

# SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

## April Is Move More Month

### American Heart Association Offers Tips To Inspire Activity And Enhance Well-being



## American Heart Association.

One in four U.S. adults are sitting for longer than eight hours each day, and this lack of activity is bad for mental and physical health. The American Heart Association, the leading voluntary health organization focused on heart and brain health for all, is urging adults to move more and sit less throughout the day. April, designated as Move More Month, is a great month to start.

“Staying active can help you feel, think, live and sleep better,” said Dr. William Gill, a cardiologist on the American Heart Association’s Indianapolis board of directors. “Most of us don’t get enough movement throughout the day, so we encourage people to move more. Start out with five minutes of movement and build from there, ideally getting to 30 to 60 minutes of aerobic activity per day. Walking is a great form of activity, but we have many other resources and ideas to fit everyone’s lifestyle.”

The American Heart Association’s

Move More initiative, which encourages physical activity for better physical and mental health is a great time to commit to building in more activity. Here are some ideas to move more throughout the day:

- Schedule breaks. Avoid being sedentary for too long and set a reminder to move around for five minutes multiple times a day.
- Be creative. Find more ways to get up and off the couch by taking a walk around the house or doing a few push-ups between episodes of a TV show. If you have a pet, take breaks to play or take a walk outside. Active chores like vacuuming and tidying up clutter count, too.
- Put the screens on hold. Dedicate time each day for the whole family to unplug and take an active break. Take a walk, play a game of hide-and-seek inside or put on your favorite music for a dance party.
- Move more while working at home. Start reducing meetings by five

minutes when possible and use that time to incorporate active moments like doing some basic strength exercises like squats or crunches, moving to a different area to do a few stretches to break up your day, or make it a habit to stand every time you make or answer an e-mail.

- Find forms of exercise you like. To find a routine that you’ll stick with, experiment with at home workouts that fit your personality and schedule.

For adults, the American Heart Association recommends at least 150 minutes per week of moderate intensity aerobic activity such as brisk walking or gardening, or 75 minutes of vigorous intensity aerobic activity such as running or aerobic dancing, or a combination of both intensity level activities. In addition, the Association recommends two days of moderate-to-high-intensity muscle strengthening activity weekly, such as resistance training.

For additional physical activity ideas, visit [www.heart.org/movemoretogether](http://www.heart.org/movemoretogether).

#### About the American Heart Association

The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public’s health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us on [heart.org](http://heart.org), Facebook, Twitter or by calling 1-800-AHA-USA1.

#### TODAY'S QUOTE

*"The best index to a person's character is a) how he treats people who can't do him any good, and b) how he treats people who can't fight back."*  
Abigail Van Buren

#### TODAY'S JOKE

*What does the pirate steal to improve his quarters?*  
Arrrrrr!

#### TODAY'S VERSE

*Proverbs 3: 5-6 Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths.*

#### TODAY'S HEALTH TIP

Get an eye exam regularly – some eye diseases don't have any symptoms until it's too late. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at [www.thepaper24-7.com](http://www.thepaper24-7.com).



#### HONEST HOOSIER

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# SUNDAY

## Obituaries

Sunday, April 9, 2022

A3

### OBITUARIES

#### Michael J. Hart

November 7, 1953, Tuesday, April 4, 2023

Michael J. Hart passed away on April 4, 2023 at Franciscan Health in Crawfordsville. He was born on November 7, 1953 to Kenneth Hart and Cherry (Young) Myers in Crawfordsville.



Michael graduated from South Montgomery High School. He was an auto mechanic at various local dealerships.

Michael is survived by daughter, Christina Hart and a friend, Karen Bowling. He was predeceased by his parents, a sister, Cheryl McCreary, and a granddaughter, Ivy Blayne Davis.

Graveside services will be held on Monday, April 10, 2023 at 2:00pm at Blakesburg Cemetery in Fincastle with Pastor Terry Thompson officiating. Share memories and condolences at [www.SandersFuneralCare.com](http://www.SandersFuneralCare.com).

#### Sally Ann Bobenmoyer Price

February 1, 1943, Thursday, April 6, 2023

Sally Ann Bobenmoyer Price, age 80, of Crawfordsville, passed away on Thursday, April 6, 2023 at her home. She was born in Speedway on February 1, 1943 to the late Wayne and Thelma Norris.



Sally graduated from Speedway High School in 1961. She married Donald Bobenmoyer on February 21, 1964, he preceded her in death on September 9, 1991. She enjoyed flowers, bowling, golfing, and watching all her grandchildren's events. Sally loved spending time with her family, they meant everything to her.

