

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Daylight Saving Time: Turn Your Clocks Forward And Test Your Smoke Alarms



American Red Cross

Daylight saving time begins today and the American Red Cross Indiana Region reminds everyone to **TURN** your clocks forward one hour and **TEST** your smoke alarms.

Did you know working smoke alarms can cut the risk of dying in a home fire by half? That's why it's critical to "Turn and Test" and take these lifesaving steps to stay safe from home fires — the nation's most frequent disaster:

Install smoke alarms on every level of your home, including inside and outside bedrooms and sleeping areas. Test alarms monthly and replace the batteries at least once a year if your model requires it.

Replace smoke alarms that are 10 years or older. That's because the sensor becomes less sensitive over time. Check the date of your smoke alarms and follow the manufacturer's

instructions.

Practice your two-minute escape plan. Make sure everyone in your household can get out in less than two minutes — the amount of time you may have to get out of a burning home before it's too late. Include at least two ways to get out from every room and select a meeting spot at a safe distance away from your home, such as your neighbor's home or landmark like a specific tree in your front yard, where everyone knows where to meet.

Teach children what a smoke alarm sounds like. Talk about fire safety and what to do in an emergency.

Visit redcross.org/fire for more information, including an escape plan to practice with your family. You can also download our free Emergency app by searching for "American Red

Cross" in app stores.

HOME FIRE CAMPAIGN SAVING LIVES The Red Cross responds to more than 60,000 disasters every year and most of them are home fires. To help prevent fire-related deaths and injuries, the Red Cross launched the Home Fire Campaign with community partners in 2014 to reduce fire-related deaths and injuries.

Recently, with support from thousands of community partners, the campaign met its goal of installing 2.5 million free smoke alarms and making 1 million households safer across the country. So far, the Home Fire Campaign is credited with saving more than 1,583 lives in the U.S. Because home fires remain a daily threat and the campaign has made a lifesaving difference, the Red Cross will be continuing the program with community partners as part of its standard services across the country

TODAY'S QUOTE

"If you can't be kind, at least be vague."
Judith Martin

TODAY'S JOKE

What do ghosts drink to celebrate St. Paddy's Day?
BOOs!

TODAY'S VERSE

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

TODAY'S HEALTH TIP

Learn to read food labels and watch for ingredients that end in -ose, that means it's a form of sugar. 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

Amen, brother. Amen!





I ndiana



Facts & Fun

21
Fayette

Number %00 ÷ Stumpers

Did You Know?

- Fayette County was founded in 1819 and named for Marquis de la Fayette.
- Connersville, the county seat, is the only incorporated city in the county and is home to the county's only high school.
- The county is 215.16 square miles and has a population of 24,277 residents.
- Fayette County's automotive era began in 1909 with the McFarlan went into production.
- Connersville has a population of 13, 481 and is only 7.76 square miles.

1. What percentage of the county does Connersville make up?
≥
2. How long ago was the automotive era for Fayette?
≤
3. What is the population density of the county?
≥
4. How old is Fayette County?
≤

Answers: 1. About 3.6% 2. 111 Years 3. About 112.6 per square mile 4. 201 Years

Got Words?

Although Fayette County was economically significant in the early 19th and 20th centuries, it is now among the poorest counties in the state. How do you think Fayette and other struggling counties can transform their economic hardships for the better?

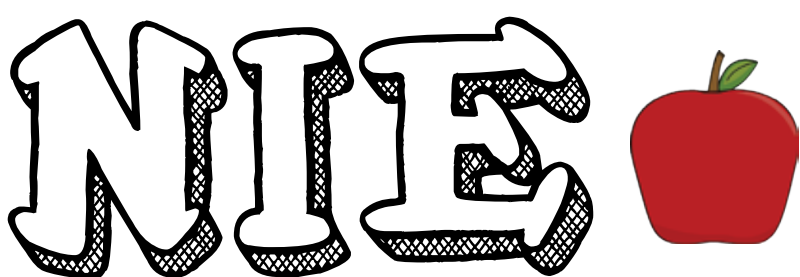
Word Scrambler

Unscramble the words below!

1. COOYENM
2. TEFYAET UYTCNO
3. ECINEDL
4. TUTEOAMVI EAR
5. NEVSLENIOLCR

Answers: 1. Economy 2. Fayette County 3. Decline 4. Automotive Era 5. Connersville

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Indiana the Strong

Sunday, March 12, 2023

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Top Drivers Help Send Indy 500 Tickets To Fans

The countdown to the 107th Running of the Indianapolis 500 presented by Gainbridge reached another special moment as the highly anticipated blue envelopes featuring Race Day tickets were mailed Wednesday, March 8 from the Indianapolis Motor Speedway Ticket Office.

The initial ticket mailing also received some assistance as Arrow McLaren teammates Pato O'Ward and Felix Rosenqvist, who finished second and fourth, respectively, in last year's edition of "The Greatest Spectacle in Racing," were part of the festivities of shipping more than 150,000 tickets. The shipments extend to all 50 U.S. states, the District of Columbia and 35 countries around the world as race fans eagerly await Indy 500 Race Day on Sunday, May 28.

Both O'Ward and Rosenqvist also signed, sealed and sent a couple of envelopes to lucky fans that will set out for their respective homelands of Mexico and Sweden.

"I had no idea the process that it was for the physical tickets to get mailed," said O'Ward, driver of the No. 5 Arrow McLaren Chevrolet. "So, for me, it just screams and yells tradition, and the Indy 500 is all about tradition. I'm really happy that I got to do this, and I got to see what it's all about. It's not just a simple email.

A few facts and figures about this year's initial ticket mailing:

- Number of tickets sent: More than 150,000 Race Day tickets (includes Race Day tickets, parking, concert tickets, etc.)
- Number of blue envelopes sent: More than 25,000
- Number of U.S. Postal Service trays to accommodate envelopes: More than 580
- Weight of all ticket envelopes and trays in first mailing: More than 5,000 pounds
- Hours needed to fill envelopes by hand: More than 880 person-hours
- Number of working days to package envelopes: 43
- Number of Penske Entertainment employees who fill envelopes: 43
- Number of states distributed: 50
- Number of countries distributed: 35 (including the United States)

There's a lot of meaning to that ticket. People collect them. People have them at home. They keep them at home, and I think that's very special."

It takes approximately nine weeks to package all pre-ordered tickets for mailing, from orders the day after the previous year's race up to current orders. Hard work from employees in the Ticket Office and other Penske Entertainment Corp. departments ensures the ticketing process runs smoothly and on schedule.

Federal postal inspectors came to IMS with a large truck for the first mailing. O'Ward and Rosenqvist joined several IMS employees in helping load the trucks.

"Oh, it's the most physical labor I've done in a while," said a smiling Rosenqvist, driver of the No. 6 Arrow McLaren Chevrolet.

"It's pretty awesome. It's a lot of tickets. When you go into that room, you're like, 'Wow.' It gives you perspective on what a big event the Indy 500 is.

"It's pretty cool to put a little personal touch to some of the envelopes and just being here with everyone from IMS just helping out. Sometimes you take for granted everything behind the scenes, but just a thing like mailing out the tickets is such a huge project, and I'm happy to be part of it. It's cool; 81 days out, we're getting closer."

Receiving an eagerly awaited blue envelope in the mail is a rite of spring for thousands of fans of "The Greatest Spectacle in Racing." But why are the envelopes blue?

In the 1970s, Indianapolis 500 tickets

were mailed in brown envelopes with the IMS return address in the upper left corner. In the 1980s, a heavier-stock, gray-colored envelope was introduced to mail the tickets, with just the IMS Post Office box number in the upper left corner. A computerized printer also was used for the first time in the 1980s to print ticket customers' name and address on each envelope.

When the NASCAR Cup Series was added to the IMS schedule in 1994, the Ticket Office needed a way to distinguish between the envelopes containing tickets for the Indianapolis 500 and the annual NASCAR race, especially if the Postal Service returned the envelope as non-deliverable.

So, the IMS Ticket Office decided to color-code the ticket envelopes for each event. Indianapolis 500 ticket envelopes became blue, Brickyard Weekend envelopes became purple, GMR Grand Prix envelopes became green, and ticket envelopes for other IMS events use a variety of colors, including red, cream, gray and yellow.

Tickets for the 107th Running of the Indianapolis 500 presented by Gainbridge on Sunday, May 28, the GMR Grand Prix on Saturday, May 13 and all other Month of May events are available at IMS.com/Tickets or via the IMS Ticket Office at (317) 492-6700.

Purdue Women's Conference 2023 To Feature More Than 20 Empowering Speakers

The Purdue Women's Network, part of the Purdue for Life Foundation, on June 8-9 will host Purdue Women's Conference 2023 at the Purdue Memorial Union.

The annual conference, which focuses on professional and personal development, will draw women from around the world looking to engage, connect and grow within a supportive community of Purdue alumnae and friends.

"This year we're welcoming Purdue women back to campus for a special opportunity to build our supportive sisterhood," said Jillian Henry, vice president of engagement at the Purdue for Life Foundation.

"This annual conference brings together Purdue alumnae and friends - from diverse industries and career levels - who want to learn from and encourage each other. We are excited to host this conference again after last year's success."

The conference will include keynotes by top speakers as well as 20 focused breakout sessions. The featured speaker is Sharon Hagle, who founded SpaceKids Global and traveled to space

in 2022. Other keynote speakers include:

- DaVida L. Anderson (LA '06), founder and executive director of Strong Sister, Silly Sister; CEO of DLA; and director of student care and integrity at Carroll Community College.

- Michelle Gladieux (HHS '93, MS T '95), president of Gladieux Consulting.

- Virginia Jacko (MS HHS '75), president and CEO of Miami Lighthouse for the Blind and Visually Impaired; president of Florida Heiken Children's Vision Program; and president and founder of Miami Lighthouse Academy.

Registration is open and can be completed online.

Cost structure:

- \$249 for members of the Purdue Alumni Association, John Purdue Club, President's Council or Parents & Families Club.

- \$299 for nonmembers.

- \$199 for employees and students from all Purdue campuses and Purdue Global.

- Register by March 31 for a \$50 discount (not applicable for the employee and student rate).

Indiana's Third-Party Testing On Toxic Train Derailment Waste Comes Back Clear

By Casey Smith

Gov. Eric Holcomb reported late Wednesday that results from third-party testing on the hazardous waste coming from East Palestine show no harmful levels of dioxins.

"Pace Labs has completed and shared the full results of their third-party dioxin testing I had ordered and expedited last week," Holcomb said in a statement.

Initial samples were taken on Saturday morning, March 4, and testing began that same day at their Minneapolis

laboratory.

"These results indicate that the material tested does not contain any harmful levels of dioxins when compared to acceptable levels established by the EPA," the governor continued. "We have informed the EPA and the site operator of these testing results."

Dioxins form when chlorine-based chemicals like vinyl chloride are burned and can settle into soil.

Holcomb had hired the Indianapolis-based company to conduct testing after the EPA started sending truckloads last

week to the landfill facility in Roachdale, located about 40 miles west of Indianapolis.

The contract announcement followed an earlier statement from the governor in which he pushed back on the U.S. Environmental Protection Agency's (EPA) decision to transport roughly 100 truckloads of contaminated soil from Ohio.

Results released by the governor's office also showed that the Roachdale site operator, Heritage Environmental Services, "is lawfully permitted to dispose of that material at its site."

The EPA will require any further materials shipped from East Palestine to undergo dioxin testing before leaving the site in Ohio.

Holcomb has also ordered continued third-party dioxin testing of any and all subsequent loads of soil coming to Indiana from the East Palestine crash site.

"We will have Pace Labs continue to test samples of any future loads that may arrive in Indiana from East Palestine to confirm that none of the material contains harmful levels of dioxins," Holcomb said.

DNR

Indiana Department of Natural Resources

Youth Reserved Turkey Hunt Applications Open March 20-31

Youth under age 18 on the day of their hunt may apply March 20-31 for reserved youth turkey hunts on DNR properties during the youth turkey hunting season.

The 2023 youth turkey hunting season is April 22-23.

Interested youth hunters or an adult representing them must register in person or by phone during regular office hours for the property they wish to hunt.

More information about the participating properties and youth turkey hunt regulations is at <http://bit.ly/3Zquj5y>.

Hunters are allowed to register for only one property. Limits are placed on the number of youth hunters allowed to hunt a respective property each day. A drawing will be held on Monday,

April 3 at properties where the number of registered hunters exceeds the spots available. A youth hunter may be drawn for one or both hunt days, depending on the number of applicants. All applicants will be notified of drawing results by mail.

To register a youth for a hunt, the following information is needed:

- Hunter's name
- Type of license and license number
- Hunt date(s)
- Mailing address
- Phone number
- Parent or guardian's name, address, and phone number

To purchase a hunting or hunting apprentice license, visit on.IN.gov/inhuntfish.

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

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Indy Airport Employees Lauded For Another Best Airport Win

The Indianapolis International Airport is at it again. For the 11th year in a row, Indiana's largest airport claimed the title as Best Airport in North America. And airport officials are making it clear it's their employees who are responsible for that amazing winning streak year over year – and they're looking to recruit from a variety of professional fields to hold that top position among North American airports into the next decade.

"The Indy airport is more than just a place where aircraft take off and land – it's very much like a city within a city," said Indianapolis Airport Authority Executive Director Mario Rodriguez. "It takes a breadth of dedicated employees from across a broad spectrum of professional backgrounds – even beyond that of aviation – to deliver a world-class customer experience."

