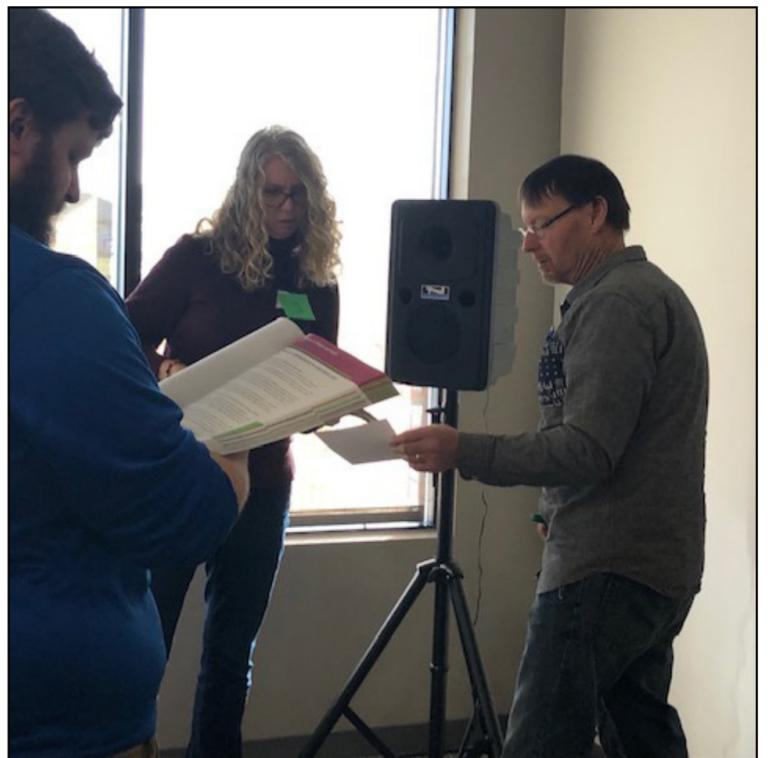
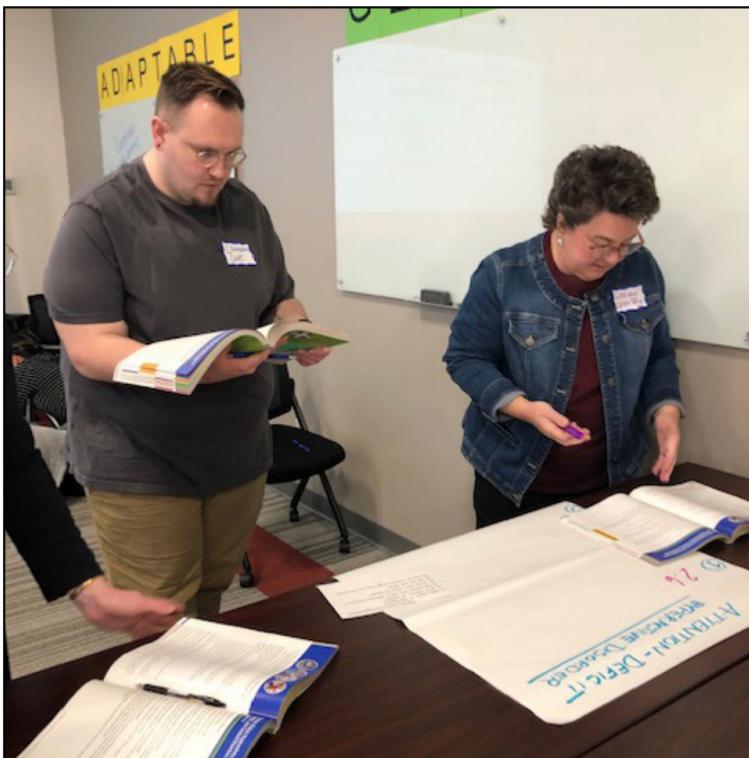


SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Local Educators Train For Youth Mental Health First Aid



Photos courtesy of Volunteers for Mental Health in Montgomery County

On the left, Lesley Lashley and Cameron Cole analyze mental health conditions in a group activity. On the right, Nathan Mason and Mallory Tucker participate in a role play activity.

Almost everyone knows what actions to take in the event of physical injury: apply first aid techniques. However, as youth are increasingly challenged by mental health issues, educational institutions in particular have sought knowledge of best practices. Mental Health First Aid is a research-based curriculum that has been implemented worldwide to teach about mental health conditions, how to respond to a youth with mental health conditions, and where to find available resources to help the youth.

Volunteers for Mental Health in Montgomery County partnered with the Women's Legacy Fund, which is administered by the Montgomery County Community Foundation, to train a cohort of local educators in a no-cost Mental Health First Aid workshop. Held on February 23 at the Hoosier Heartland Success Center, the workshop was led by Franciscan Health trainers Tina Hoffman and Stacy Zambala. Participants spent eight hours working through the in-depth MHFA content and took home a 400 page manual plus



stress/anxiety manipulatives to use when working with the youth. Representatives from Crawfordsville, North Montgomery, and South Montgomery included: Lore Apple, Amy Bales, Jaclyn Baxter, Jordan Chandler, Laura Duncan, Kirstie McClamroch, Lesley Lashley, Nathan Mason,

Kaylynn Keedy Ranspach, Alicia Smith, Mary Scheidler, Mallory Tucker, Marci Welliever, Carrie Woolwine. Cameron Cole of the Youth Service Bureau also completed the training. Volunteers for Mental Health has additional mental health training sessions planned. Favorite VMHMC

on Yodel (<https://events.yodel.today/crawfordsville/organizations>) to stay aware of the latest offerings or visit www.vmhmc.org. Volunteers for Mental Health is a partner agency of United Way of Montgomery County, supported by the generosity of the people of this great community.

TODAY'S QUOTE

"You must expect great things of yourself before you can do them."
Michael Jordan

TODAY'S JOKE

Why don't the other shapes talk to the circles?
Because there's no point.

TODAY'S VERSE

John 1:1-5 In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not.

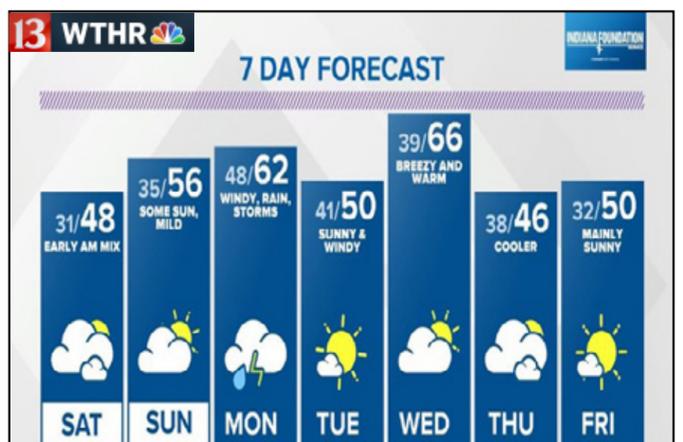
TODAY'S HEALTH TIP

The Institute of Medicine recommends 600 IU of vitamin D daily to age 70 and 800 IU after that. 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

T-minus two days and we can start getting ready for March Madness!

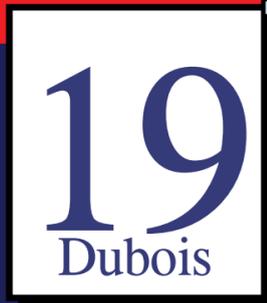




Indiana



IA&F acts fun



Number \div Stumpers

1. How many residents of the county do not live in Jasper? \geq
2. What is the population density of Dubois County? \leq
3. What percentage of individuals in the county reside in Jasper? \geq
4. How old is Dubois County? \leq

Answers: 1. About 26,851 2. 92.4 per square mile 3. 35% 4. 201 Years \div

Did You Know?

- The county was founded in 1818 and was named after Toussaint Dubois.
- Jasper, the county seat, has a population of 15,038 and a land area of 13.35 square miles.
- Jasper is nicknamed “The Nation’s Wood Capital” because it is home to numerous furniture companies.
- The land area of the county is 453.33 square miles and the population is 41,889.
- Patoka Lake, which hosts several national tournaments, is located at the county’s eastern

Got Words?

Jasper is the only city in the state of Indiana to have an Arts Council. The council has won numerous awards for their commitment to the community, including the Governor’s Art Award in 1987 and 2007. How do you think having an Art Council benefits Jasper and how could it improve Montgomery County?

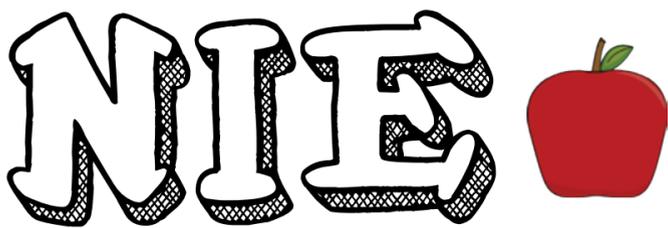
Word Scrambler

Unscramble the words below!

1. RAST NLCOIUC
2. ARSJPE
3. OAKPAT LEKA
4. OWOD
5. SIOUBD TYCUNO

Answers: 1. Arts Council 2. Jasper 3. Patoka Lake 4. wood 5. Dubois County

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Dust Explosion Incidents Increased Last Year, No Fatalities

The annual summary recording nationwide grain dust bin explosions reported nine incidents in 2022. This compares to seven reported incidents in 2021 and a 10-year average of 7.8 explosions annually.

Kingsly Ambrose, Purdue University professor of agricultural and biological engineering and report author, said that despite the increase in explosions from the previous year and 18

total injuries this year, no fatalities were reported.

The explosions occurred in one ethanol plant, two feed mills, two grain elevators, two rice mills and two grain processing plants. The probable ignition sources were identified in three cases as a fire and one incidence as welding, while five cases were from unknown sources. Fuel sources for all nine explosions were identified as grain dust.

The dust explosions occurred in seven different states, with two each occurring in Arkansas and Louisiana, and one each in New Mexico, Illinois, Iowa, Kansas and Ohio.

“Often, five of the conditions needed for a grain dust explosion to occur are present in most grain feed, milling and processing facilities,” Ambrose said. “These conditions include dust, dispersed dust, confined space and oxygen. The

presence of the fifth factor, an ignition source such as overheated bearing or mechanical friction, could lead to an explosion.”

He emphasized the importance of developing and implementing a detailed housekeeping program to mitigate the hazards and utilizing government and industry resources that are publicly available to provide guidance on developing such a program.

Ukraine Scholars Initiative Expands And Receives Heritage Group Gift

A Purdue University program launched in March to provide Ukrainian scholars an opportunity to continue their academic pursuits here during the ongoing Russian invasion of their home country has received a grant from The Heritage Group to extend the initiative into May 2024.

The Indianapolis-based Heritage Group is donating \$270,000 to support all nine participants in Purdue’s Ukrainian Scholars Initiative for another academic year. This extends funding through the Spring 2024 semester, officials with Purdue and Heritage Group announced Wednesday (Feb. 22). In addition to renewing the program, Purdue officials plan to expand it for a new class of Ukrainian scholars whose academic endeavors remain stalled by Russia’s invasion.

“When President (Mitch) Daniels launched the Ukrainian Scholars Initiative in March 2022, Purdue continued our distinct tradition of welcoming those scholars and students seeking refuge from tyranny and a home for liberty,” said Purdue President Mung Chiang. “We hope the Ukrainian scholars in our community can return to safety and freedom in Ukraine one day soon. In the meantime, through Heritage Group’s resounding support and our firm commitment, we will renew and expand this initiative on a campus for the free minds.”

Purdue established the Ukrainian Scholars Initiative in what was among the first and is now the largest and most ambitious university-led program in the country. The goal: to assist these faculty members and scholars whose academic pursuits have been derailed by the conflict, which marks its one-year anniversary on Friday (Feb. 24).

Of more than 100 applications, Purdue was able to accept approximately 20 individuals. Nine scholars eventually enrolled in the program to resume their research and studies, said Mike Brzezinski, Purdue vice president for global partnerships and programs. Since its March 2022 launch, Brzezinski has led Purdue’s Ukrainian Scholars Initiative along with associate provost Peter Hollenbeck; Amanda Thompson, director of International Scholar Services in Purdue’s International Students and Scholars program; and ISS counselors Chad Broeker and Austin Smith.

The first Ukrainian scholar arrived in May and the ninth was on campus by November, all with the expectation they would be here for at least 12 months.

“For 90 years, the Heritage Group has been committed to building a safer, more enriching and sustainable world by harnessing the power of family,” said Sara Morris, director of strategic

initiatives for Heritage Group. “When we saw the war and heartbreak in Ukraine and then learned of Purdue’s efforts to support Ukrainian scholars, we knew immediately we wanted to help. We are fortunate to be able to support this initiative to enrich the lives of the individual Ukrainian scholars, their families, all who come into contact with them at Purdue, and our own team members.”

The Heritage Group expressed an interest in the Purdue program during its very early stages last spring and has been engaged ever since, Brzezinski said. Greg Kapp, vice president for development at Purdue for Life, and Diane Klassen, chief development officer of university initiatives for Purdue Research Foundation, were instrumental in collaborating with Brzezinski to secure the donation from The Heritage Group.

“After the arrival of all of our nine scholars, The Heritage Group was eager to learn more about each individual and to know how they could help,” Brzezinski said. “We’re so very pleased and grateful that they are contributing the majority of funding needed to sponsor each scholar for one year. Individuals from Heritage also are eager to meet our Ukrainian faculty and students, a sign that they are truly interested in their well-being.”

Additionally, the various unit hosts of the scholars within Purdue and the Greater Lafayette community have decided to continue their financial and humanitarian support of the program through May 2024, Brzezinski said. Indeed, as the world marks the one-year anniversary of Russia’s invasion of Ukraine, the strong Purdue-Greater Lafayette community connection has been essential to the success of the program, Brzezinski said.

William and Liesl Shen, Purdue alumni who own Crestview Apartments in West Lafayette, originally set aside 19 units since the spring to be used by the scholars; six scholars live there now. And over 20 families from Faith Church in Lafayette have given their time and resources to furnish the scholars’ apartments.

Through the Purdue program, the Ukrainian visiting scholars are engaging in their own research or supporting research conducted by Purdue faculty members. Additionally, several are enrolled in doctoral programs and at the dissertation research stage of their degree programs. Their impressive scholarship stretches across a diversity of disciplines — from chemistry, library sciences, psychology, linguistics, communication, sociology and neuroscience to political science, management, history, and earth and planetary sciences.

