

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

MCEF Celebrates Local Teachers' Creativity In The Classroom



Left, Hoover Elementary's Mrs. Furgyle & her Book Dragons have been earning rewards for achieving their reading goals. Teachers collaborated to incorporate the theme of the reading program into art projects as well. Right, Sommer Elementary, Ms. Hardisty and her musicians are "All About that Bass" with their new xylophone.



Left, Ms. Hardisty's students performed a piece to demonstrate the impact of their new instrument. Sommer Elementary. Right, Ms. Kaur and student soloist, Addie, presented about the impact of their new piano in teaching pitch and taking their tonal support on-the-go for performances. New Market Elementary.



Left, Mr. Downey & Hoover musicians perform with their tubano drums, acquired across several grant cycles. Right, Ms. Rothenberger, Willson Pre-K, empowers students to make choices about their seating and make safe movements while they learn with Wobble Wobble chairs.



Photos courtesy of Montgomery County Educational Foundation

Recently nearly 100 county educators and students joined the Montgomery County Educational Foundation to share innovative or creative projects implemented in their classrooms this year. Projects presented were funded by MCEF's Teacher Grant program, which distributes nearly \$25,000 per year to Pre-K through 12th grade public school teachers in the county. This year's recipients used grant funds to implement technology software into music education, purchase new instruments needed to engage more learners at once, encourage a love for reading, connect students to college mentors, and purchase resources to gamify math learning, to name a few.

TODAY'S QUOTE

"Our life is March weather, savage and serene in one hour."
Ralph Waldo Emerson

TODAY'S JOKE

She just opened a flower shop and we hear business is blooming!

TODAY'S VERSE

Psalms 89:1 I will sing of the mercies of the LORD for ever: with my mouth will I make known thy faithfulness to all generations.

TODAY'S HEALTH TIP

People over 40 as well as those with serious illnesses should have a living will and appoint a health care representative. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.



HONEST HOOSIER

When did we go from a basketball state to a football one?



HONEST HOOSIER



Go 'stangs

I ndiana



Facts Fun

23 Fountain

Number %00 ÷ Stumpers

1. How many people in the county do not live in Attica? \geq
2. How old is Fountain County? \leq
3. What is the population density of the county? \geq
4. How long ago was Covington officially established? \leq

Answers: 1. About 13,995 people 2. 193 Years 3. Around 4.43/3/sq mi 4. 192 Years

Did You Know?

- Fountain County was founded in 1826 and named after James Fontaine.
- Covington, the county seat, was officially established in 1827.
- The county is 397.88 square miles and has a population of 17,240 residents.
- The largest city in the county, Attica, is home to 3,245 residents and is 1.61 square miles.
- The county contains 2.2 square miles of water because of its proximity to the Wabash River.

Got Words?

After rebuilding the county's courthouse for the third time, in 1861 it completely burned down after only one circuit court meeting. In your opinion, what is the purpose of having a courthouse and do you think it is necessary in every town?

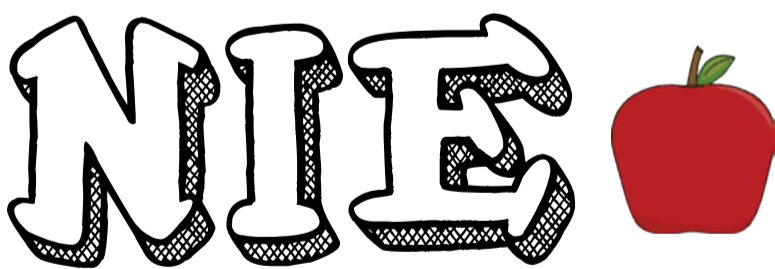
Word Scrambler

Unscramble the words below!

1. OEHSCORTUU
2. UAIFONTN OUTCNY
3. ICTTAA
4. AHAWSB VERRI
5. OCGNVNOTI

Answers: 1. Courthouse 2. Fountain County 3. Attica 4. Wabash River 5. Covington

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Purdue Receives \$20 Million Commitment From Alum Sassola For New Pharmacy Leadership Academy



The Purdue University College of Pharmacy has received a \$20 million commitment from alumnus Marcel Sassola III to establish a new leadership academy that will expand the college's offerings and prepare a new pipeline of pharmacy graduates to innovate and lead in an ever-changing health care landscape.

The Marcel Sassola III Leaders and Entrepreneurs Advancing Pharmacy (LEAP) Academy will be modeled after the successful Larsen Leaders Academy in the university's Mitchell E. Daniels, Jr. School of Business, and will focus on strengthening leadership and entrepreneurship among Purdue pharmacy students.

"I felt now was the time to give back and, ultimately, pay my suc-

cess forward by giving other people the same opportunities I had – or even better," Sassola (BS Pharm '83) said. "Purdue and education have both always been passions of mine. I wanted to make sure my gifts would have the biggest possible impact on the university, and this was the right moment."

The LEAP Academy will feature a LEAP Scholars program for undergraduate, PharmD and PhD students. Students selected as LEAP Scholars will be chosen based on student leadership activities, academic record and a rigorous selection process. Scholars are responsible for:

- Participating in the Pharmacy Leadership and Innovation Forum class.
- Completing the Purdue Entrepreneurship and Innovation Certificate Program.
- Executing special projects and challenges designed to contribute value to the College of Pharmacy's programs and services.
- Maintaining good standing in both academic performance and professional conduct.
- Attending two week-end events – including an off-campus leadership

and entrepreneurship retreat during the fall and an on-campus retreat during the spring – that will feature "Shark Tank"-like presentations.

The LEAP Scholars Academy will be coordinated by the LEAP Academy program director, which is a new position, and counseled by an alumni entrepreneurship advisory board.

"The College of Pharmacy has a proven legacy of transforming the practice and science of pharmacy to lead advances in human health and of developing graduates who display a broad range of expertise that extends to areas such as management, economics and public health," said Eric L. Barker, the Jeannie and Jim Chaney Dean of the College of Pharmacy and professor of medicinal chemistry and molecular pharmacy. "Through Marcel Sassola's generosity, we will be able to build on that rich tradition and provide our students with all the tools they need to succeed as leaders and pioneers in the industry."

Sassola is the former CEO of Santa Barbara Specialty Pharmacy, which services California and five nearby states,

and has more than 35 years of experience as a pharmacist and entrepreneur. He is a member of the Purdue Alumni Association and President's Council and also is active in the Santa Barbara and Los Angeles communities.

"Purdue helped me build a foundation of education and simultaneously provided me the ability to learn more about who I was and what I wanted to do with my life. Giving back now makes me feel like I've found a missing piece," Sassola said. "I look forward to meeting the first LEAP Scholars, serving as a steward for this exciting new program and witnessing the evolution of the College of Pharmacy."

Matt Folk, president and CEO of the Purdue for Life Foundation and vice president for university advancement and alumni engagement, said, "With all the giant leaps occurring right now at Purdue, this is a critical time for the university and its future. This gift from Marcel Sassola is a shining example of how our alumni continue to step up in support of Purdue, its mission and its direction moving forward."

Free Application For Federal Student Aid (FAFSA) Deadline Is Quickly Approaching

The Indiana Commission for Higher Education encourages all high school seniors and returning college students to file the Free Application for Federal Student Aid (FAFSA) by April 15, 2023. Students must file the FAFSA to receive funding and maintain their state scholarships, including the 21st Century Scholarship.

Completing the FAFSA unlocks numerous aid opportunities for students including federal, state and some merit-based scholarships. However, according to the National College Attainment Network (NCAN), Hoosiers left \$70 million in federal Pell Grants on the table in 2022 by not completing the FAFSA. The Commission recently announced a 60 percent FAFSA completion goal for high school seniors to improve the pathways to state, federal and institutional financial aid.

"The FAFSA continues to be the main way to open doors to financial aid funding for Hoosiers seeking higher learning," said Indiana Commissioner for Higher Education Chris Lowery. "The Commission and our college and community partners are available to assist families in the filing process leading up to the April 15 deadline. Students and families are encouraged to utilize the support systems in place to access the maximum available financial aid."

How to file the FAFSA: Students can file the FAFSA online at FAFSA.gov. The first step for students who have

not previously filed the FAFSA is to create a Federal Student Aid (FSA) ID. Then, each student will need:

- Social Security number
 - Alien Registration number (for non-U.S. citizens)
 - Federal income tax returns, W-2s and other records of money earned from 2021
 - Bank statements and records of investments (if applicable)
 - Records of untaxed income (if applicable)
- Assistance is available**
- The U.S. Department of Education provides email and live chat assistance for FAFSA filers as well as a helpline at 1-800-4-FED-AID.
 - Hoosier families can also access free FAFSA help through INvestEd at investedindiana.org.
 - The Commission's eight outreach coordinators are available via phone or email.

About the Indiana Commission for Higher Education

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

Connected Vehicles The Latest Tool To Give Engineers Real-Time Insight Into Highway Traffic Congestion Issues

Purdue University researchers have developed techniques to harness big data from connected vehicles to monitor congestion caused by crashes, weather and construction. As part of their work, they analyzed over 503 billion records in December 2022 to monitor the national impact of a large winter storm.

The team is led by Darcy Bullock, the Lyles Family Professor of Civil Engineering in Purdue's Lyles School of Civil Engineering, and focuses on developing scalable techniques for measuring and graphically visualizing traffic congestion.

For many years, the U.S. Department of Transportation, universities and private sector companies have published annual congestion reports and rankings of states and cities. However, Bullock believes the new frontier is to develop techniques

that use connected vehicle data to map out the time, location and severity of congestion in a uniform manner across all 50 states. This will provide a more robust systemwide characterization of interstate congestion to prioritize national infrastructure investments as well as monitor the resiliency of our network during large weather events such as winter storms or hurricanes.

"There are three key ingredients in this analysis: data, cloud platforms and graphic visualization methods. The combination enables decision makers to quickly understand how traffic is moving," said Howell Li, principal research analyst, who has worked with Wejo Data Services Inc. to analyze the data systematically in real time using Google's BigQuery. "On a typical Friday afternoon, Purdue

ingests approximately 600,000 records per minute on just Indiana roads. At a national level, there are over 25 million connected vehicle records generated every minute."

Transportation research engineers Jairaj Desai and Jijo Mathew and PhD candidate Rahul Sakhare have developed analytical techniques for processing that data in real time to create graphical maps showing week-at-a-glance charts depicting the time, location and severity of traffic congestion. These same techniques could also be used to show how usage of electric vehicles and hybrid electric vehicles varied by states and interstate routes.

"Privacy is very important for all of our public and private sector partners," Bullock said. "Our connected vehicle data provider employs consented, deidentified

and anonymized data that is consistent with both U.S. and EU general data protection regulations."

The Purdue team produced two major reports in 2022, one for August and the other for December. Although both reports used similar analysis techniques, the August report is a great tool to see the impact of construction work zones on mobility. The December report provides an example of the impact of a large winter storm moving across the U.S. and the subsequent state-by-state recovery.

"From a national perspective, this is really valuable," Bullock said. "Data like this can show us our overall interstate network resiliency as well as provide insights to support operational decisions and long-term national infrastructure investments."

New State Nature Preserve Dedicated In Adams And Jay Counties

The Natural Resources Commission (NRC) approved the dedication of Limberlost Swamp Nature Preserve, which is located across Adams and Jay counties during its regularly scheduled bi-monthly meeting at Fort Harrison State Park today.

This 719.23-acre nature preserve includes a parking area and more than 3 miles of walking trails. A variety of birds can be found at the site, including short-eared owls, Northern harriers, waterfowl, migrating shorebirds, sandhill cranes, and bald eagles.

Indiana's nature preserves provide permanent protection for significant natural areas within the state. The action increases the number of state-designated sites protected by the Nature Preserves Act to 298, representing more than 53,000 acres of protected land.

The NRC is an autonomous board that addresses topics pertaining to the DNR. More details on this and other actions are available here.

The next regularly scheduled NRC meeting is May 16, also at Fort Harrison State Park.

NRC members include the DNR director, heads of three other state agencies (Indiana Department of Environmental Management, Indiana Destination Development Corporation, and the Indiana Department of Transportation), six citizens appointed by the governor on a bipartisan basis, the chair of the DNR's advisory council, and the president of the Indiana Academy of Science. The Academy of Science president and the agency heads, other than the DNR director, may appoint proxies to serve the commission in their absences.

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First Milan, Indiana 1954 Champs Water Tower Bobble Unveiled

The National Bobblehead Hall of Fame and Museum in conjunction with the Milan '54 Museum, recently unveiled the first bobble of the historic Milan Water Tower in Milan, Indiana. The bobble, which also features a replica of the 1954 State Championship Trophy, honors the high school's historic 1954 State Basketball Championship.

The limited-edition bobble is being released to celebrate the anniversary of the title, which was on March 20, 1954, as well as the 113th Indiana High School Athletic Association Boys State Basketball Tournament. One of the oldest state high school basketball tournaments in the U.S., the tournament will hold its State Finals in four classes on Saturday, March 25th at Gainbridge Fieldhouse in Indianapolis. A portion of the proceeds from the sale of each bobble benefit the Milan '54 Museum in Milan, Indiana.

The bobble features a replica of the Milan Water Tower along with a replica of the 1954 state championship basketball trophy positioned on a circular base. Painted black with white lettering, the water tower reads "STATE CHAMPS 1954," and the top part of the water tower bobbles. The bobbles are only available through the National Bobblehead Hall of Fame and Museum's Online Store and the Milan '54 Museum. The bobbles, which just arrived and ship now, are \$30 each plus a flat-rate shipping charge of \$8 per order. The bobbles are also available for purchase in person at the Milan '54 Museum, which is located at 201 W. Carr St. in Milan. They are open Wednesday through Saturday from 10 a.m. to 4 p.m.

In 2019, the National Bobblehead Hall of Fame and Museum unveiled a limited-edition series of bobbleheads commemorating the 1954 Milan state championship team that inspired the movie "Hoosiers." Celebrating the 65th anniversary of the improbable state title, the series features all 12 of the team's players holding a replica championship trophy and commemorative basketball. A limited number of bobbleheads featuring the players are still available through



the National Bobblehead Hall of Fame and Museum and Milan '54 Museum for \$25 each or \$250 for a complete set.

Constructed in 1924 and located just outside of Milan's downtown district, the most famous water tower in Indiana has proclaimed Milan's improbable high school boys basketball state championship since the mid-1950s. Built next to the Milan Furniture Company, in case the business ever caught fire, the water tower was painted black with white lettering reading "STATE CHAMPS 1954" to honor the state championship won by the Milan Indians, otherwise known as the Milan Miracle of 1954. In 2018, the water tower, which was acquired by the town seven years earlier, received a much-needed facelift thanks to a \$30,000 grant. Restoration efforts were launched by the town and the Milan '54 Hoosiers Museum. Prior to the most recent rejuvenation, the water tower was last painted in 1969. In addition to the new paint job, the tower is now lighted nightly.

Milan High School, with an enrollment of only 161, defeated powerhouse Muncie Central High School, which had an enrollment of 1,662, by a score of 32-30 in the state championship game at Butler University's Butler Fieldhouse (now Hinkle Fieldhouse). With the game tied at 30, the team's leader, Bobby Plump,

hit a 14-footer from the right side as time expired to win the championship and deny the Bearcats a fifth state title. Forty thousand people descended on Milan, which had a population of only 1,150, the following day as the team returned home from Indianapolis, lining State Road 101 for 13 miles to congratulate the Indians. Milan is the smallest school to win a single-class state basketball title in Indiana and finished the season with a 19-2 regular season record and 28-2 overall record.

The Milan 54 Hoosiers Museum said, "The player bobbleheads have been a great success and a fun item for our players and supporters, so we are excited to add the iconic Water Tower Bobblehead to our collection. The tower was painted immediately following the 1954 win, and for many, it has stood as a beacon for nearly 70 years. To those of us who have grown up in Milan, the Water Tower has been a symbol of HOME. No matter where we go, as we return to Milan and see the Water Tower welcoming us to town, we know we are home. We are proud to be able to share it with all in such a fun way."

"The incredible story of Milan's improbable state title is known by millions of people across the globe, and this new bobble is a great way to celebrate the remarkable feat," National Bobblehead Hall of Fame and

Museum co-founder and CEO Phil Sklar said. "The iconic Milan Water Tower is a great celebration of the 1954 title and a reminder that anything is possible. We think fans will enjoy having a replica bobble version of the water tower to show off."

About the National Bobblehead Hall of Fame and Museum: The National Bobblehead Hall of Fame and Museum, which is located at 170 S. 1st St. in Milwaukee, Wisconsin, opened to the public on February 1st, 2019. The HOF and Museum also produces high quality, customized bobbleheads for retail sale as well as organizations, individuals, and teams across the country. Visit us online and on Facebook, Twitter and Instagram.

