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YEAR

## **TODAY'S VERSE**

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

## **FACES** OF MONTGOMERY

People who call our community their own.



Blake Thompson, Jessica Hockersmith and Harrison Haddock smile from HHSB. Thank you for your smiles!

## **THREE THINGS** You Should Know:

Yesterday, Senator Mike Braun and Senators Ted Cruz. Ron Johnson, Marco Rubio, James Lankford, Eric Schmitt, Thom Tillis, Bill Hagerty, John Kennedy, John Hoeven, John Boozman, and Ted Budd reintroduced the Thin Blue Line Act, a bill to increase penalties for criminals who target our cops. The Thin Blue Line Act makes the targeting, killing, or attempted killing of a police officer an aggra-



Montgomery County's oldest locally owned independent newspaper

## **CRAWFORDSVILLE, INDIANA**

## **Butch Rates The Modern Presidents**

-ZAHN

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### **BUTCH DALE Columnist**

When we look back at all of the U.S. presidents, I'm sure you will agree that we have had some great ones . . . and some not so great. Americans compare and judge each administration in various ways . . . popularity, domestic and foreign accomplishments, leadership, speaking ability, overall vitality of the country, and their ability to preserve, protect, and defend the Constitution. Everyone has their own opinion. I have read biographies of just about every president, so I might as well offer my two cents worth, but I am restricting the list to the last 100 years.

Woodrow Wilson (1913-21): Highly intelligent, stuffy and arrogant

Warren Harding (1921-23): Lazy and crooked

Calvin Coolidge (1923-29): Quiet and reserved "Silent Cal"

Herbert Hoover (1929-33): Fiddled while Rome burned when the Depression hit

Franklin Roosevelt (1933-**45):** Great speaker who gave us hope, but increased the size of

See BUTCH Page A5

## Join Art On Thursday -**Beginning Oil Painting**

## Don't Go Breaking **Your Heart**

American Heart Month is coming to an end. While you indulge on the chocolate hearts from your sweetie, take a moment to stop and think about you are treating your heart. We



MONICA NAGELE



the chopping block, but Dietary Fats have several important roles in your health! Your brain is made up of approximately 60% fat, and fats play an active role in every cell in our body. They're an important part of our hormones

Because of

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# **The Daily** Almanac

50¢

Sunrise/Sunset RISE: 7:38 a.m. SET: 6:25 p.m.

High/Low Temperatures High: 32 °F Low: 23 °F

#### Today is... •National Caregivers Day • Who Shall I Be Day

What Happened **On This Day** 

- 1819 The US House of Representatives passes the Missouri Compromise for the first time
- 1974 Robert K. Preston, buzzes the White House in a stolen helicopter

**Births On This Day** • 1963 Michael Jordan American basketball play-

er and actor • 1981 Paris Hilton American model, actress and singer

vating factor in favor of maximum sentences. Currently this applies to federal law enforcement; the Thin Blue Line Act would apply this to local and state police as well.

Lt. Gov. Suzanne Crouch. the Indiana Broadband Office (IBO) and the Office of Community and Rural Affairs (OCRA) announced Henry County as a Broadband Ready Community. At a press conference Wednesday afternoon, the lieutenant governor officially announced the newest BBRC and celebrated the community's accomplishments. The Broadband Ready Communities Program was created as a tool to encourage broadband development throughout Indiana. The Broadband Ready Community certification sends a signal to the telecommunication industry that a community has taken steps to reduce barriers to broadband infrastructure investment. IBO began the day-to-day management of the Broadband Ready Community Program on July 1, 2020. For more information, visit in.gov/indianabroadband.

Anew Hospice is looking for volunteers to provide companionship, a listening ear, and non-clinical assistance to patients both in facilities and their homes. Volunteers experience a rewarding connection and provide invaluable comfort and support to patients and their families. To volunteer, call 317-300-2292 or email volunteers@anewhosp.com.

If you are curious about oil painting - but feel that compared to other mediums it's perhaps more complex and a bit harder to use - don't let that initial perspective keep you from giving oils a try! In this class, you will learn to paint with vibrant colors - and will see that the slower drying time of oils can be an advantage. Our paints and mediums will be safe and non-toxic.

This class will introduce the basics of oil painting and give you the confidence to continue painting with oils on your own. Our classes are relaxed and fun so grab a friend and join us. The instructor will provide all supplies needed for students to an oil painting which they will take home.

Class will be on Thursday, March 9, 2023. Choose either an afternoon session (1-3 p.m.) or an evening session (6-8 p.m.). Class is open to anyone 12 years and older. Cost is \$35. Classes meet at Athens Arts, 216 E. Main Street, Crawfordsville, IN.

To reserve a spot for the March 9th class, stop by Athens



Photo courtesy of Athens Arts

Arts Thursdays and Fridays 10 a.m. to 6 p.m. or on Saturday from 10 a.m. to 2 p.m. or call 765.362.7455 during business hours to pay via credit card. Come be pART of it!

This project in part is made possible through funds from The Arts Federation (TAF) via the Biden-Harris Administration's American Rescue Plan (ARP) allocation to the National Endowment for the Arts (NEA).

that regulate smooth muscle contraction, immune function, and blood clotting. Vitamins A, D, E, and K are all fat-soluble vitamins, meaning they require fat to be absorbed, and utilized

- **Deaths On This Day**
- 1982 Thelonious Monk American pianist and composer
- •1986 Jiddu Krishnamurti Indian/American philosopher and author

See HEART Page A5

## **Festival Announces Friday Night Headliner**

Headlining this year's Crawfordsville Strawberry Festival Friday night entertainment will be local favorite Steven Trent and Small Town. In making the announcement, Sean Gerold, Entertainment Committee Chairman, said that Trent is a perfect fit for the Friday night spot. "He's a great performer", Gerold noted, "and

he has a very strong following. We always try to feature local entertainers as much as possible.' While the festival weekend,



**Steven Trent** 

June 9, 10, 11, is still several months away, the various committees are hard at work gearing up for one of the county's largest annual events. Applica-

See HEADLINER Page A5

## **THOMEST HOOSIER**

For those of us who went to high school in the 1960s and '70s did you know WNAP is back? Long live the wrath of the buzzard!