The Best Airport in North America title is determined each year by Airports Council International-North America as part of its Airport Service Quality Awards, which recognizes the best airports for customer experience worldwide. The Best Airport designation is based on survey input from passengers on the day of their travel, giving the most complete picture of the passenger experience. Each airport is rated based on over 30 key performance indicators, such as ease of finding your way, check-in, shopping and dining offerings and cleanliness of overall facilities. The ASQ awards recognize the achievements of airports of different sizes and different regions of the world.

Many and varied roles contribute to the Indy airport's success

To keep the airport operating in top shape, it

takes a full spectrum of professionals and skilled workers beyond aviation specialties. Currently the Indy airport is recruiting for workers in the areas of operations and public safety, terminal services, maintenance, and professional staffing, as well as the summer internship program. The collective efforts and dedication of these employees are at the heart of providing a best-in-class customer experience that have earned IND top honors year after year for more than a decade.

Lindsay Rozzel, for example, is an IND police sergeant and K-9 handler, and part of the public safety team that serves to keep the airport safe and secure around the clock every day at the Indy airport.

"My favorite thing about being a police officer [at IND] with the dog is bridging the gap between myself and a stranger – just because everybody loves dogs," said Rozzel.

George Kestler, who works as an airport maintenance group leader, has been with the Indy airport for 34 years helping to keep everything looking and running at its best. And Kestler exudes the customer service mentality that is at the heart of the Indy airport culture, along with a passion for public service and a commitment to teamwork.

"A job well done is rewarding not only for yourself but for the airport," said Kestler. "So, it's easier to go out and do the job right and to do it the most efficient way that you possibly can. People come and go [in the workplace] just like planes, but the culture that we have developed here at Indy is the bedrock of this place. I feel that we'll still be number one in ten years."

The Indy airport is also known for its cleanliness;

something that gets high marks not only from passengers participating in ASQ surveys, but from all other best-in-class honors in the aviation industry. And that's because of employees like Maria LaRosa, a terminal services specialist at the Indy airport and a 2019 Visit Indy ROSE Award honoree.

"I clean well because it's like my house," said LaRosa. "If my friends come by, I would want it clean and disinfected. We all like to be in a clean area."

LaRosa and her team create not only the first impression for travelers, but one of the most noticeable and notable of the Indy airport's attributes.

Hafedh Khemir is a 2016 Visit Indy ROSE Award recipient and a chauffeur for the Indy airport parking team. He greets passengers on the airport electric shuttle buses with a smile and has a warm personality that is a trademark reflection of Hoosier Hospitality.

"I love people, and I like to drive and both of them make like a perfect combination for me," said Khemir. "Every human has unlimited kindness and it's free. And just being best airport in North America for once it is a great thing but eleven years in a row? It is fantastic. And sometimes I feel like I did a little bit just -- a little bit -- of that."

Tracy Guerrero, who serves as a program manager on the airport's supplier diversity team, said it's the variety of backgrounds and experiences IND employees bring to the table that make the airport work so well for the more than 8 million people who travel through it each year.

"It's truly been a really great experience working with a team that values diversity," said

Guerrero. "The culture here intentionally strives to ensure that internally the leadership represents the community it serves, and externally works with vendors and partners that are diverse as well -- while making an economic impact in our community."

IAA employees are also compensated well for their work, which includes benefits like paid child-care reimbursement up to \$10,000 per year, paid tuition assistance up to \$5,250 annually, free healthcare and a generous medical, dental, vision and prescription drug benefit package, a 5-percent retirement plan matching, and generous paid time off – all in addition to the chance to work with an award-winning team where each individual is valued.

Employee dedication earns accolades, repeat international recognition. In addition to earning the top spot for the past 11 years straight among airports that accommodate 5 million to 15 million passengers annually, the Indy airport's employees have landed the ACI-NA Best Airport in North America title for 12 years overall. That's a feat that earns accolades from the airport management industry's top brass.

"Travelers have spoken and recognized the successful efforts of these airport communities in providing outstanding customer experience," said Luis Felipe de Oliveira, director general of ACI World. "The ASQ program not only measures and benchmarks, but also provides airports of all sizes with an opportunity for continual learning and improvement to reach new heights in customer experience excellence."

To join the team behind the Indy airport's award-winning status, visit IND.com/Careers.



Family Caregivers In Indiana Provide \$10.8 Billion In Unpaid Care To Loved Ones


The unpaid care provided by the 790,000 family caregivers in Indiana is valued at \$10.8 billion, according to new state data available in the latest update to AARP's Valuing the Invaluable series. This is more than a \$1.5 billion increase in unpaid contributions since the last report was released in 2019. The report highlights the growing scope and complexity of family caregiving and highlights actions needed to address the many challenges of caring for parents, spouses, and other loved ones.

"Family caregivers play a vital role in Indiana's healthcare system," said Sarah Waddle, AARP Indiana State Director. "Whether they care for someone at home, coordinate home

health services, or help someone who lives in a nursing home, the care they provide is invaluable both to those receiving it and to their community."

AARP Indiana has fought and will continue to fight for family caregivers and their loved ones. Over the past year, AARP Indiana has helped advance legislation that cuts red tape for physicians by having the state join the interstate medical licensure compact; expands the list of healthcare providers that can participate in telemedicine; and ensures that Indiana gets serious about reforming a long-term care system that is falling short.

Resources and information on family caregiving are available at aarp.org/caregiving.



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In The Kitchen

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Enjoy Better-for-You Foods Focused on Flavor

FAMILY FEATURES

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

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

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

Eat Smart with Seafood

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

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

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

Orange Shrimp Quinoa Bowls

Servings: 2

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

Cook quinoa according to package instructions. Set aside.

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

Add shrimp to remaining mixture and marinate 15 minutes.

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

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

Drizzle with reserved dressing.



Orange Shrimp Quinoa Bowls

Start the New Year with a Savory Salad

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

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

Discover more fresh recipe ideas at FreshExpress.com.

Pesto Pasta Salad

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 6

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

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

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

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

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



Pesto Pasta Salad



Brunch Fruit Tart

A Fruity Twist on Breakfast

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

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

Visit Culinary.net to find more nutritious breakfast ideas.

Brunch Fruit Tart

Recipe adapted from homemadeinterest.com

Crust:

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

Filling:

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

Toppings:

- strawberries, sliced
- blueberries
- kiwis, sliced

To make crust: Preheat oven to 350 F.

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

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

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

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

Meatless Meals Made Easy

FAMILY FEATURES

Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like these Baked Vegetarian Taquitos. Or for a twist on a classic dish, Tri-Color Quinoa can be layered with traditional flavors in this Mushroom Spinach "Lasagna." Packed with protein and all nine essential amino acids, the quinoa is a good source of fiber.

To find more meatless meal inspiration, visit SuccessRice.com.

Baked Vegetarian Taquitos

Prep time: 15 minutes
Cook time: 20 minutes
Servings: 4

- 1 bag Success Brown Rice
- 1 cup shredded collard greens, packed
- 1/4 cup frozen corn
- 1 cup canned black beans, drained and rinsed
- 2/3 cup canned pumpkin puree
- 1 1/2 tablespoons taco seasoning
- 8 flour tortillas (6 inches each)
- 1 cup Monterey Jack cheese, shredded
- 2 tablespoons olive oil
- sour cream, for dipping
- salsa, for dipping
- guacamole, for dipping
- fresh cilantro, for garnish

Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.

Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.

Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.

Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.

Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.



Mushroom Spinach "Lasagna"

Prep time: 10 minutes
Cook time: 30 minutes
Servings: 6

- 2 bags Success Tri-Color Quinoa
- 1 tablespoon olive oil
- 2 garlic cloves, chopped
- 1/2 cup onion, chopped
- 1 cup mushrooms, sliced
- 4 cups baby spinach leaves
- 3 cups tomato sauce
- 2 cups ricotta cheese
- 1 egg, lightly beaten
- 1/2 cup grated Parmesan cheese, divided
- 1 tablespoon Italian seasoning
- 1 1/2 cups shredded mozzarella cheese, divided

Prepare quinoa according to package directions.

Preheat oven to 375 F.

In large skillet, heat oil over medium heat. Add garlic and onions; saute 1 minute. Add mushrooms and cook 5 minutes, stirring occasionally. Add spinach and stir until wilted, about 2 minutes. Stir in tomato sauce and keep warm.

In medium bowl, combine ricotta, egg, 1/4 cup Parmesan cheese and Italian seasoning.

Place 1 cup sauce in bottom of 2-quart baking dish. Spread half of quinoa evenly over sauce. Top with half of ricotta mixture. Top with 1 cup sauce. Sprinkle with 1 cup mozzarella. Repeat layers, finishing with remaining mozzarella and Parmesan cheese.

Bake uncovered 30 minutes. Serve warm.

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As we age, our health becomes more and more important. Dr. John Roberts, a well-respected physician, gives us great information on the things that matter to our well-being, as well as how to live healthier. Taking care of ourselves is vital and Dr. Roberts can give you the inside track on how to do exactly that.

Catch Dr. Roberts every Monday,
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The Paper
OF MONTGOMERY COUNTY

SUNDAY

In The Kitchen

Sunday, March 12, 2023

C3

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



Feta Roasted Salmon and Tomatoes

A Mission for Nutrition

Accomplish health goals with better-for-you family meals

FAMILY FEATURES

Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in these recipes from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in Feta Roasted Salmon and Tomatoes and 15-Minute Weeknight Pasta provide vitamin B12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones. Meanwhile, the homemade yogurt sauce served alongside these Grilled Chicken Gyros provides protein and zinc.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org.

Feta Roasted Salmon and Tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Prep time: 15 minutes
Cook time: 15 minutes
Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided

- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.

In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.

Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.

Place salmon on serving plates. Spoon tomato mixture over top.

Grilled Chicken Gyros

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More
Prep time: 30 minutes, plus 30 minutes chill time
Cook time: 20 minutes
Servings: 8

Chicken:

- 3 tablespoons unsalted butter, melted
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped fresh oregano
- 2 cloves garlic, peeled and minced
- 3 tablespoons freshly squeezed lemon juice
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 pounds boneless, skinless chicken breasts

Yogurt Sauce:

- 1 1/2 cups plain, whole-milk yogurt
- 1 1/2 tablespoons freshly squeezed lemon juice
- 1/2 cup diced cucumber
- 2 tablespoons chopped fresh dill
- 1 clove garlic, peeled and minced

- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

- 3-4 small loaves whole-wheat pita bread, halved lengthwise
- 1 cup thinly sliced tomatoes
- 1/2 cup thinly sliced red onion

To make chicken: Place melted butter, dill, oregano, garlic, lemon juice, salt and pepper in gallon-size zip-top freezer bag. Seal bag and shake contents to combine. Add chicken. Seal bag, pressing air out of bag. Shake chicken to coat with marinade. Refrigerate chicken in marinade 30 minutes.

To make yogurt sauce: Stir yogurt, lemon juice, diced cucumber, dill, garlic, salt and pepper. Cover sauce and refrigerate.

Heat grill to medium heat. Grill chicken over direct heat, about 10 minutes per side, until cooked through. Transfer chicken to cutting board and rest 10 minutes. Thinly slice chicken across grain.

Serve chicken on pita bread with tomatoes, red onion and yogurt sauce.



15-Minute Weeknight Pasta

15-Minute Weeknight Pasta

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More
Prep time: 5 minutes
Cook time: 10 minutes
Servings: 6

- 6 quarts water
- 16 ounces linguine or penne pasta
- 2 tablespoons unsalted butter
- 1/2 cup thinly sliced onion
- 1 cup thinly sliced carrots
- 1 cup thinly sliced sweet bell pepper
- 1/2 cup grape tomatoes, halved
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cloves garlic, peeled and minced
- 1 cup reserved pasta water
- 1 teaspoon finely grated lemon zest

- 1/2 cup smoked provolone cheese, shredded
- 1/4 cup chopped fresh parsley (optional)
- Parmesan cheese (optional)

Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.

In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Sauté vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.

Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.

Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired.



Grilled Chicken Gyros

SUNDAY

In The Kitchen

Sunday, March 12, 2023

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Quick and Easy Dishes from *Around the Globe*

FAMILY FEATURES

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

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

Mediterranean

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

Asia

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

Middle East

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

Latin America

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

North America

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

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



Kale and Kimchi "Fried" Rice

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

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

Heat rice according to package directions.

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

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

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

Mexican Breakfast Scramble

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

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

Heat rice according to package directions.

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

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

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



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SUNDAY

In The
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Elevate Your Garden's Beauty With Jewel-Tone Plants



MELINDA MYERS
Columnist

Bring the beauty of your favorite gemstones into the garden and your outdoor living space with the help of jewel-toned plants. Even a pot of these beauties placed on the balcony can provide bold color, vibrancy, and lushness to any space.

Select plants with leaves, flowers, or both in the saturated colors of gemstones like rubies, amethyst, topaz, sapphire, and turquoise. Select plants with colors that complement your home and landscape and will thrive in the growing conditions in your gardening space.

Look for opportunities to include these rich colors throughout the growing season. Jewel-toned pansies, ornamental cabbage and kale, and calendula are a few plants that thrive in cooler weather, providing welcome color before other plants appear or have faded in the summer heat.

As temperatures rise, include rich yellows and oranges of Rudbeckias and sunflowers. Add a showy and exotic look to the garden with Crocosmia. Plant Lucifer for bright red flowers, Prince of Orange for its red-orange blooms, and George Davidson for an added touch of yellow. Check out the many colorful varieties of dahlias and gladiolus that



Photo courtesy of All-America Selections

Blue by You salvia has rich blue blossoms from late spring into fall and attracts butterflies and hummingbirds.

grow well in the garden and containers and make great additions to your garden bouquets. Canna's bold and colorful foliage is impressive all season long and is sure to command attention when topped with flowers.

