

# SUNDAY

# The Paper

## OF MONTGOMERY COUNTY

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# Selling Ben-Hur: The Novel, Marketing, and Material Culture



Photo courtesy of The General Lew Wallace Study & Museum

The General Lew Wallace Study & Museum is pleased to announce the opening of our 2023 exhibit "Selling Ben-Hur: The Novel, Marketing, and Material Culture"

The exhibit will open at 10 a.m. on Tuesday, March 21, in the Carriage House Interpretive Center at the General Lew Wallace Study & Museum.

"My God, did I set all of this in motion?" When Lew Wallace spoke these words in 1899 after seeing the staged production of Ben-Hur on Broadway, he could not have imagined all that he had actually set in motion. Ben-Hur has commanded the nation's attention for over 140 years. The book is a presence in both popular and material cultural unlike any other work of fiction before it. Scholars continue to study Lew Wallace and Ben-Hur for the impact the book and its many iterations have had on Christianity and world religion. Beyond scholarly interest, this work of fiction has changed the course of modern material culture, becoming a commercial brand unto itself presented on thousands of products.

The 2023 exhibit examines the many ways Ben-Hur impacted modern marketing, material culture, Hollywood, and more. Examples of how Ben-Hur was used locally, nationally, and world-wide are on display. There are QR codes to hear two of the dozens of Ben-Hur songs that have been composed since the 1880s and a reproduction of the 1950 Ben-Hur Burma Shave signs line the walkway to the Study.

The exhibit may be viewed free of charge from 10 a.m. to 5 p.m. Tuesday through Saturday. "Selling Ben-Hur" will run through early December 2023. The Study is also open for guided tours. The Museum requests visitors seeking a guided tour of the Study book their appointment ahead of time, but walk-ins will be accommodated as much as possible. Tours last approximately one hour and are \$7 for adults and \$3 or \$1 for students.

Other upcoming events at the General Lew Wallace Study & Museum include American Battlefield Trust's Park Day on Saturday, April 15, and Hoosier Authors Book Club on Thursday, April 20. For more information about the exhibit, visit <https://www.ben-hur.com/programs/annual-exhibit/> or contact Larry Paarlberg at 765-362-5769 or [lpaarlberg@ben-hur.com](mailto:lpaarlberg@ben-hur.com).

#### About GLWSM

The General Lew Wallace Study & Museum is deeply committed to the protection and preservation of Lew Wallace's legacy now and for generations to come. The museum is located on Wallace's home site in Crawfordsville, Indiana, and is where he wrote Ben-Hur. His unique and personal Study, built in the 1890s, is a National Historic Landmark and the home of the world's largest collection of General Wallace's personal memorabilia.

For more information, please visit the museum website: [www.ben-hur.com](http://www.ben-hur.com).



#### ➔ TODAY'S QUOTE

*"The best luck of all is the luck you make for yourself."*  
- Douglas McArthur

#### ➔ TODAY'S JOKE

*You know you overdid your St. Paddy's celebrating if you kissed the blarney stone and it kissed you back!*

#### ➔ TODAY'S VERSE

*Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.*

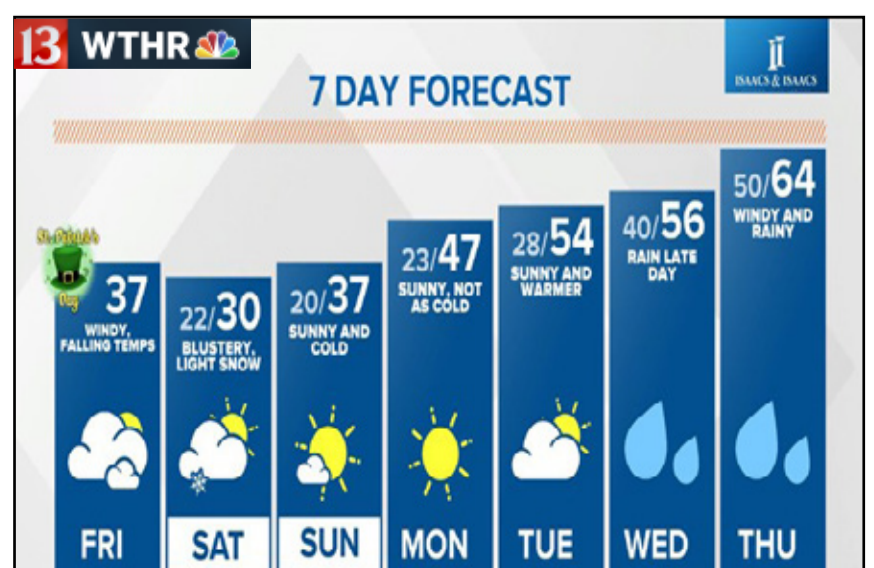
#### ➔ TODAY'S HEALTH TIP

Instead of sitting down and watching the tube after a meal, take a 20-minute walk. 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](http://www.thepaper24-7.com).



#### ➔ HONEST HOOSIER

*It's Sunday - give the Lord His due and be thankful! And wouldn't the world be a much better place if we all did that?*





# I ndiana



# Facts & Fun

## Did You Know?

- Floyd County is the second smallest county in Indiana with only 148.96 square miles.
- New Albany, the county seat, experienced the Ohio River flood in 1937, leaving the town drenched in over 10 feet of water.
- The county was founded in 1819 and named after Brigadier General John Floyd.
- Floyd County has a population of 75,283 residents.
- New Albany is 15.11 square miles and has around 36,372 residents.

## Number $\div$ % Stumpers

1. How old is Floyd County?  
 $\geq$
2. What percentage of the county does New Albany make up?  
 $\leq$
3. What is the population density of the county?  
 $\geq$
4. How long ago did the Ohio River flood take place?  
 $\leq$

Answers: 1. 200 Years 2. About 10.14% 3. Around 505 per square mile 4. 82 Years

## Got Words?

Fayette County was a vital supply and medical center during the Civil War and was a stop in the Underground Railroad. How do you think the county has been influenced by its critical, historical role in the United States?

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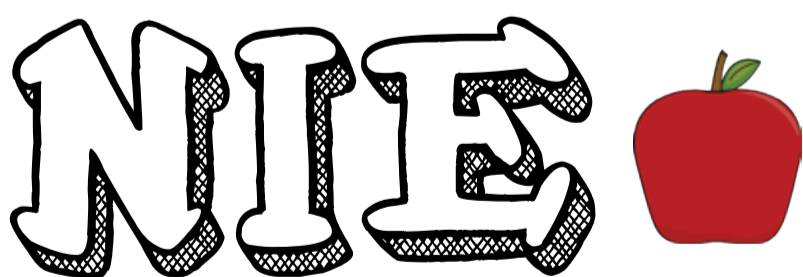
## Word Scrambler

Unscramble the words below!

1. WEN LYNBAA
2. DOFYL YTUCON
3. OOFDL
4. LIIVC AWR
5. IOOH RIRVE

Answers: 1. New Albany 2. Floyd County 3. Flood 4. Civil War Era 5. Ohio River

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# SUNDAY

## Indiana the Strong

Sunday, March 19, 2023

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## 'Talking' Concrete Could Help Prevent Traffic Jams And Cut Carbon Emissions

An increasing number of U.S. interstates are set to try out a Purdue University invention that could save millions of taxpayer dollars and significantly reduce traffic delays.

The invention, a sensor that allows concrete to "talk," decreases construction time and how often concrete pavement needs repairs while also improving the road's sustainability and cutting its carbon footprint.

Embedded directly into a concrete pour, the sensor sends engineers more precise and consistent data about the concrete's strength and need for repair than is possible with currently used tools and methods.

"Traffic jams caused by infrastructure repairs have wasted 4 billion hours and 3 billion gallons of gas on a yearly basis. This is primarily due to insufficient knowledge and understanding of concrete's strength levels," said Luna Lu, the Reilly Professor and acting head of Purdue's Lyles School of Civil Engineering, who has been leading development of the sensors since 2017. "For instance, we don't know when concrete will reach the right strength needed to accommodate traffic loads just after construction. The concrete may go through premature failure, leading to frequent repairing."

According to data from the Federal Highway Administration, concrete pavement makes up less than 2% of U.S. roads but approximately 20% of the U.S. interstate system. Lu's research has focused on improving the conditions of concrete pavement first because it is the most challenging road material to repair. Concrete interstate pavement also must reliably support a large proportion of the nation's traffic.

More than half of U.S. states with concrete interstate pavement have signed up to participate in a Federal Highway Administration pooled fund study to implement the sensors. The participating states are Indiana, Missouri, North Dakota, Kansas, California, Texas, Tennessee, Colorado and Utah.

Additional states are expected to join as the study kicks off in the coming months. Two states – Indiana and Texas – have already begun trying out the sensors in highway paving projects.

The technology also is on track to hit the market later this year as the REBEL Concrete Strength Sensing System, a product of WaveLogix. Lu founded WaveLogix in 2021 to manufacture the technology on a larger scale. The company licenses the technology from the Purdue Research Foundation Office of Technology Commercialization, which



Photo courtesy of Luna Lu, Purdue University

**Sensors developed by Luna Lu and her team are installed into the formwork of Interstate 35 in Texas**

has applied for patent protection on the intellectual property.

Fast Company magazine named this invention one of its Next Big Things in Tech for 2022, which recognizes projects already making an impact on a real-world problem while also showing promise to make a greater impact in the years to come. The American Society of Civil Engineers' 2021 Report Card for America's Infrastructure also selected the technology as one of its "Gamechangers" for the year. Other organizations, such as the American Association of State Highway and Transportation Officials, have followed the technology's developments since its initial introduction in 2019.

Replacing century-old industry standards to make roads last longer

The Purdue invention is gradually rising as a better alternative to tests that have been the industry's standard since the early 1900s.

Lu and her lab started developing the technology in 2017, when the Indiana Department of Transportation requested help in eliminating premature failure of newly repaired concrete pavement by more accurately determining when the pavement is ready to be opened to traffic.

After embedding an early prototype of the sensor into sections of various Indiana highways, INDOT added the sensor technology to its Indiana Test Methods Index. This index lists tests for contractors and construction workers to use to ensure road pavement quality.

Methods that the industry has used for more than a century call for testing large samples of concrete at a lab or onsite facility. Using that data, engineers estimate the strength level that a particular concrete mix will reach after it's been poured and left to mature at a construction site. Even though these tests are well understood by the industry, discrepancies between lab and out-

door conditions can lead to inaccurate estimates of the concrete's strength due to the different cement compositions and temperatures of the surrounding area.

With the technology Lu and her team invented, engineers no longer have to rely on concrete samples to estimate when fresh concrete is mature enough. Instead, they can directly monitor the fresh concrete and accurately measure many of its properties at once.

The sensor communicates to engineers via a smartphone app exactly when the pavement is strong enough to handle heavy traffic. The stronger the pavement is before being used by vehicles, the less often it will need to be repaired. The ability to instantly receive information about the concrete's strength levels also allows roads to open to traffic on time or sooner following a fresh pour.

Construction workers can install the sensors simply by tossing them onto the ground of the concrete formwork and covering them with concrete. Next, they plug the sensor cable into a reusable handheld device that automatically starts logging data. Using the app, workers can receive information on real-time changes in the concrete strength for as long as the strength data is required.

Cutting carbon emissions by cutting down on traffic and cement

By decreasing road repairs and construction timelines, this technology could reduce carbon dioxide that vehicles would have emitted while waiting in traffic to get around a construction site.

Lu's startup, WaveLogix, also is developing a way to curb carbon emissions by cutting the amount of cement needed in concrete mixes. The manufacturing of cement is responsible for 8% of the world's carbon footprint. WaveLogix has made progress on a solution that uses artificial intelligence to optimize

the design of concrete mixes based on data that the sensors would collect from highways across the country.

Construction codes call for a higher cement content in concrete mixes to ensure that concrete sample testing meets required strength thresholds. Excess cement can lead to premature cracks in pavement. Based on these code requirements and data from the Global Cement and Concrete Association, Lu estimates that concrete mix overdesign causes more than 1 billion tons of carbon emissions per year.

"The biggest problem with concrete mixes is that we use more cement to increase the concrete's strength. That won't help open the road to traffic any sooner," Lu said.

These codes are based on how concrete mixes were made in the early 1900s, which was before equipment that could grind cement into finer powder was developed in the 1950s. Since concrete mixes use that finer powder today, they should have different water-cement ratios than a hundred years ago. The codes also don't take into consideration how weather in different states impacts a concrete mix. A concrete pour in the middle of Indiana's winter, for example, requires different concrete mixes to reach the right strength level than if the concrete were poured during California's winter.

Lu believes that this new method using artificial intelligence could potentially reduce by 20% to 25% the amount of the cement used in concrete mixes – and simultaneously make pavement more durable and less expensive.

"I feel a strong sense of responsibility to make an impact on our infrastructure through developing new types of technology. In the field of civil engineering, if we don't make an impact on the world, there won't be a world to worry about," Lu said.

## After 39 Years, Indiana ASBO Executive Director Denny Costerison To Retire

Following 39 years of service to the Indiana Association of School Business Officials, Executive Director Denny Costerison announced on March 10 that he will retire from the association effective June 30, 2023.

In June 1984, the IASBO Board entrusted Costerison to lead the association. During his tenure, Costerison has been devoted to the school business management profession, working to ensure school professionals had access to relevant and engaging professional development. He has not only been the architect of IASBO's robust slate of programming but has been a strong presence at the State House lobbying for Indiana's public schools since 1980.

Costerison's dedication to the field is evident in his many accomplishments, including the following awards:

- 2001 – ASBO International Eagle Award for Professional Service
- 2004 – Indiana ASBO Lamplighter Distinguished Service Award
- 2016 – ASBO International Fred Hill Distinguished Service Award
- 2019 – Indiana ASBO

Hall of Fame

- 2019 – Sagamore of the Wabash
- 2022 – Indiana Association of Public School Superintendents Point of Light Award

In recognition of his service, IASBO has named Costerison Executive Director Emeritus. Costerison will continue to consult with the organization and guide the new executive director (search currently underway).

About Indiana ASBO The Indiana Association of School Business Officials is devoted to the school business management profession. IASBO strives for the promotion and advancement of those individuals involved in school business affairs such as finance, accounting, purchasing, maintenance and operations, human resources, facilities and grounds, food nutrition, technology, and transportation.

IASBO currently has over 1300 members representing over 95 percent of Indiana's school corporations. With offices in downtown Indianapolis, Indiana ASBO is in constant contact with the State Legislature and State Agencies.

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## 19 Indiana Wood Manufacturers Recognized On 'North America's Largest' List

Nineteen wood manufacturing firms from Indiana have been included on the 2023 FDMC 300 list, which ranks the largest cabinet, furniture, millwork, store fixture, office/contract and component producers in North America.

"Indiana is proud to be ranked as a top producer for so many wood products and to supply a large number of Hoosiers with good paying hardwood manufacturing jobs," said Lt. Gov. Suzanne Crouch, Indiana's Secretary of Agriculture and Rural Development.

"Wood is a renewable resource and provides a stability and quality to furniture like no other."

Jasper-based MasterBrand Cabinets ranks No. 3 overall and is the largest on the list from Indiana. MasterBrand generated an estimated \$3.3 billion in 2022 sales volume and employs roughly 14,000 people. Its manufacturing operations span over 20 plants across the United States and Mexico, totaling more than six million square feet to produce stock, semi-custom and custom fully assembled kitchen and bath cabinets and more.

"MasterBrand is proud of its Indiana roots, which can be traced back nearly 70 years to Celestine, Indiana," said Dave Banyard, President and CEO, MasterBrand. "As a company, our purpose is building great experiences together and that would not be possible without our dedicated associates who make beautiful, functional and unique cabinets every day."

Companies on the list are ranked according to annual sales. Four other Indiana firms rank among the top 35 companies on the list: Kimball International Inc. lands at No. 23, OFS Brands Inc. holds spot No. 31 and Genesis Products is No. 34.

Jasper-based Kimball International Inc. makes office, hospitality furniture and cabinet products. In 2022, the company's sales to-

taled an estimated \$665 million. Kimball International Inc. operates nine plants across the U.S. and Mexico and employs 2,800 people.

