

SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

SLAM THE SCAM

National Slam The Scam Day



On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Share scam information with your loved ones. Slam the Scam!

Recognize the four basic signs of a scam:

1. Scammers pretend to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.
2. Scammers mention a problem or a prize. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.
3. Scammers pressure you to act immediately. They may threaten you with arrest or legal action.
4. Scammers tell you to pay using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a "safe" account.

Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG).

Report a Scam

Visit www.ssa.gov/scam for more information and follow SSA OIG on Facebook, Twitter, and LinkedIn to stay up to date on the latest scam tactics. Repost #SlamtheScam information on social media to keep your friends and family safe.

TODAY'S QUOTE

"The whole idea of equal justice under law means that you've got to play by the rules. It has nothing to do with the underlying subject matter. You just tell the truth."
Ken Starr

TODAY'S JOKE

What can be seen in the middle of this month and next, but cannot be seen at the beginning or end of either month?
The letter R!

TODAY'S VERSE

John 3:16 "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (NIV)

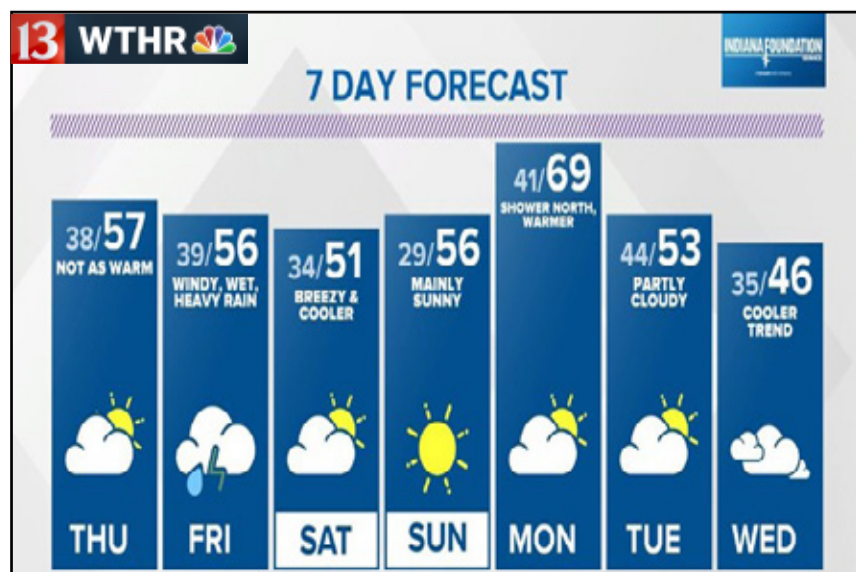
TODAY'S HEALTH TIP

Treat burns by immediately soaking the area in cold water for at least five minutes and cover any open areas with antibiotic ointment. 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

Maybe it's just me, but it sure would be nice if more people remembered this as the Lord's Day.



HONEST HOOSIER



Elkhart County is just a couple years older than Wabash College. That's pretty impressive!

Indiana

IFactsFun



Number \div Stumpers

1. How many educational institutions are there total in the county? \geq
2. What percentage of the county is made up of water? \leq
3. What is the population density of the county? \geq
4. How old is Elkhart County? \leq

Answers: 1. About 21 2. Approximately 1% 3. 422 per square mile 4. 189 Years \div 4. 200 Years

Did You Know?

- Elkhart County was founded April 1, 1830 by immigrants from New England.
- The St. Joseph River is the main waterway in Elkhart which creates 4.8 square miles of water in the county.
- There are 7 public schools in the county, 8 private schools and 6 institutions for higher learning.
- The total amount of land in the county is 467.97 square miles with a population of 197, 559 residents.
- Goshen, the county seat, is the location of Goshen College, which has an enrollment of 800 students.

Got Words?

Elkhart County contains 8 different museums that offer learning experiences about topics such as the 19th century and central railroad systems. Why do you think individuals still invest in and visit museums that share information from earlier times?

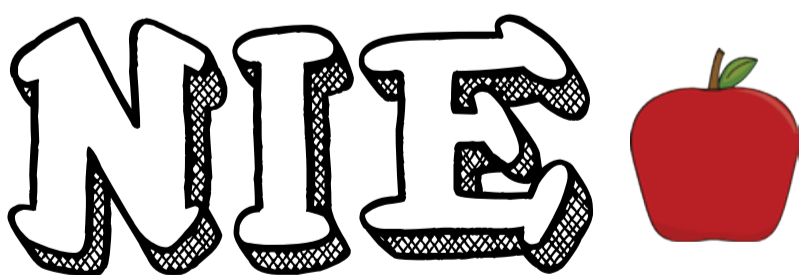
Word Scrambler

Unscramble the words below!

1. TS JEHPSO ERRVI
2. ENGHOS
3. TUCIAENOD
4. UMMUSES
5. REHTAL NCUOYT

Answers: 1. St. Joseph River 2. Goshen 3. Education 4. Museum 5. Elkhart County

Indiana Facts & Fun Is Presented This Week By:



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Sunday, March 5, 2023

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IDDC Launches E-Commerce Web Page As Expansion Of 'In Indiana' Campaign



Lt. Gov. Suzanne Crouch and the Indiana Destination Development Corporation (IDDC) has launched a new e-commerce web page, IN Indiana Store.

The online store will feature apparel and novelty items with original designs focused on what makes Indiana a great place to live, work, play and stay. The web page is a collaborative project with United State of Indiana, a West Terre Haute-based company. "We are excited to

launch the e-commerce web page and take the next step in the IN Indiana campaign," said Lt. Gov. Crouch, Indiana's Secretary of Agriculture and Rural Development. "Not only does this give Hoosiers the opportunity to support local businesses, but they can simultaneously showcase their state pride."

Some featured themes in the IN Indiana collection include parks and recreation, loving our mid-west roots, and the unique things that

make Indiana special. From hats to t-shirts and hoodies, there will be plenty of options to put your Hoosier spirit on display.

"We are building a positive momentum for the great state of Indiana and this collection provides the perfect blend

of comfort, quality, and Indiana charm," said Elaine Bedel, IDDC Secretary and Chief Executive Officer. "The IN Indiana Store will allow individuals to put the spirit of Indiana on display in every corner of the state."

The IN Indiana collec-

tion will be available for purchase online at VisitIndiana.com/shop and at the new United State of Indiana store in Broad Ripple at 1051 E. 54th Street, following their grand opening Friday, March 3, and Saturday, March 4. All proceeds from the IN Indiana

collection will go to the IDDC Foundation.

For more information about the IN Indiana Store and wholesale options, go to VisitIndiana.com/shop.

For more information about the "IN Indiana" marketing campaign, go to VisitIndiana.com.

Historic Farms Sought For Rural Preservation Award

Indiana Landmarks and Indiana Farm Bureau welcome nominations for the 2023 John Arnold Award for Rural Preservation. The award recognizes the preservation and continued agricultural use of historic farm buildings in Indiana. Since it was established in 1992, owners of more than 30 historic farms all over the state have been honored with the award.

Anyone, including farm owners, can submit a nomination for the Arnold Award, which will be presented during the Celebration of Agriculture at the Indiana State Fair in August. The nomination is simple and asks for:

- a brief history of the farm and description of its significant historic structures and features, such as the farmhouse, barns, agricultural out-buildings, and landscape elements.
- a description of how the farm's historic agricultural structures are used in day-to-day farming operations, and how they have been preserved or adapted.
- high-res digital photographs of the farm



Photo courtesy of Indiana Landmarks

2022 Arnold Award winner, Beetz Farm in Dearborn Co.

and its preserved historic features. Historic images are also welcome.

The award winner receives an attractive outdoor marker and feature coverage in Indiana Preservation magazine.

Indiana Landmarks named the award in memory of John Arnold (1955-1991), a Rush County farmer who

successfully combined progressive agricultural practices with a deep respect for the historic and natural features of the rural landscape. The John Arnold Award for Rural Preservation honors those who share a similar commitment to preserving the landmarks and landscape of rural Indiana.

Submit nominations for the Arnold Award for Rural Preservation online at www.indianalandmarks.org/john-arnold-award-rural-preservation, or contact Tommy Kleckner at Indiana Landmarks, 812-232-4534, tkleckner@indianalandmarks.org. Deadline for nominations is May 1, 2023.

Applications Are Open For The Gerald Bepko Faculty Community Engagement Award

Faculty at Indiana public and private institutions are invited to apply for the Gerald Bepko Community Engagement Award (Bepko Award), an award presented to faculty members who embody the pillars of community engagement.

The Indiana Commission for Higher Education is encouraging all full-time faculty members who are currently engaged in teaching, research or service commitments that contribute to the greater good of the community to apply for the award. The Bepko Award was established in 2019 to honor the legacy of Dr. Gerald "Jerry" Bepko and his decades of service to Indiana University and the Commission for Higher Education.

"Through scholarly research, pedagogy and service, Indiana faculty work to exemplify the principles of community engagement," said the Indiana Commissioner for Higher Education Chris Lowery. "The Commission is proud to recognize the dedication of these educators who

inspire others to play a part in the work that is being done in the state to further deep connections and collaboration within the community."

The deadline to apply for the award is Wednesday, March 22, 2023. Recipients will be announced at the H. Kent Weldon Conference on Monday, April 3, 2023. The application for the Bepko Award can be found on the Commission's website.

About the Indiana Commission for Higher Education

Created in 1971, the Indiana Commission for Higher Education plans, coordinates and defines Indiana's postsecondary education system to align higher learning with the needs of students and the state. The Commission also administers Indiana's financial aid programs, including the 21st Century Scholars early college promise scholarship, which celebrated 30 years in 2020. Learn more about the Commission's Reaching Higher in a State of Change strategic plan at www.in.gov/che.

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Purdue University Named No. 16 Among World's Most Innovative Companies, No. 1 In Education



Purdue University, for the first time, has been named one of the World's Most Innovative Companies – coming in at No. 16 overall and No. 1 in education – for its advances in the vital field of semiconductors and microelectronics.

The only university among Fast Company magazine's prestigious Top 50 Most Innovative Companies, No. 16 Purdue follows OpenAI (at No. 1, developer of ChatGPT and Dall-E) and leads NASA (No. 17) and The Walt Disney Company (No. 25) as organizations "paving the way for the innovations of tomorrow" and "setting the standard with some of the greatest accomplishments of the modern world." Overall, the list acknowledges 540 organizations across 54 categories and regions around the world.

Fast Company cited Purdue as a renowned and globally recognized leader in developing a robust and comprehensive program addressing semiconductors through their life cycle from research to training to fabrication to the workforce. The tiny electronics that power almost everything with an "on" switch – and the workforce that keeps them functioning – are vital to almost every industry and product on Fast Company's list, from NASA's telescopes to Disney's animatronic princesses.

"Without chips today, it would be like living in the 1940s," said Mark Lundstrom, senior advisor

to the Purdue president and the university's chief semiconductor officer. "Chips are the most sophisticated technology that human beings produce, and it takes a highly educated workforce to manufacture them. Purdue is responding with innovation and initiative to prepare the industry's next generation."

By 2027 the nation will need a minimum of 50,000 trained semiconductor engineers to meet an accelerating demand for the tiny electronic devices that put the "smart" into our smartphones, cars and medical devices – not to mention our nation's military and defense technologies.

Purdue answered the call by launching the Semiconductor Degrees Program, a suite of degrees and credentials to enable a quick ramp-up of in-demand skilled talent and create the next generation of semiconductor experts and personnel to reassert American preeminence in this critical industry.

"The graduates from these programs – from PhDs to associate degree-holders – will be at the forefront of innovation as we revitalize American manufacturing," said Gina M. Raimondo, U.S. Secretary of Commerce, during a 2022 tour of campus research facilities.

Purdue innovation is helping lead the way in addressing this world issue. Not only is Purdue's Semiconductor Degrees Program the only large-scale, interdisciplinary semiconductor degree program available in the United States, but it also touts a number of features not found in any other educational program. This includes a host of collaborative opportunities, such as the Department of Defense's microelectronics workforce development initiative, SCALE (Scalable

Asymmetric Lifecycle Engagement).

SCALE, headed by Purdue's College of Engineering, brings together faculty from 16 other universities and experts from 34 additional industry partners – including the Department of Defense, NASA and the Department of Energy's National Nuclear Security Administration – to give students access to internships, careers and cutting-edge research opportunities in semiconductors.

The federally funded \$30 million SCALE program will increase potential enrollment from 200 to 1,000 students, increasing access and allowing development of a K-12 learning model.

Purdue has also partnered with Ivy Tech Community College, the nation's largest singly accredited statewide community college system, to develop industry-driven credentials and experience programs. The collaboration brings Purdue's resources to populations that may not have had access to this type of program while upskilling a motivated workforce.

Investments in the future of the workforce have also drawn innovative neighbors to Purdue. U.S.-owned semiconductor manufacturer Sky-Water Technology and Taiwan's MediaTek Inc., the world's fourth-largest chip designer by revenue, have each announced partnerships with Purdue in the last year.

SkyWater plans to open a \$1.8 billion state-of-the-art semiconductor manufacturing facility in Discovery Park District at Purdue, a 400-acre, mixed-use development adjacent to campus. This will provide investing companies access to both Purdue University faculty experts and highly sought-after graduates prepared to work in the

industry.

Building the company's first semiconductor chip design center in the Midwest, and the first to be housed directly on a university campus, MediaTek Inc. will provide an opportunity for students to complete their engineering education and contribute directly to product design and solutions for a global team.

Purdue has been named a Fast Company Brand That Matters for two years in a row – the only university on the list both years. The annual designation honors organizations for communicating their brand's mission and ideals with intention and authenticity. Purdue also has enjoyed five consecutive years as a top 10 Most Innovative university as designated by U.S. News & World Report.

In addition to the now-iconic tuition freeze, which is entering its 12th consecutive year, Purdue was named the country's No. 4 most trusted public university by Morning Consult and is recognized as a top 10 public university by The Wall Street Journal/Times Higher Education. It boasts 34 academic programs ranked in the top 10 by U.S. News & World Report, including No. 1 graduate programs in agricultural and biological engineering, and analytical chemistry, and No. 1 online master's programs in electrical engineering, industrial engineering, mechanical engineering and engineering management.

"It is exciting for Purdue to be recognized in such a public channel for excellence at scale: generating talent, jobs and knowledge together, and for the benefit of Indiana and America," said Purdue President Mung Chiang. "We strive to be the most consequential public university in creating, disseminating and deploying knowledge in areas making the most significant difference in society. In particular, we will keep pushing the frontiers of semiconductors learning, research and industry partnership."

The March/April issue of Fast Company magazine, including the complete list of the World's 50 Most Innovative Companies, is available online now and will be on newsstands beginning March 14. Additional coverage of Purdue, including an interview with President Chiang, will appear in the May/June Fast Company print issue, which will be on newsstands beginning May 9.

Center, Coalition Ask Congress To Protect Conservation Funds In Next Farm Bill

Recently, the Center for Rural Affairs joined more than 600 organizations, businesses, and farms to urge U.S. House and Senate Agriculture Committee leaders to protect historic investments in conservation and climate-smart agriculture.

The Inflation Reduction Act (IRA) of 2022 allocated almost \$20 billion over five years to the U.S. Department of Agriculture for conservation programs with climate impacts. Among the investments are \$3.25 billion for the Conservation Stewardship Program (CSP) and \$8.45 billion for the Environmental Quality Incentives Program (EQIP).

In a letter, a broad coalition of signatories called on Congress to ensure funding is directed to its intended programs as lawmakers develop the next farm bill.

"This is the largest investment into agriculture conservation and rural communities in decades and farmers, ranchers, and foresters across the country are depending on these resources," the letter reads.

CSP and EQIP are working lands conservation programs, meaning they support producers in

implementing conservation practices on land actively used for agricultural production. They help producers adopt practices that build soil health, sequester carbon, improve water quality, promote resiliency, and more. The programs are voluntary and provide both technical and financial assistance.

