as an elegant calming shade to restore mind, body and home.

Healthful, Mindful Living: Create an uplifting space where your wellness is a priority. Evoke a greater sense of health consciousness with a light blue that has a dose of softness used as a fresh neutral with uplifting qualities of a modern pastel, like Valspar's Rising Tide. Reinforce the benefits of mindful living with a cool gray that is balanced by the warmth of the yellow undertone, a natural hue like a cotton muslin cloth.

Connections and Joy: Establish spaces where you can celebrate relationships with others, the world around you and happiness in your being. Consider hues like a white softened by a violet undertone, a harmonious shade promoted by digital connectivity. Evoke joy with a dependable classic tan that features a yellow undertone suggesting new life with uplifting qualities.

Natural Balance: Bringing hints of the outdoors into a well-loved living space creates a soothing ambiance. Consider a warm neutral brown tone inspired by the shades found in nature or a cooled down blue that strikes a beautiful balance between cool and warm shades in your design.

Inspirational Thought: A work-from-home or crafting space needs color to inspire great thinking. Try a faded natural terracotta that sparks individuality and warmth or a deep blackened olive, an on-trend neutral that embodies charm and sophistication.

Explore the tool and find more colorful ideas at Valspar.com.



Navigate New Colors

Exploring color options before you apply them to a home improvement or design project gives you the chance to experience and visualize different styles before you fully commit. Using a tool like Valspar's Color-verse, a 3D virtual home, you can experience on-trend color palettes that inspire your next big project through resources like:

- An interactive feature that allows you to repaint walls of a living room, dining room, bedroom, bathroom, kitchen, walls and cabinets using the 12 Colors of the Year then takes you directly to the site to order free paint chips to try at home
- An artistic element where you can create a 3D panorama nature scene, explore others' artwork and share creations on social media
- A light-hearted game that inspires you to get on the road to gather your home improvement essentials

SUNDAY Business Notes and NEWS DAY

Sunday, Feb. 12, 2023

F1

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BBB Warning: Quest Concrete Generates A High Volume Of Complaints

BBB Serving Central Indiana is warning consumers to exercise caution before doing business with Quest Concrete LLC, a remodeling contractor headquartered in Indianapolis, Ind. The company currently has an “F” rating, the lowest on the BBB scale, due to 18 complaints including a pattern of collecting deposits, leaving projects incomplete, and failing to respond to consumers’ concerns.

“I know companies get busy; I just want some communication,” said Tony Hueston, a Franklin, Ind. consumer.

Hueston secured a \$12,000 project with the understanding his patio would be poured in eight to ten weeks. After signing his contract, “Quest” failed to provide Hueston a project manager.

Several weeks later, Hueston had yet to receive any sort of sufficient response regarding his project and \$6,000 deposit despite the multiple voicemails left with the business.

When speaking with consumers during BBB’s investigation, confusion pertaining to the distinction between Quest Exteriors and Quest Concrete was apparent. BBB discovered Quest Concrete shared various business details with Quest Exteriors such as contact information, building address and office personnel. At one point, Quest Concrete did have a separate phone number and website, however, both were unavailable when BBB attempted to contact the business.

Originally, consumer complaints were filed against Quest Exteriors LLC, but Quest Exteriors notified BBB that complaints should be directed to a separate entity, Quest Concrete.

“Quest Concrete is a wholly separate entity with different ownership structure than that of Quest Exteriors,” said Mike Gossett of Quest Exteriors in a statement. “The entity that owns Quest Exteriors is also a minority owner in Quest Concrete. While I have been actively working with both companies, I have no control over the majority ownership of Quest Concrete or what direction they take the company. For startup purposes both companies ran out of the same office and used some of the same back-office staff until early November.”

Gossett further indicated their office had to close in early November due to labor issues brought on by the nationwide raw material shortage of Portland cement (an ingredient used to make concrete). As a result, Quest Concrete was put on a material allocation for five to six weeks from mid-September through late October. Gossett claims Quest Concrete could not continue normal business operations after the five-to-six-week period when the business was unable to perform work.

“Our attorneys are working on the path forward as it relates to Quest Concrete,” Gossett continued in its statement to BBB. “As it relates to Quest Exteriors, Quest Exteriors has met and continues to meet all its contractual obligations and did not contract any concrete work with the above-mentioned customers and should not have the complaints attached to its BBB Accreditation.”

Quest Exterior’s BBB Accreditation was revoked on Dec. 13, 2022 by BBB’s Board of Directors due to the business’s failure to adhere to two of the requirements BBB Accredited Businesses must meet and abide by. The first unmet standard relates to transparency, which accord-

ing to BBB.org, BBB Accredited Businesses must “openly identify the nature, location, and ownership of the business, and clearly and prominently disclose all material facts that bear on a customer’s decision to buy.” The second requisite pertains to responsiveness where BBB Accredited Businesses must “address disputes forwarded by BBB quickly and in good faith.”

Prior to the revocation, BBB found additional information through an Indiana Secretary of State data search shortly after receiving Gossett’s statement. The discovery indicated the co-owner of Quest Exteriors, Carie Gossett, is listed as “Manager” on a Change of Principal Address form for Quest Concrete. Quest Exteriors was asked to provide ownership clarification and reliable contact information for Quest Concrete but failed to respond to BBB’s request.

As a result, BBB has been unable to identify a complaint handler for Quest Concrete outside of Quest Exteriors, leaving 18 unanswered complaints and a total monetary loss of around \$74,000.

BBB followed up with several complainants in November 2022. During these conversations, the pattern of complaint was discovered, as consumers’ concerns pertained to unfulfilled contracts and lack of communication from the business.

Consumer, Justin Barkey, told BBB the business visited his home to begin the job but has since left his yard damaged and without the patio for which he paid a significant deposit. After several attempts to gain answers from Quest Concrete, the Fortville, Ind. resident was met with “excuse after excuse” as to why his project had been delayed, including a broken-down truck, dispatch issues, and the lack of cement powder.

“I am going to have to pay someone to come out and undo what they have done,” Barkey stated. “All I want from Quest Exteriors at this point is my deposit money of \$4,500 back and nothing else.”

A couple from Fishers, Ind., shared a similar experience. Amanda and Dan Hackworth found the company online and stated “Quest” came out rather quickly to assess a project in the summer. In June 2022 they put down a \$7,600 deposit and agreed to a contract stating work would begin in five to seven weeks. A. Hackworth claimed they didn’t receive much communication about their project after putting the deposit down and were left with quiet waiting periods. In fall 2022, they were told a new project manager was assigned to their project who came out to assess the project one more time. After that visit, all communication from “Quest” ceased and the Hackworths could no longer reach the business.

Indianapolis consumer, Brandi Belucci, put down a \$4,500 deposit when she signed a Quest Concrete contract in June 2022 for a project estimated to take six to eight weeks. However, Quest Concrete pushed the project back several times after their initial agreement.

“I understand that he couldn’t complete the job, but he gave us the run around since August, said Belucci. “If he couldn’t do the job, he should have just given us our deposit back.”

Originally, Belucci assumed they “were just behind,” but as of November 2022, she indicated she had been dealing with back-and-forth communication

for months and can no longer reach anyone about her concerns.

Consider these tips when hiring anybody to work in your home:

- Research and gather information. Search for a contractor’s BBB Business Profile at BBB.org for free information on their history of complaints and read verified customer reviews.

- Request references. Ask the contractor for a list of recent local references you may contact to verify the services performed and their overall experience with the contractor and the quality of the work.

- Ask for multiple quotes. You should always shop around and get at least three quotes from different businesses. Make sure all bids consider the same set of criteria. Keep in mind, the lowest bid may not necessarily be the best bid; if one bid is significantly lower than the others, the contractor may be cutting corners or may not understand your work requirements.

- Get it in writing. Always get estimates in writing and never let any work begin without a written and signed contract. Do not be pressured into signing an agreement before you are ready and make sure you read and understand everything before signing. The contract should include contact information, start and complete dates, a detailed description of the exact work to be done, any material costs, payment arrangements, and warranty information. Specify who is to obtain the necessary building permits and who is responsible for clean-up. Make sure all verbal promises are included in the contract. Never sign an incomplete or partially blank contract.