Huntingburg-based OFS Brands Inc. posted estimated sales of \$490 million in 2022. OFS owns 10 U.S. manufacturing plants totaling 2 million square feet with 1,986 employees. The company makes contract/office furniture; desks, filing storage, conference tables, office chairs and office seating; and healthcare, education and hospitality furniture.

Goshen-based Genesis Products makes wood panels, wood interior products and other wood products for leading manufacturers in the RV, manufactured housing, hospitality and other industries. In 2022, the company's sales totaled and estimated \$380 million. Genesis Products operates 14 manufacturing plants across the U.S. totaling 1.5 million square feet and employs 1,150 people.

While not headquartered in Indiana, five other top-25 firms on the list host at least one manufacturing plant in Indiana. Those are Cabinetworks Group; American Woodmark Corp.; Dorel Industries Inc.; MJB Wood Group; and Qualex North American Fenestration.

"This industry is an incredible asset for Indiana agriculture," said Chris Gonso, ISDA's Hardwood Program Manager. "Many of our Hoosier companies have been on the FDMC list for many years, which shows how strong this industry is for economic potential in the agricultural industry."

Indiana's hardwood industry has an annual economic impact of more than \$10 billion and supports 70,000 jobs. Indiana's Hardwood Strategy aims to grow these numbers by promoting the expansion of current wood processing facilities, attracting new companies to the state, educating consumers and businesses on the sustainability of the hardwoods

industry and seeking opportunities to increase the value of Indiana's hardwood products.

The complete list of Indiana-based wood manufactures earning a spot in the 2023 FDMC 300 is below:

3. MasterBrand Cabinets
  - Main location: Jasper, IN
  - Annual sales: \$3.3 billion\* ('22)
  - Total Employees: 14,000
23. Kimball International Inc.
  - Main location: Jasper, IN
  - Annual sales: \$665 million\* ('22)
  - Total Employees: 2,800
31. OFS Brands Inc.
  - Main location: Huntingburg, IN
  - Annual sales: \$490 million\* ('22)
  - Total Employees: 1,986
34. Genesis Products
  - Main location: Goshen, IN
  - Annual sales: \$380 million\* ('22)
  - Total Employees: 1,150
51. Best Home Furnishings
  - Main location: Ferdinand, IN
  - Annual sales: \$245 million\* ('22)
  - Total Employees: 850
53. Jasper Group
  - Main location: Jasper, IN
  - Annual sales: \$238.1 million\* ('22)
  - Total employees: 1,178
59. Kountry Wood Products
  - Main location: Napanee, IN
  - Annual sales: \$200 million\* ('22)
  - Total Employees: 540
69. Patrick Industries Inc.
  - Main location: Elkhart, IN
  - Annual sales: \$170 million\* ('22)
  - Total Employees: 7,000
100. Smith Brothers of Berne Inc.
  - Main location: Berne, IN
  - Annual sales: \$100 million\* ('22)
  - Total Employees: 525
107. Koetter Wood-

working Inc.

- Main location: Borden, IN
  - Annual sales: \$85 million\* ('22)
  - Total Employees: 325
125. Kitchen Kompact Inc.
    - Main location: Jeffersonville, IN
    - Annual sales: \$70 million\* ('22)
    - Total Employees: 225
  137. Indiana Furniture
    - Main location: Jasper, IN
    - Annual sales: \$58 million\* ('22)
    - Total Employees: 325
  150. University Loft Co.
    - Main location: Greenfield, IN
    - Annual sales: \$50 million\* ('22)
    - Total Employees: 110
  175. Saco Industries Inc.
    - Main location: Lowell, IN
    - Annual sales: \$39.6 million\* ('22)
    - Total Employees: 350
  189. Grabill Cabinet Co. Inc.
    - Main location: Grabill, IN
    - Annual sales: \$35 million\* ('22)
    - Total Employees: 200
  192. Corsi Group
    - Main location: Indianapolis, IN
    - Annual sales: \$33 million\* ('22)
    - Total Employees: 140
  203. Haas Cabinet Co. Inc.
    - Main location: Sellersburg, IN
    - Annual sales: \$26.2 million\* ('22)
    - Total Employees: 200
  240. Jasper Chair
    - Main location: Jasper, IN
    - Annual sales: \$20.4 million\* ('22)
    - Total Employees: 100
  274. Dubois Wood Products Inc.
    - Main location: Huntingburg, IN
    - Annual sales: \$16 million\* ('22)
    - Total Employees: 67
- Annual sales (\*estimated)



Photo courtesy of Indiana Landmarks

## Talk To Explore Architect Frank Lloyd Wright's Work, With Focus On Indiana Home

In anticipation of reopening a newly restored Frank Lloyd Wright-designed home in West Lafayette, Indiana Landmarks is hosting a talk about the great American architect and the challenges of preserving his creations.

As America emerged from the Great Depression in the 1930s, architect Frank Lloyd Wright saw an emerging need for well-designed, affordable housing for the middle class. From then until his passing in 1959, Wright designed a uniquely American brand of architecture that he coined as "Usonian," a shorthand way to say "United States of North America."

On March 29, Frank Lloyd Wright Building Conservancy Executive Director Barbara Gordon will headline the talk and provide an in-depth look into the philosophy and restoration challenges surrounding Wright's Usonian architecture. Gordon has been in her position since 2017 and prior to that spent 21 years at the Chicago Architecture Foundation.

The John and Catherine Christian House completed in 1956 in West Lafayette represents one of Wright's most fully realized Usonian designs. Suzanne

Stanis, Vice President of Education at Indiana Landmarks, will discuss Samara, the National Historic Landmark that's undergone a \$2 million restoration.

Named for winged seeds produced by the site's evergreens, Samara features an abstract version of the winged seed design motif in the interior and exterior of the house. Because the Christians consistently adhered to Wright's prescribed concepts and were the home's sole owners, Samara offers a rare comprehensive example of the famous architect's work, which advised on the selection of china and textiles and created specific furniture pieces.

Today, Indiana Landmarks co-stewards Samara with the John E. Christian Family Memorial Trust. Samara will reopen in April with tours offered on a regular basis for the first time, rather than by appointment. Tour tickets go on sale March 20 at [www.samara-house.org](http://www.samara-house.org).

The talk is \$10 for the public and free for Indiana Landmarks members. All tickets are general admission. Reserve your spot at [wrightsonianstalk23.eventbrite.com](http://wrightsonianstalk23.eventbrite.com), or by calling 317-639-4534.



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Photo courtesy of Purdue University

**Purdue University, the Purdue Research Foundation, the Purdue for Life Foundation and Varcity have reached an agreement to establish a wellness-infused residential development in Discovery Park District at Purdue. This rendering is subject to change.**

## Purdue, Varcity Partner For New Alumni-Focused Residential Development In Discovery Park District

Purdue University, the Purdue Research Foundation, the Purdue for Life Foundation and Varcity have reached an agreement to establish a wellness-infused residential development in Discovery Park District at Purdue.

Varcity, a McNair Living brand, builds developments directly affiliated with universities through business and social programming. The company collaborates with higher-education institutions to provide residential living to alumni and community members in state-of-the-art, amenity-rich communities located on or near campuses. Typically, Varcity developments include:

- One-, two-, and three-bedroom homes and freestanding villas.
- Concierge service.
- Multiple chef-inspired restaurants.
- Lifelong learning opportunities.
- Interior design that celebrates the institution's history.
- Dedicated health and wellness support for Varcity residents that includes telehealth and telemedicine, physical therapy facilities, assisted-living options and more.

Due to its official affiliation with the university, Varcity at Purdue will feature elements customized for the community:

- Location in the heart of a vibrant on-campus, mixed-use neighborhood.
- Ground floor specifically designed for interaction with students, faculty and the larger community, including space for group meetings, art exhibitions, intergenerational engagement and more.
- Early childhood education center.
- Expansive green

spaces and professional-grade pickleball courts.

- On-site lifelong learning center through a partnership with the Purdue for Life Foundation.
- Purdue ID cards for all residents with access to university facilities.
- Opportunities to audit lecture courses free of charge.
- Collaboration with the university on research, teaching, student internships and service opportunities.

The Varcity development will sit over ground floor amenities that are available to everyone on campus. The villas, townhomes and apartment living options are projected to be home to residents in their mid-60s to mid-80s with wellness services available for any need at any age.

"We've been very intentional on creating a robust, well-rounded community through the Discovery Park District development, and this partnership with Varcity provides us with another cornerstone element," said Emily Najem, vice president of economic development and corporate counsel for the Purdue Research Foundation. "The district is a central connector for research, academia and corporate America — we're building an innovative community where everyone wants to live."

While exploring how this new development could best be integrated into the Purdue community, Varcity representatives met with numerous university deans and conducted focus groups with students, faculty and alumni. The goal is to use focus-group feedback to establish a community designed for multiple generations of Boiler-

makers and the Greater Lafayette community.

"It's been our pleasure to work alongside Purdue to bring this development to life," said Ryan Haller, managing principal with Varcity. "Since our first meeting with university officials, it's been clear Purdue is a unique institution in its business-friendly approach. While all our partners are special to us, Purdue was the first institution to buy into our entrepreneurial vision and continues to be the gold standard of public-private partnerships in higher education."

Varcity will also engage students through experiential learning, both during construction and after residents are living in the development. Students studying interior design, hospitality and tourism management, pharmacy, nursing, speech pathology and other disciplines will have the opportunity to utilize Varcity as an active learning laboratory on a day-to-day basis.

"Purdue interior design students will be true partners in the design of the facility, working alongside professionals," said Genell Ebbini, assistant professor of interior design. "This is not theory — it is experiential learning at its best, where students can walk over, see the building and work hands-on. We hope to include students from many schools and majors at different stages of development."

This agreement represents the university's latest effort to grow Discovery Park District at Purdue, a 400-acre, mixed-use development at the edge of campus that is quickly transforming the face of Purdue. Among its cutting-edge research facilities and

commercial developments, district plans already include:

- Provenance: A walkable, dynamic community of townhomes, apartments and single-family homes with amenities that include a clubhouse, nature trails and restaurants.
- Continuum: A mixed-use development that features 246 luxury one- and two-bedroom apartments, as well as 15,000 square feet of street-level commercial space.
- Aspire: An 835-bed apartment complex designed primarily for students.
- Convergence: A 145,000-square-foot, five-story, mixed-use building designed to support innovation, collaboration and private-industry growth.
- Ascension St. Vincent: A neighborhood hospital for inpatient and emergency care.
- Squirrel Park: A new green space featuring a 1938 horse barn repurposed as an event venue and potential brewery, donated by the Sonny Beck Family.
- Source: A community of luxury two- and three-bedroom condominiums designed for both work and play.

"More than 75 universities have a senior living affiliation, but none are integrated with the campus community the way Varcity will be at Purdue," said Matt Folk, president and CEO of the Purdue for Life Foundation and vice president for university advancement and alumni engagement at Purdue. "We want to provide our alumni with the perfect destination to live, work, play and retire, and this partnership will help set the Discovery Park District apart."

## CenterPoint Energy Encourages Customers To Set Up Billing And Payment Arrangements As Seasons Change

CenterPoint Energy would like to remind customers Indiana's winter regulatory moratorium, which temporarily suspends disconnections of customers who meet low-income guidelines and have received federal and state utility heating assistance, expires today. Customers who have received a disconnect notice should contact the company at 1-800-227-1376 to make payment arrangements and avoid potential disconnection.

"Throughout the winter heating season, we have been communicating with customers who may be experiencing financial hardships on the options available to manage their accounts," said Ashley Babcock, Vice President, Indiana and Ohio Gas. "We encourage customers experiencing financial challenges to contact us as soon as they receive a disconnection notice to make arrangements to avoid a disruption in service."

With the expiration of the moratorium, those customers currently under a disconnect order who have failed to make arrangements with the company will be subject to disconnection. Customers can choose from the following free billing and payment options, as well as energy efficiency programs:

- Energy Assistance Program (EAP): State and federal utility assistance dollars are available for income-eligible customers. Those that fall within 60 percent of state median income should visit their local community action agency to sign up for the EAP. To apply for the EAP, customers should call 1-800-872-0371 to locate their nearest community action agency. Customers may also apply any time at the Indiana Housing and Community Development Authority website at [www.EAP.ihcda.in.gov](http://www.EAP.ihcda.in.gov).
- Universal Service Program (USP): All eligible natural gas heating customers who apply and qualify for EAP will au-

tomatically be enrolled in the USP, which provides additional gas bill reductions that range from 15 to 32 percent of the total bill received (not including EAP benefits) in the months of December through May. The USP, which has been in place since 2005 is the result of a collaborative effort by CenterPoint Energy, Citizens Energy Group, the Indiana Office of Utility Consumer Counselor, Citizens Action Coalition and a group representing industrial customers.

- Due Date Extension and Payment Arrangement: These are two free offerings which are available to customers in need of a special payment plan on a temporary basis in order to keep service connected and manage energy costs.

- Energy efficiency resources: CenterPoint Energy offers energy efficiency tips, appliance rebates and energy-saving tools to help customers lower their natural gas bills. All Indiana residential and small commercial natural gas customers are eligible. Visit [www.centerpointenergy.com/smartsavings](http://www.centerpointenergy.com/smartsavings) or call 1-866-240-8476 for a list of rebates, qualifying appliances and energy efficiency tips.

- Budget Bill: Under this billing plan, a customer's estimated costs for a year of gas service are spread in equal monthly bill amounts for the year. This leveling of monthly bill amounts reduces the need to pay the full amount in the winter and spreads some of those higher bill charges into the non-heating months. Amounts are adjusted each summer for actual costs, and the customer's credit or amount due rolls into the next Budget Bill payment for the next 12-month period. Customers can enroll for free on [www.centerpointenergy.com](http://www.centerpointenergy.com) or by calling 1-800-227-1376.

Additional resources may be available through the township trustee offices and community partner organizations.

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# SUNDAY

## In The Kitchen

Sunday, March 19, 2023

C1

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## BRING ON DESSERT WITH BETTER-FOR-YOU SWEETS

### FAMILY FEATURES

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

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

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

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

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

To find more better-for-you desserts, visit [californiaprunes.org](http://californiaprunes.org).

### Vegan Brownies

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 9

#### Prune Puree:

16 ounces pitted California prunes

1/2 cup hot water

#### Brownies:

nonstick cooking spray

6 ounces unsweetened chocolate

1/2 cup California extra-virgin olive oil

2 cups light brown sugar

10 ounces California prune puree

1 1/2 cups all-purpose flour

1 tablespoon baking powder

1/4 cup cocoa powder

2 teaspoons vanilla extract

flaky sea salt, for garnish

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

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

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

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

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

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

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



Vegan Brownies



Chocolate Covered Prune Fudge Cake

### Chocolate Covered Prune Fudge Cake

Prep time: 15 minutes

Cook time: 55 minutes

Yield: 1 cake (8 inches)

#### Cake:

Coconut oil spray

14 tablespoons butter, chopped

2 teaspoons vanilla extract

3/4 cup cocoa powder

10 soft, pitted prunes, chopped small

1/3 cup maple syrup

6 eggs

1/2 cup coconut sugar

1 cup almond meal

#### Ganache:

1 cup full-fat coconut milk

1 1/3 cups dark chocolate morsels

To make cake: Preheat oven to 300 F.

Lightly spray bottom and sides of 8-inch springform pan with coconut oil spray.

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

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

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

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

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

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

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

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

### Chocolate Energy Balls

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

Prep time: 10 minutes

Cook time: 30 minutes

Yield: 24 pieces

#### Prune Puree:

16 ounces pitted California prunes

1/2 cup hot water

#### Energy Balls:

1 cup old-fashioned or gluten-free oats

2/3 cup toasted, unsweetened shredded coconut

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

1/2 cup pecan meal

1/2 cup prune puree

1/4 cup unsweetened cocoa powder

1 teaspoon vanilla extract

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

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

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

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

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



Chocolate Energy Balls

# SUNDAY

## In The Kitchen

Sunday, March 19, 2023

C2

Have a favorite recipe you want to share? Send it to [news@thepaper24-7.com](mailto:news@thepaper24-7.com)

# Dishing Out the Facts on Good Fats

### FAMILY FEATURES

For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day in March, Avocados From Mexico is sharing how avocados – a super good food and source of good fats and several vitamins – make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

"Most people are aware of the Mediterranean Diet, but nearly half (40%) of survey respondents didn't realize that this eating pattern does not limit fat coming from plant sources like avocados," said nutrition expert and registered dietitian Barbara Ruhs. "These types of unsaturated good fats are also recommended by the American Heart Association for heart health. Eating avocados in place of foods containing saturated fat is an easy and delicious way to approach healthy eating."