## **TODAY'S HEALTH TIP**

If you're on medications from multiple doctors, make sure each one knows your entire list. 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



GT HOO

## INSIDE **TODAY'S EDITION** Obituaries.....A2

Kenny Thompson.....A3 Classifieds.....A3

## THE MONTGOMERY MINUTE **No Paper Monday**

Please don't forget that there will not be an edition of The Paper on Monday, Feb. 20 in honor of Presidents' Day. The official name of the federal holiday is Washington's birthday, but in recent years it was decided to include Abraham Lincoln's birthday as well. Washington was born Feb. 22, 1732 and Lincoln on Feb. 12, 1809. The modern Presidents' Day postal holiday is celebrated on the third Monday of February. And one more trivia fact - Washington was the last and only president elected unanimously.

## TODAY'S QUOTE

"If freedom of speech is taken away, then dumb and silent we may be led, like sheep to slaughter." George Washington

TODAY'S JOKE

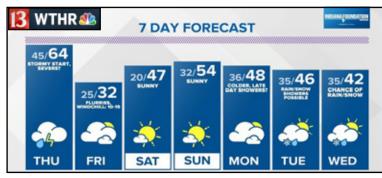
What'd the icy road say to the car? Hey, wanna go for a spin?





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







127 E. Main St. Suite 103 P.O. Box 272 Crawfordsville, IN 47933 MAIN: 765-361-0100 回 CLASSIFIEDS: 765-361-8888 FAX: 765-361-5901 www.thepaper24-7.com twitter: @ThePaperNews @ThePaperSports

#### PAGE A2 回 FRIDAY, FEB. 17, 2023

## Births

A son, Walker Raine Hans, was born on Feb. 14, 2023 to Shane and Lindsey Hans.

Walker will be welcomed home by four siblings, Hunter, Emmalynne, Noa and Lukas.

Maternal grandparents are Jeffrey and Mitzi Truhn of Nampa, ID and Dawn and Kevin Gustafson of Crawfordsville; paternal grandparents are Caroline and Herman Hans of Ossian, Ind.

## **Montgomery County Community Foundation's** 2023 Grantmaking

The Montgomery **County Community** Foundation will conduct two competitive grant cycles this year, open to local nonprofit (IRS designation 501 c 3) organizations. Local governmental entities such as schools and parks may be considered when the request is for charitable purposes. The grants are made possible through the many unrestricted and field of interest funds donors have entrusted to MCCF to manage.

The complete listing of eligibility factors and guidelines is posted at www.mccf-in.org under the Grants/How to Apply tab. There, one will also see an outline of the process, instructions, and a link to the application. Applications for the Spring Cycle are due no later than 5 p.m. on Monday, April 10 and applications for Fall Cycle are due by 5 p.m. on Monday, October 19. Those interested in applying should schedule a meeting with Grants & Community Relations Director, Cheryl Keim to discuss the anticipated proposal by calling 765-362-1267 or via email, cheryl@mccf-in.org.

#### **PUBLIC NOTICES**

NOTICE OF REAL PROPERTY COMMISSIONERS' CERTIFICATE SALE Montgomery County Indiana Beginning 9:00 AM Local Time, April 3, 2023

www.zeusauction.com STATE OF INDIANA

Montgomery County
Pursuant to the laws of the Indiana General Assembly and by resolution of the Montgomery County Commissioners, notice is hereby given that the following described tracts or items of real property are listed for sale for delinquent taxes and/or special assessments

The minimum sale prices listed below are less than the minimum sale prices when offered in the immediately preceding county tax sale held under Section 5 of IC 6-1.1-24 and include all fees and expenses of the county directly attributable to the Commissioners' Certificate Sale. The Montgomery County Commissioners will accept bids for the certificates of sale, for the price referred to in IC 6-1.1-24-6.1(a)(3).

The public auction will be conducted as an electronic sale under IC 6-1.1-24-6.1(a)(3). The public auction will be conducted as an electronic sale under IC 6-1.1-24-2(b)10, at the following web site: www.zeusauction.com. The public auction will begin on 04/03/2023 at 9:00 AM local time. The properties in the online auction will commence closing at 4:00 PM local time on 04/03/2023 at www.zeusauction.com. Each property will have its spacific alcsing time parted as the survive method.

Each property will have its specific closing time posted on the auction web site. If you are interested in participating in this public auction, registration information and the procedures you must follow to bid are available online at https:// www.zeusauction.com. In order to participate, you must become a member of the auction web site (www.zeusauction.com). You must read, understand and agree to the rules of sale and payment terms. Once you become a member of the auction web site, you must register for the Montgomery County auction, specifically. Please note that in order to bid in the online public auction, you must both

The active that in order to bld in the online public adector, you must obtain complete IRS Form W-9 and agree to the registration statement described at IC 6-1.1-24-5.3(c)electronically, through the auction web site. Pursuant to IC 6-1.1-24-5.1, a business entity that seeks to register to bid in an Indiana Commissioners' Certificate Sale must provide to the county treasurer, a Certificate of Existence or Foreign Registration Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-23 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accordance with IC 5-24 four the Samathan Statement in accord

from the Secretary of State. Pursuant to IC 6-1.1-24-3(e), property descriptions may be omitted for properties appearing on the certified list in consecutive years. A complete property list may be obtained at www.sriservices.com or in an alternative form upon request. A person redeeming each tract or item of real property after the sale of the

# **Spring Turkey Reserved Hunt Applications Are Open Sunday**

Beginning Feb. 19, hunters can apply for spring turkey reserved hunts at on.IN.gov/reservedhunt.

The online method is the only way to apply for the hunts listed below. Applications must be submitted by 11:59 p.m. on Sunday, March 19. No late entries will be accepted. Applicants must possess a hunting license that is valid for the hunt they apply for.