- Verify license and insurance. Ensure the company you decide to hire has the necessary licenses and insurance to work in your region. Your local BBB can help with this. Once you have your contractor’s insurance information, call the carrier to confirm appropriate coverage for worker’s compensation, property damage, and personal liability in case of accidents.

- Confirm building permits. Your contractor must have the correct permits before starting your project. They will usually obtain the permits, but you will probably pay for them which should be detailed in your contract. Request all final inspections be completed by the local building official prior to final payment.

- Inquire about a lien waiver. A lien waiver, in the United States, is a statement from your contractor that says all suppliers and subcontractors have been paid for their work.

- Think about future service issues. Make sure you are aware of your warranty coverage and how to deal with service issues.

- Arrange a payment schedule. Never pay in full up front. Stagger your payments so your final payment is not due until the project is complete and you have fully inspected the work. Do not pay cash; make sure your check is written to a company, not an individual, or that you use a credit card. Paying with a credit card will provide some recourse should the job not be completed as stated in the contract.

- Get a receipt. Request a receipt marked “Paid in Full” when the job is completed, and your final payment made.

- Keep your contract. Hold on to your contract for future reference or if any questions arise after the work is complete.

Does Your Business Qualify For The ERC Federal Assistance Program?

(StatePoint) The strength of the country relies on its estimated 33.2 million small businesses, which comprise 99.9 percent of all American businesses. COVID threatened, and in some cases forced, the closure of many small enterprises and tens of thousands are still reeling from the aftermath of the full pandemic.

In an effort to offer some relief, the federal government created the Employee Retention Credit (ERC) Program under the IRS that has already helped thousands of qualifying businesses receive up to \$26,000 per employee. Unfortunately, not enough small business owners are aware of the program. Others don’t think they will qualify, leaving billions of dollars on the table that could help them recover and continue to move forward.

Companies such as ERC Helpdesk, www.erchelpdesk.com, have been created to help small businesses determine their qualifications and navigate the ERC program. Now is the perfect time for business owners around the country to see if they make the cut.

A small business can receive an ERC even if it received PPP. The program is flexible enough that most businesses will likely be eligible. The average claim is \$150,000, but there is no cap on the amount.

“I was the owner of a marketing business that assisted dozens of small business owners so I witnessed firsthand the challenges and sweat equity involved in taking such a big risk,” said ERC Helpdesk chief marketing officer, Greg Ross-Smith. “Our founder was and remains a small business owner himself who was initially told his businesses would not qualify for an ERC and there was nobody he could find to make sense of the program. When he finally learned about the program details and what the actual qualifications are, not only did he apply and receive funds, he decided to create a way to assist other small business owners in

taking advantage of the funding available for their businesses.”

Here are the basics to see if you qualify:

- Your business is based in the United States.
- You retained and paid W2 employees during 2020 and 2021.

- Your business was impacted by COVID restrictions in one or more of the following ways:

1. Loss of revenue
2. Supply chain disruptions
3. Full or partial shutdown of your business

Now a growing industry, ERC companies are popping up all over so be wary about who you work with. Ideally, try to work with a company you know, or at least one that understands the needs and inner workings of a small business. Often, it helps to work with a smaller sized ERC business that’s accessible and that will work with your submission on a one-on-one basis. Bigger isn’t always better in this industry. Of course, partnering with a company that maintains a high approval rate for its clients is a critical point of measurement as many companies can waste your time and get your hopes up by simply submitting anything knowing the chances of success are slim. Finally, to the degree you can determine it, try to work with a company that will process your application as quickly as possible while focusing on reducing errors that can delay the process.

“So many small businesses are built organically with the participation, support and hard work of family and friends. As a result, we understand the investment of time, resources and relationships that go into every business we work with,” said Ross-Smith. “In the ERC business, integrity, trust and customer service rule and that’s what I’d urge all applicants to consider in navigating their eligibility for the program. Our only goal is to help them qualify and then maximize their efforts and amount of compensation they receive.”

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Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

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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.

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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



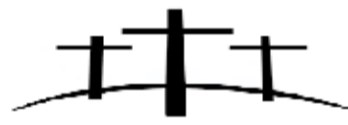
Sunday Worship 10:00 AM

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

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

All are 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

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765-794-4716

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

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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.
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*
SR 136, then south on CR 650.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
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
Whitesvillechristianchurch.com
- 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. 12, 2023

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Caring For Older Adults: Managing Heart Attack Treatment And Follow-Up Care

(Family Features) As the proportion of older adults in the U.S. continues to increase, appropriate care for older people becomes increasingly important. In fact, caregivers and loved ones should be aware of age-appropriate care for heart attack or chest pain.

The first step is to call 911. Once medical care is started, age-related changes in general health and in the heart and blood vessels require consideration, and likely modifications, in how people age 75 and older are treated, according to a scientific statement from the American Heart Association, published in its flagship, peer-reviewed journal "Circulation."

The statement, "Management of acute coronary syndrome (ACS) in the older adult population," highlights evidence to help clinicians better care for older patients. According to the statement, 30-40% of people hospitalized with ACS, which includes heart attack and unstable angina (heart-related chest pain), are age 75 or older.

"Older patients have more pronounced anatomical changes and more severe functional impairment, and they are more likely to have additional health conditions not related to heart disease," said Abdulla A. Damluji, M.D., Ph.D., FAHA, chair of the scientific statement writing committee, director of the Inova Center of Outcomes Research, and an associate professor of medicine at Johns Hop-

kins School of Medicine. "These include frailty, other chronic disorders (treated with multiple medications), physical dysfunction, cognitive decline or urinary incontinence."

Normal Aging and Age-Related Changes in the Heart and Blood Vessels

Cardiovascular changes that occur with normal aging make ACS more likely and may make diagnosing and treating it more complex. These changes include large arteries becoming stiffer, the heart working harder but pumping less effectively, blood vessels becoming less flexible and less able to respond to changes in the heart's oxygen needs and an increased tendency to form blood clots. Sensory decline due to aging may alter hearing, vision and pain sensations. Kidney function also declines with age, with more than 1/3 of people ages 65 and older having chronic kidney disease.

Multiple Medical Conditions and Medications

As people age, they are often diagnosed with health conditions that may be worsened by ACS or complicate existing ACS. As these chronic conditions are treated, medications prescribed may result in unwanted interactions or medications that treat one condition may worsen another.

"Geriatric syndromes and the complexities of their care may undermine the effectiveness of treatments for ACS, as well as the resiliency of older adults to survive and

recover," Damluji said. "A detailed review of all medications - including supplements and over-the-counter medicines - is essential, ideally in consultation with a pharmacist who has geriatric expertise."

Steps for Heart Attack Care and Follow-Up for Older Adults

- Call 911 if you notice someone experiencing heart attack warning signs. These include chest discomfort, discomfort in other areas of the upper body (one or both arms, back, neck, jaw or stomach), shortness of breath or other symptoms such as a cold sweat, nausea or lightheadedness.

- Consider treatment needs for co-existing conditions. An individualized, patient-centered approach is best for older adults.

- Get input from multiple specialists, including a pharmacist, to manage care and medications.

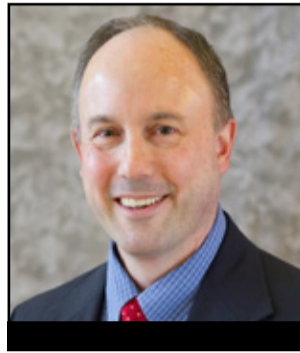
- People with cognitive difficulties and limited mobility may benefit from a simplified medication schedule, with fewer doses per day and 90-day supplies of medications so fewer refills are necessary.

- The goals of care for older people with ACS should extend beyond clinical outcomes and focus on quality of life and the ability to live independently.

- Do-not-resuscitate orders should be discussed before any surgery or procedure.

For more information about managing ACS in older adults, visit Heart.org.

Help, I Can't Sleep Doc!



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Insomnia is a huge problem in the United States. We spend over \$10 billion a year on sleep-related treatments and it's estimated the economy loses over \$40 billion in worker productivity due to sleeplessness.