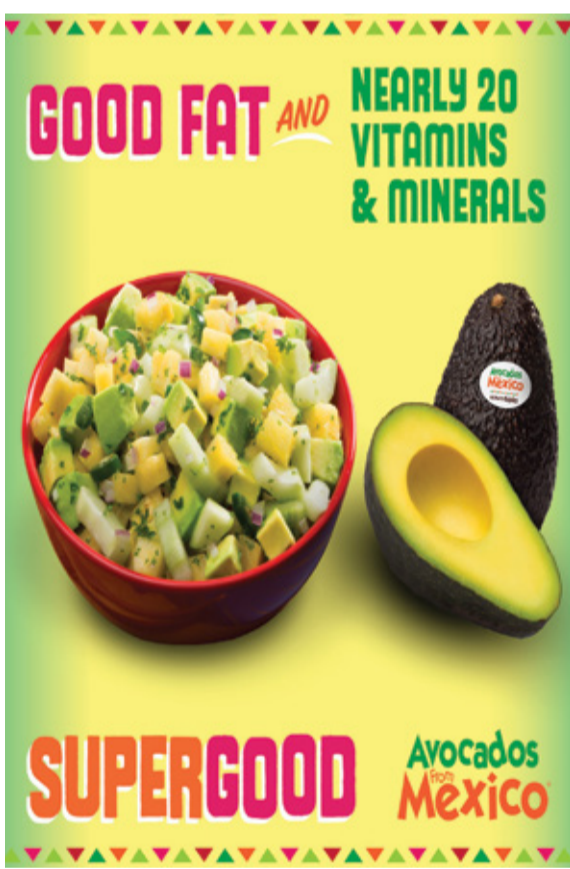
Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado). They are nutrient-dense, making avocados a superfood with super benefits. Avocados are also free of cholesterol and sodium and have nearly 20 vitamins and minerals.

Another finding from the survey is that while people believe fat is essential to a healthy diet, one-third of survey respondents believe saturated and trans fats are associated with health benefits, indicating confusion about the various types of fats. Many Americans need to balance their overall fat intake by reducing "bad" or saturated fat intake and increasing "good" or unsaturated (monounsaturated and polyunsaturated) fat intake. Replacing saturated fats with unsaturated fats can help reduce LDL, or bad cholesterol levels.

Dietary fat helps the body absorb vitamins A, D, E, and K. These vitamins are fat soluble, which means they can only be absorbed by the body with the help of fats. Per one-third of a medium avocado (50 grams), avocados contribute 6 grams of unsaturated fats, which are known to be essential for normal growth and development of the central nervous system and brain.

Make good fats a part of your next trip to the grocery store with this avocado-inspired Harvest Bowl Salad with Balsamic Vinaigrette certified by the American Heart Association.

To find more nutritional facts and figures, along with recipes featuring the superfood, visit [AvocadosFromMexico.com](http://AvocadosFromMexico.com).



Harvest Bowl Salad with Balsamic Vinaigrette

### Harvest Bowl Salad with Balsamic Vinaigrette

Servings: 8

#### Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

#### Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula

- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries

To make balsamic vinaigrette: In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.

To make salad: In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.

Toss salad to coat. Keep refrigerated until ready to serve.

**Nutritional information per serving:** 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.

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The Paper  
OF MONTGOMERY COUNTY

# SUNDAY

## In The Kitchen

Sunday, March 19, 2023

C3

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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](http://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](http://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 bricchoe 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](http://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 bricchoe 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 skimping 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](http://Culinary.net) to find more nutritious breakfast ideas.

### Brunch Fruit Tart

Recipe adapted from [homemadeinterest.com](http://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.



# SUNDAY

## In The Kitchen

Sunday, March 19, 2023

C4

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## PLANT-FORWARD PICNIC RECIPES PERFECT FOR SPRING

### FAMILY FEATURES

Between the welcome warmth of the sun's rays and a nearly universal desire to get outdoors, springtime is a beloved season for enjoying an al fresco meal. Add in fresh produce to heighten the flavors of family favorites and the table is set for a delicious picnic.

Whether your warm-weather adventures take you to a nearby park, a neighbor's patio or simply your own backyard, satisfying those spring cravings often starts with plant-forward dishes. From tomatoes and onions to mushrooms, Brussels sprouts and other fruits and veggies, you can rely on Mother Nature to give picnic recipes a boost.

For example, these fresh ideas from Aramark's Feed Your Potential program offer easy solutions to take your loved ones outdoors for a meal all can enjoy. As a popular springtime lunch, sandwiches provide the opportunity to customize servings according to each person's preferences.

These Portobello Mozzarella Sandwiches are a plant-forward version loaded with grilled mushrooms, fresh mozzarella, pesto mayo, arugula and a balsamic glaze on ciabatta rolls. For an added touch of freshness, a homemade tomato bruschetta topping combines tomatoes, red onions, basil and more to capitalize on a peak produce season.

No picnic is complete without a side that perfectly complements the main course. For a delicious solution that's fast and easy to make, try a new twist on an al fresco classic: coleslaw. A healthy accompaniment to the sandwiches, this Apricot Brussels Sprouts Coleslaw is an ideal spring dish that calls for less than 10 ingredients and requires simple prep so you can make it fresh before heading out the door.

Visit Aramark's Feed Your Potential website, [fyp365.com](http://fyp365.com), to find more picnic-worthy recipe ideas.

### Apricot Brussels Sprouts Coleslaw

Recipe courtesy of Aramark  
Servings: 4

- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 1 tablespoon granulated sugar
- 1 teaspoon salt
- 1 teaspoon ground black pepper

- 2 cups trimmed and shredded Brussels sprouts
- 1 cup dried apricot, diced
- 1 cup red onion, trimmed and diced

Combine mustard, honey, sugar, salt and pepper. Mix well.  
Add Brussels sprouts, apricot and onion; toss to coat.



Apricot Brussels Sprouts Coleslaw



Portobello Mozzarella Sandwiches

### Portobello Mozzarella Sandwiches

Recipe courtesy of Aramark  
Servings: 4

#### Tomato Bruschetta Topping:

- 1/4 pound fresh plum tomatoes, cored and diced
- 2 tablespoons red onion, peeled and minced
- 2 tablespoons fresh basil leaves, thinly sliced
- 1 teaspoon olive oil
- 1/4 teaspoon kosher salt
- 1 pinch ground black pepper
- 1 pinch fresh garlic, peeled and finely minced

#### Sandwiches:

- 1 pound fresh portobello mushrooms, cleaned, stems removed, sliced thin
- 3 tablespoons olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- 1/4 cup mayonnaise

- 2 1/2 tablespoons prepared basil pesto
- 4 ciabatta rolls (4-by-4 inches), split in half
- 4 ounces fresh mozzarella cheese, sliced small
- 4 ounces tomato bruschetta topping
- 2 ounces fresh baby arugula
- 1/4 cup balsamic glaze

To make tomato bruschetta topping: In bowl, combine tomatoes, onion, basil, olive oil, salt, pepper and garlic. Set aside.

To make sandwiches: Preheat grill pan or grill to medium heat.

Toss sliced mushrooms with olive oil, garlic powder, salt and pepper.

Grill mushrooms until fork-tender, 3-4 minutes on each side. Let cool.

Mix mayonnaise with pesto until combined. Spread 2 tablespoons pesto mayonnaise on cut sides of each roll.

For each sandwich, layer 1/4 of grilled mushrooms, mozzarella slices, tomato bruschetta topping, arugula and balsamic glaze.

Top with other roll halves. Cut diagonally in half to serve.

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# SUNDAY

## In The Home

Sunday, March 19, 2023

D1

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## Understanding Plant Tags & Seed Packets To Increase Your Gardening Success



**MELINDA MYERS**  
Columnist

Gardening is a wonderful way to grow your own food and create a beautiful landscape. Proper plant selection can help you make wise purchases when visiting the garden center or ordering plants online.

Much of the information you need to know can be found on plant tags and seed packets. Understanding this information can help you select plants suited to the growing conditions in your yard.

Most gardeners first learn about plants by the names that friends, relatives, or fellow gardeners use to refer to them. Each plant also has a unique scientific, also called botanical, name. Since plants can have multiple or regional common names, it is important to check the botanical name when shopping. Checking the tag for the botanical name ensures you buy the right plant.

You will also see the word "zone" followed by numbers in the information on trees, shrubs, perennial flowers, and vegetables. These numbers reflect the plant's ability to survive the average minimum winter temperatures in the hardiness zones listed. You can find your hardiness zone on the United States Department of Agriculture (USDA) Plant Hardiness Zone Map. It is often included in plant cata-



Photo courtesy of MelindaMyers.com

**Check the back of seed packets for pertinent information so you provide the proper growing conditions for the plantings to flourish.**

logs and other gardening resources to help you find plants suited to your climate. Despite record summer temperatures, it is still important to select plants that can survive the average minimum winter temperatures in your area. Selecting plants that tolerate both the highs and lows where you live will increase their chance of returning each year.

Make sure the plants you select have sufficient frost-free growing days to mature and flower or produce fruit. This is listed as the number of days from planting until harvest. Count the number of days in your growing season from the time you can plant to harvest to see if it's a good choice.

Matching plants to the amount of sunlight they need to thrive is also important for growing healthy plants. In general, full-sun plants prefer six, preferably eight or more, hours of direct sunlight. Areas receiving only intense afternoon sun are often suitable for plants listed as full or part sun tolerant. Part-sun plants usually need four to six hours of direct sunlight. Part-

shade plants generally need two to four hours of direct sunlight preferably from east-facing or other locations where the sun is less intense. Shade plants usually perform well with two hours of direct sunlight or bright, indirect light throughout the day.

Always check the mature size and spread of the plant you select. Picking the right size plant for the available space will save you time and frustration having to prune the mature plant down in size.

No matter what plants you select, make sure to call 811 at least three business days before you begin planting. Wisconsin residents can also file online at [www.DiggersHotline.com](http://www.DiggersHotline.com) and gardeners in any other state can visit <https://call811.com/811-In-Your-State>. They will contact all the appropriate companies who will mark the location of their underground utilities in your designated work area. This free service can help reduce the risk of injury and the inconvenience of accidentally knocking out power, cable, or other utilities.

To remind everyone to

call before digging, April has been designated Safe Digging Month. Please make contacting 811 part of your gardening plans and remind family and friends to do the same.

For more gardening information, register for Myers' free webinar "Understanding Gardening Basics to Boost Your Gardening Success" on March 29 at 6:30 p.m. The webinar is free, but registration is required. Just visit Myers' website [www.MelindaMyers.com](http://www.MelindaMyers.com). If you can't attend the live webinar, a recording will be available to watch 24 hours after the live presentation.

*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" DVD instant video series and the nationally syndicated **Melinda's Garden Moment radio program**. Myers is a columnist and contributing editor for **Birds & Blooms magazine** and was commissioned to write this article. Myers' website is [www.MelindaMyers.com](http://www.MelindaMyers.com).***

## The Return Of The Hosta

Hostas are very strong plants and feel at home in many places. With their beautiful leaves and ease of care, these perennials are very popular right now. There is plenty of choice in colors and patterns: from dark green to blue and from spotted to variegated. Versatile hostas will bring you months of joy, year after year!

Color variations Hostas originate from northeast Asia. In 1784, the first seeds were brought from the Chinese port of Macau to the Jardin des Plantes in Paris. Initially a true collector's plant, today this perennial is loved by a varied audience. This is hardly surprising, given the beautiful leaves in all sorts of sizes, shapes and color variations from blue-gray to variegated white-green. What's more, in summer, graceful stalks bearing white, blue or lilac flowers also make an appearance.

Where to plant hostas Hostas like moist soil and organic fertilizer. Most hosta species thrive in a semi-shaded spot. The guideline here is that blue-leaved hostas do well in the shade and that

yellow-leaved ones can handle a little more sun. The more variegated the leaves, the less sun they will tolerate. Hostas with thicker leaves, on the other hand, can tolerate more sun. They look great in ornamental pots, in a mixed border, on water banks and as solitary plants. The lowest variety will grow to about 4 inches, while the tallest can grow higher than 3 foot.

Keeping snails away Many hostas suffer from slug infestations. Fortunately, there are plenty of environmentally friendly methods to protect your hostas against snails. A regular snail-catching session at dusk will go a long way. Setting up a wide circle with broken shells or coffee grounds around your plant (or pot) can also work as a slug barrier. Spraying hostas with garlic powder dissolved in water should also keep snails at bay.

Fun idea Create a hosta corner featuring plants with different leaf colors. Position taller varieties behind low-growing ones.

## Cheerful Floral Styling For Easter

With bulb flowers, you can create a cheerful Easter atmosphere in the house in no time at all. What's more: floral styling is good for your mood and will make you happy. In other words: lots of positive vibes for Easter!

Instant Easter The fun starts when you go shopping. Choose spring flowers in bright, scintillating colors, like daffodils, hyacinths, and tulips. These bulb flowers symbolize love, springtime and new life: perfect for Easter! Combine bulb flowers with some budding branches. And don't forget to add some eggs!

Flowers, flowers everywhere A cheerful bouquet will lend your breakfast or brunch table a fun Easter atmosphere. And why stop there: you can apply floral styling even at the entrance to your home: think cheerful yellow daffodils in the hall - in a bouquet or simply some pre-forced bulbs. You can also dress up your garden table with pre-forced bulbs. Outside, the flowers will last even longer.

Flower-picking fun

Fancy even more flowers? Why not create some small picking bunches? Display them in glass vases, jam jars or (flowered) tea cups. Arrange a few tulips, daffodils, or hyacinths in each vase - keep it nice and casual for a fun, freshly-picked effect. A cheerful mix always works well, too. Put the picking bouquets in the kitchen, by your bed, and in your (home) office. You can also arrange several vases together; if you use a metal tray or a wooden shelf, you can create a sense of unity.

At [www.ilsays.com](http://www.ilsays.com), you will find many more ideas and tips for decorating your home with flowers.

Styling tip: bring the spring sunshine into your home with yellow flowers: think yellow tulips and daffodils. If you opt for yellow hyacinths, a delicious spring scent offers a nice bonus.

Share happiness! Are you planning to visit family or friends at Easter? Why not bring a cheerful Easter bouquet? Pre-forced bulbs are also great fun and easy to transport.



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# SUNDAY

## In The Home

Sunday, March 19, 2023

D2

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# LIVING COLOR

## ON-TREND HUES REFLECT COMFORTING LIFESTYLE DESIGN



### FAMILY FEATURES

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

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

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

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

### Color Trends to Consider

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

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

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

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

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

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

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

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

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



## Navigate New Colors

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

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

# SUNDAY Business Notes and NEWS DAY

Sunday, March 19, 2023

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## Purdue's 'World's Whitest Paint' Wins 2023 SXSW Innovation Award

The world's whitest paint, developed by Purdue University researchers and recognized in Guinness World Records, has been named winner of the 2023 Innovation Award in the sustainability category by South by Southwest Conference & Festivals (SXSW).

The award "recognizes the most exciting creative developments in the connected world," and was presented to Purdue on Monday (March 13) at the 25th annual SXSW Innovation Awards Ceremony in Austin, Texas. Purdue was chosen in the sustainability category from among four finalists that included Purdue; Indianapolis-based Atarraya: Sustainable Shrimp-Farming Tech; The Trees of the Future, based in Hayward, California; and Chicago-based Natures Fynd: Fy Protein.

The paint, developed by Purdue professor of mechanical engineering Xiulin Ruan, is fighting global warming by keeping surfaces cool enough to reduce the need for internal air conditioning. SXSW is the latest to recognize the innovation, which was previously featured on PBS NewsHour and The Late Show With Stephen Colbert. Earlier this month, the paint was named winner of the 2023 Gizmodo Science Fair.