HHS Announces New Proposed Foster Family Licensing Regulation To Help Expand Access To Kinship Caregiving

The U.S. Department of Health and Human Services (HHS), through the Administration for Children and Families (ACF), announced this week a new proposed regulation to lessen obstacles in licensing standards for kinship foster caregivers. This proposed rule aligns with President Biden’s priorities on providing necessary resources to keep families together and support kinship care.

“The Biden-Harris Administration continues to prioritize keeping families safely together, including removing barriers for child welfare agencies to license grandparents, aunts, uncles, and other relatives and kin who step up to foster children during challenging times,” said HHS Secretary Xavier Becerra. “As this new proposed regulation gives states and tribes the ability to adopt separate licensing standards for relatives and other kin, we encourage agencies to place as few burdens as possible on kin, consistent with the safety and well-being of the child.”

Currently, all fos-

ter family homes must meet the same licensing standards, regardless of whether the foster family home is a kin or non-kin placement. This updated regulation allows a child welfare agency to adopt different licensing standards for all kin foster family homes to lessen delays in the kinship foster family licensing process. Kin can include individuals related to a child by blood, marriage, or adoption and other individuals who have an emotionally significant relationship with the child, such as godparents, and close family friends.

ACF’s Children’s Bureau encourages child welfare agencies to strongly consider developing standards for kin foster family homes that meet only the federal requirements and not additional standards the state, local, or tribal agency may require non-relative foster family homes to meet. These standards may include extending the age limits for kinship foster care providers to allow for older kin to foster a child or allowing kin children to share sleeping

spaces.

“Across the United States, millions of children live with kin caregivers—aunts, uncles, grandparents, and other loved ones who stand in when parents are unable to safely care for their children. We know that children do better when they’re with their families,” said ACF Assistant Secretary January Contreras. “Placing children with kin allows them to maintain a sense of place and belonging and to maintain their cultural identity and connection to their own community. By allowing child welfare agencies to approve different licensing standards that recognize the needs and benefits of kin caregivers, more family members would be eligible to be licensed and receive financial resources to support the child’s well-being.”

Encouraging and helping family and kin caregivers become licensed foster caregivers is beneficial to both the child and the foster care relatives. Research shows that children living with family experience

higher stability and fewer behavioral problems compared to children living with non-relatives in foster care, in addition to maintaining familial and cultural bonds. ACF believes that child welfare agencies can develop different foster family home licensing or approval standards for kin in a manner that does not compromise child safety and well-being. This regulation also does not change the requirements concerning criminal background checks or other important safety provisions.

ACF continues to emphasize prevention and kinship services provided in the community. Providing necessary support and resources to families has a proven track record for keeping families together. ACF encourages child welfare agencies to pursue options that keep families together and maintain family connections, including kinship care. In keeping with its overall mission, ACF is committed to seeking equitable outcomes for the children, youth, and families it serves.

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USDA Announces Conservation Reserve Program Signup For 2023

Agriculture Secretary Tom Vilsack announced that agricultural producers and private landowners can begin applying for the Conservation Reserve Program (CRP) General signup starting February 27 through April 7, 2023. CRP is a cornerstone voluntary conservation program offered by the U.S. Department of Agriculture (USDA) and a key tool in the Biden-Harris administration's effort to address climate change and help agricultural communities invest in the long-term well-being of their land and natural resources.

"The Conservation Reserve Program is one of the largest private lands conservation programs in the United States, offering a range of conservation options to farmers, ranchers and landowners," said Julia A. Wickard, FSA State Executive Director in Indiana. "CRP has and continues to be a great fit for farmers with less productive or marginal cropland, helping them re-establish valuable land cover to help improve water quality, prevent soil erosion, and support wildlife habitat. Under this administration, we have made several updates to the program to increase producer interest and enrollment, strengthen the climate benefits of the program and help ensure underserved producers can find a pathway to entry into CRP."

Producers and landowners enrolled more than 5 million acres into CRP through signups in 2022, building on the acceptance of more than 3.1 million acres in the largest Grassland CRP signup in history. There are currently 23 million acres enrolled in CRP, with 1.9 million set to expire this year. USDA's Farm Service Agency (FSA) is aiming to reach the 27-million-acre cap statutorily set for fiscal year 2023.

General CRP helps producers and landowners establish long-term, resource-conserving plant species, such as approved grasses or trees, to control soil erosion, improve water quality and enhance wildlife habitat on cropland. Additionally, General CRP includes a Climate-Smart Practice Incentive to help increase carbon sequestration and reduce greenhouse gas emissions by helping producers and landowners establish trees and permanent grasses, enhance wildlife habitat, and restore wetlands.

Continuous CRP Under Continuous CRP, producers and landowners can enroll in CRP throughout the year. Offers are automatically accepted provided the producer and land meet the eligibility requirements and the enrollment levels do not exceed the statutory cap. The Climate-Smart Practice Incentive is also available in the Continuous CRP signup.

FSA offers several additional enrollment opportunities within Continuous CRP, including the Clean Lakes Estuaries and Rivers Initiative (CLEAR30), the State Acres for Wildlife Enhancement (SAFE) Initiative, the Farmable Wetlands Program (FWP), and the Conservation Reserve Enhancement Program (CREP). The CLEAR30 Initiative, which was originally piloted in twelve states in the Great Lakes and Chesapeake Bay watershed, has been expanded nationwide, allowing producers and landowners to enroll in 30-year CRP contracts for water quality practices. Under this administration, FSA also moved SAFE practices back to the Continuous CRP signup, giving producers and landowners more opportunities to participate in the initiative. Through the FWP, producers and landowners can enroll land in CRP as part of their efforts to restore previously farmed wetlands and wetland buffers, to improve both vegetation and water flow.

This administration has also made significant improvements to CREP, which leverages federal and non-federal funds to target specific State, regional or nationally significant conservation concerns. Specifically, USDA made significant improvements to CREP to reduce barriers and

make the program more accessible to a broad range of producers and new types of partners. These updates included flexibility for partners to provide matching funds in the form of cash, in-kind contributions, or technical assistance, along with an investment in additional staff to work directly with partners. Through CREP, for the first time ever, three Tribal Nations are now partnering with USDA to help conserve, maintain, and improve grassland productivity, reduce soil erosion, and enhance wildlife habitat.

Grassland CRP FSA will announce the dates for Grassland CRP signup in the coming weeks. Grassland CRP is a working lands program, helping landowners and operators protect grassland, including rangeland and pastureland and certain other lands, while maintaining the areas as working grazing lands. Protecting grasslands contributes positively to the economy of many regions, provides biodiversity of plant and animal populations, and provides important carbon sequestration benefits to deliver lasting climate outcomes.

How to Sign Up Landowners and producers interested in CRP should contact their local USDA Service Center to learn more or to apply for the program before their deadlines.

Producers with expiring CRP acres can use the Transition Incentives Program (TIP), which incentivizes producers who sell or enter a long-term lease with a beginning, veteran, or socially disadvantaged farmer or rancher who plans to sustainably farm or ranch the land.

More Information Signed into law in 1985, CRP is one of the largest voluntary private-lands conservation programs in the United States. It was originally intended to primarily control soil erosion and potentially stabilize commodity prices by taking marginal lands out of production. The program has evolved over the years, providing many conservation and economic benefits.

Houses Passes \$43.4B Budget With No Democrat Votes

By Whitney Downard

Indiana Republicans passed their \$43.3 billion budget proposal without any Democrat support, with the minority party denouncing the millions earmarked to expand school vouchers.

Nearly half of the budget, 48%, goes to K-12 education, which will get a boost of nearly \$2 billion over its current appropriation – of which one-third will go to vouchers.

Democrats denounced the budget for taking funding away from traditional public schools. Under the new proposal, families making up to 400% of the federal poverty level, roughly \$220,000, qualify for vouchers.

"We've gotten rid of the whole idea that this is based on poverty or even based on bad schools," Rep. Ed DeLaney, D-Indianapolis, said. "In my view, we've turned the voucher program into an entitlement. A vast, new entitlement for people who are doing pretty darn well in life."

Republicans said it was a matter of school choice and giving more power to parents who wish to control their children's education.

"Ninety percent of parents are saying that the best (option) is a traditional public school," Rep. Jeff Thompson, R-Lizton, said. "But it's important, I believe, that we put parents in charge."

The budget advanced on a 66-29 vote and advances to the Senate for further consideration.

Dems decry education provisions Thompson, the primary architect of the measure, said that it created opportunity for Hoosiers and saved taxpayers money in the long run.

"We're making strategic, one-time investments that are going to affect our citizens for decades and decades to come," Thompson said. "It sets Hoosiers on a great path going forward with a lot of great opportunities."

The budget funds a \$1,400 operations "floor" for public and charter schools per student, which increases to \$1,500 in the second year. Additionally, eligibility for vouchers increases from 300% of the federal poverty level to 400%.

"The budget is unreasonable because the stated promise to provide real, great (increases to the) school funding formula for traditional schools, from our perspective, was not honored," Rep. Greg Porter, D-Indianapolis, said. "Traditional public schools will receive an average ... of about 6% in the first year of the biennium but vouchers receive about a 70% increase."

Concerns about Kinsey defunding

House action on Wednesday barred the Kinsey Institute at Indiana University, which researches sexual health, from receiving state funding in the budget.

House Speaker Todd Huston declined to comment on the specific allegation that Indiana University shields sexual predators currently but signaled his distaste for the allegations.

"I think that the introduction, the presentation of that amendment was extraordinarily disappointing," Huston, R-Fishers, said. "But I think the majority of our caucus just wanted to ensure that no (public) dollars were going to the Kinsey Institute."

Huston said that discussions were ongoing and didn't rule out the possibility of restoring funding.

Senate Pro Tem Rodric Bray said that he hadn't had time to review the amendment's language.

"I probably need to (spend more time on that) before I can really articulate whether it's something that we'll be supportive of or whether we'll pull back," Bray said.

House Democrats were much harsher in their condemnation.

"Not long ago, the GOP was driven by ideals of free markets, minimal government and 'traditional family values.' Now it has become the party of culture wars," Rep. Phil GiaQuinta, D-Fort Wayne said in a statement. "A Republican elected official even implied that anyone who has ever voted for a state budget – because of its funding for Indiana University's research – is complicit in the sexual abuse of children."

GiaQuinta, whose father also served in the General Assembly, called the Republican party of

today 'unrecognizable' when compared to previous generations.

"This behavior doesn't belong on the floor of the House or in the mainstream of our society," he concluded.

Senate takes cautious approach to House budget

But the Republican caucus' leaders appeared to disagree about the approach to tax cuts and tying them to revenue outcomes.

The two chambers reached an agreement last session to cut Indiana's income tax rate from 3.23% to 2.9% over seven years only if revenue growth continues and an additional \$1 billion was appropriated to pay down pension debt.

Huston said he trusted the Senate Republicans, he said that cutting revenue through tax cuts was the only way to reduce spending and stop government growth.

"I'm not sure (the revenue growth) guardrails were ever really practical... I think they're just unnecessary," Huston said.

Bray disagreed that the guardrails weren't practical or necessary, saying they protected future state revenues from economic downturns.

"We want to do so in a responsible and thoughtful way and I, frankly, think that those guardrails probably won't stop," Bray said. "If we see (the economy) dip, we'll be able to have some flexibility."

Sen. Ryan Mishler, who chairs the Senate Appropriations Committee, said senators were disappointed by the House's \$250 million additional contribution to the pre-1996 Teacher Retirement Fund, the state's only unfunded pension obligation. Previous discussions had that number at \$1 billion.

"I think that should be a non-starter, and it needs to stay at what we agreed to," Mishler, R-Bremen, said.

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In The Kitchen

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

Smoked Chuck Beef Ribs

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

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

Preheat smoker or pellet grill to 275 F.

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

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

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

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

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

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

To serve, slice ribs between bones.



Cook Like a Pitmaster from the Comforts of Home

FAMILY FEATURES

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

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

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

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

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

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

Grilled Jalapeno Cheddar Meatballs

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Cook time: 1 hour, 15 minutes
Servings: 15

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

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

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

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

Heat grill to medium for two zone cooking.

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

Remove meatballs from grill and cool slightly before serving.



Grilled Jalapeno Cheddar Meatballs



Szechuan Skirt Steak with Crispy Rice

Szechuan Skirt Steak with Crispy Rice

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Total time: 35 minutes
Servings: 2

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

In skillet over low heat, toast peppercorns until fragrant, swirling in pan to keep from burning, about 2 minutes.

Allow peppercorns to cool slightly then add to spice grinder or mortar and pestle with five spice and salt. Crush until fine powder forms.

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

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

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

Slice skirt steak across grain.

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

SUNDAY

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Inspire Creativity with Fun Snack Hacks

FAMILY FEATURES

School days offer nearly endless opportunities for learning and exploration in the classroom, but education doesn't have to end with the final bell. Parents can ensure their students feel energetic, creative and confident by inspiring snack choices that are as smart as they are fun to make together. Whether you're whipping up a snack to send to school or your little learners need an energy boost before starting afternoon homework, creative snacking can help encourage inspiration. As a trusted ally with better-for-you and convenient whole-fruit lunchbox snacks kids can enjoy, Sun-Maid offers these easy tips and ways to embrace the fun side of snack time.

- **Keep It Simple:** Look for recipes with five ingredients or less so your children can show their artful nature without becoming overwhelmed. Plus, this often leads to a more budget-friendly at-home treat.
- **Shop Together:** Gathering ingredients and equipment is an important part of any recipe, and bringing your future chefs along helps them feel like it's their creation from start to finish. Additionally, some important life lessons can be learned along the way, like how to navigate the store and compare costs.
- **Provide Kid-Friendly Instructions:** There are many ways kids can lend a hand in making their own snacks, like mixing ingredients, washing produce or arranging a plate or platter. However, some steps are best left to the adults – make sure to do any cutting, slicing or dicing before letting children take the reins, for example, then just enjoy the creative fun.

With childhood favorites like crackers, marshmallows and vanilla yogurt covered raisins, Gimme S'mores Trail Mix offers a perfect way to get young minds thinking in the kitchen. A little guidance is all it takes to teach them each step of the recipe to make a crafty, delicious treat. Plus, with only a few simple ingredients that just need to be mixed together, it's a low-stress, low-mess way to cook up creativity.