Insomnia is a very complex subject that I can address only briefly in this column. This week I'll focus on some causes of insomnia and next week I'll cover prevention and treatment of sleep disorders. It's important to remember that insomnia is not a disease - it is a symptom of an underlying problem.

Insomnia is classified into three broad categories based on how long a person has it. The first is transient insomnia that lasts a week or less and is usually due to some type of temporary life stressor. It can also be the result of environmental factors such as sleeping in an unfamiliar bed or surroundings or having too much light or noise in a room. The second type of insomnia is short-term insomnia that lasts one to six months. It is usually caused by persistent stress. Finally, chronic insomnia lasts greater than six months.

There are many causes

of chronic insomnia, the most common of which is anxiety. The primary symptom of people suffering from anxiety is difficulty initiating sleep. These folks usually report that they can't turn their thoughts off at bedtime. I see this frequently in patients who are multi-taskers who feel as though they never get everything finished. Depression may also cause chronic insomnia, though these individuals usually present with "terminal insomnia," meaning they wake up in the wee morning hours.

Pain from arthritis or other conditions like fibromyalgia can also lead to chronic insomnia. Lung disease such as COPD/emphysema and heart disease, especially congestive heart failure, can cause frequent night waking. Chronic insomnia has also been identified as a symptom of post-acute sequelae of COVID (Long COVID).

Restless Leg Syndrome (RLS) can cause trouble getting to sleep or staying asleep. Sleep apnea may also cause frequent nighttime wakings. Over-the-counter medication use can be a common cause of chronic insomnia, particularly stimulants found in cold medication and sedatives, especially alcohol.

Caffeine is a huge problem and one of the first habits I ask about when I see someone who has trouble sleeping. Some people drink too much soda, coffee or energy drinks. I often discover they're doing it to keep themselves awake during the day because they can't sleep at night! This is common in teens and college students who are often up late at night

playing video games or checking social media. Caffeine can stay in your system for eight hours or longer.

Over-the-counter or prescription sleeping pills can also be habit-forming. People who take these often find themselves unable to stop taking them or they require larger doses to get the same effect. If they do stop them, they can develop "rebound insomnia." Sleeping pills can also be extremely dangerous when used by older people. They frequently lead to difficulty with balance and coordination, resulting in falls with associated fractures and brain injuries.

Many people subscribe to the incorrect notion that alcohol helps them sleep. While alcohol has depressant effects on the brain, it actually does not allow the brain to enter critical phases of sleep that refresh the brain. If the brain does not get enough deep sleep, the person constantly feels sleep deprived.

Manufacturing workers who work alternating shifts can develop shift work sleep disorder. It is common in people who have brains that are wired to only function properly if they sleep at night. More and more young people are suffering from "sleep phase delay" insomnia. This results from staying up late and sleeping in late.

The problem manifests when they try to go to bed earlier and can't get to sleep. Pleasant dreams!

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

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SUNDAY

Health and WELLNESS

Sunday, Feb. 12, 2023

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Photo courtesy of Getty Images

How managing blood pressure can help save lives

FAMILY FEATURES

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

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

The Silent Killer

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

Understand Your Readings

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

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

Know Your Risk

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



Talk About It

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

Lowering Your Pressure

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

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

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

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

Getting Ready for Your Appointment

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

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

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

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

heart.org/bplevels

SUNDAY

Voice
of our
PEOPLE

Sunday, Feb. 12, 2023

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Starting A New Saga With The Harshbarger Family

Lancaster County, Pennsylvania, begins our Saga this week, on 19 Sept 1759 when Samuel B. Harshbarger was born (son of Jacob and Maria Eva Petra Harshbarger). Right here and now, let it be known that this name coincides with various spellings, some being Hirschberger, Hershbarger and Hershberger. Along that line, it is believed this family began in America with immigrant, Jacob Hirschberger born Basie, Switzerland about 1722, went to Holland in 1750 married Eva Petra (name also spelled various ways), four years later coming to America, having saved the fare by his expert weaving. Samuel B. is their youngest son (Watson, Jessie – Harshbarger Family of Montgomery County).

Two days before America's tenth 4th of July Samuel married Elizabeth Gish (also found as Gischin) daughter of Christian and Sophia (Hock) Gish in Lancaster on 2 July 1786. This couple would have two sons (Jacob and Samuel) and four daughters (Elizabeth, Maria, Susanna and Catherine). SBH is one of Montgomery County's Revolutionary War soldiers, having served as a private in Lt. John Stilt's Company in the Cumberland County, PA militia. (Roster of Soldiers of the American Revolution buried in Indiana, 1966 p 52). At the time of his death (27 March 1849 age 86 years 6 months 8 days) he was buried in a horse pasture which is now the old Harshbarger Cemetery east of Parkersburg in Scott Township. Elizabeth passed a couple of years before him (thanks to R&S Fine for the FindAGrave photo).

Samuel opened a road which led off from the Old Carolina Trail toward the West and it became known as the Great Road to the West which went by Sam's mill on Carven's Creek. (Places Near the Mountain in Botetourt and Roanoke,



KAREN ZACH
Around The County

VA). Sam had already given son Jacob some property on the bottoms of Tinker Creek (112 acres) where Jacob built a three-story mill of brick. Sam owned over 500 acres. But, he wasn't happy with the way things were developing in Virginia, too much slavery. It was wrong, so west Sam came, receiving a land grant of 160 acres in the northwestern section 12 of Clark Township, along with other grants. Of interest, fairly sure the home they left in Roanoke County is now on the National Historic Preservation listing.

I found that their first child was Mary born just about exactly a year after marriage but passed away at a bit over two years old. Mentioned in only one source, there certainly was a four-year hole from marriage time to their next child's birth so it was likely.

Next was Elizabeth born 3 Feb 1790. She married Samuel Frankebarger 1 Nov 1808 in Botetourt. This couple gave Samuel and Elizabeth a big batch of grandkiddos: William (who sadly drowned in the Ohio River at age 39); Elizabeth (married Dan Graybill and lived in Scott Twp, MoCo passing in Feb 1873, mother of 10 children); Samuel (died in Illinois July 1883); Susan; Rebecca; Mary; Jacob; Joel; Sarah; and Anna.

First son of Samuel and



Elizabeth was Jacob born in Lancaster Co, PA on 24 June 1792 and passed 8 Feb 1875 – he and wife, Salome Ammon (daughter of Michael and Catherine Deardorf) were married 25 Oct 1814 in Virginia. They came with their seven children (Lydia; John; Catharine; Salome; Elizabeth; Jacob; Ann all born in Virginia, then Mary Louise was born here in January 1833). Jacob will be next week's Saga feature.

Maria was the next daughter born 26 Dec 1796 and passed away in MoCo (buried Ladoga Cemetery) in April 1850. She married Joseph Nofsinger and they were parents of two sons and four girls. I've never had a whole lot of luck finding much on this family but as of now, planning on her being Harshbarger Saga #3. If I don't find enough then I will include the Dan Graybill family with it.

Susanna was born 28 May 1799 and passed in 1888. She and her husband, John Bonsack are buried in the Bonsack cemetery in Roanoke County. One of their daughter's, Salome, has a wow obituary, which after reading you feel like you knew what an amazing gal she was (she was 22 years, 11 months

old, married to Capt. William Whitmore) – intelligent, cultivated, of strong belief, and “she found her happiness in habitual forgetfulness of self,” always working for the good of others. This was in April 1852, a time frame where few obituaries are found. Bless her heart! The son, Jacob would not swear his allegiance to the South and was forced to witness the ruthless destruction of a fine home, flour mill and all his belongings, but still stayed faithful to the North. Daughter Susan married a doctor; they remained in Roanoke and had a half-dozen children. Mary married a minister and they too remained in the area. Their last child died not long before her 3rd birthday. Most are buried in the Bonsack Cemetery with their parents or not too far away!

Samuel Jr., born 11 April 1802 died 4 Oct 1872 and is buried in the Harshbarger Cemetery. He and wife, Elizabeth Myers were parents of two daughters, then five sons then two more daughters. He and his family will be featured in the upcoming Harshbarger Saga #4.