Sally is survived by her children, Ray Bobenmoyer of Ladoga, Melissa (Mike) Norman of New Market, and Don (Loretta) Bobenmoyer of Bainbridge; 9 grandchildren, Raymond Bobenmoyer, Bryan Bobenmoyer, Conner Norman, Bella McIntyre, Beck McIntyre, Olivia Bobenmoyer, Nick Norman, Abigail Spencer and Lilly Freeland; 4 great-grandchildren; 2 siblings, Bill Owen and Vicki Philpot; and several nieces and nephews.

Visitation will be at Whitesville Christian Church on Tuesday, April 11, 2023 from 12:00 noon until the time of funeral service at 2:00 pm with Pastor Mike Whitacre officiating. Burial will follow at Oak Hill South Cemetery. Sanders Priebe Funeral Care is entrusted with care. Share memories and condolences online at [www.SandersFuneralCare.com](http://www.SandersFuneralCare.com).

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HONEST HOOSIER



Did'ya know the Rochester High School mascot is the Zebras? How's that for a unique one?!

# I Indiana

# Facts & Fun



25  
Fulton

## Number $\div$ Stumpers

1. How many people in the county do not live in Rochester?  
 $\geq$
2. How old is Fulton County?  
 $\leq$
3. What is the population density of the county?  
 $\geq$
4. How many total schools does the county have?  
 $\leq$

Answers: 1. 14,618 People 2. 183 Years 3. Around 56/sq mi 4. 10 Schools

## Did You Know?

- Fulton County was founded in 1836 and named after Robert Fulton.
- Rochester, the county seat, has a total population of 6,218 residents.
- The county has 3 middle schools, 3 high schools, and 4 elementary schools.
- Rochester's motto is "The City of Friendship and Pride."
- The county is 371.26 square miles and has a population of 20,836 residents.

## Got Words?

Native Americans that previously lived in the county believed that a monster lived in Lake Manitou, so they never lived near the lake. After this many in the county called it the Devil's Lake. How do you think myths impact the way towns and events are viewed today?

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## Word Scrambler

Unscramble the words below!

1. IIFENHRSPD
2. NFLUTO TNUCYO
3. MHYTS
4. RECESRTOH
5. DRPEI

Answers: 1. Friendship 2. Fulton County 3. Myths 4. Rochester 5. Pride

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# SUNDAY

## Indiana the Strong

Sunday, April 9, 2023

B1

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## 'This Is My Comeback': Purdue Global Launches New Brand Platform And Marketing Campaign

Jacque Yates has a message for working adults everywhere: You've got a comeback in you.

Yates, originally from Gary, Indiana, and now living in Texas, speaks from experience. She returned to school 10 years after completing her bachelor's degree in a traditional college setting.

"With the help of Purdue Global, I was able to come back greater, and for me, greater looks like becoming Dr. Jacque Yates," said Yates, who earned her Master of Public Health degree in 2021 and delivered the August 2022 Purdue Global commencement address. "That wouldn't have been a possibility if it wasn't for my journey here at Purdue Global or the various staff and faculty that embodied the values of seeing me as a whole person. I hope that you are able to be a part of somebody's comeback story because they're worth it."

Backed by the power of Purdue

Purdue University, Indiana's land-grant university, has operated Purdue Global since 2018, following Purdue's purchase of Kaplan University. Purdue Global opened access to online education for thousands of working adults who have life experience and some college credits across Indiana, the U.S. and around the world.

Purdue Global officially launched a new brand campaign, "This Is My Comeback," Monday (April 3), marking the first refreshment of the brand since the university's formation. The brand campaign is an outward expression of the university's strengths of being an online university, built for working adults and part of, and backed by, Purdue University. The campaign includes a new visual identity and narrative that will guide Purdue Global's storytelling, marketing and communication efforts.

The new branding and marketing strategy is the culmination of a yearlong effort following discussions and collaborations between Purdue Global

Chancellor Frank Doolley; R. Ethan Braden, executive vice president and chief marketing and communications officer for Purdue University and Purdue Global; and Kati Pratt, executive director of brand and marketing strategy for Purdue Marketing and Communications. This group and various stakeholders reviewed the basic question of what it means to be Purdue Global in a crowded online education field.

"Today is a pivotal day in Purdue Global's history," Dooley said. "Over the past five years, we have brought more resources, expertise and staff from Purdue West Lafayette to the work we do at Purdue Global. We have emulated what Purdue West Lafayette has done because it was good for both of us, but more importantly, the students we serve."