Hunters will be selected through a random computerized draw. An email will be sent to all applicants when the draws have been completed. Applicants will be able to view draw results online within two weeks after the application period closes.

Specific hunt information for individual properties can be found by visiting on.IN.gov/ reservedhunt.

Spring turkey hunts on Division of Fish & Wildlife properties: • Atterbury Fish &

- Wildlife Area
- Aukiki Wetland Conservation Area

• Crosley Fish &Wildlife Area

• Deer Creek Fish & Wildlife Area

• Fairbanks Landing



Fish & Wildlife Area

• Glendale Fish & Wildlife Area • Goose Pond Fish &

Wildlife Area • Hillenbrand Fish &

- Wildlife Area Hovey Lake Fish &
- Wildlife Area • J.E. Roush Lake
- Fish & Wildlife Area • Jasper-Pulaski Fish
- & Wildlife Area

• Kingsbury Fish & Wildlife Area

• LaSalle Fish & Wildlife Area • Pigeon River Fish &

- Wildlife Area • Sugar Ridge Fish &
- Wildlife Area • Tri-County Fish &
- Wildlife Area • Willow Slough &
- and Wildlife Area
- Winamac Fish & Wildlife Area

Spring turkey hunts on National Wildlife Refuges: • Big Oaks National

Wildlife Refuge Muscatatuck National Wildlife Refuge (Muscatatuck National Wildlife Refuge also has a youth spring turkey hunt reserved draw. The application for the youth hunt is open Feb. 15 -March 12.)

Spring turkey hunts on State Parks-managed lakes

• Mississinewa Lake

• Salamonie Lake Only one application per hunt is allowed. No changes can be made once an application is submitted.

The application process is now consolidated into the online services website along with licenses, CheckIN Game, and HIP registration. An online account is not required to

apply, but a Customer ID number is needed. In the online system,

hunts without a registration fee will follow the same process as hunts with a fee. To register for hunts with no required fee, applicants will still use these prompts: "Add to Cart," "Proceed to Checkout," and "Place Order." If the transaction total is \$0, the applicant will not be asked to enter credit card information. Applicants must place the order to submit their application.

To view draw results, applicants can log into their online services account or click "View results" at on.IN.gov/ reservedhunt. Applicants should select "click here" under the heading "Reserved Hunts" to see the status of registered hunts. The link will only show upcoming hunts that an individual has registered for. Logging into an account online is required to see the full history of reserved hunt registrations.

More information on reserved turkey hunting is available at on.IN.gov/ reservedhunt.

To view more DNR news releases, please see dnr.IN.gov.

## **Alzheimer's Association Greater Indiana** Chapter To Hold Lafayette Community Forum

The Alzheimer's Association Greater Indiana Chapter is hosting a Community Forum to better understand the needs of those facing Alzheimer's and other dementias in the Greater Lafayette area.

The Community Forum will be held Tuesday, Feb. 28 at 5:30 p.m. at the Northend Community Center. Greater Lafayette residents are invited to learn

about dementia, share their experiences with the disease and discuss how organizations can better support those affected.

This is an opportunity for people living with dementia, caregivers and anyone with questions to make their voices heard," said Natalie Sutton, executive director, Alzheimer's Association Greater Indiana Chapter. "There are so many things for individuals and

families to consider after a diagnosis, including treatment options, care planning and financial decisions. No one should go through that journey alone, and there are resources available to help. We want to hear directly from the community about how we can best

Alzheimer's disease. Another 216,000 family and friends are serving as their unpaid caregivers.

Registration for the community forum is encouraged. To sign up, please visit alz.org/ indiana/programs. Masks and hand sanitizer will be provided.

certificate must pay: (A) the amount of the minimum bid under Section 5 of IC 6-1.1-24 for which the tract or item of real property was last offered for sale; (B) ten percent (10%) of the amount for which the certificate is sold; (C) the attorney's fees and costs of giving notice under IC 6-1.1-25-4.5; (D) the costs of a title search or of examining and updating the abstract of title for the tract or item of real property; (E) all taxes and special assessments on the tract or item of real property paid by the purchaser after the sale of the certificate plus interest at the rate of ten percent (10%) per annum on the amount of taxes and special assessments paid by the purchaser on the redeemed property; and (F), all costs of sale, advertising costs, and other expenses of the county directly attributable to the sale of the certificate.

If the certificate is sold for an amount more than the minimum bid under Section 5 of IC 6-1.1-24 for which the tract or item of real property was last offered for sale and the property is not redeemed, the owner of record of the tract or item of real property who is divested of ownership at the time the tax deed is issued may have a right to the tax sale surplus. Indiana law prohibits a person who owes delinquent taxes, special assessments

penalties, interest, or costs directly attributable to a prior tax sale, from purchasing tracts or items of real property at a tax sale. Prior to bidding at a tax sale, each bidder must affirm under the penalties for perjury that he or she does not owe delinquent taxes, special assessments, penalties, interest, costs directly attributable to a prior tax sale, amounts from a final adjudication in favor of a political subdivision in this county, any civil penalties imposed for the violation of a building code or ordinance of this county, or any civil penalties imposed by a health department in this county. Further, each bidder must acknowledge that any successful bid made in violation of the above statement is subject to forfeiture. In the event of forfeiture, the bid amount shall be applied to the delinquent taxes, special assessments, penalties, interest, costs judgments, or civil penalties of the ineligible bidder, and a certificate will be issued to the county executive.