Add colorful zinnias for season-long color. You can start them from seed right in the garden or buy transplants for earlier bloom. Look for disease-resistant varieties and those with bold colors like Benary's giant deep red, Profusion red, and Double Zahara Fire's orange-red blooms. These sunny loving annuals are also heat and drought-tolerant, making them perfect for low-maintenance gardens.

Plant some tall Mexican sunflowers in the back of the garden. Consider Fiesta Del Sol, a more compact variety, if you want something shorter and more compact. No matter which you grow, you and the pollinators will enjoy the orange blooms.

Keep the color going with summer to fall

blooming Helenium which is hardy in zones three to eight. Hot Lava is topped with fire engine red flowers while Butterpat has vibrant yellow blossoms

Coral bells come in a wide variety of leaf colors, making it easy to include jewel tones all season long. Many shade-tolerant hostas have deep green foliage that provides the perfect backdrop for other flowers.

Combining complementary colors that appear opposite of each other on the artist's color wheel creates an eye-catching display. Dark colors can easily disappear in the background or shade. Teaming them with a complementary colored plant or light background can help them pop. A combination of purple-leaved bugbane and the fine chartreuse foliage of Hakone grass, for example, allows both plants to shine while creating a splendid display.

Make sure the plants you combine are equally bold, so each adds to

the overall design. Mix in some green foliage to provide a bit of color relief. Too much of a good thing, including vibrant colors, can overpower the landscape and create a somewhat chaotic feel.

Make notes on the plants and combinations you want to repeat next year. Note those that didn't perform to your expectations and don't need to be repeated. If you decide to expand upon this theme, be sure to add some jewel-toned, spring-flowering bulbs like tulips and hyacinths to the landscape this fall.

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.

A Tropical Atmosphere With Canna: The Summer Bulb Of The Year

Canna has been crowned summer bulb of the year. With its broad leaves and cheerful flowers, this exotic beauty lends gardens a tropical atmosphere. For that holiday feeling in your own garden! What's more: Canna is super strong, a real power plant.

Beautiful background The leaves of Canna alone are spectacular. Rolled up as a young leaf, they unfold into broad leaves in green or chocolate brown colors. The green leaves are reminiscent of banana leaves. Canna leaves are often variegated. With their exotic look, they make for a beautiful background for other plants and flowers in the garden.

Many varieties The first flowers of this tropical surprise will appear in July. Through to October, they will tower above the leaf in red, orange, yellow, white or pink. Some flowers are even multicolored: speckled or with colored edges, for example. Canna comes in taller and shorter or dwarf varieties.

How to plant? Canna has tuberous rhizomes: underground stems where they store food reserves. They should be planted in April or May, once the soil has warmed up a bit after winter. Canna feels at home in borders and large pots alike. Choose a sheltered spot in the sun or half shade: the more sun, the richer the flowering. Dig a shallow planting hole of about 4

inches. Place the rhizome with the 'eyes' (growth points) facing upwards, then cover with soil and water.

Care The plant will grow of its own accord. The final height varies from 1.5 to more than 6 foot. Canna rarely needs support. It does, however, gratefully receive feed in the form of organic manure. If you deadhead the wilted flowers, Canna will continue to produce new flower buds. Branches left in place will develop elegant seed pods. Branches like these can be cut off and put in a vase.

Wintering Canna hails from South America. They are happy to hibernate outside in mild winter weather. In the fall, fold down leaves that are starting to die off and apply a layer of straw if necessary. For wintering out of the soil, dig out the rhizomes and store them in a cool, frost-free place. The following spring, you can simply replant them and start the cycle again.

Interesting little facts
* The name Canna comes from the Greek word Kanna, which means 'reed'. Canna is also called Canna lily, although it is not actually a lily.
* Canna has its own family, the Cannaceae.
* In Thailand, it is customary to offer a Canna flower as a gift on Father's and Mother's Day.
* In some countries, Canna seeds are used to make rosaries.

A Low-Maintenance Garden With Perennials

If you have little spare time, but still want a green garden, perennials are the answer! As long as you choose the right plants and plant them with a little attention, you won't need to pay them much attention at all afterwards. Even better: they will come back year after year, so you can enjoy color in your garden for years.

Sun or shade With low-maintenance perennials, you will enjoy both a green garden and little work. These plants grow fast, so weeds will have little chance. Put them at the right distance from each other; you will find this information on the label. Also pay attention to the location; some perennials like a super sunny spot, while others prefer the shade or half-shade.

A selection of the many low-maintenance varieties
• Holly fern (Polystichum)
Location: shade
Height: 3 to 4 ft
Flowering months: not applicable
Beautiful evergreen fern that requires little water.
• Cranesbill (Geranium)
Location: partial shade
Height: 1.5 to 2 ft
Flowering months: May - September
An endlessly flowering perennial. Works well in groups, but also suitable for filling bare spots in your garden.
• Alstroemeria Indian

Summer
Location: full sun/partial shade
Height: 2 to 3 ft
Flowering months: July - October
Flowers until late fall and is suitable as a cut flower.
• Korean aster (Kalimeris)
Location: full sun
Height: 2 to 2.5 ft
Flowering months: July - October
These flowers have a cheerful, summery look.
• Black-eyed Susan (Rudbeckia)
Location: full sun
Height: 2 to 3 ft
Flowering months: August - September
For those who like sunny yellow in their border.
Practical tips
• Position low plants in front of taller ones.
• Dig a planting hole more than twice the size of the root ball and loosen the soil at the bottom and all around before planting.
• Soak the root ball properly and then firmly squeeze the bottom of the root ball to create new roots.
• Plant the same perennial plant, preferably in larger groups together, at least 3 pieces and preferably an odd number.
• In spring, trim away any dead stems from taller plants. Until then, they will form a pleasing winter silhouette.
Visit www.perennial-power.eu for more varieties, tips and inspiration.

Gardeners Asked To Be Vigilant This Spring For Invasive Jumping Worms

While earthworms in the spring are a happy sight for gardeners, an invasive worm species is wreaking havoc for landowners and gardeners in southern Indiana.

Robert Bruner, Purdue Extension's exotic forest pest specialist, describes jumping worms, an invasive species to North America in the genus Amyntas: "Traditionally, when we see earthworms, they are deep in the ground and a little slimy. The jumping worms are a little bit bigger, kind of dry and scaly, and tend to thrash around much like a snake does."

While worms have a reputation as a helpful species found in the soil ecosystem, invasive jumping worms do not live up to that standard, Bruner explained. Jumping worms will consume all organic material from the top layer of soil, leaving behind a coffee ground-like waste with no nutrients for plants or seeds.

Since jumping worms stay within the first few inches of topsoil, they are not creating channels

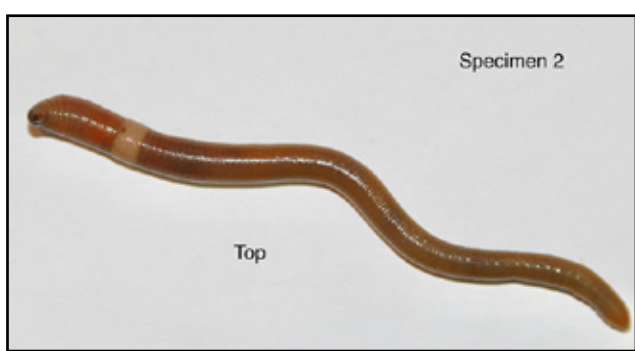


Photo courtesy of Purdue Agricultural Communications

for water and air the way earthworms do, disrupting water flow to plant roots.

"So basically, they're just very nasty pests that ruin the quality of our soil, and the only thing that can really grow in soil like that are essentially invasive plants, or species that are meant to survive really harsh conditions," Bruner said.

Currently, the worms are being found in cities around southern Indiana, he said, particularly in Terre Haute. There is still much to learn about jumping worms, making eradication efforts difficult. One thing that is known, Bruner said, is they aren't a migrating species.

"This is the kind of invasive pest that is moved

almost entirely through human activity. They don't crawl superfast," he explained. "So, when they move, that means they're moving because we're transferring soil, say, from someone's plants or someone's compost and we're bringing them to a new area."

Bruner is working with fellow Purdue Extension educators to spread the message that gardeners should not share ground soil or compost and avoid potted plants from unknown sources. If you suspect jumping worms are present in your own soil, Bruner suggests a process called solarizing to eliminate unwanted pests. Gardeners should lay down a black or dark-toned tarp on a sunny day

and sprinkle a thin layer of soil on top, allowing it to reach a temperature over 105 degrees Fahrenheit.

Bruner cautions that jumping worms can escape during the solarizing process, "so you need to completely wrap the soil up in the tarp, essentially making the world's worst sandwich, and allow it to heat up and kill whatever is in there."

Bruner said whether the worms will create a major issue for gardeners this season remains to be seen, but he isn't as concerned for farmers.

"It's a bit of a nightmare pest if you do gardening, but we don't have evidence yet that it will spread into agricultural fields," he said. "We don't think it's going to kill any kind of industry. We're asking people to be on the lookout and use your best judgment when you're getting your soil."

Any invasive species sightings should be reported to the Indiana Department of Natural Resources at depp@dnr.in.gov or by calling 1-866-663-9684.

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BBB Risk Report: Employment Scams Climbed To Second Riskiest In 2022

Employment scams are now the second riskiest, according to a new report from the Better Business Bureau. Employment scam reports submitted to BBB Scam Tracker ☐ were up 23.1 percent from 2021 to 2022.

The median dollar loss of \$1,500 for employment scams is significantly higher than the overall median dollar loss of \$171 for all scam types.

“Employment scams, which peaked at #1 on our list in 2019, are seeing a resurgence,” said Melissa Lanning Trumpower, executive director of the BBB Institute for Marketplace Trust, which produced the 2022 BBB Scam Tracker Risk Report. “This is a high-touch scam in which perpetrators spend more time with their targets in the hope of stealing more money from each target. Employment scams tied for the highest median dollar loss of all scam types. Home improvement scams, #4 on our list of riskiest scams, also had a median dollar loss of \$1,500.”

The Indiana Department of Workforce Development (DWD) was the 11th most impersonated entity alongside major corporations such as Amazon, Microsoft, PayPal and Facebook. Last year, BBB Central Indiana issued a warning about a scam making its rounds of con artists posing as DWD to prey on unsuspecting individuals.

“To be listed as one of the top impersonated organizations last year goes to show its prevalence,” stated BBB Central Indiana President and CEO, Cathy Armour. “Scam-

mers made up a program called ‘Back2Work.’ They send a text message claiming people could expect a considerable amount of money through a direct deposit by clicking the provided link.”

It can be difficult to trace who’s behind this phishing scheme which tries to lure people into giving personally or financially sensitive information. However, one thing that’s for certain is the DWD will not ask to verify information through text messages.

Online purchase (shopping) scams remained the #1 riskiest scam type in 2022.

Cryptocurrency scams dropped in 2022, from second to third riskiest because of a decline in reported scams, susceptibility (the percentage of those who lose money when exposed to a scam), and median dollar loss. Romance scams reappeared on the list this year, rising from #14 in 2021 to #7 in 2022 because of an increase in reports and a higher median dollar loss.

Key findings of the report include:

- More people reported losing money when targeted by a website, social media, or email than other contact methods.
- Those who were targeted in person reported losing the largest amount of money (\$715), followed by text message (\$579) and phone (\$550).
- Text message scams increased 39.6 percent, up from 12.7 percent in 2022.
- Scams perpetrated online were more likely to result in a monetary loss, compared with scams being targeted by

phone or in person.

- Credit cards remained the most reported payment method with a monetary loss, followed by online payment systems.

- The payment methods with the highest median dollar loss were wire transfer (\$2,700), check (\$1,277), and cryptocurrency (\$1,135).

- The riskiest scam type varied among age groups, with employment scams landing as the #1 riskiest for ages 18 to 34.

- Online purchase scams were again the #1 riskiest for ages 35 to 64. Home improvement scams were the #1 riskiest for ages 65+.

- Military consumers (active-duty military, spouses, and veterans) reported significantly higher median financial losses (\$238) than non-military consumers (\$163). Active-duty military reported losing significantly more money (\$490) than military spouses (\$248) and veterans (\$200).

The most impersonated organizations reported to BBB Scam Tracker in 2022:

- Amazon
- Geek Squad
- Publishers Clearing House
- U.S. Postal Service

RESOURCES

For more highlights from the 2022 BBB Scam Tracker Risk Report, visit BBBMarketplaceTrust.org/RiskReport.

Go to BBB.org/ScamTracker to report a scam, learn more about other risky scams on BBB.org/ScamTips and visit our news feed.

State Sending Business Delegation To Asia

Indiana Secretary of Commerce Brad Chambers will lead an economic development trip to Japan and the Republic of Korea. They are scheduled to arrive in Tokyo today and departing Seoul Friday. In Asia, the Secretary will showcase Indiana’s battery and electric vehicle industries at the Inter-Battery Conference in Seoul and will target strategic growth in high-tech industries, including semiconductors and life sciences, that are vital to the economy of the future.

“Indiana’s economy is robust and continues to gain momentum as a high-tech, future-focused global leader,” Chambers said. “Indiana is pursuing strategic growth in critical sectors that will be central to tomorrow’s economy. As one of eight states invited to participate in Korea’s top battery summit, Indiana innovation will be taking center stage, bolstering our growing battery and electric vehicle supply chain for years to come.”