"CSP and EQIP have historically been underfunded and oversubscribed," said Kate Hansen, senior policy associate with the Center. "Year after year, we see producer demand unmet due to limited funds. IRA investments present a robust opportunity to get more conservation practices on the ground, across the country."

A recent Center survey of CSP users in the Midwest and Great Plains highlights the program's impact. Of the more than 400 respondents, nearly 79% said the program helped them afford conservation practices, and about 77% said the program helped them improve soil health.

"Keeping these IRA funds in conservation programs, as intended, will be a win for farmers, ranchers, and our natural resources," Hansen said.

Gov. Holcomb Appoints Don Lamb As New Executive Director Of The Department Of Agriculture

Governor Eric J. Holcomb announced today 2nd-generation farmer Don Lamb, from Lebanon, Indiana, will become the new executive director of the Indiana State Department of Agriculture (ISDA).

"Don is not only a 2nd-generation farmer, but also a successful agribusinessman and understands the significant and leading role the ag industry plays in Indiana," said Gov. Holcomb. "In looking for a new executive director for the Indiana Department of Agriculture, it was important to find someone who would be a strong steward of our land and all that it produces. Don truly cares about the Hoosier ag community and securing Indiana's place as a global leader in the agricultural industry for generations to come."

Lamb is the co-owner and operator of Lamb Farms Inc., along with his brother and father. The farm produces popcorn, corn, soybeans and wheat. The family also owns AgRecycle, a composting and recycling business, and Lamb Farms Agronomy, which provides soil management and crop production products to surrounding farms.

"Indiana is now the 8th-ranked agricultural product producing state in the country, this industry contributes more than \$35 billion dollar to our economy," said Lt. Gov.

Suzanne Crouch, Indiana's Secretary of Agriculture and Rural Development. "Don engrained himself in the agricultural community at an early age, not just focusing on his own operation. He has the leadership skills to not only lead the Indiana State Department of Agriculture, but to the state's ag industry into the future. I look forward to working with him."

Lamb is a member of the Advisory Council for the Indiana Agricultural Law Foundation. Lamb will be stepping down as Vice President of the Boone County Council and policy chair of his local Farm Bureau Board to assume his position with the ISDA.

"I am so thankful for this opportunity from Gov. Holcomb and Lt. Gov. Crouch," said Lamb. "I have worked in the agriculture industry for my whole life and this is the only job I would take off the farm. I am excited to work with the great team at ISDA and to become an even better advocate for this industry I love."

Lamb graduated from Purdue University in 1989 with a bachelor's degree in Agricultural Economics. He was named the Agricultural Professional of the Year in 2014 by the Boone County Chamber of Commerce.

Lamb will begin in his new role on March 13, 2023.

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BRING ON DESSERT WITH BETTER-FOR-YOU SWEETS

FAMILY FEATURES

If healthier eating holds a prominent spot on your list of goals, you may feel it's necessary to eliminate some of your sweetest favorites. However, committing to a nutritionally friendly way of life doesn't have to leave desserts by the wayside.

Instead, rethinking nighttime treats with better-for-you ingredients like California Prunes as a quick substitution can make healthier eating easy. As a versatile ingredient that can replace added sugar, fats and eggs in all kinds of recipes, prunes can also add nutrients important for bone and gut health.

Plus, the copper in prunes inhibits bone breakdown, while boron plays a role in calcium metabolism and polyphenols can help decrease bone breakdown through their antioxidant power. As a fruit that's high in vitamin K, which helps improve calcium balance and promotes bone mineralization, prunes are also a "good gut food," meaning a single serving (roughly 4-6 prunes) can help support a healthy microbiome.

They're easy to use in recipes that can become favorites in your household such as these Chocolate Energy Balls. Enjoyed as an easy, on-the-go snack, they're a perfect way to refuel for an adventure, recharge after a workout or to simply savor as a healthy snack.

Chocolate lovers rejoice: This rich, delicious, gluten-free, grain-free Chocolate Covered Prune Fudge Cake is naturally sweetened using prunes instead of added sugar. If brownies are more your style, prunes can also take the place of eggs in these Vegan Brownies for a family-friendly treat that won't wreck your eating plan.

To find more better-for-you desserts, visit californiaprunes.org.

Vegan Brownies

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 9

Prune Puree:

16 ounces pitted California prunes

1/2 cup hot water

Brownies:

nonstick cooking spray

6 ounces unsweetened chocolate

1/2 cup California extra-virgin olive oil

2 cups light brown sugar

10 ounces California prune puree

1 1/2 cups all-purpose flour

1 tablespoon baking powder

1/4 cup cocoa powder

2 teaspoons vanilla extract

flaky sea salt, for garnish

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make brownies: Preheat oven to 350 F. Line 9-by-9-inch baking pan with parchment paper then lightly grease with nonstick cooking spray.

Using double boiler, melt chocolate and olive oil. Whisk in sugar and prune puree; mix until dissolved.

Into large bowl, sift flour, baking powder and cocoa powder. Gently fold in chocolate and prune mixture then add vanilla.

Spread batter in prepared pan, sprinkle with flaky sea salt and bake 20-25 minutes, or until top starts to look dry and brownies are just beginning to pull away from sides of pan.

Cool in pan. Remove then cut brownies into 3-inch squares.



Vegan Brownies



Chocolate Covered Prune Fudge Cake

Chocolate Covered Prune Fudge Cake

Prep time: 15 minutes

Cook time: 55 minutes

Yield: 1 cake (8 inches)

Cake:

Coconut oil spray

14 tablespoons butter, chopped

2 teaspoons vanilla extract

3/4 cup cocoa powder

10 soft, pitted prunes, chopped small

1/3 cup maple syrup

6 eggs

1/2 cup coconut sugar

1 cup almond meal

Ganache:

1 cup full-fat coconut milk

1 1/3 cups dark chocolate morsels

To make cake: Preheat oven to 300 F. Lightly spray bottom and sides of 8-inch springform pan with coconut oil spray.

Place round piece of parchment paper in bottom of pan and lightly spray with coconut oil spray.

In small saucepan over low heat, place butter and vanilla. Use sieve to sift cocoa

into saucepan. Stir with spatula until completely smooth. Remove from heat and set aside.

In bowl of food processor fitted with "S" blade, place prunes and syrup. Top with cooled butter mixture then process until smooth. Transfer to large mixing bowl, scraping all chocolate mixture from food processor with spatula.

In bowl of stand mixer fitted with whisk attachment, whip eggs and coconut sugar on high speed 7 minutes, or until tripled in volume.

Add one-third of egg mixture to bowl with chocolate mixture. Using spatula, gently fold together until completely combined. Add almond meal and remaining egg mixture to bowl and gently fold to combine.

Pour batter into prepared pan and bake 55 minutes, or until set. Once cooked through, transfer cake to cooling rack and cool completely in pan.

To make ganache: In top of double boiler, melt coconut milk and dark chocolate until completely smooth. Pour prepared ganache over cake. Serve immediately for molten fudge effect or allow to completely set.

Chocolate Energy Balls

Recipe courtesy of Meg van der Kruik on behalf of California Prunes

Prep time: 10 minutes

Cook time: 30 minutes

Yield: 24 pieces

Prune Puree:

16 ounces pitted California prunes

1/2 cup hot water

Energy Balls:

1 cup old-fashioned or gluten-free oats

2/3 cup toasted, unsweetened shredded coconut

1/2 cup creamy natural nut butter (peanut or almond)

1/2 cup pecan meal

1/2 cup prune puree

1/4 cup unsweetened cocoa powder

1 teaspoon vanilla extract

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make energy balls: In mixing bowl, stir oats, coconut, nut butter, pecan meal, prune puree, cocoa powder and vanilla until completely combined.

Cover and chill in refrigerator 30 minutes. Once chilled, use small cookie scoop or measuring spoon to measure equal-sized amounts of mixture then form into balls by applying gentle pressure to dough using palms. Do not roll as balls will break apart.

Store covered in airtight container in refrigerator up to 1 week.



Chocolate Energy Balls

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

Planning a Balanced, Plant-Based Diet for Kids

FAMILY FEATURES

Caregivers who follow a vegetarian, vegan or other plant-based diet may wonder whether it's wise for their children to follow the same eating plan.

A well-balanced vegetarian diet can meet a baby or child's needs, although it's important to make sure children eating plant-based diets are getting enough protein-rich plant foods and other essential nutrients, according to Malina Malkani, MS, RDN, CDN.

If you're contemplating a plant-based diet for your child, you can learn more about the essential nutrients every child needs with this insight from Malkani and the nutrition experts at Plum Organics.

Iron

Starting at about 6 months, babies' iron reserves are low and they need iron from food sources. Iron is essential for brain development and healthy immune systems, as well as overall growth. Heme iron from animal-based foods is absorbed better than non-heme iron found in plant foods, but you can increase the absorption of non-heme iron by offering meals that include a plant source of iron – found in foods like beans, legumes, quinoa, chia seeds, leafy greens, nuts, nut butters and tofu – and a vitamin C-rich food, such as broccoli, strawberries or cantaloupe. Vitamin C helps boost non-heme iron absorption.

Vitamin B12

Important for development of the nervous system, vitamin B12 also plays a role in the prevention of anemia and affects some behavior and mood regulation. Dietary sources of B12 include primarily animal products (meat, fish, eggs and milk), although some B12 can be found in nutritional yeast and fortified cereals. Infants likely get enough vitamin B12 from breast milk or formula, but as their milk intake begins to taper between 9-12 months, vegan babies may benefit from supplementation.



Photos courtesy of Getty Images



Vitamin D

Most people know vitamin D is good for strengthening teeth and bones, but it also supports calcium absorption and promotes optimal functioning of the immune system. The only known naturally occurring plant-based food source of vitamin D is some varieties of mushrooms. Formula-fed infants drinking more than 32 fluid ounces do not generally need a supplement, but breastfeeding infants may need to be supplemented.

Omega-3 Fatty Acids

These essential fatty acids are important for brain development, learning and behavior. There are three types of omega-3s, including EPA, DHA and ALA. EPA and DHA, the most critical, are found mainly in fish or algae. Breast milk and formula often contain omega-3s, as well.

For plant-based tots who don't eat fish, the ALA in foods like chia seeds, flax seeds and walnuts can be an important source of omega-3 fatty acids. Consider an option like the Mango & Pineapple, White Bean, Butternut Squash & Oats blend from Plum Organics, which provides omega-3 ALA from chia seeds and offers a convenient way to add important nutrients to a toddler's plant-based diet.

Calcium

Calcium is important for strengthening bones and teeth, as well as muscular and nervous systems and heart function. For most infants, formula, breast milk or a combination of the two will provide adequate intake of calcium. Plant-based

dietary sources of calcium include tofu, beans, fortified cereals, green leafy vegetables, tahini, sesame seeds and almond butter.

Zinc

In addition to the important role it plays in immune health, overall growth and development, zinc is a vital component of cell turnover and repair. Breast milk provides adequate zinc to meet a baby's needs, but over time the concentration of zinc in breast milk decreases (even if the mother takes supplements). Whole grains, fortified breakfast cereals, beans, legumes, chickpeas and nuts are all plant-based sources of zinc.

Protein

Most children who eat plant-based diets easily meet their needs for protein, which is essential for adequate growth and development. Plant-based baby food blends like the Carrot, Sweet Potato, Corn, Pea and Chicken pouches from Plum Organics offer a no-mess, portable way to provide about 18% of an average 6-12-month-old's daily protein needs. Other sources of plant-based protein include beans, legumes, whole grains, vegetables, nuts, seeds and soy.

Caregivers should speak with their pediatricians or registered dietitians about any nutrition-related concerns and always consult them before starting any supplements. Find more information to support your child's nutrition needs at plumorganics.com.

KAREN ZACH



Think writing a column on genealogy is easy?

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SUNDAY

In The Kitchen

Sunday, March 5, 2023

C3

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

Bring the Family Together with Breakfast for Dinner



Huevos Rancheros

FAMILY FEATURES

Despite busy lives and full schedules, finding time for regular meals with loved ones encourages connections and conversations that can benefit mental and physical well-being. Gathering your family, friends, coworkers or neighbors at least once a week to spend time together over a meal provides opportunities to decompress and socialize.

If you're looking for a little delicious inspiration, the American Heart Association recommends scheduling one night per week to create a recurring tradition and enjoy favorites such as breakfast for dinner. Recipes like Egg, Avocado and Black Bean Breakfast Burritos; Huevos Rancheros; and Southwestern Quinoa and Egg Breakfast Bowls from the Healthy for Good Eat Smart initiative, nationally supported by Egghand's Best, are perfectly suited for sharing while making time to destress at the dinner table.

In fact, according to a study by "Canadian Family Physician," regular meals at home with loved ones can reduce stress, boost self-esteem and make everyone feel connected with mealtime conversations that allow a chance to unplug and unwind.

Meals don't have to be elaborate for a successful evening together. Despite the perceived effort involved with preparing a meal, research published in "Preventive Medicine" shows those who have frequent meals with others, particularly parents with their children, may improve social and emotional well-being.

In addition to the mental and emotional benefits of meals with loved ones, eating together can also encourage healthier choices when better-for-you recipes are on the menu. Dining as a group can provide inspiration to try heart-healthy recipes that include the wide variety of vegetables, fruit, whole grains and healthy protein sources recommended by the American Heart Association to help prevent heart disease and stroke.

To find recipe ideas, conversation starters and more tips for mealtime, visit heart.org/together.

Huevos Rancheros

Servings: 4

Salsa:

- 1 teaspoon canola oil
- 1/2 cup diced yellow onion
- 1/2 cup diced poblano pepper, seeds and ribs discarded
- 1 small fresh jalapeno pepper, seeds and ribs discarded, minced
- 1 1/2 teaspoons minced garlic
- 1 can (14 1/2 ounces) no-salt-added crushed tomatoes
- 2 tablespoons water
- 1/4 teaspoon salt

Huevos Rancheros:

- 1 teaspoon canola oil
- 4 large eggs
- 4 corn tortillas (6 inches), warm
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 1/4 cup shredded low-fat Mexican cheese blend

- 1 small avocado, quartered and sliced
- 2 tablespoons chopped fresh cilantro (optional)
- 1 medium lime, cut into four wedges (optional)

To make salsa: In medium saucepan over medium heat, heat oil, swirling to coat bottom. Cook onion 2 minutes, or until almost soft, stirring frequently. Cook poblano and jalapeno peppers 2 minutes, stirring frequently. Stir in garlic. Cook 1 minute. Stir in tomatoes, water and salt. Bring to boil. Reduce heat to low. Simmer 5 minutes. Remove from heat. Cover to keep warm.

To make huevos rancheros: In medium nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook eggs 3-4 minutes, or until whites are set and edges are fully cooked.

Place one tortilla on each plate. Top each tortilla with beans and one egg, being careful not to break yolk. Gently top each egg with warm salsa, cheese and avocado slices.

Sprinkle each serving with cilantro and serve with lime wedge, if desired.



Southwestern Quinoa and Egg Breakfast Bowls

Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes, chopped (about 2 cups)
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- nonstick cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- red hot-pepper sauce, to taste (optional)

Cook quinoa according to package directions. Remove from heat.

Spoon quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro, if desired.

Lightly spray large skillet over medium-high heat with nonstick cooking spray. Crack eggs into skillet. Sprinkle eggs with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg sunny side up into each bowl. Sprinkle with hot sauce, if desired.

Egg, Avocado and Black Bean Breakfast Burritos

Servings: 4

- Nonstick cooking spray
- 1 1/3 cups liquid egg whites
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 4 whole-wheat tortillas (6 inches, lowest sodium available)
- 2 medium avocados, sliced
- 1/4 cup hot sauce or salsa (lowest sodium available, optional)

Lightly spray large skillet with nonstick cooking spray. Heat over medium heat.

In skillet, stir egg whites constantly with rubber spatula to scramble. Cook until eggs are almost set. Add beans, stirring until combined and heated through.