For a healthier version of a snack time superstar, Apple Nachos combine sweet apples like Honeycrisp, peanut butter and versatile, whole-fruit Sun-Maid Raisins. Naturally made with nothing but grapes and California sunshine, these sweet raisins have been trusted as a better-for-you snack for kids and grown-up kids alike since 1912.

With zero grams of added sugars, they give parents the confidence they need to choose snacks that provide both great taste and nutrition for a happy and healthy family. As a household staple, they can be enjoyed as part of tasty recipes or as a standalone treat kids crave and parents approve.

Find more sweet ideas to inspire confidence and creativity at sunmaid.com.

Apple Nachos

Prep time: 10 minutes
Cook time: 1 minute
Servings: 4

- 5 sweet apples, such as Honeycrisp
- lemon juice (optional)
- 2 tablespoons peanut butter
- 1/2 cup Sun-Maid California Sun-Dried Raisins

Wash and slice apples.

Arrange one layer of sliced apples on serving plate. To keep apples from browning quickly, squeeze lemon juice on top, if desired.

In microwave, melt peanut butter about 30 seconds until smooth.

Drizzle 1 tablespoon peanut butter over first layer of apples. Sprinkle with 1/4 cup raisins.

Repeat with remaining apples, peanut butter and raisins.



Gimme S'mores Trail Mix



Apple Nachos

Gimme S'mores Trail Mix

Prep time: 5 minutes
Servings: 6

- 1/2 cup Sun-Maid Vanilla Yogurt Covered Raisins
- 3 cups graham crackers, assorted flavors
- 1 1/2 cups colored mini marshmallows
- 2 cups slivered almonds
- 1 cup chocolate chips

In large bowl, mix raisins, graham crackers, marshmallows, almonds and chocolate chips.

Serve immediately, or store in airtight container up to 1 week.

CASEY WILLIAMS



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SUNDAY

In The Kitchen

Sunday, Feb. 26, 2023

C3

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

A Savory Solution to Stretch Your Grocery Budget



Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

FAMILY FEATURES

In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

Save Money

Stretch your dollars by stretching your meals using a process called "The Blend." Blending finely chopped mushrooms with ground meat can extend portion sizes of your favorite meaty recipes and help your bottom line. Chop your favorite mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook to complete the recipe. For burgers, use a blend of 25% finely chopped mushrooms and 75% ground meat. For tacos or chili, use 50% mushrooms and 50% meat or an even higher mushroom-to-meat ratio.

Savor the Flavor

The savory umami taste of mushrooms means a flavorful experience in blended recipes like burgers, where the chopped mushrooms help hold in the juiciness. Or, you can chop, quarter, slice or enjoy them whole in recipes like Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto, Creamy Spinach, Mushroom and Lasagna Soup or Blended Pasta Sauce paired with your favorite pasta.

One Carton, Multiple Dishes

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

Serve Up Nutrition

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at MushroomCouncil.com.

Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council
Prep time: 20 minutes
Cook time: 50 minutes
Servings: 4

Chicken:

- 8 boneless, skinless chicken thighs
- salt, to taste
- pepper, to taste
- 6 tablespoons unsalted butter
- 16 ounces mushrooms, such as white button, crimini or portabella, quartered
- 3 zucchinis, sliced in half moons
- 3 large carrots, thinly sliced
- 4 sprigs fresh rosemary, leaves removed and roughly chopped
- 4 cloves garlic, minced

Orzo:

- 4 cups chicken or vegetable broth
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1 cup uncooked orzo pasta

- 1/8 teaspoon black pepper
- 1/3 cup white wine
- 1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchinis and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan. Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 pound mushrooms (such as white button, crimini or portabella), finely chopped
- 1 pound 80% lean ground beef

- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1 jar (24 ounces) marinara sauce
- cooked pasta
- salt, to taste
- pepper, to taste
- grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons.

Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan.



Creamy Spinach, Mushroom and Lasagna Soup

Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council
Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces mushrooms, such as white button, crimini or portabella, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf

- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- 1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

SUNDAY

In The Kitchen

Sunday, Feb. 26, 2023

C4

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

EAT THE RAINBOW

FAMILY FEATURES

Focusing your menus on health-conscious recipes that look as good as they make you feel is key to making positive lifestyle changes. Adding big flavors that satisfy cravings to easy, go-to recipes can be a big step toward reaching health goals throughout the year. “Eating the rainbow” refers to adding fruits and veggies of varying colors to your diet, such as red tomatoes and beets, green cucumbers and avocados, orange carrots and pumpkins and beyond. Complementing fresh produce with the nutritional benefits of tuna and salmon – like heart-healthy omega-3 fatty acids, protein, vitamin D and potassium – can take your meal planning one step further. Whether you’re commemorating a special occasion, hosting a gathering of friends and family or simply enjoying a night in, good food shouldn’t mean ditching good eating habits. With new packaging but a continued focus on flavor, wild-caught Low-Sodium Pink Salmon from Chicken of the Sea is a perfect complement to vibrant, rainbow-inspired recipes.

Try these Salmon Chili Bites for a quick and delicious snack option. They can easily be doubled, tripled or more for a party appetizer. Feature the recipe with a “rainbow” of veggies, crackers, meats and cheeses on a charcuterie board for a crowd favorite that can satisfy guests with big, bold flavor. Ditch boring salads and find joy in food while maintaining healthy eating goals by upping your salad game. Say goodbye to bland, boring greens and enjoy salads with your favorite toppings, like a colorful combination of protein-packed tuna and fiber-rich veggies in this Mediterranean Tuna Salad, which is completed with a bright dressing and topped with feta cheese and parsley. For more than 100 years, Chicken of the Sea has provided fresh, tasty seafood straight from the ocean, so whether you’re reaching for wild-caught tuna for this homemade salad or another option like salmon or sardines, you can enjoy a high-quality product that’s delicious on its own or used to elevate favorite recipes. To find more health-focused snacks, appetizers, meals and more, visit chickenofthesea.com.

Pair seafood and seasonal produce for colorful, healthy recipes



Mediterranean Tuna Salad

Mediterranean Tuna Salad

Prep time: 20 minutes
Servings: 1-2

- Dressing:**
- 2 tablespoons lemon juice
 - 1 tablespoon extra-virgin olive oil
 - 1/4 teaspoon dried oregano

- Salad:**
- 1 can (5 ounces) Chicken of the Sea Chunk Light Tuna, drained
 - 1 cup halved cherry tomatoes
 - 1/3 cup sliced Kalamata olives
 - 1 cup chopped English cucumber (about 1/2 cucumber)
 - 1/4 cup feta
 - 1 tablespoon minced parsley
 - pita chips (optional)
 - crackers (optional)

To make dressing: In large bowl, whisk lemon juice, olive oil and oregano. To make salad: In dressing bowl, add tuna, tomatoes, olives and cucumber. Gently toss to cover salad with dressing then top with feta and parsley. Serve with pita chips or crackers, if desired.



Salmon Chili Bites

Salmon Chili Bites

Prep time: 15 minutes
Servings: 2

- 2 pouches (2.5 ounces each) Chicken of the Sea Low Sodium Wild-Caught Alaska Pink Salmon
- 1 tablespoon chili crisp
- 2 teaspoons rice wine vinegar
- 1 teaspoon toasted sesame oil
- 2 bell peppers, cored and cut into 2-inch squares

1 green onion, thinly sliced
minced cilantro
black sesame seeds
In bowl, combine salmon, chili crisp, vinegar and sesame oil. To serve, top each bell pepper square with some salmon, green onion, cilantro and sesame seeds. If leftover pieces of bell pepper remain, chop and add as additional garnish. **Note:** If serving with cheese plate, place salmon mixture in small bowl and garnish with green onion and sesame seeds.

KAREN ZACH



Think writing a column on genealogy is easy?

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Pain Relief Found In The Garden



MELINDA MYERS
Columnist

Look to the garden, farmer's market, or refrigerator next time you are battling sore muscles, indigestion, and headaches. These five foods fresh from the garden contain powerful pain-relieving and anti-inflammatory properties.

Mint
Infuse mint into your tea or ice water to refresh and rejuvenate. It also helps relieve headaches and general aches and pain. Grow this vigorous perennial herb in a container so it won't overtake your other plants. And at the end of the season, root a few cuttings to start new plants to grow indoors. All you need are a sunny window, quality potting mix, and regular watering.

Hot Peppers
Capsaicin, the spicy element in chili, jalapeno, habanero, and cayenne peppers, is a great pain-fighting tool and is often used in topical creams to help treat backaches, arthritis, and muscle pain. Plant hot peppers after the soil and air warm, at the same time you are planting sweet peppers and tomatoes. They are ready to harvest when they are fully colored. Purchase extra hot peppers to dry and enjoy year-round.



Photo courtesy of MelindaMyers.com

Sour cherries contain disease-fighting chemicals and antioxidants to help fight inflammation and relieve pain.

Cherries
Manage muscle pain and inflammation with sour cherries. They are loaded with disease-fighting chemicals and antioxidants and help fight inflammation and relieve pain. Purchase plenty of cherries to juice, dry, and preserve so you can enjoy their health benefits all year long. And consider planting a sour cherry tree in your backyard. Montmorency is the most popular sour cherry needing only 700 hours of air temperatures between 34 and 45 degrees to initiate flowering for fruit development. New hardier dwarf introductions from the University of Saskatchewan can be grown in colder regions including zone 2. Although it takes several years for cherry plants to start producing fruit, you'll enjoy watching your tree grow into maturity and bear its first crop. Just make sure to cover the plants with netting so the birds don't eat your harvest.

Ginger
Ginger helps reduce inflammation and combat migraines, muscle pain, arthritis, and post-workout or post-gardening soreness. All this plus it helps fight nausea. Although it's a tropical plant you can find plants or rhizomes (the part you eat) online. Or join other enthusiastic gardeners who have had success rooting the rhizomes they purchased at the grocery store to start new plants. Grow your ginger in a pot outdoors or sunny window alongside your other indoor plants.

Sage
Sage tea has long been used to soothe scratchy and irritated throats and showed positive results in a 2006 clinical trial. Harvest a few sage leaves, add hot water, and brew a bit of sore throat relief. Grow this herb in the garden or a container. It thrives in a sunny spot with well-drained soil. Harvest leaves as needed throughout the season.

Regular harvesting encourages more growth for future harvests. You can remove as much as one-third of the plant at one time for preservation.

So next time you're feeling a bit of pain, pass by the medicine cabinet and look to the garden for a bit of relief. Even the simple act of tending your garden and harvesting produce can elevate your mood, lower your blood pressure, and start you on the road to feeling better.

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

Women's Day: Flowers For Every Woman

International Women's Day will soon be upon us again. It's the perfect day to pay a floral tribute to all the amazing women around you. Radiant spring flowers like tulips, daffodils and hyacinths are perfect for showing your appreciation.

Women you value Mothers, wives, neighbors, colleagues, sports buddies or best friends: on International Women's Day, you can show that you appreciate all the important women around you. And what better way to do so than with a radiant bouquet of spring flowers.

Positive vibes
Fortunately, around 8 March – International Women's Day – there are plenty of spring flowers available, like hyacinths, daffodils and tulips. Tulips in particular naturally radiate femininity and power. They even continue to grow in the vase, thus representing growth and confidence in the future. Tulips are also a symbol of love, affection and positivity. Positive vibes all around!

Mix & match
A bouquet of tulips

is in itself a fabulous gift for Women's Day. Depending on the colors you choose, you can enhance either the femininity (think of pink and white-and-pink stripes) or, if you prefer, the power side (purple, orange and red). Mixing different colors is always a good idea, to really help the positive energy pop. Tulips also combine beautifully with other spring flowers, like hyacinths. They add a touch of spring fragrance to your bouquet. It doesn't get much more feminine than that! For more bouquet ideas, please visit www.ilsaysays.com.

Tip
Ask your florist for locally grown tulips and other spring flowers. These flowers will have come directly from the nursery, so they are freshly picked and of high quality.

Tulip fact
Did you know that tulips come in different flower shapes? How about a bouquet mixing single and double-flowered tulips, or tulips with fringed petals? Stunning, and very feminine to boot!

Welcome Spring Early With Pre-Forced Bulbs

If you are ready for spring but it hasn't arrived yet, why not put some pre-forced bulbs in your garden or on your balcony/terrace. In this way, you can start the gardening season early.

A new beginning
As soon as the first rays of sunlight come through, all we want to do is welcome spring back. It is the season when nature starts 'anew' and the garden slowly starts to awaken. Shrubs and perennials often need a little more time to get going. If you don't want to wait any longer for the smell and color of flowers, just get things going with pre-forced bulbs.

A spectacle of growth Pre-forced bulbs for the outdoors are at their best from February through April. They flourish in ornamental pots, but also in the open ground (remove

the grow pot first). They will brighten up any spot because you can experience the growth spectacle from the bulb to the first buds and then welcome the beautiful flowers. In other words: it would be silly not to brighten up your garden with these bulbs.

Craftsmanship
Did you know that growers use a trick when growing pre-forced bulbs? They give the bulbs a special treatment. Then the growers plant the bulbs in pots and trays with potting soil. Thanks to plenty of craftsmanship, care and love, they grow even before spring so that we can enjoy them. They come in all kinds of varieties. The most familiar ones are daffodils, hyacinths and tulips.

Do you want to find out more about pre-forced bulbs? Then go to www.ilsaysays.com.

Help Banish Winter Blues With These Home Improvement Fixes

(StatePoint) Preparing your home for cold weather can lower your energy bills; promote a more comfortable, healthier environment; and even help banish winter blues. Here's what to know:

- Call a professional: "Waiting until it gets really cold to run your heater is like not stretching before you run," says Mark Woodruff, senior product manager, Outdoor Products at Trane Residential, who advises running your heater early in the season for a good hour or so to ensure it's working. "Scheduling a service appointment now is a much better, and often cheaper option than trying to book an emergency appointment in extreme temperatures or well into winter," he says.
- Change air filters: For better indoor air quality (IAQ) and to extend the life of your HVAC system, change filters every 30-90 days. If you have pets or household members with asthma or allergies, change filters more often.
- Zoned heating: Trane HVAC systems let you keep a consistent temperature throughout your home, or heat one zone

for individualized comfort that helps you save energy and directs heat where it's desired.