The Commissioners specifically reserve the right to withhold from the sale any parcel which has been listed in error, or which otherwise becomes ineligible for sale either prior to the start or during the duration of the auction. The Auditor's Office does not warrant the accuracy of the key numbers or street addresses published herein and any misstatement in the key number or street address does not invalidate an otherwise valid sale

Dated: 02/10/2023

542200029 54-01-26-900-006.000-023 \$100.00 US RAILROAD VEST CORP ATTN NORFOLK SOUTHERN CORP TAXATION DEPARTMENT PT NWQ & P1 NEQ 26-20-3 2.03 A Part of vacated RR (Bowers) 542200034 54-10-19-111-001.059-025 \$100.00 BROOKSTONE BUILDERS

LLC BROOKSTONE SUBDIVISION DETENTION POND #1 South of 3002

Willowbrook dr. (Brookstone sub-div) 542200035 54-10-35-100-012.000-025 \$100.00 LEE EARL L LOT 13 WHITESVILLE O P Prop east of 3696 E 510 S (Whitesville area) 542200040 54-11-26-333-040.000-025 \$100.00 WILLOUGHBY WILLIAM B

BRAD WILLOUGHBY LOT 193 CAMBRIDGE SHORES SW corner of Westgate & Wellington blvd. 2nd lot on right. 542200041 54-11-26-334-002.000-025 \$100.00 DE JESUS CESAR & ALICIA

T ATTN URB AMERICAN LOT 112 CAMBRIDGE SHORES Lot south of 2540 S Belfast Dr

542200042 54-11-27-331-030.000-025 \$100.00 RAWLES REX LOT 116 INDIAN HILLS ESTATES 2nd Iot NE of Chippewa & Seminole Trls intersection. 542200046 54-11-27-334-034.000-025 \$100.00 FLORES MARIA DEJESUS

LOT 158 INDIAN HILLS ESTATES Lot North of 4821 S CHIPPEWA TRL

542200059 54-07-31-441-101.000-030 \$100.00 HELTON TINA JO PT 31-19-4 .20 A 2 Lots east of 221 Crane Dr.

Total Number of Properties: 8

I hereby certify that the above real properties have been offered in one tax sale, have not received a bid for at least the amount required under I.C. 6-1.1-24-5 and have been identified in a resolution of the Board of Commissioners for Montgomery County Indiana, to be offered for sale.

Mindy Byers, Auditor, Montgomery County Indiana PL4559 2/10 2/17 2/24 3t hspaxl

The Pane **Public Notices Deadline:** 11:00 a.m. 2 Business Days Prior to Publication legals@thepaper24-7.com

reach those affected and provide them with the support they need." About 110,000 Hoosiers are living with

The community forum is made possible with support from Anthem Blue Cross and Blue Shield.

## Senate Passes Young Recognizing February As Career And Technical Education Month

Yesterday, the United States Senate passed a bipartisan resolution introduced by Senators Todd Young (R-Ind.), Tim Kaine (D-Va.), and Tammy Baldwin (D-Wis.), co-chairs of the Senate Career and **Technical Education** (CTE) Caucus, recognizing February 2023 as CTE Month. The resolution was cosponsored by a bipartisan group of 72 senators.

Supporting workforce training for Hoosiers and Americans is vital to preparing for the jobs of tomorrow," said Senator Young. "Career

and technical education equips individuals with hands-on experiences, addresses the skills gap, and provides a pathway to a meaningful career. Hoosiers deserve opportunities to succeed and live the American Dream.

"I grew up working in my dad's ironworking shop, where I saw up close the essential role trade professionals play in our communities. Particularly at a time when we're making historic improvements to America's infrastructure, it's crucial that we do all that we can to support

our talented workforce by increasing access to job training programs," said Senator Kaine. "I'm proud to be a co-leader of the Career and Technical Education Caucus—where every month is Career and Technical Education Month—and will keep leading the charge to get my bipartisan JOBS Act across the finish line so we can finally allow students to use federal Pell grants to afford high-quality, shorter-term job training programs."

"I'm proud to join my colleagues from both parties to highlight the

importance of supporting and investing in career and technical education because a four-year degree is not the only way to a good-paying job," said Senator Baldwin. "CTE is an extremely effective tool to both create a pathway to a family-supporting job, and also ensure workers have the knowledge and know-how to meet businesses' needs in today's economy. I am looking forward to working to support CTE students so that they are better equipped for the highskilled jobs of today and tomorrow."



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# Kenny Looks At Big Ten Schedule Shakeups

Media reports indicate the Big Ten Conference's top officials will meet sometime this month to work out plans for football schedules in 2024 and beyond.

It's not going to be as simple as plugging in new members USC and UCLA alongside Illinois, Iowa, Minnesota, Nebraska, Northwestern and Wisconsin in the West while shifting Purdue to the East. The East and West divisions will cease to exist for one very lucrative reason.

FOX, CBS and NBC aren't paying ridiculous sums of cash to show USC traveling to Wisconsin in November. They want matchups like USC-Ohio State and UCLA-Penn State to lure viewers and advertisers and offset the cost of doing business with the Big Ten.

Then there are the annual rivalry games. Most, like Michigan-Ohio State and Purdue-Indiana will be protected. But how does the Big Ten make sure that the Illibuck Trophy game is played more than four times in a decade? Before 1987, it wasn't a worry that Illinois and Ohio State wouldn't meet annually.

Then Penn State came along. Since 12 was a nice even number, and it opened the door to a lucrative football championship game, Nebraska was welcomed into the fold in 2010. When commissioner Jim Delany cast his eyes toward New York City and Washington D.C. in 2014, he saw Rutgers and Maryland as a chance to extend the Big Ten Network's reach.

Now that the Big Ten has planted its flag from sea to shining sea, the



#### **KEN THOMPSON** Columnist

hard work begins. How to please the fans and television partners, and not necessarily in that order, with games that will raise interest in Big Ten football but preserve the traditions in a league co-founded by Purdue president James H. Smart in 1896?

Let's give it a try, using the oft-rumored scheduling format of three permanent rivals and six opponents that will rotate every two years to ensure every Big Ten school plays the other 15 members.

Purdue – Protected rivals Indiana, Illinois and Iowa. Yes, Northwestern is closer to West Lafayette but there would be cries especially from Bloomington – that some years this would give the Boilermakers quite a head start in conference play.