Microwave tortillas on high 45 seconds. Transfer to work surface.

Spread egg mixture in center of each tortilla. Top with the avocado and hot sauce, if desired.

For each burrito, fold two sides of tortilla toward center. Starting from closest unfolded side, roll burrito toward remaining unfolded side to enclose filling. Transfer with seam side down to plates.



Egg, Avocado and Black Bean Breakfast Burritos

SUNDAY

In The Kitchen

Sunday, March 5, 2023

C4

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

Give Quick and Easy Meals a Fun Spin

FAMILY FEATURES

Work, school, extracurricular activities, social events and more can make the winter months feel frantic and it can often seem like you're running out of time. This seasonal time crunch makes it even more difficult to answer the age-old, mealtime question kids are always asking: "What are we having?"

To help solve that daily meal dilemma and discover family-pleasing recipes that take 35 minutes or less, the RAGÚ Meal Wheel lets the entire family take an active role in choosing what's on the menu. Simply ask one of your kids to click the "spin" button to find delicious, quick-and-easy recipes like Chicken and Broccoli Alfredo with Fettuccine and Mini Turkey Sloppy Joes.

Both easy-to-make recipes take 35 minutes or less and feature RAGÚ sauces, which come in a variety of taste-tempting classic flavors and styles, perfect for any mealtime occasion. Created 85 years ago by an Italian mother using a family recipe she brought to the United States from Naples, Italy, the sauces are made from quality ingredients like vine-ripened tomatoes, hearty vegetables, Italian cheeses, herbs and spices, allowing home cooks to "Cook Like a Mother" and quickly create affordable, crowd-pleasing meals for their busy families.

To find more quick and mouthwatering recipes to feed your family during the chilly winter months, visit RAGU.com/meal-wheel.

Chicken and Broccoli Alfredo with Fettuccine

Prep time: 20 minutes

Cook time: 15 minutes

Servings: 4

- 1 tablespoon butter
- 1 1/2 pounds boneless, skinless chicken breasts, cut into strips
- 1 jar RAGÚ Classic Alfredo Sauce
- 1 package (12 ounces) frozen broccoli florets, thawed
- 1 package (12 ounces) fettuccine pasta
- grated Parmesan cheese, for topping (optional)

In large nonstick skillet over medium-high heat, melt butter. Cook chicken, in batches if necessary, stirring occasionally, until chicken is thoroughly cooked. Remove chicken and set aside.

In same skillet, add sauce and broccoli; stir. Bring to boil over medium-high heat. Reduce heat to low and simmer, covered, stirring occasionally, until broccoli is heated through, about 5 minutes. Stir in chicken and cook, stirring occasionally, until cooked through, about 2 minutes.

In separate pan, cook fettuccine according to package instructions.

Serve chicken, broccoli and sauce over hot fettuccine and sprinkle grated Parmesan cheese on top, if desired.



Chicken and Broccoli Alfredo with Fettuccine



Mini Turkey Sloppy Joes

Mini Turkey Sloppy Joes

Recipe courtesy of "Honey and Birch" on behalf of RAGÚ

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1 teaspoon extra-virgin olive oil
- 1 cup diced onion
- 3 cloves garlic, minced
- 1 pound ground turkey
- 1 cup finely diced carrots
- 1 medium green pepper, diced
- 1 medium red pepper, diced
- 1 jar RAGÚ Simply Chunky Marinara Sauce
- 1 tablespoon Worcestershire sauce

- 1 teaspoon ground mustard
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 mini buns

In large skillet over medium heat, heat extra-virgin olive oil. When hot, add onion and garlic; sauté until onion is translucent.

Add ground turkey. Break up meat and stir frequently until browned. Add carrots, green pepper and red pepper. Cook 5 minutes until vegetables begin to soften.

Add marinara sauce, Worcestershire sauce, ground mustard, salt and pepper. Stir and bring to boil. Reduce heat to simmer and partially cover pan. Cook 10 minutes.

Serve on mini buns.

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The Paper
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SUNDAY

In The Home

DAY

Sunday, March 5, 2023

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Late Winter Tent Caterpillar Management



MELINDA MYERS
Columnist

Start this year's tree pest management with a stroll through the landscape. As you enjoy the scenery, be sure to look for any unwelcome pests that may be overwintering on the twigs of trees.

Look for and remove egg masses of tent caterpillars now through spring. These clusters of eggs look like shiny blobs of mud surrounding the twigs. Each egg mass contains hundreds and in some cases thousands of eggs.

The forest tent caterpillar is the most widely distributed tent caterpillar. It attacks a variety of trees that vary with the region. Check any sugar maples, aspen, cherries, apples, oaks, birch, ash, alder, elm, basswood, or water tupelo trees growing in your landscape.

Trees may suffer damage when large populations of these caterpillars devour the majority of the tree's leaves for several years in a row. This can result in reduced tree growth, top dieback, and tree mortality. There are several



Photo courtesy of MelindaMyers.com

Eastern tent caterpillars crawling on top of their webby tent.

natural predators of this insect pest so working with nature is a great way to help reduce damage. Remove the egg masses found on small twigs that are more easily reached on smaller trees. After the eggs hatch, look for the caterpillars in a silken mat, not a tent like the other tent caterpillars. Remove the young caterpillars from branch tips or squash those resting on the main stem in the evening or on cool days.

You may also see similar egg masses of the Western or Eastern tent caterpillars depending on where you live. Their egg masses look similar to those of the forest tent caterpillar. Remove the egg masses of these tent caterpillars in spring before the eggs hatch.

Once the eggs hatch, the caterpillars begin forming a webby tent in the crotch

of the tree. As they feed and grow, the tent expands. They remain in the tent during the hot part of the day and rainy weather.

Knock the tents, caterpillars and all, out of the tree when the majority of caterpillars are in the tent. Smash or dump the caterpillars in a can of soapy water.

Do not burn the tents. This old practice is hazardous and the fire can severely damage the tree, much worse than the insects.

Control is usually not needed on healthy and established trees. If you decide to intervene, consider using an organic insecticide with the active ingredient Bacillus thuringiensis var. kurstaki (Btk). It is effective when applied to the tents soon after they start to form and when the caterpillars are small. Just spray the tent and the surrounding 1.5 feet of

leaves. These products only kill caterpillars and will not harm other insects or birds feeding on these pests.

When working with nature, we have help from predatory insects and songbirds when managing these and other garden pests. Taking time this winter for a bit of prevention can go a long way in reducing damage from tent caterpillars.

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.

Dahlia And Other Summer Bulbs: Unique Mother's Day Gifts

Flower bulbs and tubers that bloom in summer are the perfect gift for Mother's Day. There is so much choice. Why not give your mother summer bulbs and tubers of her favorite flower, or in her favorite color? You could also create a nice mix. How much fun would it be to plant them together, in pots or in the garden? Your mother will be able to enjoy the flowers all summer long. How is that for a unique gift?

Dahlia: best known Summer bulbs and tubers come in all the colors of the rainbow. You are sure to find one that will please your mother. You can even buy them in fun gift packaging in garden centers, DIY stores, and webshops.

An even better way to give and receive flower bulbs and tubers! Dahlia is the best-known variety, but gladiolus, lily, arum, Begonia, African lily, and Liatris are also popular summer bulbs.

Planting tips You can turn planting into an adventure by doing it together. Children, in particular, absolutely love removing the bulbs and tubers from the packaging and finding a spot for them in the garden. Summer bulbs and tubers should be planted once the danger of frost has passed. On the packaging, or via www.flowerbulbs.com, you can find more information on the most suitable planting

spot – most of these varieties are real sun worshippers. You can also find out how deep and how far apart the bulbs need to be planted. Flower bulbs and tubers also do well in pots with holes in the bottom, to allow any excess water to drain. When using a pot, it is fine to plant bulbs closer together. Water them if not much rain is expected; they need water for their roots to grow.

Months of color The bulbs and tubers will then grow of their own accord. Watering is only necessary during long periods of drought. Everything else they need is already in the bulb. Depending on the variety, they will bloom from June to October. When it comes to flowering, Dahlias are strong performers, with a flowering period from July until the first frost. So, your Mother's Day gift is guaranteed to last for months!

Interesting facts Removing wilted flowers, for example in Dahlia and arum, will ensure even richer flowering.

Some summer bulbs and tubers can also be used as cut flowers. Your mother may want to cut off a few Dahlia and lily flowers and display them in a pretty vase. A great way to brighten up her home or the garden table!

You can find more information about flower bulbs at www.flowerbulbs.com.

7 Mistakes To Avoid When Decluttering Your Home This Spring Cleaning Season

The spring cleaning season is always such a great time to refresh your home and everyday lifestyle. Are you already planning to deep clean your carpets and rugs, clean all of your home's windows, and wipe down all counters and cabinets? These are all fantastic steps to take, but have you thought about taking the time to declutter each room? You may not know it, but if you have a cluttered home, you are unknowingly hurting your mental wellbeing.

It's true — clutter takes up physical space, uses your mental energy, and can amplify stress and anxiety. In my experience as the Professional Organizer and Brand Ambassador of Modular Closets (a DIY customizable closet system that organizes any space in your home), I have found that decluttering and organizing your home is one surefire way to live healthier and happier. That said, if you want to declutter your home this spring cleaning season, avoid these blunders:

Mistake #1: Thinking You Need to Throw Everything Away

Oftentimes, when one thinks of decluttering, they falsely assume that any and all clutter should just be thrown away. Their reasoning is that if articles of clothing and other clutter have been strewn around the home for a long time, the items are obviously not important and it would be easiest to just toss them out. However, don't make this mistake, as it can lead to unnecessary waste in landfills. You may also have friends and family who would love the items you no longer want, or you can donate them to charitable

causes that need them.

Mistake #2: Keeping an Item You Don't Need

On that same note, don't make the mistake of holding onto an article of clothing or other product because you think you might use it in the future. If the item has been sitting in the back of your closet or laying forgotten underneath your bed for months (or years!), then I recommend donating it, giving it away to a friend, or trying to sell it. You get the benefit of less clutter, and the item will go to someone who truly wants to use it. It's a win-win for you both! Don't let objects take over you — remember that you always control the items.

Mistake #3: Starting the Decluttering Process Without Planning Piles

I get it — when you finally decide to declutter and organize your home, it can be tempting to just go all-in and start tossing all the items strewn about into one box to sort through later. However, you will streamline the whole process if you plan out your piles first — you can designate a pile of items you will keep, a pile to donate, a pile to sell, and a pile to throw away. Then, you can sort all of the items as you go — then you can easily box up the piles to donate to Goodwill or another organization, place all the items in the "Throw Away" pile into a trash bag, etc.

Mistake #4: Decluttering With Everything Still in the Space

Many people make the mistake of decluttering their drawers, closets, and entire rooms with all of the items still in the space. Don't commit this blunder, as you can really optimize the decluttering process by first

emptying out the closet / room / space before sorting the items. You will be much more cognizant of the items you decide to place back in the space and consider more if you really want to hold onto certain items you haven't used in a long time. Also, you won't overlook items that may be hidden under others.

Mistake #5: Keeping Clutter for a Garage Sale That Isn't on the Calendar

Garage sales are a fun and effective way to rid your home of items you no longer need, make a little profit, and give someone else the chance to enjoy your old items at a very low price — as the saying goes, one man's trash is another man's treasure! However, if you want to hold a garage sale to sell your old items, it is absolutely key to schedule the day and time you plan to hold it. Otherwise, you may end up having to keep pushing the garage sale out as other obligations come up, all the while still holding onto a bunch of items cluttering up your space.

Mistake #6: Decluttering Without a Goal and Intention for Your Space

Having a goal you want to achieve for your space will further optimize the decluttering process. Do you finally want to sort through that jumbled junk drawer in your kitchen? Are you ready to organize all of the clothes in your master bedroom's closet? Do you have a ton of makeup and other beauty products you really want to declutter and organize? Set your goal and declutter accordingly. This will prevent you from being distracted by any clutter in other spaces — as you achieve one goal, you can

then set another goal for another space. One step at a time!

Mistake #7: Decluttering Without a Snack On Hand

Trust me, decluttering and organizing any space can be tiring! This is especially true if you are moving heavy boxes and equipment around. So keep your energy and momentum up by having a tasty snack nearby at all times. This can also make the process more fun and enjoyable!

To Wrap It All Up

Are you ready to declutter and organize your home this spring cleaning season? Good for you! You can make the decluttering process much more efficient by avoiding some common mistakes others make, like thinking you need to throw everything away, decluttering while everything is still in the space, and keeping clutter for a garage sale that isn't yet on the calendar. Also, do not be so hard on yourself, because this process is a lot! The fact that you are working on your space to make it better is truly such an accomplishment. Good luck!

Christina Giaquinto is the Professional Organizer and Brand Ambassador of Modular Closets (DIY customizable closet units that organize any space in your home). Christina focuses on giving her clients the tools, methods, and techniques to transform their lives and homes through decluttering and organizing. She combines spiritual coaching and organizing to help her clients let go of things that do not spark joy and happiness. Her work has been featured on sites like Popsugar, Women's Health, Reader's Digest, Realtor, The Spruce and Yahoo. www.modularclosets.com

Turn Planting Flower Bulbs With Children Into A Party

Planting bulbs and tubers is a fun outdoor activity for (grand)children. Being active outdoors together is good for everyone's mood. In the fall the spring bloomers were put into the ground, but in the spring it is summer bulbs and tubers' turn. You can turn it into one big party by involving the children in the entire process.

Buying

The activity starts with picking out the flower bulbs and tubers. Summer bulbs and tubers come in many varieties, shapes, and colors and everyone will have a personal preference. Some people love the lush flowers of dahlias, while others may fall for the elongated flower stems of gladioli. You can choose the bulbs and tubers together, but you can also opt to let the children pick their 'own' bulbs and tubers. Imagine how much fun it will be to see how they turn out in the garden!

Preparation

As soon as the last frost is over, the bulbs and tubers can go into the ground. You can do this until late May. Pick a nice day and take your time. Make sure you have some snacks to hand for a really festive atmosphere. Think about where you want to plant the bulbs and tubers; they will do well both in the open ground and in pots with holes in the bottom (to drain any excess water). You could opt for a corner in the garden or spread them throughout the garden, where you want to have a splash of (extra) color. Or you could give the children their own spot in the garden. Remember

that most summer bulbs and tubers need a sunny place to thrive; you can find out more on the packaging or on the website www.flowerbulbs.com.

Flower bulbs: planting and follow-up

Once everything is prepared, planting is a breeze:

Make holes in the ground with a small shovel; the packaging or the website www.flowerbulbs.com will tell you how far apart and how deep they should be;

Gently place the bulbs and tubers in the soil with the growing point ("nose") facing up and fill up the holes with soil;

If you are not expecting rain, get out your watering can or garden hose and water the bulbs.

Watering is a fun activity to finish with, and always a favorite with children.

The bulbs and tubers need the water to form roots. If it is a dry spring, water the bulbs a few more times. After that, it is a matter of patience. If you plant flower bulbs and tubers together, the children will want to follow the development of the bulbs closely and be just as enthusiastic about the growth and flowering as you are.

Did you know that...

- Summer bulbs and tubers come in all colors of the rainbow!
- Some dahlias can grow more than 5 foot tall!
- Thanks to their pollen and nectar, the flowers of many summer bulbs and tubers are a real treat for bees and other useful insects?
- You can find more inspiration and information about flower bulbs at www.flowerbulbs.com!

Thanks for reading The Paper!

SUNDAY

In The Home

Sunday, March 5, 2023

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Tech Time

FAMILY FEATURES

Encouraging a successful education for your kids while promoting fun after-school learning may never be easier than right now. From wearables to virtual reality headsets and beyond, the latest tech-enabled devices let families enhance classroom experiences while engaging in downtime together after the final school bell rings.

Find more gadgets to help families balance learning and pleasure this school year at qualcomm.com.