In Japan, Chambers will meet with government officials, including leadership of the U.S. Embassy in Japan, to discuss the strong and long-lasting ties between Indiana and Japan. The Secretary will also meet with business prospects and leaders of Japanese businesses with Indiana operations in Tokyo and Nagoya to discuss continued collaboration and opportunities to accelerate the future of mobility in Indiana.

On Wednesday, the Secretary will travel to South Korea, leading an Indiana delegation to Seoul to participate in the InterBattery Conference – Korea’s leading battery exhibition showcasing various new products and technologies related to the battery industry. Indiana, which will exhibit at the event for the first time, was one of eight states invited by the U.S. Embassy in Seoul to be part of the conference’s U.S. pavilion. The state, which will be

joined by Dave Roberts, CEO of the Applied Research Institute, and Ben Wrightsman, CEO of the Battery Innovation Center, will showcase Indiana’s leadership in energy storage, electrification, electric vehicles and the industry’s supply chain, targeting new business prospects and investment opportunities. At the conference, Chambers and the delegation will visit with industry partners, including Samsung SDI, which recently announced a new joint venture with Stellantis to establish a gigafactory in Kokomo; network with South Korea-based and global leaders in batteries and electric vehicles at conference events; and present to industry leaders at a seminar led by the U.S. Embassy in Korea, highlighting the many competitive advantages of doing business in Indiana.

While in Seoul, the Secretary will also work to advance industry partnerships and momentum in future-focused sectors such as semiconductors and life sciences, meeting with businesses interested in investing in the U.S. and hosting a Friends of Indiana reception to celebrate the growing relationship between Indiana and South Korea.

Indiana is home to more than 1,050 foreign-owned business establishments, representing more than 40 countries and territories – including more than 300 from Japan and 12 from South Korea. Among all U.S. states, Indiana has the largest amount of Japanese investment per capita. This trip marks Sec. Chambers’ second trip to Korea and first trip to Japan as Indiana Secretary of Commerce.

In 2022, 32 foreign-owned businesses committed to locating or growing in Indiana. Together, these firms plan to invest \$7.25 billion in Indiana, accounting for 33% of total capital investments committed in 2022 and creating more than 6,400 new jobs.

State Parks Director Honored

Terry Coleman, director of Indiana State Parks, was recently presented with the Great Lakes Park Training Institute’s highest honor, the Lawson Award.

Named for Richard Lawson, a longtime GLPTI chair, the award is presented annually to individuals who have exemplified continued and significant contributions in the park and recreation profession/community for an extended time.

A long-term GLPTI attendee, Coleman has dedicated his career to serving the public through parks in the Great Lakes region. His career with state parks began humbly in 1980, cleaning vault toilets at

Pokagon State Park. During the next 40 years, he served in many other roles in Indiana State Parks, from maintenance worker, to assistant property manager, to property manager, to north region manager.

Coleman also served the Great Lakes region from 2012 to 2014 at Ohio State Parks before returning to the Hoosier state to serve as deputy director of Indiana State Parks. In 2020, he was named director.

Indiana State Parks have thrived during his tenure as director, posting record visitation and revenue, as well as receiving critical, multi-million dollar investments from

the state to address deferred maintenance needs and fund capital improvements.

“We have such an important mission in caring for the most special and treasured natural, cultural and recreational resources of our state,” Coleman said.

GLPTI, which began in 1947, is coordinated by the Eppley Institute for Parks and Public Lands at Indiana University. It is an annual conference that explores current issues and techniques in parks, provides networking opportunities, and recognizes outstanding projects and individuals at its annual awards dinner.



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Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

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

Dr. Curtis Brouwer, Pastor
765-918-4949



Woodland Heights Christian Church

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

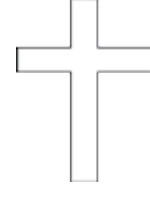
Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

A family for everyone



Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

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

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

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

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



*Helping
people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



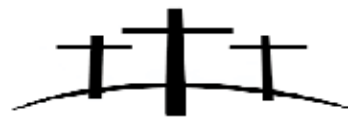
Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

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



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

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

ladogachristianchurch@gmail.com

www.ladogacc.com



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

Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting

6 pm - 7 pm

Thursday Bible Study

6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



FIRST UNITED
METHODIST CHURCH
Follow in The Sun

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

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

All are welcome to join and
all are loved by God



Faith Baptist Church

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

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

Where church is still church
Worship Hymns
Bible Preaching




EAST SIDE BAPTIST CHURCH

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

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through truth and love



Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

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



Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington
765-794-4716

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

You can find us on Youtube and Facebook



Christ's United Methodist Church

Dr. David Boyd

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

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

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



First Baptist Church

CRAWFORDSVILLE, INDIANA

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

You can watch us on YouTube and Facebook
Watch Sunday Mornings

YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

- Apostolic:**
Garfield Apostolic Christian Church
Rt. #5, Box 11A, Old Darlington Road
794-4958 or 362-3234
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Bible Study: 6:30 p.m.
Pastor Vernon Dowell
- Gateway Apostolic (UPCI)*
2208 Traction Rd
364-0574 or 362-1586
Sunday School: 10 a.m.
- Moriah Apostolic Church*
602 S. Mill St.
376-0906
10 a.m. Sunday, 6 p.m. Wednesday
Pastor Clarence Lee
- New Life Apostolic Tabernacle*
1434 Darlington Avenue
364-1628
Worship: Sunday 10 a.m.; 6 p.m.
Sunday: The Voice of Healing & Restoration on 103.9 at 9 a.m.
Tuesday prayer: 7 p.m.
Thursday Mid-week: 7 p.m.
Pastor Terry P. Gobin
- One Way Pentecostal Apostolic Church*
364-1421
Worship 10 a.m.
Sunday School: 11 a.m.
- Apostolic Pentecostal:**
Cornerstone Church
1314 Danville Ave.
361-5932
Worship: 10 a.m.; 6:30 p.m.
Bible Study: Thursday, 6:30 p.m.
- Grace and Mercy Ministries*
257 W. Oak Hill Rd.
765-361-1641
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
Sunday School: 11 a.m.
Co-Pastors Nathan and Peg Miller
- Assembly of God:**
Crosspoint Fellowship
1350 Ladoga Road
362-0602
Sunday Services: 10 a.m.
Wednesdays: 6:30 p.m.
- First Assembly of God Church*
2070 Lebanon Rd.
362-8147 or 362-0051
Sunday School: 9 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
- Baptist:**
Browns Valley Missionary Baptist Church
P.O. Box 507, Crawfordsville
435-3030
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
- Calvary Baptist Church*
128 E. CR 400 S
364-9428
Sunday School: 9:30 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Calvary Crusaders Wednesdays: 6:45 p.m.
Pro-Teen Wednesdays: 7 p.m.
Pastor Randal Glenn
- East Side Baptist Church*
2000 Traction Rd.
362-1785
Bible Study: 9 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m. Prime Time
Teens, Pioneer Clubs; 6:45 p.m. :Adult Bible Study
Rev. Steve Whicker
- Faith Baptist Church*
5113 S. CR 200 W
866-1273
Sunday School: 9:30 a.m.
Worship: 10:30 a.m. and 6 p.m.
Wednesday Prayer Meeting: 7 p.m.
Pastor Tony Roe
- First Baptist Church*
1905 Lebanon Rd.
362-6504
Worship: 8:15 a.m.; 10:25 a.m.
Sunday School: 9:30 a.m.
High School Youth Sunday: 5 p.m.
- Freedom Baptist Church*
6223 W. SR 234
(765) 435-2177
- Worship: 9:30 a.m.
Sunday School is 10:45 a.m.
Wednesday Bible Study: 7 p.m.
Pastor Tim Gillespie
- Fremont St. Baptist Church*
1908 E. Fremont St.
362-2998
Sunday School: 10 a.m.
Worship: 11 a.m.; 6 p.m.
Pastor Dan Aldrich
- Friendship Baptist Church*
U.S. 136 and Indiana 55
362-2483
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Friendship Kids for Christ: 6 p.m.
Pastor Chris Hortin
- Ladoga Baptist Church*
751 Cherry St., Ladoga
942-2460
Sunday School 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study 7 p.m.
Ron Gardner, Pastor
- Mount Olivet Missionary Baptist*
7585 East, SR 236, Roachdale
676-5891 or (317) 997-3785
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Evening: 7 p.m.
Bro. Wally Beam
- New Market Baptist Church*
200 S. First St.
866-0083
Sunday School: 9 a.m.
Worship: 10 a.m.
Children's church and child care provided
- Second Baptist Church*
119 1/2 S. Washington St,
off of PNC Bank.
363-0875
Sunday School: 10 a.m.
Worship: 11 a.m.
- StoneWater Church*
120 Plum St., Linden
339-7300
Sunday Service: 10 a.m.
Pastors: Mike Seaman and Steve Covington
- Waynetown Baptist Church*
Corner of Plum and Walnut Streets
234-2398
Sunday School: 9:30 a.m.
Fellowship: 10:30 a.m.
Worship: 11 a.m.
Children's Church: 11:10 a.m.
Pastor Ron Raffignone
- Christian:**
Alamo Christian Church
866-7021
Worship: 10:30 a.m.
- Browns Valley Christian Church*
9011 State Road 47 South
435-2590
Sunday School: 9 a.m.
Worship: 10 a.m.
- Byron Christian Church*
7512 East 950 North, Waveland
Sunday School 9 a.m.
Worship Service 10 a.m.
- Waynetown Christian Union Church*
SR 136, then south on CR 650.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Wed. Prayer: 5:30 p.m. - 7 p.m., Wed Bible Study 7 p.m.
Kingdom Seekers Youth Group (alternate Sundays)
Pastor Seth Stultz
- Darlington Christian Church*
Main and Washington streets
794-4558
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
- First Christian Church (Disciples of Christ)*
- 211 S. Walnut St.
362-4812
SUNDAY: 9:22 a.m. Contemporary
Café worship
9:30 a.m. Adult Sunday School
10:40 a.m. Traditional Worship
WEDNESDAY: 5-7 a.m. Logos Youth
Dinner & Program
Pastor: Rev. Daria Goodrich
- Ladoga Christian Church*
124 W. Elm St.
942-2019
Sunday School: 9 a.m.
Worship: 10 a.m.; 6 p.m.
- Love Outreach Christian Church*
611 Garden St.
362-6240
Worship: 10 a.m.
Wednesday: 7 p.m.
Pastors Rob and Donna Joy Hughes
- New Hope Chapel of Wingate*
275-2304
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Bible Study: 6:30 p.m., Wed.
Youth Group: 5:30 p.m., Wed.
Homework Class: 4:30 p.m. Wed & Thurs.
Champs Youth Program: 5:30 p.m. Wed.
Adult Bible Class: 6:30 p.m. Wed.
Pastor Duane Mycroft
- New Hope Christian Church*
2746 US 231 South
362-0098
newhopefortoday.org
Worship and Sunday School at 9 a.m. & 10:30 a.m.
- New Market Christian Church*
300 S. Third St.
866-0421
Sunday School: 9 a.m.
Worship: 10 a.m.
Wednesday evening: Bible Study 6:15,
Youth 6:15, Choir 7:15
Pastor Gary Snowden
- New Richmond Christian Church*
339-4234
202 E. Washington St.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor John Kenneson
- New Ross Christian Church*
212 N. Main St.
723-1747
Worship: 10 a.m.
Youth Group: 5:30-7 p.m. Wednesday
Minister Ivan Brown
- Parkersburg Christian Church*
86 E. 1150 S., Ladoga
866-1747
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Rich Fuller
- Providence Christian Church*
10735 E 200 S
723-1215
Worship: 10 a.m.
- Waveland Christian Church*
212 W. Main St.
435-2300
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
- Waynetown Christian Church*
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.
- Whitesville Christian Church*
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
Whitesvillechristianchurch.com
- Woodland Heights Christian Church*
468 N. Woodland Heights Dr.
362-5284
Sunday School: 9:30 a.m.
Worship: 8:15 a.m. (traditional);
10:30 a.m. (contemporary)
Student Ministry: 5 p.m., Sunday
Pastor Tony Thomas
- Young's Chapel Christian Church*
Rt. 6, Crawfordsville
794-4544
- Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor: Gary Edwards
- Church of Christ:**
Church of Christ
419 Englewood Drive
362-7128
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
- Southside Church of Christ*
153 E 300 South, east of US 231
765-720-2816
Sunday Bible Classes: 9:30 a.m.
Sunday Morning Worship: 10:30 a.m.
Sunday Evening Worship: 5 p.m.
Wednesday Bible Classes: 7 p.m.
Preacher: Brad Phillips
Website: southsidechurchofchristindiana.com
- Church of God:**
First Church of God
711 Curtis St.
362-3482
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Chuck Callahan
- Grace Avenue Church of God*
901 S. Grace Ave.
362-5687
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Duane McClure
- Community:**
Congregational Christian Church
402 S. Madison St., Darlington
794-4716
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.
- Crawfordsville Community Church*
Fairgrounds on Parke Ave.
Crawfordsville
794-4924
Worship: 10 a.m.
Men's prayer group, Mondays 6:30 p.m.
Pastor Ron Threlkeld
- Gravelly Run Friends Church*
CR 150 N, 500 E
Worship: 10 a.m.
- Harvest Fellowship Church*
CR 500 S
866-7739
Pastor J.D. Bowman
Worship 10 a.m.
- Liberty Chapel Church*
500 N CR 400 W
275-2412
Sunday School: 9 a.m.
Worship: 10 a.m.
- Linden Community Church*
321 E. South St., Linden (Hahn's)
Sunday: 9:15
- Yountsville Community Church*
4382 W SR 32
362-7387
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Alan Goff
- Episcopal:**
Bethel African Methodist Episcopal
213 North St., Crawfordsville
364-1496
- St. John's Episcopal Church*
212 S. Green Street
765-362-2331
Sunday Eucharist: 8 a.m. and 10:30 a.m.
Christian Formation: 9:15 a.m.
Midweek Eucharist Wednesday: 12:15 p.m.
- Full Gospel:**
Church Alive!
1203 E. Main St.
362-4312
Worship: 10 a.m.; Wednesday, 7 p.m.
- Enoch Ministries*
922 E. South Boulevard
Worship: Sunday, 10 a.m.
Pastor: Jeff Richards
- New Bethel Fellowship*
406 Mill St., Crawfordsville
362-8840
Pastors Greg and Sherri Maish
Associate Pastors Dave and Brenda Deckard
- Worship 10 a.m.
- Victory Family Church*
1133 S. Indiana 47
765-362-2477
Worship: 10 a.m.; Wednesday 6:30 p.m.
Pastor Duane Bryant
- Lutheran:**
Christ Lutheran ELCA
300 W. South Blvd. • 362-6434
Holy Communion Services: 8 a.m. and 10:30 a.m.
Sunday School: 9:15 a.m.
Pastor: Kelly Nelson
www.christchurchindiana.net
- Holy Cross (Missouri Synod)*
1414 E. Wabash Ave.
362-5599
Sunday School: 9 a.m.
Worship: 10:15 a.m.
Adult Bible Study: 7 p.m., Wed.
Minister: Rev. Jeffery Stone
http://www.holycross-crawfordsville.org
- Phanuel Lutheran Church*
Lutheran Church Rd., Wallace
Sunday School: 10:30 a.m.
Worship: 9:30 a.m.
- United Methodist:**
Christ's United Methodist
909 E. Main St.
362-2383
Sunday School: 10 a.m.
Worship: 11 a.m.
- Darlington United Methodist Church*
Harrison St.
794-4824
Worship: 9:00 a.m.
Fellowship: 10:00 a.m.
Sunday School: 10:30 a.m.
Pastor Dirk Caldwell
- First United Methodist Church*
212 E. Wabash Ave.
362-4817
Sunday School: 10 a.m.
Traditional Worship: 9 a.m.
The Gathering: 11:10 a.m.
Rev. Brian Campbell
- North Cornerstone Church*
609 South Main St. P.O. Box 38
339-7347
Sunday School: 9:30 a.m.
Worship: 10 a.m.
Rev. Clint Fink
- Mace United Methodist Church*
5581 US 136 E
362-5734
Sunday School: 9:30 a.m.
Worship: 10:40 a.m.
- Mount Zion United Methodist*
2131 W. Black Creek Valley Rd.
362-9044
Sunday School: 10:45 a.m.
Worship: 9:30 a.m.
Pastor Marvin Cheek
- New Market United Methodist Church*
Third and Main Street
866-0703
Sunday School: 9:30 a.m.
Worship: 10:45 a.m.
- New Ross United Methodist Church*
108 W. State St.
Sunday School: 10 a.m.
Worship: 9 a.m.
- Waveland Covenant United Methodist Church*
403 E. Green St.
866-0703
Sunday School: 10:30 a.m.
Worship: 9:15 a.m.
- Waynetown United Methodist Church*
124 E. Washington St.
243-2610
Worship 9:30 a.m.
Johnny Booth
- Mormon:**
Church of Jesus Christ of Latter-day Saints
125 W and Oak Hill Rd.
362-8006
Sacrament Meeting: 9 a.m.
Sunday School: 10:20 a.m.
- Nazarene:**
Crossroads Community Church of the Nazarene
US 231 and Indiana 234
866-8180
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Mark Roberts
- Harbor Nazarene Church*
2950 US 231 S
307-2119
Worship: 10 a.m.
Pastor Joshua Jones
www.harbornaz.com
- Orthodox:**
Holy Transfiguration Orthodox
4636 Fall Creek Rd.
359-0632
Great Vespers: 5 p.m. Saturday
Matins: 8:30 a.m.
Divine Liturgy: 10 a.m. Sunday
Rev. Father Alexis Miller
- Saint Stephen the First Martyr Orthodox Church (OCA)*
802 Whitlock Ave.
361-2831 or 942-2388
Great Vespers: 6:30 p.m. Saturday
Wednesday evening prayer 6:30pm
Divine Liturgy: 9:30 a.m. Sunday
- Presbyterian:**
Bethel Presbyterian Church of Shannondale
1052 N. CR 1075 E., Crawfordsville
794-4383
Sunday School: 9 a.m.
Worship 10 a.m.
- Wabash Avenue Presbyterian Church*
307 S. Washington St.
362-5812
Worship: 10 a.m.
Pastor: Dr. John Van Nuys
- Roman Catholic:**
Saint Bernard's Catholic Church
1306 E. Main St.
362-6121
Father 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