In 2022 Ruan and his team innovated further by developing a new formulation of his groundbreaking paint that is now thinner and lighter – ideal for radiating heat away from cars, trains, airplanes and even spacecraft. According to Ruan and his team's models, covering 1% of the Earth's surface in their technology could mitigate the total effects of global warming, a fact encouraging them to continue pursuing formulas suitable for surfaces like asphalt and roadways (podcast available online).

"With this award, we are honored that SXSW joins a growing list of organizations, publications, and states that rec-

ognize Purdue University and its world-changing researchers are delivering practical solutions to today's toughest challenges," said R. Ethan Braden, executive vice president, chief marketing and communications officer for Purdue University and Purdue Global. "Whether it's the world's whitest paint to combat global warming or the workforce needed to onshore semiconductor production in the United States, Boilermakers are delivering innovative giant leaps again and again."

Painting the town white to go green

Typical commercial white paint gets warmer rather than cooler when subjected to sunlight or other light sources. Paints on the market that are designed to reject heat reflect only 80% to 90% of sunlight and can't make surfaces cooler than their surroundings.

In comparison, the world's whitest paint reflects 98.1% of solar heat away from its surface.

Because the paint absorbs less heat from the sun than it emits, a surface coated with this paint is cooled below the surrounding temperature without consuming power.

Using this formulation to cover a roof area of about 1,000 square feet could result in a cooling power of 10 kilowatts, more powerful than the air conditioners used by most houses. At SXSW, researchers demonstrated the effects of the difference with two model barns sitting under direct halogen lights: one painted in commercial paint and one in Purdue's white paint. Judges were able to compare thermometers reading the barns' internal temperatures and to feel the difference in the roofs. The barn painted in Purdue's technology consistently held cooler internal temperatures by 8-10 degrees Fahrenheit. The "whitest white" barn roof was also much cooler to the touch, prompting many surprised responses from

judges and viewers.

While Ruan's original paint formula is massively efficient, it required a layer 0.4 millimeters thick to achieve subambient radiant cooling. The newer, thinner formulation can achieve similar cooling with a layer just 0.15 millimeters thick.

The new paint also incorporates voids of air, which make it highly porous. This lower density, together with the thinness, provides another huge benefit: reduced weight. The newer paint weighs 80% less than the original paint yet achieves nearly identical solar reflectance – 97.9%, compared to the original formula's 98.1%.

Ruan and his team of researchers are currently working with the Purdue Research Foundation's Office of Technology Commercialization for commercialization. According to Ruan, "We are in discussions right now to commercialize it. There are still a few issues that need to be addressed, but progress is being made."

Ruan says the cost and production process is expected to be similar to commercial paint, which they've kept in mind from the beginning so that it would be accessible when it's ready for market.

Patent applications for this paint formulation have been filed through the Purdue Research Foundation Office of Technology Commercialization. For further discussion on this intellectual property, contact Will Buchanan at wdbuchanan@prf.org and reference code 2022-RUAN-69542. This research was supported by the National Science Foundation with Award No. 2102645, and Andrea Felicelli was supported by a National Science Foundation Graduate Research Fellowship. The research was performed at Purdue's FLEX Lab and Ray W. Herrick Laboratories and the Birck Nanotechnology Center of Discovery Park District at Purdue.

## READI Bolsters Quality Of Life Investments In Northwest Indiana

Indiana Gov. Eric Holcomb joined officials and community leaders earlier this week in Gary as the Northwest Region celebrated a significant investment that will support current and future residents. Fueled by \$10 million in funding from the transformational Indiana Regional Economic Acceleration and Development Initiative (READI), the \$30 million Tolleston Opportunity Campus will increase access to childcare, health care and other community programming.

"Indiana's strong fiscal foundation has placed us in a position of strength and has enabled us to make unprecedented investments in our rural, urban and suburban communities," said Gov. Holcomb. "This historic initiative in Gary will provide critical services for Hoosiers, increase quality of place and position the city and surrounding region for continued success."

The nationally recognized READI program allocates \$500 million to 17 regions across the state to accelerate shovel-ready projects and programs that are expected to transform Indiana communities, attract talent and improve the quality of life for Hoosiers in the short and long term. The Northwest Indiana Region, led by the Northwest Indiana Forum, was awarded \$50 million in READI funds to advance its strategies, grow its population base, improve quality of place and quality of life, increase and diversify the region's quality of opportunity, and spur innovation and entrepreneurship to attract and retain talent.

"The Forum is very proud to be leading the northwest Indiana READI effort," said Heather Ennis, president and CEO of Northwest Indiana Forum. "This is one of 34 amazing projects occurring in northwest Indiana. As these catalytic projects evolve,

many – like the Tolleston Opportunity Campus – are adding additional partnerships, deepening the impact they will have on our region."

Supported by three anchor organizations – Boys & Girls Clubs of Greater Northwest Indiana, Crossroads YMCA and Methodist Hospitals – the Tolleston Opportunity Campus will be built at the Gary branch of the Boys & Girls Club in the former Tolleston Middle School. The project, which includes a new 50,000-square-foot space and an upgrade to the Boys & Girls Club, reimagines urban development, working to deliver exceptional spaces and programs focused on youth development, healthy families, healthy communities and economic and workforce development. These spaces and programs will include a fitness center with a wide range of amenities, learning opportunities for families and specifically for children, as well as a health care clinic and extracurricular classes.

"Our community is excited about the Tolleston Hub project, including the new YMCA," said Mayor Prince. "It's proof Gary and our friends and neighbors can reimagine what's possible when we all work together. We welcome all of our partners to Gary, and we look forward, with you, to accomplishing great things for northwest Indiana."

Through READI, 17 regions across the state that represent all 92 counties are moving forward with projects and programs designed to enhance Indiana's regions for current and future generations of Hoosiers. Collectively, the state's \$500 million investment is expected to yield roughly \$8 billion of additional public, private and nonprofit dollars invested in enhancing Indiana's quality of life, quality of place and quality of opportunity.

## AAA Hoosier Motor Club Announces CEO Retirement

AAA Hoosier Motor Club announced today that Kirk Hendrix, President, and CEO will retire effective July 2023, starting a leadership transition process over the next five months. Hendrix's decision to retire will bring to a close a remarkable career of 10 years with the organization.

"The growth we have experienced under Kirk's leadership has been unprecedented," stated board chair Steve Walker. "His ability to lean into innovation and vision has launched us into the AAA of the future. We now have more products, more staff, and more services than ever before. We are prepared to meet the needs of members wherever they are."

"It was a privilege being selected to this position 10 years ago and an honor to serve it since. I've had the pleasure of working alongside some great people, all carrying on the good and noble work that AAA provides. This tenure, my career's longest, has been a particularly fulfilling part of my career. It's gratifying for me to be able to

wind down my career while serving this great organization," stated Hendrix.

The Hoosier Motor Club board of directors will oversee the process of choosing Hendrix's successor. The board will engage in developing the CEO job description, conducting an organizational assessment, meeting with external stakeholders, developing a transition plan, and hiring the executive firm to conduct the national search.

During Hendrix's tenure at AAA Hoosier Motor Club, he has guided the organization through numerous achievements, including the introduction of AAA Adventure Travel for thrill-seeking travelers, "My Pit Crew" mobile tire service, providing customers with an opportunity to order tires online, and have them installed at their home or office, and the introduction of the first Electric Vehicle to provide AAA roadside service. He leaves the organization in solid financial standing with systems in place that the board and staff can continue to use to grow its many programs.

## IU Health Recognizes Indy Airport Employees Who Saved Travelers' Lives

IU Health recognized 22 Indianapolis Airport Authority employees recently for their heroic work in saving the lives of two travelers who suffered traumatic medical emergencies at the Indianapolis International Airport (IND) in 2022.

More than 8 million people from all over the world travel through the Indy airport each year, and the airport's public safety team is ready to step in at any hour of the day to protect the well-being of passengers, employees and the airport terminal facilities.

On two separate occasions in 2022, that's exactly what they did, coming to the aid of passengers experiencing serious medical emergencies. IND first responders were dispatched to the terminal in response to a patient with difficulty breathing and one that was unconscious. Thanks to a passerby and an Indy airport police officer, CPR was in-progress for both. On arrival, Indianapolis Airport Authority Fire Department paramedics and EMTs provided advanced life support care and resuscitated the patients. The patients were transported to IU Health West for further treatment, recovery and discharge to return home safely.

"These specific responses were the difference between life and death," said Kurtiss McKissick, EMT and EMS liaison for IU Health's Indianapolis Suburban Region. "It was an honor

to recognize the crews involved in these incidents for their quick response, knowledge and skills that resulted in a life saved."

IU Health recognized the following Indy airport public safety team members for their "superior dedication, care, compassion and commitment in serving their patient":

- Dispatcher Heather Clodfelter
- Dispatcher Brent Freudenstein
- Dispatcher Julia Pulliam
- Firefighter/Paramedic Andrew Patton
- Firefighter/EMT Derek Wilson
- Lieutenant/EMT Kennitay Byrd
- Firefighter/EMT Ed Taylor
- Lieutenant/Paramedic Keith Schmidt
- Firefighter/EMT Adam Rich
- Dispatcher Lori Joseph
- Dispatcher Cameron Collins
- Dispatcher Cameron McAtee
- Dispatcher Cory Wiggins
- Dispatcher Christine Nevins
- Police Sergeant Officer Mike Grimes
- Division Chief/Paramedic Michael Hammond Sr.
- Firefighter/EMT Jamar Kendrick
- Deputy Chief/EMT Stephen Summers
- Battalion Chief/EMT Travers Swardson
- Lieutenant/EMT Jim Nungester
- Firefighter/Paramedic Bran-

don Towns

- Battalion Chief/EMT Brian Booth

The American Heart Association reports that only 30% of cardiac arrest patients survive upon arrival at the hospital. Conversely, the IAA's public safety teams have consistently achieved a survival rate of over 60%, which significantly surpasses the national average.

"The success of the IAA's public safety teams' efforts is primarily attributed to their dedication to training, preparation, and having the appropriate equipment on hand, such as automatic defibrillators and an effective CPR program," said Keith Berlen, IAA senior director of operations and public safety. "Many of the patients we revive go on to recover neurologically, a testament to the high-quality care provided by our teams."

To learn more about joining the IND public safety team and other open opportunities with the Indy airport, visit IND.com/Careers.

Travelers can also learn and practice the life-saving skill of hands-only CPR at American Heart Association kiosks located at the Indy airport in both Concourse A (near gate A18) and Concourse B (near gate B15). Since the first interactive kiosk was placed at IND in 2016, nearly 23,000 passengers have completed the brief training to learn Hands-Only CPR.

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Woodland Heights Christian Church  
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**Wednesday Night Bible Study 7 pm**



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802 Mill St. • Crawfordsville

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invite you all to their spirit-filled church*

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Wednesday Evening Bible Study  
7 pm

Saturday evening  
(speaking spanish service)  
at 7 pm



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Children's Sunday School during Sunday Worship

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John 3:16

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or in the Parking Lot Tuned to 91.5 FM  
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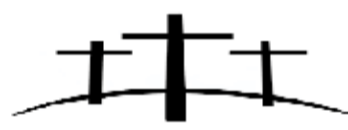
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Sunday School 9:00 AM

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**Liberty Chapel Church**

*Phil 4:13*

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**Church Service at 10 am**

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**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  
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**Services**

Sunday at 10 am

**Tuesday Prayer Meeting**

6 pm - 7 pm

**Thursday Bible Study**

6:30 pm - 8 pm



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1981 West Oak Hill Road • Crawfordsville

*Romans 15:13*

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Church 10:30 am

Wednesday Bible Study 4 pm



**Fremont Street Baptist Church**

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Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



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all are loved by God



## Faith Baptist Church

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

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**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**

---

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## 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