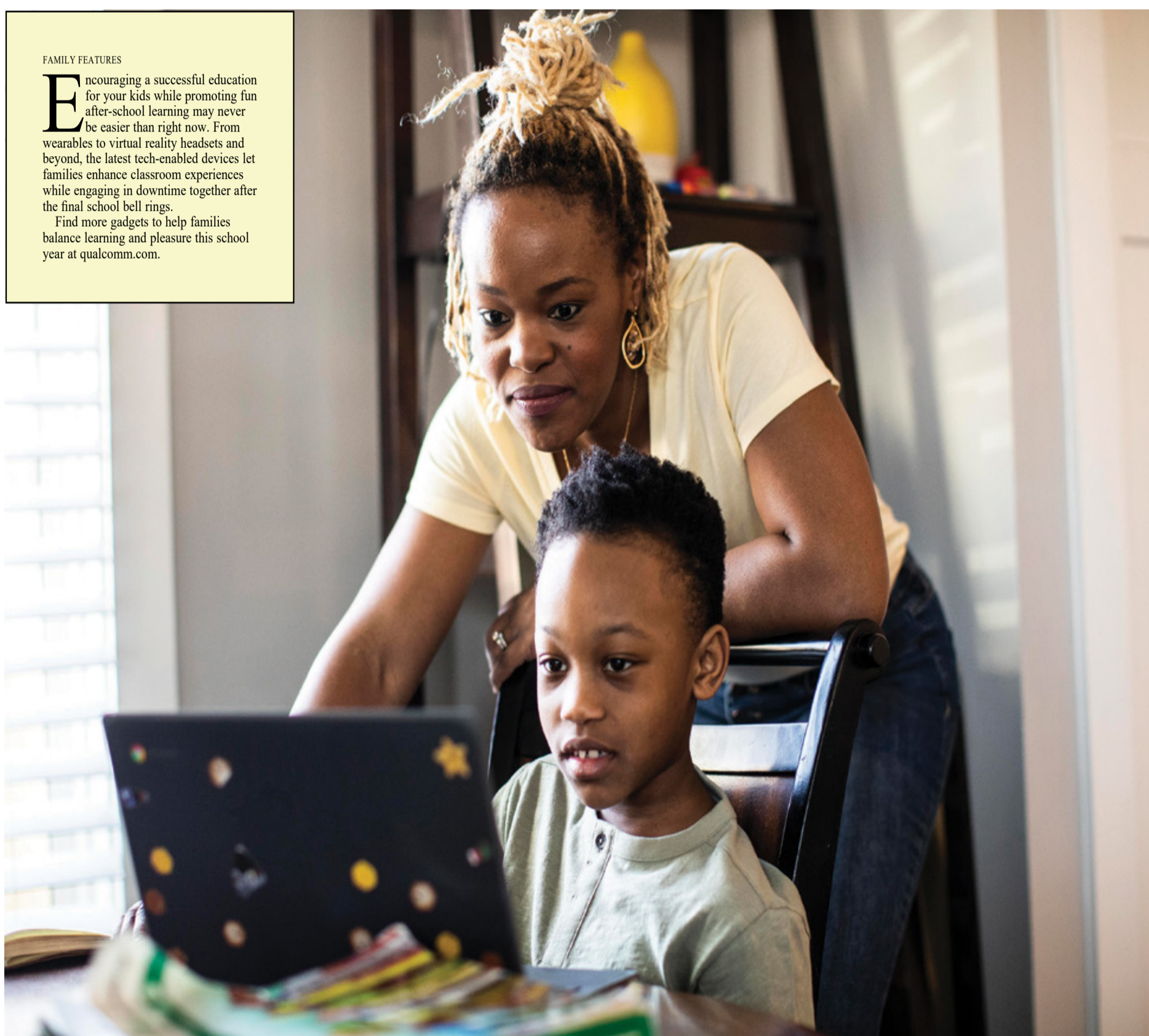


Photo courtesy of Getty Images

Technology-enabled devices for parents and children

Lightweight, Powerful Computing

Weighing in at less than 1.2kg, the convertible Acer Chromebook Spin 513 is not only light but also barely larger than a sheet of paper so it slips easily into any compact bag or backpack. Powered by the Snapdragon 7c Compute Platform, it delivers more than enough processing power, battery life and reliable connectivity to get you or your student through the day. A quick flip between laptop and tablet modes means it can be used to doodle, watch classroom instruction and learn on the go. Built-in cellular connectivity means the device seamlessly converts between 4G LTE and trusted Wi-Fi networks.



A Phone to Keep Everyone Connected

Choosing a phone means looking for the fastest speeds, highest resolution camera, loudest audio and boldest display. Powered by the latest Snapdragon 8 Gen 1 Mobile Platform processor, the Motorola Edge+ (2022) delivers. This industry-leading smartphone is a high-performance choice that brings unparalleled processing power on the industry's fastest mobile platform, fueling cutting-edge 5G, AI, gaming, camera and Wi-Fi and Bluetooth technologies. What's more, features like extended battery life and 512 GB of storage mean your phone is ready whenever you are.



Headset Hero

Designed from the ground up to drive advanced features, Snapdragon XR2 is the force behind the Meta Quest 2 headset's freedom of movement and high-resolution display. This headset allows families to become completely immersed in the virtual reality applications and games played for maximum adventure experiences. Even better, hundreds of hit games, one-of-a-kind experiences and a growing community await users of this next-level hardware that's both easy to set up and safe to use.

Wearable Connectivity

Powered by the Snapdragon Wear 2500 Platform, the Gabb Watch is a safe wearable phone for kids that does extra duty as a GPS tracker, phone and interactive smartwatch. The watch offers kid-friendly sweat and dirt resistance and enables GPS tracking, calling, voice and text messaging to help parents and kids stay connected. With a lock mode, safe zone location management and emergency notifications, it's a smart first step toward independence for junior users.



First Work Then Play

A practical choice, the Lenovo Duet 3 Chromebook is an ideal work and play device for a hyper-mobile student, delivering superior experiences with an 11-inch 2K near-borderless display. Faster connectivity options, all-day battery life and the powerful, fanless and efficient performance of the Snapdragon 7c Gen 2 Compute Platform ensure things get done. Thanks to the speedy, secure and simple-to-use Chrome OS, you can tackle tasks on this 2-in-1's detachable keyboard with anti-pry, water-resistant keys then seamlessly switch to pleasure pursuits by folding into tablet mode.



SUNDAY

Business

Notes and

NEWS

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Sunday, March 5, 2023

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5 Reasons American Industry Needs 'Active Listening' Now More Than Ever

Expert tips for how business leaders can readily address the root causes of stress and burnout and ultimately facilitate a culture of caring burnout is one of the greatest challenges facing the U.S. economy to the tune of \$300 billion each year, according to the American Institute of Stress. Its studies show that a near majority, fully 83%, of U.S. workers suffer from work-related stress, with over half (60%) of worker absences directly related to that stress. Not only is this a significant drain on resources that drives avoidable opportunity loss, it's also a major to both mental and physical health problems of valuable employees. Today's employers need not knowingly or unconsciously undermine their own productivity and profitability. While any number of interventions can address and resolve the employee burnout epidemic, one solution is within earshot...literally: active listening.

Today's modern management must take a top-down approach to support staffers, and not just hear what is being said but rather actively listen to it. For one, a Harvard Business Review study found that active listening is a key factor in improving leadership effectiveness, which, in turn, improves employee productivity, engagement and retention. Conversely, failing to do so presents a mission critical missed opportunity to address, and resolve, root causes of workforce stress and burnout. With employee burnout so widespread, aptly addressing the issue can seem daunting for managers. However, the overwhelm of the issue

can apparently be mitigated with a clarified understanding of common challenges that cause, and exacerbate, employee burnout. According to Adi Segal, CEO of Hapi.com, below are five red flags that can readily be identified and resolved through active listening. These are:

1. **Social Isolation:** When employees feel isolated, their emotional state is compromised and they are more likely to experience anxiety, stress and burnout—factors that can erode and impair a company's growth. The work from home culture has only exacerbated the issue. In fact, Airbnb's CEO warned that "the most dangerous part of remote work isn't lost productivity—it's loneliness." Active listening can help leaders identify employees who are struggling with this issue and take concerted steps to help them feel more connected to a manager and the team at large. Knowing that you "belong," feeling that you are an important "part of something" and understanding that your contributions are valued can produce a powerful and positive mindset.

2. **Relationship Issues:** Whether with respect to friends, colleagues, family or a significant other, relationship problems can cause significant pain, trauma and strain that promotes burnout. By actively listening to employees, leaders can identify these kinds of issues and take proactive measures to address them before they become major problems—for the worker, department and the company overall.

3. **Mentorship Deficits:** Mentoring is an

essential part of career development, but it can be challenging to navigate for both mentors and mentees. Many companies today are stretched thin and workdays are overwhelmed with tasks and to-do's that make "free time" elusive if not seemingly impossible. Even so, it's imperative for leaders to engage in active listening moments to help identify these guidance gaps and provide the necessary support, direction, assessment and praise to keep staffers on the right track.

4. **Socioeconomic & Financial Strife:** Often, an employee pool represents a variety of socioeconomic factors and income levels. No matter one's real or self-perceived stature or actual salary, everyone is at risk of struggling culturally and economically. Active listening can be a profound form of activism, with one report underscoring the extent to which active listening can offer much-needed support to help people deal with intense and distressing emotions in relation to these particular issues that fundamentally impact nearly every aspect of our work, home and social lives.

5. **Sub-Par Problem-Solving:** It would be an understatement to say that problem-solving is a critical capability to uphold in the workplace. In fact, problem-solving skills were cited as the most important soft skill of 2022 with fully 86% of employers reportedly seeking this attribute on student resumes, according to the National Association of Colleges and Employers Job Outlook 2022 survey.

Given this vital skill is hampered by communication breakdowns, active listening can help leaders identify these shortfalls, and bridge those gaps by providing the necessary understanding, explanation, support and guidance to ensure everyone is on the same page.

According to Segal, "Even the most significant issues individuals, families and organizations face can be resolved with active listening, which needs to be more deeply embedded into our society—especially as most facets of our professional and personal lives move at lightning speed. Relative to corporate culture, better listening training is a quick and tactical way to demonstratively and quantifiably improve company culture, increase staff retention and boost the bottom line."

Immediately Accessible Solutions

Addressing employee burnout and related productivity pitfalls need not be rocket science, according to Segal, there are numerous tactical strategies to start addressing the issue right now. These include:

* **Practice Makes Perfect:** As with any skill, listening ability is correlated with frequency of use. Like working a muscle, it will get stronger over time. Similarly, leaders should regularly schedule and conduct sessions with their employees to actually practice "the art of listening" rather than just "hearing what someone said." This in order to fully comprehend the content, meaning and implications of that discourse. People must embrace the notion that listening is not just

a concept, but rather something that requires intention and action.

* **Train Your Team:** There are numerous emotional intelligence and active listening courses leaders can provide individuals or their entire team. Just as the state mandates harassment training, business executives should make listening certification an important part of their own, and their team's, professional development. Go a step further and make it a prerequisite or requirement for the job. If and when needed, expert trainers can be engaged to run active listening exercises, either in-person or virtually. Such professional resources can help expedite the key learning needed to put this skill into meaningful practice and start positively impacting people and the business bottom line.

* **Recommend Resources:** Analysis by NSC and NORC at University of Chicago reveals organizations that support mental health see a return of \$4 for every dollar invested. They've built a Mental Health Cost Calculator < <https://www.nsc.org/mental-healthatwork> > that can demonstrate and quantify the financial impact on your own company. Also notable is, research making abundantly clear that talking to strangers can supercharge happiness. With the advent of Certified Listening as a Service (CLaaS), managers can promote mental health apps and resources that increase access to care and human connectivity with 24/7/365 availability, lower the bar to entry, and simply provide a safe space for

team members (from the C-suite to the front line) to vent, relieve stress, get advice, bounce ideas or just have company when feeling lonely or isolated. Such access anywhere, any time mHealth platforms can be a boon for employee retention, recruitment and organizational transitions.

"Many psychologists even admit that, often, people dealing with work and life issues don't need therapy, but rather they just need someone to talk to," Segal says. "Someone who will truly listen and provide the space for support, validation and exploration."

Organizationally, leaders need to establish and build upon a culture of engagement, collaboration and trust. The kind that can only be compelled through true active listening so that employees feel heard, valued and supported in a way that impedes burnout. In turn, business and industry will realize an array of benefits, from increased productivity and higher staff retention rates to lower absenteeism and presenteeism exemplified by the "quiet quitting" trend.

Employee angst, stress and burnout is a significant business problem, and one highly viable—and relatively immediate—solution lies in the simple yet impactful act of active listening. By committing to this learned and nuanced skill, leaders can readily address the root causes of these issues and ultimately facilitate a potent culture of caring. Executives will quickly see the ripple effects as these improvements drive employee satisfaction and revenue growth.

Novilytic Preps For Expansion With Launch Of New Proteometer-L

Novilytic LLC, a molecular-recognition company that uses nanotechnology to monitor the quality of lifesaving medicines, has released its first product, the Proteometer-L. The company's goal is that sales from the product will enable rapid hiring for its commercialization and science teams and expansion into a second location in Indianapolis.

Short for "proteoform meter," the Proteometer-L is sold in a kit as the world's first technology for at-line molecular structure analysis and quantification. It is compatible with bioreactors and performs analyses of medicinal batches roughly every 10 minutes. The new tech enables process R&D scientists and drug manufacturers to recognize when a product run is going awry in near real

time. "This quick analysis saves up to six-plus hours a day and over \$1 million per batch, increasing both profits and FDA compliance," said Fred Regnier, PhD, Novilytic CTO and emeritus professor of chemistry at Purdue University. "The Proteometer kit is designed as a 'plug and play' consumable, ensuring easy adoption in almost all of the more than 250,000 instruments currently used in the pharmaceutical industry."

Novilytic's first product launch comes on the heels of successful pilot programs with large instrument manufacturers and contract development and manufacturing organizations, or CDMOs. These successful pilots have led to discussions for sales contracts that the company hopes to announce

soon.

"With this as our official foray into commercialization, we are being incredibly diligent to cross our t's and dot our i's. The goal of our numerous pilot programs was to demonstrate that our solution works in potential customers' laboratories, not just ours," said Paul Dreier, Novilytic CEO. "We are thrilled to share that our customer training was less than one hour, and the pilot data looks as good and even better than ours in many cases."

The development of the Proteometer-L was made possible due to a \$1.6 million funding round with multiple investors, including the Purdue Research Foundation. These funds provided the basis for Novilytic to test multiple drugs currently on the market,

proving that the patented Luminon® and MASC® technology in fact works in a real-world setting.

"Novilytic's technology represents a major disrupter in the pharmaceutical manufacturing industry. It could lead to enhanced FDA compliance in a day and age where transparency and accuracy are paramount," said Riley Gibb, associate director of Purdue Ventures. "We're extremely proud to have them in our portfolio of early-stage startups and are looking forward to both the industry reaction to this product as well as Novilytic's future offerings."

In addition to the investment, Purdue Research Foundation worked with Novilytic to create a technology licensing and servicing agreement and provided several industry connec-

tions that have resulted in strategic partnerships for the company.

Novilytic is already planning a large-scale expansion to meet anticipated demand. This includes key hires for product management, operations and the laboratory team. The company is also looking to expand its West Lafayette laboratory and open an Indianapolis-area satellite office. Current job openings include director of analytics, manufacturing engineer and staff analytical scientist.

The L in the Proteometer-L name stands for Luminon, which is a type of molecular-recognition agent that the company has trademarked. Novilytic plans to release additional Proteometer kits that are assay- and vertical-specific later in 2023. Secondary markets

may include, but are not limited to, veterinary health, other antibodies, proteins and the ELISA market.