Sunday, March 12, 2023

H1

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

Franciscan Health Lafayette East Earns State Maternal Care Designation

The Indiana State Department of Health has announced Obstetric and Neonatal Level III certification of Franciscan Health Lafayette East, signifying the steps that the hospital has taken to provide specialty care to patients with more complex maternal and fetal conditions and complications.

The hospital was notified of its designation after satisfying the requirements for an Obstetric Level of Care III and Neonatal Level of Care III facility. Those requirements include 24-hour in-house availability of a neonatologist and obstetrician, along with

other support services. Franciscan's obstetrics unit collaborates actively with the maternal-fetal medicine care team in the management of all pregnant women and those in the postpartum period who are in critical condition or have complex medical conditions.

"Franciscan Health Lafayette East is proud of the multi-disciplinary, family-centered model of care that we provide for our expectant moms and babies," said Marcia Cherry, MSN, RN, director of Franciscan's Family Birth Center in Western Indiana. "This certification further demonstrates our com-

mitment to excellent care and best outcomes for our patients and supports our mission to Continue Christ's ministry in our Franciscan tradition."

Indiana's Perinatal Levels of Care rating system was signed into law in 2018 by Gov. Eric Holcomb as part of the state's effort to reduce infant mortality. The system designates four levels of care to provide patients with information to help decide the best hospital for their delivery.

The certification is effective for three years and is posted on the hospital premises to be viewed by patients.

Have A Bump On Your Foot? Don't Ignore It

(StatePoint) Have a lump or bump on your foot? Whether it's painful or not, it could potentially signal a serious condition. Foot and ankle surgeons warn it's important to have it checked out, no matter its size or location on your foot.

"Whether your bump or lump is pea-sized or golf ball-sized, it should not go ignored. A proper diagnosis is key to proper treatment," says Michael Coyer, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS).

According to ACFAS, here's what to know about some of the more common types of lumps found in the foot:

Ganglionic Cysts
This soft, fluid-filled sac is a non-cancerous bump that experts believe may arise from single or repetitive trauma. A ganglionic cyst can be caused by a leaking of jelly-like fluid from the "capsule" surrounding a joint or tendon and may be located on the top of the foot, near an ankle joint or even on the side of the foot. While the lump itself is often the only symptom experienced, you may feel tingling or burning if it's touching a nerve, or a dull ache if it's pressing against a tendon or joint. Often, ganglionic cysts

cause irritation, making it difficult to wear shoes. Such cysts generally will not go away on their own and may return, even after being drained. Surgical removal by a foot and ankle surgeon can help prevent recurrence. However, if the cyst is not causing pain and doesn't interfere with walking, your surgeon may simply monitor it over time.

Plantar Fibromas
Plantar fibromas are benign, fibrous, hard nodules found within the ligament of the foot and are especially common in the arch area on the bottom of the foot. These bumps tend to be less than an inch in diameter but can get larger over time. They can cause pain when shoes push against them or when you're walking or standing barefoot. Steroid injections, physical therapy or orthotic devices may help relieve associated discomfort but will not make the fibroma disappear. While surgical removal is an option if pain persists following nonsurgical approaches, it's important to know that recurrence can occur post-surgery, as can complications, such as a flattening of the arch or the development of hammertoes.

Haglund's Deformity
Haglund's deformity, sometimes called a "pump bump," is a bony

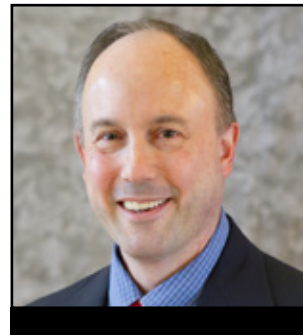
enlargement on the back of the heel. When it rubs against shoes -- from high-heeled pumps to running shoes -- the soft tissue near the Achilles tendon can become irritated. This often leads to painful bursitis, an inflammation of the fluid-filled sac between the tendon and bone. While certain foot structures are more prone to Haglund's deformity, you can treat the condition and help prevent recurrence with appropriate footwear, arch supports, orthotic devices and stretching exercises. Physical therapy, icing and NSAIDs can also reduce inflammation.

Sometimes, Dr. Coyer notes, a bump is suspected of being cancerous. In this case, your foot and ankle surgeon will perform a biopsy and if it is indeed cancer, will perform surgery to remove the mass, working in tandem with an oncologist for cancer treatment.

For more information on foot bumps or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the American College of Foot and Ankle Surgeon's patient education website.

"Remember, the sooner we're able to properly evaluate your bump, the sooner you can have peace of mind and move forward with treatment," says Dr. Coyer.

What Is Hodgkin Lymphoma?



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Last week I tried to explain the very complex non-Hodgkin lymphomas (NHL). This week I want to cover Hodgkin lymphoma, more commonly known as Hodgkin's Disease (HD). It gets its eponymous name from Dr. Thomas Hodgkin who first described it in 1832.

Hodgkin's is a potentially curable malignant lymphoma that carries a much better prognosis than non-Hodgkin lymphomas. It is a very specific type of lymphoma, defined by its microscopic appearance and by specific proteins that are found in the cell membranes of the tumor cells.

We expect about 8,500 new cases of Non-Hodgkin lymphomas to be diagnosed this year. The death rate from this cancer is declining due to improved treatment. It has what is called a bimodal age distribution, with peak occurrences between the ages of 15 and 34 and in those over age 55. Most patients, if not cured, usually die from HD much later in life. Hodgkin's is more common in Caucasians and slightly more common in men, except in childhood where 85% of the cases are found in boys.

The cause of HD is unknown. It's hypothesized that a viral infection, perhaps Epstein-Barr virus (EBV) may cause

HD. Epstein-Barr virus causes mononucleosis (mono). EBV is found in half of HD tumors in people with normal immune systems and all of the tumors in people infected with HIV. One percent of people with HD have a family history of the disease. Siblings of a person with HD are about three to seven times more likely to develop HD themselves.

Symptoms of HD are very similar to those of non-Hodgkin lymphomas. About 40% of patients develop B Symptoms (weight loss, fever and drenching night sweats). Hodgkin tumors are frequently found in the chest. Patients may therefore present with chest pain, cough and shortness of breath. Most patients present with enlarged lymph nodes in the neck (60-80%), armpits (6-20%) and less commonly, the groin. Patients may also present with an enlarged liver or spleen.

The diagnosis of HD is made by doing blood work and radiologic studies. A definitive diagnosis of HD can only be made by removing involved lymph nodes for microscopic examination. A simple chest X-ray may show a tumor. If the diagnosis is suspected, a CT scan of the chest, abdomen and pelvis is usually performed to look at the internal lymph nodes.

More recently, the standard test for the diagnosis and staging of HD is the PET/CT scan. PET stands for positron emission tomography. These scans are performed by tagging sugar molecules with a radioactive tracer. Since cancer cells require a lot of energy, they take up a larger proportion of the tagged sugar molecules. This results in increased radioactivity in

the tumor that is detected using a special camera. This information, combined with standard X-rays from the CT scan, is very specific for determining how extensive the HD is.

I mentioned staging. This is something that is done in cancers to describe how extensive the disease is. This is very important for determining treatment and prognosis. The staging of HD can vary from stage 1 (found in one lymph node area) to stage 4 (found in many areas or involving other organs or the bone marrow). The presence or absence of B symptoms is also part of the staging of HD.

The five-year survival rates of HD by stage are: stage 1 and 2 about 90%, stage 3 84% and stage 4 65%. Patients who have very large "bulky" disease, greater than three sites of involvement, B symptoms, or disease outside the lymph nodes have a worse prognosis.

Hodgkin lymphoma is considered curable. The goal of treatment is to induce a complete remission where there is no evidence of disease as evidenced by PET/CT, physical exam and lab studies. Treatment usually involves a combination of chemotherapy and radiation. These treatments can potentially cause long-term toxic effects. Newer combinations of chemotherapy are much less toxic than those used just a few years ago. Still, patients can develop heart disease, lung disease, thyroid problems, infertility, and other cancers (lung, breast & leukemias) as a result of treatment.

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



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Photos courtesy of Getty Images

Managing Birth Defects for a Lifetime

FAMILY FEATURES

An estimated 1 in 33 babies is born with a birth defect, according to the Centers for Disease Control and Prevention (CDC). While some require minimal intervention after birth, many birth defects affect the individual, parents and families across a lifetime.

Birth defects are structural changes present at birth that can affect almost any part of the body. They may affect how the body looks, works or both. They can cause problems in overall health, how the body develops or how the body works, and may range from mild to serious health conditions.

Awareness of birth defects across the lifespan helps provide affected individuals, parents and families the information they need to seek proper care. Learn more about birth defects at each stage of life from the experts at March of Dimes:

Before and During Pregnancy

Not all birth defects are preventable but protecting a mother's health before and during pregnancy can help increase the likelihood of a healthy baby. Having adequate folic acid for at least one month before getting pregnant and throughout the pregnancy can prevent major birth defects.