The last Harshbarger child

was Catherine who first married her sister's husband's brother, Jacob Bonsack in November 1819, but he died young and she remarried (21 Nov 1825) Joseph Brubaker. They lived in Tennessee for a few years then went on to Story County, Iowa. Nine more grandkids and their nine had a total of 37 greats. Children were: Saloma; Henry Joseph; Naomi; Martha; Rebecca; Daniel; John and Samuel died quite young; Susannah and Catherine. Most of these went to either Ogle County, Illinois or Story County, Iowa but Henry Joseph went to California.

Hope you enjoyed Samuel and Elizabeth's story – he was a wonderful man and she a perfect mate, raising some interesting and amazing children. Hope you are looking forward to the Harshbarger Saga #2 for next week!

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.

Homeschooling vs. Public School . . . Success Or Failure?

As a librarian for the past 33 years, I have had the opportunity to help families who made the decision to homeschool their children. The kids and their parents often come to the library to seek out information on various subjects and check out books. Today however, with information readily available via Internet, they mostly show up to check out books to read for entertainment. I have seen the results of homeschooling . . . some good and some not so good.

At one time, public school attendance was mandatory; however over time homeschooling became an alternative to traditional education. Millions of children are homeschooled today. Parents cite a variety of reasons. Some just do not like changes that have been made in public education, including wokeness and indoctrination of beliefs. They believe their children can attain higher academic achievement levels at home, and they can also include religious teachings. Many dislike the negative social influence of certain peer groups in public schools and are also concerned about safety issues, especially in those schools in larger cities. Many also believe their children should proceed at their own pace and have a flexible schedule, while also forming a strong family bond. Of course, the COVID



BUTCH DALE
Columnist

pandemic became a factor, with some families still worried about health concerns. Even though the parent (usually the mother) loses her free time . . . or has to give up a job she enjoys, with the family still paying taxes for local schools without receiving any benefits for their money, most think it's worth it.

I have observed varying results. The first time I was involved with a homeschooling family was in the early 1990s. The mother, who was very religious, brought her two kids to the library each month to check out books, and they used our encyclopedias to write reports. The children were quiet and polite, but as they grew older, I sensed that they did not seem happy. By the time they were teenagers, both had changed drastically . . . seeking out the "wild

life" . . . hanging out with the wrong crowd, drinking and using drugs. As adults, both ended up in jail . . . the girl several times.

In one family the homeschooled girls were never allowed to date, and after graduating, instead of attending college as their controlling mother had planned, fell in "love" with the first boys they met, were married and had kids. I believe they were anxious to leave home any way they could. Several years ago, another mother homeschooled her son. He was very well-mannered, polite, and intelligent. However, he had no social skills. When the boy turned 18, he just had no clue about real life or how to converse with others his age. His mother had "protected" him all those years. I seriously doubt that he even knew "the facts of life."

However, another family in town also homeschools their kids today, and they visit our library quite often. The mother does a great job, and she and her husband often take the kids on educational trips and to events in which the kids can be in clubs and sports and socialize with others. The children seem to be happy and well adjusted. Another mother with children of about the same age brings her two kids to the library each week. The kids are well mannered and

love to read. They are also involved in several church activities. But in another homeschooling family, I often see two of the children walking around town or riding their bikes at all hours of the day. I am almost certain they are well below what they should be for their grade level. There is no accountability. The end result of homeschooling is often unpredictable. The children may be just as intelligent as public school students . . . or perhaps not. Some adjust to "real life" after leaving home . . . and some are lost.

I attended a public school the entire 12 years. I received an excellent education. I loved going to school, and I admired and respected my teachers. There was only one teacher who just was not very good. But I made it through that year. I stuck with it and did my best, which taught me a valuable lesson for later in life. I was in several activities and clubs, and I participated in all of the sports that were offered. I interacted with all type of personalities . . . from my classmates, friends, and teammates . . . to a couple of older downright bullies. And I learned many things that were not taught in the classroom. Just like real life. If my parents had homeschooled me, I likely would have been resentful and rebelled as a teenager.

But the 1950s and early 1960s were a different time. There was no homeschooling. There were also no drugs, no computers, no Internet, no social media, no woke teachers, no crazy psycho mental cases . . . and 90 percent of my generation attended church or Sunday school. I believe we have excellent schools here in Montgomery County, and the vast majority of teachers are caring and compassionate. But I realize homeschooling is still an option for some of you. The success of homeschooling, in my opinion, depends on the attitude, education, and abilities of the parent doing the teaching . . . and the personality of the child. But keep in mind that even in the best situation, homeschooling may not turn out the way you anticipated. Homeschooling . . . I have seen success. I have seen failure . . . the same with public school. But you are the parents. You must decide. You love your kids. You want them to be educated and socially well adjusted, and live a happy, successful life. Whether you choose public schools or homeschooling, cross your fingers and pray for the best.

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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Timmons Talks This, That And 'tuther ...

Scattershooting while wondering whatever happened to Jane Webb and Dawn Wells.

LET ME START by saying thank you to the good folks at St. Bernard's. They invited me to share some highlights of the Israel trip, and even went out of their way to feed me. How's that for a great day! A special thanks to Jan Sears for being so kind and making it easy!

ON THAT subject, if you would like a slightly used vagabond journalist to pay your community or church group a visit and share highlights from a trip to the Holy Land, let me know. You don't even have to feed me!

FOLKS HAVE asked about John Marlowe. I can share, with his permission, that he is fighting prostate cancer. The 60-something-year-old found out just before Christmas and is going through chemotherapy now. I've spoken with him several times and he hasn't lost his sense of humor or wry wit. And he did say prayers are appreciated.

Needless to say he has mine - and I am sure a lot of yours. Here's hoping for a strong recovery!

SPEAKING OF great writers battling health issues, I corresponded with one of my favorite sportswriters from back in the day, Jack Hess, a couple of weeks ago. Jack has been under the weather as



TIM TIMMONS
Two Cents

well. Like John, I'm looking forward to seeing my friend for a cup of coffee when he is feeling better!

WE'VE BEEN talking about politics a lot lately. Here's a thought. What if every panel, every committee, every group that the Legislature or Congress creates always had an equal number of Republicans and Democrats? That premise would force them to compromise. Decisions would no longer simply be a reflection of the party in power. Probably wouldn't work but we need to find some answer, don't we?

WHILE ON politics, Crawfordsville's Steve Akers asked a great question after the column on the national debt. Who owns it? Some quick research shows that the debt is divided into intragovernmental holdings and public debt. The intragovernment is mostly debt through the

Federal Reserve and Social Security. The public debt, unfortunately, involves a lot of money owed to Japan and China. In the U.S., public debt includes savings bonds, pensions, insurance companies, banks and more.

AT THE end of today's scribbles, we're talking a bit about comic books. But how many of you remember the big little books? My favorites had small drawings in the corner of some pages and when you flipped through quickly the drawings came alive. I remember a man running and another one with Tarzan swinging on a vine.

WHAT IS IT kids say? My phone blew up Monday afternoon. A lot of my friends (we'll say that loosely) sent me texts and photos of the collapse of the side of the Journal-Review building. "Are you guys shelling them?" came one. "Don't know if you did it or not, but if you did, thank you for getting rid of that mural," came another. Look, all kidding aside, we are thankful no one was hurt.

With that said, there are questions that must be asked. Has anyone known that wall was unsafe? If so, for how long. Why wasn't something done about it?

At the very least it is a terrible accident where human tragedy was averted. At the worst, it shows a lack of regard for the safety of employ-

ees as well as first responders. Let's hope that answers are found soon.

ARE YOU tired of the filth that passes for comedy on TV now? Well, if you can find it, check out Dry Bar comedy. If you have streaming TV, it's there. I think you can find it on the internet, too. There are a lot of very funny comedians and the humor isn't anything that would embarrass your mother. What a concept, huh!

DID YOU see the news reports about the Chinese balloon flying over the U.S.? It was reported to be the size of a few school buses and, disturbingly, was flying over areas where we have missile silos. Apparently, this isn't new and has happened a few times before. Still, with Russia and North Korea publicly discussing nuclear strikes . . .