About the Milan 54 Hoosiers Museum: The Milan '54 Hoosiers Museum is located on West Carr Street in the quiet rural town of Milan, IN. It houses memorabilia from the 1954 championship game between Milan and Muncie Central...a David and Goliath story. It also has a large collection of artifacts from the movie HOOSIERS on display. The museum strives to keep our local history alive and to capture a bit of Hoosier Hysteria. Please come visit and find out more at www.milan54.org or email milan54@frontier.com. The Milan 54 Hoosier Museum can also be found on Facebook, Twitter, and Instagram.

Lt. Gov. Crouch, IHCD Award \$1.7 Million In Rental Assistance And Supportive Services Statewide

Lt. Gov. Suzanne Crouch and the Indiana Housing and Community Development Authority recently announced the distribution of nearly \$1,700,000 to six Indiana not-for-profit entities to administer the HOME-funded Tenant Based Rental Assistance (HOME TRBA) program. The organizations will assist income-eligible households with at least one member who was formerly incarcerated. The program aims to increase housing affordability, stability, and choice for this population, which experiences homelessness at a rate almost seven times higher than the general population.

IHCDA's allocation included \$500,000 in HOME-American Rescue Plan (HOME-ARP) Supportive Services funds to six Indiana non-profit organizations to ensure that all households assisted by HOME TRBA are offered or connected to a comprehensive set of supportive services that promote long-term housing stability.

"The HOME TRBA program is critical in assisting low-income households with affordable housing options," said Lt. Governor Suzanne Crouch, Indiana's Secretary of Agriculture and Rural Development. "We are pleased to provide this funding to support formerly incarcerated individuals and ensure they have access to stable housing and supportive services."

IHCDA launched the re-entry-focused program in 2018 in acknowledgment

of the specific barriers to housing formerly incarcerated individuals face. IHCDA administers this program by partnering with not-for-profit organizations that offer participants essential services and support such as housing navigation, referrals to mental health and substance abuse treatment, legal aid, job training, employment assistance, and ongoing case management, in addition to deposit assistance and an ongoing rental subsidy. In 2022, IHCDA's HOME TRBA Program served 162 households across the state of Indiana.

HOME Tenant Based Rental Assistance funds and HOME-American Rescue Plan Supportive Services funds were awarded to six organizations:

- Affordable Housing Corporation is awarded \$400,000
- Aurora, Inc. is awarded \$200,000
- City of Vincennes is awarded \$200,000
- Family Promise of Hendricks County is awarded \$100,000
- Kokomo Housing Authority is awarded \$399,889.40
- Mental Health America of West Central Indiana is awarded \$399,767.67

The final policy manuals and Request for Qualifications ("RFQ") were released on Nov. 28, 2022. Responses to the RFQ were due on Jan. 9, 2023. Eligible respondents were 501(c)(3) non-profit organizations, public housing agencies, or units of local government.

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Lack Of Canine COVID-19 Data Fuels Persisting Concerns Over Dog-Human Interactions

Early COVID-19 pandemic suspicions about dogs' resistance to the disease have given way to a long-haul clinical data gap as new variants of the virus have emerged.

"It is not confirmed that the virus can be transmitted from one dog to another dog or from dogs to humans," said veterinarian Mohamed Kamel, a postdoctoral fellow at Purdue University.

During the pandemic's early days, dogs seemed resistant to the coronavirus, showing little evidence of infection or transmission, said Mohit Verma, assistant professor of agricultural and biological engineering and Purdue's Weldon School of Biomedical Engineering. "As the virus evolved, or maybe the surveillance technology advanced, there seem to be more instances of potentially asymptomatic dogs."

These are among the findings that Kamel, Verma and two co-authors summarized in a research literature review "Interactions Between Humans and Dogs in the COVID-19 Pandemic." The summary, with recent updates and future perspectives, recently appeared in a special issue of the journal *Animals on Susceptibility of Animals to SARS-CoV-2*.

Additional co-authors are Rachel Munds, a research scientist at Krishi Inc. and a Purdue visiting scholar in the Department of Agricultural and Biological Engineering, and Amr El-Sayed of Egypt's Cairo University.

Last June the U.S. Department of Agriculture's Animal and

Plant Health Inspection Service announced it was committing up to \$24 million for research related to SARS-CoV-2. The funding, provided by the American Rescue Plan Act, focuses on the One Health concept, which recognizes the link between the health of people, animals and the environment.

The SARS-CoV-2 virus that originated in Wuhan, China, in 2019 has infected more than 600 million people globally and had claimed more than 6.5 million lives by October 2022.

"COVID-19 has become one of the most important economic, health and humanitarian problems of the 21st century," the co-authors wrote in the *Animals* article. Studies have documented the movement of the SARS-CoV-2 virus through various animal species. And about 75 percent of infectious diseases in humans start in animals.

"This spread raises concerns about the possibility of pet animals serving as reservoirs for the virus," the co-authors wrote.

More than two dozen animal species have been infected by SARS-CoV-2 virus, ranging from cats, dogs and rabbits to deer, cattle and gorillas. More than 470 million dogs were owned worldwide before the COVID-19 outbreak. Their susceptibility to the virus remains poorly understood because they are infrequently tested, said Kamel, who is also a faculty member at Cairo University.

"Compared to cats or other animals, the susceptibility is less," Kamel said. He cau-

tioned, however, that the susceptibility of dogs to the new variants may have changed to a lesser or greater extent.

"There are a lot of variants. It's not only one virus," Kamel said. "The infections differ from the old variant to the new variant."

Dogs' apparent resistance to COVID-19 could result from their general low levels of the angiotensin converting enzyme (ACE2), target receptors in their lung cells and related mutations.

"ACE2 is the main part of the virus attachment found on the cells," Kamel noted.

The *Animals* journal article also discusses how the spread of an epidemic can be tracked, predicted and contained through a combination of geographic information systems, molecular biology and even detection dogs.

Because of their heightened sense of smell, dogs can be trained to detect a wide range of human diseases, Kamel said. Using dogs to detect COVID-19, as reported in the journal article, is fast and less expensive compared to other methods where screening large crowds may be needed.

Verma's startup, Krishi Inc., is already developing innovative paper-based, rapid-result tests for bovine respiratory disease, antimicrobial resistance and COVID-19. The testing system uses a method called loop-mediated isothermal amplification (LAMP) and is under development in Verma's lab for produce safety applications. Adapting LAMP for animal testing of SARS-CoV-2 may come next.

Krishi Inc. received an initial investment from Ag-Celerator. Created in 2015, Ag-Celerator is a \$2 million innovation fund designed to provide critical startup support for Purdue innovators who bring Purdue's patented intellectual property or "know-how" technologies to market. The fund is operated by Purdue Ventures with assistance from the Purdue University College of Agriculture, the Purdue Research Foundation Office of Technology Commercialization and the agriculture industry.

The *Animals* journal article cites multiple studies from Purdue and elsewhere validating the usefulness of LAMP testing. Krishi's focus thus far has been developing a test for antimicrobial resistance in animals, but the LAMP assay has broader potential, Verma said.

"If we want to do widespread surveillance, can we make our test versatile for any species? LAMP is portable," Verma said. "Because it can be done in a simple manner and provide results without a lab setup, we can potentially do this on a wider scale and make it cost-effective."

Currently available commercial at-home coronavirus tests for humans can also be used on dogs and cats. However, these tests may not be sensitive enough to detect the lower viral loads in animals.

"They're not validated for animals, so we don't know how well they would work. That's the gap we're hoping to bridge with the test that we are developing - better tools of surveillance," Verma said.

Lt. Gov. Crouch, IHEDA Launch Crowdfunding Campaign For Terre Haute's Peace Garden

Terre Haute residents will soon have a beautiful new green space if this crowdfunding campaign reaches its goal of raising \$12,500 by April 30, 2023. If successful, the project led by reTHINK will receive a matching grant as part of the Indiana Housing and Community Development Authority's (IHEDA) CreatiNG Places program.

"We are excited at the prospect of beautifying Terre Haute through the addition of a new green space in the community," said Lt. Gov. Suzanne Crouch, Indiana's Secretary of Agriculture and Rural Development. "CreatiNG Places is a wonderful program that activates unused or underused spaces, and this campaign is yet another example of Hoosiers coming together to develop and uplift their neighborhood."

Funds from this campaign will be used to transform empty space into a beautiful community garden providing food and empowerment by honoring Rev. Martin Luther King, Jr.'s legacy of peace and collaboration. The garden will

feature lush new landscaping and more opportunities to grow produce with a new pathway, seating, an earth sculpture, and many sustainability features.

"Community gardens not only provide food and empowerment, they can revitalize communities," according to Shikha Bhattacharyya, Executive Director of reTHINK, Inc.

Since the CreatiNG Places program began in 2016, projects have raised more than \$7.5 million in public funds and an additional \$6.3 million in matching IHEDA funds.

The program is available to projects located in Indiana communities. Non-profit entities (with 501c3 or 501c4 status) and local units of government are eligible to apply.

Eligible projects must have a minimum total development cost of \$10,000, where the recipient will receive \$5,000 in IHEDA matching funds should it successfully raise \$5,000 through Patronicity. IHEDA will provide matching grant funds up to \$50,000 per project.

State Higher Education Commission Seeking New Faculty Member

The Indiana Commission for Higher Education is accepting applications for the next Faculty Commission Member now through Friday, April 28, 2023. The Faculty Nominating Committee will present recommendations to Governor Holcomb.

Dr. Edward Berger of Purdue University West Lafayette is currently representing Indiana's faculty on the Commission. He is a professor of engineering education and mechanical engineering. Additionally, Berger is the inaugural Associate Vice Provost for Learning Innovation and the Director of the Innovation Lab at Purdue. His term will conclude on June 30, 2023.

"It has been an honor to serve on the Indiana Commission for Higher Education," Berger said. "The opportunity to deepen my understanding of Indiana's higher education landscape has increased my passion for student advocacy and strategic planning. Higher education faculty play a central role in teaching and mentoring students, which in turn supports the Commission's and the State's goals for retention, completion and achievement. I urge faculty members from the state to apply for the next position and continue to represent educators with the Commission."

Faculty Commission Member candidates must hold a full-time teaching, research or other position at a public institution

of higher education and reside in Indiana. The faculty member will be responsible to serve as a full voting member of the Commission, which meets approximately 20-25 days each year. The faculty member appointment is a two-year commitment beginning July 1, 2023, and ending June 30, 2025.

"Faculty representation on the Commission is imperative to the work we do to advance higher education in Indiana," Indiana Commissioner for Higher Education Chris Lowery said. "The appointed faculty member will play an important role as we seek to improve the opportunities postsecondary education provides Hoosiers. The Commission has been fortunate to have had passionate, student-centered individuals serve in the past and we are thrilled to welcome a new perspective this summer."

Applications will be accepted via email (preferred), regular mail, express mail or fax. Applications postmarked or received via email after midnight on that date will not be accepted. The complete application includes a signed agreement to serve on the Commission.

The 14-person higher education coordinating board is comprised of one faculty member, one student member, a representative from each of the state's nine congressional districts and three at-large members.



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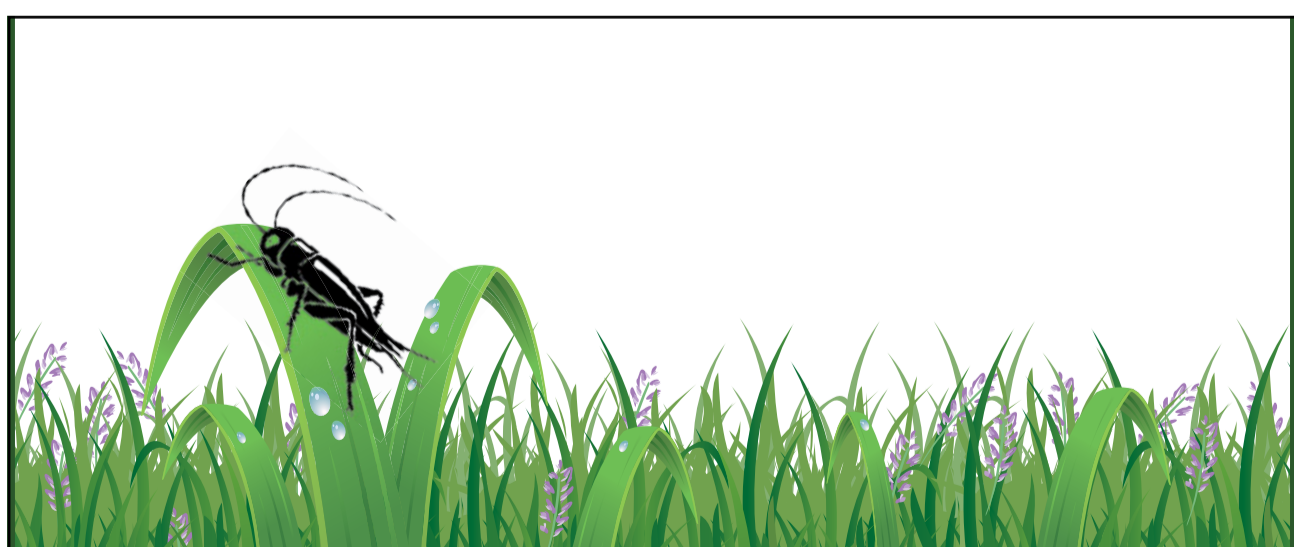


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SUNDAY

In The Kitchen

Sunday, March 26, 2023

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Cooking Clean

A reliable energy source can make cooking nutritious meals quick and easy



Chef Dean Sheremet

FAMILY FEATURES

With many people focused on achieving a cleaner and healthier lifestyle, taking actionable steps such as recycling, using less hot water and eating nutritious foods can help lower your carbon footprint. Another step for a clean lifestyle: cooking with an environmentally friendly, clean energy source like propane.

Propane is already powering more than 12 million homes with reliable energy people can count on. Plus, gas-powered cooktops are preferred by 96% of professional chefs, including nutritionist and chef Dean Sheremet of “My Kitchen Rules,” who partnered with the Propane Education & Research Council (PERC) to educate homeowners on the benefits of cooking with gas.

“There is a lot of misinformation about cooking with gas in the news,” Sheremet said. “It’s important to remember, the act of cooking itself impacts indoor air quality, regardless of the energy that powers the stove. Having a qualified technician install and perform regular service for the stove, maintaining proper ventilation using a hood or opening doors or windows and following common sense safety measures can ensure the safe use of any stove.”

Because ventilation when cooking is key, it’s important to note that cooking with propane results in lower carbon dioxide (CO2) emissions than electric cooking, on average. That’s because more than 60% of electricity production comes from natural gas or coal generation plants, which release more CO2 emissions as part of the generation process.

Beyond the environmental benefits, propane-powered cooking appliances provide convenience, modern design and performance in kitchens, allowing home chefs to prepare healthy meals for their families in a short amount of time. Sheremet values the efficiency of a propane cooktop when creating nutritious meals like Skirt Steak with Salsa Verde and Spaghetti and Clams, which can be whipped up in minutes using a clean energy source.

“Chefs, and parents like me, prefer gas for a variety of reasons,” Sheremet said. “My son, Atlas, is often in the kitchen when I’m cooking, and we know sometimes kids don’t listen when we tell them to not touch a pan or the stove. Propane cooktops allow for greater control of heat levels and their instant flame turnoff capabilities help them cool faster than traditional electric stoves, which can remain dangerously hot for a period after they have been turned off.”

Learn more about cooking with propane and find recipes from Sheremet at Propane.com/ChefDean.

DO'S AND DON'TS OF COOKING WITH GAS

Cooking with a reliable and environmentally clean energy source like propane can take your home chef skills to the next level. However, there are steps to take to ensure safety while maximizing the benefits of cooking with your gas range.

Do:

- Follow the manufacturer’s installation and operating instructions.
- Keep pot handles turned inward to protect against accidents like knocking the pot off the stove or little ones reaching for the handles.
- Keep the range surface clean.
- Keep flammable materials away from burner flames.

Don’t:

- Do not cover the oven bottom with foil as it can restrict air circulation.
- Never use gas ranges for space heating.
- Do not allow children to turn burner control knobs.
- Do not leave food unattended on the cooktop.



Spaghetti and Clams

Spaghetti and Clams

Recipe courtesy of chef Dean Sheremet on behalf of PERC

- Salt
- 8-12 littleneck or other small clams in shell, scrubbed
- 1/4 pound spaghetti noodles
- 2 tablespoons extra-virgin olive oil
- 1/2-1 garlic clove, minced
- 1/2 dried red chile pepper
- 1/3 cup vermouth or white wine
- 1-2 tablespoons chopped fresh Italian parsley

Bring large pot of lightly salted water to boil. Soak clams in cold water.

Add spaghetti to boiling water and cook until slightly underdone. In large saucepan over medium-low heat, add olive oil, garlic and chile pepper. Sauté gently, reducing heat, if necessary, so garlic does not brown.

Add vermouth and clams; cover. Clams should open in about 2 minutes. Add hot drained pasta, cover and shake pot gently. Simmer 1-2 minutes until spaghetti is cooked to taste.