<p><b>Apostolic:</b> <i>Garfield Apostolic Christian Church</i> 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</p> <p><i>Gateway Apostolic (UPCI)</i> 2208 Traction Rd 364-0574 or 362-1586 Sunday School: 10 a.m.</p> <p><i>Moriah Apostolic Church</i> 602 S. Mill St. 376-0906 10 a.m. Sunday, 6 p.m. Wednesday Pastor Clarence Lee</p> <p><i>New Life Apostolic Tabernacle</i> 1434 Darlington Avenue 364-1628 Worship: Sunday 10 a.m.; 6 p.m. Sunday: The Voice of Healing &amp; Restoration on 103.9 at 9 a.m. Tuesday prayer: 7 p.m. Thursday Mid-week: 7 p.m. Pastor Terry P. Gobin</p> <p><i>One Way Pentecostal Apostolic Church</i> 364-1421 Worship 10 a.m. Sunday School: 11 a.m.</p> <p><b>Apostolic Pentecostal:</b> <i>Cornerstone Church</i> 1314 Danville Ave. 361-5932 Worship: 10 a.m.; 6:30 p.m. Bible Study: Thursday, 6:30 p.m.</p> <p><i>Grace and Mercy Ministries</i> 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</p> <p><b>Assembly of God:</b> <i>Crosspoint Fellowship</i> 1350 Ladoga Road 362-0602 Sunday Services: 10 a.m. Wednesdays: 6:30 p.m.</p> <p><i>First Assembly of God Church</i> 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.</p> <p><b>Baptist:</b> <i>Browns Valley Missionary Baptist Church</i> P.O. Box 507, Crawfordsville 435-3030 Worship: 9:30 a.m. Sunday School: 10:30 a.m.</p> <p><i>Calvary Baptist Church</i> 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</p> <p><i>East Side Baptist Church</i> 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</p> <p><i>Faith Baptist Church</i> 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</p> <p><i>First Baptist Church</i> 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.</p> <p><i>Freedom Baptist Church</i> 6223 W. SR 234 (765) 435-2177</p>	<p>Worship: 9:30 a.m. Sunday School is 10:45 a.m. Wednesday Bible Study: 7 p.m. Pastor Tim Gillespie</p> <p><i>Fremont St. Baptist Church</i> 1908 E. Fremont St. 362-2998 Sunday School: 10 a.m. Worship: 11 a.m.; 6 p.m. Pastor Dan Aldrich</p> <p><i>Friendship Baptist Church</i> 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</p> <p><i>Ladoga Baptist Church</i> 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</p> <p><i>Mount Olivet Missionary Baptist</i> 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</p> <p><i>New Market Baptist Church</i> 200 S. First St. 866-0083 Sunday School: 9 a.m. Worship: 10 a.m. Children's church and child care provided</p> <p><i>Second Baptist Church</i> 119 1/2 S. Washington St, off of PNC Bank. 363-0875 Sunday School: 10 a.m. Worship: 11 a.m.</p> <p><i>StoneWater Church</i> 120 Plum St., Linden 339-7300 Sunday Service: 10 a.m. Pastors: Mike Seaman and Steve Covington</p> <p><i>Waynetown Baptist Church</i> 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</p> <p><b>Christian:</b> <i>Alamo Christian Church</i> 866-7021 Worship: 10:30 a.m.</p> <p><i>Browns Valley Christian Church</i> 9011 State Road 47 South 435-2590 Sunday School: 9 a.m. Worship: 10 a.m.</p> <p><i>Byron Christian Church</i> 7512 East 950 North, Waveland Sunday School 9 a.m. Worship Service 10 a.m.</p> <p><i>Waynetown Christian Union Church</i> 103 W. Walnut St. 234-2554 Worship: 10 a.m. Sunday School: 9 a.m.</p> <p><i>Whitesville Christian Church</i> 3603 South Ladoga Road Crawfordsville, IN 47933 (765) 362-3896 New Worship Service Time 9:00am 1st Service 10:30am 2nd Service Whitesvillechristianchurch.com</p> <p><i>Woodland Heights Christian Church</i> 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</p> <p><i>Young's Chapel Christian Church</i> Rt. 6, Crawfordsville 794-4544</p>	<p>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 &amp; Program Pastor: Rev. Daria Goodrich</p> <p><i>Ladoga Christian Church</i> 124 W. Elm St. 942-2019 Sunday School: 9 a.m. Worship: 10 a.m.; 6 p.m.</p> <p><i>Love Outreach Christian Church</i> 611 Garden St. 362-6240 Worship: 10 a.m. Wednesday: 7 p.m. Pastors Rob and Donna Joy Hughes</p> <p><i>New Hope Chapel of Wingate</i> 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 &amp; Thurs. Champs Youth Program: 5:30 p.m. Wed. Adult Bible Class: 6:30 p.m. Wed. Pastor Duane Mycroft</p> <p><i>New Hope Christian Church</i> 2746 US 231 South 362-0098 newhopefortoday.org Worship and Sunday School at 9 a.m. &amp; 10:30 a.m.</p> <p><i>New Market Christian Church</i> 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</p> <p><i>New Richmond Christian Church</i> 339-4234 202 E. Washington St. Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor John Kenneson</p> <p><i>New Ross Christian Church</i> 212 N. Main St. 723-1747 Worship: 10 a.m. Youth Group: 5:30-7 p.m. Wednesday Minister Ivan Brown</p> <p><i>Parkersburg Christian Church</i> 86 E. 1150 S., Ladoga 866-1747 Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor Rich Fuller</p> <p><i>Providence Christian Church</i> 10735 E 200 S 723-1215 Worship: 10 a.m.</p> <p><i>Waveland Christian Church</i> 212 W. Main St. 435-2300 Sunday School: 9:30 a.m. Worship: 10:30 a.m.</p> <p><i>Waynetown Christian Church</i> 103 W. Walnut St. 234-2554 Worship: 10 a.m. Sunday School: 9 a.m.</p> <p><i>Whitesville Christian Church</i> 3603 South Ladoga Road Crawfordsville, IN 47933 (765) 362-3896 New Worship Service Time 9:00am 1st Service 10:30am 2nd Service Whitesvillechristianchurch.com</p> <p><i>Woodland Heights Christian Church</i> 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</p> <p><i>Young's Chapel Christian Church</i> Rt. 6, Crawfordsville 794-4544</p>	<p>Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor: Gary Edwards</p> <p><b>Church of Christ:</b> <i>Church of Christ</i> 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.</p> <p><i>Southside Church of Christ</i> 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: southsidechurchofchrist-indiana.com</p> <p><b>Church of God:</b> <i>First Church of God</i> 711 Curtis St. 362-3482 Sunday School: 9:30 a.m. Worship: 10:30 a.m.; 6 p.m. Pastor Chuck Callahan</p> <p><i>Grace Avenue Church of God</i> 901 S. Grace Ave. 362-5687 Sunday School: 9:30 a.m. Worship: 10:30 a.m.; 6 p.m. Pastor Duane McClure</p> <p><b>Community:</b> <i>Congregational Christian Church</i> 402 S. Madison St., Darlington 794-4716 Sunday School: 9:15 a.m. Worship: 10:30 a.m.</p> <p><i>Crawfordsville Community Church</i> Fairgrounds on Parke Ave. Crawfordsville 794-4924 Worship: 10 a.m. Men's prayer group, Mondays 6:30 p.m. Pastor Ron Threlkeld</p> <p><i>Gravelly Run Friends Church</i> CR 150 N, 500 E Worship: 10 a.m.</p> <p><i>Harvest Fellowship Church</i> CR 500 S 866-7739 Pastor J.D. Bowman Worship 10 a.m.</p> <p><i>Liberty Chapel Church</i> 500 N CR 400 W 275-2412 Sunday School: 9 a.m. Worship: 10 a.m.</p> <p><i>Linden Community Church</i> 321 E. South St., Linden (Hahn's) Sunday: 9:15</p> <p><i>Yountsville Community Church</i> 4382 W SR 32 362-7387 Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor Alan Goff</p> <p><b>Episcopal:</b> <i>Bethel African Methodist Episcopal</i> 213 North St., Crawfordsville 364-1496</p> <p><i>St. John's Episcopal Church</i> 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.</p> <p><b>Full Gospel:</b> <i>Church Alive!</i> 1203 E. Main St. 362-4312 Worship: 10 a.m.; Wednesday, 7 p.m.</p> <p><i>Enoch Ministries</i> 922 E. South Boulevard Worship: Sunday, 10 a.m. Pastor: Jeff Richards</p> <p><i>New Bethel Fellowship</i> 406 Mill St., Crawfordsville 362-8840 Pastors Greg and Sherri Maish Associate Pastors Dave and Brenda Deckard</p>	<p>Worship 10 a.m.</p> <p><i>Victory Family Church</i> 1133 S. Indiana 47 765-362-2477 Worship: 10 a.m.; Wednesday 6:30 p.m. Pastor Duane Bryant</p> <p><b>Lutheran:</b> <i>Christ Lutheran ELCA</i> 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</p> <p><i>Holy Cross (Missouri Synod)</i> 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</p> <p><i>Phanuel Lutheran Church</i> Lutheran Church Rd., Wallace Sunday School: 10:30 a.m. Worship: 9:30 a.m.</p> <p><b>United Methodist:</b> <i>Christ's United Methodist</i> 909 E. Main St. 362-2383 Sunday School: 10 a.m. Worship: 11 a.m.</p> <p><i>Darlington United Methodist Church</i> Harrison St. 794-4824 Worship: 9:00 a.m. Fellowship: 10:00 a.m. Sunday School: 10:30 a.m. Pastor Dirk Caldwell</p> <p><i>First United Methodist Church</i> 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</p> <p><i>North Cornerstone Church</i> 609 South Main St. P.O. Box 38 339-7347 Sunday School: 9:30 a.m. Worship: 10 a.m. Rev. Clint Fink</p> <p><i>Mace United Methodist Church</i> 5581 US 136 E 362-5734 Sunday School: 9:30 a.m. Worship: 10:40 a.m.</p> <p><i>Mount Zion United Methodist</i> 2131 W. Black Creek Valley Rd. 362-9044 Sunday School: 10:45 a.m. Worship: 9:30 a.m. Pastor Marvin Cheek</p> <p><i>New Market United Methodist Church</i> Third and Main Street 866-0703 Sunday School: 9:30 a.m. Worship: 10:45 a.m.</p> <p><i>New Ross United Methodist Church</i> 108 W. State St. Sunday School: 10 a.m. Worship: 9 a.m.</p> <p><i>Waveland Covenant United Methodist Church</i> 403 E. Green St. 866-0703 Sunday School: 10:30 a.m. Worship: 9:15 a.m.</p> <p><i>Waynetown United Methodist Church</i> 124 E. Washington St. 243-2610 Worship 9:30 a.m. Johnny Booth</p> <p><b>Mormon:</b> <i>Church of Jesus Christ of Latter-day Saints</i> 125 W and Oak Hill Rd. 362-8006 Sacrament Meeting: 9 a.m. Sunday School: 10:20 a.m.</p>	<p><b>Nazarene:</b> <i>Crossroads Community Church of the Nazarene</i> US 231 and Indiana 234 866-8180 Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor Mark Roberts</p> <p><i>Harbor Nazarene Church</i> 2950 US 231 S 307-2119 Worship: 10 a.m. Pastor Joshua Jones www.harbornaz.com</p> <p><b>Orthodox:</b> <i>Holy Transfiguration Orthodox</i> 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</p> <p><i>Saint Stephen the First Martyr Orthodox Church (OCA)</i> 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</p> <p><b>Presbyterian:</b> <i>Bethel Presbyterian Church of Shannondale</i> 1052 N. CR 1075 E., Crawfordsville 794-4383 Sunday School: 9 a.m. Worship 10 a.m.</p> <p><i>Wabash Avenue Presbyterian Church</i> 307 S. Washington St. 362-5812 Worship: 10 a.m. Pastor: Dr. John Van Nuys</p> <p><b>Roman Catholic:</b> <i>Saint Bernard's Catholic Church</i> 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</p> <p><b>United Church of Christ:</b> <i>Pleasant Hill United Church of Christ - Wingate</i> Worship: 9:30 a.m. Sunday School: 10:30 a.m. Pastor Alan Goff</p> <p><b>United Pentecostal:</b> <i>Pentecostals of Crawfordsville</i> 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</p> <p><b>Non-denominational:</b> <i>Athens Universal Life Church</i> 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</p> <p><i>Calvary Chapel</i> 915 N. Whitlock Ave. 362-8881 Worship: 10 a.m., 6 p.m. Bible Study, Wednesday: 6 p.m.</p> <p><i>Rock Point Church</i> 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</p> <p><i>The Church of Abundant Faith</i> 5529 U.S. Highway 136 Waynetown, IN Reverend John Pettigrew Sunday Worship: 9:45 am (765) 225-1295</p> <p><i>The Vine Christian Church</i> 1004 Wayne Ave. Crawfordsville Service at 10:02</p>
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# SUNDAY

## Health and WELLNESS

Sunday, March 19, 2023

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## BeMe Teams Up With CareSource To Provide Digital Mental Health Support For Teens

BeMe, a digital behavioral health company, and CareSource, a nationally recognized nonprofit health plan, are announcing a new partnership to provide teens enrolled in Indiana's Hoosier Healthwise coverage access to digital mental health support and interventions designed specifically to address teens' unique needs.

CareSource provides health coverage to nearly 19,200 teens through Hoosier Healthwise, part of Indiana's state Medicaid program. Through the BeMe and CareSource partnership, these individuals will have mobile access to mental health support including content, care activities and real-time one-on-one coaching, as well as clinical services and crisis support as needed.

"Teens today, more so than ever, are facing numerous pressures and obstacles that impact their mental and emotional health," said Steve Smitherman, market president for CareSource Indiana. "Having a science-backed and teen-centric approach to support teens' needs and build their skills to make them feel empowered to take on life's challenges

will be incredibly beneficial to our members and communities in Indiana."

The state of teen mental health has been a public health crisis for more than a decade. A 2021 Surgeon General health advisory refers to teen mental health as an "urgent health issue," and highlights a chilling statistic: One in three high school students and half of female students reported persistent feelings of sadness or hopelessness in 2019, an overall increase of 40% from 2009. What's more, in 2021, 44% of U.S. high school students experienced persistent sadness or hopelessness. In Indiana, 46.7% of students in middle and high school reported feeling sad or hopeless almost every day for up to as long as two weeks in a row, leading them to stop performing some of their usual activities.

Indiana has been a leader in emphasizing the importance of teen mental health and privacy. With this new partnership, thousands of Indiana teens will have access to a first-of-its-kind mental health program. Through access to the BeMe platform, teens will have a fun,

safe, familiar mobile modality that combines science-backed digital tools with live human connection for maximum support and impact.

"Innovative interventions are desperately needed to support teens' mental health in Indiana and across the country," said Nicoletta Tessler, CEO and co-founder of BeMe. "BeMe's mobile mental health solution addresses these fundamental needs and is designed for a digital-first generation that is desperate for support. We are thrilled to partner with CareSource to bring this much-needed solution to thousands of Hoosier teens."

BeMe is designed entirely in collaboration with teens as the platform is uniquely informed by an active Teen Advisory Board. This board is critical in shaping the experience and ensuring holistic relevancy for users. Since its January 2022 launch, BeMe has served over 90,000 teens across all 50 states who use the platform to tackle common mental health issues they're facing. The platform has seen content engagement rates that are five times higher than other apps.

## Let's Talk About Stem Cells



JOHN R. ROBERTS, M.D.  
Montgomery Medicine

I've been seeing some news stories recently describing stem cell therapy. This week I will describe what they are, where they come from, how they might be used to treat disease and finally, touch briefly on the social and ethical challenges surrounding their use.

Stem cells are critical to our development and tissue repair. They have the potential to change into other more specialized cells in the body through a process known as differentiation. By definition, stem cells have to exhibit two properties: (1) they must be able to divide multiple times while remaining unchanged and (2) they have to have "potency," the ability to differentiate into other cell types.

Stem cells have a hierarchy of potency that is important in determining what they are capable of doing. Totipotent cells sit at the top of the stem cell pyramid. They have the capacity to differentiate into any of the approximately 200 cell types in our bodies. Pluripotent cells can differentiate into nearly all cells, while multipotent cells can become only cells of a closely related family of cells. There are additional levels of potency that produce even fewer cell types.

There are two types of stem cells in humans – embryonic and adult. Embryonic stem cells are derived from embryos that are 4-5 days old. Embryos at this stage

contain about 50 to 150 cells, some of which are pluripotent and can propagate indefinitely.

Adult stem cells are found in most tissues in the body and are multipotent. They are generally able to produce all of the cell types of the particular organ where they reside. They can also be found in umbilical cord blood. These cells exist to replace and repair tissues. It is hypothesized these cells may bear responsibility for development of some cancers since they have the capacity to divide almost indefinitely, one of the hallmarks of cancer cells.

Stem cells can be removed from either embryos or various tissues of the body and then grown in laboratory tissue culture. This is a very tricky business, as stem cells naturally want to differentiate into other cells. The stem cells need to be kept in a very specific biochemical soup to prevent them from differentiating. One of the most challenging facets of stem cell research is discovering the complex biochemical signaling that controls stem cell differentiation.

The excitement surrounding the use of stem cells arises from the potential they have to replace damaged or genetically defective cells and tissues in the body. Currently, the only stem cell treatments approved by the Food and Drug Administration (FDA) are products that treat certain cancers and disorders of the blood and immune system.

There are no currently approved embryonic stem cell treatments. However, the first human study using embryonic stem cells was started a few years ago. It involved placing stem cells around damaged nerves in patients with spinal cord injuries.

There are a number of

potential challenges when using embryonic stem cells. One is discovering how to program them to differentiate into the desired cell type. Stem cells can differentiate into masses of different cell types and tissues if allowed to grow on their own. If a patient receives stem cells from a human donor, there is also the risk of rejection by the recipient's immune system.

Finally, embryonic stem cell research presents social and ethical challenges in regard to obtaining stem cells from human embryos. Removing embryonic stem cells usually resulted in destruction of the entire embryo. A technique was developed in 2006 that allows the embryo to survive following stem cell removal.

More recent research has developed a methodology to produce pluripotent stem cells from fully differentiated cells. These reverse-engineered stem cells are called induced pluripotent stem cells. Scientists have taken skin cells and added various proteins to alter DNA expression to cause the mature skin cells to revert to stem cells. This discovery is very exciting and has the potential to obviate the need to use embryonic stem cells.

You may run across medical clinics that claim to offer stem cell therapies. This is a very questionable practice since using stem cells for treatment of diseases is in its infancy and there is no good evidence to indicate they are safe and effective. The FDA is really cracking down on stem cell clinics. Consumer Reports had an excellent review in January 2018 that you can read at [goo.gl/vfZfvv](http://goo.gl/vfZfvv).

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

## 5 Simple Solutions For Proper Nasal Hygiene

(Family Features) Your nose is essential for conditioning the air you breathe and serves as the first line of defense against dust, pollution, bacteria, viruses and more. The presence of these substances in your nasal passages can trigger infections, disease and illness.

Proper nasal hygiene involves keeping your nasal passages clean, clear and moisturized, enhancing your nose's ability to function and reducing congestion that can disrupt breathing or cause irritation. However, the nose is one of the most overlooked body parts in daily hygiene routines, according to a survey of 2,000 adults conducted by OnePoll on behalf of Xlear, with 54% of respondents saying they've never considered the role their noses may play in their overall health, and more than one-quarter (29%) admitting they ignore cleaning their sniffers.

"Keeping the nose clean is important because essentially all respiratory problems begin there," said Dr. Lon Jones, D.O., certified osteopathic family physician and expert for Xlear, a leading manufacturer of xylitol-based products in North America. "With its connections to the ears,

sinuses, eyes and lungs, it acts as a nidus, a nest from which bacteria and viruses spread to other parts of the body."

Consider these tips to improve nasal hygiene and keep upper airway passages clear.

**Practice Good Hygiene:** Simple practices like covering your nose and mouth when you sneeze or cough, avoiding touching your face and washing your hands regularly can help reduce the amount of bacteria that enter your body through your nose.

**Wash Your Nose:** To help fight germs related to bacteria that cause allergies and viruses, rinse your sinuses daily with a solution such as Xlear, the makers of which also created National Wash Your Nose Day. Featuring the power of xylitol, a natural ingredient that does not allow bacteria to adhere to nasal airway tissue, the natural sinus care system not only cleanses but can help people of all ages with fighting congestion; opening airways; blocking debris, allergens and viruses; and pulling moisture to hydrate dry, irritated nasal tissue.