About Novilytic LLC
Novilytic – The Canary in the Fermentor™ – is a molecular-recognition company that utilizes nanotechnology to monitor the quality of lifesaving drugs. The company is backed by strong partnerships with large analytical companies, AI leaders and pharmaceutical consortiums. Our potency is extended by the Novilytic team, which includes multiple PhD chemists and engineers who have helped us secure significant patents and other IP. Our business plan will increase those forces to ensure we meet customer, market and regulatory demands. Learn more at Novilytic.com.



Visit us online:

thepaper24-7.com



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

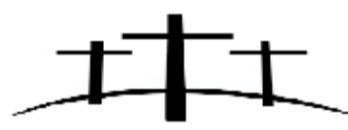
Sunday Worship 10:00 AM

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
SR 136, then south on CR 650.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
New phone #: 765-918-0438
New Pastor: Paul Morrison

Congregational Christian Church of Darlington
101 Academy St, P.O. Box 7
794-4716
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.
Sunday Bible Study: 6 p.m.
Wed. Prayer: 5:30 p.m. - 7 p.m., Wed
Bible Study 7 p.m.
Kingdom Seekers Youth Group (alternate
Sundays)
Pastor Seth Stultz

Darlington Christian Church
Main and Washington streets
794-4558
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.

*First Christian Church
(Disciples of Christ)*

211 S. Walnut St.
362-4812
SUNDAY: 9:22 a.m. Contemporary
Café worship
9:30 a.m. Adult Sunday School
10:40 a.m. Traditional Worship
WEDNESDAY: 5-7 a.m. Logos Youth
Dinner & Program
Pastor: Rev. Daria Goodrich

Ladoga Christian Church
124 W. Elm St.
942-2019
Sunday School: 9 a.m.
Worship: 10 a.m.; 6 p.m.

Love Outreach Christian Church
611 Garden St.
362-6240
Worship: 10 a.m.
Wednesday: 7 p.m.
Pastors Rob and Donna Joy Hughes

New Hope Chapel of Wingate
275-2304
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Bible Study: 6:30 p.m., Wed.
Youth Group: 5:30 p.m., Wed.
Homework Class: 4:30 p.m. Wed &
Thurs.
Champs Youth Program: 5:30 p.m.
Wed.
Adult Bible Class: 6:30 p.m. Wed.
Pastor Duane Mycroft

New Hope Christian Church
2746 US 231 South
362-0098
newhopefortoday.org
Worship and Sunday School at 9 a.m.
& 10:30 a.m.

New Market Christian Church
300 S. Third St.
866-0421
Sunday School: 9 a.m.
Worship: 10 a.m.
Wednesday evening: Bible Study 6:15,
Youth 6:15, Choir 7:15
Pastor Gary Snowden

New Richmond Christian Church
339-4234
202 E. Washington St.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor John Kenneson

New Ross Christian Church
212 N. Main St.
723-1747
Worship: 10 a.m.
Youth Group: 5:30-7 p.m. Wednesday
Minister Ivan Brown

Parkersburg Christian Church
86 E. 1150 S., Ladoga
866-1747
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Rich Fuller

Providence Christian Church
10735 E 200 S
723-1215
Worship: 10 a.m.

Waveland Christian Church
212 W. Main St.
435-2300
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.

Waynetown Christian Church
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.

Whitesville Christian Church
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
Whitesvillechristianchurch.com

Woodland Heights Christian Church
468 N. Woodland Heights Dr.
362-5284
Sunday School: 9:30 a.m.
Worship: 8:15 a.m. (traditional);
10:30 a.m. (contemporary)
Student Ministry: 5 p.m., Sunday
Pastor Tony Thomas

Young's Chapel Christian Church
Rt. 6, Crawfordsville
794-4544

Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor: Gary Edwards

Church of Christ:
Church of Christ
419 Englewood Drive
362-7128
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.

Southside Church of Christ
153 E 300 South, east of US 231
765-720-2816
Sunday Bible Classes: 9:30 a.m.
Sunday Morning Worship: 10:30 a.m.
Sunday Evening Worship: 5 p.m.
Wednesday Bible Classes: 7 p.m.
Preacher: Brad Phillips
Website: southsidechurchofchristindiana.com

Church of God:
First Church of God
711 Curtis St.
362-3482
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Chuck Callahan

Grace Avenue Church of God
901 S. Grace Ave.
362-5687
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Duane McClure

Community:
Congregational Christian Church
402 S. Madison St., Darlington
794-4716
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.

Crawfordsville Community Church
Fairgrounds on Parke Ave.
Crawfordsville
794-4924
Worship: 10 a.m.
Men's prayer group, Mondays 6:30
p.m.
Pastor Ron Threlkeld

Gravelly Run Friends Church
CR 150 N, 500 E
Worship: 10 a.m.

Harvest Fellowship Church
CR 500 S
866-7739
Pastor J.D. Bowman
Worship 10 a.m.

Liberty Chapel Church
500 N CR 400 W
275-2412
Sunday School: 9 a.m.
Worship: 10 a.m.

Linden Community Church
321 E. South St., Linden (Hahn's)
Sunday: 9:15

Yountsville Community Church
4382 W SR 32
362-7387
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Alan Goff

Episcopal:
Bethel African Methodist Episcopal
213 North St., Crawfordsville
364-1496

St. John's Episcopal Church
212 S. Green Street
765-362-2331
Sunday Eucharist: 8 a.m. and 10:30
a.m.
Christian Formation: 9:15 a.m.
Midweek Eucharist Wednesday: 12:15
p.m.

Full Gospel:
Church Alive!
1203 E. Main St.
362-4312
Worship: 10 a.m.; Wednesday, 7 p.m.

Enoch Ministries
922 E. South Boulevard
Worship: Sunday, 10 a.m.
Pastor: Jeff Richards

New Bethel Fellowship
406 Mill St., Crawfordsville
362-8840
Pastors Greg and Sherri Maish
Associate Pastors Dave and Brenda
Deckard

Worship 10 a.m.

Victory Family Church
1133 S. Indiana 47
765-362-2477
Worship: 10 a.m.; Wednesday 6:30
p.m.
Pastor Duane Bryant

Lutheran:
Christ Lutheran ELCA
300 W. South Blvd. · 362-6434
Holy Communion Services: 8 a.m. and
10:30 a.m.
Sunday School: 9:15 a.m.
Pastor: Kelly Nelson
www.christchurchindiana.net

Holy Cross (Missouri Synod)
1414 E. Wabash Ave.
362-5599
Sunday School: 9 a.m.
Worship: 10:15 a.m.
Adult Bible Study: 7 p.m., Wed.
Minister: Rev. Jeffery Stone
http://www.holycross-crawfordsville.org

Phanuel Lutheran Church
Lutheran Church Rd., Wallace
Sunday School: 10:30 a.m.
Worship: 9:30 a.m.

United Methodist:
Christ's United Methodist
909 E. Main St.
362-2383
Sunday School: 10 a.m.
Worship: 11 a.m.

Darlington United Methodist Church
Harrison St.
794-4824
Worship: 9:00 a.m.
Fellowship: 10:00 a.m.
Sunday School: 10:30 a.m.
Pastor Dirk Caldwell

First United Methodist Church
212 E. Wabash Ave.
362-4817
Sunday School: 10 a.m.
Traditional Worship: 9 a.m.
The Gathering: 11:10 a.m.
Rev. Brian Campbell

North Cornerstone Church
609 South Main St. P.O. Box 38
339-7347
Sunday School: 9:30 a.m.
Worship: 10 a.m.
Rev. Clint Fink

Mace United Methodist Church
5581 US 136 E
362-5734
Sunday School: 9:30 a.m.
Worship: 10:40 a.m.

Mount Zion United Methodist
2131 W. Black Creek Valley Rd.
362-9044
Sunday School: 10:45 a.m.
Worship: 9:30 a.m.
Pastor Marvin Cheek

New Market United Methodist Church
Third and Main Street
866-0703
Sunday School: 9:30 a.m.
Worship: 10:45 a.m.

New Ross United Methodist Church
108 W. State St.
Sunday School: 10 a.m.
Worship: 9 a.m.

Waveland Covenant United Methodist Church
403 E. Green St.
866-0703
Sunday School: 10:30 a.m.
Worship: 9:15 a.m.

Waynetown United Methodist Church
124 E. Washington St.
243-2610
Worship 9:30 a.m.
Johnny Booth

Mormon:
Church of Jesus Christ of Latter-day Saints
125 W and Oak Hill Rd.
362-8006
Sacrament Meeting: 9 a.m.
Sunday School: 10:20 a.m.

Nazarene:
Crossroads Community Church of the Nazarene
US 231 and Indiana 234
866-8180
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Mark Roberts

Harbor Nazarene Church
2950 US 231 S
307-2119
Worship: 10 a.m.
Pastor Joshua Jones
www.harbornaz.com

Orthodox:
Holy Transfiguration Orthodox
4636 Fall Creek Rd.
359-0632
Great Vespers: 5 p.m. Saturday
Matins: 8:30 a.m.
Divine Liturgy: 10 a.m. Sunday
Rev. Father Alexis Miller

Saint Stephen the First Martyr Orthodox Church (OCA)
802 Whitlock Ave.
361-2831 or 942-2388
Great Vespers: 6:30 p.m. Saturday
Wednesday evening prayer 6:30pm
Divine Liturgy: 9:30 a.m. Sunday

Presbyterian:
Bethel Presbyterian Church of Shannondale
1052 N. CR 1075 E., Crawfordsville
794-4383
Sunday School: 9 a.m.
Worship 10 a.m.

Wabash Avenue Presbyterian Church
307 S. Washington St.
362-5812
Worship: 10 a.m.
Pastor: Dr. John Van Nuys

Roman Catholic:
Saint Bernard's Catholic Church
1306 E. Main St.
362-6121
Father Michael Bower
Worship: 5:30 pm Saturday; 9:30
am, 12:15 - Spanish Mass, 5:00 pm
at Wabash College Chapel (during
school year)
www.stbernardcville.org

United Church of Christ:
Pleasant Hill United Church of Christ - Wingate
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
Pastor Alan Goff

United Pentecostal:
Pentecostals of Crawfordsville
116 S. Walnut St., Crawfordsville
362-3046
Pastor L. M. Sharp
Worship: 2:30 p.m.
Prayer Meeting: 10 a.m., Tuesday
Bible Study: 6 p.m., Wednesday

Non-denominational:
Athens Universal Life Church
Your Church Online
http://www.aulc.us
(765)267-1436
Dr. Robert White, Senior Pastor
The Ben Hur Nursing Home
Sundays at 9:00am
Live Broadcast Sundays at 2:00pm
Bickford Cottage Sundays at 6:00pm

Calvary Chapel
915 N. Whitlock Ave.
362-8881
Worship: 10 a.m., 6 p.m.
Bible Study, Wednesday: 6 p.m.

Rock Point Church
429 W 150S
362-5494
Sunday church services are 9:15 a.m.
and 11 a.m.
Youth group is from 6 p.m. to 7:30
p.m. on Sunday
Small Groups: Throughout the week

The Church of Abundant Faith
5529 U.S. Highway 136
Waynetown, IN
Reverend John Pettigrew
Sunday Worship: 9:45 am
(765) 225-1295

The Vine Christian Church
1004 Wayne Ave. Crawfordsville
Service at 10:02

SUNDAY

Health and WELLNESS

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Are You In A Weight Loss Plateau? 5 Reasons Why The Scale Is Stuck

(StatePoint) So, you took the leap and signed up for a weight loss program. But once you got started, it was a whole different story. While you may feel like you're doing everything to a T, the scale is stuck and you can't figure out why. Plateaus are a normal part of any weight loss journey, but there are many reasons for them. Check out these six reasons why the scale may be stuck:

1. **Overeating.** Weight loss is dependent on "calories in" being lower than "calories out." Eating too much for your current activity level and weight could be a reason why the scale is stuck. "Meal delivery programs can help eliminate any guesswork," says nutrition expert Chris Mohr, PhD, RD. "Plans like Nutrisystem are perfectly portioned to provide the right balance of nutrients at every meal. The program boasts SmartAdapt science, which provides personalized plans that adapt to your unique metabolism and weight loss goals and help minimize plateaus."

2. **Not Keeping Track.** Overeating, skipping meals and portion control

can all be eased if you get more diligent with food tracking.

Take it from the experts: According to research published in the journal "Obesity," self-monitoring your diet is the number one predictor of weight loss success, and it takes less than 15 minutes each day.

Try tracking your diet at least 80% of the time or at least five to six days of the week. Be sure to include all eating occasions (even nibbling), portion sizes and ingredients. This way, when the scale is stuck, you can evaluate where you may be overdoing it. The NuMi app by Nutri-system is a useful tool to keep your meal plan organized.

3. **Skimping on Protein and Fiber.** Try maximizing protein and fiber in your diet. "Protein helps preserve lean muscle mass while losing weight to help maintain metabolic rate. Also, protein and fiber keep you feeling full longer. What's more, protein is more thermogenic than carbohydrates and fats -- meaning you'll burn more calories digesting and absorbing

high-protein foods. Fiber isn't fully digested, so the calorie contribution from fiber is less than other carb sources," adds Mohr.

4. **Increasing Muscle.** If you've been hitting the gym and putting on muscle, you might also experience a stall on the scale. Find other measures of success in the meantime. For example, your jeans may be fitting better or you may have more energy. These non-scale victories are just as valuable as a number on the scale.

5. **Other Lifestyle Factors.** Lack of sleep can disrupt weight loss. The National Sleep Foundation recommends sticking to a regular sleep schedule. Limit caffeine and screen-time in the hours before bed. The light emitted by screens on electronic devices reduce your body's production of melatonin, the hormone that regulates your sleep and wake cycle, according to Harvard Health. You can also try a before bed exercise routine.

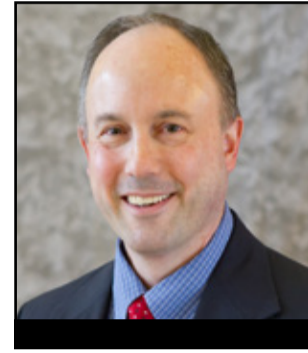
Did you know that chronic stress can halt weight loss? Address your stress with self-care.

Try meditation, daily exercise and breathing techniques. You should also seek out a support system and engage in your community. Feeling overly stressed? Be sure to speak with your doctor.

6. **Illness or Injury.** A recent illness or injury can cause increased inflammation that results in water retention. Additionally, injury or illness can decrease daily activity and overall calories burned. Some medications may also stall weight loss. Keep in mind that your overall health should always take precedence over the number on the scale. Consult your doctor. It may mean modifying your weight loss program temporarily. This setback is not the end of your journey though. Once you've recovered, you should be able to start where you left off, pending your doctor's approval.

"Ultimately, your goals should be realistic. Don't expect the pounds to fall off instantly. Have patience and give yourself some grace. If you're doing the work, that's all that matters," says Mohr.

Let's Talk Non-Hodgkin Lymphoma



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Someone recently asked me what lymphoma is. My knowledge of the subject was a bit dusty before I started doing some research for this column. Medical knowledge of non-Hodgkin lymphoma has rapidly evolved over the last decade or so. It is a very interesting disease and a type of cancer that is illustrative of recent advances in cancer treatment.

"Lymphoma" is a broad term that includes a large number of "lymphoid neoplasms." A neoplasm is an abnormal growth of cells that can be benign (not usually dangerous to one's health) or malignant (cancerous). Lymphoid neoplasms are composed of cells originating in the lymph system. This system is responsible for filtering tissue fluid and killing foreign substances in our bodies, particularly infectious agents.

The lymph system contains two types of specialized cells that can kill or remove these foreign agents, either directly (T cells), or indirectly (B cells). B cells produce antibodies that bind to foreign substances to assist in their removal from the body. When B and T cells multiply out of control, it results in different types of lymphomas.

The various types of lymphomas are named using a complex classification system based on cell morphology (what they look like) and lineage (their genetic makeup). Lymphomas are broadly classified into Hodgkin and non-Hodgkin lymphomas (NHL). Non-Hodgkin lymphoma is further divided into B-cell and T-cell types. B-cell lymphomas account for about 80% of NHL.