Discard unopened clams. Add half the parsley and shake pan to distribute evenly. Transfer to plate or bowl and sprinkle with remaining parsley.

Skirt Steak with Salsa Verde

Recipe courtesy of chef Dean Sheremet on behalf of PERC

- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 thinly sliced scallions
- 3 tablespoons capers, drained and roughly chopped
- 3 garlic cloves, minced
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 1/2 teaspoon black pepper, plus additional, to taste, divided
- 1 1/2 pounds skirt steak
- 2 tablespoons chopped parsley
- 2 tablespoons chopped fresh mint, divided
- 1/4 cup pistachios
- 1 romaine heart
- 1 radicchio
- 1/2 cup crumbled goat cheese

Whisk olive oil, vinegar, scallions, capers, garlic, 1/2 teaspoon salt and 1/2 teaspoon pepper. Pour about 1/3 of dressing (about 1/3 cup) over steak and turn to coat.

Add parsley and 1 tablespoon mint to reserved dressing; stir and set aside until ready to use. Cover and refrigerate steak 30 minutes, or up to 24 hours.

In small sauté pan over medium heat, toast pistachios, tossing often, until golden brown, about 3 minutes. Set aside.

Set grill to medium-high heat or heat grill pan on stovetop over medium-high heat. Grill steak about 5 minutes per side. Transfer to plate and rest 10 minutes.

Cut romaine hearts lengthwise into quarters. Arrange romaine and radicchio in layers on large platter, leaving room on one side for steak. Sprinkle with goat cheese, pistachios and remaining mint.

Slice steak into 3-inch pieces then slice against grain to cut steak into wide strips. Add sliced steak to platter. Drizzle reserved dressing on romaine and steak.



Skirt Steak with Salsa Verde

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In The Kitchen

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Brighten Your Brunch Spread

FAMILY FEATURES

A staple of warm weekend days, brunch combines the best flavors of the first two meals of the day. Every great brunch spread complements its savory items with something sweet, something refreshing and a signature beverage, and there's one ingredient that can help cover all of those bases – 100% orange juice.

An option like Florida Orange Juice is not only delicious but delivers a powerful combination of vitamins, minerals and phytonutrients that have associated health benefits. One of nature's nutrient dense foods, one 8-ounce glass of orange juice provides 100% of the recommended daily value of vitamin C and is also a good source of potassium, folate and thiamin, making it a great substitute for sugar-sweetened beverages and simple addition to brunch staples like this Orange Oatmeal.

When combined with a healthy lifestyle, 100% orange juice may also help support a healthy immune system. Orange juice contains beneficial plant compounds, flavonoids and colorful carotenoids to aid in fighting inflammation and cell communication. It is also rich in vitamin C, which helps strengthen immune systems by protecting cells and promoting the production and function of immune cells. Vitamin D, which can be found in fortified juices, also plays an important role in regulating immune response and helps immune cells fight off bacteria and viruses that get into the body.

Since 100% orange juice is naturally almost 90% water, it can help support hydration as it includes several electrolytes like potassium, magnesium and, in fortified juices, calcium, to aid in fluid balance. Combining Florida Orange Juice, watermelon juice and grapefruit juice, this Citrus Watermelonade is a bright, seasonal thirst quencher that is the perfect addition to your drink selection at brunch.

"Maintaining overall wellness and hydration is important as we ease into the warmer months of the year and more time is spent outdoors," said Dr. Rosa Walsh, director of scientific research at the Florida Department of Citrus. "Florida Orange Juice includes many essential vitamins and minerals that aid in hydration, and it is a great complement to water in helping to provide nourishment before, during or after any activity."

For more information and sweet, nutritious brunch recipes, visit FloridaJuice.com.



Citrus Watermelonade

Orange Oatmeal

- 1 cup Florida Orange Juice
- 1 1/2 cups water
- 1 cup quick-cooking steel-cut oats
- 1 Florida Orange, peeled and diced
- 1 tablespoon agave nectar or honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt

In medium saucepan over high heat, bring orange juice and water to boil.

Add oats to boiling liquids.

Return to boil then reduce to medium heat and cook, uncovered, 5 minutes, stirring frequently.

Mix in diced orange, agave nectar, cinnamon and salt. Remove pan from heat; let stand 1 minute before serving.



Orange Oatmeal

Citrus Watermelonade

- 1 cup hot water
- 2 cups sugar
- 6 cups watermelon, seeded, rind removed and cut into 1-inch pieces, divided
- 2 cups Florida Orange Juice
- 1 cup Florida Grapefruit Juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 cups Florida Oranges, cut into 1-inch pieces, peeled
- 1/2 cup mint leaves
- ice, for serving
- Florida Orange Slices, for garnish (optional)

watermelon chunks, for garnish (optional)

In small saucepan over low heat, combine hot water and sugar; heat until sugar is dissolved. Refrigerate until chilled.

In blender, puree 4 cups watermelon until smooth.

In large pitcher, stir watermelon juice, chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice until combined.

Add remaining watermelon pieces, orange pieces and mint leaves; refrigerate 2-3 hours until well chilled.

Serve over ice in glasses. Garnish with orange slices and watermelon chunks, if desired.

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A Full, Fresh Menu Fit for a Brunch Feast



Savory Cheese Balls

FAMILY FEATURES

Birthdays, holidays or just casual Saturdays are all perfect excuses to enjoy brunch with your favorite people. Bringing everyone together with quiches, pastries, appetizers, desserts and more offers an easy way to kick back and relax on a warm weekend morning.

These recipes for Easy Brunch Quiche, Savory Cheese Balls and Lemon Blueberry Trifle provide a full menu to feed your loved ones from start to finish, regardless of the occasion.

Find more brunch inspiration by visiting Culinary.net.

A Savory Way to Start the Celebration

Serving up exquisite flavor doesn't have to mean spending hours in the kitchen. You can bring the cheer and favorite tastes with simple appetizers that are equal measures delicious and visually appealing.

These Savory Cheese Balls are easy to make and perfect for get-togethers and brunch celebrations. Texture and color are the name of the game with this recipe, and the result is a beautiful array of red, gold and green, all on one plate.

To find more recipes fit for brunch, visit Culinary.net.

Savory Cheese Balls

Servings: 6-12

- 2 packages (8 ounces each) cream cheese
- 2 tablespoons caraway seeds
- 1 teaspoon poppy seeds
- 2 cloves garlic, minced, divided

- 1/4 cup parsley, chopped
- 2 teaspoons thyme leaves, chopped
- 1 teaspoon rosemary, chopped
- 1/4 cup dried cranberries, chopped
- 2 tablespoons pecans, chopped
- crackers (optional)
- fruit (optional)
- vegetables (optional)

Cut each cream cheese block into three squares. Roll each square into ball.

In small bowl, combine caraway seeds, poppy seeds and half the garlic.

In second small bowl, combine parsley, thyme, rosemary and remaining garlic.

In third small bowl, combine cranberries and pecans.

Roll two cheese balls in seed mixture, two in herb mixture and two in cranberry mixture.

Cut each ball in half and serve with crackers, fruit or vegetables, if desired.



Lemon Blueberry Trifle

Finish Brunch with a Light, Layered Treat

After enjoying eggs, bacon, French toast and pancakes or any other brunch combination you crave, it's tough to top a fresh, fruity treat to round out the meal. Dish out a delicious dessert to cap off the morning and send guests out on a sweet note that's perfectly light and airy.

The zesty zip of lemon curd in this Lemon Blueberry Trifle brings out the sweetness of whipped cream made with Domino Golden Sugar, fresh blueberries and cubed pound cake for a vibrant, layered bite. Plus, it's a bright, beautiful centerpiece you can feel proud of as soon as guests try their first bite.

Find more dessert recipes fit for brunch and other favorite occasions at DominoSugar.com.

Lemon Blueberry Trifle

Prep time: 45 minutes

Servings: 8-10

Lemon Curd:

- 1 cup Domino Golden Sugar
- 2 tablespoons cornstarch
- 1/4 cup freshly squeezed lemon juice
- 1 tablespoon lemon zest
- 6 tablespoons water
- 1/4 teaspoon salt
- 6 egg yolks
- 1/2 cup (1 stick) unsalted butter, at room temperature, cut into 1/2-inch cubes

Whipped Cream:

- 2 cups heavy whipping cream, cold
- 2 tablespoons Domino Golden Sugar
- 2 teaspoons pure vanilla extract

Trifle:

- 1 cup blueberry jam
- 12 ounces fresh blueberries, plus additional for garnish, divided
- 1 pound cake, cubed
- lemon slices, for garnish
- mint, for garnish

To make lemon curd: In medium saucepan, stir sugar and cornstarch. Stir in lemon juice, lemon zest, water and salt. Cook over medium heat, stirring constantly, until thickened. Remove from heat and gradually stir in three egg yolks; mix well until combined. Stir in remaining egg yolks. Return to heat and cook 2 minutes, stirring constantly. Remove from heat.

Stir in butter; mix until incorporated. Cover with plastic wrap, touching surface of lemon curd to prevent curd forming skin. Refrigerate until completely cool.

To make whipped cream: In large bowl, beat cream, sugar and vanilla until soft peaks form. Do not overbeat.

To make trifle: Mix blueberry jam with 12 ounces fresh blueberries. Place one layer cubed pound cake in bottom of trifle dish. Top with layer of blueberries. Add dollops of lemon curd and whipped cream. Repeat layering ending with whipped cream.

Decorate trifle with lemon slices, fresh blueberries and mint.

Say Goodbye to Basic Brunch

The same old brunch menu can become tiresome and dull. Adding something new to the table with fresh ingredients and simple instructions can enhance your weekend spread and elevate brunch celebrations.

Try this Easy Brunch Quiche that is sure to have your senses swirling with every bite. This quiche is layered with many tastes and a variety of ingredients to give it crave-worthy flavor, from broccoli and bacon to mushrooms, eggs and melty cheese.

Visit Culinary.net to find more brunch recipes.

Easy Brunch Quiche

Serves: 12

- 1 package (10 ounces) frozen broccoli with cheese
- 12 slices bacon, chopped
- 1/2 cup green onions, sliced
- 1 cup mushrooms, sliced
- 4 eggs
- 1 cup milk
- 1 1/2 cups shredded cheese, divided

- 2 frozen deep dish pie shells (9 inches each)

Heat oven to 350 F.

In medium bowl, add broccoli and cheese contents from package. Microwave 5 minutes, or until cheese is saucy. Set aside.

In skillet, cook chopped bacon 4 minutes. Add green onions; cook 2 minutes. Add mushrooms; cook 4 minutes, or until bacon is completely cooked and mushrooms are tender. Drain onto paper towel over plate. Set aside.

In medium bowl, whisk eggs and milk until combined. Add broccoli and cheese mixture. Add 1 cup cheese. Stir to combine. Set aside.

In pie shells, divide drained bacon mixture evenly. Divide broccoli mixture evenly and pour over bacon mixture. Sprinkle remaining cheese over both pies. Bake 40 minutes.

Cool at least 12 minutes before serving.

Note: To keep edges of crust from burning, place aluminum foil over pies for first 20 minutes of cook time. Remove after 20 minutes and allow to cook uncovered until completed.



Easy Brunch Quiche

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3 Dietitian-Approved Ways to Add Nutrition to Your Diet for Sustained Energy

FAMILY FEATURES

Nutrition plays a key role in overall health and can positively affect everything from mood to energy levels. When thinking about ways to fuel busy days that will help you feel fuller, longer, look to clean, quality protein, which isn't just good for muscle growth and repair but also plays an integral part in overall health.

In fact, protein helps keep bones strong, supports your immune system, fuels metabolism to sustain energy, curbs cravings, distributes nutrients throughout your body and more.

If you're looking for ways to optimize your nutrition intake, it's important to know the U.S. Department of Health and Human Services' Dietary Guidelines for Americans recommends the average person consume 10-35% of their daily calories from protein. Some changes like replacing cereal with protein-rich foods like eggs, snacking on healthy fats like nuts or fibrous veggies and fruits, or starting meals by eating the protein first can help set you on the right path.

In honor of National Nutrition Month, consider these bite-sized tips from nutrition expert Steph Grasso, a registered dietitian nutritionist (RD), social media influencer and member of the Orgain Nutrition Advisory Board, to help incorporate more quality nutrition into your diet in convenient, delicious ways and keep you feeling fuller, longer:

- **Choose nutritious, filling snacks.** As part of your preparation for the week ahead, meal prep refrigerated snack containers featuring nuts, sliced cheese, veggies and a fun dip, like

hummus. Grab-and-go fuel is imperative to creating balanced eating habits when life gets crazy. Another convenient solution, a high-quality nutrition shake can serve as a delicious option on jam-packed days.

- **Maximize nutrition when enjoying sweets.** If you have a sweet tooth, adding a scoop of high-quality protein powder to baked goods can be a simple way to sneak more protein into your diet. For example, Grasso recommends adding unsweetened Orgain Plant-based protein powder to these High-Protein Pumpkin Pancakes. With 21 grams of vegan protein and an excellent source of iron with 6 milligrams per serving, organic protein powder is non-GMO and made without added sugar and artificial sweeteners.
- **Have frozen veggies on hand.** Frozen fruits and vegetables are just as nutritious and delicious as their fresh counterparts and often more affordable and convenient. They are typically picked and frozen at the peak of ripeness when they are most nutrient-dense. They are prepped and ready to go, making meal preparation fast and easy. An ideal accompaniment to your choice of protein and grain, this Frozen Veggie Side Dish includes Greek yogurt and cheese for an added protein punch.

Find more tips and protein-packed recipes at Orgain.com.



Frozen Veggie Side Dish

Recipe courtesy of Steph Grasso on behalf of Orgain

- 1/2 bag (14 ounces) frozen white pearl onions
- 1 box (8 ounces) frozen quartered artichoke hearts
- 1 box (10 ounces) frozen chopped spinach
- salt, to taste
- pepper, to taste
- 1/2 cup frozen sweet peas
- 1/4 cup heavy whipping cream (optional)
- 1/4 cup 2% plain Greek yogurt
- 1/4 cup grated Parmesan cheese

Prepare frozen white pearl onions, artichoke hearts and spinach according to package instructions.

In pan over medium heat, saute onions and artichoke hearts until tender. Season with salt and pepper, to taste.

Add spinach, frozen sweet peas, heavy whipping cream, Greek yogurt and Parmesan cheese. Mix until cheese is melted, and peas are soft.

Serve with protein and grain of choice, if desired.



High-Protein Pumpkin Pancakes

Recipe courtesy of Steph Grasso on behalf of Orgain

- 2 cups oats
- 1/2 cup cottage cheese
- 1/3 cup pumpkin
- 2 scoops Orgain unsweetened plant-based protein powder
- 1 teaspoon vanilla extract
- 2 egg whites
- nonstick cooking spray
- berries, for topping (optional)
- bananas, for topping (optional)
- nut butter, for topping (optional)
- syrop, for topping (optional)

In bowl, use blender to blend oats, cottage cheese, pumpkin, protein powder, vanilla and egg whites.

Spray pan over medium heat with nonstick cooking spray.

Use 1/3 cup measuring cup to scoop batter into hot pan one scoop at a time.

Flip pancake once pan-side is lightly browned. Remove from pan once both sides are cooked. Repeat with remaining batter.

Stack pancakes and top with berries, bananas, nut butter and syrop, if desired.

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Enjoy The Many Benefits Of Adding Water Features To The Landscape



MELINDA MYERS
Columnist

By Melinda Myers

Boost the beauty and your enjoyment by adding a fountain, birdbath, or other water feature to your balcony, deck, or landscape. This one addition to your outdoor space provides many benefits.

The sound of moving water helps create a sense of peace and relaxation. It is a form of white noise that helps calm the mind and revive your spirit.

It also helps mask noise pollution. Combine water features with strategic screening to create a quiet and private space.

Water is also a great way to attract songbirds and pollinators to your gardens. A birdbath with gently sloping sides allows birds and insects to take a sip without getting all wet. Or add a few stones to your birdbath to accomplish the same results. Be sure to change the water often as providing fresh water is important for the health of your winged guests.

Bring in even more birds by adding some



Photo courtesy of MelindaMyers.com

A water feature and statue add interest and relaxation to the landscape.

type of water agitator to your birdbath. Moving water is very appealing and helps attract more birds, especially during spring and fall migration.

No need to worry about mosquitoes taking residency in your water feature. Moving water is less appealing and adding Summit® Mosquito Dunks® (SummitResponsibleSolutions.com) to water features prevents mosquitoes from breeding there. Just toss this donut-shaped cake of *Bacillus thuringiensis israelensis* (Bti) into the water. This naturally occurring bacteria only kills the larvae of mosquitoes, black flies, and fungus gnats. It won't

harm people, pets, fish, or wildlife.

With so many options you are sure to find one that fits the size and style of your outdoor space.

A wall-mounted fountain provides calming sound to patios, porches, and spaces near your home without taking up any valuable floor space.