Since 2000, Purdue is 14-8 vs. Indiana, 14-6 vs. Illinois (for The Cannon) and 10-10 vs. Northwestern. The series with the Hawkeyes over the last 22 years is 8-12.

I also would recommend the first six rotating schools come from the pre-expansion era Big Ten: Michigan, Michigan State, Minnesota, Northwestern, Ohio State and Wisconsin. In these changing times, familiarity may help ease older fans into accepting this is not their father's

Big Ten. Replace them in 2026-27 with Maryland, Nebraska, Penn State, Rutgers, UCLA and USC for a home and home series.

Indiana - Next to the Old Oaken Bucket game, the Hoosiers' longest rivalry is with Ohio State (96 games). However, the Buckeyes are locked in with Michigan and probably some combination of Penn State, USC and UCLA for marguee matchup reasons.

Fortunately, the Old Brass Spittoon gives the Big Ten a reason to extend the series with Michigan State. As for the third permanent rival, Illinois makes a lot of sense.

Illinois - Speaking of the Fighting Illini, they might be one of the easiest schools to assign permanent rivals.

They would be Purdue (The Cannon), Northwestern (Land of Lincoln) and Indiana, a reasonable drive (169 miles) between Bloomington and Champaign. This would relegate the Illibuck Trophy game with Ohio State and a longtime rivalry (97 games) with Michigan to 4-6 times a decade.

Iowa - The Hawkeyes' Floyd of Rosedale rivalry with Minnesota has gone on for 116 games, one fewer than Michigan-Ohio State. This is a lock to continue annually.

Since we have Purdue as a permanent foe (the Boilermakers have played the Hawkeyes 93 times), let's plug in Iowa-Wisconsin for the Heartland Trophy each year.

Maryland – Believe it or not, the Terrapins have won just four times in 46 games with Penn State. So why would we advocate the Nittany Lions as a

permanent rival?

Travel, the same reason I'd assign Rutgers as permanent foe No. 2. By process of elimination, as you'll see later, Northwestern is the pick for the third permanent opponent.

Michigan – Something will have to give for the Wolverines if a permanent slot is saved for a second marquee TV game outside their matchup with Ohio State.

Three of the Big Ten's oldest rivalry games belong to Michigan: Ohio State (117), Michigan State (115, Paul Bunyan Trophy) and Minnesota (109, Little Brown Jug). Jim Harbaugh wouldn't mind if those three games are permanent but if FOX/ CBS/NBC request annual Michigan/USC contests, the Gophers might be the odd rival out.

Michigan State – The Spartans and Michigan carry grudges to the extreme.

Michigan believes MSU cost them a trip to the Rose Bowl in 1973, being the swing vote in the secret balloting among athletic directors. The Spartans have reason to believe Michigan tried to keep them out of the Big Ten in the 1940s.

The name calling and deep-seated resentment between the two programs sells this game without the usual rivalry hype. While not as bitter, Michigan State and Indiana have had some really good rivalry games. Let's pick Minnesota for the third permanent game.

Minnesota – We've already mentioned Iowa and Floyd of Rosedale, but the Gophers play for an even bigger (literally) trophy in Paul Bunyan's Axe with

Wisconsin. The Badgers and Gophers have met 132 times, easily the Big Ten's longest standing rivalry.

Since we've cast aside the Little Brown Jug, Michigan State would be a worthy substitute for Michigan.

Nebraska – Alas, the "\$5 Bits of Broken Chair Trophy" (I'm not making this up) with Minnesota is unlikely to make the annual cut.

The Heroes Trophy matchup with Iowa won't work either if the Hawkeyes are permanently linked with Purdue.

The rivalry most likely to remain is the annual struggle with Wisconsin for the Freedom Trophy. As the closest geographical school to the Los Angeles branch of the Big Ten, let's pencil in UCLA as permanent rival No. 2. Rutgers has to play someone permanently so why not a fellow expansion team?

Northwestern - The Wildcats have just one natural rival, Illinois. This fact makes Northwestern a wild card to fill out permanent schedules, and I've chosen to fit in Maryland and Ohio State.

Ohio State - The Buckeyes are a valuable TV commodity and as much as FOX/CBS/NBC would love to stack their lineup with games against name opponents (Penn State, UCLA, the Cleveland Browns - kidding), the 3-6-6 scheduling model limits the Big Ten in its options. That's why I have Northwestern paired with Michigan and USC.

Penn State - Maryland and Rutgers make too much sense geographically and would allow the Nittany Lions to retain

their traditional East Coast sensibilities.

But a name brand like Penn State needs a worthy annual rival, and UCLA has the cachet.

Rutgers - The Scarlet Knights feel like everyone's last choice when selecting teams for a pickup basketball game.

Penn State and Maryland aren't fits athletically but the shorter road trips will help pay for those flights to Los Angeles for basketball, volleyball and Rutgers' other athletic teams. Nebraska completes the expansion triumvirate.

USC – The Victory Bell rivalry with UCLA will claim the honor of closest Big Ten rivals (14.2 miles or an hour in Los Angeles traffic) from Michigan/ Michigan State (87 miles).

Ohio State is almost a certain second permanent foe, and the guess here is Michigan will be the third.

UCLA – Looking at the Bruins' football history, the most games they have played against a current Big Ten school is 13 against Nebraska. The Cornhuskers still possess a big enough name to lure casual viewers.

The third permanent rival after USC and Nebraska? Penn State is a strong bet.

Wisconsin - Three traditional rivals, three permanent scheduling slots.

It just makes too much sense to choose anyone but Iowa, Minnesota and Nebraska so why complicate things?

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



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## **Adult Learners, Indiana Employers Honored At 2023 Adult Education Day At The Statehouse**

Recently, the Indiana Department of Workforce Development and the Indiana Association for Adult and Continuing Education honored Hoosier adult learners and Indiana employers at the 2023 Adult Education Day ceremony, held at the Indiana Statehouse.