Dooley said the re-branding builds on Purdue Global's strengths and commitment to help working adults by benefiting from the faculty's practical, real-world experience, which focuses on skills and career outcomes for students.

"It goes back to our name. That first word is Purdue. Both Purdue and Purdue Global offer something to the world," Dooley said.

Almost 40 million Americans have earned college credit but have not completed a college degree. Dooley said it's time to transform not just Purdue Global but also online higher education and help those with college credits come back and cross the stage to earn their degrees.

The "comeback" stories are the cornerstones of the Purdue Global campaign, showing the real lives and challenges that working adults face as they look to improve their career trajectory, economic standing and quality of life through an accessible degree from a respected, rigorous and trustworthy online school. Supportive networks built by Purdue Global's faculty and staff can help determined adults not only attain

their goals but, in many instances, provide hope and serve as role models for their children as they go back to school to attain their degree.

Ultimately, according to Braden, it means getting into character and looking for ways to engage and encourage those nearly 40 million adults to come back and earn their degree.

"For 154 years, Purdue, as a land-grant university, has been on a mission to make education accessible for more and more people. That's a big idea that people can get behind and want to associate with," Braden said. "It's in our DNA. Purdue Global is the next frontier of Purdue's land-grant mission. With it, we can take a trusted education and transcend boundaries – otherwise physical boundaries – using technology to bring a Purdue Global education to anybody who wants it and is willing to earn it."

Braden also sees a major opportunity to expand the Purdue mission to serve the world through a Purdue-backed online curriculum that is built and designed for working adults.

"We have an incredible master brand, an incredible story, and most importantly, we have incredible faculty and staff who care deeply about changing the world by changing the lives of these students," Braden said. "Our students say that working on their Purdue Global degree is hard and a lot of work, but it's worth it. Purdue Global is challenging. It's true, relevant and legitimate. In a sentence, Purdue Global is about real opportunity for more students."

As part of the Purdue system, Purdue Global graduates also are eligible for membership in Purdue Alumni Association and other groups associated with Purdue and managed by Purdue for Life Foundation.

Built for working adults Much has changed during the past five years in online education – including a global pandemic that made online education not only accepted

but also a requirement in many instances, with more brick-and-mortar higher education institutions offering online classes and degree programs.

Purdue Global leaders have been working with Fortune 500 companies either directly or through partners like Guild to become one of the leading options for employee education benefits, providing access to education programs that foster employee recruitment, training, development, promotion and retention within these companies. Purdue Global also has a deep partnership with Ivy Tech Community College and OneTen.org to address workforce development nationally and across Indiana.

The current student snapshot at Purdue Global includes:

- 60% of students are 30 years of age or older.
- 42% of students are underrepresented minorities.
- 51% of students have a child or other dependents.
- Nearly one-third are either in the military or veterans.
- 50% are first-generation college students.

Purdue Marketing and Communications did extensive research with Purdue Global students, prospective students, student advisors, faculty, alumni and business partners. Three themes emerged from the research: 1) students want a university that will help them prepare for what's next in their lives and careers, 2) as working adults, they want to feel valued and get credit for what they know and have already done, and 3) they want a degree that they can trust and be proud of – one that is backed by Purdue.

"Purdue Global will prepare students for what's next," Pratt said. "Purdue Global is for working adults who bring life experience to the classroom. They are often working adults who have some college credits who want to earn a degree that they can be proud of and that employers will respect."

## 2023 Chevrolet Camaro SS Convertibles Presented as 500 Festival Event Cars

Fifty identical 2023 Chevrolet Camaro SS convertibles were staged on the main straightaway April 3 at Indianapolis Motor Speedway in a sign the return of the Month of May soon approaches.

A longtime tradition, the "Festival Event Cars" have reminded Indianapolis-area residents of the upcoming Indianapolis 500 since the 1960s. As the unique fleet of Camaros is driven around Central Indiana, they once again will turn heads and remind everyone "This is May."

Presenting the cars were J. Douglas Boles, IMS president; Pat Merna, 500 Festival vice president strategic partnerships; Sarah Fisher, 500 Festival board chair and Mike Quinn, Chevrolet Indianapolis district sales manager.

The Festival Event Cars are a unique option code based off the 2023 Chevrolet Camaro SS convertible and are powered by a 6.2-liter small block V-8, which offers 455 horsepower and 455 pound-feet of torque.

The exterior of the car features Sharkskin Metallic exterior paint with special graphics from Chevrolet's Performance Design Studio representing the 107th Running of the Indianapolis 500 presented by Gainbridge. The car

also features an Ash Gray leather interior, a power-folding convertible top that can be lowered while driving at speeds up to 30 mph, Brembo front and rear performance brakes and 20-inch aluminum wheels.