A small tabletop water garden or fountain can make a nice centerpiece when dining outside or entertaining guests. Then simply move your miniature water feature as needed to maximize your enjoyment.

A natural boulder-turned water fountain is the perfect addition for those with informal

or natural spaces. Make it appealing to birds by selecting one with a flat area or small indentation to capture some of the water before it flows over the edge.

Select a garden statue with a built-in water fountain for a different aesthetic. Animals and mystical figures add playfulness to the garden while stately figures fit nicely in more formal settings.

Convert one or several plant pots into a fountain. You'll find lots of ideas and step-by-step directions on the internet. Or purchase one ready to install in the garden. These, like other fountains, recirculate water which reduces water waste.

Freshen up any space in the landscape with one of these water features. As soon as it is in place, you'll enjoy the relaxing sounds of water and the songbirds, butterflies, and others it attracts to your gardens.

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

The Comeback Of Cheerful Begonias In The Garden

Tuberous begonias are all hip and happening again, whether in pots on patios or balconies, or in the border. This is hardly surprising, given that their many flowers can be enjoyed for months in all manner of cheerful colors. Plant the tubers after the last frost to enjoy them this very summer!

Flower and leaf

Tuberous begonias come in all shapes and sizes. Many new varieties have been developed specifically for the garden. From June until the first night frost, they show off their blooms non-stop in red, orange, pink, apricot, yellow, and white. In other words, you will enjoy lots of color for a whopping five months! Their foliage is interesting too, with rounded as well as tapered shapes.

Classification

Tuberous begonias are divided into bedding and cascading species or pendulas. The bedding group consists of three categories: double-flowered, small-flowered, and single-flowered. Cascading begonias come in large-flowered and small-flowered varieties, with the blooms elegantly cascading down. They really come into their own in taller pots and hanging baskets.

Planting and care

1. You can buy begonias in spring as a dry, flat tuber. It is difficult to imagine that such a large plant will grow out of this small tuber.

2. Plant them after the risk of night frost has passed since the tubers are not hardy (barring a few exceptions). Most begonias prefer partial shade. Check the packaging for information.

3. Keep a planting distance of 10 to 12 inches and make sure that the convex side faces down when planting. Sometimes

you can already see small shoots on the hollow top. If in doubt, you can plant the tuber on its side.

4. Apply a thin layer (1/2 – 1 inch) of soil.

5. If you are planting in pots, choose spacious pots with holes in the bottom. Put some shards or clay pellets at the bottom of the pot and use potting soil.

6. Water the pot after planting.

7. Begonias have shallow roots, so make sure that the top layer does not dry out. The plant will absorb a lot of water, especially when it is in full bloom.

8. Faded flowers will fall off the stem of their own accord. How easy is that?

How begonias got their name

The French monk Charles Plumier came across Begonia in the Caribbean during his first botanical journey in 1689 and 1690. He named the plant after Michel Bégon, who had organized the trip. In those days, Bégon was the naval steward at Rochefort, France's main seaport, from where ships departed to new countries.

Practical tips

Position several tuberous begonias together to create a lovely corner in your garden or on your balcony.

You can start planting the tubers indoors as early as March and put them in a warm, light place. This is called forcing bulbs. Once the risk of night frost has passed, you can move them outside.

Remove the tubers from the soil around the time of the first night frost. If you keep them in a cool and dark place, you will be able to replant them next year.

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

Plant 'Summer-Snacking Bulbs' For Biodiversity

Are you looking for some company from happily fluttering butterflies and softly humming bees on your balcony or in your garden on a sunny summer day? Let's create a snackbar for insects with blooming summer bulbs. With their nectar and pollen, many summer bulbs are perfect as snacking flowers. They increase biodiversity. What's more, they have a lovely long flowering period.

Non-stop food source

In addition to their beautiful appearance, the long flowering period of summer bulbs is a plus. The first ones will bloom at the end of May and the last in November. In other words, the flowering lines up seamlessly with that of spring blooming flower bulbs like crocuses. This way flower bulbs provide insects with a non-stop food source from early spring to fall. You can use lots of different varieties. Not only will it look cheerful, but you will also attract more insect species. Af-

ter all, every insect has its own preference when it comes to flowers. Butterflies, for example, use their rolling tongues to snack on the nectar from deep flowers. Bees prefer more open flowers, where they can gorge themselves on the nectar with their shorter tongues.

Suitable summer bulbs for biodiversity

- African Lily (Aga-panthus)

Flowering period: July-August, in white and different shades of blue.

Prefers the open ground, but is also suitable for planting in pots. Can withstand a few degrees of frost, but is not hardy.

- Crocosmia (previously known as: Montbretia)

Flowering period: August-September, in yellow, orange or red.

Sets the border on fire with its bright colors. Perennial, cover for the first year.

- Dahlia

Flowering period: July-October in almost any color.

One of the most famous summer bulbs, of which the single-flowered and semi-double flowers are strong performers among the snacking flowers for insects. Annual.

- Gladiolus

Flowering period: July-September in almost any color.

The flowers are arranged on the stems in double rows. Not hardy, with the odd exception.

- Variegated pineapple lily (Eucomis)

Flowering period: July-August, in yellow, green or white. This is an unusual flower whose bloom consists of countless tiny flowers. This bulbous flower will return the following year after a mild winter.

- Liatris (Liatris spicata)

Flowering period: July-August, in purple or white

Its vertically growing spikes consist of many small flowers. Perennial.

Practical tips

- Plant annual summer

bulbs from the end of April (when the chance of frost has passed) until the end of May.

- Replace tiles with greenery to reduce flooding, increase biodiversity and give nature a helping hand.

- Most summer bulbs are real sun worshippers: the more sun, the richer the flowering!

- Their demands on the soil are modest; it just needs to be sufficiently permeable to water.

- You can also plant summer bulbs in a pot, for some very impressive creations. They also look great on a balcony!

- Ready-made bee and butterfly mixes are also available.

- Annual summer bulbs should be removed from the soil before winter arrives. Store them in a cool, frost-free place. If they are staying in their pot, you can keep the entire pot indoors during winter.

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

Potted Summer Bulbs: Real Eye-Catchers On Your Balcony Or Terrace

Once the danger of night frost has passed, it is time to plant summer bulbs. Perhaps you don't have a garden. Not to worry! Summer bulbs thrive planted in pots as well. With so many varieties available, you can create the most colorful displays. You can enjoy these eye-catchers on your terrace or balcony for months this very year.

Exuberant effect

All summer bulbs are suitable for planting in pots. They come in all kinds of shapes and colors. Five of the best-known ones include: dahlia, Begonia, gladiolus, Calla and lily. They all have their own charm, so it all depends on what you like. Low-growing summer bulbs are particularly suitable for pots, such as dahlias up to about 20 inches tall and tuberous begonias. For an extra exuberant effect, mix several varieties of summer bulbs together. It is a smart choice if you want to extend the flowering period. Some flowers, such as dahlias and begonias, will actually continue to flower until the first frost! More information and varieties are available at www.flowerbulbs.com.

Step-by-step plan for planting summer bulbs in pots

1. Decide which and

how many bulbs you want to plant. The bulbs or tubers should easily fit in the pot, so there is plenty of room for the roots. Choose pots with a hole in the bottom to allow excess water to drain away.

2. Fill the pot with potting soil, keeping the planting depth stated on the package and a few inches for watering in mind.

3. Place the bulbs/tubers on the soil.

4. Cover the bulbs with potting soil. Keep a few inches free below the rim for watering. Gently press down the soil.

5. Water sufficiently, to prevent drying out.

Now it's time to look forward to the colorful results.

- Perfect for empty spots

- Why not brighten up a bare patch in your border by adorning it with one of these brightly colored pots?

- Arrange several pots together in the area where you like to sit, to create a lovely outdoor spot where you can just be, and relax.

- Position these eye-catchers in a spot where you will also be able to see them from the inside.

Do you want to find out more about summer bulbs? Then take a look at www.flowerbulbs.com.



Visit us online:

thepaper24-7.com



SUNDAY

In The
Home

Sunday, March 26, 2023

D2

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

Fun Easter 'Egg-turnatives'

4 creative alternatives
to decorating eggs
this Easter

FAMILY FEATURES

While decorating eggs for Easter is a tradition that dates back centuries, the high cost of eggs may make it more difficult for some families this year. However, that doesn't mean you can't find creative ways to keep the season special and create memories with loved ones.

With more than 140 years of experience, the Easter egg decorating experts at PAAS® are sharing some ideas and inspiration on fun things to do with your Easter decorating kit. These "egg-citing" alternatives to using traditional eggs can help keep those simple moments of connection and creativity alive:

Pretty in Plastic

Dyeing plastic eggs is an activity perfect for all ages with less stress and less mess since they don't crack or break when dropped. Dyeable plastic eggs also typically come in packages of more than a traditional dozen, offering more opportunities for creativity. Another added bonus: You can decorate your home every year with the finished product since they don't go bad. They are also perfect for DIY projects, such as making them into garland, hanging ornaments, place settings or gifts that can be used for years to come.

Baked Easter Decor

Instead of buying eggs, you can make your own baking soda dough eggs using 1/2 cup corn starch, 1 cup baking soda and 3/4 cup water. Combine the ingredients, roll into egg shapes and bake in the oven for 1 hour at 175 F then simply dye them as you would real eggs using your favorite PAAS egg decorating kit. Fun for all ages, these eggs can be turned into a variety of decor and mementos with kids taking the lead on mixing the dough batter and shaping the eggs before an adult helps with the baking.

Creative Kitchen Canvases

Coffee filters are good for more than just making coffee; they make perfect canvases for Easter decorating and naturally take dye. With 100-250 coffee filters per package, they're a cost-effective way to maximize crafting opportunities and let creativity run wild. Once dyed and dried, you can turn the filters into flower centerpieces, papier mache eggs, artwork to frame and more.

Repurposed Treasure from Nature

Kids often love to hunt for fun-shaped and colorful rocks when exploring outdoors or collect seashells while on vacation or taking a walk on the beach. Now, rather than storing them in a "treasure box" or throwing them back outside, they can be creatively decorated for Easter using paint, stickers, glitter, accessories and other add-ons. Some seashells can even be dyed. Using rocks and shells of all shapes and sizes is a cost-effective, low-waste alternative that allows children to use their imaginations for creative play once they're done decorating.

For more tips and ideas to make Easter "eggstra" special this year, visit paaseastereggs.com.



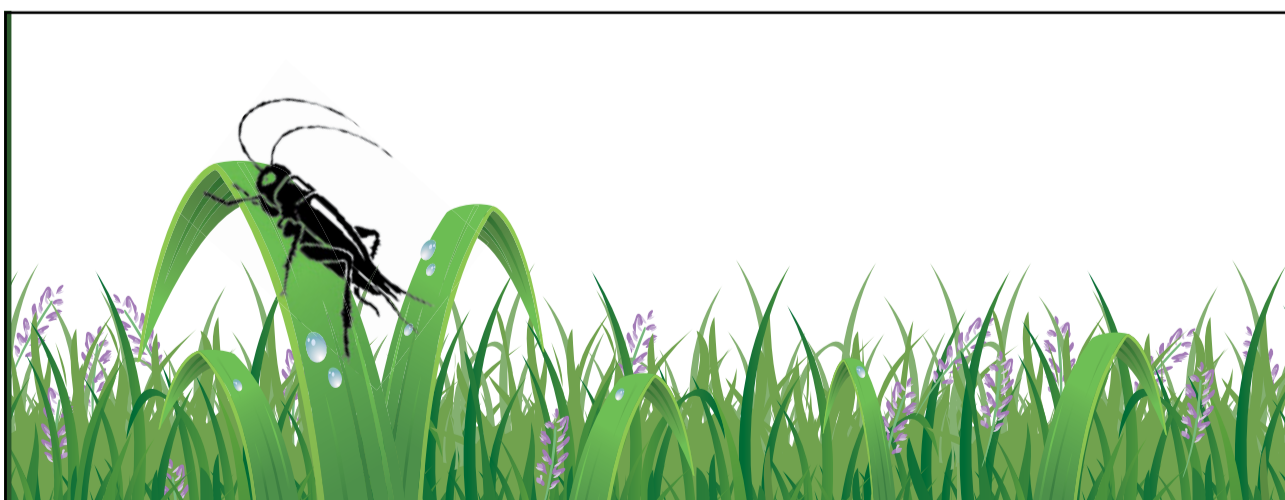
Photos courtesy of Getty Images



Sustainable Tips to Avoid Egg Waste

If you plan to keep the tradition of dyeing eggs alive this year, you can take steps to avoid food waste once you're done decorating. Consider these sustainable tips from the experts at PAAS:

- **Make Deviled Eggs:** As long as you refrigerate the eggs shortly after dyeing them, you can use them to make deviled eggs – an Easter brunch staple – for your family meal.
- **Create Centerpieces:** Dyed eggs can be used to make a beautiful centerpiece for your family dinner. Simply spread them over your table runner around other decor, fill a glass bowl or jar with the eggs or place them within a floral arrangement to add pops of color to the table.
- **Serve a Salad:** Eating the eggs saves you from food waste, and eggs can be used in a variety of salads, including egg salad, potato salad or chef's salad, to add a boost of protein and flavor.
- **Start a Compost Pile:** If you don't plan to eat the eggs once you're done decorating, you can create a compost pile near your garden. Hard-boiled eggshells are a rich source of calcium and other essential nutrients plants need.



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Business

Notes and

NEWS DAY

Sunday, March 26, 2023

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Battery Component Manufacturer Plans \$1.5B Investment In Indiana To Power Growing Domestic Electric Vehicle, Energy Storage Demand

EENTEK, the only U.S.-owned and U.S.-based producer of 'wet-process' lithium-ion battery separator materials, announced plans today to establish operations in Indiana, investing \$1.5 billion in a new Terre Haute production facility. The project, which marks the company's largest investment thus far, will create up to 642 new, high-wage jobs by the end of 2027 and support the growing electric vehicle (EV) industry in Indiana and across the United States.

"This is a great day for Terre Haute and for the state of Indiana," said Governor Eric J. Holcomb. "ENTEK's decision to locate a new, \$1.5 billion battery component manufacturing facility here will have a transformational impact on the West Central Indiana community and the Hoosier economy for generations to come. This decision cements Indiana's leadership in the electric vehicle supply chain sector, and we are thrilled to partner with ENTEK to speed the commercialization of U.S.-built EVs."

"Indiana is squarely focused on building an economy of the future, and this significant investment from ENTEK will continue the state's economic leadership," said Indiana Secretary of Commerce Brad Chambers. "This new giga-scale facility is a testament to our competitive business climate, quality workforce and continued investments in quality of place. With this news, Indiana continues its momentum in EVs and industry supporting the global energy transition."

ENTEK, a global company headquartered in Lebanon, Oregon, will invest \$1.5 billion to establish operations on a 350-acre greenfield site in the Vigo County Industrial Park II in Terre Haute. The company plans to initially construct four buildings covering 1.4 million square feet – equipped with equipment built at current ENTEK manufacturing facilities in Oregon and Nevada and including specialty biaxial stretching equipment supplied by Brueckner Group USA – to manufacture battery separators for lithium-ion battery manufacturers across the United States.

ENTEK's site selection was focused on choosing both land

and community. Larry Keith, ENTEK's CEO, said, "We chose Terre Haute for many reasons including the excellent workforce opportunity, the incredible support provided by Steve Witt and the Economic Development Corporation, a nearly shovel ready construction site with available utilities located in an industrial park, excellent vocational education, and the business-friendly incentives from both the state and local governments."

The campus, which is fueled in part by a \$200 million grant from the U.S. Department of Energy (DOE) as part of the recent Bipartisan Infrastructure Law, will enable ENTEK to scale its U.S. production, capable of supplying approximately 1.4 to 1.6 million EVs annually by 2027. The new giga-scale lithium-ion battery separator operations will leverage ENTEK's pioneering sustainable, state-of-the-art solvent extraction and recovery systems and processing techniques, and the company will work to utilize available renewable energy with a focus on a reduced carbon footprint. The company plans to break ground on the campus as soon as engineering and permitting is completed and launch its Indiana operations between 2025-2027.

This project is the first phase of ENTEK's planned expansion to produce about 1.4 billion square meters of ceramic coated lithium separators across its operations. Phase 2 of the project will add up to an additional 1.8 billion square meters of battery separator produced annually for a total of 3.2 billion square meters which will provide enough separators for about 3.5 million electric vehicles.

ENTEK, which employs more than 1,000 associates globally, plans to create more than 640 new jobs in Terre Haute during this Phase 1 expansion with average wages well above the Vigo County average. The company expects to begin hiring for key leadership positions in 2024 to facilitate recruitment of numerous associates throughout the operation including production, maintenance, electricians, human resources, accounting, IT, safety, and environmental. Each of these associates will be crucial to ENTEK's growth

and the organization's role in securing our domestic supply chain for electric vehicles.