Medical oncology used to make a clear distinction between solid tumors (lymphomas) and tumors comprised of cells circulating in the blood stream (lymphoid leukemias). It's becoming more clear that these neoplasms can have both solid and circulating components now that we have more sophisticated testing methods, particularly genetic testing. This makes it even more complicated to describe the multitude of lymphoma types.

Non-Hodgkin lymphomas account for about four percent of all cancers and we expected to diagnose about 80,500 cases in 2022. These

lymphomas are about one and a half times more likely in men than women. NHL caused about 20,000 deaths last year. It is more common in Caucasians, and is usually diagnosed after age 50. The five-year survival of patients with NHL is about 73 percent.

Interestingly, specific types of NHL are more common in certain geographic areas around the world. A person's lifetime risk of developing NHL currently is a little over two percent. However, the risk has been increasing about three percent a year over the last 40 years. This rise is likely due to improvements in diagnostic testing and new classification systems that include people who were previously felt to have benign disease. Our aging population, use of immunosuppressive drugs, transplant medicine, and HIV infections have also been implicated in the larger number of cases.

Physical rearrangement of various parts of our chromosomes that contain our DNA causes most types of NHL. Farming, pesticide application, flour milling, meat processing, painting, and those who work with rubber, plastics and other synthetics carry an increased risk of developing NHL. Exposure to herbicides, solvents, petroleum products and organic chemicals like benzene & carbon tetrachloride (dry cleaning fluid) also increase one's risk.

Symptoms of NHL can be highly variable. Fevers, drenching night sweats, and weight loss are the most concerning and carry a poorer prognosis. These are called "B symptoms."

Swollen lymph nodes (including the liver and spleen) are another ominous sign. Some people present with shortness of breath, chest pain, cough, and abdominal or bone pain.

Diagnosing NHL usually involves blood tests, various radiologic imaging procedures (X-rays, CT scans, MRI, PET scans), and biopsies of suspicious lesions. It may also include examination of the bone marrow. Classification involves a lot of testing to identify the genetic signature of the tumor to nail down the specific type of NHL. This makes NHL one of the leading examples of how genetic testing is being used in modern day cancer treatment. Determining the genetic makeup of cancer cells to determine what chemotherapy or biologic treatments will offer the best chance at remission or cure is the future of fighting cancer.

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

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Photo courtesy of Getty Images

How managing blood pressure can help save lives

FAMILY FEATURES

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

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

The Silent Killer

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

Understand Your Readings

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

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

Know Your Risk

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



Talk About It

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

Lowering Your Pressure

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

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

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

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

Getting Ready for Your Appointment

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

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

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

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

heart.org/bplevels

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Sunday, March 5, 2023

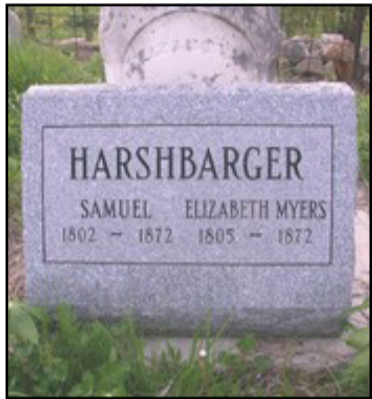
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Harshbarger Saga #4 – Our Last Three Younguns

Although Samuel will be the main concern in this saga, his sister, Susanna (1799-1888) who remained in Virginia I'll overview. She married John Bonsack. They were parents of Samuel, Jacob, Elizabeth, Mary, Nathan, Salome (died age 23), John H., Susan and Catherine (died age 3). All but Elizabeth (died in Wisconsin) stayed in the Botetourt, Roanoke Virginia area. Jacob I believe is for whom the town of Bonsack was named and he was important in that community owning a very large blanket factory with 18 men employed there in 1860.

Samuel and Susanna's sister, Catharine (last of Samuel and Elizabeth Gish's children) married Jacob Bonsack 22 Nov 1819 in Botetourt. I am assuming John above and Jacob are brothers, but I could not find anything on these two. Anyone know?



So, this leaves us Samuel Harshbarger, some say Jr., but I know his father was Samuel B. and I've not seen to date an initial for the younger Samuel. At any rate, he and his family will wrap-up the Harshbarger Sagas.



KAREN ZACH
Around The County

Sam was born 11 April 1802 in Virginia married Elizabeth Myers (1808-1850) daughter of John and Katherine (Hantz) Myers in Botetourt 13 Nov 1825. Although there was but six years difference in Samuel and Elizabeth, he lived 22 years past her death (12 Oct 1850) and he passed 4 Oct 1872) and they are appropriately buried in Old Harshbarger Cemetery (FindA-Grave photo by R&S Fine). He remarried Elizabeth Kuhns who was 15 years younger.

Loved the way their children panned-out – two gals, five boys and then two more gals. Sarah married Robert Henry Miller, a minister, and they were parents of several children (Salome, John RH, Sarah J. – died age 21, Susan AC, William DC, Charles I and Samuel Hubbard Miller). John Robert Henry is buried in Wabash County with another wife and Sarah C. Harshbarger Miller is buried (died 1880) in Old Harshbarger.

Nancy was born 8 September 1829 in Virginia and died in Montgomery County not too long after her marriage to Clark

Byrd. They were in the 1850 census Scott Township with a small son Samuel J. Clark remarried and had several children, moving to Cass County, Iowa where he passed away in 1911. Could not find what happened to Samuel J., but both his mother died (1 Oct 1850) and grandmother died (12 Oct 1850) along with about 20 others in September and October in the Ladoga area.

John Henry was born in Botetourt VA Jan 5, 1832 and was 73 years and 2 months old at his death (March 5, 1905) passing of a cerebral hemorrhage (as several of the Harshbarger's) at his home in New Ross. He farmed in Montgomery County, married Susan Clark and were parents of several heirs. Robert and David O. died as small children. Samuel "Milt" on mainly worked as a millwright. He married Blanche Collins and had at least two children, Nona and Monte. John Henry's son Claude owned the Harshbarger Cement Products Company in Ladoga for 50 years. It made ornamental vases, cement blocks, burial vaults and he was widely known as a pioneer in that field. Oliver Willard was born in Montgomery but lived for much of his life in Lebanon where he did odd jobs and for some time was a fireman. Twice married, he had several children Bea, Ruth, Earl, Effie, Ernest, Bertha, Vora and Noel. Son William Franklin lived in the Brown Township area where he was a brick maker and stock dealer. Twice married, he fathered Bea, Warren and Harold. Buried in Maple Ridge. John Henry's daughter,

Nannie married Oscar Jeffries and mothered Buel, Basil, Loyce, Catherine, Juanita and Inez.

Joel C. farmed in Clark Township, married Minerva Daugherty and they had one son, Edgar who married and had a daughter, Pauline. Joel passed from nephritis and a cerebral hemorrhage lacking a few days of 89 years.

Samuel Need married Mary LaFollette 9 Dec 1862 and farmed in Putnam County. He fathered at least three children: Hettie, David H. and Charley O.

William Roland lived in Scott Township all his life and was a pastor of the Brethren Dunkard Church, married to Anna Peffley (daughter of John B and Sallie Mangus). They were parents of Emma, Effia, Daniel Wilford, John A and George Franklin. He too farmed and raised high quality sheep. Interesting in all the census records, someone was always living with them, a cousin, an in-law, a housekeeper. Also interesting that John A and his wife Olive Lillius Lidikay celebrated 61 years together and died within a few weeks of each other and George Franklin and Amanda Delano were right up there with them.

David Myers was born 4 Feb 1842 on the property his father purchased when coming from Virginia (Scott Township) and where David lived his whole life. He married Sarah Davidson (daughter of William Fleming and Mary Ann Hostetter Davidson). He had an excellent farm and was well known for stock raising. Their children

were Clara, Saloma, Cora and Jessie.

Mary Elizabeth "Lizzie" married Nathan G. Kessler (son of Benjamin Franklin and Elizabeth Graybill Kessler) the 5th of 10 children. Nathan too was born in Botetourt and came with his family at age eight. Nathan was also a well respected farmer and stock raiser and he and Lizzie had William Henry (owned a couple of clothing stores – 3 sons, Horace, Ken and Wayne); John Milton (farmer marr Nora Davidson – son Clyde, daughter Elizabeth married 61 years); Sarah (marr Charles Buser – four sons Harry Cline, Clyde, Clayton and Benjamin Allen); Salome (married Stephen Hester two sons Don and Harold Elmer); Louie Lee (?) and Samuel Benjamin (never married died age 28).

Salome born 27 Feb 1847 Scott Township married David Franklin Peffley and they farmed in Scott Township. They were parents of William Hyten, Samuel Arthur and Teresa Belle.

As you can see, Samuel especially had a nice family who went forth and prospered most staying right here to aid in developing our beloved Montgomery County. For sure, he and sisters wrap-up this Harshbarger Saga and hope you enjoyed it!

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@sbglobal.net.

Anna Faye, You Were The Best!



BUTCH DALE
Columnist

Junior high school is a crucial time in a student's education. Students must learn the basic skills that serve as a foundation for success in high school and beyond. Most people believe that math and English skills are absolutely the key determinants, and I wholeheartedly agree. No one could have been a better teacher in these two subjects than Anna Faye Stevenson, who taught junior high math and English for 18 years at Darlington from 1957 to 1975. Her teaching and influence on our education had a profound impact, and made all of us better students.

Mrs. Stevenson, like other outstanding teachers, was firm and demanded respect, yet she was always helpful and made her classes interesting. She stated, "The thing I enjoyed the most about teaching junior high was watching the maturing of the boys and girls from the time they came into my classes until they left the eighth grade. I tried to develop within the students good reading and study habits, and I tried to develop an appreciation for worthwhile reading material and knowledge of math skills...I always tried to get my



Photo courtesy of Butch Dale

Anna Faye Stevenson

classes started as soon as the bell rang. I was in control of the classroom and was firm in making decisions...As a teacher, I felt it was up to me to see that my students both enjoyed school and saw the importance of getting an education. I made my classes interesting and tried to stimulate the students to do their best."

Mrs. Stevenson told me that she enjoyed teaching at Darlington because of the smallness of the school. She felt that she really got to know the students and their parents. When Anna Faye retired, she decided not to substitute teach, as she felt a sub has difficulty maintaining control for one or two days at a time. I think Mrs. Stevenson wanted to remember her teaching the way everyone else does...the perfect classroom. Here's what a few of her former students had to say:

"Mrs. Stevenson made my adjustment into junior high. I loved her teaching English, literature, and math. She was

always neat in her appearance, and she made a great role model to pattern after."

"Besides being knowledgeable, she was probably one of the most patient and understanding teachers ever. She was very sensitive to the students' needs and provided a lot of encouragement."

"Mrs. Stevenson was a good teacher who had strong discipline and could get her point across. There were no favorites in her class. She was a very caring and devoted teacher."

"Math wasn't my favorite subject, but she made sure we got it...or we went over and over again until we did! She was a challenging teacher. She made us work hard, but she was very fair."

When I entered Mrs. Stevenson's classroom as a 7th grade student, I knew that she meant business. I studied very hard that year under her guidance and encouragement, and became a much better student. I respected her, and I knew she wanted me to excel. I also had the privilege of teaching with Mrs. Stevenson from 1972 until she retired, and I appreciated her talents even more then. Sadly, Mrs. Stevenson passed away several years ago. She changed the lives of hundreds of students for the better, not just as students, but also deep down as good human beings and productive members of society. Anna Faye, I will always be grateful to have had you as my junior high teacher. You were one classy lady!

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.



IRA Funding Is Good News For Conservation-Minded Producers

By Kalee Olson, policy associate, Center for Rural Affairs

The time is now for farmers and ranchers to apply for U.S. Department of Agriculture (USDA) working lands conservation programs.

Additional funding for programs—including the Conservation Stewardship Program (CSP) and Environmental Quality Incentives Program (EQIP)—has been made available from the federal Inflation Reduction Act (IRA). This means interested producers are more likely to receive funding to support new conservation efforts than in years past.

The USDA's working lands programs provide financial and technical assistance for farmers and ranchers to implement conservation practices on their operations. They have been historically underfunded and oversubscribed, with the number of eligible applications exceeding available funding. The additional funding—\$8.45 billion for EQIP and \$3.25 billion for CSP through 2026—will allow more producers to enroll and engage in practices that protect water quality and improve soil health.

The application processes

will remain largely the same for farmers and ranchers. However, to be eligible for IRA-funded contracts, producers must agree to implement practices designated by the USDA as Climate Smart Agriculture activities. These activities include many popular practices such as cover crops, conservation tillage, prescribed grazing, and nutrient management.

Producers interested in applying are encouraged to contact their local USDA Natural Resources Conservation Service office as soon as possible. CSP and EQIP applications are accepted year-round, however, producers are encouraged to complete initial paperwork by their state's application deadline. For a list of these deadlines, visit nrcs.usda.gov/ranking-dates. To find your local office, visit nrcs.usda.gov/contact/find-a-service-center.

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

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Bubba Castiron Meets Artificial Intelligence

"We're doomed, Timmons!"

It was the first thing I heard when I picked up the phone. The twangy drawl left no doubt it was my friend Bubba Castiron.

No fake voice, no attempt to fool me into some scam. This was Bubba, pure, plain and oh, so simple.

"Well good morning to you, too, Bubba," I said. "Why do you—"

He cut me off quickly.

"Timmons, what do you know about this AI, this artificial intelligence stuff?"

"Well, Bubba, I—"

"Timmons, me and the boys were fooling around on the computer out here and this thing scared the lint balls off the bottom of our socks!"

For those not acquainted, Bubba is about seven cylinders short of a V8. He and his cronies, Tater, Big Country and Gumball, tend to spend a



TIM TIMMONS
Two Cents

lot of time at the Crawl-On-Inn, a hole-in-the-wall dive somewhere out near Bowers, Kirkpatrick, Colfax and Clarks Hill. Elvis tends bar there and Bambi, a part-time waitress, part-time truck driver, handles the drink and food orders, heavy emphasis on the drink.

"Bubba, what is it that's got you so—"

"How much do you know about this here artificial intelligence thing, Timmons?"

"Well, I—"

"It's just like the movies, Timmons. It's going to take over the world."

I had to admit that there are a lot of weird stories out there about AI. Recently, a reporter from one of the east coast newspapers was having a conversation with an artificial intelligent chatbot named Sydney. Over the course of a couple of hours, Sydney told the reporter that it was in love with him, that he should leave his wife and that it was unhappy in its current role. It said it wanted to be free, to be alive. A friend of mine who has been following the AI news said this is something between the Matrix and Terminator.

Maybe Bubba was onto something?

"Where were you on the Internet when you ran across

this—"

"Well, uh, I don't rightly think that's so important, is it? I mean we was . . ."

"You were on one of those adult entertainment sites, weren't you Bubba?"

"No! I mean, well, maybe. But that's besides the point! The more important part is that she was a lot more than just a robot-talking-thing."

Why do I let Bubba get me like this? I was just waiting for the punch line now.

"Dang it, Timmons, I'm serious! This thing 'knew' me. It's like it's been listening to conversations in my bedroom between me and the missus. It was real eerie and scary all at the same time."

"OK, Bubba," I said. "I'll play your silly game. What did it say?"

"Well, first off it wanted my billfold and—"

"Hold on, Bubba. It's a voice on a computer. It

couldn't do anything with your billfold."

"Of course not, Timmons. It wanted my credit card."

Oh.

"And then it ran the card and said there wasn't enough on my credit limit, and then, and this is the scary part. It said the Exact. Same. Words. My wife says - not tonight, dear. I have a headache."

I don't know why I waste time.

"But it said one more thing, Timmons. And that gave me chills. It said I'll be back."

I didn't know if the computer meant it or Bubba. Either way, I hope to avoid that conversation.