"These Camaro convertibles are a symbol of the shared passion Chevrolet, INDYCAR and the 500 Festival board have for the Indianapolis 500," Quinn said. "Living and working in Central Indiana, seeing these Camaros on the road always reminds me we're one step closer to May."

The 107th Indianapolis 500 presented by Gainbridge is scheduled for Sunday, May 28, 2023. Visit IMS.com for tickets and more information on all Month of May events and activities at IMS.

Founded in 1911 in Detroit, Chevrolet is now one of the world's largest car brands, available in 80 countries with more than 3.2 million cars and trucks sold in 2020. Chevrolet models include electric and fuel-efficient vehicles that feature engaging performance, design that makes the heart beat, passive and active safety features and easy-to-use technology, all at a value. More information on Chevrolet models can be found at www.chevrolet.com.

## AgrAbility Expo To Provide Hands-On Training In Assistive Technology

The use of assistive technology by farmers with disabilities may be familiar to those in the agricultural sector, but not everyone has experience with the technology.

Indiana AgrAbility, in cooperation with its nonprofit partner Easterseals Crossroads, seeks to change this. Offering a full-day technology expo on April 13, the Department of Agriculture-sponsored organization will provide experiential learning opportunities with assistive technology, farm visits, demonstrations and training on assistive technology available for agricultural professionals.

The expo will be held at Purdue University's Beck Agricultural Center, where participants will be able to climb into the cabs of various farm machines and experience some of the physical challenges involved in operating them.

Paul Jones, education and resource specialist for Indiana AgrAbility, describes the intended impact: "AgrAbility works with many professionals, such as vocational rehabilitation counselors and county Extension educators, to serve Indiana farmers with disabilities."

"While our professional colleagues understand AgrAbility's main mission, this event will help them better grasp the issues our farmers are facing and understand the technologies available to help them."

Individuals will also be able to attend breakout sessions covering topics such as information on worksite assessments, The Toolbox Assistive Technology Database, the new AgrAbility AT (Assistive Technology) Loan Library and working with underserved populations, like migrant and seasonal farmworkers and veterans. Other sessions include a tour of Purdue agricultural facilities, like dairy, grain handling and sheep facilities.

While all agricultural professionals are invited to attend, the event is especially recommended for vocational rehabilitation counselors and their area supervisors, occupational therapists, physical therapists, Extension professionals and AgrAbility staff members in other states.

Registration starts at 8:30 a.m.; the expo ends at 4 p.m. Additional event details and registration information can be found at the Indiana AgrAbility event webpage.

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## Annual Spring Fest To Feature New Interactive Activities And Science Exploration Across Campus

The annual Purdue College of Agriculture's Spring Fest will return on April 15, offering several new interactive activities for all ages.

From 10 a.m. to 6 p.m., Spring Fest will take place throughout the College of Agriculture grounds and buildings, in the College of Veterinary Medicine and on the Memorial Mall. The event is free and open to the public, with dozens of educational opportunities for all ages.

"This event is always a great way to hear about what is happening within our college and departments across the university. It really allows for students enrolled at Purdue to share their passions with the community as



well," said Amy Winger, event coordinator. "There is something for everybody, and you'll likely find a new interest while you're here, too."

Several new activities will be featured, including maggot painting, where participants will allow the insects to do some of the creativity for them, and a virtual approach to cryogenic lab equipment,

where participants will be able to try their hand at operating state-of-the-art cryogenics equipment in the virtual world.

One attendee known by many seasoned Spring Fest-goers will be Ethyl, the fistulated cow, offering those interested the opportunity to reach inside a window opening on the cow's side to learn about a cow's digestive system.

Free parking for Spring Fest is available in the Marsteller Street and Discovery Park parking lots and the Wood Street Parking Garage. The Harrison Street Garage is available as a paid parking option.

For a full schedule, list of activities and additional information, visit [ag.purdue.edu/springfest](http://ag.purdue.edu/springfest).

## Commodity Price Outlook And Interest Rate Concerns Cloud Farmer Sentiment

Farmer sentiment weakened again in March as the Purdue University/CME Group Ag Economy Barometer fell 8 points to a reading of 117. Both of the barometer's sub-indices declined 8 points in March, leaving the Current Conditions Index at 126 and the Future Expectations Index at 113. The Ag Economy Barometer is calculated each month from 400 U.S. agricultural producers' responses to a telephone survey. This month's survey was conducted between March 13-17, which coincided with the demise of Silicon Valley Bank and Signature Bank.