"It has been an incredible honor to work with Larry Keith, Kim Medford and the ENTEK team on this extraordinary opportunity for our community", said Steve Witt, President of the Terre Haute Economic Development Corporation. "At the local level, we will do our utmost to help make ENTEK's fabulous new project a success."

ENTEK, established in 1984, is the only US-owned and US-based producer of 'wet-process' lithium-ion battery separator materials and is committed to the transformational expansion of its US lithium-ion battery separator footprint at a scale and a pace to meet the US DOE imperative for a sustainable and resilient domestic lithium battery supply chain. In addition to its energy storage division, which includes production of battery separators for lithium-ion and lead-acid batteries, ENTEK also manufactures equipment for the plastics industry and creates high-performance materials for a broad range of energy storage and functional membrane applications. The company is focused on moving the world forward through product and manufacturing innovation in vehicles, devices, homes, and new markets.

Pending approval from the Indiana Economic Development Corporation (IEDC) board of directors, the IEDC, will commit an investment in ENTEK of up to \$8 million in the form of incentive-based tax credits and up to \$300,000 in training grants, based on the company's job creation plans. The IEDC also committed an investment of up to \$200,000 in innovation grants; up to \$200,000 in Manufacturing Readiness Grants, which help companies invest in smart manufacturing and new technologies; and up to \$5 million in conditional structured performance payments. These investments are performance-based, meaning the company is eligible to claim incentives once Hoosiers are hired. Vigo County is considering additional incentives to support the project; Duke Energy also offered additional incentives to offset a portion of the energy costs.

Hoosier Entrepreneur Locating New Fulfillment Firm In East Central Indiana

Indiana Gov. Eric Holcomb joined local officials and executives of Full Throttle Fulfillment Solutions, a woman-owned, third-party logistics provider earlier this week to announce plans to establish operations in Union County, creating up to 50 new jobs by the end of 2026.

"Indiana's economic momentum continues to accelerate thanks to entrepreneurs and successful small businesses like Full Throttle Fulfillment Solutions," said Holcomb. "As a state, we have a long history of entrepreneurship and innovation thanks to our strong Hoosier work ethic backed by forward looking leaders. It's clear our vision and entrepreneurial spirit will continue to drive both our local communities and economy forward for years to come."

"Indiana was recently named the number-one state to start a business by Forbes, and I'm thrilled to see entrepreneurs choose to locate and grow in communities like Liberty," said Indiana Secretary of Commerce Brad Chambers. "Small businesses like Full Throttle Fulfillment Solutions are critical to providing quality career opportunities and to advancing the success and vitality of our neighborhoods. This is the first economic development project to locate in Union County in nearly 30 years, and the impact this investment and this company will have on the community will be transformative."

Full Throttle Fulfillment Solutions will invest \$7.3 million in the coming years to establish operations in Liberty, initially leasing and equipping an 23,000-square-foot space at 757 S. State Road 101. The company, which expects to start renovating the space in April, plans to add to the property within the next couple years, constructing additional buildings on the site to add warehouse space. The expansion will enable the company to continue to scale, providing both business-to-business and direct-to-consumer fulfillment services.

The company, which already employs three associates, plans to start hiring for bookkeeping, warehouse management, human resources, pickers and packers, and a shipping and receiving manager beginning May 1 to support its operations. New positions offering average salaries well above the Union County average. Interested applicants can send resume's to hr@full-throttlefulfillment.com.

"Indiana offers a welcoming and supportive environment for businesses, as evidenced by the enthusiasm and willingness of local, regional and state officials to assist in our growth, advance the state's workforce through programs like Next Level Jobs, and provide entrepreneurial support at the community

level," said Angelia Snyder, founder and CEO of Full Throttle Fulfillment Solutions. "My husband, Malcom Snyder, was raised in Liberty and has long, established roots here. By locating in Liberty, we hope to deepen these connections, build strong ties with the community, and contribute to the region's economic growth."

Snyder, an entrepreneur, also founded and owns Archer Full Throttle, an archery-focused e-commerce and fulfillment company based in Connersville. Full Throttle Fulfillment Solutions, which will begin operating in May, provides fulfillment solutions for clients, helping businesses store and ship a variety of product orders to businesses and customers across the US. Full Throttle Fulfillment Solutions provides a comprehensive range of services, including order fulfillment, warehousing, shipping and logistics management, and is equipped to handle a diverse range of shipments, including Amazon Seller Fulfilled Prime orders.

"I'm grateful that this businesswoman recognized the business opportunities available in Union County. I wish them nothing but success and look forward to their business prospering for years to come," said Tim Williams, president of the Union County Commissioners. "Anytime a small community such as ours can add jobs and create new opportunities for others to have local employment it's a good thing for the community. I hope that others will follow their example and look for ways to grow or start a new business in Union County."

Based on the company's job creation plans, the Indiana Economic Development Corporation committed an investment in Full Throttle Fulfillment Solutions of up to \$600,000 in the form of incentive-based tax credits. These tax credits are performance-based, meaning the company is eligible to claim incentives once Hoosiers are hired. Union County will consider additional incentives to support the project.

About Full Throttle Fulfillment Solutions Full Throttle Fulfillment Solutions is a dynamic and innovative fulfillment company founded and owned by Angelia Snyder, a successful woman entrepreneur with over 19 years of experience in the e-commerce industry. Full Throttle Fulfillment Solutions provides fulfillment services to meet the unique needs of businesses, leveraging cutting-edge technology, an experienced team and exceptional customer service. The company is dedicated to on-time delivery, utilizing cutting-edge technology and processes to ensure that orders are fulfilled accurately and efficiently.

Gov. Holcomb, DWD Host 2023 JAG Indiana Career Development Conference

Governor Eric J. Holcomb and the Indiana Department of Workforce Development (DWD) held the 2023 State Career Development Conference Friday, March 17. An annual event for Hoosier high school students enrolled in Jobs for America's Graduates (JAG) to participate in competitive events that highlight the employability skills they have learned through the program.

As the gateway between industry and talent, DWD's JAG program builds a talent pipeline to Indiana employers by helping high school students achieve success through high school graduation.

"JAG is helping young Hoosiers define who they want to be and equipping them with the necessary skills to be successful after graduation," Gov. Holcomb said. "Through JAG, more Indiana students are earning their high school diploma, entering the workforce, enrolling in postsecondary education and

enlisting in the military."

JAG Indiana's 15th annual Career Development Conference was the culmination of regional competitions, which focused on disciplines critical to employment. More than 140 students from 57 Indiana high schools advanced to the state conference for an opportunity to earn monetary awards by showcasing skills learned through the program, such as finance, entrepreneurship and project management.

"JAG is all about building tomorrow's workforce, today," said DWD Commissioner David J. Adams. "By connecting talent --especially at an early age -- with the knowledge, skills and abilities needed to access the market, and filling roles employers need immediately, we are moving Indiana forward together. Employers engaged with JAG students get the opportunity to see their future workforce and select their next employees, and students get introduced to real world

employers, jobs and careers."

Students competed in 14 categories, including the top Outstanding Senior award.

"JAG has been truly beneficial to me," said Milan High School senior Madison Cavins. "It has helped me grow into this person that I am now, today. JAG has taught me professional interview skills, financial literacy, public speaking skills, and it has also taught me where to go in life."

JAG is a state-based, national non-profit organization that assists students with barriers to success by helping them overcome academic challenges and achieve graduation. Students learn up to 88 competencies such as critical thinking, team leadership and effective communications skills to increase employability.

This year's conference took place at the Ivy Tech Community College Culinary and Conference Center in Indianapolis.



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Hickory Bible Church

104 Wabash • New Richmond

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Breakfast and Bible - 9:30

Church - 10:30

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765-918-4949



Woodland Heights Christian Church

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

Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

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Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

300 S. Third Street • New Market
(765) 866-0421

Dr. Gary Snowden, Minister

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

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2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



NORTH CORNERSTONE CHURCH

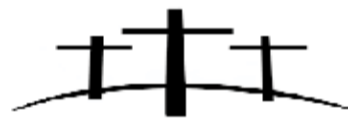
Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

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



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

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

ladogachristianchurch@gmail.com

www.ladogacc.com



HOPE CHAPEL

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

Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



FIRST UNITED METHODIST CHURCH

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Crawfordsville
(765) 362-4817
www.cvfumc.org

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

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all are loved by God



Faith Baptist Church

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

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

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Worship Hymns
Bible Preaching




EAST SIDE BAPTIST CHURCH

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

Services:
Sunday School at 9 am
Church at 10 am

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Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

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



Congregational Christian Church

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765-794-4716

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

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View archived only services at christsumc.org.>video>livestream.



First Baptist Church

CRAWFORDSVILLE, INDIANA

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

You can watch us on YouTube and Facebook
Watch Sunday Mornings

YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

- Apostolic:**
Garfield Apostolic Christian Church
Rt. #5, Box 11A, Old Darlington Road
794-4958 or 362-3234
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Bible Study: 6:30 p.m.
Pastor Vernon Dowell
- Gateway Apostolic (UPCI)*
2208 Traction Rd
364-0574 or 362-1586
Sunday School: 10 a.m.
- Moriah Apostolic Church*
602 S. Mill St.
376-0906
10 a.m. Sunday, 6 p.m. Wednesday
Pastor Clarence Lee
- New Life Apostolic Tabernacle*
1434 Darlington Avenue
364-1628
Worship: Sunday 10 a.m.; 6 p.m.
Sunday: The Voice of Healing & Restoration on 103.9 at 9 a.m.
Tuesday prayer: 7 p.m.
Thursday Mid-week: 7 p.m.
Pastor Terry P. Gobin
- One Way Pentecostal Apostolic Church*
364-1421
Worship 10 a.m.
Sunday School: 11 a.m.
- Apostolic Pentecostal:**
Cornerstone Church
1314 Danville Ave.
361-5932
Worship: 10 a.m.; 6:30 p.m.
Bible Study: Thursday, 6:30 p.m.
- Grace and Mercy Ministries*
257 W. Oak Hill Rd.
765-361-1641
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
Sunday School: 11 a.m.
Co-Pastors Nathan and Peg Miller
- Assembly of God:**
Crosspoint Fellowship
1350 Ladoga Road
362-0602
Sunday Services: 10 a.m.
Wednesdays: 6:30 p.m.
- First Assembly of God Church*
2070 Lebanon Rd.
362-8147 or 362-0051
Sunday School: 9 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
- Baptist:**
Browns Valley Missionary Baptist Church
P.O. Box 507, Crawfordsville
435-3030
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
- Calvary Baptist Church*
128 E. CR 400 S
364-9428
Sunday School: 9:30 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Calvary Crusaders Wednesdays: 6:45 p.m.
Pro-Teen Wednesdays: 7 p.m.
Pastor Randal Glenn
- East Side Baptist Church*
2000 Traction Rd.
362-1785
Bible Study: 9 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m. Prime Time
Teens, Pioneer Clubs; 6:45 p.m. :Adult Bible Study
Rev. Steve Whicker
- Faith Baptist Church*
5113 S. CR 200 W
866-1273
Sunday School: 9:30 a.m.
Worship: 10:30 a.m. and 6 p.m.
Wednesday Prayer Meeting: 7 p.m.
Pastor Tony Roe
- First Baptist Church*
1905 Lebanon Rd.
362-6504
Worship: 8:15 a.m.; 10:25 a.m.
Sunday School: 9:30 a.m.
High School Youth Sunday: 5 p.m.
- Freedom Baptist Church*
6223 W. SR 234
(765) 435-2177
- Worship: 9:30 a.m.
Sunday School is 10:45 a.m.
Wednesday Bible Study: 7 p.m.
Pastor Tim Gillespie
- Fremont St. Baptist Church*
1908 E. Fremont St.
362-2998
Sunday School: 10 a.m.
Worship: 11 a.m.; 6 p.m.
Pastor Dan Aldrich
- Friendship Baptist Church*
U.S. 136 and Indiana 55
362-2483
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Friendship Kids for Christ: 6 p.m.
Pastor Chris Hortin
- Ladoga Baptist Church*
751 Cherry St., Ladoga
942-2460
Sunday School 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study 7 p.m.
Ron Gardner, Pastor
- Mount Olivet Missionary Baptist*
7585 East, SR 236, Roachdale
676-5891 or (317) 997-3785
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Evening: 7 p.m.
Wally Beam
- New Market Baptist Church*
200 S. First St.
866-0083
Sunday School: 9 a.m.
Worship: 10 a.m.
Children's church and child care provided
- Second Baptist Church*
119 1/2 S. Washington St,
off of PNC Bank.
363-0875
Sunday School: 10 a.m.
Worship: 11 a.m.
- StoneWater Church*
120 Plum St., Linden
339-7300
Sunday Service: 10 a.m.
Pastors: Mike Seaman and Steve Covington
- Waynetown Baptist Church*
Corner of Plum and Walnut Streets
234-2398
Sunday School: 9:30 a.m.
Fellowship: 10:30 a.m.
Worship: 11 a.m.
Children's Church: 11:10 a.m.
Pastor Ron Raffignone
- Christian:**
Alamo Christian Church
866-7021
Worship: 10:30 a.m.
- Browns Valley Christian Church*
9011 State Road 47 South
435-2590
Sunday School: 9 a.m.
Worship: 10 a.m.
- Byron Christian Church*
7512 East 950 North, Waveland
Sunday School 9 a.m.
Worship Service 10 a.m.
- Waynetown Christian Union Church*
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.
- Whitesville Christian Church*
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
Whitesville Christian Church
whitesvillechristianchurch.com
- Woodland Heights Christian Church*
468 N. Woodland Heights Dr.
362-5284
Sunday School: 9:30 a.m.
Worship: 8:15 a.m. (traditional);
10:30 a.m. (contemporary)
Student Ministry: 5 p.m., Sunday
Pastor Tony Thomas
- Young's Chapel Christian Church*
Rt. 6, Crawfordsville
794-4544
- 211 S. Walnut St.
362-4812
SUNDAY: 9:22 a.m. Contemporary
Café worship
9:30 a.m. Adult Sunday School
10:40 a.m. Traditional Worship
WEDNESDAY: 5-7 a.m. Logos Youth
Dinner & Program
Pastor: Rev. Daria Goodrich
- Ladoga Christian Church*
124 W. Elm St.
942-2019
Sunday School: 9 a.m.
Worship: 10 a.m.; 6 p.m.
- Love Outreach Christian Church*
611 Garden St.
362-6240
Worship: 10 a.m.
Wednesday: 7 p.m.
Pastors Rob and Donna Joy Hughes
- New Hope Chapel of Wingate*
275-2304
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Bible Study: 6:30 p.m., Wed.
Youth Group: 5:30 p.m., Wed.
Homework Class: 4:30 p.m. Wed & Thurs.
Champs Youth Program: 5:30 p.m. Wed.
Adult Bible Class: 6:30 p.m. Wed.
Pastor Duane Mycroft
- New Hope Christian Church*
2746 US 231 South
362-0098
newhopefortoday.org
Worship and Sunday School at 9 a.m. & 10:30 a.m.
- New Market Christian Church*
300 S. Third St.
866-0421
Sunday School: 9 a.m.
Worship: 10 a.m.
Wednesday evening: Bible Study 6:15,
Youth 6:15, Choir 7:15
Pastor Gary Snowden
- New Richmond Christian Church*
339-4234
202 E. Washington St.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor John Kenneson
- New Ross Christian Church*
212 N. Main St.
723-1747
Worship: 10 a.m.
Youth Group: 5:30-7 p.m. Wednesday
Minister Ivan Brown
- Parkersburg Christian Church*
86 E. 1150 S., Ladoga
866-1747
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Rich Fuller
- Providence Christian Church*
10735 E 200 S
723-1215
Worship: 10 a.m.
- Waveland Christian Church*
212 W. Main St.
435-2300
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
- Waynetown Christian Church*
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.
- Whitesville Christian Church*
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
Whitesville Christian Church
whitesvillechristianchurch.com
- Woodland Heights Christian Church*
468 N. Woodland Heights Dr.
362-5284
Sunday School: 9:30 a.m.
Worship: 8:15 a.m. (traditional);
10:30 a.m. (contemporary)
Student Ministry: 5 p.m., Sunday
Pastor Tony Thomas
- Young's Chapel Christian Church*
Rt. 6, Crawfordsville
794-4544
- Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor: Gary Edwards
- Church of Christ:**
Church of Christ
419 Englewood Drive
362-7128
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
- Southside Church of Christ*
153 E 300 South, east of US 231
765-720-2816
Sunday Bible Classes: 9:30 a.m.
Sunday Morning Worship: 10:30 a.m.
Sunday Evening Worship: 5 p.m.
Wednesday Bible Classes: 7 p.m.
Preacher: Brad Phillips
Website: southsidechurchofchristindiana.com
- Church of God:**
First Church of God
711 Curtis St.
362-3482
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Chuck Callahan
- Grace Avenue Church of God*
901 S. Grace Ave.
362-5687
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Duane McClure
- Community:**
Congregational Christian Church
402 S. Madison St., Darlington
794-4716
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.
- Crawfordsville Community Church*
Fairgrounds on Parke Ave.
Crawfordsville
794-4924
Worship: 10 a.m.
Men's prayer group, Mondays 6:30 p.m.
Pastor Ron Threlkeld
- Gravelly Run Friends Church*
CR 150 N, 500 E
Worship: 10 a.m.
- Harvest Fellowship Church*
CR 500 S
866-7739
Pastor J.D. Bowman
Worship 10 a.m.
- Liberty Chapel Church*
500 N CR 400 W
275-2412
Sunday School: 9 a.m.
Worship: 10 a.m.
- Linden Community Church*
321 E. South St., Linden (Hahn's)
Sunday: 9:15
- Yountsville Community Church*
4382 W SR 32
362-7387
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Alan Goff
- Episcopal:**
Bethel African Methodist Episcopal
213 North St., Crawfordsville
364-1496
- St. John's Episcopal Church*
212 S. Green Street
765-362-2331
Sunday Eucharist: 8 a.m. and 10:30 a.m.
Christian Formation: 9:15 a.m.
Midweek Eucharist Wednesday: 12:15 p.m.
- Full Gospel:**
Church Alive!
1203 E. Main St.
362-4312
Worship: 10 a.m.; Wednesday, 7 p.m.
- Enoch Ministries*
922 E. South Boulevard
Worship: Sunday, 10 a.m.
Pastor: Jeff Richards
- New Bethel Fellowship*
406 Mill St., Crawfordsville
362-8840
Pastors Greg and Sherri Maish
Associate Pastors Dave and Brenda Deckard
- Worship 10 a.m.
- Victory Family Church*
1133 S. Indiana 47
765-362-2477
Worship: 10 a.m.; Wednesday 6:30 p.m.
Pastor Duane Bryant
- Lutheran:**
Christ Lutheran ELCA
300 W. South Blvd. • 362-6434
Holy Communion Services: 8 a.m. and 10:30 a.m.
Sunday School: 9:15 a.m.
Pastor: Kelly Nelson
www.christchurchindiana.net
- Holy Cross (Missouri Synod)*
1414 E. Wabash Ave.
362-5599
Sunday School: 9 a.m.
Worship: 10:15 a.m.
Adult Bible Study: 7 p.m., Wed.
Minister: Rev. Jeffery Stone
http://www.holycross-crawfordsville.org
- Phanuel Lutheran Church*
Lutheran Church Rd., Wallace
Sunday School: 10:30 a.m.
Worship: 9:30 a.m.
- United Methodist:**
Christ's United Methodist
909 E. Main St.
362-2383
Sunday School: 10 a.m.
Worship: 11 a.m.
- Darlington United Methodist Church*
Harrison St.
794-4824
Worship: 9:00 a.m.
Fellowship: 10:00 a.m.
Sunday School: 10:30 a.m.
Pastor Dirk Caldwell
- First United Methodist Church*
212 E. Wabash Ave.
362-4817
Sunday School: 10 a.m.
Traditional Worship: 9 a.m.
The Gathering: 11:10 a.m.
Rev. Brian Campbell
- North Cornerstone Church*
609 South Main St. P.O. Box 38
339-7347
Sunday School: 9:30 a.m.
Worship: 10 a.m.
Rev. Clint Fink
- Mace United Methodist Church*
5581 US 136 E
362-5734
Sunday School: 9:30 a.m.
Worship: 10:40 a.m.
- Mount Zion United Methodist*
2131 W. Black Creek Valley Rd.
362-9044
Sunday School: 10:45 a.m.
Worship: 9:30 a.m.
Pastor Marvin Cheek
- New Market United Methodist Church*
Third and Main Street
866-0703
Sunday School: 9:30 a.m.
Worship: 10:45 a.m.
- New Ross United Methodist Church*
108 W. State St.
Sunday School: 10 a.m.
Worship: 9 a.m.
- Waveland Covenant United Methodist Church*
403 E. Green St.
866-0703
Sunday School: 10:30 a.m.
Worship: 9:15 a.m.
- Waynetown United Methodist Church*
124 E. Washington St.
243-2610
Worship 9:30 a.m.
Johnny Booth
- Mormon:**
Church of Jesus Christ of Latter-day Saints
125 W and Oak Hill Rd.
362-8006
Sacrament Meeting: 9 a.m.
Sunday School: 10:20 a.m.
- Nazarene:**
Crossroads Community Church of the Nazarene
US 231 and Indiana 234
866-8180
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Mark Roberts
- Harbor Nazarene Church*
2950 US 231 S
307-2119
Worship: 10 a.m.
Pastor Joshua Jones
www.harbornaz.com
- Orthodox:**
Holy Transfiguration Orthodox
4636 Fall Creek Rd.
359-0632
Great Vespers: 5 p.m. Saturday
Matins: 8:30 a.m.
Divine Liturgy: 10 a.m. Sunday
Rev. Father Alexis Miller
- Saint Stephen the First Martyr Orthodox Church (OCA)*
802 Whitlock Ave.
361-2831 or 942-2388
Great Vespers: 6:30 p.m. Saturday
Wednesday evening prayer 6:30pm
Divine Liturgy: 9:30 a.m. Sunday
- Presbyterian:**
Bethel Presbyterian Church of Shannondale
1052 N. CR 1075 E., Crawfordsville
794-4383
Sunday School: 9 a.m.
Worship 10 a.m.
- Wabash Avenue Presbyterian Church*
307 S. Washington St.
362-5812
Worship: 10 a.m.
Pastor: Dr. John Van Nuys
- Roman Catholic:**
Saint Bernard's Catholic Church
1306 E. Main St.
362-6121
Father Michael Bower
Worship: 5:30 pm Saturday; 9:30 am, 12:15 - Spanish Mass, 5:00 pm at Wabash College Chapel (during school year)
www.stbernardcville.org
- United Church of Christ:**
Pleasant Hill United Church of Christ - Wingate
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
Pastor Alan Goff
- United Pentecostal:**
Pentecostals of Crawfordsville
116 S. Walnut St., Crawfordsville
362-3046
Pastor L. M. Sharp
Worship: 2:30 p.m.
Prayer Meeting: 10 a.m., Tuesday
Bible Study: 6 p.m., Wednesday
- Non-denominational:**
Athens Universal Life Church
Your Church Online
http://www.aulc.us
(765)267-1436
Dr. Robert White, Senior Pastor
The Ben Hur Nursing Home
Sundays at 9:00am
Live Broadcast Sundays at 2:00pm
Bickford Cottage Sundays at 6:00pm
- Calvary Chapel*
915 N. Whitlock Ave.
362-8881
Worship: 10 a.m., 6 p.m.
Bible Study, Wednesday: 6 p.m.
- Rock Point Church*
429 W 150S
362-5494
Sunday church services are 9:15 a.m. and 11 a.m.
Youth group is from 6 p.m. to 7:30 p.m. on Sunday
Small Groups: Throughout the week
- The Church of Abundant Faith*
5529 U.S. Highway 136
Waynetown, IN
Reverend John Pettigrew
Sunday Worship: 9:45 am
(765) 225-1295
- The Vine Christian Church*
1004 Wayne Ave. Crawfordsville
Service at 10:02