- Consider an upgrade: Forty-five percent of Americans deal with "shockingly high" energy bills, according to a Trane Residential survey conducted by OnePoll. A heating equipment upgrade, however, can help you enjoy consistent warmth without wasted energy. Consider the XC95m furnace from Trane. Its AFUE rating of up to 97.3% means nearly all of the fuel it uses goes to warming the home. When paired with the energy-efficient XV20i Variable Speed Heat Pump, you can enjoy the reliability of a hybrid or dual fuel system. To learn more, visit: trane.com/residential.
- Set your thermostat: Newer technology can help maximize energy savings. With the Trane Home app, for example, you can program your smart thermostat and control your home's temperature from anywhere. Its geofencing capabilities regulate temperature based on your location.
- Monitor indoor air quality: In the same

Trane Residential survey, 57% of respondents said they suffer from indoor stuffiness and lack of fresh air. Improving IAQ can help alleviate allergy and asthma symptoms and reduce the spread of colds and flu.

First, determine what airborne particles may be negatively affecting the air. You can also contact an HVAC dealer who can test your IAQ and offer recommendations to improve it. They may recommend installing a whole-home air cleaner like the Trane CleanEffects, which is certified asthma and allergy friendly by the Asthma and Allergy Foundation of America and has been documented to remove 99.9% of the Influenza A (H1N1) virus. The Awar Element is a great way to monitor your IAQ by measuring temperature, humidity, etc.

- Assess humidity: Maintaining a home humidity level between 35 and 60% is one key to improving IAQ and ensuring comfort in colder weather. Mold, dust mites and other air pollutants tend to thrive outside that range, and the body's natural immune system can be compromised in dry air.

"Monitor humidity with a reliable HVAC thermostat. Then, manage it with a whole-home humidifier or dehumidifier," advises Woodruff. "These units are installed professionally and tie into your HVAC ductwork system."

- Check insulation: Poor insulation is an often-overlooked escape route for heat that forces your heating system to work harder. Homes built in the 1970s or earlier should be checked by an expert, as insulation quality has come a long way since then. Also, foam insulation can settle after a year, so it's best to inspect insulation annually. Certain insulation jobs can be accomplished by a handy homeowner; however, you may prefer hiring a contractor. The average insulation upgrade costs \$2,400, according to the National Association of Realtors, but will save on utility costs in the years ahead.

"For many, wintertime is unpleasant indoors and outside. While we can't control the weather, there are many things we can do to improve conditions at home to feel cozier and more comfortable," says Woodruff.

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Best Places To Work In Indiana Companies Named For 2023

A multitude of industries from across the state are represented on the 2023 Best Places to Work in Indiana list – with a total of 125 Hoosier businesses recognized, including nearly 40 newcomers from last year. This marks the 18th edition for the Indiana Chamber of Commerce initiative.

“The Best Places to Work in Indiana program is so popular because it not only showcases the state’s top workplaces, but also includes an employee survey that helps all applicants improve their culture and productivity,” says Indiana Chamber President and CEO Kevin Brinegar.

“One exciting point is that more small companies made the list this year than ever before,” he adds. “With small businesses being the backbone of our state’s economy, it’s encouraging to see so many putting an emphasis on culture. This has a profound impact on the communities they serve.”

Winning companies represent more than 30 cities and towns, with multiple honorees coming from Carmel, Evansville, Fishers, Fort Wayne, Indianapolis, Marion, Plainfield, Warsaw and Washington. In addition, several businesses have multiple Indiana locations.

The rankings will be unveiled May 10 at an awards event presented by trueU.

Top companies in the state were determined through employer reports and comprehensive employee surveys. The Workforce Research Group handled the selection process.

Winners were selected from four categories: small companies of between 15 and 74 U.S. employees; medium companies of between 75 and 249 U.S. employees; large companies of between 250 and 999 U.S. employees; and major companies with 1,000 or more U.S. employees. Out-of-state parent companies were eligible to participate if at least 15 full-time employees are in Indiana.

The 2023 Best Places to Work in Indiana companies range in Hoosier employee count from 15 to 1,300.

Organizations on this year’s list that have displayed sustained excellence during the program’s 18-year history receive additional recognition. Hall of Fame designees are those that have been named a Best Place to Work in Indiana

at least 60% of the time in the program’s history. Two companies – Edward Jones and KSM (formerly Katz, Sapper & Miller) – have been named to the list all 18 years of the program.

In addition to the May 10 awards, winners will be recognized via a special section of the Indiana Chamber’s Biz-Voice magazine and through Inside Indiana Business with Gerry Dick – both of which reach statewide audiences. Additional program partners are HR Indiana SHRM, Indiana Department of Workforce Development, Institute for Workforce Excellence, Wellness Council of Indiana and Workforce Research Group.

All companies that participated in the 2023 Best Places to Work program receive an in-depth evaluation identifying strengths and weaknesses according to their employees. In turn, this report can be used in developing or enhancing employee retention and recruitment programs.

The 2023 Best Places to Work in Indiana awards celebration will be open to the public. Individual tickets and tables of 10 are available at www.indianachamber.com/conferences.

Additional Best Places to Work in Indiana sponsors are: platinum sponsor Hard Rock Casino Northern Indiana; silver sponsors Ivy Tech Community College, LHD Benefit Advisors, Talent Resource Navigator and TrueScripts; and visibility sponsors Banning Engineering, Horseshoe Hammond casino, Jackson Lewis P.C., MCM CPAs & Advisors, Moser Consulting, Performance Services, Inc., True Rx Health Strategists and Zotec Partners.

Sponsorships are still available; contact Tim Brewer at (317) 496-0704 or tbrewer@indianachamber.com for more details.

The 2023 Best Places to Work in Indiana companies listed in alphabetical order, no ranking:

* Hall of Fame companies
Small Companies (15-74 U.S. employees) (72)
Company / Primary Indiana Location
Adapteck Systems, Inc. / Fort Wayne
ADVISA / Carmel
Ambrose Property Group /

Indianapolis
* Apex Benefits / Indianapolis
Auctor Corporation / Indianapolis
audiochuck / Indianapolis
Banning Engineering, Inc. / Plainfield
BLASTmedia / Indianapolis
BlueSky Commerce / Noblesville
Bowe Digital / Kokomo
Brite Systems, Inc. / Indianapolis
Carter’s My Plumber, LLC / Greenwood
Centerfirst Consulting / Carmel
CleanSlate Technology Group / Carmel
Clovis E. Manley MD LLC / Newburgh
Conner Insurance / Indianapolis
CSpring / Fishers
Ditoe Public Relations / Indianapolis
DK Pierce & Associates, Inc. / Zionsville
ECS Solutions Inc. / Evansville
FORCE Communications, LLC / Indianapolis
Goelzer Investment Management / Indianapolis
Greenwalt CPAs, Inc. / Indianapolis
Guidon Design / Indianapolis
Hamilton County Tourism, Inc. / Carmel
IDO Incorporated / Indianapolis
INCOG BioPharma Services / Fishers
* Indesign, LLC / Indianapolis
Insurance Management Group / Marion
Integrity Learning Center / Plainfield
InTek Freight & Logistics, Inc. / Indianapolis
Invesque / Fishers
Invst / Indianapolis
iRiS Recruiting Solutions / Carmel
* JA Benefits, LLC / Bedford
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* Leaf Software Solutions / Carmel
LHD Benefit Advisors / Indianapolis
Luther Consulting, LLC / Carmel
Magnum Logistics / Plainfield
Mainstay Property Group /

Indianapolis
Mattison / Indianapolis
Mesh Systems / Carmel
MKR / Indianapolis
Mobile reCell / Fishers
netlogx LLC / Indianapolis
Network Solutions, Inc. / Granger
* NFP – First Person / Indianapolis
PediPlay / Indianapolis
PIER Group / Jasper
Platinum Recruiting Group / Carmel
Powers & Sons Construction / Indianapolis
Purple Ink, LLC / Carmel
Qualifi / Indianapolis
R.E. Dimond and Associates, Inc. / Indianapolis
Raybourn Group International / Indianapolis
REGO-FIX USA / Whites-town
RMS Safety / Indianapolis
Safety Resources, Inc. / Indianapolis
Simply Driven Executive Search / Indianapolis
Solution Source / Goshen
Sponsel CPA Group, LLC / Indianapolis
St. John Associates, Inc. / Bloomington
Steinberger Construction, Inc. / Logansport
Summers of Marion Inc. / Marion
The Mind Trust, Inc. / Indianapolis
Ultimate Technologies Group / Fishers
Valve+Meter Performance Marketing / Indianapolis
Visit Indy / Indianapolis
Your Money Line / Indianapolis
Medium Companies (75-249 U.S. employees) (27)
Company / Primary Indiana Location
Butler, Fairman & Seufert, Inc. / Indianapolis
Core Mechanical Services, Inc. / Warsaw
Creative Works / Indianapolis
Edify / Fishers
* E-gineering / Indianapolis
eimage / Indianapolis
Gibson / South Bend
Greenlight Guru / Indianapolis
HWC Engineering, Inc. / Indianapolis
Indiana Oxygen Company / Indianapolis
Lauth Group, Inc. / Carmel
National Association of Mutual Insurance Companies / Indianapolis
Onebridge / Indianapolis
Reis-Nichols Jewelers / Indi-

anapolis
Renovia / Indianapolis
RQAW / Fishers
* Schmidt Associates / Indianapolis
* SEP / Carmel
Shrewsbury & Associates, LLC / Indianapolis
Springbuk / Indianapolis
The Skillman Corporation / Indianapolis
True Rx Health Strategists / Washington
United Consulting / Indianapolis
VOSS Automotive, Inc. / Fort Wayne
Walker / Indianapolis
Wessler Engineering / Indianapolis
Large Companies (250-999 U.S. employees) (18)
Company / Primary Indiana Location
* Blue & Co., LLC / Carmel
Buckingham Companies / Indianapolis
* Centier Bank / Merrillville
Centric Consulting / Indianapolis
Electric Plus / Avon
* FORUM Credit Union / Fishers
GadellNet Consulting Services / Carmel
Harrah’s Hoosier Park Racing & Casino / Anderson
Hylant / Indianapolis
* KSM (formerly Katz, Sapper & Miller) / Indianapolis
Lochmueller Group, Inc. / Evansville
Moser Consulting / Indianapolis
OrthoPediatrics / Warsaw
Performance Services / Indianapolis
Shepherd Insurance / Carmel
Shook Construction / Indianapolis
* WestPoint Financial Group / Indianapolis
Zotec Partners, LLC / Carmel
Major Companies (1,000+ U.S. employees) (8)
Company / Primary Indiana Location
ARCO Design/Build / Indianapolis
Baker Tilly US, LLP / Indianapolis
CAPTRUST / Chesterton
Colliers Indianapolis / Indianapolis
* Edward Jones / statewide
* Horseshoe Hammond casino / Hammond
Jackson Lewis P.C. / Indianapolis
Nucor Steel Indiana / Crawfordsville

Legislation Gives Struggling Small Businesses Much Needed Relief After Pandemic

Senate Bill 2, one of NFIB’s priority bill, passed the House and Senate and is headed to the governor’s desk for his signature. The bill provides a state and local tax, or SALT, deduction for many small businesses in Indiana. NFIB State Director Natalie Robinson is available to talk about why this bill is so important for small businesses.

“Small business owners are thankful today that the legislature passed this important legislation which provides significant tax relief to Hoosier small businesses and levels the playing field by allowing small businesses to qualify for tax deductions that large corporations already receive. The legislation means \$50 million in annual tax savings and a win-win because it won’t cost the state a penny,” said Robinson.

Under federal law, businesses can deduct their state taxes

from their federal tax liability. For most large businesses that pay income tax as corporations such as C Corps, the deduction is unlimited. However, for pass-through entities such as LLCs and S Corps where the owners pay their own individual taxes, the deduction is limited to just \$10,000. Most small business owners in Indiana pay their taxes this way. Senate bill 2 would allow small business owners who pay their own individual taxes to receive an unlimited federal deduction for their state tax payments, similar to C Corps. At least 29 states have already made the change so that small business owners can enjoy the same deductions as large corporations.

NFIB small business owners are still struggling with inflation, supply issues, and worker shortages. NFIB data that 44% of small business owners have openings they

can’t fill and 92% report that they have few or no qualified applicants.

For more information on the bill, visit iga.in.gov/legislative/2023/bills/senate/2.

The National Federation of Independent Business is the nation’s leading small business advocacy organization. To learn more about NFIB in Indiana, visit www.NFIB.com/IN.

About NFIB
For 80 years, NFIB has been the voice of small business, advocating on behalf of America’s small and independent business owners, both in Washington, D.C., and in all 50 state capitals. NFIB is nonprofit, nonpartisan, and member driven. Since our founding in 1943, NFIB has been exclusively dedicated to small and independent businesses and remains so today. For more information, please visit www.NFIB.com.

ASC CEO Donna Kelsey Inducted Into McKnight’s Women Of Distinction Hall Of Honor

American Senior Communities (ASC) CEO Donna Kelsey has been inducted into McKnight’s Women of Distinction Hall of Honor. McKnight’s is the pre-eminent national media outlet for the senior care profession and the Hall of Honor category celebrates female leaders who have made significant impact on their organization and the profession. Donna will be recognized in May 2023 in Chicago at McKnight’s Women of Distinction Forum.

“This award is testimony of her passion and commitment to ensuring the highest level of care for our residents and extraordinary support for employees, while positioning the company for a strong and successful future,” said Steve Van Camp, ASC Chief Financial Officer.

Currently in her seventh year at the Indiana-based senior healthcare company, Donna oversees more than 100 commu-

nities with nearly 10,000 employees. ASC emerged stronger under her leadership, adding new benefits and technology to support employees, achieving a CMS Quality score above state and national averages and attaining high levels of customer satisfaction.

A veteran leader in senior healthcare, Donna’s strengths lie in nurturing continuous operational improvement. Prior to joining ASC, Donna was president of the U.S. division of a Canadian long-term care company. She was also Executive Vice President of Operations for Kindred and she is a 26-year veteran of the U.S. Naval Reserve, where she achieved the rank of Captain. Donna was honored as one Indiana Business Journal’s 2020 Women of Influence, and under her leadership, ASC was named Indy’s Top Workplace in 2020.

Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

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

Dr. Curtis Brouwer, Pastor
765-918-4949



Woodland Heights Christian Church

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

Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

A family for everyone



Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

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

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

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

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



*Helping
people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



NORTH CORNERSTONE CHURCH

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



HOPE CHAPEL

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

Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm

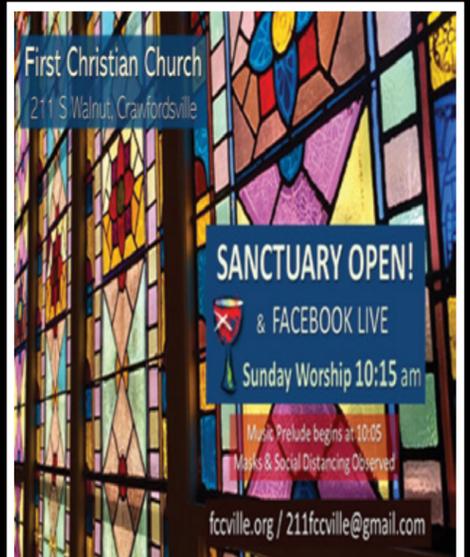


FIRST UNITED METHODIST CHURCH

Follow in The Sun
212 E. Wabash Avenue
Crawfordsville
(765) 362-4817
www.cvfumc.org

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

All are welcome to join and
all are loved by God



Faith Baptist Church

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

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

Where church is still church
Worship Hymns
Bible Preaching



EAST SIDE BAPTIST CHURCH

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

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through truth and love



Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

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



Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington
765-794-4716

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

You can find us on Youtube and Facebook



Christ's United Methodist Church

Dr. David Boyd

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

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

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



First Baptist Church

CRAWFORDSVILLE, INDIANA

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

You can watch us on YouTube and Facebook
Watch Sunday Mornings

YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

- Apostolic:**
Garfield Apostolic Christian Church
Rt. #5, Box 11A, Old Darlington Road
794-4958 or 362-3234
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Bible Study: 6:30 p.m.
Pastor Vernon Dowell
- Gateway Apostolic (UPCI)*
2208 Traction Rd
364-0574 or 362-1586
Sunday School: 10 a.m.
- Moriah Apostolic Church*
602 S. Mill St.
376-0906
10 a.m. Sunday, 6 p.m. Wednesday
Pastor Clarence Lee
- New Life Apostolic Tabernacle*
1434 Darlington Avenue
364-1628
Worship: Sunday 10 a.m.; 6 p.m.
Sunday: The Voice of Healing & Restoration on 103.9 at 9 a.m.
Tuesday prayer: 7 p.m.
Thursday Mid-week: 7 p.m.
Pastor Terry P. Gobin
- One Way Pentecostal Apostolic Church*
364-1421
Worship 10 a.m.
Sunday School: 11 a.m.
- Apostolic Pentecostal:**
Cornerstone Church
1314 Danville Ave.
361-5932
Worship: 10 a.m.; 6:30 p.m.
Bible Study: Thursday, 6:30 p.m.
- Grace and Mercy Ministries*
257 W. Oak Hill Rd.
765-361-1641
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
Sunday School: 11 a.m.
Co-Pastors Nathan and Peg Miller
- Assembly of God:**
Crosspoint Fellowship
1350 Ladoga Road
362-0602
Sunday Services: 10 a.m.
Wednesdays: 6:30 p.m.
- First Assembly of God Church*
2070 Lebanon Rd.
362-8147 or 362-0051
Sunday School: 9 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
- Baptist:**
Browns Valley Missionary Baptist Church
P.O. Box 507, Crawfordsville
435-3030
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
- Calvary Baptist Church*
128 E. CR 400 S
364-9428
Sunday School: 9:30 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Calvary Crusaders Wednesdays: 6:45 p.m.
Pro-Teen Wednesdays: 7 p.m.
Pastor Randal Glenn
- East Side Baptist Church*
2000 Traction Rd.
362-1785
Bible Study: 9 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m. Prime Time
Teens, Pioneer Clubs; 6:45 p.m. :Adult Bible Study
Rev. Steve Whicker
- Faith Baptist Church*
5113 S. CR 200 W
866-1273
Sunday School: 9:30 a.m.
Worship: 10:30 a.m. and 6 p.m.
Wednesday Prayer Meeting: 7 p.m.
Pastor Tony Roe
- First Baptist Church*
1905 Lebanon Rd.
362-6504
Worship: 8:15 a.m.; 10:25 a.m.
Sunday School: 9:30 a.m.
High School Youth Sunday: 5 p.m.
- Freedom Baptist Church*
6223 W. SR 234
(765) 435-2177
- Worship: 9:30 a.m.
Sunday School is 10:45 a.m.
Wednesday Bible Study: 7 p.m.
Pastor Tim Gillespie
- Fremont St. Baptist Church*
1908 E. Fremont St.
362-2998
Sunday School: 10 a.m.
Worship: 11 a.m.; 6 p.m.
Pastor Dan Aldrich
- Friendship Baptist Church*
U.S. 136 and Indiana 55
362-2483
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Friendship Kids for Christ: 6 p.m.
Pastor Chris Hortin
- Ladoga Baptist Church*
751 Cherry St., Ladoga
942-2460
Sunday School 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study 7 p.m.
Ron Gardner, Pastor
- Mount Olivet Missionary Baptist*
7585 East, SR 236, Roachdale
676-5891 or (317) 997-3785
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Evening: 7 p.m.
Bro. Wally Beam
- New Market Baptist Church*
200 S. First St.
866-0083
Sunday School: 9 a.m.
Worship: 10 a.m.
Children's church and child care provided
- Second Baptist Church*
119 1/2 S. Washington St,
off of PNC Bank.
363-0875
Sunday School: 10 a.m.
Worship: 11 a.m.
- StoneWater Church*
120 Plum St., Linden
339-7300
Sunday Service: 10 a.m.
Pastors: Mike Seaman and Steve Covington
- Waynetown Baptist Church*
Corner of Plum and Walnut Streets
234-2398
Sunday School: 9:30 a.m.
Fellowship: 10:30 a.m.
Worship: 11 a.m.
Children's Church: 11:10 a.m.
Pastor Ron Raffignone
- Christian:**
Alamo Christian Church
866-7021
Worship: 10:30 a.m.
- Browns Valley Christian Church*
9011 State Road 47 South
435-2590
Sunday School: 9 a.m.
Worship: 10 a.m.
- Byron Christian Church*
7512 East 950 North, Waveland
Sunday School 9 a.m.
Worship Service 10 a.m.
- Waynetown Christian Union Church*
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.
- Whitesville Christian Church*
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
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
- 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
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Worship 10 a.m.
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Worship: 10 a.m.
Pastor: Dr. John Van Nuys
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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)
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Pleasant Hill United Church of Christ - Wingate
Worship: 9:30 a.m.
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Pastor Alan Goff
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Pentecostals of Crawfordsville
116 S. Walnut St., Crawfordsville
362-3046
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Reverend John Pettigrew
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(765) 225-1295
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Service at 10:02

SUNDAY

Health and WELLNESS

Sunday, Feb. 26, 2023

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National Institutes Of Health Grant Funds Interdisciplinary Stem Cell Research

A team of Purdue University scientists led by Shihuan Kuang has received a \$2.5 million grant from the National Institutes of Health to define the role of lipid droplets in muscle stem cell function, a study with implications in both humans and livestock.

“Lipid droplets are important as a regulatory component of the stem cell. The content of lipid droplets makes the stem cell function better or worse,” said Kuang, Cancer Center Chair in Stem Cell Biology and a professor of animal sciences in Purdue’s College of Agriculture.

The human angle will focus on muscle-related disease, aging and injury. The livestock aspect will delve into animal growth to enhance meat production, quality and taste.

Working with Kuang on the project are Christina Ferreira, a developmental biologist with training in analytical chemistry in the Bindley Bioscience Center; James Markworth, assistant professor of animal sciences; and Chi Zhang, assistant professor of chemistry in the College of Science.

The grant follows a study that Kuang and eight Purdue co-authors published in the journal Cell Reports last year showing how fat plays an unexpected role in the fate of muscle stem cells.

“We know that if you perturb lipid droplets, the cells do not do well,” Kuang said. “The question now is what do the lipid droplets do in the cell? Do they supplement energy to the cells? Or do the lipid droplets perhaps secrete certain types of molecules that regulate cell function?”

People often think of lipids as bad because

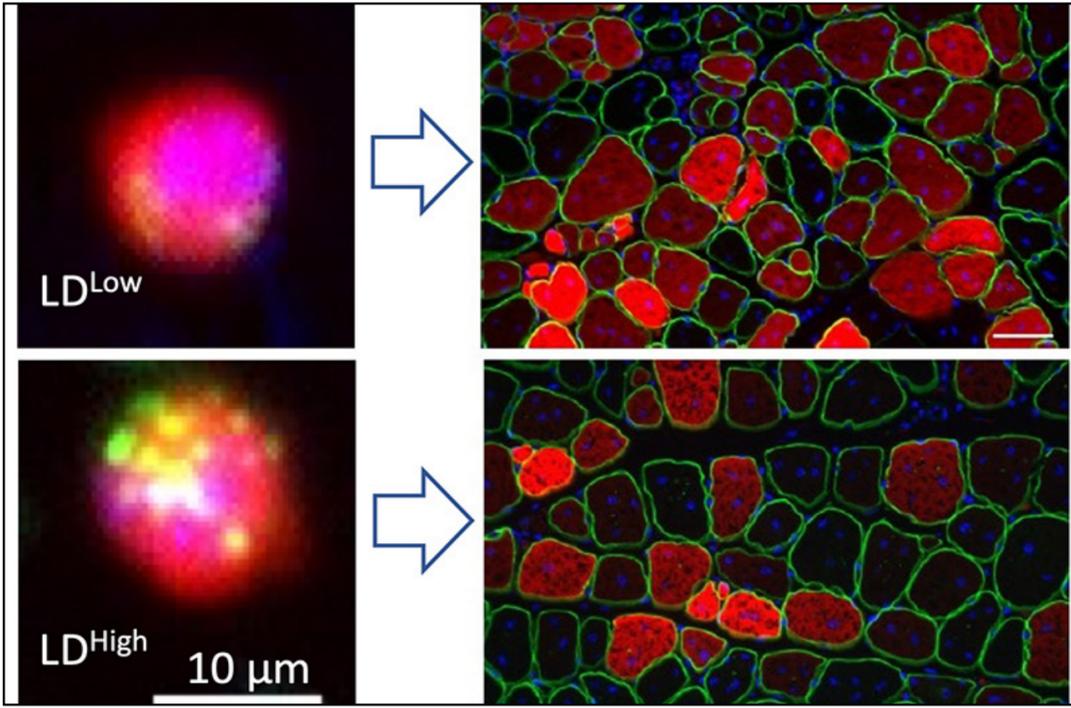


Photo courtesy of Shihuan Kuang, Purdue University

The content of lipid droplets (LD, yellow dots in the panels at left) determines a stem cell’s potential to repopulate an injured muscle. The cell with many lipid droplets (LDHigh) had reduced ability to form muscle cells (red in the right panels) than the cell with few lipid droplets (LDLow). The 10-micron scale bar in the panel at lower left is less than one-fourth the width of a human hair.

they accumulate within the body as fat tissue, Markworth said. The NIH project, however, will explore the potential positive role that lipids may play as important signaling molecules in muscle.

“Right now, we don’t really know what types of lipids are found in these droplets,” he said.

Markworth is especially interested in the role of lipid metabolites – known as bioactive lipid mediators – in muscle biology. Are dietary essential omega-3 or omega-6 (healthy unsaturated fats) found within lipid droplets, for example?

“Does the type of fat that they contain influence their role? And do their various downstream metabolites play different roles in determining stem

cell fate?” he said.

In the past, scientists viewed the droplets as inert storage containers, “like a garbage can,” Kuang said. Learning more about how lipid droplets influence stem cells could lead to their manipulation to repair muscle damage more rapidly or to heal muscle disease, he said.

The work has relevance to sarcopenia – common, age-related muscle atrophy – as well as metabolic diseases that affect the muscle, such as obesity and diabetes. The treatment of major genetic muscle diseases, such as Duchenne muscular dystrophy, and of more common exercise-induced and traumatic muscle injury also could benefit.

From an animal science perspective, “lipid

droplets are found in the muscle of livestock species, the meat that we eat,” Markworth said. “The composition of lipid droplets in the meat may affect both the taste of the meat and its nutritional value to the human diet. If we can manipulate lipid in the muscle, we could potentially enhance meat quality.”

Markworth joined the Department of Animal Sciences faculty in 2021. His collaborations with Kuang indicate the department’s heightened focus on basic muscle research.

“My lab would like to link the role of lipids and their downstream bioactive molecules in muscle back to lifestyle, nutrition, diet and exercise behaviors,” Markworth said. “If we understand

what lipids are important within the cells, their role and how they function, we can manipulate this easily by what kind of lipids we eat.”

Lipid droplets are among many different types of cogs in the cellular machinery. At the Bindley Center’s Metabolite Profiling Facility, Ferreira chemically analyzes the lipids and other small molecules related to the metabolic regulation of the muscle stem cells that the team is studying.

“When cells change their lipid composition, they change their roles in metabolism,” she said.

Ferreira uses an array of highly sensitive techniques, including two developed by Purdue’s Graham Cooks, the Henry Bohn Hass Distinguished Professor of

Analytical Chemistry, to profile the metabolism of stem cells and to chemically screen their associated lipid droplets.

“Stem cells are very rare. They appear in small numbers,” Ferreira said. Lipid droplets, meanwhile, are difficult to chemically analyze because of their nanoscale size. Thousands of them could lay side-by-side across the width of a single human hair.

Zhang adds Raman spectroscopy to the project. With this imaging method, he measures the compositions of lipids in live cells. Raman imaging exploits the way that molecular vibrations link to light beams to measure chemical compositions. He also has developed an imaging technique that allows the team to monitor the lipid droplets as the stem cells convert to muscle cells and other cell types.

“We are a group of developing tools. We hope that our tools can be used by biologists,” Zhang said. “Finding applications is always the motivation we have.”

His group currently is designing a tool that can take images of muscle cells while also controlling their fate as they differentiate. The group also is testing how to precisely target a laser only on lipid droplets to see if manipulating the droplets might change the stem-cell differentiation process.

While Purdue’s NIH study will focus on muscle, it has potential implications for stem cells throughout the body, including neural stem cells.

“Lipid droplets might play a similar role in other tissue stem cell types that are not studied yet,” Kuang said.