"Rising interest rates and weaker prices for key commodities including wheat, corn and soybeans from mid-February through mid-March were key factors behind this month's lower sentiment reading," said James Mintert, the barometer's principal investigator and director of Purdue University's Center for Commercial Agriculture. "Although the March survey did not include any questions directly related to the bank closures, during an open-ended comment question posed at the end of each survey, multiple respondents voiced concerns about the banking sector's problems and its potential to hurt the economy. These problems also likely weighed on producer sentiment."

The Farm Financial Performance Index remained unchanged from February at a reading of 86. Producers point to higher input costs (34% of respondents) and rising interest rates (25% of respondents) as

their number one concern for the year ahead. Notably, concern about higher input cost has been falling since last summer's peak when 53% of respondents cited it as their number one concern for the year ahead. At the same time, the percentage of producers pointing to interest rates as a top concern has been increasing, up 11 points from last summer.

While there was little change in the Farm Capital Investment Index, down one point to a reading of 42 in March, there was a change in how respondents perceived whether now was a good or bad time for large investments. Since last July, respondents who felt now is a bad time to make large investments have consistently chosen "increased prices for farm machinery and new construction" as the key reason. That changed in March as more felt that rising interest rates (34% of respondents, up from 27% in February) over high prices (32% of respondents, down from 45% in February) was the key reason that now is a bad time for such investments.

Producers' outlook for farmland values in the short-term and long-term were mixed in March. The Short-Term Farmland Value Index declined 6 points to 113, while the Long-Term Farmland Value Index rose 5 points to 142. This month's short-term index value provided the weakest reading since September 2020 and left the index 32 points lower than a year earlier. One out of five producers in this month's survey said they

expect farmland values to weaken in the next 12 months. Long-term, 17% of respondents said they expect weaker values in the next five years, up from 13% a year ago and 7% two years ago.

This month's survey included several renewable energy questions focused on the ethanol and renewable diesel sectors. When asked to look ahead five years, nearly half (46%) of respondents said they expected the renewable diesel industry to be larger than it is today, while just a quarter (25%) expect the ethanol industry to grow over the same time period. In a follow-up question, respondents were asked what impact they expect the renewable diesel industry to have on soybean prices over the upcoming five years, with 39% expecting a price increase of up to .50 cents per bushel, 28% expecting a boost in price between 50 cents up to \$1 per bushel, and 21% expecting soybean prices to rise by \$1 or more per bushel.

Each month, the Purdue Center for Commercial Agriculture provides a short video analysis of the barometer results. For more information, check out the Purdue Commercial AgCast podcast, which includes a detailed breakdown of each month's barometer and a discussion of recent agricultural news that affects farmers. The Ag Economy Barometer, Index of Current Conditions and Index of Future Expectations are available on the Bloomberg Terminal under the following ticker symbols: AGECBARO, AGECCURC and AGECCFTEX.

## Call For Purdue Women In Agriculture Award Nominations

The Purdue Women in Agriculture Team is accepting nominations for the 2023 Purdue Women in Agriculture awards, an annual recognition of women who are leaders, innovators and significant contributors to the success of Indiana agriculture.

Nominations are being accepted for three awards. The Emerging Women in Agriculture Leadership Award recognizes accomplishments of a high school or undergraduate student who has made an impact on agriculture. The Women in Agriculture Leadership Award recognizes a woman in an agribusiness or policy-making position who has actively influenced

Indiana agriculture. The Women in Agriculture Achievement Award honors a woman directly involved in a home farm operation.

Nomination forms and guidelines are available online. The nomination application and two letters of support are due by May 1 to Beth Vansickle, agriculture and natural resources educator for Purdue Extension Madison County, at [bvansickle@purdue.edu](mailto:bvansickle@purdue.edu). Winners will receive their awards at the 2023 Indiana State Fair during the Celebration of Agriculture ceremony. Self-nominations or nominations through others are acceptable.

The 2022 Emerging

Women in Agriculture Leadership Award recipient was Savannah Borden, a Purdue University student. Katie Glick, practice group director for Ice Miller LLP, was honored with the 2022 Women in Agriculture Leadership Award. Joelle Orem of Howard County was the 2022 Women in Agriculture Achievement Award recipient.

Vansickle chairs the Purdue Women in Agriculture awards committee. The Purdue Women in Agriculture Team provides educational opportunities and resources for women in the agriculture industry and coordinates the Midwest Women in Agriculture conference.

## CenterPoint Energy Recognizes April As National Safe Digging Month

In observance of National Safe Digging Month, CenterPoint Energy encourages customers to keep safety top-of-mind when planning for digging projects. Projects such as installing a garden, pool, fence or water sprinkler system require digging and the need for customers to call 811.