SUNDAY

Health and WELLNESS

Sunday, March 26, 2023

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Award Winning ER At Anson In Whitestown



As a winner of the Press Ganey HX Guardian of Excellence Award®, Witham ER at Anson in Whitestown is in the top 5% of healthcare providers in delivering excellent patient experience. This means Witham has reached and exceeded the 95th percentile with a 99% patient satisfaction rating and has done this 6 out of the past 7 years.

When you have an emergency, you don't want to sit in the waiting room. You want to be seen as soon as possible. At Witham Health Services, that's exactly what you can expect. Our knowledge and expertise in emergency medicine means quality care with reduced wait times. When minutes matter, we make them count.

For growing a healthy family, it's good to know that exceptional, personalized healthcare is available 24 hours a day, 7 days a week, every single day of the year – conveniently located at Anson in Whitestown. The

ER offers care to those involved in traumatic injuries or suffering from major illness, as well as those with minor problems. Injuries often seen in the emergency room include car accidents, heart attacks, breathing problems, poisonings, burns and minor illnesses such as infections, cuts, and broken bones. Our patients expect more – including a level of care that has earned Witham's Anson ER the Press Ganey HX Guardian of Excellence Award.

"Witham is proud to have earned this distinction. The Press Ganey HX Guardian of Excellence Award solidifies what our patients tell us every day... We have doctors who listen, nurses who care and we provide exceptional medicine focused on what matters to our patients. The Witham ER in Whitestown at Anson is proudly exceeding expectations – every day, for every patient." said Kelly Braverman, president and chief executive officer, Witham Health Services.

To learn more about Witham Health Services visit www.witham.org.

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tions that address safety, clinical excellence, patient experience and workforce engagement. The company works with more than 41,000 healthcare facilities in its mission to reduce patient suffering and enhance caregiver resilience to improve the overall safety, quality and experience of care. Press Ganey is a PG Forsta company.

About Witham Witham Health Services is proud to be part of the growth and vitality throughout Boone County and the surrounding communities.

Our mission is to improve your health through excellence and personalized care. Every day, our experienced and compassionate staff, combined with our state-of-the-art technology, bring exceptional health resources to patients and their families – all close to home.

Witham has offices in Crawfordsville, Frankfort, Jamestown, Lebanon, Thorntown, Whitestown at Anson and Zionsville. At Witham Health Services, we feel called to care for our neighbors; supporting them to live healthy, active lives and helping them heal in times of injury and illness. To learn more about our mission, our values and vision, visit www.witham.org.

Take These 6 Steps To Manage Your Blood Pressure

(StatePoint) High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about 1 in 4 with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Hypertension can be dangerous and in many cases, fatal. In 2020, it was a primary or contributing cause of more than 670,000 deaths nationwide. Medical experts say that controlling your blood pressure is possible and it starts with having the right information.

"Nearly half of all American adults have high blood pressure, and many don't even know it. High blood pressure is a 'silent killer,' often having no overt symptoms, but increases the likelihood of heart attack, stroke and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life," says Jack Resneck Jr., M.D., president of the American Medical Association (AMA).

To get on the right track, consider these tips and insights from the AMA:

1. Know your numbers. Hypertension is

diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit ManageYourBP.org to better understand your numbers.

2. Monitor blood pressure. Once you learn your blood pressure numbers, take and keep regular records using an at-home blood pressure monitor. For an accurate reading, the CDC says to sit with your back supported for 5 minutes before starting and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, measure your blood pressure before your dose. Share your numbers with your health care provider.

3. Eat right. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as vegetables, fruits, nuts, seeds and olive oil to your diet. Also, reduce your consumption of sugar-sweetened beverages and drink more water

instead. Drinking sugary beverages, even 100% fruit juices, is associated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.

4. Drink alcohol only in moderation. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

5. Be more physically active. Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training and flexibility. Obtain guidance from your doctor if you aren't sure if it is safe for you to exercise.

6. Maintain a healthy weight. If you are overweight, losing as little as 5 to 10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy weight.

"Unmanaged hypertension can have life-altering consequences," says Dr. Resneck. "The good news is that there are many ways you can take control of your blood pressure and your health."

Help Stop The Snoring!



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Snoring can certainly be annoying, but it doesn't always indicate a serious medical problem. However, sometimes snoring can be due to sleep apnea, a condition that can lead to significant medical problems.

Sleep apnea is a condition when people have pauses in their breathing while sleeping. Most people have pauses to some degree but people with sleep apnea have much longer pauses, lasting as long as 30 seconds. These long pauses cause the level of oxygen in the blood to drop and carbon dioxide to rise. These changes can be very hard on the body, especially the heart and lungs and can lead to problems such as high blood pressure.

There are two main types of sleep apnea – central and obstructive. Central sleep apnea is a problem with the brainstem's signals to breathe. Obstructive sleep apnea (OSA) occurs much more often than central sleep apnea.

Any type of obstruction of the flow of air in and out of the airway can cause obstructive sleep apnea. The obstruction occurs most commonly in the back of the throat when excess or loose tissue collapses into the airway, usually when the throat muscles relax

during sleep. This is why OSA is much more common in overweight individuals who can have a lot of excess tissue in the back of their throats.

People usually seek a medical evaluation for possible OSA at the request of a spouse or significant other who is either being awakened by snoring or who has actually seen the patient stop breathing during sleep. They often describe a cycle of snoring respirations, followed by long pauses, then gasping for air. The snoring results from vibrations of the tissue in the back of the throat that is similar to the vibrations of strings on an instrument.

There are other signs and symptoms we ask about when evaluating people for OSA. Sleep apnea sufferers are unable to fall into a deep sleep – the apneas can wake them tens or even hundreds of times per night. This can result in excessive daytime sleepiness causing sleepiness at work or school, while driving, or during other restful activities. Patients frequently complain of fatigue, irritability, dry mouth, a reduced ability to concentrate, and headaches. They may have hypertension or other heart or lung diseases. They often consume caffeine or other stimulants to try to stay awake during the day.

The diagnosis of sleep apnea is suggested by the history but in order to confirm the diagnosis a sleep study or polysomnogram must be performed. These studies have historically been done in a sleep lab where patients are connected to monitoring equipment that records respirations, brain wave activity,

movements via a video camera as well as sensors that measure gas exchange in and out of the lungs. Home sleep studies are done much more commonly though they don't collect as much information as when the study is done in a lab. In-lab studies should also be done in patients with particular risk factors. The sleep study data collected during sleep is summarized or "scored." A physician who has received special training in sleep medicine interprets the test.

A patient must meet specific scoring criteria to be diagnosed with OSA. Treatment for OSA usually involves a device called a CPAP (Continuous Positive Airway Pressure) machine that is connected to either a mask worn on the face or plugs inserted in the nostrils. The CPAP machine blows air into the patient's airway to inflate it to prevent the tissues from collapsing when sleeping. These machines may be set at a specific air pressure or may adjust themselves automatically to minimize airway blockage.

If you feel you may have sleep apnea or know someone who does, you should see a physician to discuss testing. OSA is a very serious condition that can lead to or worsen cardiovascular, lung, and neurologic problems. You can do a quick screen for sleep apnea here: www.stopbang.ca/osa/screening.php. For more information on sleep apnea, see bit.ly/2z6OAXq.

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

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SUNDAY

Health and WELLNESS

Sunday, March 26, 2023

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Photo courtesy of Getty Images

6 Steps to Get Better Sleep and Improve Heart Health

FAMILY FEATURES

There's more to maintaining a healthy heart than just eating right and exercising regularly. While these practices play an important role in both cardiovascular and overall health and well-being, getting a good night's sleep is also key.

"Getting a good night's sleep every night is vital to cardiovascular health," said Donald M. Lloyd-Jones, M.D., Sc.M., FAHA, past volunteer president of the American Heart Association and chair of the department of preventive medicine, the Eileen M. Foell Professor of Heart Research and professor of preventive medicine, medicine and pediatrics at Northwestern University's Feinberg School of Medicine. "Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age."

However, more than 1 in 3 adults in the United States are not getting the recommended 7-9 hours of sleep per night, according to the Centers for Disease Control and Prevention (CDC). In addition to increasing risk for cardiovascular conditions like high blood pressure, heart disease, heart attack and stroke, lack of sleep may also put people at risk of depression, cognitive decline, diabetes and obesity.

While high blood pressure – a known risk factor of cardiovascular disease, the No. 1 cause of death worldwide – can run in families, it is more common in non-Hispanic Black adults (56%) than in non-Hispanic white adults (48%), non-Hispanic Asian adults (46%) or Hispanic adults (39%). Healthy lifestyle behaviors, including sleep, can help prevent the condition.

"We know that people who get adequate sleep manage other health factors better as well, such as weight, blood sugar and blood pressure," Lloyd-Jones said. "The American Heart Association added sleep to the list of factors that support optimal cardiovascular health. We call these Life's Essential 8, and they include: eating a healthy diet, not smoking or vaping, being physically active and getting adequate sleep along with controlling your blood pressure and maintaining healthy levels of cholesterol and lipids, healthy blood sugar levels and a healthy weight."

What's more, falling asleep at different times or sleeping an inconsistent number of hours each night, even variations of more than two hours a night within the same week, may also increase the risk of atherosclerosis, which is a cardiovascular condition where plaque builds up in the arteries, in those age 45 and older, according to research published in the "Journal of the American Heart Association."

"Maintaining regular sleep schedules and decreasing variability in sleep is an easily adjustable lifestyle behavior that can not only help improve sleep, but also help reduce cardiovascular risk for aging adults," said study lead author Kelsie Full, Ph.D., M.P.H., an assistant professor of medicine in the division of epidemiology at Vanderbilt University Medical Center.