"DWD is assisting individuals by continuously providing opportunities to increase their knowledge, skills and abilities through various programs and services our agency administers and our partners offer throughout Indiana," said **DWD** Commissioner David J. Adams.

Through numerous programs, adult education students earn credentials, receive post-secondary education, achieve sustainable employment and ultimately reach economic self-sufficiency. In Indiana, 70% of adult learners are employed after earning their HSE and experience an average wage increase of \$8,400 annually. In 2022, 3,795 Hoosier adult learners

earned their high school equivalency.

"Indiana remains a leader in providing adult education programming that transforms the lives of Hoosier job seekers and workers," said **DWD** Associate Chief Workforce Strategy and Design Marilyn Pitzulo. "Hoosiers learning new skills and completing their high school equivalency or certification are upskilling to meet the needs of Indiana employers. Congratulations to each business for making an investment in its employees and for the learners who are earning higher wages and increasing their career opportunities.

There are more than 250 adult education class locations - in-person or online - in the state that give students opportunities to increase skills, learn English, access training, obtain industry-recognized credentials and earn a higher-paying job.

"I was making around \$11 an hour in a job I had for several years but I felt I was never going anywhere in my career," said Brandy Gilstrap, a Greene County resident. "I enrolled in a 10-week certification program with an adult education provider and graduated last April. I finally feel freedom.'

Gilstrap now works as an emergency medical technician in Sullivan County.

During the ceremony, 16 business partners were recognized for offering adult education classes to their staff. Employers were honored for one or more of the following:

 Providing employees' wages for attending adult education classes;

 Supplying classroom space and computers or other technology to support students;

 Providing other classroom materials and supplies;

• Funding the cost to pay teachers and instructors; and

• Offering permanent employment to workers who successfully completed classes.

"The partnership

between the Indianapolis dormakaba manufacturing plant and Warren Township Adult Education has proven to be a great success," said Ty Howard, a senior human resources manager at dormakaba's Indianapolis plant. "This program has had a positive impact on communication and engagement within the workplace, leading to a sense of belonging among employees. It also increases worker competency, leading to potential growth opportunities within and outside the company."

Adult Education programming is administered by DWD and has a presence in all of Indiana's 92 counties. Indiana is among the nation's top states in multiple adult ed categories:

• No. 1 for student achievement and growth; • No. 2 for the number of high school equivalency diplomas awarded;

and • No. 4 for certificates earned through Integrated Education and Training.

At first glance, it seemed like a pretty good deal. Enjoy a complimentary \$25.00 gift card from one of the local supermarkets. All it required was answering a few questions online. I figured it was a marketing scam. I wasn't born yesterday. In fact, as you'll see, I was born 100 years ago.

I had to agree to certain contractual terms, including giving my permission for the research firm to forward my responses to businesses that could contact me to pitch their products or services. What was I thinking?

The first line asked me the date I was born. I was honest about the exact day in March, but I scrolled all the way to the bottom of the dropdown menu and found the earliest birth year listed. I clicked on 1923. I thought that might dissuade the life insurance sales people from pestering me with calls.

Next, I was confronted with several odd questions

92% of females who fill out this survey want to receive free samples. Do you? (Was this a trick? I'm a guy. How do I answer that? I think the first question on tests should be the easiest.)

40% of those who fill out this survey meditate. Do you? (Yes, and right now I'm deep in thought, wondering why I am doing this for a lousy 25 bucks.)

Then things started getting really serious: 8% of those who fill out this survey are unem-

ployed. Are you? 6% of those who

fill out this survey are clinically depressed. Are you?

11% of those who fill out this survey are in debt. Are you?

13% of men who fill out this survey need ED medicine. Do you?

Next, they asked my level of education. One of the choices was: "I'd rather not answer this."

No such option was



#### DICK WOLFSIE Life in a Nutshell

And The Survey Says...

state, my sex life or my financial status. But did I complete high school? Apparently, that's getting way too personal.

Here was another inquiry: Have you considered replacing the aluminum siding on your home?

I clicked "yes," because I was afraid that too many "no" answers would have suggested I was just in this for the free frozen pizzas I was going to get with my gift card. While I was still typing, the phone rang.

"Mr. Wolfsie, this is A. A. Monroe Home Improvement. Based on your response 45 seconds ago, we have determined that you are exactly the kind of person who can benefit from our aluminum siding, which comes with a lifetime warranty for as long as you own your home."

"Look at the survey. I'm 100 years old. Could I rent your siding?

In a final notation, the research company reserved the option of substituting a prize worth the equivalent of the \$25 in free groceries, which probably meant a knockoff Rolex. I called the hotline number and told the woman that I felt I had been conned and that the entire questionnaire was a waste of my time.

She said 82% of the people who took the survey felt exactly the same way.

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

## **Bill Bringing Voter ID To Mail-In Ballot Applications Advances**

#### By Leslie Bonilla Muñiz

A Republican-led House committee on Wednesday approved a heavily amended bill adding voter identification requirements to mailin ballot applications, among other restrictions.

Proponents said the legislation would boost election confidence and push in-person voting, while opponents said it could lead to confusion and disenfranchisement for Hoosier voters.

"The desired intent of this bill is not to disqualify absentee ballots, but it is to validate and authenticate that the person applying for the absentee ballot is the person that they say they are," bill author Rep. Timothy Wesco, R-Osceola, said. He also chairs the elecand that the bill was in response to constituent election doubts and complaints.

"Absentee voting was designed for people who couldn't make it to the polls for one reason or the other," Speedy said. "This bill, as amended, tries to get us back to that place.'

Others said the requirement would be more objective than practices like signature-matching, as signatures can change with age and health problems.

Voting rights advocates pushed back.