"By nose washing daily with xylitol, we support our nasal defenses in their attempts to flush away threats, resulting in reduced problems and

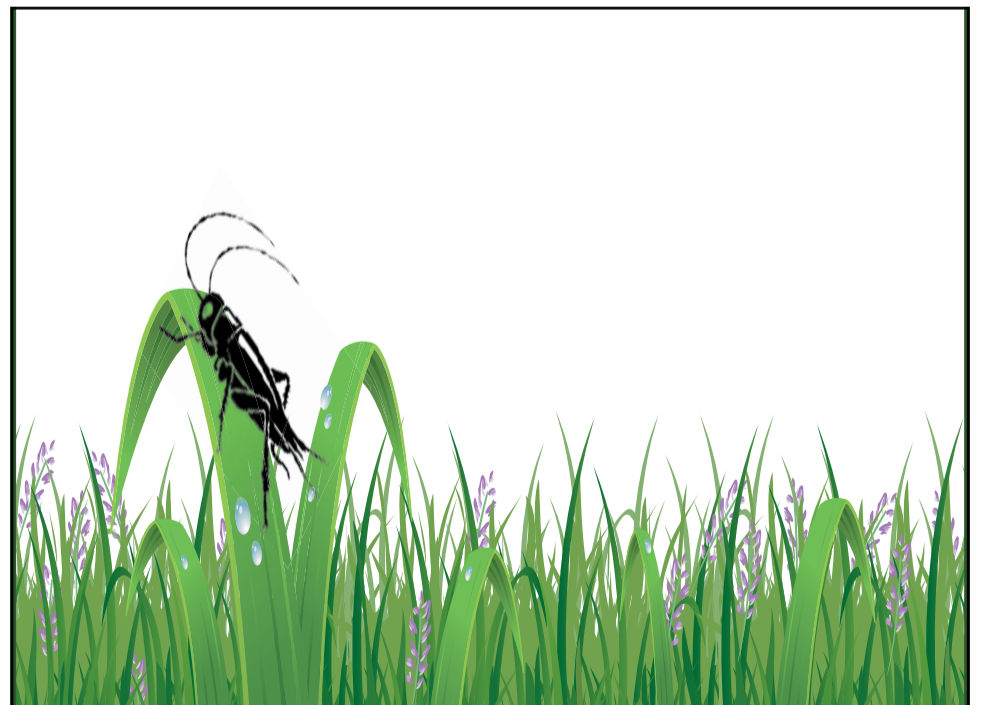
a proactive approach to promote nasal health and hygiene," Jones said.

**Keep Your Sinuses Moist:** Drinking plenty of water is good for overall health and helps keep your nasal passages moist and mucus flowing properly. Another step you can take is using a humidifier in your home, especially in the bedroom, to help maintain moisture. Remember to regularly clean the humidifier or it could have the opposite effect.

**Avoid Pollutants:** Exposure to pollutants and allergens may result in swelling or congestion in the upper airway. Whenever possible, you should avoid cigarette smoke, cleaning products, hair-spray and other materials that give off unnatural fumes. Also beware of dust, mold, pet dander and pollen, which are common allergens that can cause sinus problems for many.

**Be Kind to Your Nose:** When blowing your nose, gently blow one nostril at a time as forceful blowing can irritate the nasal passages and propel bacteria back up into your sinuses. Also avoid removing nose hairs, or do so carefully, as they naturally help filter dirt and debris.

To find more solutions to keep your nose healthy, visit [xlear.com](http://xlear.com).



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# SUNDAY

## Health and WELLNESS

Sunday, March 19, 2023

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Photos courtesy of Getty Images

## Selecting a Health Care Provider

### Resources to guide your selection

#### FAMILY FEATURES

Getting health care for yourself or a loved one is a big responsibility, especially if you're just getting started with Medicare or have changes in your life, such as a new diagnosis of a condition or disease. It can be overwhelming if you need services like nursing home care, have to find a new doctor or get home health care.

Using online tools like "Find Care Providers" on Medicare.gov can make it easier to make comparisons and help choose doctors, hospitals, nursing homes and more for you or the person you are helping provide care to. Consider these benefits of using the comparison tools to narrow your options.

#### A Resource for Research

The website provides a simple search and compare experience that allows you to find providers near you. Simply put in a ZIP code and the type of provider to receive a list of providers, their contact information and a map of locations. The information even includes "star ratings" and services provided. The tool can be used to find all sorts of providers, including doctors, hospitals, home health care agencies, skilled nursing facilities, rehabilitation providers, hospice and dialysis facilities.

For example, two sisters needed to find a nursing home that was right for their father. This proved to be a difficult, emotional decision. They didn't know what nursing homes were in the area where he lives, so they entered his ZIP code and searched for nursing homes. They then received a list of each one in his area, complete with ratings as well as staffing data and inspection reports.

Using a laptop, desktop, tablet or mobile device, you can see how patients rate their care experiences at the hospitals in your area and find home health agencies that offer the services you might need, like nursing care, physical therapy and occupational therapy.

Contact information for local inpatient rehabilitation facilities or long-term care hospitals is available, as well as hospice quality care ratings and specific care details, such as which dialysis facilities offer home dialysis training.

#### Finding Health Care Services

Many factors influence who you trust with your health care. In some cases, family, caregivers or friends may offer referrals to a doctor or medical

facility based on their own experiences, and that can be a helpful guide.

Whether you have referrals or are starting from scratch, you can compare health care providers near you using the Medicare.gov tool, pinpointing which category of services you need, whether it's doctors and clinicians, hospitals, hospice and home health agencies, dialysis facilities, inpatient rehabilitation centers or nursing homes.

In addition to searching by your location using your address or a combination of city, state or ZIP code, you can search by provider type and keyword to generate a list of providers that could fit your needs.

#### Finding a Doctor Who Fits

When you're looking for a new doctor and not sure where to start, the tool makes it quick and easy to find and compare doctors in your area. You can find contact information, practice locations, specialty and hospital affiliation as well as hospital ratings.

Selecting the "compare" button allows you to compare up to three different health care providers at once. When you're ready to schedule a visit with a new provider, be sure to take time during your scheduling call to verify general information, like the office location, whether the office is accepting new patients with Medicare and whether you need a referral to be treated.

#### Comparing Nursing Homes

Whether you're planning ahead or need to make an unexpected decision, there's a lot to think about when choosing the right nursing home for you or someone else. Many family members and caregivers prioritize location so they're able to check in and visit frequently, but there are many other important factors you may want to consider, too.

The comparison tool at Medicare.gov provides filtering options that allow you to personalize your results by sifting through the criteria that matter most to you, such as inspection results, number of beds, staffing data and more.

You'll be able to check out the nursing home's overall "star ratings." The information can serve as a guide of a provider's track record to help assist you with finding a home that best suits the person's needs.

Visit Medicare.gov/care-compare to access the tool and find health care providers and services in your area that fit your needs.

Paid for by the U.S. Department of Health & Human Services.



### Caregiver Guide

Making decisions as a caregiver can be challenging but taking advantage of available resources can help you feel more confident in your choices.

For example, Medicare.gov allows you to find information about health care providers, hospitals, nursing homes, hospice, home health agencies, dialysis facilities, inpatient rehab and long-term care hospitals near you. The website also provides quality ratings, so you can see the provider or facility's history of service, among other details that help you make the most informed decision on behalf of the person you're helping.



# SUNDAY

## Voice of our PEOPLE

Sunday, March 19, 2023

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## Continuing To Aaron Vancleave – Saga #2

Aaron Vancleave as was noted in the first Vancleave Saga and I share birthdays, ten days before Christmas his in 1768 Rowan County, North Carolina, oddly from where many of my ancestors hail. His parents were Benjamin Samuel Vancleave and Ruth L. Munson, Ben's father Aaron Vancleave and Rachel Schenck. Aaron married Elizabeth Vancleave whose grandparents were also Aaron and Rachel, thus first cousins. Aaron was the oldest son, second child of what I have as 11 children but have seen up to 15 elsewhere. Aaron and Elizabeth married 4 March 1794 in Shelby County, Kentucky. Elizabeth's dates are sketchy but born about 1772 in NC and passed 1835 in MoCo. All six of their children were born in Shelby County. Most of the older Vancleaves have FindAGrave entries, but no stone photo but do love this one to use as a topper (thanks to Linda) for this article.



**KAREN ZACH**  
Around The County

beth and their children were most assuredly here by late 1826 or early 1827, their youngest, Crawford being about 14.

Their oldest, Benjamin Shepherd Vancleave was born 12 August 1796 and passed away in Dallas County, Iowa. He married (11 August 1818 Shelby Co) Matilda Taylor who passed 25 years after him in Dallas. They produced an even dozen children, three girls. Their oldest, Basil died at age 24 and assumedly is buried in Iowa. John Payton (Peyton), Benjamin's next, was born 26 September 1820 and married Marjory McMullen (daughter of James Robinson McMullen and guess what - her mom was a Vancleave). He passed 25 Feb 1899, buried in Harshbarger. Their children were: James, a life-time farmer passed away at age 80. Benjamin Warren (7 Nov 1847 - 10 Dec 1902) also a farmer, if married don't believe children and passed away much younger than his brother at age 55. Joseph Albert Wright Vancleave was a carpenter, rancher, and real estate developer in Albuquerque, New Mexico. Two sons: Errett and Otto Bowers



There were six original land grants here in Brown Township for Aaron Vancleave, but thinking some of those were likely for his first cousin, "Upper Aaron" son of John and Mary Shepherd, married to Elizabeth Griffin who passed 30 Sept 1834, he 24 Feb 1846 both near Waveland. Or, perhaps they were all for Upper Aaron? Anyone know?

At any rate, Aaron, Eliza-

Vancleave. Otto followed after his father in careers, but was quite emphatic about his name spelled Van Cleave. John P's daughter, Matilda died at age 21 and is on a stone with the above brothers in Harshbarger. In MoCo (22 June 1885), Sarah Louise b 19 July 1865 married Joseph Terry - parents of three boys: Calvin, Frank and Moss. Ahhh, she passed away on Valentine's Day, 1945 Winnebago, Minnesota at Moss's home. John Wesley passed at age 24, was a twin (born Jan 24, 1870) to Eve who died at age 15 and, the two also buried with Benjamin and Matilda. Lastly, daughter Martha married Thomas Denny (20 years older than Martha), lived MoCo; passed in Meeker, Colorado 7 Feb 1927.

Mary Elizabeth Vancleave, daughter of Ben and Matilda married a Vancleave, as well, Preston son of Samuel and Rachel Catherine (ready? Vancleave). 13 children: John; Francis Marion; Bazil; Matilda; James; Lewis; William; Margaret; Benjamin Franklin; Rachel; Margery; Joseph and Sarah. Few of their sons married and I do not see them on FindAGrave but they were in Idaho as well as Nebraska.

Benjamin Taylor Vancleave married Mary Ann Taylor, daughter of Benjamin Taylor and ... Margaret VanCleave 16 Jan 1850 in Montgomery County but went to Dallas County, Iowa (children: John, William, Margaret and Sally) where they both passed away. His brother, Joseph Warren 9 Dec 1823 died in Dallas Co 9 Jan 1863 - Civil War related?

Ada Ann b Shelby Co KY 16 March 1828 married one of the early Moores - George Allen -- from Waveland (2 April

1848 MoCo) and they too went to Iowa - eight children (Elizabeth Ann; Samuel Grimes; Matilda Hazel; Malinda Jane; William Allen; Mary Alice; Augusta Ellen and James M. Moore). I believe only two of these made it to adulthood.

And, another one off to Dallas County (where he farmed) was Thomas Taylor b. MoCo 11 Nov 1829 married Mary Fisher and parented Sylvester and Anderson.

Samuel Grimes Vancleave also b MoCo but off to Iowa where he married, farmed and was father to William and Edward.

Solomon Munson b 18 June 1834 MoCo lived Dallas County but moved to California in his 50s where he died (12 Feb 1914) in Placer County. FindAGrave lists him with these children: Nancy; Joseph; Arthur; Henry; Sherman; Ben; Franklin; Ward; Leroy; Charlie; Carl and Dovie!

Cornelius Johnson b 14 May 1836 MoCo, farmed for some time in Dallas County, died in Furnas County, Nebraska 8 June 1915. His family consisted of eight sons, four daughters, 22 grandchildren and three greats at his death. He and wife (Rachel Chenowith) were married over 50 years and separated but eight days at death.

Margaret 4 Oct 1839 Montgomery, died 1905, Dallas County, Iowa married Franklin Francis.

The youngest of Ben and Matilda's was Stephen died age 20, Dallas County.

Enoch, son of Aaron and Elizabeth died before 13 May 1833 here, buried Indian Creek Hill. Looks like I'm going to change my plans for the Vancleave #3 Saga as I'm done with allowed words and still

have way more to go. Since Enoch and most of his children lived here the whole time, I'm adding him for a Saga. John Benjamin Jackson Vancleave died young, age 31; buried Indian Creek. Wife Mary Taylor died in Vigo County, and they had Henry; Matilda; Sarah; John and Elizabeth, most living in Vigo.

Then, I'm stuck - anyone have a clue what happened to Samuel born about 1804, son of Aaron and Elizabeth Vancleave?

Margaret married Benjamin Taylor in Shelby Co Sept 1825. Children: Mary Ann; William; Matilda; George Samuel; Lucinda; Nancy; Sally; Bessie; Basil and James. Their daughter, Mary Ann married Benjamin Vancleave. See above. Their daughter, Lucinda married Aaron (b 1832) Vancleave. Sadly, Ben Taylor died at age 48 of a "sudden accident" (1850 Mortality), and she passed just 15 years later, leaving children from age 16 to 36.

Lastly is Crawford whose wife was Sarah Vancleave (don't know her descent) and married again MoCo to Eunice King. They went to Grandy County, Missouri. His children were Samuel; Mary; Lydia; William; Nancy; Asa Milton; Adam; Elizabeth and Isaac N.

See ya' next week for info on Aaron and Elizabeth's son, Enoch - gotta' go do some researching!

*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.*

## A House Is Not A Home



**BUTCH DALE**  
Columnist

When my wife and I travel to Lafayette, we often take the "back road" through Stockwell to Gladden's Corner and then northwest up the "Old Concord Road." It's a much more scenic drive with many curves, passing old farmhouses and a few newer homes along the way. Yes, it takes a few minutes longer than traveling up US 52, but we are never in a hurry, and we enjoy seeing several beautiful horses grazing in pastures along the route.

About a mile before we reach the city limits, just past a small cemetery located on a curve, there are two fabulous homes...the kind of homes that people can only envision in their dreams, located next to each other in a quarter mile stretch of roadway. The first home is landscaped with small trees surrounding it, with a large man-made pond behind. The second home is also beautifully landscaped, with a tall, elegant fence encircling the property, and a locked gate

at the paved driveway. Both homes have magnificent out-buildings that likely cost more than most houses built today. When we pass these two homes at night, we can see numerous security lights to ward off intruders. I would imagine each home and property would be in the million dollar range in today's market.

On a drive to Danville a few weeks ago to see a high school basketball game, I passed by homes even larger than these two...mansions with perhaps fifteen to twenty rooms, situated on sprawling and well-maintained lawns, with garages larger than my house. And inside I can picture in my mind large luxurious rooms, king-sized closets, beautiful baths, spas, fabulous kitchens...all decorated with the most expensive furniture and modern appliances.

I always silently wonder who lives in these "dream homes." How did they obtain their wealth to build such a home? Did they work hard and invest wisely? Did they inherit a fortune? Did they invent something and become wealthy that way? Did they own a successful business? Did they build their home to fulfill a life-long dream, or did they build the home just to impress people? Perhaps they have always been wealthy and have a very large family?

There is certainly nothing wrong with a million dollar home, but they are not fortresses against the real world and real life problems.

Through the years of dealing with people as a police officer, I discovered that large, magnificent and fancy houses are not guarantees of contentment or fulfillment.

A home is not just wood, bricks, glass, and tiles. It's the people that make a home. Small, modest houses can actually be rich homes, and sometimes expensive houses are broken homes. In other words. Like the old saying goes, "A house is not a home." And as someone once said, "Dreams are not built with a hammer, but with a heart." Where we live is less important than how we live.

These two homes south of Lafayette are certainly beautiful, but I will always be curious about the families who live in these two fancy homes we pass on our travel to town. Honestly, even if I was wealthy, I would not feel comfortable living in a million dollar house. In a column I penned last year, I mentioned that I love old houses. I'll stick with our 1890 farmhouse in good old Sugar Creek Township. My wife has told me many times that she would be happy living in the barn... and she wasn't kidding! Well, that's OK...and I promise to buy some extra straw if we sleep in the loft.