Other important steps include receiving proper prenatal care from a doctor, preventing infections,

avoiding alcohol and drugs, controlling conditions like diabetes and avoiding getting too hot.

Infancy

Babies who are diagnosed with a birth defect during pregnancy or at birth may need special care. Similarly, monitoring for certain birth defects can help pinpoint a potential problem and ensure the baby begins receiving supportive care for better survival rates and quality of life. Examples include newborn screenings for critical congenital heart defects and monitoring bladder and kidney function in infants and children with spina bifida.

Childhood

For children born with heart defects and conditions like spina bifida, muscular dystrophy or Down syndrome, early intervention services and support can make a significant impact on a child's success in school and life. They can help children with learning problems and disabilities; school attendance; participation in school, sports and clubs; mobility adaptations; and physical, occupational and speech therapy.

Adolescence

Many adolescents and young adults who have birth defects begin working toward a transition to

a healthy, independent adult life in their later teen years. This may involve insurance changes and switching from pediatricians to adult doctors.

Other areas of focus might include medications, surgeries and other procedures; mental health; social development and relationships within and outside the family; physical activity; and independence.

Adulthood

Certain conditions, such as heart defects, can cause pregnancy complications or affect sexual function. Talking with a doctor about your specific condition can help you understand your risk.

In addition, every pregnancy carries a 3% risk of birth defects, even without lifestyle factors or health conditions that add risk, according to the CDC. Women who have had a pregnancy affected by a birth defect may be at greater risk during future pregnancies.

Talking with a health care provider can help assess those risks. A clinical geneticist or genetic counselor can assess your personal risk of birth defects caused by changes in genes, as well as your risk due to family history.

Find more information about birth defect prevention and management at marchofdimes.org/birthdefects.

Common Causes of Birth Defects

Research shows certain circumstances, or risk factors, may make a woman more likely to have a baby with a birth defect. Having a risk factor doesn't mean a baby will be affected for sure, but it does increase the chances. Some of the more common causes of birth defects include:

Environment

The things that affect everyday life, including where you live, where you work, the kinds of foods you eat and how you like to spend your time can be harmful to your baby during pregnancy, especially if you're exposed to potentially dangerous elements like cigarette smoke or harmful chemicals.

Health Conditions

Some health conditions, like pre-existing diabetes, can increase a baby's risk of having a birth defect. Diabetes is a medical condition in which the body has too much sugar (called glucose) in the blood.

Medications

Taking certain medicines while pregnant, like isotretinoin (a medicine used to treat acne), can increase the risk of birth defects.

Smoking, Drinking or Using Drugs

Lifestyle choices that affect your own health and well-being are likely to affect an unborn baby. Smoking, drinking or using drugs can cause numerous problems for a baby, including birth defects.

Infections

Some infections during pregnancy can increase the risk of birth defects and other problems. For example, if an expectant mother has a Zika infection during pregnancy, her baby may be at increased risk of having microcephaly.

Age

Women who are 34 years old or older may be at increased risk of having a baby with a birth defect.



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Start Of A New Saga ... Vancleave Number One

Trying to figure where and how to tackle one of the most prominent and prolific families in our county was not an easy task but finally decided we would start with Benjamin Samuel Vancleave who was born in New Jersey (or possibly the Staten Island area of NY) on 15 November 1741 and passed in Shelby County, Kentucky 27 July 1819. In Salisbury (Rowan County) NC he married his wife of 54 years and a few days (at the time of his passing). Ruth Munson VanCleave (daughter of Samuel and Mary Allen Munson) was probably born in Salisbury but a few family trees say Morristown, NJ. She passed 5 December 1823. I would assume they are buried in Shelby County but did not see them on FindAGrave, sadly but did find a cool overall one there (photo by Linda – thanks muches).



KAREN ZACH
Around The County

the Gosney Family Records (Georgia Wisda), Benjamin along with brothers Aaron, William, John and their families went along when Daniel Boone and his brother Squire moved to (Ft.) Boonesborough, Kentucky in the Fall of 1775. During the Revolutionary War, they defended the fort through several sieges and were said to have aided in holding Bryant's Station when Simon Girty attacked it. Squire Boone laid claim to Ben's tract of land (on Clear Creek known as Painted Stone a branch of Salt River) and noted that Vancleave had a right to 400 acres, thus a certificate was given for that. Upon his death of cancer, his will showed he had left land to his children.

First child was Mary born slightly less than a year (22 May 1766) after their marriage and at age 17 married Jonathan Ryker. They were parents of three children, Rachel,

Ruth and Jeradus and are buried in the Old Ryker's Ridge Cemetery (Jefferson County, Indiana), she passing 8 March 1838 and he 22 Nov 1848.

Aaron was born (the day I was born 181 years later) Dec 15, 1768, married his cousin, Elizabeth Vancleave, parented six children and came to Montgomery County. They will be featured in Saga #2. Their son Enoch #3

Samuel Munson "Preacher Sam" was born in Mocksville NC 25 February 1770 and died in Montgomery County 24 August 1843 to Elizabeth Woods, parented ten children and will be our Saga #4.

HELP on the next one, Rachel 7 May 1772 whom I had married Hugh Connaway (he died 1810 Gallatin Co, Tenn) but her tombstone in Old Union Cemetery, Brown Township says "wife of Henry Smith, sister of Ralph VanCleave" age 77 years 2 months 26 days (died 3 Aug 1849) and should have appeared on the 1850 Mortality Schedule, but I can't find her. Any help on Rachel would be appreciated especially if she lived here with any children.

John H. was born 5 April 1775 in Shelby County and passed in Montgomery County 23 July 1833, married Marjorie Kerns (born in Ireland) and passed earlier the same year as John. Buried here, parents of six daughters and a son named for John's father. This family will be Saga #5.

Eunice born at Fort Boones-

borough 15 Nov 1779 married her cousin "Big John" Vancleave (son of John and Mary Shepherd) and had at least three children: Lydia; Sarah Jane (who also married a Vancleave cousin, David son of Aaron and Elizabeth Griffin) and Squire Heavich. Believe Eunice and John passed in Orange County, Indiana, but Sarah Jane and David lived and died here as well as his parents. Hopefully, will catch them in the next big Vancleave saga (haven't figured out how many will be coming your way but probably three anyway. Sure I'll miss someone in this humongous family!)

Exciting Sarah was also born on my birthday (1781 Shelby County, KY) and passed in Parke County after losing her husband (her 1st cousin) John Brent Vancleave in Washington County, Kentucky then going with her son to Parke. This family lived near the Putnam, Parke, Montgomery line and although I have a lot of work to do on it, they will be Saga #6.

#6 will be centered on an amazing fellow, Ralph born 18 March 1784 and married Elizabeth Stubbins 25 Feb 1805 in Shelby County, Kentucky. Their two sons and most of the daughters came here. Looking forward to writing this one – loved 'ol Ralph in Saga #7.

Benjamin born 9 Sept 1787 in Jefferson County, Kentucky, I don't believe came to MoCo but most of his children did. Thus Benjamin (called

Cross-eyed Ben) will be our #8 and final saga of this round of Vancleaves anyway!

As I was preparing for the monumental task I decided I need to do because we have so many Vancleave folks here, I did notice something I'd not noticed before and that is that Ben and Ruth's daughter, Jane who was never here and married Adam Wible (both buried Wible Family Cemetery, Washington County, Indiana) then produced 14 children. It is the names of two of her children that caught my attention and answered part of her sister, Rachel's life, I believe. Her first born son was Joseph Connaway Wible and her last, Hugh Connaway Wible.

The last child, William must have passed young, as I have him married to Mary Mount with two children, Elijah and Elvira, then Mary married his brother, Cross-eyed Ben mentioned above. So, hopefully I can find out more – anyone know – and will include him with Ben and Mary.

Oh, boy, looks like I have a big (fun) task ahead and this is only one of the VanCleave families who came our way! Hmmm, this might last all year – lol!

Karen Zach is the editor of Montgomery Memories, our monthly magazine all about Montgomery County. Her column, Around the County, appears each Thursday in The Paper of Montgomery County. You can reach her at karen.zach@sbcglobal.net.



The first five of their children were born in Salisbury (as Ruth and Ben were married there in the summer of 1765) but the majority entered the world in Shelby County, Kentucky. According to

A Sweet High School Romance In 1942 . . .



BUTCH DALE
Columnist

I was looking through a stack of old family photos a few years ago, and I came across a small photo of my Dad when he was a senior at Darlington High School in 1942. He was standing in front of his old homeplace, and his arm was around a pretty gal standing next to him. It was not my mother, but instead a girl who I recognized as one of Dad's classmates. Her name was Helen Louise, and it was obvious that they must have been a couple at that time. Since my father and mother passed away several years ago, I showed my aunt the photo. "Yes, your Dad dated Helen all through high school...They were quite the couple." I then inquired, "Well, what happened...why didn't they get married?" I knew that Dad had entered the Army right after high school, had fought in Europe during World War II, and ended his military service in 1945. My aunt, who was an 8th grade



student in 1942 and graduated in 1946, had no idea why the romance had ended.

I decided to get on the Internet and do a little research. Helen Louise passed away in 2012. She had married another fellow in October of 1945, and they were married for 58 years before he passed away in 2003. They lived in the Rochester-Peru, Indiana area and were the parents of ten children. I considered contacting one of their children to see if Helen had ever spoken about her romance with my Dad, but then decided otherwise. I know that many soldiers receive "Dear John"

letters from their girlfriends during war, as a long absence takes a toll on a relationship, but in this instance I will likely never know what happened. Dad married my mother in 1947 and they became the parents of five kids...myself being the firstborn in 1948, and they were married 44 years before his passing in 1991 at the age of 66...Mom passing away in 2002 at the age of 78.

In many of the Darlington school yearbooks there are photos of high school sweethearts. In looking through these, I was amazed at how many couples did marry...and

are still married today! With the smalltown schools, I believe this was quite common in the old days. My wife and I are one example...engaged at age 17, married at 18...and soon to be married 57 years this fall. But in today's world only 2% of high school sweethearts marry, according to recent statistics. The divorce rate today is also much higher, but that's another story about how times have changed. Many Darlington sweetheart couples found their "true love" in junior high and high school. And there is one couple I know who fell for each other in the first grade and were a great twosome all of their life together!

Yes, there were several high school romances that did not last after graduation. Often "first love" or "young love" is not mature enough to last more than a few years, not to mention a lifetime. When couples go off to college, enter the workplace...or one partner enters military service, relationships can abruptly end. Sometimes it may have been an unkind word, silly quarrel, or misunderstanding that caused the relationship to end. I have also seen a few high school sweethearts wed, and then grow miserable together after a few years...but stick with their wedding vows of "till death do you part" or remain married for the sake of the children. There are also a few people who marry someone else after the high school break-up, but deep down are still in love with

their teenage sweetheart. Then there is the example of a man and woman who were meant to be soulmates, who would have been a happily wedded couple, but never met until later in life after they had married someone else. On a few occasions, I have witnessed someone who got divorced, or whose spouse passed away...marry a person they dated in high school...re-kindling their teenage romance. That situation makes for an interesting story!

Perhaps some day I will find out why Dad's high school romance with Helen Louise ended. My folks raised us five kids and spent forty-four years together. Yes, they had their ups and downs, argued on occasion, and had some disagreements, like any married couple. But they stuck together and were in love to the very end. And I'm certain that Helen had a happy, loving marriage, too. And that's all that matters in the end. As poet Harriet Monroe wrote...

"Good-bye...no, do not grieve that it is over, the perfect hour; That the winged joy, sweet honey-loving rover, flits from the flower. Grieve not...it is the law. Love will be flying--Yes, love and all. Glad was the living--Blessed be the dying. Let the leaves fall."

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history.

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Hammer Questions The New Battlefield

I was reading a story about this plan to forgive college student loan debt. It made me think of the day I made my last college loan payment – and how absolutely drunk I got that night. Paying off that boat anchor was like the 4th of July, Christmas and VE Day all rolled into one! I also was recalling how hungover I was after the big celebration. Even my hair hurt. The agony was so bad that just thinking about it now made the pain seem a little too real all over again.

I guess I was more lost in thought than I realized because I about jumped out of my seat when I realized a really, really large shadow was in my door, taking up the whole door frame. Sure enough, the huge shadow was John Hammer, an old friend I hadn't seen in a quite a while.

"How closely are you following all this news out of China," he asked in that deep, gravelly voice of his.

"Well, hey to you too



TIM TIMMONS
Two Cents

John," I said, trying to catch my breath. "It's been, what, a year or so since you stopped by?"

If you don't know the man called the Hammer, he's as hard as tempered steel and has a neck that's as red as a fire engine but a heart that bleeds pure American. He's bigger than a tree house and his hands are as big as catcher mitts. And somehow, despite his size, he moves with the

stealth of a cat.

"Look, Timmons, I'm not one much for conspiracy theories, but this China stuff is getting a little weird."

"How's that, John?"

"OK, everyone knows about the spy balloon thing – and in fact, a lot of people laughed that off," he said. "Everyone said that there wasn't anything that balloon could see that satellites didn't already have their eyes on. But tell me this, what about the reports that said it could collect cell phone data?"

"Look John, I seriously doubt that China needs a balloon to do that."

"Maybe, maybe not," he said. "But we know that a balloon can spend a lot more time over a specific space – like this one did over the 341st Missile Wing in Montana. And did you know Timmons that an article in PLA Daily called the altitude where that balloon was the 'new battlefield?'"

"John, what's the PLA Daily?" I asked.