DID YOU catch the comment Joe Biden made the other day? "More than half the people in my cabinet, more than half the women in my administration are women." Before that he was telling people how to report fraud online. He told us to go to "report fraud D-O-T-F-T-C dot gov." If it wasn't so sad it'd be funny.

FOR ALL the fans of Readers' Choice, fear not. We usually kick off the biggest promotion in Montgomery County early in the year. We're just running a little

behind - which the older I get seems to be more and more common. Sigh. All I can ask is to be patient, and don't be fooled by our competitors' efforts to copy us. You know who's been doing this the longest and the best.

AND FINALLY, Jane Webb. A lot of guys I grew up with were either Betty or Veronica fans, Ginger or Mary Ann. You know what I mean? They either went for the girl next door or the high society type. Me? I always leaned toward Betty or Mary Ann. Jane Webb Karyl was the wonderful voice of Betty in the TV cartoon, Archie. Dawn Wells played Mary Ann on Gilligan's Island. Dawn passed away in December, 2020 at the age of 82 and Jane in 2010 at the age of 84. May they both rest in peace.

BTW, do you recall the last names of our four fictional ladies? Betty was Betty Cooper. Mary Ann was Summers. Ginger was Grant and Veronica was Lodge. Yeah, I had too much time on my hands as a kid and read all the comic books I could get my hands on. My favorites were Batman, Superman, Combat, Archie and the Lone Ranger. What were yours?

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 timmons@thepaper24-7.com.

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Ask Rusty – Canadian Expat Angry About His Reduced U.S. Social Security

Dear Rusty: I am a 62-year old Canadian expat who has lived in the U.S. for the last 30-years. I worked in both Canada and the U.S. throughout my career. I came to this country, worked hard and contributed faithfully to the tax base, but I am being cheated for what is rightfully owed to me. Everyone else's Social Security calculation is based on lifetime earnings; mine should be calculated using the same parameters, with the only difference being that some of my earnings were in Canada. I have filed an appeal to that end, but the end result is that I get taken to the cleaners. Why would they intentionally put in place a Totalization scheme with Canada which results in me receiving thousands of dollars per year less than someone who has the same lifetime earnings? This is just wrong

and terribly unfair. Is there any legal recourse for me? Signed: Angry Ex-Pat

Dear Angry Ex-Pat: The so-called "Totalization Agreement" between Canada and the U.S. isn't "unfair" – rather it is a way for those who don't independently earn full Social Security eligibility in one country to still get benefits in that country using credits (not earnings) from the other country to gain eligibility. It also allows a citizen of one country to work in another country without paying Social Security taxes in their home country on those foreign earnings. If you have worked in the U.S. long enough to become eligible for U.S. Social Security on your own U.S. work record, the Totalization Agreement between the U.S. and Canada doesn't apply to you nor affect your U.S. Social Security benefits. Overall, the Totalization



ASK RUSTY
Social Security Advisor

Agreement is there to help those who work in both countries but aren't fully eligible for benefits. So, it's likely not the Totalization Agreement you take issue with – rather, it is a U.S. Social Security provision called the Windfall Elimination Provision (WEP).

WEP reduces the Social Security retirement benefit of anyone who has a pension earned while not contributing to the U.S. Social Security program. That includes those with foreign pensions, as well as retirees with pensions from US

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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employers who do not participate in the US Social Security program, including older US Federal retirees as well as state-retirees from any of the 26 U.S. state governments which have chosen to exempt their employees from paying into the national Social Security program.

Without getting into the details of how the WEP reduction is computed, suffice to say your US Social Security benefit is based only on your earnings from working in the United States but, because you also have a

Canadian pension earned without contributing to U.S. Social Security, and you apparently have less than 30 years of U.S. earnings, WEP reduces your U.S. benefit – just as it does for nearly 2 million U.S. citizens who also have a non-covered pension. Legislation for WEP reform (or repeal) has been introduced in just about every U.S. Congress since WEP became law in 1983, but no such reform legislation has ever been enacted. Most in Congress understand that, although the formula isn't perfect,

WEP better equalizes benefits paid to all Social Security recipients, thus helping to fulfill Social Security's original purpose – to mitigate poverty in our elderly population.

Do you have any legal recourse? If you mean recourse that will exempt you from WEP or change the U.S. benefit formula to include both your U.S. and Canadian earnings when computing your US Social Security benefit, I do not believe you do. Many U.S. unions representing WEP-affected retirees have been wrestling with this issue for decades, to no avail. WEP can only be changed by an act of Congress, and Congress – for nearly 40 years – has been unwilling to change it. So, while I fully understand your frustration and respect your opinion, unfortunately I cannot be optimistic that your current appeal, nor any legal action you might take, will be successful.

Marian Lane...Sweet Lady Or Cold-Blooded Killer?

Marian Lane, a former resident of Darlington, was born in 1905. She lived a long life, passing away in 1998 at the age of 93. Below are some comments from people who knew Marian in her later years...

"One of Marian's most admirable qualities was her generosity. Through the years, she helped nieces, nephews, cousins, and friends by buying them clothing, furniture, gifts, trips, and even cars. She helped the younger ones with school tuitions. She always had a project going on in which she sent money to someone. On trips overseas she carried gifts to the local people...clothing, shoes, food, toys, and she made many new friends there. Her generosity was overwhelming. Another one of her good qualities was her compassion for people. This was instilled in her by her parents, and she truly cared about people. She cared for the sick, the unfortunate, for the downtrodden, and for anyone in need."



Marian Lane

"Marian had a sense of adventure, and every time she left the house for a trip, exciting things would happen. She loved riding in a car, seeing the scenery, and being with people. Marian visited friends and relatives, she laughed, and she loved life. Her father would have been proud of his daughter, for indeed she loved people, and a lot of people loved her in return."

But hold on, readers,



BUTCH DALE
Columnist

there is a little more to this story....What was Marian like in her younger years?

You see...Marian Lane was not her real name. Marian's real name was Winnie Ruth McKinnell. Her father was the minister at the Free Methodist Church right in Darlington. As a young child, Winnie Ruth contracted pneumonia and then tuberculosis, which affected her throughout her entire life. Her parents were strict. She was never allowed to attend a circus, carnival, ball game, movie, skating rink, or other fun activities. Her mother did not allow her to wear jewelry. Winnie Ruth lived a depressed life, and she never felt like she "fit in" with the other students in her class, but she liked everyone and she wanted others to like her.

At the age of 19, she married Dr. William Judd, age 41. She worshipped him because he could relieve people of their suffering, and he adored her. However, the marriage did not work out, and Winnie moved to Phoenix, Arizona, taking a job as a medical secretary. She shared an apartment with two other women, Anne LeRoi and Hedvig Samuelson. Still married to Dr. Judd, Winnie had an affair with a married man. It is believed that her two roommates were also infatuated with this man.

And then on October 16, 1931, a violent confrontation occurred between Winnie and her roommates. Winnie

fought for her life. She suffered a beating and received a bullet wound to one hand. She in turn shot her roommates, killing both of them, then allegedly dismembered the bodies and stuffed the remains into baggage trunks. When the baggage trunks were found, she was arrested and charged with murder. Winnie Ruth was never given a chance to speak at her trial. People who knew her claimed she could not stand the sight of blood and wouldn't hurt a fly. Despite conflicting evidence and questionable testimony by others, she was convicted and sentenced to hang. Winnie Ruth Judd became known as "the trunk murderess" or "the tiger woman" in newspaper stories all over the country.



Winnie Ruth Judd

However, just a few hours before she headed to the gallows, a hearing determined that Winnie Ruth was insane. She was given a life sentence and committed to the Arizona State Hospital for the Insane. But Winnie Ruth was a very smart and cagey gal. She escaped from the insane asylum on seven different occasions...one time for seven years before she was recaptured. She had changed her name to Marian Lane and worked as a housekeeper during those times. She even visited Darlington on one occasion to see her childhood home.

With the help of famed attorney Melvin Belli, Winnie Ruth was even-

tually deemed sane and was pardoned by the governor of Arizona in 1971. Winnie had spent more time behind bars than any convicted murderer in the history of the United States. She continued using the name Marian Lane to avoid publicity. During her last years she visited Darlington again on three different occasions, visiting a friend, Marian Holladay, who had corresponded with her through the years.