"We should be removing those kinds of barriers [to voting], not adding additional ones. This bill is unnecessary," said Julia Vaughn, who leads nonpartisan elections watchdog Common Cause Indiana. "We've got a solution here in search of a problem, and I wish we would just abandon these efforts," she added. And elections officials cautioned that the bill could lead to more rejected applications. Indiana's voter registration system only contains the social security number and license numbers a voter entered at the time they registered, said Indiana Election Division Co-Director Angie Nussmeyer, a Democrat. Some people might not know which they used. And she noted that before 2001, state law didn't require either. Hoosiers that registered prior to that have only a randomly generated identifier on file, which they'd only be able to find by calling the county clerk's office through which they originally registered. Opponents also expressed concern for voters who don't want to provide those identifiers for security concerns, as well as how securely county elections officials would store the numbers and I.D. photocopies.

anything on the mail-in ballot application.

Wesco said he didn't want voters pushed to sign up for one party or another on primary mail-in ballot applications "That's an important decision for them to make independently," he said.

Lake County Board of Elections Assistant Director LeAnn Angerman said she believed forms were already well-designed to draw the reader's eye through all of the necessary fields, and that the forms should stay "uniform."

Numerous Republican lawmakers also argued that if highlighting were truly required, almost all the fields would end up with markings.

Nussmeyer, the Democrat elections chief, said that in a past role running elections for Marion County, her team often highlighted the missing fields in rejected mail-in ballot applications before sending them back to voters. "The largest number of applications that were rejected in our primary were because the voter did not mark the primary, or they quite simply forgot to sign it," she said. While the provision sparked hearty debate as written, there's more left: the language doesn't include details on how to tell apart highlights made by organizations versus those made by voters themselves - or the consequences of highlights. "The voter can mark or highlight anything on the absentee ballot application. However, the person providing the absentee ballot cannot," Wesco told the Capital Chronicle. "How would you know who ... marked it up in that way? That's an excellent question. We might want to discuss that further." Asked if mail-in ballot applications would include large notices warning readers against highlighting or marking up the forms, Wesco said he wasn't sure. He said enforcement might be up to county clerks. "If it's just some

miscellaneous marking on a single ballot, that's not going to raise any red flags. But if you're getting back dozens and dozens of ballots that are marked, then you have a problem," Wesco said.

But there's no procedure set out in the bill. Changes to who can

request an application The bill would also bar state agencies and local units of government from sending out unsolicited mail-in ballot applications. State law already requires political parties and voting registration groups to include "disclaimers" when they send out unsolicited applications.

Nussmeyer pointed out that the provision, intended to stop large-scale send-outs, could block state and local election officials from sending applications to multiple people in the same household.

tions committee.

The original bill would have vastly limited who could vote by mail but that provision was removed.

Expansion of voter I.D. laws

Right now, voters requesting mail-in ballots are asked — but not required — to provide the last four digits of their Social Security Numbers on their applications. House Bill 1334 would make that mandatory, and more.

It would require a voter to put down those last four numbers, or one of three other identifiers: an Indiana driver's license number, a non-driver identification card number or a unique identifier for those who registered to vote decades ago. A voter could instead include a photocopy of the license or non-driver card in the envelope with the application.

County election boards would have to match at least one of the numbers with information in the voter's registration record. If there were no match, the county's partisan clerk would send back a new application with an explanation of what went wrong.

Co-author Rep. Mike Speedy, R-Indianapolis. said the identification match adds security,

Highlights could render application "defective"

The bill would ban groups who register voters from highlighting or otherwise marking up

"You would say, 'I need an absentee application for three people in my household,' and I would say, 'I'm sorry, I can only send it to you — what is your name and address?'" she said. "That's how I would handle it if this bill becomes law."

"I don't understand the need to verify who the individual is if I'm sending a blank, publicly available form," she said.

Wesco, after the committee meeting, was already considering a fix.

"We don't want a state or local government entity mass-mailing absentee ballots [applications]. However, if somebody requests absentee ballots for those in their home, I think that's something that I'm content with," he said.

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available for my mental

## **Judges May Allow Press To Have Cameras In Trial Courts**

Beginning on May 1, 2023, judicial officers around the state will have the authority to allow news media into their courtrooms to record, photograph, and broadcast court proceedings that are not confidential.

Rule 2.17 of the Code of Judicial Conduct has long prohibited broadcasting, recording, or taking photographs of court proceedings and areas adjacent to courtrooms without prior approval by the Indiana Supreme Court. An order amending Rule 2.17, effective May 1, 2023, gives the discretion to allow cameras to the local judges.

"This is the culmination of years of work and pilot projects with discussion and evaluation," said Chief Justice Loretta H. Rush. "Trial court judges are in the best position to determine how to balance the importance of transparency while protecting the rights of people involved in a court matter."

This change follows a 4-month pilot program, a public comment period. and careful evaluation by the Indiana Supreme Court. Longtime work by the Indiana Judicial **Conference** Community **Relations Committee** and Court Security Committee, along with the Hoosier State Press Association and the Indiana Broadcasters Association, led to the most recent pilot project. The judges who opened their courtrooms during the pilot—Judges Fran Gull, Marianne Vorhees, Bruce Parent, Sean Persin, and Leslie Shively—provided essential feedback.

Under the new rule, cameras are still prohibited in court unless authorized by the judge. Commentary included with the rule provides further conditions; for example, certain people-including minors and jurors-may not be shown on camera, only news media as defined in Ind. Code 34-46-4-1 may be authorized, and the judge may revoke authorization at any time for any reason.







aol.com.

more? (2) Joe Biden .

## **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.

A5

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 vour 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."

#### **U** BUTCH From Page A1

#### government Harry Truman

(**1945-53**): known as the common man "the buck stops here."