"The PLA is the People's Liberation Army."

I stared.

"It's like our armed forces, Timmons. It's their army, navy, air force, space force and everything. Don't you keep up on this stuff?"

Apparently not.

"You know me, Timmons. I'm not some nut wearing aluminum foil hats. But back in the 1940s, we had some pretty big clues that Japan was going to attack us. I'm not saying China is, but we do know they've been building up their nuclear arsenal. We know that Taiwan could be a big issue. We know that the head general of our Air Mobility Command wrote a memo saying we'd be in a war with China by 2025. We know-"

"Hang on there, John," I jumped in. "What about being in a war? Who said that?"

"It's a four-star general named Mike Minihan,"

Hammer said. "Timmons, I thought you were in the news business?"

I had nothing.

"I'll tell you this, Timmons.

I don't know what I don't know. But you got all that, plus what's pretty much been confirmed about COVID-19 starting in a lab over there and you got both the U.S. and China doing some saber rattling . . . Add to that the weakest administration we've had in Washington in a long time and it just feels a little like things are starting to build up. I hope I'm worrying about nothing. I hope I'm wrong."

With that Hammer left as quietly as he came and that old hangover really was feeling a bit too real again.

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

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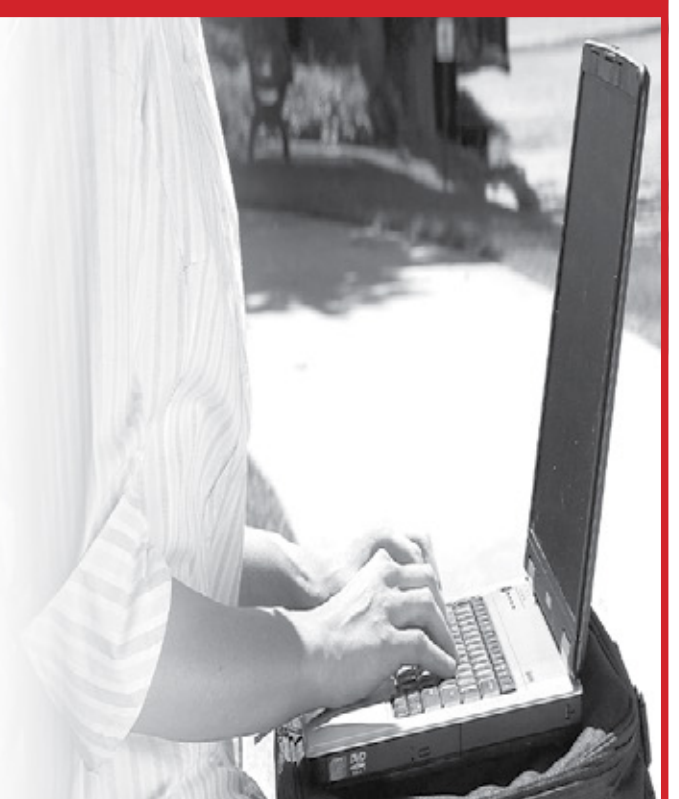
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Ask Rusty - Cutting Social Security Will Make Me Lose My Home!

Dear Rusty: Politicians are talking about taking money from Social Security, but I need that money to support my daughter and pay for my home. I'm a widow, and my husband passed in 2017. I'll lose my home if my Social Security benefits are cut. Please help. *Signed: Widowed Senior*

Dear Widowed Senior: Despite what you might read or hear in the media, the main threat for you to lose any of your Social Security money is if Social Security is not reformed. In that case, everyone who receives benefits will see a cut of about 23% to their monthly benefit starting in about 2034. The way to avoid that is by updating the current Social Security law to address two primary issues:

1. People now live much longer than when Social Security was enacted in 1935 and when the last major program change occurred in 1983. Average life expectancy of beneficiaries today is mid-80s, compared to mid-60s when the program started. In other words, people now collect benefits for much longer (often decades longer) than the program is designed to support.

2. The number of workers contributing to the program is growing much slower than the growth in beneficiaries receiving benefits. That means the ratio of contributors to recipients is much less now than it has been in the past, which means program costs are growing faster than incoming revenue.

Reality is that reform is necessary now to avoid cuts to everyone's



ASK RUSTY
Social Security Advisor

benefits later. But here's a very important point that should comfort you – any reform enacted will almost certainly affect only those who have not yet claimed their Social Security benefits. That means you should not be affected because you're already receiving benefits, and you will continue to do so at the same amount except for the increases you will get from Cost of Living Adjustments (COLA). Every

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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Social Security change ever made has affected only future beneficiaries, not current ones. The only real threat to your Social Security benefit is if no changes are made and, even then, any cuts wouldn't happen until about 2034.

So please rest assured that your personal Social Security benefits will not be cut. Anything you hear now implying otherwise is a scare tactic designed to make headlines for po-

litical gain. The program must be reformed or face insolvency in a bit more than 10 years, and that is what both Republicans and Democrats want to prevent. The difference between the parties is that one side wants to solve the problem mainly by raising Social Security payroll taxes on workers, whereas the other side wants to adjust the program to deal with the above two factors causing the problem. What

is needed is bipartisan cooperation to reach a compromise, which Congress will hopefully eventually achieve. They already know how to fix Social Security; they just need to find the bipartisan spirit needed to do so. For its part, the Association of Mature American Citizens (AMAC) has, for years, proposed changes which would restore Social Security to full solvency without raising taxes on American workers, and AMAC's proposal has been well received by many in Congress. If you wish to review AMAC's proposal, please go to www.amac.us/social-security/.

In any case, contrary to what you might hear in the media, your current Social Security benefits should not be negatively affected by any future Social Security reform enacted.

To Understand A Military Veteran, You Must Know...



BUTCH DALE
Columnist

When you watch the news and see protesters, unemployed deadbeat moochers, left-wing and socialist politicians, Antifa, and similar groups browbeat America, these people do not speak for the majority of our citizens. We are still the greatest country in the world, and the blessings that all of us enjoy (yes, even those who speak out against the U.S.) must be fought for daily, and it is our country's veterans who have done the fighting. The anti-America crowd needs to remember that.

The following article entitled "To Understand a Military Veteran, You Must Know . . ." was posted online by the Veterans Breakfast Club . . . The author is unknown. . . . We left home as teenagers or in our early twenties for an unknown adventure . . . We loved our country enough to defend it and protect it with our own lives . . . We said goodbye to friends and family and everything we knew . . . We learned the basics and then we scattered in the wind to the far corners of the earth . . . We found new friends and family . . . We became brothers and sisters regardless of color, race, or creed . . . We had plenty of good times and plenty of bad times . . . We didn't get enough sleep . . . We smoked and we drank too much . . . We picked up both good and bad habits . . . We worked hard and played

harder . . . We didn't earn a great wage . . . We experienced the happiness of mail call and the sadness of missing important events . . . We didn't know when, or even if, we were ever going to see home again . . . We grew up fast, and yet somehow, we never grew up at all . . . We fought for freedom, as well as the freedom of others . . . Some of us saw combat, and some of us didn't . . . Some of us saw the world, and some of us didn't."

"Some of us dealt with physical warfare, most of us dealt with psychological warfare . . . We have seen and experienced and dealt with things that we can't fully describe or explain, as not all of our sacrifices were physical . . . We participated in time honored ceremonies and rituals with each other, strengthening our bonds and camaraderie . . . We counted on each other to get our job done and sometimes to survive it all . . . We have dealt with victory and tragedy . . . We have celebrated and we have mourned . . . We lost a few along the way . . . We have told amazing and hilarious stories of our exploits and adventures . . . We share an unspoken bond with each other that most people don't experience, and few will understand . . . We speak highly of our own branch of service, and poke fun at the other branches . . . We know, however, that if needed, we will be there for our brothers and sisters and stand together as one, in a heartbeat . . . Being a veteran is something that had to be earned, and it can never be taken away . . . It has no monetary value, but at the same time it is a priceless gift."

One of our sons, Clark Dale, joined the U.S. Army after 9-11 and fought in Iraq. When he was sent overseas, we

knew it would be dangerous and he might not come back home. He missed birthdays, weddings, family gatherings, and other life events during those four years. We thanked God when he returned home safe and sound. Some of his Army buddies did not make it back, or returned with life-changing physical and psychological disabilities. A large crowd of friends and family welcomed him home, and when he attended Texas Tech University to obtain his Bachelor's degree, he was able to sit right behind the bench during the home games, thanks to coach Bobby Knight and others at the university. That was pretty special!

I have absolutely no time, empathy or sympathy for those who disrespect our veterans, or those who disrespect our flag or kneel during the playing of the National Anthem. Thankfully the people here do not fall into that category. The residents of Montgomery County love our country, and have always respected and appreciated our veterans for the peace and freedoms we all have. To all of you men and women who have served in the armed forces, THANK YOU, and we are proud of you! And to those people like Michael Moore, Bernie Sanders, Ilhan Omar, Alexandria Ocasio-Cortez, Rashida Tlaib, George Soros, Whoopi Goldberg and all the other "America-haters," you have the freedom to express your opinions thanks to our veterans . . . I also have the freedom to say, "Love It or Leave It," and I mean that 100 percent.

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.

TV's "In the Heat of the Night" Hits 35



RANDALL FRANKS
Southern Style Columns

We mark our lives in time by the passage of days and anniversaries and if we should hit longevity in our experiences, it generally involves many other people acknowledging the moment in our life. In the United States, collectively, we just passed a marker in television history. The TV police drama series "In the Heat of the Night" debuted on NBC on March 6, 1988 – 35 years ago. A racially driven story line reaching back to the novels of John Ball and the Academy Award winning 1967 film by the same name but set in the 1980s South.

When it was started production only eight episodes were ordered. While creating so few is not unusual today, then a season order was 22 episodes. It gives me the feeling that those in charge at the networks didn't really see the staying power of such a show and the appeal it would gain from the viewers.

Those eight episodes made the show a runaway hit appealing to the residents of small and medium size towns across the country and with them they took city viewers who connected with the small town experience.

In creating the show the developers working with MGM/UA selected Carroll O'Connor as "Chief Bill Gillespie" and Howard Rollins as "Det. Virgil Tibbs" to lead an amazing ensemble of actors who brought to life the fictitious town of Sparta, Mississippi. For those of you from that state, you likely know there is a crossroads community by that name but not like the community on the screen in the series.

Casting directors and producers found an amazing mix of actors to depict the characters created for the new series – Alan Autry as "Bubba Skinner," David Hart as "Parker Williams," Christian Le Blanc as "Junior Abernathy" and Hugh O'Connor as "Lonnie Jamison" and Peter Gabb as "Horace Goode."

That was the original police cast that instilled a desire for viewers to tune in every week.

As the network locked in a second season of 22 episodes and MGM/UA moved its on location filming surroundings from Hammond, Louisiana to Covington, Georgia, they also changed up the cast a bit leaving the characters of Junior Abernathy and Horace Goode. They added actor Geoffrey Thorne as "Willson Sweet."

Covington and Georgia welcomed the show as it began its second season filming in August of 1988 and many new adventures. Hosting a TV series was a major economic coup for both the state and a medium size town like Covington. So, all the cast moved to their new hometown crossing their fingers for continued success of all the team to create engaging stories that viewers would connect with.

And connect they did. The show became a mainstay in the top 30 weekly shows. Alongside "Matlock" and "Midnight Caller," NBC's Tuesday night lineup ruled the ratings.

Audiences tuned in to see a group of actors playing small town Southerners who each week reacted to the impact of the problems and topics every community across America was dealing with at some level. How the writers, actors and directors depicted these issues, offered America options in how to overcome such issues, how everyone can get along together no matter our differences, how to live together in a community, and how to succeed against adversities.

Yes, it was generally a weekly story about a crime, murder, solving mysteries, and hopefully getting the bad guys and girls. But we watched because we wanted to see how these characters that became beloved by audiences were impacted and responded to whatever faced them.

The show went on to produce what they described as eight seasons of hour episodes and a few movies filming from 1988-1994 while airing both on NBC and eventually moving to CBS. At its height of foreign first run, 150 countries were watching the guys and girls of Sparta and the show was top 10 in several nations. The cast and crew garnered numerous award nominations for the

Golden Globes, Emmys, and Image and others. And they took home 2 Image Awards, and American Cinema Editors Award, and Carroll O'Connor received an Emmy.

"In the Heat of the Night" stands alongside the greatest police dramas in TV history, and among the few Southern dramas ever produced for episodic television. We tend to look back nostalgically, while looking more harshly at our current time. The period of this show was not an easy one in America, it was a racially centered drama in a time when our country was dealing with several racially centered issues that were dominating news cycles.

The show from my perspective was a release valve, that allowed us to collectively look at issues, and find the reality of our communities within the stories, and the strengths we have when working together rather than being divided. I am thankful for the writers who wrote the stories, the directors that guided their creation, the actors who were the face of the American South in that period and even today.

While I was not there in the beginning, in the fall of 1988, the directors and producers created a character for a young country music artist who had an earnest desire to act, I was that young actor and "Officer Randy Goode" was born giving me five years of working with "Bubba," "Parker," "Lonnie" "Willson," "Chief Gillespie" and "Det. Tibbs" and all those who eventually joined the police cast, some among them: Crystal Fox, Dee Shaw, C.C. Taylor, Mark Johnson, Harvey Lee and Barbara Lee-Belmonte, Sharon Pratt and John Webb. I created with these amazing people and lived a life in Sparta, a favorite town for so many TV viewers.