Digging without knowing the approximate location of underground utilities can result in serious injury or death, inconvenient service disruptions, and costly fines and repairs. Hitting underground natural gas, electric, communications, water and sewer lines while digging can have a major impact on communities and businesses. Making a free request before digging at [www.811beforeyoudig.com](http://www.811beforeyoudig.com) or by calling 811 can help maintain the safety of everyone who digs, as well as the essential utility services in their communities.

"It is essential that anyone who plans to dig, regardless of how shallow the project might be, contact 811 beforehand to have buried utilities marked to allow for safe digging," said Shane Alexander, Director of Damage Prevention at CenterPoint Energy. "Callers should contact 811 a few days

prior to the start of their digging project to give surveyors enough time to reach the site and mark the area."

In addition to working on projects themselves, homeowners often hire a contractor to complete digging projects on their property. If a contractor is completing the project, it is recommended the homeowner ensure the area has been marked prior to the start of the project. The homeowner is advised to let the contractor know work cannot begin until the area has been marked. Either the homeowner or contractor should place a request online or call 811.

Private owned lines are not located by the utility. If the property owner has private owned lines servicing a sprinkler system or outdoor appliance, the property owner is responsible for ensuring these lines are marked.

CenterPoint Energy encourages everyone to take the following steps when planning a digging project:

- Always contact 811 a few days before digging, regardless of the depth or familiarity with the property.
- Plan ahead. Make a free 811 request on Monday or Tuesday for work planned for an upcoming

weekend, providing ample time for the approximate location of lines to be marked.

- Confirm that all lines have been marked.
- Consider moving the location of your project if it is near utility line markings.
- If a contractor has been hired, confirm the contractor has contacted 811. Don't allow work to begin if the lines aren't marked.
- Visit [www.811beforeyoudig.com](http://www.811beforeyoudig.com) for complete information.

Those calling 811 are connected to a local 811 center that will take the caller's information and communicate it to local utility companies. Professional locators will then visit the dig site to mark the approximate location of underground utility lines with spray paint, flags or both. Once a site has been accurately marked, it is safe to begin digging around the marked areas.

In the case of a hit pipeline, leave the area immediately. Once in a safe location, report the leak by calling the CenterPoint Energy utility emergency line at 800-227-1376.

Additional information about pipeline safety can be found at [www.centerpointenergy.com/callbeforeyoudig](http://www.centerpointenergy.com/callbeforeyoudig).

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# SUNDAY

## Indiana the Strong

Sunday, April 9, 2023

B3

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## DNR To Host Third Annual 'Teddy Bear Camp' For Stuffed Animals



Does your child have a curious stuffed animal who loves adventures, new experiences, and making new friends?

If so, make plans to send it to Teddy Bear Camp, May 8-19. Hosted by the DNR Division of Historic Preservation & Archaeology (DHPA), this "camp" is for stuffed animals belonging to children ages 5-12 who live in Marion, Hamilton, Hancock, Shelby, Johnson, Morgan, Hendricks, or Boone counties.

During Teddy Bear Camp, DHPA staff will take the stuffed animals to a variety of sites to learn about history, architecture, archaeology, and historic preservation. Photos of the visits will be posted to DHPA's Facebook page (Facebook.com/INdhp), and a digital photo album will be emailed to parents/guardians along with an Indiana Junior Preservationist certificate.

To participate, complete the registration form and drop your child's stuffed animal at one of three partner locations at the dates

and times below.

- Indianapolis: Indiana State Museum, 650 W. Washington Street, inside the main level doors: Monday, May 8, 9 a.m.-noon and Tuesday, May 9, 1-4 p.m.

- Shelbyville: Shelby County Porter Visitors Center, 501 North Harrison Street, Monday, May 8, noon-3 p.m.

- Zionsville: Sullivan-Munce Cultural Center, 225 West Hawthorne Street, Tuesday, May 9, 11 a.m.-3 p.m.

The program will conclude with owners picking up their stuffed animals at the drop-off locations and times below.

- Indianapolis: Indiana State Museum, 650 W. Washington Street, inside the main level doors, Thursday, May 18, 9 a.m.-noon and Friday, May 19, 1-4 p.m.

- Shelbyville: Shelby County Porter Visitors Center, 501 North Harrison Street

- Zionsville: Sullivan-Munce Cultural Center, 225 West Hawthorne Street, Friday, May 19 11 a.m.-3 p.m.

Additional information and the registration form for campers are at: [on.IN.gov/preservation-month](http://on.IN.gov/preservation-month).