Simple Steps Can Help Keep You And Your Family Covered In 2023

Steve Smitherman – President at CareSource Indiana

It’s hard to believe we’ve reached the three-year mark since the COVID-19 pandemic began. When it came to our health, this period was marked by confusion and a number of worries. These ranged from masks, vaccines and boosters, mental health challenges, job loss and more.

But for over 2 million Hoosiers, health coverage has not been a major issue or something needing much attention since the federal public health emergency began. However, it’s important that Hoosiers know about some changes coming in 2023 that could impact their health care and ability to go to the doctor, hospital or pharmacy. As we move further into the year, it is crucial that many Hoosiers take steps to keep themselves and their families covered.

Prior to the pandemic, anyone with health cov-

erage through Medicaid, which in Indiana includes Hoosier Healthwise, Hoosier Care Connect and the Healthy Indiana Plan, had to renew their coverage annually. The federal government required this to make sure people receiving these benefits were still eligible based on factors like their income, household size and disability status. However, when the pandemic began, this requirement was set aside, and anyone with Medicaid simply stayed on the program without taking any renewal actions. This will change in 2023. The state of Indiana will return to the pre-pandemic norm of checking to see if Hoosiers are eligible for the health care they get through HIP, Hoosier Healthwise, Hoosier Care Connect or traditional Medicaid. This annual process that is restarting is called redetermination.

How can I be prepared for redetermination? It is important that Hoosiers know what

kind of coverage they have and understand that they might need to work with the state to keep it. This work can begin right now. Most Medicaid members have likely experienced changes since 2020, so they should update their information with the Indiana Family & Social Services Administration, often referred to as FSSA. This includes answering the following prompts and confirming these details with the state:

What is your address?
What is your income?
What is your employment status?

Details surrounding your age and family status

FSSA has made it easy for this information to be updated by following these steps:

Go to FSSABenefits.IN.gov.

Scroll down to the blue “Manage Your Benefits” section.

Click on either “Sign into my account” or “Create account.”

Call 800-403-0864 if you need assistance.

Then watch your mail! Be sure to respond with any information that FSSA requests.

Members may also be hearing from their current health plan. Health plans like CareSource will be busy reaching out to their members to help keep their status updated. We’re sending mail, calling our members, sending text messages and emails, all in an effort to help ensure they understand the importance of updating their account information and reporting any details that have changed from their application or last renewal.

What if I lose my health coverage?

It is estimated that 25% of Hoosiers that are currently on Medicaid could lose their coverage as redetermination starts and the process returns to normal. Why does this matter? Hoosiers’ health is a top priority and access to coverage is essential so residents

can see a doctor or get medicines when needed. Health coverage is also

essential as it connects patients to laboratory and x-ray services, home health services, physical therapy, hearing aids and more. If a current member is determined to no longer be eligible for Medicaid coverage, there are other options available for them and their family. Health plans can connect those individuals to other resources and help to get them enrolled in other coverage options such as Health Insurance Marketplace. To learn more about Marketplace coverage and determining eligibility, visit HealthCare.gov or call 800-318-2596.

Where else can I find help?

There are also specially trained and certified professionals throughout Indiana who can help Hoosiers find the right health coverage. These are called navigators and application organizations. Hoosiers can find help

in their area by visiting: in-fssa.force.com/HC-Nav/.

Finally, we’ve all had a few birthdays during the pandemic. For those that are now over 65, they can look into coverage through the federal Medicare program by visiting Medicare.gov or by calling 800-MEDICARE (800-633-4227).

Indiana’s State Health Insurance Program can also help with any questions about Medicare. Find them online at medicare.in.gov or call 800-452-4800.

It is truly in the best interest of all Medicaid members to update their information with the state. Doing this can help to better ensure that residents avoid any lapse in coverage. Whether an individual is a CareSource member or a member of another health plan, their health is important and their ability to stay covered or obtain the right coverage in 2023 is a critical piece of the puzzle.

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Harshbarger Saga #3 – Mary Harshbarger Nofsinger

An almost Christmas present (same with our daughter – day after Valentine’s but she’s still our sweetie) came to be the day after the holiday in 1790 in Virginia, likely Botetourt County when Mary Harshbarger daughter of Samuel and Elizabeth Gish Harshbarger was born. This would make her three years older than her husband (Joseph Nofsinger) but she is younger than him in census records. She’d have been 16 when she married Joe (14 September 1812 in Botetourt). Another interesting item is that their oldest (I have Salome born 13 July 1812 but three years before next child so I could easily see it could be 1813 instead - speculation). Joe and Mary came to the Ladoga area and she passed 9 April 1850. Oddly, she is not in the 1850 mortality schedule and she should be. Yet, she does have a stone (FAGrave photo taken by K&M) at the Ladoga Cemetery. Have wondered if she was born in 1796 vs. 1790 to go along with the census records. The stone has kind of a picked off part right on that 0/6 but without seeing the stone new it is hard to say.

Several trees have Joseph passing later in 1850 but he is definitely with their son, William Rowland, who was an Indianapolis banker in 1860. Most of WR’s children were born in Indy. Joseph Lewis went to Kansas City, Missouri and was assistant post master there along with other jobs. His brother, Rowland went there too and was also a postal worker. Their half brother, Francis Bacon Nofsinger (born



KAREN ZACH
Around The County

in Ladoga) was also in Kansas City and Independence and was a well-loved physician.

Regressing as WR was not the oldest child, Salome mentioned above was indeed and married Joel Britts (son of John and Susannah Eckles). Joel lived to 11 October 1876, and Salome died in January 1880 (also found 7 May) of cancer of the face; both buried Greenwood Cemetery, Brownsdale, Minnesota. This family spread, believe you me! Although they are only linked to seven children on FAGrave, I have them with 11. Samuel Harshbarger Britts was born in Ladoga (27 Jan 1838) was in the 2nd Minn Cavalry in the CW and is buried in Eureka Springs, Arkansas. Ed Montgomery Britts went to St. Louis County, Minnesota and was an important banker there. He fathered eight children (I think triplets?) but only one was living in the 1900 census. Joseph Addison Britts served in the 2nd Minnesota Volunteers but then went to Missoula, Montana where he is buried.



Others stayed in Minnesota where their parents are buried but most went forward to other states.

Elizabeth Nofsinger was born in Botetourt County, Virginia and died 9 June 1889 buried in the Baker Cemetery in Lane, Kansas (very neat stone) with her husband, Joshua Baker. They are only connected to two children on FAGrave but I have them with: Salome; William H; John Wesley; George; Eliza and Frank. Their son William H. died at the end of the Civil War (30 May 1865) and is buried in Little Rock, Arkansas in the Baker Cemetery – he was born in Putnam County, Indiana and when he volunteered on the 19th of August 1862, he was 21 and a farmer. His sister, Eliza married Amos Lingard and they were parents of four daughters (Elinore; Elizabeth; Genevieve and Anna) and two boys (James

and Amos). George Washington Baker was born 25 Oct 1848 in Ladoga, and Frank was after my heart with his occupation of book agent!

Mary Nofsinger, daughter of Joseph and Mary Harshbarger married Dan Hale in Putnam County in late 1842 – they lived here in Montgomery County where Dan was a tanner, farmer and courier, passing away 14 Nov 1878 at just 58 years old. He was buried in Shiloh cemetery where their daughter, Emma is, dying just a couple of months prior to her father. Mary is in MoCo with three of her children in 1880, but some time after went to Lane, Kansas where she passed 2 Feb 1890 and is buried. Son, Tilghman Howard Hale, in the Civil War, married and lived here, but others of the Hale children (eight I count) went to Kansas where other members of the Nofsinger family went to live. Daughter Mary married John C. Morris and lived most of the time in the Mace area.

Next up is Peter W. who married Phebe LaFollette in Putnam County on October 14th in 1847 and his sister, Susannah married her brother George Washington LaFollette just a few months before. Oddly, one couple went west and the other stayed here. It was the Nofsingers who in 1869 settled in Franklin County, Kansas near the town of Lane. Sadly, he died January 7 in 1871, she opting to remain in the new country. Their children (Nancy, Thomas, Susan, Mary and George W) aided her and became lead-

ing citizens. She has quite an obituary that makes her wreak of spunkiness, telling a young man about four hours before her death (while sweeping the porch) at age 88 that she was a bit older than him but felt just fine.

Lastly, we have Susan(nah) and George LaFollette, Susan born in Botetourt County, Virginia 11 Nov 1827 and passed away in Shannondale (15 July 1902) where they are both buried. They began housekeeping and farming in Russell Township, Putnam County but spent most of their years in Franklin. The GenWeb page has three wonderful LaFollette histories thanks to a couple of wonderful Suz’s – find that here <http://ingenweb.org/inmontgomery/bios%20l/index.html>. In the nice but short obituary for “Uncle” George LaFollette it noted that “he was such a man as the world can ill afford to lose, just, upright, honorable to the last degree.” He and Susan had Joseph, Frank, Mary, Nancy, Clara, Oliver, Wallace with Hubert and Nancy passing young.

So, hope you have enjoyed learning about Mary Harshbarger Nofsinger and her versatile family who stayed here and wandered there. Harshbarger Saga #4 coming up 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.

Sometimes People Just Need A Break...

When a police officer starts his shift, he never knows what will happen or who he will have to deal with. I worked the night shift, even after I was elected Sheriff, because that is when most of the serious incidents occur. Also, many of the drunk driving arrests occur late at night. Most of these arrests by officers are handled without incident. People who are intoxicated can exhibit a wide range of behavior...from a belligerent, fighting attitude to meek, crying submissiveness. I always felt my main job was to get the person off the road before he hurt himself or others. Police officers have some latitude in deciding to place a person under arrest. If a driver was honest and took responsibility for his actions, and had not been involved in an accident, I took that into account. If a person lied, cursed, or resisted, they were in trouble. Here are three examples...

Late one summer night I got behind a car that was weaving all over the road. After I pulled the 19-year old driver over, I quickly determined that he was very intoxicated. He had been to a bachelor's party and was only a mile from home. Young, stupid, and drunk...no accidents involved and non-combative. OK, I'll give him a break. I took his keys, placed him in the back seat, and told him I was taking him to his parents' house. However, after driving a short distance, my little buddy in the backseat spit on the back of my head. And with my driver's side window down, I also felt raindrops on my left arm. No rain on the windshield...weird. Then it dawned on me. I glanced back at my drunk happy-go-lucky rider. He had unzipped his jeans...and was spraying all over. By that time, the back of my seat and my



BUTCH DALE
Columnist

duty shirt were drenched in urine. Sorry, bud, that was just not very polite. Off to jail he went.

On another warm summer night I came across a car parked on a bridge east of Ladoga. When I exited my car to see what was going on, I noticed a man standing near the bridge railing...pants down around his ankles...looking up at the starry sky...and urinating into the creek. After finishing his bladder duty, he wobbled over, "Hello, officer...how's it going?"...he was drunk as a skunk...beer on his breath. "Great, where are you headed to?" To which he replied, "I live in Ladoga... just headed home." And then I asked the usual question, "Well, how many beers have you had?" Ninety-nine percent of the time, intoxicated drivers say, "Only a couple." This fellow looked me straight in the eyes, "Well, officer, I ain't gonna lie...I had twelve beers, and I'm drunker than hell." An honest person. I couldn't resist. I grabbed his keys and took him home...asleep on the couch as I shut the door.

When I was Sheriff, I was sent up north near Bowers at 2 a.m. to a report of a car floating in a small creek...no one around. On that particu-

lar road, there is no bridge. Seriously. You have to drive through the creek, which is normally very shallow. However, it had rained all day and the water was about 30 inches deep. As I pulled up, I aimed my spotlight at the car. My Lord...a Mercedes bobbing in the water! And standing in the water was a woman...wearing only a bra and panties. What the...? I motioned her over to the bank, handed her a blanket to cover up, and told her to have a seat. Yes, she was drunk. "I was headed home. and I got lost." "OK, where are you going?" I inquired. "Indy...I just got off work... but officer, I did have a couple of drinks." No kidding. After further questioning, I found out that this lady was a doctor. She lived in Indianapolis and was working at the Home Hospital emergency room in Lafayette. She had a horrible night in the ER...the deaths of two children. Now what? I called for a wrecker to remove the car. I had every right to arrest her. I just didn't have the heart to possibly ruin her life and career. I transported the 30-year old lady physician back to the Sheriff's Department, gave her an orange jail jumpsuit to wear, and called her husband, who showed up about an hour later to pick her up. I have no idea where the rest of her clothes were... she could explain that to her husband.

I could give numerous other examples. Most of the time, I made an OWI arrest. But sometimes, people just needed a break.

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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No Room At The Inn, Or For Other Opinions . . .

Are we obsessed with being right?

I only ask because it seems like there's a lot more "sides" than there used to be . . . more causes. And if you don't line up with that side or that cause, you are . . . what's the term today, canceled? Or maybe you're a hater? Dunno, but the idea that you were entitled to your own opinion seems as outdated as seersucker suits and Weejuns - both of which I have in my closet.

Figures, huh? Take the LGBTQ movement - and no, I'm not talking about the Let's Get Biden To Quit campaign. Seriously, who would want that? I mean are we really thinking Kamala Harris is a step up?

Sorry, just kidding. Sort of.

If you are one of the regular



TIM TIMMONS
Two Cents

eight or nine readers of these scribblings, then you've gotten my take on the LGBTQ folks. I've nothing against them, I just don't agree with their lifestyle. However, they are all big boys and girls and they have every right to make their own choices.

As do you.

As do I.

And so long as none of us try to make our choices mandatory to someone else, all is well. I learned a long time ago that my rights go all the way to the point where your rights begin. And vice-versa.

Or at least it used to be that way.

Today, whether it's gay rights, the teachers' union protesting at the Statehouse, the gun argument or any number of other things . . . the battle lines are pretty rigid. Think not? Tell a group of liberals you're a conservative - or the other way around - and see what happens next.

What happened to we'll agree to disagree? No, I don't mean that dripping-with-sarcasm-remindition of agreeing to disagree. I mean the kind where we don't see eye to eye, understand that we don't

have to and not let it boil over into a slugfest.

Are we that obsessed with being right, with our side winning?

Let's be clear. A lot of us walked to school. What're the next lines . . . uphill . . . both ways? Our memories tend to skew a bit. Perhaps we might 'member things a bit better than what they actually were? If that is so, forgive us.