As we mark the 35th of the beginning, all I can say is it was "Sho nuff" a grand old time and I want to thank all of you who watched, laughed and cried along with our efforts while maybe playing some checkers along with me. Those who watched will get the last bit. You can learn more by visiting www.RandallFranks.com/in-the-heat-of-the-night or check out my Encouragers book series for more photos and in-depth experiences with stars and guest stars.

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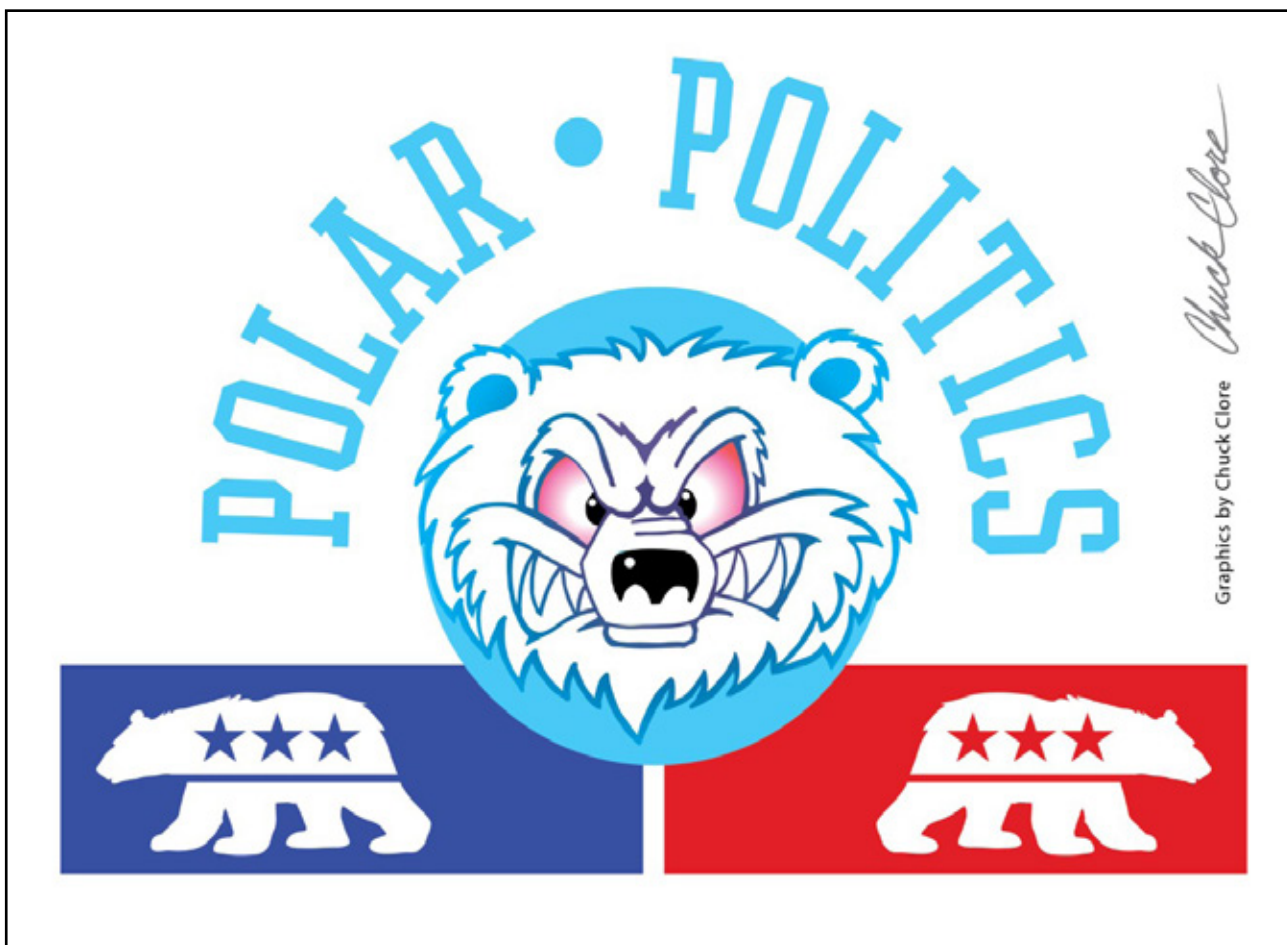
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Sunday, March 12, 2023

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Working Together, An Essential For Every Family



GLENN MOLLETTE
Guest Columnist

I was not quite five years old when I stood, looking up the steps to our upstairs, yelling “Mommy hurry, Mamaw is dying.” My grandmother Ina Hinkle and aunt Maude Hinkle were in the room trying to comfort my Mamaw Mollette. Throughout the morning she had been sick. She had complained about pain and Grandma Hinkle and Aunt Maude were constantly rubbing her arms trying to comfort her.

Life was different back in that day. My dad had driven our only car to West Virginia to work his shift in the coal mine. We didn’t have a hospital in our county and Doc Ford was the lone medical doctor. He routinely had 10 to 20 people waiting to see him.

We didn’t have a paramedic unit in Martin County. Our local funeral home would take people to the hospital in their hearse but there was no medical care rendered on the way. I got that ride twice. Once, when I split my head open playing with a first cousin. The second time was after a bad car wreck while driving my first old Chevelle to high school.

We didn’t have a telephone at that time. We didn’t have a telephone until I was nine years old and then it was an eight-family party line. Thus, there was no way my mother could call for help or drive to ask for help for my Mamaw.

Racing down the steps to my plea and the calls of Grandma Hinkle and Aunt Maude, who were now calling in unison with me to my mother Eula, “Come Eula, she is dying!” As we gathered around Mamaw’s bed we stood as she breathed her last few breaths and departed her body to be with Jesus. There wasn’t anything else we could do but cry as we held to her lifeless body.

The words of those Sainly women standing in the room that day were “She is now with the Lord.”

My sister Wanda recalls she was a junior in high school at that time. There were semester tests that particular day at school. “Mamaw asked me not to go to school that day saying, ‘Don’t go, I’m going to die today.’” As many of us would probably reply, she said “Mamaw, you aren’t going to die. You’re going to be fine.” As we age, we know our bodies and we know when things have changed. Mamaw knew it was her last day.

When my dad came home from the coal mine, he went into Mamaw’s room where her body lay and bent over and hugged her. A little later the funeral home came for her body.

The funeral home brought her body back to our house where her casket and flowers were placed in a bedroom just off from our living room. Many family members and friends visited our house the next couple of days.

Mamaw Mollette’s husband, my grandfather Lafe, whom I never met, died about a year or so before my dad and mom married. For the next 19 to 20 years, I don’t know the exact number, Mamaw Mollette lived with Mom and Dad and our family. She visited for weeks with her other sons who lived in West Virginia but most of her time was spent with us. I got less than five years with Mamaw but my two sisters and two brothers spent many years with her.

We grew up in a small house with one bathroom. There were eight of us living in the house. We only had four small bedrooms and a hallway with a twin bed. We had guests all the time. Very often other family members were visiting and my mother worked nonstop to feed and take care of everybody. Looking back, I wonder how Mom and Dad were able to keep it all together. I was on the tail end of the family so being worried about access to the bathroom and space wasn’t much of a concern at that stage.

My hat is off to my dad and mom for making a place for Mamaw all those years. They worked together. Life was not always easy but it was all we knew and we did the best we could. Mom and Dad stayed together for over 60 years and both are now buried in the garden where they worked together for most of their lives.

The point of all this is that families can make it if they will work hard, love each other, and be very patient. Every family has ups and downs. No family is perfect. No one lives life without problems and troubles. Treating each other with love and respect, and everyone working together are essentials for every family.

Read more stories from Glenn Mollette in the book titled, *Grandpa’s Store, Reflections of my Childhood*. Available worldwide.

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.

Remittances: Private Sector Transfers Overcome World Poverty

By John A. Sparks

Did you celebrate the “International Day of Family Remittances” this year? Probably not. If you’re like most Americans, the word “remittance” is foreign to you. However, to families in countries around the world, remittances are lifelines that help them overcome conditions of poverty and improve living standards—results that deserve more attention.

An article referring to “remittances” in The Economist first caught my attention in 2020 and my interest has not waned on the subject since. It was about Nigerian migrants moving to European countries to find lucrative work. This loss of workers could be condemned as a draining of talent, but the author pointed out its positive effects. He wrote: “The easiest benefits to measure are the remittances that migrants send home. Nigeria, for instance, got \$24.3 billion in 2018 from its citizens working abroad ... about eight times more than it receives in development aid [and] more than 10 times what Nigeria got in foreign investment.” That got my attention as an advocate of hard work and private enterprise, both often unheralded.

First, what is a “remittance?” It is a financial transaction by which migrant workers, employed for example in the United States, send part of their earnings to family members back in their home country. It is the way that their hard work increases income for their families in the migrant’s country of origin, helping them to pay for food, health care, and education.

How is the transfer of funds accomplished? Remittance companies like Western Union and Money Gram have historically dominated the remittance industry. Basically, a migrant worker sets some of his earnings aside—on average \$200 to \$300 every month. He then takes the funds to a remittance company, say a Western Union office which arranges to wire the money to the designated beneficiary, most often a family member in the migrant’s home country.

Recently, new technology has led to novel methods of delivering the funds. There are many new provider choices available to the migrant—Azimo, WorldRemit,

Remitly, PayPal, Wise, and others as well as the traditional choices, Western Union and Money Gram. Of course, the migrant must pay a fee for the service which often involves long distance deliveries, currency exchange problems and the like. Right now, according to collected data, fees take up on average 6% of the total sent. Obviously, the rates go higher depending on the country in to which the funds are delivered. Delivery to African countries averages 7.8%.

Before the discussion of the volume of the remittances worldwide, something should be said about how information is collected about remittances. Much of the data about remittances are gathered by IFAD, the International Fund for Agricultural Development. This specialized United Nations agency monitors these transactions because it is charged with promoting economic development in rural areas of poor countries, which is where the remittances are most often directed by migrant workers. Surprisingly for a U.N. agency, IFAD’s publications and policy statements are very supportive of the private-sector remittance system. IFAD seems to recognize that without remittances there would be much less progress in overcoming rural poverty.

Let’s start with the volume of remittances transferring income from one location to another. The magnitude of the help provided is astounding, and at the same time, heartening. The estimated value in U.S. dollars of remittances sent by migrants to families in low and middle income nations in 2022 was \$626 billion. If you add in amounts sent home by migrants to other countries (with higher incomes) the total rises to almost \$800 billion each year and that number has been steadily growing. Currently, 800 million people worldwide receive remittance payments.

What those figures mean is that since the late 1990s remittances have outrun Official Development Assistance (ODA), that is, foreign aid. In other words, Official Development Assistance is not the major source of help to poor families in the less developed world. World Bank charts show Official Development Assistance has remained steadily at \$100-\$200 billion range over the

last 10 years, while remittances to families in low and middle-income countries has risen steadily. Migrant workers sending a stream of income back home have become, according to the World Economic Forum, a “global economic force.”

Another important difference commends remittances as opposed to ODA aid programs. Although there is a modest remittance transfer cost paid by the migrant, the rest of the money goes directly to his or her family—it is worker to household help.

By contrast, ODA programs, according to recent Brookings figures, pass funding through the administrative layers of other entities. Some ODA transfers go directly to governments (20%), some go to non-profit organizations (NGOs) (20%), and some go to multilateral organizations like the World Bank (34%). All of these must extract administrative costs, which reduce the monies that get to poor families.

Also, with remittances, no funds are diverted to corrupt officials, often a serious problem with aid payments made directly to governments. The U.S. Inspector General and various government programs intended to thwart corruption are constantly identifying the misuse and diversion of foreign assistance. Problem areas—burgeoning administrative costs and corruption—regularly occur with Official Development Assistance. Late Economist Peter Bauer began questioning just such perverse results from traditional foreign aid in the early 1970s. The same theme has been taken up by Zambian commentator Dambisa Moyo in her book, *Dead Aid: Why Aid is Not Working in Africa*. Other African economists like the late George Ayittey did not mince words regarding these results from foreign aid: “The record of aid has been terrible.” Remittances, by contrast, do not produce these two very destructive by-products of ODA programs.

Next, remittance monies go into the hands of families who spend the funds locally. This pattern encourages indigenous entrepreneurship and business development to meet genuine needs. The expenditures are on necessities and incentivize local providers of those neces-

saries—farmers, food processors, education and health providers, and merchants selling other goods. Moreover, the family oversees and evaluates how the additional remittance funds will best improve the family’s economic well-being.

What has happened here—quietly, steadily, and gradually—is the harnessing of the productive power of more developed economies through legal migrant workers who then help finance economic development, one family at a time, in other lower and middle income economies.

How can the remittance revolution be advanced? Governments should keep the remittance transactions as free of excessive regulation as possible. United States law, through the Consumer Financial Protection Bureau, does require transfer providers to reveal to senders (migrant workers) in advance the various costs of the transfer—exchange rates, fees, amount of the final delivery. So far, these have not been burdensome. However, legislators and regulators should realize that additional regulation always means additional costs, and that will lead to higher transfer charges.

Governments in the countries of the recipient families must resist the temptation to tax new mobile remittance services. For example, in Sub-Saharan Africa, many governments have lost revenue on voice transmission and Short Message Service (SMS) and therefore “are looking to new revenue sources to address fiscal shortfalls and are increasingly targeting mobile money services.” This has a negative effect on the very enterprises whose newer phone and “app” technology is likely to reduce transfer charges. Taxing and excessive regulation of these remittance providers will stall the engine of private, migrant-funded aid that will continue to help reduce poverty in many nations.

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

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WANTED



Robert E. Butler
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WANTED



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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
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WANTED



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

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