**D**wight Eisenhower (1953-61): WWII hero... Grandpa to the '50s generation John F. Kennedy (1961-63): Great speaker full of enthusiasm Lyndon Johnson

(1963-69): Big mouth politician **Richard Nixon (1969-**

72): Smart, but sneaky Gerald Ford (1972-77): Nice guy, but dull and forgettable

Jimmy Carter (1977-81): Another nice guy, but lousy President

Ronald Reagan (1981-89): The Great Communicator...patriotic, with a sense of humor

George Bush (1989-**1993):** An honorable man, but lackluster accomplishments Bill Clinton (1993-

**2001):** Mr. Smooth Talker

George W. Bush (2001-2009): Sincere and patriotic, but not the brightest bulb on the tree Barack Obama (2009-

2017): "Mr. Cool" **Donald Trump (2017-**

**2021**): Did some good things...just couldn't keep his mouth shut

Joe Biden (2021 to present): Career politician who is lost in space A poll was taken in 1948 in which academic historians ranked the

presidents from BEST to WORST. Washington, Jefferson, and Lincoln topped the list, with An-

#### **O HEART** From Page A1

in our bodies.

However, there are fats we need to watch out for in our diet. Saturated fats are typically solid at room temperature and prompts the liver to make more LDL cholesterol. Now wait a minute. Our liver is making cholesterol? Yes, any person or animal that has a liver has cholesterol and the liver makes all the cholesterol that is needed in the body. Contrary to popular belief cholesterol plays an integral function in the human body. It is a structural component of every cell membrane in our bodies and helps make hormones (estrogen and testosterone) and Vitamin D. We now know through research and advancements in technology that with an increased intake of dietary cholesterol your endogenous (made by your liver) cholesterol production is decreased. Your body compensates for the amount you're eating by decreasing production, or increasing if your dietary cholesterol is low. I digress. LDL cholesterol is known as the bad cholesterol because it transports cholesterol to the body tissue and can cause a build up of plaque in the blood vessels narrowing the vessels and increasing risk for heart disease.

drew Johnson and James Buchanan at the bottom. Here are my picks from 1920s to today: BEST: (5) Franklin

Roosevelt . . . got us through the Great Depression and WWII, but expanded the executive branch a hundred-fold in the process; (4) Dwight Eisenhower . . . We needed a grandfatherly type to let things run smoothly after WWII and the Korean War; (3) John F. Kennedy . . inspired hope in the New Generation; (2) Calvin Coolidge . . . did not believe government should interfere in our lives and strictly followed the Constitution; (1) Ronald Reagan . . . He had his faults, but he believed in America and individualism, as he stated, "Government does not solve problems; it subsidizes them. I think the best possible social program is a job." He always had a great belief in America and was always optimistic, believing in free enterprise and a strong defense to defend liberty.

WORST: (5) Warren Harding . . . His idea of returning to normalcy was to play poker, drink and let his cronies steal money; (4) Jimmy Carter . . . a good Christian person . . . should have kept his old job as a peanut farmer; (3) Bill Clinton . . . Slick Willie got things done in a bipartisan manner during a good economy. Unfortunately, he was married to Hillary. Need I say

. . a career politician who never accomplished anything, and can't even give a speech unless he squints to see what his handlers have written on the teleprompter; (1)Barack Obama . . . He proved that a pot-smoking, slick-talker, who had everything given to him, can be elected president. As the first black president, he could have made a real difference in uniting our country. Instead, his "hope and change" administration weaponized the FBI, shredded the Constitution, divided the country and became the ultimate dispenser of executive orders. This "community organizer" hypocrite is now smiling in his \$15 million estate on Martha's Vineyard.

Well, those are my picks. I'm sure many of you disagree. It's good that we can express our opinions. Or can we in the new "woke" world we live in today? Who will you vote for in 2024

. . Biden, Trump, Haley, DeSantis, Newsom . . . or someone who has not announced yet? I still say we need someone like Rodney Dangerfield. In these trying times, we all need a good laugh.

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.

buildup.

So, if dietary choles-

fat that is semi-solid at room temperature. Most trans-fats are created by processing, giving them a different chemical structure causing them to be semisolid or spreadable. Partially hydrogenated vegetable oils are a prime example of trans-fat. Trans-fats will increase LDL and lower HDL cholesterol. Reminder we want HDL cholesterol to be increased, and LDL to be decreased, mak-

## **UHEADLINER** From Page A1

tions for the arts & crafts and commercial areas are arriving almost daily, along with several for the food court. Applications are available on crawfordsvillestrawberryfestival.com

Since the Strawberry Festival is a total volunteer effort, it wouldn't be possible without community sponsors and volunteers. If you'd like to be a financial sponsor, there are several different levels available. If you'd like to volunteer your time, there are several areas where extra help is

always welcome. "It's a great way to be involved in the community" commented Festival Chairman S David Long. For more information on both, contact Paul Pfledderer at 765-918-2759 or paul.pfledderer@gmail. com.

HDL cholesterol known as the good cholesterol acts in reverse. It transports cholesterol back to our liver to produce hormones or to be excreted, preventing plaque

terol doesn't impact our cholesterol levels what does? The types of fats we eat. Saturated fats are things like butter, cheese, meat and tropical vegetable oils such as coconut and palm oil. Remember saturated fat consumption prompts the liver to make more LDL cholesterol. Unsaturated fats are liquid at room temperature. Consumption of these fats will trigger less LDL production and more HDL production. Monounsaturated fatty acids such as canola, olive, peanut, safflower, sunflower, and avocados, help lower LDL cholesterol. Polyunsaturated fatty acids include corn, cottonseed, flaxseed, soybean, and fatty fish and may lower LDL cholesterol, improve insulin sensitivity, and assist with visual and cognitive development in infants. Omega 3 and Omega 6 fatty acids are polyunsaturated fats and cannot be made by the body, requiring them to be consumed in the diet. Trans Fats are surprisingly an unsaturated





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ing trans fats a double whammy.

Eggs are a food that we are often told to avoid due to its dietary cholesterol level. Shrimp and eggs are both high in cholesterol but are not high in saturated fats. Making them foods that can be included in a heart healthy diet. The dietary guidelines recommend limiting your consumption of saturated fats to less than 10% of your calories per day to help lower your risk of heart disease. Conversely increasing physical activity to 150 minutes per week increases HDL and reduces your risk for heart disease by lowering LDL cholesterol.

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

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