But I don't think it's a stretch to say that in days' past, people could disagree without going to Defcon 2.

What's changed? Am I sure my version of the world is right? I believe it is, but could I "prove" it in a court of law? Don't be silly. How do you "prove" love, faith, belief? How do I "prove" the existence of God in heaven? How do I "prove" any of it.

Thing is, I don't have to. I believe and I believe with all my heart. That's all that matters.

But doesn't that also mean that I have to acknowledge and allow others to do the same, even if I think they are wrong, just as surely as they think I am?

Of course.

I'm not sorry we disagree. It'd be a pretty sad world if we all thought exactly the same. But I am sorry that we live in a world where those disagreements have turned so ugly. All I can tell you is I'll try to do better on mine.

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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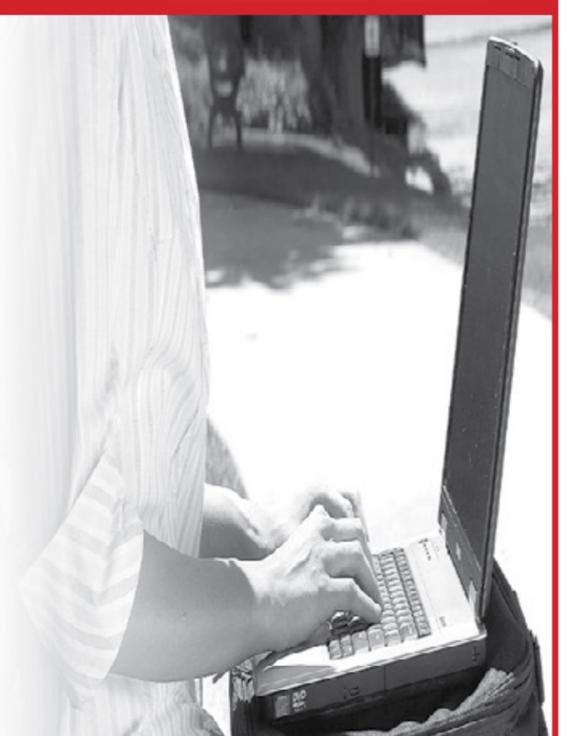
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Ask Rusty – About Social Security’s “First Year Rule”

Dear Rusty: We have hosted international college students for years, all of whom needed to apply for a Social Security Number upon arrival in the United States. Would these students be entitled to some Social Security funds at some point? Some have worked as paid graduate assistants, but others have not worked while going to school. Signed: *Wondering*

Dear Wondering: In order to collect Social Security benefits later in life, the students you host would need to have at least 40 “quarters” of credit working and earning in the U.S. and contributing to U.S.

Social Security from their “substantial” U.S. earnings. Forty is the minimum number of credits for anyone to claim Social Security retirement benefits. Foreign students who earn only some “quarters” of U.S. Social Security credit (minimum of 6) may, later in life, be able to collect U.S. benefits depending on their country of citizenship/residence. The U.S. has bilateral “totalization” agreements regarding Social Security eligibility with most of its allies and, in some cases, a foreign citizen can “totalize” their Social Security credits from both countries to become eligible for U.S. benefits. Eligibility rules,



ASK RUSTY
Social Security Advisor

however, vary somewhat by country, and Social Security payments cannot be made to certain countries (e.g., Cuba and North Korea). Payments to those living in countries with which the U.S. has no bilateral Social Security agreement may also be restricted.

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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In any case, U.S. Social Security benefits would not be available to any of these students until they are at least 62 years old, and then only if they had worked and earned sufficient U.S. credits (40) to be independently eligible for U.S. benefits on their own U.S. earn-

ings record, or they later became eligible for U.S. benefits because they worked some in the U.S. and were eligible for benefits under a “totalization” agreement between the U.S. and their home country. In any case, any U.S. Social Security benefits earned under a

totalization agreement would be based only on their actual U.S. earnings (and not earnings in their home country) and, thus, would likely be very small.

I assume that most international students you host are only in the U.S. for a short time, perhaps one year. The maximum Social Security credits that can be earned each year is four, so it’s highly doubtful that the students you host for such a short time would later become eligible for U.S. Social Security benefits, unless they extend their U.S. presence and continue to work and earn in the United States long enough to later become eligible for U.S. benefits.

Were They Really “The Good Old Days”?

On a few occasions, after I have told a youngster a funny story about something that happened when I was a little whippersnapper, they will ask, “Mr. Dale, was it really better back in those days?” I would guess that many of you who are over the age of 60 and have grandkids have been asked the same question. When we recall our childhood years, there is a tendency to remember those times through a rose-colored memory lens. We often point out the good times, while selectively dismissing the hurtful or sad memories. However, I can honestly say that there were very few unpleasant memories for those of us who grew up in the 1950s.

During that time period, America was not at war. Yes, there was the “Cold War” tension between our country and Russia, but my classmates and I were not worried and never discussed it. I knew President Eisenhower would protect me. Besides, I had plenty of things to keep me busy. I was never bored, and could always find something to do all year round. In the summer I played baseball and golf. I made tunnels in the haymow, fished at nearby gravel pits, rode my bike to town and to friends’ homes, made things in Dad’s toolshed, swam in the horse tank and hog wallow, shot my B-B rifle, explored in the woods, rode my cousin’s pony and go-cart, and when I was older...



BUTCH DALE
Columnist

rode my Cushman motor scooter all over the countryside. Of course, it wasn’t all play back then either. I helped Dad feed the animals and clean out barns, mowed several yards in town, and sold jars of honey for my neighbor, Mr. Flanin-gam. I enjoyed working, and I learned the value of a dollar.

In the winter months, I played basketball and attended just about every high school game, hoping to someday be as good as my heroes on the Darling-ton team. But I also played board games, practiced my art skills, read books from the library, and watched my favorite TV shows... mostly westerns like Wyatt Earp, the Lone Ranger, and Tales of Wells Fargo, plus the family type shows like Ozzie and Harriet, the Donna Reed Show, and Father Knows Best. I usually watched the Ed Sullivan Show, and I rarely watched the news, except for Walter Cronkite.

There were many “Mom and Pop” businesses in Darlington to visit, but my favorite places were the drug store, which also sold ice

cream and candy, and the Sunshine Theater. I also visited the restaurant, Cox’s Standard station, barbershop, pool room, and elevator...just to mention a few. I enjoyed listening to the older generation tell stories and jokes...and sometimes play pranks on unsuspecting friends.

One thing that stands out in my mind is that the men were the breadwinners, and most of the women were stay-at-home moms. Families seemed to have enough money on a one-person income in those years, and the mothers were very involved in their kids’ lives and in school and church activities. We ate our meals as a family and very seldom went out to eat. Most all of the kids went to Sunday school, and in the summer...Vacation Bible School. Neighbors were friendly and were considered almost like family, helped each other, and looked out for one another. If a farmer became injured or sick, nearby farmers took over their chores and helped with the animals and crops until he was back on his feet. That is one aspect of rural Montgomery County life that is still evident today!

There was no “social media” and cell phones to distract young minds. Heck, we didn’t even have a dial phone until 1958! Life was a lot smoother, and people got along. Our folks discussed and debated politics, but they didn’t go crazy over it like

some do today. Parents disciplined their kids, and teachers took over for the parents at school. School was a place to learn, not just academically, but also socially. And yes, I can certainly remember prayers being said at club gatherings and special events.

Another thing that stands out in my mind is that the quality of consumer goods back then was much better. If Damon Warren sold you a Maytag washer and dryer, you knew they would last 25-30 years or more. Furniture, cars, appliances, were made right here in the U.S.A. I don’t recall anything that said “Made in China,” although I’m sure such things did exist. If something needed repair, the service was excellent and the rates were fair. People didn’t try to cheat or scam you out of your money like many frauds do today.

My folks grew up in the 1930s during the Great Depression. They said it was tough going, but the families stuck together and made it through. I grew up in a wonderful time. I wouldn’t trade my childhood days for anything. So when a youngster asked me, “Was it really the good ol’ days?”...my answer is, “Yes, it sure was!”

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.

Will I Find It?

There are times I find myself looking for something that had eluded me.

In childhood, one of my favorite Saturday morning shows was “The Land of the Lost.”

In the story line, humans fell through a crack in space and time to the period and place where they had to exist with dinosaurs.

I am not sure where that crack is they fell through. I have never seen it but I have a feeling that it simply appears and disappears at will.

I currently have a line of socks sitting on my ironing board with no mates.

The crack seems to be drawn to my dryer. While I generally have liked wearing matching socks, I am beginning to think that trend will have to change in order to stay ahead of the losses.

Perhaps it has a magnetism, the crack simply appears when something desires to escape its surroundings and find new adventures.

I don’t know where those little items get to that seem to take the trip.

Eventually, though they find their way back and usually just slightly off from their original position no worse for the wear.

I imagine though some of them could write a book that only the other inadament objects could appreciate.

I have often placed the disappearances especially on items like car keys or things which delay departure as simply an angelical nudge to prevent some unknown course of action which would not have been in my best interest.

Even those times pass as the item reveals itself and the original desired departure occurs.

Sometimes I wonder if they are lost or are we.

Are we searching in vain in this world trying to find something that we do not really need?

Is the path that is



RANDALL FRANKS
Southern Style Columnist

promised that is ahead what we have really lost?

As we look upon recent events both here at home and abroad, sometimes I feel that we all have now fallen through that crack into the land of the lost. It seems that the dinosaurs have taken a different form but they still put our future at peril.

In the increasing sequence of velocity of the negative, I am pleased to see through the crack the reverberations of those who are seeking the Light of God’s love, being drawn into Revival at points reaching out initially from the crack that revealed itself at Asbury in Kentucky.

Perhaps this crack will widen and allow many more of the Lost to be found, perhaps the socks will find their match, the keys will reappear with destination fully ready to receive all those with a willing heart.

May our land become the center of such rejoicing in God’s gifts that noone resides in the land of the lost.

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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SUNNDAY

Voice of our PEOPLE

The Paper of Montgomery County

Sunday, Feb. 26, 2023

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10-Year Fight Of A Courageous Baker: Jack Phillips And Masterpiece Cakeshop

By John A. Sparks

In 1950, Eileen Barton's rendition of "If I knew you were coming I'd have baked a cake" became #1 on the Billboard charts. Until 2012, that song might well have been Colorado baker Jack Phillips' favorite. But in that year, his three-decade love of baking cakes and other baked goods for those who patronized his Lakewood, Colorado Masterpiece Cakeshop turned into a decade-long nightmare of legal and cultural battles.

Today, Phillips would like nothing better than to return to the quiet hum of his baking establishment's kitchen. Why isn't that possible? Why can't he resume preparing confections for customers without members of sexual minority groups demanding that he adopt and help celebrate their own peculiar view of human sexuality? Why is the state of Colorado menacing an upright citizen like Phillips with criminal complaints and fines?

Let's briefly trace Jack Phillips' unhappy legal trek.

In the 1970s, Phillips became a Christian and was convicted that his faith put limits on the types of customized cakes he would bake in his own private business. For example, he refused to portray witches and ghosts for Halloween or sexually suggestive images. In keeping with his Christian beliefs that marriage should be between one man and one woman, he concluded that he could not be part of the celebration of same-sex unions by artistically designing custom wedding cakes for such occasions.

Phillips' faith commitments did not pose problems for him until 2012 when he respectfully declined a request from two gay men to bake a custom wedding cake for them. That got him in trouble with Colorado's Anti-Discrimination Act (CADA) and the Colorado Civil Right Commission after the pair filed a claim alleging that Phillips discriminated against them because of their sexual orientation. Phillips defended his refusal, saying that his religious liberty and his freedom of speech, including the right not to be compelled to express a certain message, were being violated. To his chagrin, the administrative law judge hearing the case ruled that Phillips either had to bake cakes for all weddings or none. Furthermore, the judge's order required Phillips to "restrain" his staff to accept requests involving gay weddings, and to report, over a

two-year period, all cake orders he refused.

To make matter worse, when Phillips appealed, the Colorado Court of Appeals supported the commission and the law judge's findings and remedies and the case went to the U.S. Supreme Court. There, in 2018, the Supreme Court found in favor of Phillips, but only on the weakest possible grounds. Some of the Colorado Civil Rights Commissioners made outlandish public statements during proceedings about Phillips' religious beliefs, referring to them as "despicable pieces of rhetoric" which allowed him to use his "religion to hurt others." There were other similar statements. All of this was too much for the U.S. Supreme Court. Justice Anthony Kennedy, along with six other justices who joined or concurred in his opinion, said that "the Commission's treatment of Phillip's case violated the state's duty under the First Amendment not to base laws or regulations on hostility to a religion or a religious viewpoint." (Keep in mind that Justice Kennedy wrote the Obergefell decision making same-sex marriage the law of the land.)

The Kennedy opinion, though a temporary victory for Phillips, was based on flagrant and foolish public misconduct by the Colorado governmental body hearing his case, and which was not likely to be repeated. Unfortunately, Kennedy's opinion failed to address the central issue of whether the recently devised use of "public accommodation laws," like the CADA law, to advance the claims of sexual minorities for equal treatment, should override the long-standing constitutional rights of speech and free exercise of religion. The court's failure to face head-on that set of issues meant that providers like Phillips would be open to further legal challenges. That is precisely what has happened. A transgender woman—Autumn Scardina—who was an attorney, is doggedly pursuing Phillips and Masterpiece by every legal means available.

Literally on the same day in 2017 when the U.S. Supreme Court agreed to hear Phillips' original case involving the two gay men, Scardina placed an order with Masterpiece Cakeshop for a cake to celebrate both Scardina's birthday and transition to being a woman. Scardina first placed the order without mentioning the cake's purpose, noting only that the cake was to be blue on the outside and pink on the inside. But during a second call on

the same day, Scardina made clear the purpose of the cake for a trans celebration. At that point an employee of Masterpiece said the business could not bake such a cake. Phillips explained the reason why in testimony. He believed "that God designed people as male and female, that a person's gender is biologically determined." Making such a cake to celebrate a gender transition would violate his religious beliefs and force him to express views that were contrary to those beliefs.

Scardina filed a complaint with the Colorado Civil Rights Commission. Before that case could be heard, however, Phillips and Masterpiece brought an action in federal court against Colorado. Eventually, Phillips and Colorado settled by each withdrawing their respective suits. But the dispute was not ended.