Education about healthy heart habits from the American Heart Association is nationally supported by Elevance Health Foundation. Some practices to improve sleep health and impact heart health include:

Observe Current Sleep Habits

Keeping a sleep diary to help track your sleep patterns and habits can make it easier to identify factors that may be helping – or hurting – your sleep quality. Monitor what time you go to bed, what time you wake up in the morning, how many times you woke up during the night, how you felt when you woke up and any variables, such as changes to your routine or sleeping arrangements. Having documentation over the course of several weeks can help you identify necessary changes.

Avoid Food and Beverage Close to Bedtime

It can be more difficult to fall asleep if you're still digesting dinner. To help reduce sleep disruptions caused by food, avoid late dinners and minimize fatty and spicy foods. Similarly, keep an eye on caffeine intake and avoid it later in the day when it can be a barrier to falling asleep.

Exercise Regularly

Physical activity during the day can have a noticeable impact on overall health and wellness but can also make it easier to sleep at night as it can initiate changes in energy use and body temperature. However, exercising too close to bedtime may hinder your body's ability to settle; aim to have your workout complete at least four hours before you plan to head to bed.

Establish a Bedtime Routine

Getting a good night's rest often requires getting into a routine. Start by setting an alarm to indicate it's time to start winding down. Rather than heading straight to bed, take time to create a to-do list for the following day and knock out a few small chores. Then consider implementing a calming activity like meditating, journaling or reading (not on a tablet or smartphone) before drifting off to sleep. Also set an alarm to wake each morning, even on weekends, and avoid hitting the snooze button to keep your biological rhythms synced.

Create a Comfortable Sleep Space

The ideal space for sleeping is dark, quiet and a comfortable temperature, typically around 65 F depending on the individual. Use room-darkening curtains or a sleep mask to block light and ear plugs, a fan or a white noise machine to help drown out distracting noises. Remember, using your bed only for sleep and sex can help establish

Life's Essential **8**

HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

LEARN HOW SLEEP AFFECTS YOUR HEALTH

- ▶ Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more. *Poor sleep may put you at higher risk for:*
- ▶ Cardiovascular disease
- ▶ Cognitive decline and dementia
- ▶ Depression
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity

LEARN THE BENEFITS OF SLEEP

- ▶ **HEALING** and repair of cells, tissues and blood vessels
- ▶ **STRONGER** immune system
- ▶ **IMPROVED** mood and energy
- ▶ **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- ▶ **LESS RISK** of chronic disease

Learn more at heart.org/lifes8

TIPS FOR SUCCESS

Clean up your sleep hygiene

MOVE IT.

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.

DIM IT.

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.

SET IT.

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.

LOCK IT.

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.

BLOCK IT.

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

a strong mental association between your bed and sleep.

Avoid Tech Before Bed

The bright light of televisions, computers and smartphones can mess with your Circadian rhythm and keep you alert when you should be winding down. Try logging off electronic

devices at least one hour before bedtime and use the "do not disturb" function to avoid waking up to your phone throughout the night. Better yet, charge devices away from your bed or in another room entirely.

Find more tips to take control of your blood pressure and create healthy sleep habits at Heart.org.

SUNDAY

Voice of our PEOPLE

Sunday, March 26, 2023

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The Next In The Vancleave Saga #3 – Enoch Vancleave

Enoch Vancleave, second son of Aaron and Elizabeth (Vancleave) Vancleave was born in 1798 in Shelby County, Kentucky and married Elizabeth Morris there 19 April 1817. They were parents of four sons and three daughters, none easy to find! It is unsure exactly when he died but he passed before 13 May 1833 in MoCo and more than likely rests in Indian Creek Hill Cemetery in Brown Township.

In Guardian Docket #1 p 8 on the above date, Benjamin Taylor was appointed Guardian to James M, age 15; Aaron, 13; William and Elizabeth, 10; Martha J, 6 and Dorcas Ann a mere two. Ben Taylor was their uncle, married to Enoch's sister, Margaret who was already the mother of three (Mary Ann, William C and likely Matilda was on the way or just here) and seven more would appear before her husband Ben died a sudden death at age 48 (George; Lucinda; Nancy; Sally; Bessie; Basel and James the last three under five at dad's death).

On Sept 2nd Elizabeth re-married John Haynes and in November, they filed for her dowry property of 19 acres Rg 5 West Twp 18N Sec 32 (east of New Market) – the overview of the property was 2 sugar trees going South to 3 oaks, etc. Love it! Commissioners Daniel Easley, Isaac Rice and Thomas Glenn surveyed the property and okayed that Elizabeth, widow of



KAREN ZACH
Around The County

Enoch was to have the property and that "she was left with the following children: James M; Aaron M; William; Elizabeth; David Henry; Martha Jane; Dorcus Ann to whom Benjamin Taylor is guardian (legally appointed)" and he too left his note saying she was legally righted to the property

I was about to give up on their oldest, James who married Miranda Allen in MoCo when he was 20 and I finally found them in Amador, Wapello, Iowa where he owned a small farm. They had eight children in the 1860 census there (Martha 17; William R 14; Jefferson 12; Ben 10; Nancy 8; John F 6, Samuel (Munson b 30 Jan 1856 married and fathered three sons) age 4 and David Allen, 2 adding Mary E in 1862). From the Blakesburg, Iowa area, the family moved to Toronto, Kansas and

finally Canon City, Colorado area.

Aaron, second child of Enoch and Elizabeth was born in Shelby 12 March 1820 and on 15 December 1842 married Elizabeth Hallett (daughter of James Zenith and Cynthia Rinker Hallett). Aaron was called Ham. They parented nine children who I believe all but two made it to adulthood and stayed in the county, becoming teachers, lawyers, farmers. Their son, Milton Perry, however married Ida Swearingen in 1878 and passed in '81, fathering one son, Francis Marion. Other of Aaron's children married into Denman, Payton, Riggs, Tiffany and Everman families. They had at least eight grands but bet more

Stuck on Elizabeth. No clue who she married or if; whether she lived long; left the area or what. Elizabeth Vancleave is one of the most common names in the family – I have 30 birth Elizabeths in my database and bunches beyond who married into the family and became Elizabeth V's. So, if anyone knows what happened to her, let me know please!

According to the wonderful Wenzel Vancleave books, Martha J. was born about 1824 in Shelby County and in 1841 died at age (17) 18.

David Henry born 25 Sept 1824 Shelby Co KY married Lavina Swaim 14 April 1846 in Fountain County where about

half of their children were born (Luther, Martha, Mary, Malissa and probably Richard) then moved to Vermilion County Illinois (died 15 Nov 1891 and buried in Floral Hill, Iroquois County, IL) where Elizabeth, Emma and Ambrose all came into the family. David Henry was a farmer. Luther as well, and died/buried in Knox County, Indiana. Martha Evelyn born 26 Sept 1853 married (1874) James William Sherrill and three girls again blessed a Vancleave family: Maude, Bess and Mabel. Malissa was born in Indiana and married Lewis R. Smith 13 March 1873. Several children arrived (Mary, Charles, Clyde John, Blanche and Bert probably more and most did not marry but stayed with her after Lewis passed). They mainly lived in Centralia, Illinois. Richard F clerked for years in a clothing store (b 5 July 1858 in Fountain) but also went to Hoopeston, Illinois where he died. Buried Floral Hill. Then their daughter Elizabeth I've also lost. Ambrose had an interesting job as a baggage master and also did farm work. Born 10 May 1869 he died 25 April 1916, only 46 and a widower. Emma married George Williams first then George Dunlap; they owned their home in Hoopeston and she did seamstress work while he did various jobs. Her first set of children were George and Gwen Williams, then George Dunlap. In the 1900 census there were

four George's in that household! I got to giggling thinking of the Waltons all yelling, "Good night John Boy, good night Erin ... but these would all be Good night, George; Good night, George; Good night George ...!"

Enoch's last child, Dorcas Ann was born here in about 1830. On 5 Oct 1848, she married John Studebaker Masterson and they prospered with ten children (Eliza Jane; Mary Elizabeth; Amanda; Sarah; Hannah; William; John; Stow; Charles Winter and Thomas A, all growing to adulthood). These then married into these families: (Oswalt – 5 children and helped raise eight more; Winter – one child; Nichols – one child; Dexter – 3 children; Royal – one child). Most all of this family lived in the Lafayette area.

Always so sad when a parent dies so young and thus we have a VanCleave group left without a father and not sure how much mom had to do with them afterward, either. But, as you can see above, they all seemed to have made a good go at life, some really admirable in the Vancleave loop!

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.

Butch's Fashion And Lifestyle Rules For People Over 70



BUTCH DALE
Columnist

Well, we made it to 70. Now what? It's not exactly party-time central, but we don't want to sit back in the old recliner and collect mold now, do we? There's no use trying to act like we're teenagers, but we need to remain active, socialize, and set some new goals in our lives. However, there are a few rules to keep in mind to prevent embarrassing old-age fashion faux-pas and live a suave, debonair lifestyle...such as:

RULE # 1: Guys, get rid of the long hair. No ponytails or mullets. It wasn't cool then, and it's even worse now. And forget trying to imitate some of the teenage boys today who look like a cow took a dump on top of their heads. While I'm at it, guys, do NOT try to color your hair. I tried this one time. I looked like Howdy Doody. Right now silver is in style, but you ladies over 70 can color your hair. Just don't color it blue, green, pink, chartreuse, or any other unnatural color. You are not a high school freshman, OK?

RULE # 2: Before you go anywhere in public, look in the mirror a second time. Yes, use your reading glasses. Fellows, make certain you don't have a hair sticking two inches out from your nostril, a line of Welch's grape jelly above your upper lip, lettuce stuck on your

front teeth, or a spaghetti stain on shirt. And ladies, check your makeup. Don't cake it on so thick that you appear to be mummified...and please don't attach those fake eyelashes. It looks like two tarantulas are glued to your eyelids.

RULE # 3: Guys, get rid of the sandals and flip-flops. No one wants to see cracked, white heels and curled-up tootsies... or God forbid...fungus infected toenails. Now if you have aching feet, only wear Dr. Scholl's footwear if it's an absolute necessity, as they are a dead giveaway that you are on your last leg. NO "Chuck Taylor Converse All-Stars" tennis shoes...It's not 1965.

RULE # 4: Do not dine out at those "all-you-can-eat" restaurants. The last time my wife and I ate at Golden Corral...many years ago, I watched people pile food on their plates three, four, five times. A famous Lafayette auto dealer was at a nearby table, shoving it down faster than a coyote eating a rabbit. You know what happened to him, don't you? He's not a "good friend of mine and tradin' my way" anymore. He's a goner.

RULE # 5: When we were growing up, you achieved adulthood by becoming a smoker. Dad smoked. Mom smoked. The teachers smoked. The coach smoked. The doctor smoked. Remember?...roll those Lucky Strikes up in your T-shirt sleeve, light it up, inhale, blow it out your nose, and talk about car stuff. Or gals... light up an Ultra-thin lady-like cigarette, drink coffee with the girls, and discuss the irritating male specimen you married. Today we realize how stupid we were...so, don't smoke. And forget vaping, too. It looks like you are sucking on a USB stick.

RULE # 6: Do not walk through stores or the mall while singing, or even humming, tunes from the 50s, 60s, 70s,

80s. It's OK to do that when no one is around, but no sane bystander wants to hear "At the Hop," "Imagine," or "Night Fever" at Macy's.

RULE # 7: If you decide you want a tattoo, wait a few months before taking that step. And never get a tattoo if you have been drinking. You don't want to wake up and see a tattoo of Elvis or a nude Marilyn Monroe...or the name of some guy or girl you met at the bar... on your forehead.

RULE # 8: No leather pants. No denim shorts. No 80s giant sunglasses. No gold chains. No earrings longer than one inch. And please do not use Ban Roll-on or drench yourself in cologne or aftershave. The smell of talcum powder is not cool either. Ladies, stash those crazy sweatshirts with beads and embroidery, along with bright-colored tapered pants, in the closet. Those are for Christmas Day only.

RULE # 9: This is the absolute FINAL RULE...Disregard all of the above. You made it this far. As the Smith-Barney commercial says, "You made 70 the old-fashioned way, you earrnnned it!" You are a survivor. Color your hair green, slap some Ban-Roll-On under your armpits, grab that funky sweatshirt (roll up the sleeves so people can see your Ann-Margret tattoo), put on your denim shorts, flip-flops, and shark tooth gold necklace, light up a Marlboro, and head to the Golden Corral while singing "Tutti-Frutti" all the way....Feels great, doesn't it? Oh, yeh...if some punk points out the chocolate icing on your chin, tell them to shove it.

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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Spring Sprung Surprise On Timmons

With the dawning of spring earlier this week, I couldn't wait to get outside and enjoy some fresh air. So I threw on the sweats, laced up the sneakers and hit the trail. Oh man it felt good!

Did I mention it was oh-dark-thirty? Like a lot of us my age, I don't sleep in anymore. And once the workday starts, it's too easy to get caught up in putting out fires. Next thing you know, you missed lunch and bing, bang, boom . . . it's getting dark outside.

After days like that, who has the energy left to go for a walk?

So before the sun comes up, I'm enjoying the fresh air, the quiet and solitude on the trail and a little exercise.

Except not on this day.

Just as I got to the darkest stretch of the trail, everything lit up like the giant spotlights car dealers used to use back in the '60s. I didn't hear anything unusual - but quickly realized James Taylor was singing Carolina on my Mind in my headphones. I yanked the earbuds out and heard or maybe felt a deep, deep bass that shook my whole body. Before I could take another step, a sort of fuzzy, sparkling beam of light



TIM TIMMONS
Two Cents

appeared on the trail. Slowly, an alien creature materialized in the beam.

I rubbed my eyes. Had I fallen and hit my head? Was I really on the trail, or still snug in my bed and dreaming the kind of weird dream caused by eating those leftover hot dogs (they weren't THAT old, were they?) last night?

No, the alien was standing there. It had long and spindly appendages and an oversized head with very large, dark eyes. If there was a mouth, it was hidden. When the alien spoke, I did not see his lips move, but rather "heard" it in my head.

"Do you want me to take you to our leader?" I asked.

"You must be joking," it said. "We've aren't experts on your world, but we've seen enough to know there's no point in wasting time."

Obviously, an advanced alien race.

"Uh, then what is it you want?" I asked - not sure whether to be excited or terrified.

"Not much, actually," it replied. "We were - what's your expression - just passing through and thought we'd use this opportunity to verify some of our data."

Relief. At least they weren't looking to collect specimens.

"Think of us like census takers. We just want to ask a few questions and then we'll be on our way."

"Sounds fine to me," I said. "How can I help?"

"Well, we have the basics covered," he said. "Your planet is made up of two sexes and-"

"Uh, hang on," I said.

"Yes?"

"There's some dispute on that," I said.

"Dispute? How can there be dispute? It's pretty basic biolo-

gy, isn't it?"

"Above my pay grade," I said.

He wrote something down.

"Fine. Well, your planet isn't much different from many others in that the female tends to be the smartest. We saw that you recently had a week devoted to women and one of them was named the International Woman of Courage. Can we talk to her?"

"Uh, I guess," I said. "But she's not really uh, well, a she."

The large eyes blinked.

"She's a guy in a dress," I tried to explain . . . clumsily. The noise he made sounded an awful lot like the same sigh I hear from my wife when I'm trying to explain why I can't do some household chore.

"OK, then. Let's talk about the countries on your planet. Each country is a sovereign nation and protects its citizens from intruders that-"

"Hold on again," I said.

"What now?"

"Our country used to have a way to allow immigrants in, but now they just come in whenever they please."

"But how do you ensure you have enough resources for

everyone?"

"Uh, again, above-" "Yeah I know, above your pay grade."

These guys are really smart. "OK, one last question then. As far as your family units - the maternal and paternal units are responsible in all aspects for the offspring and-"

"Uh . . ."

The alien looked unsettled. "What?"

"Well, there's some debate in the Legislature about whether the government or the parents should-"

"You know what, never mind," my new alien friend huffed. "You guys aren't evolving. You're squabbling like neporoids."

"Neporoids?" I asked.

"They're a world a few galaxies over who've decided they never want to grow up. All they do is argue. We'll come back and check on you later to see if you figured it out. A lot later."

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

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Ask Rusty – Widow Stung By Social Security’s “Claw Back” Rule

Dear Rusty: My husband of 48 years died on December 30th, and he received a Social Security direct deposit for December’s benefits in early January, but Social Security demanded the bank return his December payment. I used part of his December benefits to pay for household expenses, so his bank account was overdrawn after his bank paid back his Social Security for the December benefit. My questions are:

1. Is it legal for Social Security to demand a return of his benefits because he died one day prior to 1/1/2023? That just seems so wrong to me!

2. Am I legally responsible for the over-

drawn amount his bank repaid to Social Security? I was not notified by Social Security or his bank before “the deed was done”.