*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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## From Between The Lines To Outside, Derrick Clore Finds A Way



**TIM TIMMONS**  
Two Cents

The long, curved drive leading to the house in Carmel is a long way from his middle class roots – physically and figuratively. One of the neighbors is the former vice president of the United States and governor of Indiana, Mike Pence.

New Market, Indiana it ain't.

Derrick Clore, a kid I covered back in the 1980s when I was a young sports writer and he was a tough, in-your-face quarterback, grew up in a house that was long on love, but certainly not in the same tax category as his current digs.

"My dad was hard-nosed," Clore told me recently. "His family was dirt poor, but he was the smartest guy I knew – and certainly the wisest. I remember when he pulled the furnace and put in a wood stove. We'd go out and chop wood. I had a sledge hammer and a wedge. I learned to swear doing that."

I first met the 56-year-old when he was at Southmont High School in the 1980s.



On the left, a young Derrick Clore. On the right, Clore with wife Gretchen, daughter Kinley and son Cole.

He wasn't the most talented quarterback I'd seen, but I thought he was the toughest. He had a better arm than his coach gave him credit for and the kid could flat run over linebackers. I don't recall any of his stats, but he was one of those where stats didn't tell the whole story – or even most of it.

Clore was the kind of athlete where if you had one play, one moment in which the game hung in the balance, you would give him the ball and be fairly certain he'd find a way.

He was a tough guy off the field, too. Sometimes a little too tough.

He landed in hot water during what he now calls his wild days. Too many fights. Too much drinking. Still, he managed to stay between the lines enough to get to Haver College, graduate and go on to build a successful life



Photos courtesy of the Clore family

and career – by any standards – although you would be hard-pressed to get him to say that.

"I haven't got this stuff by my own hands," he said. "The whole path of getting here, I had more ambition than brains."

Clore's done a bit of everything. At one point he owned a restaurant / bar. He sold Amway. He hustled. He built a life. He slipped. He overcame. Slipped again. Kept going.

His story of success, like so many people who do well, was not a straight uphill rise.

At one point he was the vice president of a bank. Later he bought an insurance agency. That's what he does today. The Clore Insurance Group has locations in Carmel, Crawfordsville and Brazil. By any definition he's a success. But it all fell apart before it really got going.

"I lost a wife, a kidney,

custody of my little girl and all my employees," he said, explaining a divorce and a bout with cancer. All of that happened in the span of a few months. "I spent a lot of time on my knees praying. The Lord sent me angels. I would not have survived without them."

It made all the difference. "That whole experience was a turning point for me," he says now. "If you get knocked on your ass often enough, even the slowest person will figure it out."

He did. "Fifty-six is different than 36," he explains. "At 36 my head was down and I was just working hard and going forward. I still have a lot to get done (today). We're growing, and that's good. But now I think more about how I can make this a sustainable organization for the people who have put faith in me. We

work hard to find ways to give our people more security. We're big on time off, on family. Everyone remembers experiences, not necessarily money."

Clore looks happy. He is married to a girl he went to high school with and has a grown son Cole and a daughter Kinley who is a fifth-grader at Carmel Elementary. Cole is off to a good start in his career and Kinley is a budding young tennis player and cheerleader.

Meanwhile, their dad is doing anything but sitting back on his laurels.

"The challenge is always that the business will outgrow your acumen," he said. "We all run that risk. I still have a lot to learn. If you line up my failures against my successes, there'd be a lot more failures."

You can spend hours talking to the man who has crafted a success story in life as well as business, but the one thing you won't hear much about is his ego.

"No one in my business is allowed to call me boss. We're all in this together. I feel like I owe them my service."

"For some backwoods insurance agency in Cornfield, Indiana we haven't done too shabby."

Not too shabby indeed.

*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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# SUNDAY

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## Ask Rusty – How Do I Withdraw My Application For Social Security?

**Dear Rusty:** I will be 67 next month and reached my full retirement age in July 2022. My wife and I are discussing whether we should take Social Security now or wait until we are age 70 to get a higher benefit. I remember reading that you can start Social Security and, if not needed, pay it back within a year and then “reset” to get a higher benefit by waiting longer. Please describe the steps of this process to take now and repay the year’s benefits if we do not need them. Signed: *Uncertain*

**Dear Uncertain:** Well, to exercise the so-called “do over option” (which is essentially withdrawing your application for

benefits), you need to contact Social Security (1.800.772.1213 or your local SS field office) and request that your application for benefits be withdrawn. You can also download and complete form SSA-521 and deliver the same to your local Social Security office. You can get that form at this link: [www.ssa.gov/forms/ssa-521.pdf](http://www.ssa.gov/forms/ssa-521.pdf).

This “do-over option” is only available within 12 months of the date you submit your application and can only be done once in your lifetime. If you use it, you will be required to repay Social Security for all payments made on your behalf, including not only your monthly payments but also any income taxes you had withheld, and



**ASK RUSTY**  
Social Security Advisor

any Medicare premiums which were withheld from your monthly payments (Social Security will inform you how much you must repay). Once the repayment is made, it will be as though you never applied for benefits, meaning your benefit amount will be higher when you later re-apply (which would also be the

### Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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case if you simply didn’t apply – your benefit entitlement continues to grow until you claim, up to age 70 when your maximum SS benefit is attained). This process would be the same for both you and your wife.

However, I suggest you consider whether you really need to withdraw your application. Be

aware that since you’ve already reached your full retirement age (FRA) you can claim now and, if you later decide you don’t need the monthly SS money, you can simply temporarily suspend your benefit payments to avoid repaying Social Security everything they’ve already paid to you and on your behalf (you don’t

need to formally withdraw your application). By simply suspending (and not withdrawing), your benefit amount will start growing again with each month your benefits are suspended (about .67% more for each month you do not get benefits) and you can keep everything you’ve already received to the point you suspend your payments. To suspend your payments just call Social Security at the number provided above and tell them you wish to suspend your benefits and grow your payment amount. While you can only use the withdrawal process once in your lifetime, you can temporarily suspend your benefit payments multiple times if necessary.

## Give Grandma A Kiss Goodbye

We all have thousands and thousands of memories in our lives. Some of the events that we recall seem as if they just happened yesterday, while others are more difficult to remember. As I have aged, I have noticed that my short term memory is slipping. Sometimes I can remember better what happened fifty or sixty years ago...than what happened two weeks ago.

Very few people can remember much of anything that occurred when they were younger than age five. But amazingly, some of those moments are still etched in my mind...the capgun, holster, and cowboy hat I received for my birthday, the Captain Hook boat that Santa brought, the scary nights sleeping upstairs alone with my head under the covers, the “Teddy Bear of Bumpkin Hollow” book that my parents read to me hundreds of times... just to name a few.

I spent quite a bit of time with my Grandpa and Grandma Dale, who babysat me when Dad and Mom went out for a night of fun, and then later on when Dad and my uncles farmed their ground. They lived just two miles away, and I was at their home quite often, so I have many cherished memories of being with them.

My grandparents on mother’s side, Orville and Ella Grimes, lived in Crawfordsville. I was able to visit with them, but not near as much. Mom had five brothers... James, Donald, Ralph, Herman, and Charlie... along with one sister, Elizabeth “Libby” (Baker). Their home, an old two-story house, was located at the very top of Danville Avenue, and I still remember visiting there before I started first grade at the age of five. I can remember Grandpa Grimes smoking a pipe



**BUTCH DALE**  
Columnist

and reading the newspaper as Grandma Grimes read to me Little Golden books. I remember the apple trees in the yard to the north of the house, and the steep embankment that led down to the sidewalk. I remember red velvet curtains that hung in front of the stairs that led to the second floor. I remember the family gatherings and my uncles, all of whom had served in the military, telling stories of their adventures. And I remember Aunt Libby’s kids, Ronnie and Judy Baker, playing hide and seek with me in that large house.

But my most vivid memory is when I was 4 1/2 years old in 1953. Grandma Grimes was lying in hospital-type bed in the front room. There was a nurse, dressed all in white, also present in the room. When I went into the room to greet Grandma, her eyes were closed and she appeared to be asleep. My folks took me back to the living room, and I played jacks as my parents talked to my uncles and aunts in the kitchen...and then I headed outside to play. After a while, Mom told me that Grandma was awake and wanted to see me before we headed back home to Darlington.

The head of the bed had been raised, so that Grandma appeared to be sitting up. She looked very tired, but still had that same big smile on her face when she spot-



Ella Grimes

ted me. My Dad placed a small step stool near the bed for me to stand on, and Mom said, “Now give Grandma a big kiss...because you might not see her for awhile.” And of course, I gave her a big smooch on the cheek...and she gave me a big hug...and held on to me more tightly than her normal hugs. As I stepped down, I waved goodbye, and Grandma told me she loved me and to be a good little boy.

That was the last time I saw my Grandma Grimes. I still have the clipping from the newspaper dated April 29, 1953: “Mrs. Ella C. Grimes, 54, wife of Orville R. Grimes, died at 3:15 a.m. Tuesday at the family home, 1003 Danville Ave. She had been in failing health the past year and seriously ill since suffering a cerebral hemorrhage.”

I found the following poem recently...the author is unknown: “Grandma, your life was full of loving deeds, forever thoughtful of our special needs. Today and tomorrow, my whole life through, I will always love and cherish you. There was magic in grandmother’s touch, and sunshine in her smile. There was love

in everything she did to make our lives worthwhile. We found both hope and courage just by looking in her eyes. Her laughter was a source of joy, her words warm and wise. There was kindness and compassion found in her embrace, and shining down from Heaven above we see the glow of Grandma’s face.”

I know why I fondly remember my Grandma Grimes, even though I knew her for just a short time as a little child... because as someone once said, “Grandmothers hold our tiny hands for just a little while, but our hearts forever.”

If your Grandma is still living, go give her a big kiss on the cheek today. And while you’re at it, give your Grandpa a big hug, too! Quoting author Alex Haley, “Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.” They may have silver in their hair, but they have gold in their hearts.

*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.*

## A Quarter Saved

I placed the quarter in the hand of Uncle Sam and hit its trigger and the coin dropped down into the open bag below clicking to the bottom of the bank. It was a fun to save in a similar way my grandparent’s generation had.

While it taught me the tendency to save throughout my life, now as I look back, I wonder if the colorful design of Uncle Sam and his satchel was subliminal to train me to also put my money in the hands of Uncle Sam.

Don’t get me wrong; I have always given him his share. Needless to say, I didn’t have to smile like I did when I put it in Uncle Sam’s hand as a child.

Mechanical banks always were a fascination to me as a child and they were fun to watch as they collected their holdings.

My folks instilled in me a strong sense of saving. I had several small banks as a child until the day my mother went with me to open my own bank account. I saved for many of my big childhood items: the bicycle I wanted – an English racer; a push mower to start a lawnmower business; and many other things through the years.

Putting money back to pay for future bills, replace a vehicle, retirement, emergencies, and a myriad of other needs depending on the source of the revenue.

Those who came out of The Great Depression definitely had a different perspective about how to make the most of everything. Things just didn’t go in the trash if there was any chance something might be repurposed. Paper towels and napkins were torn in two. Aluminum foil and when salvageable plastic wrap was washed for reuse. Coffee grounds and tea bags were used twice. Clothes got patches. Sock holes were repaired.

Many had learned most of the lessons of their parents and could garden, can and store foods, fix vehicles, tools, appli-



**RANDALL FRANKS**  
Southern Style Columnist

ances and most anything. They had learned the skills of hunting, fishing and trapping and how to process the meat those endeavors provided.

For those who are blessed to have some of these skills passed to them, you will have a leg up as we all may walk an unfamiliar path in the coming months.

I remember the stories they shared about the bank runs and the thousands of closures that followed in the 1930s, but the Great Depression followed.

As I write this, we saw our first modern day large bank run which resulted in closure.

Although after the news of the closure, it appears a government plan may be in place to salvage things. But even if they do, no matter what they say, that means someone else has to pay for it. Two other banks closed in the same week. Hopefully, that will be the end of the process.

I have always been called an optimist. In case my optimism does not pan out, brush up on your skills, live local, strengthen friendships and prepare.

*Randall Franks is best known for his role as “Officer Randy Goode” on TV’s “In the Heat of the Night.” His latest 2019 # 1 CD release, “Americana Youth of Southern Appalachia,” is by the Share America Foundation. He is a member of the Old Time Country Music Hall of Fame. His latest book is “A Badge or an Old Guitar: A Music City Murder Mystery.” He is a syndicated columnist for <http://randallfranks.com/> and can be reached at [rfrankscatoosa@gmail.com](mailto:rfrankscatoosa@gmail.com).*



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# SUNDAY

## Voice of our PEOPLE

Sunday, March 19, 2023

14

## Aging Workers Are In Demand; They Are Reliable, Mature And Professional

By John Grimaldi

It's a given that the state of the U.S. economy over the past several years has caused many elders in our population to go back to work or, for those who are already in the workplace, to keep their jobs as long as they can. The inflationary cycle triggered by the policies of the Biden administration didn't make it easy for older workers to make ends meet. The cost of living has increased considerably over the past two years. But, according to a survey conducted by the Transamerica Center for Retirement Studies, "almost half of Baby Boomer workers (49 percent) expect to or already are working past age 70 or do not plan to retire. Their reasons for doing so are almost as likely to be healthy aging-related (78 percent) as financial-related (82 percent)."

The first boomers, those of us born between 1946 and 1964, celebrated our 65th birthdays in 2011 but many of them opted to keep working. The online employment agency, Indeed, says these aging workers are in demand. For one thing, "Baby boomers often aim to work as long as it takes to reach their goals and try to differ-

entiate themselves by attaining the promotion, raise or acknowledgment they want ... This generation has experienced the benefits of hard work and dedication, which is something they expect from their employer."

What makes senior citizens particularly valued members of the American workforce? Reliability, maturity and professionalism. The senior services organization, Vantage Aging, says that this results "in a strong work ethic. With an older worker, you often find yourself with someone who works hard to get the job done right."

It is estimated that the aging of the U.S. will continue for another four decades during which the numbers of the 65-year-old population will increase by more than 37 million, increasing from 46 million today to more than 98 million in 2060. The American Psychological Association reports that, going forward, "older adults will live longer than ever before: One out of every four 65-year-olds today will live past age 90. This demographic shift has moved the focus of researchers, health care providers and policy-makers from how to extend the lifespan to ways to improve the quality of

our later years. Staying healthy, active and productive are admirable goals for our nation's older adults. However, society's view of 'old age' has not always kept up with the reality of being old in America. Many current beliefs about aging were based on information that is no longer valid given recent scientific advances."

The aging process is not kind to the elderly. Many of us will have memory issues, we might find some complex chores are harder than they used to be and we might have difficulty staying focused. But the National Institute on Aging [NIA] tells us that "aging may also bring positive cognitive changes. For example, many studies have shown that older adults have more extensive vocabularies and greater knowledge of the depth of meaning of words than younger adults." However, the NIA also points out that "despite the changes in cognition that may come with age, older adults can still do many of the things they have enjoyed their whole lives. Research shows that older adults can still: learn new skills, form new memories and improve vocabulary and language skills."

## This Democrat, Republican Agree It's Time To Get Iraq War Laws Off The Books

By Sen. Tim Kaine, Todd Young

This month marks the 20th anniversary of Operation Iraqi Freedom. Above all else, it is a time to offer tribute to the more than 1.5 million brave Americans who served during the Iraq War.

This anniversary also warrants reflection on where war powers rest in our republic. Those troops we honor this month may be surprised to know the legal authorization to wage war against Iraq is still on the books today, even though it serves no operational purpose and Iraq is now a strategic partner. By failing to repeal this outdated authorization, we leave it subject to potential presidential misuse. Congress has effectively surrendered its responsibilities to declare and oversee wars to whoever happens to be president.

We are part of a bipartisan effort to reclaim both.

In the centuries before America's founding, unelected and unaccountable monarchs declared wars against each other that their subjects were forced to fight. As a result, the framers of our Constitution were understandably cautious when it came to war powers.