Mrs. Holladay told me that Winnie Ruth never talked about what happened on that tragic day in 1931. Winnie stated, "The past is the past. I've never been a person to talk about things unpleasant." However, evidence showed that the trunks with the bodies had been moved. At that time, Winnie weighed 103 pounds and was very ill. As mentioned earlier, she had also suffered a bullet wound to one hand. Many people believe there had been a cover-up to protect her husband and her lover. The bodies had been dismembered with surgical precision, and her doctor husband at one time had been treated in an insane asylum for narcotic addiction. During all of the years that Winnie spent in the insane asylum, and during the times she had escaped, she was a caring and compassionate woman. Winnie Ruth Judd passed away on October 23, 1998. Only God knows the truth as to what happened on that night of October 16, 1931. Winnie Ruth Judd, the convicted killer... or...Marian Lane, a friend to all who knew her...may you rest in peace.

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.

Farmers Can Use Relay Cropping To Improve Profits, Conservation

By Kelsey Willardson, policy associate, Center for Rural Affairs

Producers are facing a dire need to increase production in the current market. More are also looking for ways to engage in conservation. Relay cropping may provide the solution for both of these issues.

This method of farming, which allows producers to stagger the production of two cash crops during the same growing season, can improve profits and create healthier land. To help increase its adoption, the U.S. Department of Agriculture's Risk Management Agency has added relay cropping as an insurable farming practice.

Relay cropping extends the growing season by incorporating varieties that can be grown in cooler conditions. In the Midwest, farmers commonly pair soybeans with winter wheat, rye, or other cereal grains, which often results in similar or increased yields for each individual crop. This is largely attributed to improvements in soil health and stability—a result of maintaining a living root in the soil for a longer portion of the year.

The practice can translate to measurable cost savings by reducing the

need for insecticides and herbicides. The increased biodiversity of two cash crops can prevent insect infestations by creating a balanced ecosystem of predator and prey species. Increased soil cover helps suppress weed growth, and the varied planting times also disrupt pests' growing cycles.

This is a great time to consider relay cropping. Soybeans paired with cereal grains may be covered under a written agreement. Written agreements provide coverage for insurable products with special conditions or when local rates of comparable products are unavailable. This added protection reduces the risk for producers and ensures operations implementing this beneficial practice are financially secure. Get in touch with a crop insurance agent to learn about enrolling in this coverage.

Established in 1973, the Center for Rural Affairs is a private, non-profit organization working to strengthen small businesses, family farms and ranches, and rural communities through action-oriented programs addressing social, economic, and environmental issues.

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Deconstructing “My Body, My Choice” Hypocrisy On Both Sides

By Dr. Luke Conway

To show partiality in judgment is not good. Proverbs 24:23

There is nothing more dangerous to authoritarianism than a principle applied impartially.

Authoritarianism thrives on group bias. Thus, one of the cures for authoritarianism is a willingness to be fair to your opponents, to judge both your own group and their group with the same lens. Like a fungus exposed to constant fresh air, authoritarianism simply cannot survive when a sustained principle is fairly applied to all sides. The danger of authoritarianism is one of the many reasons that to show partiality in judgment is not good.

Given the current tendencies for extremists across the political spectrum to spiral into an authoritarian abyss, it is worth remembering this sobering proverb as we debate the key issues of our time. Anytime we approach any issue—even ones we care passionately about—we should show no partiality in judgement. We should apply the same principles to both our side and theirs.

Nowhere is the need for impartiality more evident than when we consider the twin issues of abortion and vaccine mandates. Although not necessarily related, these two issues have been brought together by one of the most curious linguistic turnabouts in history. For most of my lifetime, “my body, my choice” was the rallying cry of liberals who wanted abortion rights. Yet, during COVID, this same phrase was co-opted by conservatives to resist vaccine mandates. This was purposeful: Most conservatives were adopting the phrase polemically, with irony, to turn it back against pro-choice liberals. The strategy seems to have partially worked: In fact, some liberals have even begun to distance themselves from the “my body, my choice” motto as a result.

Along the way, both political groups have argued that they have more of a right to the phrase than the other side. Yes, there were intelligent commentaries. Yes, there were a smattering of thoughtful debates. However, in the main, from where I sit, rather than these two concurrent usages of “my body, my choice” sparking self-reflection, this linguistic overlap appears instead to have largely inspired blind spots on both sides. To the outsider, the result has sometimes looked like rather bizarre theater. Conservatives on the ground appear to scream “my body,

my choice” for vaccine mandates and then turn around and oppose abortion without a great deal of thought; liberals on the ground appear to scream “my body, my choice” for abortion and then turn around and support vaccine or mask mandates without considering the deeper implications. In both cases, each side seems largely to use the principle when it suits them, and then simply ignore the clear application of the principle when it doesn’t.

If we don’t want to devolve into authoritarianism, we need to dig more deeply. We need a discussion revolving around a consistent set of principles applied equally to liberal and conservative positions on these issues. With that goal in mind, I offer a few thoughts here. I do not view these comments as either original or definitive answers, but rather—as someone who falls into one of the “hypocritical” boxes that opposes both abortion and vaccine mandates—an attempt to prod discussion with a few summary thoughts.

Let’s start with an obvious truth: “My body, my choice” cannot be absolute across all times and all places, and therefore we must consider when it applies. On the one hand, most Americans will likely cede that the government should not decide what brand of peanut butter you put into your body. On the other hand, if you randomly punch a stranger in a mall, I doubt a judge would find a “my body, my choice” defense especially compelling. You don’t have the right to merely do anything you want with your body, because often what you do with your body affects others. So, one reasonable starting point is that for every issue, we have to weigh the potential costs to individuals of losing their freedom against the potential costs to other people around them if they have their freedom.

Let’s take each of those in turn as applies to our present case. In the aftermath of the Dobbs Supreme Court decision that overturned Roe, liberal Jessica Tarlov noted that “my body, my choice” arguments were more impactful in the case of abortion (compared to vaccine mandates) because the cost to the individual person who loses her freedom is greater in the case of abortion. Tarlov notes, for example, that it is far more of a hardship to carry a baby to term against one’s will—and to subsequently be responsible for that child—than it is to get a vaccine. In her words: “I would still argue that

a shot in your arm is a little bit different than a commitment to a person for 18 years.”

There likely isn’t anyone in the country more opposed to vaccine mandates than I am; but Tarlov is largely right here. It almost certainly is more of a hardship on a woman losing her freedom for an abortion than it is for someone losing their vaccine freedom. Vaccines are not without risk (something liberals have long been aware of—many people forget that pre-COVID, the “anti-vaxx” movement was largely on the left), but one has to say that on balance, forcing someone to take a vaccine shot is arguably less of a hardship than forcing them to carry a baby to term and beyond.

On the other hand, when we turn our attention to the effects of freedoms on others, the issue isn’t as favorable to liberals. COVID vaccines may reduce the likelihood of harm to those who take them, but they almost certainly do little to stop the spread of COVID. As a result, granting one individual the freedom to avoid taking vaccines will have very little impact on other people. If I take a COVID vaccine, it may or may not help me; but it almost certainly will not help you, or anyone in my orbit. The larger effect of my freedom on other people is thus very minimal. It may not cost me much to get a shot, but it doesn’t cost anyone else much if I have the freedom not to get it.

As conservatives have consistently noted, abortion fails the second half of our test spectacularly. Almost by definition, abortion has a 100% kill rate. Every time a woman exercises her right to an abortion, a fetus dies. Now, part of the liberal argument has always been that the fetus doesn’t have the same status as a regular person. But to understand the current cost/benefit analysis, we don’t need to spend hours debating the exact personhood status of the fetus. Rather, let’s focus on something most people can agree on: A fetus is a living thing. That’s probably why the vast majority of the world—including most liberal European nations—effectively ban elective abortions after 20 weeks, and why most Americans oppose abortion after 15 weeks. As a result, it seems clear that a person who has an abortion generally does a lot more harm than a person who refuses a vaccine.