3. Aren’t there Social Security spousal benefits available for the surviving spouse, and how do I apply for them? (Form #, please)

My husband medically retired early, and his Social Security benefits were always lower than mine, but I fear that my benefits may be affected by his death. Is that true? *Signed: Grieving Widow, Feeling Wronged*

Dear Grieving Widow: Please accept our sincere condolences on your husband’s passing. Unfortunately, I don’t have good news for you about



ASK RUSTY
Social Security Advisor

his December benefit payment. Social Security pays benefits in the month following the month they are earned, and the recipient must live the entire month to be eligible for that month’s benefit. Even though your husband lived until almost the end of the month, Social Security’s rule says that he must

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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live the entire month to be eligible for December benefits; thus, they took back (often referred to as “Clawed Back”) the December benefits paid in January.

So, is all of this legal? Yes, I’m afraid it is. From what you’ve shared Social Security took back the money they are legally entitled to, so you

have no further obligation to Social Security. The bank had no choice but to return your husband’s December Social Security payment – they were legally obligated to do so. Thus, your obligation to resolve your husband’s overdrawn bank account resulting from the bank fulfilling its legal obligation to Social Security

still remains.

As for any spousal or survivor benefits you might be entitled to – you say your husband’s Social Security payment was less than yours, which means you weren’t getting a spousal benefit and cannot get a surviving spouse benefit as a widow (you can only get your benefit or his, whichever is higher). You will, however, be eligible for a one-time lump sum death benefit of \$255. I know it’s not much, but you’re entitled to it and should claim it. And, from what you’ve described – that your monthly Social Security amount is more than your husband’s – your own benefit will not be negatively affected by any of this.

Butch Remembers The “Old-Time Farmer”



BUTCH DALE
Columnist

Do you remember the farmers who were your neighbors when you were a youngster? Yes, there were many. There were thirty-two students in my Darlington High School 1966 graduating class, and eighteen of us had fathers who farmed. In fact the majority of kids who attended the small county schools came from farm families. Each farmer in those days farmed less than 200 acres, with a few owning their land and the rest working as tenant farmers. Here is how I remember a farmer from the good ol’ days....

The daily life of farming could be considered monotonous to many people...12 to 14 hours a day on an old Farmall, Case, John Deere, or Allis Chalmers tractor...tilling the land...or taking care of the livestock. They grew corn, soybeans, wheat, oats, sorghum, and alfalfa, and raised many types of animals...hogs, beef cattle, dairy cows, sheep, chickens...along with a horse or pony for the kids. Each man awoke at dawn, ready to begin the chores...feeding the

animals, keeping the equipment in good condition, making repairs, tending to the crops, and hundreds of other duties. They rarely, if ever, took a vacation.

The farmers I knew didn’t learn how to farm by going to college, by attending seminars, or by reading books. Most learned farming from their fathers. They had many skills. They were smart and were masters at being self-sufficient. If a problem arose, they used common sense or visited neighboring farmers for suggestions. Many times farmers joined in to help each other with the harvesting and other jobs. If a fellow was injured or sick, the entire neighborhood came over to help.

All of the farmers dressed the same...overalls, work boots, an old jacket, and of course a cap from a seed corn or fertilizer company. Their hands were tough and calloused. They weren’t concerned with getting rich, owning possessions, or becoming famous. What mattered to them was their families, their farms, their faith, and their communities. Some of them lived in the same house their entire lives, with farms being passed down from one generation to the next. They had attended the same church since childhood. Their kids went to Darlington school just as they had, and several married their high school sweetheart. I cannot recall any who were

divorced.

Each time that Dad and the other farmers made a trip to town...to the elevator, the service station, the restaurant, the drug store...they talked crops, the weather, the basketball team...and of course had a good joke to tell their buddies. On the 3-mile stretch of road that led to town there were six farmers who tilled fields along that road: Lloyd Wells (my uncle), Wally Peebles, Dick Weliever, Gene Smith, Damon Caldwell, Floyd Hampton, and Chuck Doubet. Within a two-mile radius of our farm were fellow farmers Forrest Flaingam, Norman Coltrain, Marvin Bush, Lynn Crowe, Reid Booher, Orville Timmons, Reldo Huffer, John Royer, Royden Paddock, and Bob Groves.

The equipment these men used was minimal. For instance, Dad owned a Farmall M tractor, a smaller Ford 8N tractor, 3-bottom plow, 10-ft disc, 4-row planter, cultipacker, tractor-mounted two-row corn picker, wheat drill, two wooden wagons, a small pull-behind combine, and a sickle-bar mower.

In the 1950s, many farmers took on second jobs to make ends meet. Dad sold seed corn, measured land for the USDA, and drove a school bus to have enough to feed a wife and five kids. By the early 1960s, many men just couldn’t make a living from farming. Dad final-

ly had to give it up as a tenant farmer in 1966. After his equipment was auctioned off and he paid all of his bills, he had a grand total of \$24.00 left to start a new life in town. Fortunately the banker loaned him \$15,000, with no down payment required, so he could purchase his very first house at the age of 42. Sadly, many of the neighboring farmers I knew also had to give up farming and seek work elsewhere. The lucky ones, mostly the farmers who owned their own land, continued on, and a few of those farmers have children who farm their land today. But the number of farmers here in Montgomery County is quite small compared to the past. Today only three men farm the land that was near our farm, compared to the seventeen I mentioned earlier. These farmers till thousands of acres, and very few even have livestock. With millions of dollars invested in their farming operations, one bad year could spell disaster. But they persevere. Why? They are just like their fathers and grandfathers. They are farmers...and proud of it. And although my Dad worked at another job the rest of his life, he was still a farmer at heart.

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.

Passing Days Can Be More



RANDALL FRANKS
Southern Style Columnist

Often times in life we fold over the calendar page only to see a date that marks a memory, an anniversary, a birthday, which we may or may not wish to experience again.

We mark our lives by milestones – graduations, weddings, funerals, and all that happens in between.

I recently read a wonderful article about the life of a cousin who passed at 103. She lived an amazing life touching many and impacting the history of my maternal ancestral home. Amazingly, I had reached out to her just a few weeks back but her hearing did not allow me to speak to her by phone, so I was going to write a letter that did not get completed in time.

For me, there are dates which pop out on the calendar for some reason. My grandma Kitty’s birthday – Jan. 5. My parents birth and death days. Though there are many fond Christmas memories from childhood, once I hit adulthood, Christmases became less pleasant, and the anniversaries are not a favorite but like everyone else, I manage often filling the void with special routines.

For years, I kept my life cycles by a calendar of annual musical performances returning to towns and festivals with music instruments in hand to bring a smile and hopefully move a crowd of enthusiastic music lovers.

While the annual cycles have fell by the wayside, I still fondly think of those times as the dates float by on the

folding calendar page.

Is there a reason that we should dread the turning calendar page?

No, I don’t think so. Despite the passage of time and the inevitable wrinkles and graying hair that accumulates the more pages you toss away.

The special days should be ceased and cherished. The happy ones should be made happier with each passing opportunity. Create a new special memory attached to the day. If the memory is sad, find a way to create some happiness around it. With each passing happy moment, the accumulation of those over time, might just place the sadness deeper into the past.

It is up to us to decide whether we will be a slave to the past, or create opportunities that make tomorrow better for us.

Generations have come and gone upon whose shoulders we stand.

Many knew little happiness, many knew much happiness. No matter their lot, it is safe to say they likely wanted more for their offspring and those that came beyond.

We owe it to them to make the best of the time we are afforded, not to dwell on the bad and the sad but work to improve what is around us with all our efforts.

Make a smile today, even if it simply while staring in the mirror. Your effort will be returned, even if its just by your reflection!

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

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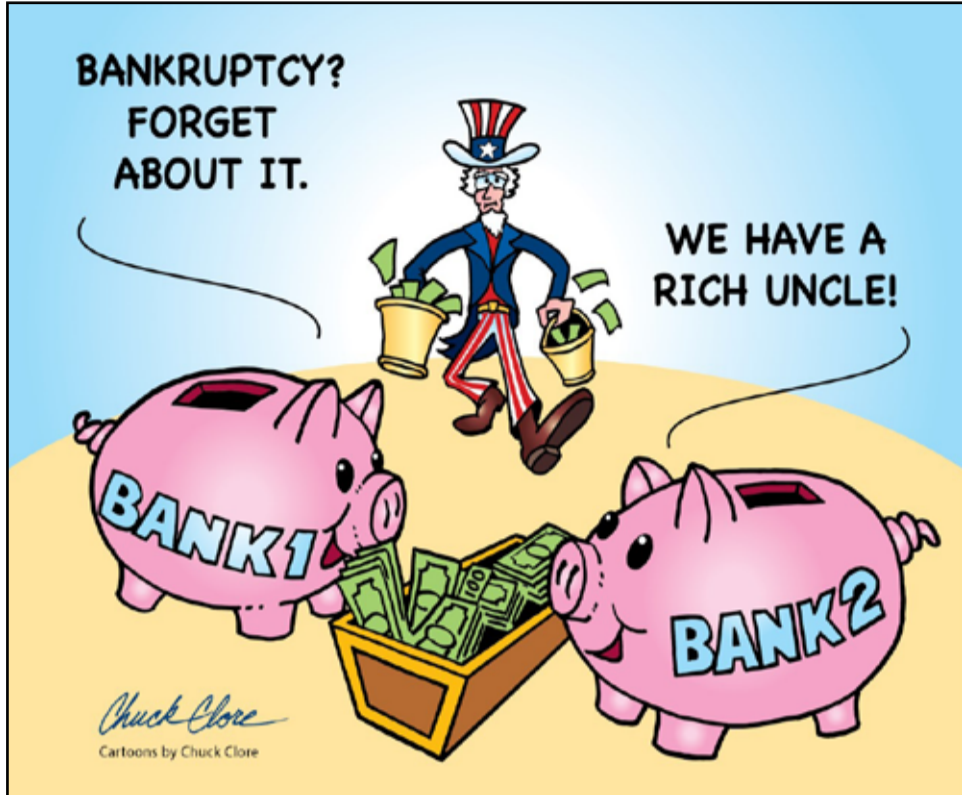
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Suicidal Veterans Need Our Help

By John Grimaldi

As President Calvin Coolidge put it, “the nation which forgets its defenders will be itself forgotten.” It’s why we take the time to remember the selfless sacrifices of our soldiers, sailors, airmen and marines on Veterans Day. But is one day of remembrance in November enough of a commemoration. Not only have valiant service men and women given their lives to protect our freedom, bear in mind that each year thousands of former service men and women commit suicide due to service related trauma.

According to the American Addiction Centers [AAC], “suicide rates have been historically high among young veterans and older veterans as well. In the 20 years between 2001 and 2020, the suicide rate among veterans between the ages of 18 and 34 increased by 95.3%. During that same time period, the suicide rate among veterans between the ages of 55 and 74 rose 58.2%. From 2019-2020, however, the suicide rate for older veterans decreased while the suicide rate among veterans in the 18-34 age group increased.”

The AAC report explains that the chief causes of veteran suicides are depression, social problems, money troubles and engaging “in impulsive, high-risk behaviors.” Mental disorders and substance abuse, depression,

post-traumatic stress disorder (PTSD), and traumatic brain injury (TBI) also can play a role.

However, the Center for Deployment Psychology [CDP] says it also has a lot to do with relationship problems, legal issues and workplace troubles. The CDP notes that “other medical conditions that are associated with an increased risk for suicide include traumatic brain injury (TBI), chronic pain, and sleep disorders. These conditions can contribute substantially to increased suicide risk in affected individuals. The most common method for suicide in the DoD is firearms, accounting for over 60 percent of all suicide deaths in the military.” The CDP also notes that while veterans are only 8.5% of the U.S. population, they account for about 18% of all adult suicides. “This means that approximately 20 veterans die each day by suicide [or about 7,300 veterans a year]. Like Service members, the most common method for suicide among U.S. veterans is firearms, accounting for over two-thirds of all veteran suicides.”

Active duty military personnel are also experiencing high levels of suicide. Executive Director, Elizabeth Foster, of the Pentagon's Force Resiliency Office reported a few months ago that year-to-year active duty suicides have dipped. She reported that the active duty suicide

rate fell by 15% between 2021 and 2020. However, as she put it, “while we are cautiously encouraged by the drop in these numbers, one year is not enough time to assess real change. The year-to-year trend provides helpful preliminary insight, but there is still a gradual increasing trend for suicide in the military over a 10-year period, and we need to see a sustained long-term reduction in suicide rates to know if we're really making progress.”

If you have a friend or family member with mental issues, they may be in need of professional care. But, says Seamus Callahan at the White Light Behavioral Health, “one of the most important ways that friends, family members, and communities can support veterans in recovery is by advocating for access to quality mental health and addiction care. Unfortunately, many veterans face significant barriers to accessing care, including long wait times, lack of resources, and bureaucratic obstacles within the VA system.”

For more information about dealing with this critical issue confronting veterans at risk, organizations such as the Association of Mature American Citizens can also help. The AMAC Foundation's dedicated Veteran Outreach Program provides online access to resources available for the men and women who have served our nation.

Love Cares Enough To Try



GLENN MOLLETTE
Guest Columnist

Honesty is not always the easiest path but it's usually the most loving path.

Let's say you have a loved one or friend who is diabetic but they eat crazy stuff every day from pizza to cookies to soda pop without regard for personal health. Is it best for you to treat them to treats containing white flour and sugar every chance you can or to have a talk with them? Of course, you run the risk of hurting feelings or making the person angry but chances are they are going to die sooner than they should. It's best to try to save the person's life by being honest. You don't have to cut the person's head off with a verbal assault or face slapping rhetoric.

Love doesn't attack people. You shouldn't get preachy because this runs most people away. Simply preface your remarks by saying, “I'm your friend. I care about you and your life. I want you to live a long time. However, if you don't stop eating what you eat all the time you are probably going to shorten your life.” This could pertain to any negative activity or addiction.

Having serious conversations with people is not easy. We are all busy. We aren't close enough to most people to be this direct. Plus, we really have to care a lot about someone to be lovingly honest. We run the risk of the friendship becoming strained or evenly totally severed. The bottom line is do you care enough to be honest? Plus, don't ever start making life recommendations to someone unless you truly love the person and are willing to help the individual work through the issues.

It's easier to let people continue on their negative path to self destruction. Fast food and unhealthy food items are unfortunately much more affordable. It's not cheap to eat healthy. It's not cheap to be sick either. Medical bills can pile up quickly. Trips to the doctor are expensive. Diabetic medications are expensive. Kidney issues result in death for many Americans every year. Funerals are expensive. Giving up a good friend or family member is life changing.

Disease happens to us all in some way. These bodies are very vulnerable to cancer, diabetes and so on.

Chances are you may have tried. Most likely you have talked your head off to someone you love but they continue in their negative behavior. It seems many people under 50 can't fathom sickness or death. The consequences of their behavior seem remote or even impossible. Thus they continue on their way.

Of course we all have to look in the mirror. We all

wrestle with our private and public demons. Most of us know we aren't perfect and if we take a serious inventory of our lives and habits we realize we all come away short of perfection, this is especially true of me. I have lots of personal work to do and it's all I can do to try to do my own daily diagnosis and repair work. This is why we don't take the time to try to help others; we have enough problems of our own.

Therefore, this is why you have to really care a lot about someone to take the time to try to help the person.

If you had the gift of premonition and could keep someone from being killed in an accident you wouldn't hesitate to speak with them about it. So, why, if you can help someone address personal issues/addictions that might be deadly, wouldn't you try? Unfortunately, addictions and mental illnesses are issues that people seem to be afraid to address. If someone you love was inside a burning building, most of us would risk our own lives to rush in and save them.

Why is it so hard to risk hurt feelings to save a life?

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

DOE Announces Application Deadline For Rural Clean Energy Funding

By Lindsay Mouw, policy associate, Center for Rural Affairs

The U.S. Department of Energy (DOE) recently announced application deadlines for a new federal grant program that offers funding to rural communities to make investments in reliable clean energy.

The Energy Improvements in Rural and Remote Areas (ERA) Program, part of the Bipartisan Infrastructure Law, will provide \$300 million for entities that build clean energy projects, increase energy affordability, and promote climate resilience.

Eligible applicants include non-profit and for-profit organizations, state, local, and tribal entities, and institutions of higher education whose

projects will benefit a rural or remote area with a population of 10,000 or fewer.

Funds will be awarded in the form of cost-share grants for up to 50 percent of the total project cost. Examples of projects may include the installation of small-scale energy systems that operate during extreme weather events, the installation of utility-scale wind, solar, or battery storage systems or investments in transmission development.

Applicants are required to submit a Community Benefits Plan to show how the project will support labor investments and promote diversity, equity, and inclusion. Assistance with preparing applications is available from the DOE and they will host a webinar on

Wednesday at noon, CDT.

Concept papers for project ideas are due April 14 to the DOE. Only applicants that have submitted a concept paper will be eligible to submit the full application. The deadline to submit full applications is June 28. Application details and information on how to join the webinar can be found on the DOE's Office of Clean Energy Demonstration website, <https://oced-exchange.energy.gov>.

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

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Montgomery County's Most Wanted

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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

Please Read Our Disclaimer:

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

Notice:

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

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

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