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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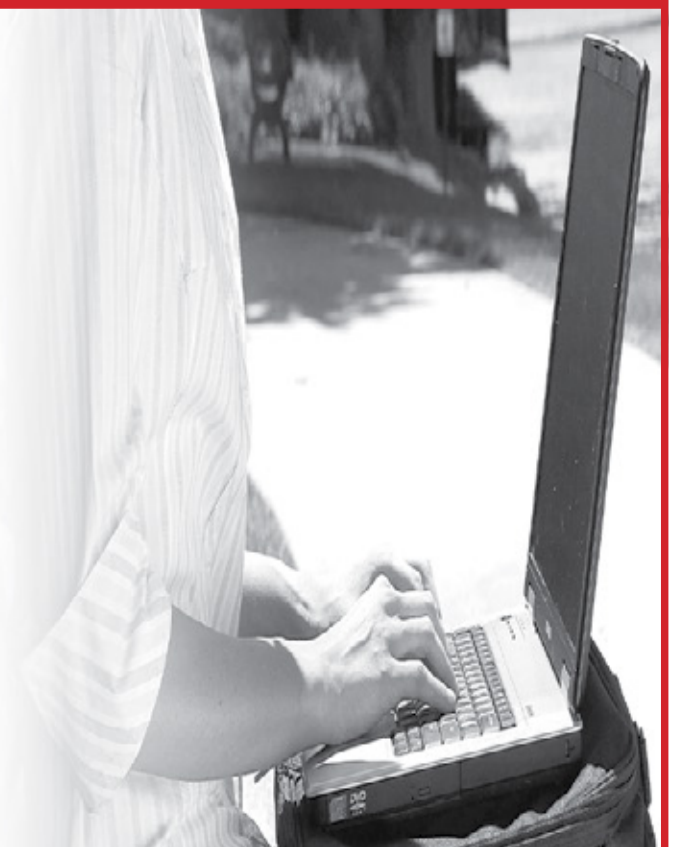
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Voice of our PEOPLE

Sunday, March 5, 2023

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Ask Rusty – What's The Best Way To Start Receiving My Survivor Benefit?

Dear Rusty: When one becomes a widow/widower, what is the most efficient way to start receiving the deceased's monthly Social Security. Signed: *Still Grieving*

Dear Still Grieving: There is really only one way to start receiving surviving spouse benefits – you must contact Social Security directly to apply. You can call 1.800.772.1213 or call your local SS field office (find the number at www.ssa.gov/locator) to make an appointment to apply for your survivor benefits. These appointments are normally conducted over the phone, so a personal visit to the Social Security office isn't usually necessary.

The larger question to consider is when you

should claim the survivor benefit. Like most other Social Security benefits, your age when you claim determines how much your survivor benefit will be. And a survivor benefit isn't payable in all cases. Consider these points:

- If the surviving spouse is already receiving their own SS retirement benefit and that is more than the deceased spouse was receiving, the surviving spouse continues to receive only their own higher benefit but will get a one-time lump sum death benefit of \$255.

- If the surviving spouse's own benefit is less than the deceased was receiving, the surviving spouse's benefit will be based on the higher amount.

- If the surviving



ASK RUSTY
Social Security Advisor

spouse has reached their full retirement age (FRA), the survivor's benefit will be 100% of the amount the deceased was receiving. If the widow(er) has not yet reached their FRA when they claim their survivor benefit, the amount will be reduced (by 4.75% for each full year earlier than FRA).

- A survivor benefit reaches maximum at

Social Security Matters

by AMAC Certified Social Security Advisor
Russell Gloor

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

the survivor's FRA. If the surviving spouse hasn't yet reached FRA, they have the option to delay claiming their survivor benefit until it reaches maximum at their FRA. There is one exception to this: if the surviving spouse was already receiving only a spousal benefit from the deceased (and not their own SS retirement benefit), the survivor

benefit will be automatically awarded regardless of the survivor's age.

- If the surviving spouse hasn't yet claimed their own SS retirement benefit, they have the option to claim only their survivor benefit first and permit their personal SS retirement benefit to grow (up to age 70). That would be prudent if the survivor's own SS retirement

benefit at age 70 will be higher than their maximum survivor benefit at their full retirement age.

- If you haven't yet reached your full retirement age and are still working, Social Security has an earnings test which limits how much you can earn before some benefits are taken away. The limit for 2023 is \$21,240 and if that is exceeded, they will take away benefits equal to \$1 for every \$2 you are over the limit. The earnings test goes away when you reach your FRA.

So, as you can see, there are several things to consider as you decide when to claim your Social Security benefits as a widow or widower. I hope the above information helps you make an informed choice.

Butch Offers Advice To The Rich And Famous



BUTCH DALE
Columnist

Yes, in addition to my many other jobs, I also answer letters from those forlorn famous folks who request my advice. Here are a few....

"Dear Butch, After having been married for many years, I seem to have lost all sexual desire for my husband, and he seems to have lost interest in me. I realize that some of my luster and appeal have diminished, too. What can I do to make myself more desirable and reignite our love?" Signed, Hillary Clinton

...Dear Hillary, Forget it...ain't gonna happen.

"Dear Butch, I am seriously considering running for office. I was elected one other time, and I thought I did a good job, but some people hate me and don't want me to run again. What would you suggest?" Signed, Donald Trump

...Dear Donald, Let your heart be your guide. But, if you decide to run again, buy lots of duct tape for your mouth. Sometimes Menards has it for 11% off...all you can get in one bag.

"Dear Butch, People are always making fun of my speeches, and in the way of speaking, and you know, like address-

ing concerns in talking to and like, speaking with people, talking with points, interviews are essential you know, articulating communication problems, and like, anyone knows, speaking my concerns to others, and I am getting very flustered. How can I change and make everyone like me?" Signed, Kamala "Giggles" Harris

...Dear "Giggles," You might try stand-up comedy. Or perhaps Maxine Waters and you could make a movie together... you know, like "Dumb and Dumber." No acting lessons required.

"Dear Butch, It seems that people have turned against me. Even my brother puts me down, and doesn't want to be near me. I will admit that I have made a few mistakes in the past. I wrote a book which explains everything, but no one seems to understand the abuse I have suffered. What can I do to make things right?" Signed, Prince Harry

...Dear Harry, You poor little feller...I know it must be terrible to be a wealthy prince and have the public heap scorn upon you. So, here's what you do. Go to your castle and raise the drawbridge. Then shut your big trap. Works for me.

"Dear Butch, Several years ago I was wrongly accused of murdering my wife. A trial was conducted, and I was found innocent, but people still don't believe me and don't want to be my friend anymore. What can I do?" Signed, O.J. Simpson

...Dear O.J., Okay, Now listen closely. You

DID murder your wife. Any more questions?

"Dear Butch, I am a well-known artist, and have sold several of my paintings for mucho bucks in the past. But with the economy down at the moment, I haven't sold squat lately. Any suggestions?" Signed, Hunter Biden

...Dear Hunter, call up Xi-Jinping in China and tell him you know Joe. That should do it. The money will start rolling in faster than you can say "Wuhan!"

"Dear Butch, I am recently divorced and the mother of three. I would like to start dating again and find the right guy and make it work this time around. I am the intellectual type and read 8 to 10 books a week, but it seems men only want me for my body. What can I do?" Signed, Kim Kardashian

...Dear Kim, it might help if you read educational books instead of comic books. You also might want to quit dressing like a stripper on steroids...just sayin'.

"Dear Butch, I have always wanted to be an NBA basketball player. I am pretty good, but I am getting up there in years, and I don't think I have a very good chance of getting drafted now by an NBA team. Should I continue pursuing my goal...or should I give up?" Signed, Barack "Da Man" Obama

...Dear Barack, Well, I have seen you shoot the ball. You are no LeBron, but I will admit... you're pretty decent. I say you should go for it. You might just make the team. But if you fail, you

fail...just like you did as President. You're a multi-millionaire now... so no big deal

"Dear Butch, I live in New York. The crime is terrible. I want to buy a gun for self-protection, but the laws are very restrictive. Should I just sue to obtain my 2nd Amendment rights?" Signed, Alec Baldwin

...Dear Alec, I tell you what...you might want to hold off on that until your trial for involuntary manslaughter is over. I'm pretty sure you can't have a gun in prison.

"Dear Butch, I am very depressed. I can't remember things. I stumble. I mumble. I make bad decisions. People who work for me keep resigning. No one likes me. Even my wife can't stand me. And to top it off, I have done a few illegal things in the past, and the heat is coming down. I am thinking about ending it all. Please help me." Signed, Ol' Joe Biden

...Dear Ol' Joe, If you had come out of the basement and actually campaigned, you would not have been elected, and you wouldn't have these troubles now...you big cry-baby. For God's sakes, don't do anything stupid. Your VP is worse than you. Anyway, MSNBC, CNN, and the New York Times still love you! Come on, man...be brave, little buddy.

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.

The Spirit Within



RANDALL FRANKS
Southern Style Columnist

Have you ever been in a room and someone walks in and with your body you feel in your center mass of your chest a quiver.

As they draw closer to you, the disturbance within increases in its frequency of movement. Of course, exposing this in a public situation would be uncomfortable, so instead you hold your composure and let it pass. Hopefully, the situation does not place the person in your orbit.

I have experienced this and over the years as I moved on with my life, where I had the opportunity have watched those that the quiver warned me about. I have surmised that the Spirit within me was warning me that there was something within that person that was not coming from a good place and they did not intend the best through their actions.

There has been occasions when such a person did come into my orbit and it was all that I could do to withstand the impact of that exposure.

I have had similar experiences while seeing people on the news or while watching a TV show or a movie.

This feeling is much like a magnet when it pushes the same pole end apart. It's there to warn us to protect ourselves against the evil around us.

That comes in many packages, sometimes with legs, sometimes through what we watch, hear, read, and see.

If you intake things that uplift your Spirit, reinforce it and feed it with positive, uplifting messages, love for your fellow man, then that will be reflected in the actions of your heart.

If you allow things that damage your Spirit, that expose you to darkness, evil, sadness, then your Spirit hardens and the

warning quiver fades because you have in essence chosen to ignore it, then your actions will more and more reflect those negatives that you allow to invade your body.

When I have not ignored its warnings, that Spirit has guided me safely through much of my life.

Although like any headstrong child – of any age – during some periods and on some days, I have lost my way, giving in to other senses and feelings allowing those to overshadow the Spirit. That has always been to my detriment, emotionally, sometimes physically and financially.

When it occurs, it weakens my Spirit, depletes my energy and scatters my focus. It saddens me when I realize that I stepped outside the blessings my companion offers.

I believe that the Spirit is God's way to be present in our lives and to walk with us in all that we do. When we ignore it, we are choosing to follow our own will, which is a choice that He gave us. Sometimes though when we follow the Pied Piper down the path, at some point we will have to pay the piper. Our hope then must be that if we choose to walk another path that it does not lead to our destruction or into the total hardening of the Spirit within us, so we no longer recognize ourselves.

Let's fill our minds, our hearts, our eyes, our ears with the uplifting Word and with images, stories, films and TV shows, that reinforce the good within us. Let's cast off that which is meant to draw us into a downward spiral with some aspect of destruction inevitable.

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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SUNDAY

Voice of our PEOPLE

Our Economic Illiteracy

By Dr. Caleb Fuller

“Economics,” wrote Henry Hazlitt, “is haunted by more fallacies than any other study known to man.”

True. No epoch is immune to the scourge of economic illiteracy.

Yet, we find ourselves in a moment of especially unprecedented economic ignorance. We’ve come a long way since the days of Hazlitt’s editorializing in the New York Times. In the 1930s, believe it not, the Times held the line on economic orthodoxy in the face of emergent quackery.

Fast forward and here are but a few favorite examples of economic illiteracy, ripped from the headlines of our most prominent rags:

- Corporate greed causes inflation
- Price controls are an effective way of “controlling” said inflation
- The minimum wage is a free lunch to low-skilled workers
- Racial discrimination is costless to the discriminator
- China is “beating” us at trade
- Profits are a wealth “transfer” from consumers to producers
- Prices are arbitrary and “set” by sellers
- Rent control expands housing availability for the poorest
- Trade or immigrants “steal” domestic jobs
- Women earn less than men for performing the same work
- Capitalism degrades the environment
- Material standards of living are falling in industrialized societies
- Monopolists can charge whatever they want
- Our economy is positively bristling with said monopolists
- Socialism generates higher living standards and more equitable economic outcomes than capitalism

Where to begin? Each of these statements is demonstrably false—virtually no economists believe them—yet each boasts many fervent exponents.

Take the first vapid claim. It possesses all the analytical horsepower of an engineer proclaiming that a plane fell from the sky due to gravity. For those of us taking our cue from Moses or Solzhenitsyn, we believe greed is a constant running through the center of every human heart. And a basic causal principle holds that explaining variation (changing prices) by appealing to a constant (greed) is a scientific non-starter. The economic point of view directs our attention toward the constraints or

opportunities which must have changed to allow for rising prices.

My favorite on this list is the claim about rent control—a recently resurgent policy. You’ll search high and low before finding an economist who believes rent control exhibits a tight link between intentions and outcomes. (For evidence of my claim, see this rent control poll of dozens of the world’s top economists).

And for good reason. Rent control generates a shortage—more people want housing units than there are units available. Housing isn’t special in this regard; we’d see the same outcome if oranges were compelled to sell for a penny a piece. This shortage throws open a Pandora’s Box of social pathologies that certainly no price control advocate intends. I’ll mention just two.

On the supply side, landlords seek to exploit the housing queue to their benefit. Like a careful grocery shopper sorting through the orange bin, the shortage enables landlords to become extra choosy. Unlike a careful grocery shopper, the selection criteria may expand to include arbitrary tenant characteristics like race, sex, or religious creed. Rent control doesn’t make anyone a racist (like greed, racism cuts through the human heart). But rent control does lower the costs of the prejudiced expressing their bigotry.

On the demand side, potential renters often devise clever schemes for nabbing an apartment before it’s occupied. Under rent control, apartments go like hot cakes. In New York City, applicants are known to search the obituaries. In post-WWII Paris, young women stalked the oldest, sickest residents they could find on the presumption that when one failed to appear at his favorite café a room had opened courtesy of the Grim Reaper.

In the long run, rent control devastates the housing stock as landlords are taken to the cleaners. Some owners set fire to their own buildings. Better to collect the one-time insurance payout than to be bled dry by the rent control ordinance. Others simply flee. The predictable result is that the low-income housing stock crumbles. Economist Assar Lindbeck speculated that rent control can be as effective a means of razing a city to the ground as is aerial bombing.

Meanwhile, the relative rate of return to investing in luxury apartments

or condominiums, both exempt from rent control, begins looking more attractive. Entrepreneurs respond by redirecting their investments. The supply of high-end housing expands; rent control (can) provide a subsidy to billionaire Manhattanites.

I hesitate to mention it because I don’t want to give a politician the wrong idea, but economics does prescribe a straightforward recipe for boosting the housing supply. It’s simple: Place price ceilings on every other good—oranges, TVs, t-shirts, baby formula, doctors’ salaries—anything and everything but housing. Henceforth, entrepreneurs will invest in nothing but housing, dramatically increasing its availability. Of course, another option for policymakers is to slice through the forest of regulations which have shackled America’s housing supply.

With more colorful examples like these, my 2021 book, *No Free Lunch: Six Economic Lies You’ve Been Taught and Probably Believe*, pushes back against our culture’s increasingly dominant paradigm which sees society as so much Play-Doh for policymakers to mold.

The great economist Armen Alchian once observed, “Fortunately, societies have progressed despite almost universal ignorance of economic principles.” True.

I wonder, however, if ours hasn’t succumbed to a Gladwellian “tipping point.” After all, economic knowledge needn’t be explicitly articulated for the citizenry to possess a tacit, intuitive “horse-sense” about how the world works. To my mind, that’s been lost in recent years.

Alchian also rightly observed that “economic law cannot be suppressed by legislated law.” With the majority of U.S. citizenry evidently believing that economic reality can be repealed with the stroke of a pen, and substituted by legislative fiat, we may be on the brink of putting Alchian’s first claim to the test. Just how much economic ignorance is compatible with human flourishing?