Where does this leave us? If we dissect the “my body, my choice” linguistic collision by

applying consistent principles, we get a mixed bag. Liberal positions score higher when considering hardships to the person whose freedom is at stake; conservative positions score higher when considering hardships to others who might be affected by their freedom. I offer these (undoubtedly imperfect) thoughts not to provide definitive answers, but as a means of prodding reflection to combat authoritarianism. The “my body, my choice” hypocrisy provides a moment for all of us to learn a lesson. It might be good for both sides to stop shouting at each other, and instead bring reflective, fair, and principled arguments.

Indeed, reflecting on the linguistic “my body, my choice” collision that is the subject of this piece had an impact on my own views. It didn’t make me like abortions more, but it highlighted the need to apply the same standard across issues. Vaccine mandates reminded me that there is always a cost to taking away personal freedoms. Because I want to set a high bar for restricting my own freedoms in the case of vaccine mandates, I think we should be careful in setting that bar for other areas. Liberals have a point. I think we should consider the freedom of the pregnant mother just like we should consider the freedom of the unvaccinated person. Those aren’t the only things in each cost/benefit equation; but if we are going to consider them at all, they should be considered equally on all sides.

If we don’t—if we continue to twist any old principle to our advantage without considering it fairly—authoritarianism will ultimately have its day. And if that happens, we all lose.

Dr. Lucian (Luke) Gideon Conway III is a Professor of Psychology and a Fellow with the Institute for Faith & Freedom at Grove City College. He is the author of over 85 articles, commentaries, and book chapters on the psychology of politics and culture. Dr. Conway’s research has been featured in major media outlets such as the Washington Post, New York Times, Huffington Post, Psychology Today, USA Today, the Ben Shapiro Podcast, and BBC Radio. Further, he has written opinion pieces for outlets such as The Hill, Heterodox Academy, and London School of Economics U.S. Centre. He is the author of the book Complex Simplicity: How Psychology Suggests Atheists are Wrong About Christianity. You can follow him on twitter @LGConwayIII, on ResearchGate, or on Google Scholar.

Is It A God Thing?

Whenever I find myself facing an uncertain future, whether it’s in work or my personal life, ultimately, I always find myself praying for Divine intervention.

I ask for guidance. I ask for forgiveness. I ask for patience. I ask for inspiration.

It always seems I am asking Him for something. But seldom am I thanking Him for what He has already given.

From my personal experience, I know He hears and in His own way answers our requests. Sometimes the answer is no. We seldom understand that result. In fact sometimes we interpret it, as He is not there. He is not listening. He has forsaken us.

From our own actions, many of us deserve to be forsaken but thankfully, as part of His family we will not be. We may not always get what our hearts desire. Our lives may not be easy. And sometimes they may be downright miserable. He is still with us.

In the face of what seems to be an ever-increasing presence of things that are ungodly being placed in front of us through media and in our own vision of the world around us,

I must conclude if there was ever a time for us to cry out to Him and ask His mercy upon us, it is now.

In recent weeks, I have been in prayer over lack of direction in my life, over falling short in His service and in trying to walk ever closer to Him. We all fall short of His love.

Yet, in the simplest thing, He can remind us “I am here and I love you.”

I have a small golden key chain I was presented when I graduated from high school. I had never used it, only pulled it out and looked at it, thinking I will use it for a special occasion. Despite many years coming and going, I had not used it. I finally pulled it out and put my car keys on it. A small golden ball that served as a nut held the mechanism into place, thus holding the key ring into the golden circle into which it was mounted.

One day I went to the post office, I got out and the key ring fell apart dropping pieces to the ground. I bent over picked everything up and went on my way. I did not realize that the small golden ball that served a nut was not among what I picked up. I realized later at home it was gone. It could have unscrewed and fell off anywhere, I checked my clothes, the floorboard of the car, around the house, to no avail.

A couple a weeks passed when the thought hit me as I pulled into the post office again,



RANDALL FRANKS
Southern Style Columns

go and look where you were parked that day. So I did. I walked over to the empty parking space, took two steps beyond where my drivers door was and there it sat. It had rolled and sat there for two weeks with no vehicles rolling over it. Not a soul had noticed this little golden ball the size of a large bb. After I had become acclimated that I would never be able to use the key chain again. God sent a thought, moved my body, and there was something I had lost, a piece of something I cherished just lying on the ground safe in a place it should not have been.

I have spent a lifetime in the music industry. I have strived to attain recognition for my music on the mainstream charts. That, along with awards is one of the ways we gauge our acceptance and success. I can tell you, those things just do not just happen. Behind the scenes, there are many actions taken by you and folks who support you which facilitate such an opportunity. I have been praying tirelessly for career guidance for months. This past week, I was notified that I had topped the Cashbox Magazine music charts with a song I wrote with Cotton Carrier and released years ago – “God’s Children” performed with the Watkins Family.

Never in my life had I been on the Cashbox charts, and then out of the blue I was number 1 on a mainstream entertainment chart with a song picked out of the blue by radio presenters with no behind the scenes promotion, no single release, not even trying. If that is not a God thing, I don’t know what is.

Look for the God things in your life. They are there, big and small. And when you find them don’t forget to thank Him!

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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Solo Travel Tips: Recommendations For Venturing Out Alone This Year

(Family Features) Whether you're a lone wolf at heart or looking to broaden your sense of independence, traveling solo can be a richly empowering and satisfying experience.

Setting out on your own has many practical advantages. You're not worrying about accommodating another's schedule, interest or needs, and you're free to decide what you want to do and when. Solo travel also elicits some mental and emotional benefits, as you experience a unique sense of freedom, liberation and self-sufficiency.

If you're considering a solo journey, consider these tips from the book "101+ Tips for Solo Women Travelers," which is offered by Overseas Adventure Travel in free digital and print editions.

Make Sure Your Passport is Updated

Many countries now require your passport to be valid for six months after your return to the United States. If you don't have a passport, or need to renew one, apply for one as soon as possible. Ideally you should have your application in six months before you depart.

Look for Trips with No Single Supplement

Often, quoted rates are "per person, based on

double occupancy." This is because travel hosts know they can make more from a couple traveling than an individual. You can avoid paying a single supplement premium by being willing to match with a roommate or traveling with a tour company or cruise line with free or low-cost single supplement fees.

Use the ATM

As an affordable and convenient way to get cash, you can avoid wasting time in line at a bank or currency exchange bureau by visiting an ATM. While you'll likely incur a fee for using an ATM that's not part of your bank, it is often less than the commission you'd pay at an exchange bureau. Plus, you can avoid additional fees by calculating how much you'll need for the trip and making one withdrawal as opposed to multiple smaller withdrawals.

Download Entertainment Before You Leave

When traveling, Wi-Fi can be expensive, slow or just not available. Before you leave, download music, e-books, podcasts, favorite tv shows or movies to enjoy while you're en route or during down time.

Join Group Tours

Once you reach your destination, you may enjoy joining small groups for excursions or to

explore local cuisine. Or you can make your entire journey a group experience. A small group adventure with Overseas Adventure Travel has many benefits, and built-in dining companions is just one of them.

Take Precautions in Your Hotel Room

When you check in, ask the receptionist to write your room number down instead of announcing it so everyone can hear. Make sure your room's locks work on both the door into the hallway and the balcony. Never let any repair person or staff member into your room without confirming with the front desk first. Bring a rubber doormat, which makes a hotel room door nearly impossible to open. Finally, have an exit plan: Know where the nearest exit is located and the route from your room.

Make New Friends

For some, making friends seems to happen naturally while traveling alone by chatting with strangers at a neighboring restaurant table or striking up a conversation while waiting in line at a store. If those situations don't occur naturally, there are useful apps that can connect you with local people as well as fellow travelers.

Find more tips to prepare for your journey at oattravel.com.

Lincoln Amphitheatre 2023 Performance Series Announced

The Lincoln Amphitheatre will head into its 36th summer with a diverse and eclectic lineup of live events and performances. Anchored by KISS' original guitarist Ace Frehley, Eddie Montgomery of Montgomery Gentry, Grammy nominee Southern Avenue, as well as Peter Beckett of the band Player, the 2023 season will also feature a number of tribute performances to some of the all-time great rock and roll bands and country artists.