Scardina then filed a civil suit on her own behalf in a state court, the current case being litigated. Phillips lost there at the trial court level and again when he appealed that unfavorable decision to an intermediate appellate court in the Colorado system—the Colorado Court of Appeals.

The latest legal ruling was penned by Judge Timothy J. Schutz, writing for a three-judge panel of that court. The opinion first dealt with several technical procedural issues then turned to the substantive issues. His opinion supported the trial judge's conclusion that Masterpiece's refusal to bake a gender transition cake for Scardina violated CADA. CADA's language makes it unlawful "to refuse, withhold from, or deny an individual ... because of ... sex, sexual orientation, gender identity, gender expression ... the full and equal enjoyment of the goods or services ... of a place of public accommodation." He endorsed the reasoning of the trial court judge, which emphasized the initial "willingness" of Masterpiece to bake the cake followed then by the retraction once the purpose of the cake became clear. He also pointed to Jack Phillips' statement that a pink cake with blue icing did not necessarily have any "intrinsic meaning."

The Schutz opinion refused to recognize that Scardina's first call deliberately failed to give the full information about the intended use of the cake. The order was also placed on a day when the Masterpiece Cakeshop employees were distracted by the unexpected good news that the Supreme Court would take up their case invoking the gay men. That very

same day, once Jack Phillips knew that the order would make his artistry part of a gender transition celebration, he unequivocally said he would not bake the cake.

Schutz also rejected the argument by Masterpiece and Phillips that the Civil Rights Commission had used an unfair double-standard by refusing the complaints of religious customers who were denied service on orders they placed with Colorado bakeries for cakes containing a strong biblical message against homosexuality.

The Colorado Appeals Court still had to deal with the obvious problems of free speech and freedom of religious exercise. Concerning speech, Schutz recognized that Colorado had no right to compel a citizen to speak a message to which he objected. However, the opinion questioned whether requiring Phillips to bake a pink cake with blue icing was really "speech" at all. Judge Schutz had to acknowledge that the courts have long recognized that conduct intended to express a position on an issue or advocate a point of view, even if not accompanied by actual words, still falls in the category of speech. For example, the U.S. Supreme Court has protected the "speech rights" of students who were protesting the Vietnam War by silently wearing black arm bands to school. It has protected the "speech" of laborers who were picketing even though no words were spoken.

Because of this long line of precedents, Judge Schutz must concede that if the conduct conveys a certain message and would be understood by those who viewed it as conveying a certain message, then that conduct, or action, can be regarded as speech and that the law cannot compel citizens to engage in speech which is contrary to their convictions.

From here on, however, the opinion loses its credibility. It claims that the baking of the blue/pink cake itself conveys no message even as part of a gender transition party—a party extolling a man now identifying as a woman. In fact, inexplicably, Judge Schutz refers to the very testimony of a witness in the case who stated that if he attended such a party where a blue/pink cake was featured, the cake would convey a message. And what would that be? According to the witness, "It would represent from male to female, the colors." But Judge Schutz defies ordinary understanding and logic when he writes: "the information [about a man be-

coming a woman] is not derived from any artistic details or message by the baker ... the message ... would be generated by the observer based upon their understanding of the purpose of the celebration."

This part of the opinion is simply nonsensical. Using the cake colors and their positioning—one color on the outside and one on the inside—the message which the baker of the cake is compelled to convey is clear: the host of the party may appear to be a male on the outside (blue), but nevertheless on the inside he is female (pink). If Phillips bakes a white cake with chocolate icing, that message is not conveyed. If he bakes what he has been directed to bake, pink with blue icing, he helps to send a message which violates his beliefs and convictions.

Despite its faulty reasoning, the court concludes that Masterpiece is not compelled to produce a message contrary to Phillips' convictions because baking the cake in this way is "not inherently expressive and any message or symbolism it provides to observers would not be attributed to the baker."

What about the question of the free exercise of religion? Here the Colorado Court of Appeals relied upon a Supreme Court case, *Employment Division v. Smith* (1990). In that case, two defendants claimed that their free exercise of religion was infringed because they were criminally prosecuted for taking an illegal drug—peyote—during a Native American religious ceremony and when they were fired could not claim unemployment compensation from Oregon. The Supreme Court found that if the law in question is "neutral" and "generally applicable," which the Oregon law against using peyote was, the persons who disobeyed it would not be protected by the free exercise clause as long as the state could show a rational reason for the law.

This is what Colorado claims about CADA as applied to Masterpiece and Phillips. Colorado asserts that CADA is "neutral" and "generally applicable" and Colorado's commitment to preventing discrimination is within the rational state interest. Therefore, the free exercise of religion which is arguably thwarted by CADA is not sufficient to override the Colorado public accommodations statute under the doctrine of *Smith*.

Judge Schutz is still left with another part of the *Smith* decision that he has to address. Under

Smith, the court did allow that the government would have to meet a higher standard, usually called "strict scrutiny," if the litigant asserting a religious liberty violation could show that his free exercise claim was coupled with another independent constitutional right, like freedom of speech, for example. This coupling of two different rights is sometimes called the "hybrid-rights" argument. If two rights were at stake, the government would then have to show that the interest it is trying to further by enforcing the law is "compelling"—that is, absolutely critical to its success. This is a very high legal hurdle over which Colorado would have to leap. Specifically, Colorado would have to show that, for example, certain limited exceptions for the religious scruples of service providers would crucially and fundamentally undermine the state's overall anti-discrimination policy. Judge Schutz simply side-stepped this question by saying that in the court's opinion, since Masterpiece and Phillips were unable to show a wrongful interference with their freedom of speech, they cannot avail themselves of the hybrid-rights defense, since they have not shown two separate rights.

If this case reaches the U.S. Supreme Court, what should the court do? It must face the issues squarely and not avoid them. At the very least, it should use the hybrid-rights portion of *Smith* to place a heavy burden on Colorado to show why the clear abundance of alternative cake artists who are not bound by religious convictions still compels it to force Phillips and others like him to choose between violating their beliefs or facing business destroying fines. Further, the court should make clear that if state legislatures refuse to craft reasonable religious exceptions to its public accommodation statutes, then the court will be left with no other alternative than to strike those statutes down as unconstitutional because they contravene the freedom of speech and free exercise protections accorded citizens by the First Amendment.

Dr. John A. Sparks is the retired Dean of Arts & Letters, Grove City College and a Fellow in the Institute for Faith and Freedom. He is a member of the state bar of Pennsylvania and a graduate of Grove City College and the University of Michigan Law School. Sparks writes regularly for the Institute on Supreme Court developments.



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SUNDAY

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The Paper of Montgomery County

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15

Police Officers And Citizens Must Have Mutual Respect

American citizens need police officers. Our state police, county sheriff's department and city police all deserve our help, respect and decent pay. None of us like being recipients of speeding or other motor vehicle violations. However, often a warning or a ticket may be what it takes to get our attention and might even save our lives.

When someone is threatening us we want the police. We expect them to come and help us. These are the men and women who often risk their lives to protect us. So, praise the good ones because they are deserving of honor.

The defund the police movement has been fueled by horrific incidents such as when Minneapolis police murdered George Floyd on May 25, 2020. This cruel and disturbing murder has been replayed over and over on national television. Most recently the horrific killing of Tyre Nichols in Memphis, Tennessee has fanned the flames of police hatred. These and other police brutality events continue to severely damage the image of America's police forces.

The behavior of five Memphis police officers toward Mr. Nichols was beyond criminal. This does not justify defunding the police. Such behavior reinforces the need that all those in law enforcement must have routine mental health tests. Only qualified people who have been thoroughly examined and trained should ever be



GLENN MOLLETTE
Guest Columnist

allowed to wear a badge. Training and mental health evaluations must be ongoing.

The Five former Memphis police officers were charged with murder over the death of Tyre Nichols but pled not guilty in their first court appearance.

The arrest of Mr. Nichols on Jan. 7 has been reported throughout the national media.

They were fired after an internal investigation by the Memphis Police Department.

"Memphis and the whole world need to see that what's right is done in this case, and it needs to happen sooner rather than later," lead prosecutor Paul Hagerman told reporters.

The officers were arrested and taken into custody on Jan. 26, after the Memphis police reviewed bodycam footage of the violent arrest.

In the footage, 29-year-old Mr. Nichols can be heard calling for his mother as he is beaten by police after being pulled over for alleged reckless driving. He was pepper-sprayed, kicked and punched by the officers and died in hospital three

days later.

Memphis Police Chief Cerelyn Davis said the incident was "not just a professional failing", but "a failing of basic humanity toward another individual". (Source BBC news)

I believe that 99 percent of the men and women wearing badges are good people who are looking out for our welfare and safety. The actions of a few should not discredit all law enforcement. Whether it's politics, medical doctors, attorneys, business persons and more there are always a few bad apples that make others look bad.

Police officers have the upper hand. They have a badge and a gun. We should give them respect and they should respect all citizens. Having a badge never gives any law enforcement officer the right to pour out their frustrations, racial hatreds or their own personal demons on another citizen. No one is ever in a position to put up a defense as sadly shown by Tyre Nichols, George Floyd and too many others.

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

The Problems With Government-Run Health Care

By Dr. Mark W. Hendrickson

Last week, I spoke with a lifelong friend. He has lived in western Canada for almost 50 years, and he was in Phoenix staying at the home of another lifelong friend. Rick flew to Phoenix to arrange for knee-replacement surgery. This was interesting from the perspective that several decades ago, he had spoken enthusiastically about Canada's government-run "free health care" system. (Note: Of course, the health care system isn't free. It is financed via taxation. But the out-of-pocket expense for any treatment—what we economists call "the marginal cost"—is essentially zero, i.e., free.)

So, if Canada provides surgery for free, why would Rick fly all the way to Phoenix where, as he had been told earlier via telephone, he would have to pay \$25,000 for the operation? The answer is obvious to anyone who understands Economics 101: If a price is held below the market-clearing price where supply meets demand, there will be an excess of demand over supply—in plain English, a shortage.

It turns out that Rick had been trying unsuccessfully for a year to schedule knee-replacement surgery in Canada. He also told me that once he succeeded in scheduling the procedure, there would still be a three-year wait for the actual operation. Due to the pain and restricted mobility caused by his worn-out knee, Rick would happily pay \$25,000 next month instead of waiting to get it done for free more than three years down the road.

This illustrates a fundamental problem with government-run health care: The price is great, but what good is a low price if what you need is not available within a tolerable time frame? This is what happens time after time when political considerations eclipse or ignore basic economic principles. Citizens are seduced by the appeal of getting something they need for

free or for a negligible cost. Then, politicians pose as saviors and Santa Claus and give the people "free health care." In so doing, however, the government disrupts the natural market for the product. Then, the promise that seemed almost too good to be true—in this case, free health care—is shown to be an empty promise as many supposed beneficiaries suffer from the resulting shortage.

The timing of Rick's visit was interesting, because just as his individual experience was exposing a major problem of government-run health care in Canada, there were media reports of major problems with the government-run health care system in the United Kingdom. The Wall Street Journal, for example, bluntly reported that "the state-funded service is falling apart." The average wait time for an ambulance is 90 minutes. "Hospitals are so full they are turning patients away. A record 7.1 million people in England—more than one in 10 people—are stuck on waiting lists for nonemergency hospital treatment like hip replacements." Further, "Delays in treating people are causing the premature deaths of 300 to 500 people a week, according to estimates from the Royal College of Emergency Medicine." Individual horror stories abound.

The UK government has tried to keep the costs of running the health-care system under control. Inevitably, that has led to rationing—things like reducing the number of hospital beds. It has also led to keeping a cap on salaries of health care professionals. Average pay for the employees of the government-run system has fallen by as much as one-third (adjusted for inflation) since 2008, resulting in a strike by frustrated paramedics and nurses earlier this month. Against that backdrop, it isn't surprising that seven in ten Brits now describe the National Health Service as "bad." Apparently, "free" isn't all it's

cracked up to be.

We can be thankful that we don't have socialized (i.e., government-run) health care in the United States—well, at least not yet. For over 50 years, the federal government has been expanding its involvement in the health care industry. Medicare and Medicaid have been problematical. While many Americans are grateful that those programs have kept out-of-pocket expenses down, there has been a downside, too. The hundreds of billions of dollars that Uncle Sam has channeled into health care has pushed health care costs higher at a far faster rate than overall inflation. Also, the federal health care programs—when combined with Social Security—are crowding out other spending and virtually guaranteeing annual budget deficits for as far as the eye can see.

As I wrote in this space a decade ago, Uncle Sam's expenditures on health care have been rising faster than the revenue coming into the U.S. Treasury. That cannot be sustained indefinitely. There will need to be a reckoning, an adjustment. However, talk about reforming federal entitlements like Medicare and Medicaid is the proverbial "third rail" in American politics. It can lead to the suicide of a politician's career. Much more popular are the promises of politicians that Uncle Sam will always be there to take care of our health care needs. Many pols propose the establishment of a more comprehensive government-run health care system similar to ones in Canada and the UK. The siren song of "free" and "let the government take care of you" may prove irresistible to a majority of American voters. All I can say is that we ignore the lessons of Canadian and UK health care at our own peril.

Dr. Mark W. Hendrickson is a retired adjunct faculty member, economist, and fellow for economic and social policy with the Institute for Faith and Freedom at Grove City College.

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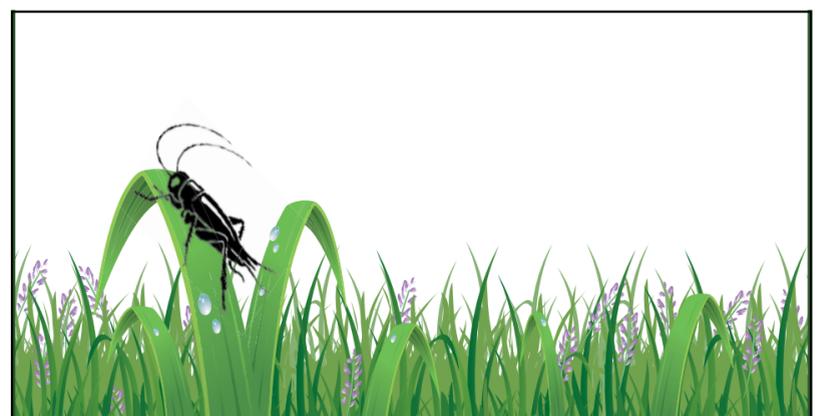
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