They feared vesting war powers solely in the executive would lead more easily to war. Instead, they placed power in the hands of the legislature, where robust debate and reflection could prevent armed conflict, or achieve a wide consensus before entering into it. It was a characteristically wise decision—but a decision that would only work as intended if legislators led on matters of war or peace rather than abdicat-

ing them to the executive, as Congress, regardless of the party in control, has done for decades.

While the president is the titular commander-in-chief of the American military, the Constitution grants Congress the power to formally declare war. However, Congress has not done this since World War II. It has instead passed resolutions approving more limited military operations called Authorizations for Use of Military Force, or AUMFs.

This is the legal means under which recent military engagements in the Middle East were fought. But even after those missions ended, and our national security focus shifted, the AUMFs remain law. Presidents, both Democratic and Republican, have interpreted them as a way to launch combat operations unrelated to their original purpose and without congressional approval.

To give some sense of how outdated these AUMFs are, few members of the current Congress were even in office in 2002 when Operation Iraqi Freedom was authorized. Only three of the 100 members of the current Senate were present in 1991 when the first Gulf War was authorized.

But we are no longer at war with Iraq. We are now allies.

When Congress cedes the power to make war to the president, the country loses the important debate and reflection that the founders hoped would precede such monumental decisions. And the legislative branch abandons its responsibility to oversee military engagements, to ensure our wars are waged effectively, and to make sure that those wars end once our objectives are achieved.

Congress needs to reassert itself.

The first step to do that is to remove these outdated authorizations. We have reintroduced legislation that would repeal both the 1991 and 2002 AUMFs, eliminating any potential for future misuse and formally ending the Gulf and Iraq wars. Deauthorizing these AUMFs would also signal to the world that Iraq is a partner in advancing stability in the Middle East.

Our bill was approved this week by the Senate Foreign Relations Committee, setting the stage for a full Senate vote. It has broad bipartisan support, with twenty-two original cosponsors evenly divided between Democrats and Republicans. President Joe Biden has also backed repealing these AUMFs and restoring war-making powers to Congress.

James Madison wrote, "that the Executive] is the branch of power most interested in war, and most prone to it. It has accordingly with studied care, vested the question of war in the Legislature.]"

This is a chance for the "legislative" to finally live up to its responsibilities.

Our warfighters demonstrate incredible valor and sacrifice in the course of doing their duty. By comparison, it should not be hard for us to do ours. It is time for Congress to reclaim the power to declare, oversee, and end wars. Just as our Founders intended and as our men and women in uniform deserve.

Democrat Tim Kaine represents Virginia in the United States Senate. Republican Todd Young represents Indiana in the U.S. Senate.

## Silicon Valley Bank And Your Life Savings



GLENN MOLLETTE  
Guest Columnist

If you have worked hard and saved money all your life you may have over \$250,000 in a bank. Or, maybe one of these days you might if you keep working and saving.

You most likely know that only \$250,000 of your money is federally insured. In other words, if you bank fails you might lose any amount above \$250,000. Let's say you have one half million in your bank. The assets of the bank would eventually be liquidated. If enough money was collected you might receive the rest of your half million or you might never see a penny above the federally insured amount unless you are in Silicon Valley.

The second largest bank failure in U.S. history occurred March 10 in Santa Clara, California. The Silicon Valley Bank failed after a bank run on its deposits. The Department of Financial Protection and Innovation revoked its charter and transferred the business into receivership under the Federal Deposit Insurance Corporation (FDIC).

SVB is the country's 16th largest bank with

\$209 billion in assets and more than \$175 billion in deposits.

A number of businesses had millions of dollars in the bank.

Roku had just under \$500 million of its 1.9 billion dollars of cash assets in the bank.

Roblox, a video game company said 5% of its 3 billion in cash was held at SVB.

Toronto-based AcuityAds Holding had US \$55 million in SVB, and just US \$4.8 million elsewhere. That means more than 90% of the company's deposits were held in SVB.

Aerospace manufacturer Rocket Lab held almost 8%, or approximately \$38 million, of its total cash at the collapsed bank, it said in a Friday filing.

Crypto lender BlockFi, which filed for bankruptcy in November, disclosed it held \$227 million with SVB in a bankruptcy filing Friday. BlockFi said in November it had halted withdrawals after facing "significant exposure" to Sam Bankman-Fried's FTX exchange, as well as its sister hedge fund Alameda.

BlockFi's money in SVB is not FDIC-insured because it was in a money market mutual fund, the company learned from its bankruptcy trustee early this week. (Source CNN.Com)

Move the calendar from last Friday to this past Sunday.

Federal regulators stepped in Sunday March 12, to back all Silicon Valley Bank deposits,

resolving a key uncertainty surrounding the second-largest bank failure in U.S. history hours before global stock markets resumed trading.

The U.S. Treasury, the Federal Reserve and the Federal Deposit Insurance Corp. said the government would back Silicon Valley Bank deposits beyond the federally insured ceiling of \$250,000. The decision addressed concerns around the fate of uninsured funds held at the Santa Clara, California-based bank.

"Depositors will have access to all of their money starting Monday, March 13," the agencies said in a joint statement Sunday evening. "No losses associated with the resolution of Silicon Valley Bank will be borne by the taxpayer." (Source NBC.COM)

If you have a half million dollars in a bank, you might consider dividing it up into two banks. Maybe the U.S. Treasury will treat you and the people at your bank the same as the millionaires of Silicon Valley. Don't risk your life savings on this hope.

*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 UncommonSense, 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.*

## Center Applauds President's Proposed Outlook For Conservation, Small Business Programs

The Center for Rural Affairs is encouraged to see the Biden administration's support for agricultural producers and rural communities in its federal budget released Thursday. The proposed budget includes funding for a cover crop incentive program, as well as boosts in funding for programs supporting voluntary conservation and rural small businesses.

In 2021 and 2022, a \$5 crop insurance premium discount was offered to producers who planted cover crops. The initiative, which was sustained by pandemic funds, resulted in discounts for 12 million and 10 million acres of cover crops, respectively. The president's budget calls for legislative action to make the discount permanent as part of the new Cover Crop Incentive Program and proposes a budget of about \$1 billion for 10 years, \$75 million of which is allocated for 2024.

"This is great news for producers who are already planting cover crops or interested in trying the practice for the first time," said Kalee Olson, policy associate. "We're glad to see President Biden take steps



to reward these efforts through federal crop insurance."

The administration also proposed an increase in discretionary funding for Conservation Technical Assistance (CTA) to \$904 million—an increase from about \$800.9 million in 2023. Through CTA, Natural Resources Conservation Service field staff work one on one with farmers and ranchers to develop and implement personalized conservation plans aimed at building soil health, improving water quality, and increasing carbon sequestration through practices such as cover crops.

In addition to strong support for conservation, the proposed budget includes \$8.3 million for the Rural Microentrepreneur Assistance Program (RMAP). The program supports rural small businesses through technical

assistance and direct loans from intermediary organizations. This funding would provide a \$2.3 million increase over 2023.

"RMAP continues to have a significant impact by supporting entrepreneurs who start businesses that keep rural main streets vibrant," Olson said. "An increase in funding would allow more individuals access to assistance they are unable to find anywhere else."

As part of the annual appropriations process, both the House and Senate will draft budgets to allocate funding to a range of federal programs, including CTA and RMAP, in the upcoming months.

"We hope Congress will follow the president's lead and invest in these programs at similar funding levels," Olson said.

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# SUNDAY

## Travel *or stay!* and Play

Sunday, March 19, 2023

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## Rail Passengers Applauds Continued Amtrak Food & Beverage Team Efforts To Restore Coach Dining

Dining Car service restoration will continue along the five major Western Long-Distance routes and also be expanded to include the Silver Star and potentially more routes to the East, Rail Passengers confirmed with Amtrak management today.

Representing the 40 million Americans who rely on passenger trains and rail transit, the Rail Passengers Association has been working closely with Amtrak management and others as part of the congressionally mandated Food & Beverage Working Group aimed at improving on-board food and beverage experiences in all classes of service and on all types of trains.

RPA Communications Manager Madison Butler helped draft the legislation that brought the Working Group into existence. Butler has worked alongside onboard Amtrak staff, Amtrak management, and other transit advocates to create service improvement proposals to be submitted

to Congress at the end of May.

Rail Passengers Association has been working to restore dining access to coach passengers since 2019. With the elimination of amendments previously added to Amtrak's authorizing legislation by former Rep. John Mica, and the new funding allocated by the Infrastructure and Jobs Act / Bipartisan Infrastructure Law, better onboard service is becoming a reality for many passengers.

Even though it's really only been a few days, the numbers coming out of the effort to restore coach passengers to the dining car have been impressive.

Onboard the Empire Builder, the Southwest Chief, the Coast Starlight, the Sunset Limited and the California Zephyr, within the first ten days more than 1,300 coach passengers were served. It's a strong signal that passengers want the elevated dining experience emblematic of historic Amtrak service.

As Amtrak continues to ramp up onboard staffing, the Food & Beverage Working Group has slated additional improvements and is reinforcing the need to move forward. Growing this effort in a sustainable way has been a crucial factor in its initial success.

Upon receiving confirmation of expanded dining pilot programs, Butler stated "We're optimistic that this restoration pilot could lead to an improved passenger experience with continued accountability measures and monitoring of staff bandwidth. The challenges faced by Amtrak Food & Beverage teams are unique and can not be easily compared with airlines, cruises, or stationary service models. As we prepare our recommendations to Congress, we will factor in what the passenger response to this program has been like and how Amtrak can continue to actualize a realistic service model that caters to passengers regardless of

ticket class. Rail Passengers is looking forward to continuing our relationship with these teams and seeing how they progress towards exemplifying the desires of customers and taxpayers who rely on our national interstate passenger rail network."

### About Rail Passengers Association

The Rail Passengers Association is the oldest and largest national organization serving as a voice for the more than 40 million rail passengers in the U.S. Our mission is to improve and expand conventional intercity and regional passenger train services, support higher speed rail initiatives, increase connectivity among all forms of transportation and ensure safety for our country's trains and passengers. All of this makes communities safer, more accessible, and more productive, improving the lives of everyone who lives, works, and plays in towns all across America.

## Fairytales On Ice Featuring Beauty And The Beast Coming To The Historic Paramount Theatre

Fairytales On Ice takes classic fairytales and spins them with upbeat modern music, theatrical storylines, special effects, and the live sport of figure skating. Be mesmerized by world-class pro champion ice skaters, live singing, and cirque from all ends of the globe as they spin through show-stopping sets, bedazzling costumes, and enchanting effects that are sure to delight and excite. Featuring stories and characters from Beauty & The Beast, explore the fairytale land alongside Cinderella, Alice in

Wonderland, Little Red Riding Hood, and more!

Fairytales On Ice will be at the Anderson Paramount Theatre located at 1124 Meridian St. Anderson, IN 46016. The show is on Wednesday, March 29, 2023 at 7 p.m. Theatre doors open at approximately 6 p.m.

Most seats are \$15, \$25, with limited premium seating available for \$35. Tickets are on sale now and can be purchased via <https://www.andersonparamount.org/shows/Fairytales-on-Ice> or by calling the box office at 765.642.1234.

## Cory Asbury Brings Tour To The Historic Paramount Theatre

Cory Asbury's 2018 album "Reckless Love" landed him at the top of the Billboard Christian Albums chart in 2018, leading to two Dove Awards and a Grammy nomination. The title track spent 18 weeks at No. 1, earning Billboard, ASCAP, and BMI Christian Song of the Year honors, and has been certified triple platinum with over 3 million equivalent units. His follow-up album, "To Love A Fool," featured the single "The Father's House," which was certified a gold hit.

Cory brings his latest 17-city tour to the Paramount Theatre in Anderson, Ind. Friday, April 14, 2023.

The Anderson Paramount Theatre is located at 1124 Meridian St. Anderson, IN 46016. Theatre doors open at approximately 6:30 p.m.

Most seats are \$29, \$39, with limited premium seating available for \$79. Tickets are on sale now and can be purchased via <https://www.andersonparamount.org/shows/Cory-Asbury> or by calling the box office at 765.642.1234.

## River Cruises Offer Exploration, Comfort

(Family Features) Travel for pure enjoyment is on the rise, so this may be your year to plan the ultimate dream vacation.

According to Sports and Leisure Research, 80% of people surveyed believe a vacation does wonders for mental health and travel is a top spending priority in the coming year. The survey indicated travelers want to immerse themselves in unique experiences, including new cultures, foods and people.

For those who delight in exploring entire regions, one downfall can be the burden of packing and unpacking at each new destination. Taking your accommodations with you is a practical alternative for curious travelers.

River voyages, for example, allow travelers to unpack once and visit

multiple destinations in one seamless journey, from major European cities to quaint towns and villages. These destination-focused journeys offer experienced travelers the opportunity to explore science, history and cuisine with culturally enriching itineraries on the world's great waterways.

If an intimate, relaxed journey is your ideal getaway, you may want to consider the revolutionary Viking Longships. These state-of-the-art river ships are engineered with guests' comfort and exploration in mind.

Sailing Europe's storied rivers, the award-winning fleet of identical longships showcase innovative engineering, streamlined Scandinavian design and understated elegance. River ships are also

small enough - hosting 190 guests - to dock in the heart of popular destinations, making it easy to explore.

The voyages range from 8-23 days with itineraries featuring Europe's Rhine, Main, Danube, Seine, Rhône, Douro, Moselle, Elbe, Dordogne, Garonne and Gironde Rivers.

Known as travel experiences for "The Thinking Person," each Viking journey includes a shore excursion in every port and an onboard and onshore enrichment program that provides deep immersion in the destination through performances of music and art, cooking demonstrations, informative port talks and carefully selected guest lecturers. Enjoy shore excursions that provide historical tours and visits to unique haunts where you can

experience some of the local culture, regional foods and everyday life.

On a Viking Longship, you can expect to relax in spacious public areas, including wide-open sun decks with ever-changing views. The ships feature spacious staterooms in a variety of categories, including true two-room suites with full-size verandas.

Additional ship highlights include alfresco dining on an indoor-outdoor terrace and onboard amenities including a restaurant, bar, lounge and library. Inclusive fares that cover your port taxes and fees also mean you can enjoy beer, wine and soft drinks with onboard lunch and dinner; specialty coffees, teas; bottled water; ground transfers; and more.

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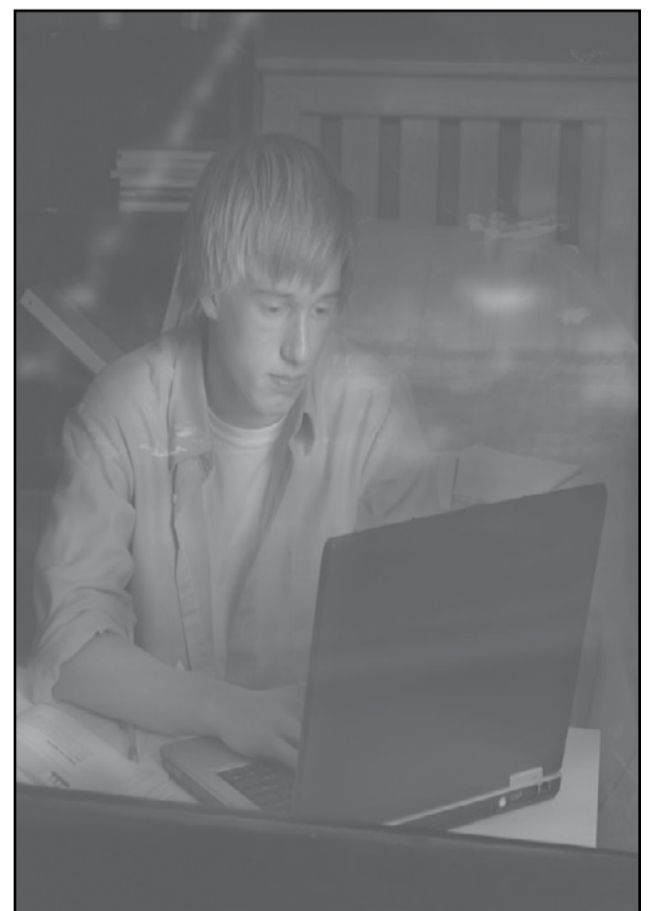
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# Montgomery County's Most Wanted

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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

### Please Read Our Disclaimer:

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

### Notice:

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

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