2023 marks the eighth summer of a unique multi-state agency partnership between the Indiana Destination Development Corporation (IDDC) and the Indiana Department of Natural Resources (IDNR). IDDC is part of Lt. Gov. Suzanne Crouch's family of businesses.

"The Lincoln Amphitheatre celebrated its 35th year with a fantas-

tic season in 2022," Lt. Gov. Crouch said. "We look forward to seeing the continued success of this resurgent southern Indiana facility in 2023 as it, again, offers a diverse and entertaining lineup of events."

The Lincoln Amphitheatre's 2023 Performance Series includes:

- Saturday, May 20: Johnny Folsom 4 – a tribute to Johnny Cash
- Saturday, June 3: Rearview – a tribute to Pearl Jam
- Saturday, June 10: '84 – a Van Halen tribute
- Friday-Saturday, June 23-24: The Rivalry
- Saturday, July 8: Electric Avenue – the 80s MTV Experience
- Saturday, July 29: Ace Frehley
- Saturday, Aug. 12: Southern Avenue
- Saturday, Aug. 26: Turn the Page – a tribute to Bob Seger
- Saturday, Septem-

ber 2: The Yacht Rock Radio Cruise starring Peter Beckett the voice of Player with Monsters of Yacht

- Saturday, Sept. 9: Eddie Montgomery of Montgomery Gentry
- Saturday, Sept. 23: Led Zeppelin 2

Individual tickets for each of the 2023 Lincoln Amphitheatre events are on sale now at www.LincolnAmphitheatre.com. Each ticket price is inclusive of concert admission, parking, facility and service charges, as well as Lincoln State Park's gate fee. Seating for all shows and sections is general admission/festival seating. VIP tickets include preferred seating, as well as a complimentary drink token redeemable for Pepsi or beer/wine products. Concessions, venue merchandise, and artist merchandise (when applicable) will be available at each event.

Fall In Puppy Love: PAW Patrol Live! 'Heroes Unite' Coming To Indy

PAW Patrol Live! "Heroes Unite" has the perfect gift for you and your kids this Valentine's Day! From Feb. 8-14, receive 15% off tickets when you use code VDAY15! Don't miss this opportunity to make new memories with your kids at this incredible new production. As honorary PAW Patrol members, your kids will be encouraged to move, sing, and dance along with their favorite PAW Patrol characters, as they emBARK on a brand-new adventure!

Offer valid from Feb. 8 at 10 a.m. local time through Feb. 14 at 10 p.m. Subject to availability. Select seats only. Limit 9 tickets per customer. Offer excludes VIP. Cannot be combined with other offers or on previously purchased tickets. Additional fees may apply. No cash value. Other restrictions may apply. Presented by Nickelodeon and VStar Entertainment Group the all-new PAW Patrol Live! "Heroes Unite" is an interactive live stage show, where members of the audience get to be heroes unleashed, helping the pups solve puzzles as honorary members of the pack, while they navigate the globe to make it back to Adventure Bay in the nick of time. Featuring stunning visual effects, captivating storytelling and a vibrant musical score that will have

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When: Saturday, April 1, 2023 10 a.m. & 2 p.m.
Sunday, April 2, 2023 10 a.m. & 2 p.m.

Where: Murat Theatre at Old National Centre
502 N New Jersey St, Indianapolis, IN 46204

Tickets: Tickets start at \$33.50. Tickets are available at the Old National Centre Box Office or www.ticketmaster.com. Ticket prices are inclusive of a \$3.50 facility fee. Prices are subject to change. Additional fees and special offers may apply.

guests dancing in their seats and singing along, this staged extravaganza is jam-packed with action and fun for the whole family!

PAW Patrol Live! "Heroes Unite" is based on the top-rated animated preschool series PAW Patrol, airing on Nickelodeon and produced by Spin Master Entertainment. Tickets for all four performances are on sale now and may be purchased at www.pawpatrollive.com.

PAW Patrol Live! "Heroes Unite" follows Ryder and the PAW Patrol pups as they face their greatest challenge yet. When Mayor Humdinger clones Robo Dog, chaos ensues all over the world. It's up to the PAW Patrol to catch the clones, rescue Robo Dog, and show that when the going gets "ruff," lending a paw makes you the ultimate TOP HERO! This new adventure is going to be PAWsome!

"Heroes Unite" marks the third VStar Entertainment Group and

Nickelodeon touring collaboration under the PAW Patrol banner. Since its debut in the fall of 2016, the PAW Patrol Live! Stage shows have been seen by over 4.5 million people, providing fans in over 40 countries with an unforgettable Broadway-style production. It's the perfect way for families to create lifelong memories and introduce their kids to live theatre.

A limited number of V.I.P. (Very Important Pup) Packages are available, starting at \$118.50. The VIP package includes a premium seat and exclusive photo opp with PAW Patrol characters after the show. Each adult & child (age 1 & up) in a group must have a VIP ticket.

For more information or to join the Tail Mail mailing list for presale and other exclusive offers, visit www.pawpatrollive.com. Follow PAW Patrol Live! on Facebook, Instagram and Twitter at @pawpatrollive, and the hashtag #pawpatrollive.

Travel Trends Break From Routine In '23

(Family Features) Travel in 2023 will be about saying "no" to normal, breaking routines and searching for experiences without compromises. Whether it's flying to those once-in-a-lifetime events or hosting group celebrations at a vacation rental home, travelers are no longer adapting to the next new normal, but creating their own status quo altogether.

"We see a detailed and robust picture of travel into 2023," Expedia Brands President Jon Gieselman said. "We're seeing a surge in trips to culture capitals, a new wave of interest in wellness retreats and a spike in demand for outdoor destinations beyond just beaches and mountains. It's not a new normal so much as people branching out to unexpected trends in what we're calling the 'no normal.'"

A close look at these trends suggests there is no "one-size-fits-all" approach to travel in 2023. Insights sourced from the company's first-party data, and from custom research of thousands of travelers and industry professionals across 17 countries, show food, abundant space and unconventional destinations are influencing travel choices.

Consider these conclusions from the experts at Vrbo:

Foodie-Menties
Kitchen credentials are a must with travelers looking to plate up at their own convenience in a private vacation home. Outdoor kitchens, pizza ovens and air fryers are the top three foodie-menties travelers crave. Additionally, nearly half of U.S. travelers (43%) use cooking to cut down on costs.

Travelers are looking for amenities in their vacation rentals rather than focusing on location. In fact, more than half (57%) of travelers would rather book a unique vacation home to be with their people in a lesser-known destination than a less interesting, less equipped vacation home in a popular area.

Cowboy-Cations
Rustic getaways are on the rise as travelers crave private vacation homes with abundant space and exhilarating views. Cue the cowboy-cation, offering an intimate escape in the rugged wilderness. Demand for homes in western destinations increased by more than 30% from September 2021-August 2022. Plus, 42% of U.S. travelers find inspiration in outdoorsy destinations and landscapes that include log-lined cabins, flickering fires and sweeping vistas.

Travelers can live out their western fantasies by booking a luxurious

lodge, ranch retreat or farmhouse that fits the whole crew. Destinations across Montana, Colorado and other western states spring to mind, but the cowboy-cation is not confined to the U.S. For a home on the range in Europe, travelers are booking converted barns and farmhouses in Italy, Spain, France and the United Kingdom. Thrill-seekers can also embrace their inner cowboy in Australia, where farmhouses in the outback overlook acres of wineries and wild brush.

Hidden Gems

Travelers are exploring unassuming locales and new places. Top hidden gems in the U.S. have one thing in common: beautiful lakes where travelers can take in tranquil views. Demand for private vacation homes in these unconventional destinations has increased by 30% or more since September 2021:

- Nampa, Idaho
- Greensboro, North Carolina
- Layton, Utah
- Irmo, South Carolina
- Oneonta, New York
- Hampton, Virginia
- Bristol, Rhode Island
- Spokane, Washington
- Las Cruces, New Mexico

Find more ideas to plan an adventure that's uniquely your own at Vrbo.com or by downloading the app.

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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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