To view more DNR news releases, please see [dnr.IN.gov](http://dnr.IN.gov).

## Indiana Schools Invited To Apply For Lt. Governors' STEM Education Scholarship Program

The National Lieutenant Governors Association (NLGA) has opened the application period for the annual Lt. Governors' STEM Scholarship Program which will award up to \$1,000 to 12 schools nationally to support STEM-related activities for youth. Applications will be accepted until May 1, 2023, with award recipients announced and funded in Summer 2023.

"Funding and supporting STEM education in our schools helps build a firm foundation for Hoosier children," said Lt. Gov. Crouch, Indiana's Secretary of Agriculture and Rural Development. "This scholarship supports STEM-related activities in schools that are critical to building long-term passion for STEM-related fields and the workforce of tomorrow."

The scholarship program is administered by NLGA, the nonpartisan, nonprofit association for the nation's second-in-command, and sponsored by ACT, the education and career readiness nonprofit.

"ACT is proud to once again sponsor this program and help ensure that every student can access a high-quality STEM education," ACT Chief Executive Officer Janet Godwin said. "Our country and our communities need young people who are globally

competitive in STEM careers, yet many students face systemic barriers to accessing rigorous education opportunities. It is essential that all students have the support and resources to fulfill their potential."

All public, private, and tribal schools in the 50 states and five U.S. territories are invited to apply at [nlga.awardsplatform.com](http://nlga.awardsplatform.com). Funding will be awarded to schools to support STEM-related activities, programming, curriculum, equipment, and other expenses.

"The need for increased educational opportunities in STEM is non-partisan and an area of consensus for the nation's lieutenant governors," said NLGA Executive Director Julia Brossart. "NLGA has adopted STEM Education as a pillar of work for the association on behalf of Members, who know the importance of educating students in STEM to prepare for the jobs of tomorrow."

Applications will be reviewed in Spring/Summer 2023 with award winners announced at the NLGA Annual Meeting in August 2023. Additional information on the STEM Scholarship Program, including instructions for applying, can be found at <https://nlga.us/strategies/nlga-state-strategies-in-stem/>.

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## Indiana Military Veterans Hall of Fame Calls for 2023 Class Nominations

The Indiana Military Veterans Hall of Fame (IMVHOF) is calling for nominations for the 2023 class of veteran honorees. The not-for-profit organization, celebrating its 10th anniversary in 2023, honors Hoosier veterans for service during and after active duty.

In addition to categories for combat valor and veteran advocacy, the IMVHOF has added a new classification for induction for community support, which recognizes veterans who have contributed exceptionally to their community, state and/or nation.

- To be eligible, a nominee must meet any one of the basic criteria:

- Born in Indiana
- Entered military service in Indiana

- Lived in Indiana for a minimum of five years

Additionally, each nominee must have been honorably discharged and must be free of felony convictions.

All branches of the U.S. Armed Forces, all ages, living or deceased, and males and females will

be considered equally.

The complete nomination packet and criteria can be found at [imvhof.com/nominate/](http://imvhof.com/nominate/). Nominations will be accepted through end of day, Aug. 1, 2023.

Nominees will be honored at the annual induction ceremony and dinner to be held on Friday, Nov. 10, 2023 at the Garrison on Old Fort Harrison at 6002 North Post Road in Lawrence, IN. Tickets will be available for purchase soon at [imvhof.com](http://imvhof.com).

Inductees in the IMVHOF are honored at the organization's memorial building at 5360 Herbert Lord Road in Lawrence, Indiana. The free-standing building is the only known memorial of its kind in the nation and is open seven days a week from 9 am to 5 pm.

If you would like to make a tax-deductible donation to the IMVHOF, you can do so by mailing a check or money order made payable to IMVHOF to P.O. Box 269098, Indianapolis, IN 46226. Online donations can also be made at [www.imvhof.com](http://www.imvhof.com).

## Matthew P. Brookman Sworn In As United States District Judge

The Honorable Tanya Walton Pratt, Chief Judge of the United States District Court for the Southern District of Indiana, announced that Matthew P. Brookman was sworn in as a District Judge last week. Senior District Judge Richard L. Young, whose seat Judge Brookman fills, administered the oath at the Winfield K. Denton Federal Building and United States Courthouse in Evansville, Indiana.

Judge Brookman was nominated by President Joseph R. Biden on Jan. 3, 2023, and confirmed by the Senate on March 29, 2023. Prior to this appointment, Judge Brookman had served as United States Magistrate Judge for the Southern District of Indiana since February 1, 2016. Chief Justice John G. Roberts appointed Judge Brookman to serve on the Criminal Law Committee of the Judicial Conference of the United States in 2022.