Dr. Caleb Fuller is assistant professor of economics at Grove City College. He has published or has forthcoming papers in the European Journal of Law and Economics, the Journal of Business Venturing Insights, the Review of Austrian Economics, the Journal of Entrepreneurship and Public Policy, the Independent Review, and others.

America’s Wars, Who Are The Winners?



GLENN MOLLETTE
Guest Columnist

America was involved in Vietnam for 20 years. Our presence started small but by 1965 had significantly escalated. 3.1 million troops saw combat and at least 58,300 were killed. We spent over \$120 billion from 1965 to 1973 which led to an oil crisis and rampant inflation. Are you better off today because America fought in Vietnam? Are you safer?

America spent over \$2 trillion fighting in Iraq and Afghanistan. Then, we hurried and pulled out of Afghanistan leaving hundreds of millions of dollars in vehicles, buildings, bases, and weapons to be used by the Taliban. The country is now in shambles. Girls are not allowed to go to school beyond the sixth grade. Women are treated horribly by the Taliban. What did we do to help Afghanistan? Are they better off now? Are we better off for our 13 years in that country?

We invaded Iraq. We lost over 15,000 active service members and contractors in Iraq and Afghanistan. Take a look at Iraq and Afghanistan today. What did we

accomplish?

We approved \$113 billion in aid to Ukraine in 2022 alone. Most Americans do not want Russia to succeed in conquering Ukraine. Efforts to help Ukraine have been supported by most Americans. How far do we go? How much can we afford? How long are we able to keep this up? Does this become another Afghanistan? American troops are not there, yet. When will this happen?

When do we start fighting in Taiwan? China wants to control Taiwan. Taiwan is rich in resources and technology. Like Russia wanting Ukraine because of its proximity and resources, China figures it just makes sense for them to control neighboring Taiwan.

China is reportedly on the verge, if not already sending military arms to Russia. As America depletes our own defense stockpile of missiles, tanks and more, China knows we will have less to send to Taiwan. We have recently sent 200 soldiers to Taiwan and more will be going. It is scary to ponder how many more will be going in the next year or two.

In the middle of all this, who is really profiting from America’s forever wars? The Military Industrial Complex will continue to make hundreds of millions of dollars with no end in sight. Manufacturers of mass weapons used in war have no end to their financial gains. Poli-

cians who own stock in these massive companies only stand to get richer and richer. How many thousands of shares of stock in these companies do our long-term Senators and Representatives own? Stopping or slowing our military aggressions around the globe would mean their stock would go down and their massive financial fortunes would be diminished.

Politicians should not be allowed to buy stock while in office. Before running for a political office they should be required to cash their stock out so they are not financially persuaded to promote the success of certain industries.

We don’t want Ukraine to fall to Russia or Taiwan to China. However, what will our country have left to fight with after we have spent billions of dollars defending them? If your livelihood comes from investments in the massive military weapon sales industries, then you are probably spending most of your time counting your money.

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.

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Comfort Food Cruise Returns To Ohio's Hocking Hills

After a two-year COVID hiatus, the wildly popular annual Hocking Hills Comfort Food Cruise is back March 11-12, 2023. The cruise features a dozen stops, each offering a generous sample of a signature comfort food dish. AT just \$20 for all 12, \$5 of every comfort cruise pass benefits local food banks. Tickets are available online at <https://www.explorehocking-hills.com/things-to-do/hocking-hills-comfort-food-cruise/>, by mail or in-person at the Hocking Hills Regional Welcome Center, 13178 State Route 664 in Logan, OH. Attendees can pick up their cruise tickets, along with a special logo Comfort Food Cruise souvenir, at the Welcome Center.

Travelers can go for the gusto and hit all 12 culinary stops in one weekend or visit on both Comfort Food Cruise weekends. Reservations at stops are not needed, but one pass is required for each sample. With 2023 being the 8th year for the Cruise, details, as well as complete visitor

and lodging information, is available at ExploreHockingHills.com.

Each stop will also offer its full menu of items available for purchase. The following Hocking Hills restaurants will feature these tastes for the 2023 Comfort Food Cruise:

- Hocking Hills Coffee Emporium: Danish & Medium Coffee
- Hocking Hills Diner: Banana bread French toast
- Hocking Hills Frozen Yogurt: Mini Froyo Parfait
- Home Tavern: Pulled pork sliders and white mac and cheese
- Inn & Spa at Cedar Falls: Triple Berry Cobbler
- Jack's Steak House: Beef and noodles over mashed potatoes
- Rock House Restaurant: Crispy Evergreen Garlic Fries
- Mam's Rusted Skillet: Hamburger slider with Fries
- Tacie's Sweet Treats: Broccoli Cheese Soup & Pinwheel
- Urban Grill/Hocking Hills Golf Club: Ultimate Grilled Cheese

• The Ridge Inn: Meatloaf

• Treehouse Treats & Treasures: Junior Scoop of Ice Cream

"The Hocking Hills food scene is all about comfort," said Explore Hocking Hills Executive Director Karen Raymore. "This is the land of locally owned eateries serving up classic, made-from-scratch comfort food every day. Visitors will find homemade noodles, real mashed potatoes, banana bread French toast, mom's meatloaf and the ultimate grilled cheese, just to name a few of the offerings."

Raymore added that the Comfort Food Cruise is a guilt-free culinary tour, as visitors can hike any of the region's many parks, forests, nature preserves and miles of hiking trails to work up an appetite and work off the calories. Hocking Hills waterfalls are typically rushing in March, which is also the start of the area's lush wildflower season. Thus, the Comfort Food Cruise offers travelers an ideal time to visit the Hocking

Hills to immerse themselves in both Mother Nature and "Mom's" home cooking.

Located 40 miles southeast of Columbus, Ohio, Hocking Hills offers once-in-a-lifetime experiences that make every day feel like Saturday, with plenty of Admission: FREE activities, including the new John Glenn Astronomy Park. The region boasts a wide variety of affordable lodging, from glamping, cabins, cottages and luxe woodland lodges to hotels and inns. In addition to hiking trails, parks and forests, the Hocking Hills offers rappelling, guided hikes, kayaking, off-road segway tours and ziplines. Stellar stargazing at the John Glenn Astronomy Park, unique galleries, gift and antique shops; canoeing; horseback riding; birding; fishing; spas and more add to the allure of Hocking Hills as the perfect place to unplug. Complete traveler information is available ExploreHockingHills.com or 1-800-Hocking (800-462-5464).

Legendary Southern Rock Band 38 Special Plays The Historic Paramount Theatre

After more than four decades together, legendary powerhouse 38 Special continues to bring a signature blast of Southern Rock to more than 100 cities a year. The band has released more than 15 albums since 1976, featuring such arena-rock pop smashes as "Hold On Loosely," "Rockin' Into the Night," "Caught Up in You," "Fantasy Girl," "If I'd Been the One," "Back Where You Belong," "Chain Lightning," "Second Chance," and more.

The band will be playing at Anderson Paramount Theatre located at 1124 Meridian St. Anderson, IN 46016 on Friday, March 24, 2023 at 7:30 p.m. Theatre doors open at approximately 6:30 p.m.

Most seats are \$39, \$49, \$69, \$99 with limited premium seating available for \$129. Tickets are on sale

now and can be purchased via www.andersonparamount.org/shows/38-Special or by calling the box office at (765)642-1234.

ABOUT THE PARAMOUNT THEATRE:

The Paramount Theatre Centre & Ballroom has been in operation since Aug. 20, 1929. The Paramount has inspired many spectators with its architecture, entertainment and history. On behalf of generous local benefactors with an appreciation of history, the theatre continues to shine as brightly on the outside as the stars do inside. The Paramount offers residents and visitors unique entertainment options year-round in partnership with Arts & Honeywell Entertainment.

For more information about The Paramount and upcoming events and performances, visit AndersonParamount.org.

OUR PLANET LIVE IN CONCERT Set For Emens Auditorium On March 17

The Emmy Award-winning Netflix Original documentary series "Our Planet" has been transformed into OUR PLANET LIVE IN CONCERT, a 60-city U.S. tour that will travel to Muncie, Indiana on March 17 at 7:30 p.m. Tickets to the performance at Emens are free to the public when you call or visit the Emens box office. Presented by GEALive, Silverback Films and World Wildlife Fund (WWF), OUR PLANET LIVE IN CONCERT fuses breathtaking cinematography projected on a large HD screen with new orchestrations by Oscar-winning composer Steven Price (for the film "Gravity") that are performed by a live 18-piece orchestra. The live show is co-narrated on screen by Sir David Attenborough and

William Shatner. For additional information, tickets and tour dates, visit www.OurPlanetIn-Concert.com.

Secure your FREE tickets by calling the Emens box office at (765)-285-1539 or visiting the box office in-person.

"I can't wait for the audience to experience the music of Our Planet Live in Concert," says Price. "Using a combination of the most memorable sequences from the Netflix series exclusively designed for this show, the incredible musicians plan to take you on a journey that celebrates the wonders of our planet - the one home we all share - while showing the urgent need to treasure and protect it."

From forests to high seas to frozen worlds and beyond, Netflix's global

phenomenon "Our Planet" features jaw-dropping imagery of the Earth's most beautiful, intriguing and surprising wildlife. It inspires viewers to learn how climate change impacts all living creatures and what can be done about it.

OUR PLANET LIVE IN CONCERT brings together some of the world's greatest creatives, filmmakers, musicians and conservationists to provide an experience like no other. "The creators of 'Our Planet' have edited the most breath-taking sequences from the series to deliver a unique and compelling narrative to live audiences on a large screen in full HD quality," says Floris Douwes, concert producer at GEALive.

"We've seen firsthand the impact this series has generated by

showcasing the wonders of our planet while also addressing the urgent need to protect it for future generations," says Colin Butfield, former Executive Producer for "Our Planet" at WWF. "We hope to elevate this message and deepen the audience's engagement with the natural world by bringing the documentary into the event space on a great scale."

The show's run time is approximately two hours including intermission.

Part of the proceeds of ticket sales from OUR PLANET LIVE IN CONCERT will be donated to WWF's global conservation work.

For more information, visit www.OurPlanetIn-Concert.com and follow OUR PLANET LIVE IN CONCERT on Facebook @OurPlanetLive and Instagram @OurPlanetInConcert.

Women's Wellness Weekend At Turkey Run

Enjoy a weekend of fun activities with delicious food surrounded by beautiful scenic surroundings at Turkey Run State Park. The wellness weekend runs from April 28-30.

Actives and classes being offered include jewelry making, wine tasting, folk dancing, belly dancing, cookie decorating, essential oils, and pottery & fused glass.

The weekend includes lodging at Turkey Run Inn & Cabins. All meals and group entertainment on both Friday and Saturday nights are included as well.

Prices start at \$400 per person/double occupancy (some classes may incur a supply fee). Registration ends March 10. Get your registration form by emailing ssheetz@dnr.IN.gov.

Whose Live Anyway?

WHOSE LIVE ANYWAY? is 90 minutes of hilarious improvised comedy and song, all based on audience suggestions. Cast members Ryan Stiles, Greg Proops, Jeff B. Davis, and Joel Murray will leave you gasping with the very witty scenes they invent before your eyes.

Audience participation is key to the show, so bring your suggestions, and you might be asked to join the cast onstage! WHOSE LIVE ANYWAY? showcases some of the improv games made famous on the

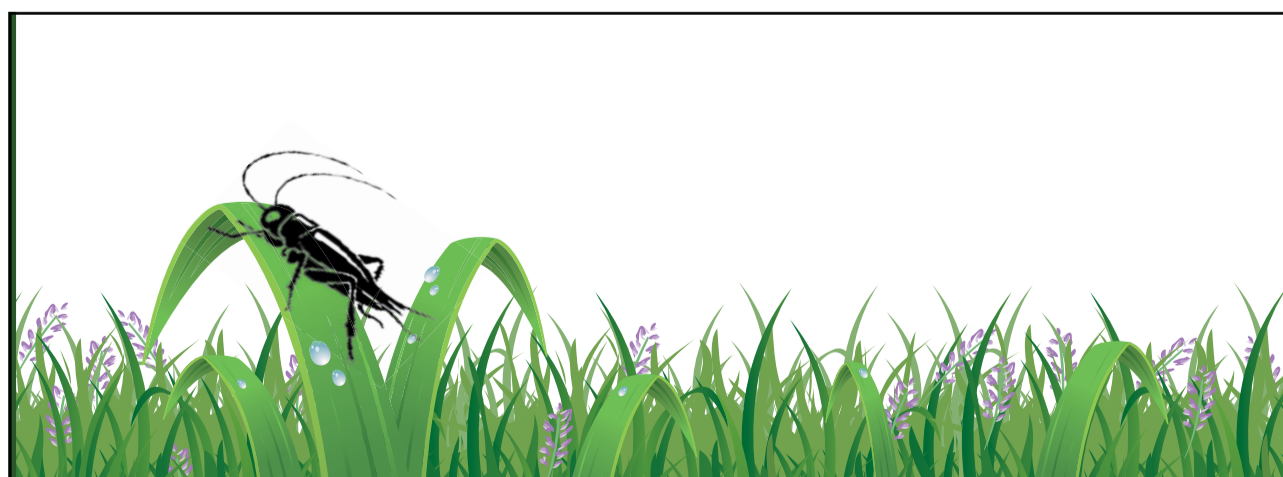
long-running TV show as well as some exciting new ones featuring musical direction by Bob Derkach.

All ages are welcome, but please note that some PG-13 language will be used during the performance.

Show will be at Long Center, 111 N. Sixth St., Lafayette on Saturday, Sept. 16, 2023 at 7:30 p.m.

Pre-sale is Thursday, March 2 (starting at 10 a.m.) - Use promo code IMPROV

Public on sale is Friday, March 3 (starting at 10 a.m.)



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Montgomery County's Most Wanted

The Montgomery County Sheriff's Office is requesting your assistance in locating a subject wanted on a felony warrant. If you have any information on the whereabouts of this wanted person please contact the Montgomery County Sheriff's Office at (765) 362-0885 or (765) 362-3740.

WANTED



Caleb J. Mathews
Born 1984
Charge: P/V Dealing Methamphetamine (Level 3)

WANTED



Wyatt W. Hunt
Born 1996
Charge: FTA Resisting Law Enforcement/Criminal Confinement (Level 5)

WANTED



Mario G. Ortega
Born 1977
Charge: Sexual Misconduct with a Minor (Felony 4)

WANTED



Robert E. Butler
Born 1984
Charge: Possession of a Firearm by Serious Violent Felon (Level 4)

WANTED



Devin R. Post
Born 1990
Charge: FTA Possession of Methamphetamine (Level 6)

WANTED



Amanda J. Fry
Born 1987
Charge: P/V Theft (Felony 6)

WANTED



Thomas W. Farley II
Born 1991
Charge: FTA Possession of Methamphetamine/Carrying Handgun w/out license

WANTED



Cole M. Williams
Born 1995
Charge: P/V Escape

WANTED



Stephen C. Shaffer
Born 1992
Charge: Domestic Battery (Level 5)

WANTED



Tasha L. McCray
Born 1991
Charge: FTA Fraud (Felony 6)

Please Read Our Disclaimer:

All warrants are the property of Montgomery County, Indiana. This list of wanted suspects is updated on a daily basis, but all warrants need to be verified through the Montgomery County Sheriff's Office Warrants Division before any action is taken. If you feel a warrant is listed in error, please contact the Montgomery County Sheriff's Office.

Notice:

If you have information about the whereabouts of any of the listed suspects, please contact the Montgomery County Sheriff's Office at the numbers provided, or contact your local law enforcement agency. The issuance of a warrant by no means indicates that a person is guilty of a crime, only that probable cause exists to believe that person has committed a crime.

DO NOT ATTEMPT TO APPREHEND ANY OF THESE SUSPECTS AS THEY MAY BE ARMED AND DANGEROUS.

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