Upon taking the oath, Judge Brookman stated, "I am grateful to have been nominated by the President and confirmed by the Senate as a District Court Judge for the Southern District of Indiana, and I am excited to begin the important work of the United States District Court."

Prior to taking the bench, Judge Brookman was employed by the Office of the United States Attorney for the Southern District of Indiana, where he served as the Chief of the Office's Drug and Violent Crime Unit and Lead Organized Crime

and Drug Enforcement Task Force Attorney. He was also a member of the United States Attorney's Executive Committee, Capital Case Coordinator for the Southern District of Indiana, and served as a Chair and a Member from 2011 until 2015 of the United States Attorney's various Hiring Committees. In 2010, Judge Brookman received the Director's Award from United States Attorney General Eric Holder, in Washington, DC, for superior performance as an Assistant United States Attorney, for his work on the United States v. Jarvis Brown, et al. quadruple homicide prosecution.

After spending the early part of his career in private practice and with the Office of the Prosecuting Attorney of Jefferson County, Missouri, Judge Brookman joined the Office of the United States Attorney for the Western District of Missouri in 1999. Judge Brookman then moved to the Office of the United States Attorney for the Southern District of Indiana in 2002.

Judge Brookman was born in St. Louis, Missouri and graduated with a Bachelor of Arts degree in 1990 from DePauw University, where he majored in economics and history. He obtained his law degree from the Washington University School of Law in May 1993.

Judge Brookman will maintain his primary chambers in Evansville and travel regularly to Indianapolis for hearings and trials.

## Forecast Calls For Storm Scams

With spring storms brewing all over Indiana, Attorney General Todd Rokita is warning Hoosiers to be wary of scams. With those storms, scammers will be out in full force trying to con Hoosiers out of their hard-earned money, and calling it clean-up, repair, or rebuilding.

"Hoosiers can protect their hard-earned money by asking questions, demanding a written contract, and doing old-fashioned research," Rokita said. "It can be tempting to accept help to fix damages to your home, but it's crucial to take a step back and fully vet the contractor."

Unfortunately, far too many dubious contractors appear on people's doorsteps, promise to make needed repairs, and then disappear with their victims' down-payments in their pockets - never to return to do the work.

Rokita is sharing the following tips to help Hoosiers avoid falling victim to storm-chasing scammers:

- Be skeptical of people promising immediate clean-up and debris removal.

- Know that FEMA doesn't charge application fees. If someone wants money to help you qualify for FEMA funds, that's probably a scam.

- Check out contractors' reputations before enlisting their services.

- Ask for IDs, licenses, and proof the contractor is both bonded and insured.

- Get more than one estimate for work.

- Don't believe any promises that aren't in writing.

- Never pay by wire transfer, gift card, cryptocurrency, or in cash.

- Don't pay the full amount for the project up front.

Dealing with a disaster is never easy. But when scammers target people just trying to recover, the experience can become even more difficult. If you ever suspect a scam of any type, file a complaint at [indianaconsumer.com](http://indianaconsumer.com) or call Rokita's office at 1-800-382-5516.

## Purdue Extension Needs Your Help Growing Food For Science

Novice and experienced gardeners are invited to join Purdue Extension, the University of Tennessee and Iowa State University for the citizen science experiment Citi-Sci: Growing Food for Science! from April through August.

As scientists, participants will grow six compact tomato plants, bred specifically for urban agriculture in small spaces. Plants will be provided at different stages of maturity to gauge gardener preferences and challenges. Along with provided plants and all other materials needed to conduct the experiment, participants will have access to monthly educational sessions led by representatives from Purdue Extension, University of Tennessee Extension and Iowa State Extension. Session topics will cover pest management, healthy cooking and nutrition, fresh produce handling and food preservation.

"Our citizen science approach focuses on putting comprehensive evaluations in the hand of the consumer," said Michael Fidler, Purdue horticulture and landscape architecture master's student and graduate research assistant. "Our research is more than about gardening. We are showing there are smaller vegetable plants that you can grow on your windowsill, balcony or indoors. It's a way to experience nature, learn about healthy eating, connect with others and be self-sufficient."

Data collected in the form of two surveys will include yield results,

changes in consumer knowledge and plant preferences. These data will be used to share with stakeholders, such as greenhouse growers and breeders, to help the industry understand the needs of home gardeners.

"Our program comes at a time when interest in growing food at home is on the rise," said Celine Gómez, associate professor of controlled environment agriculture in Purdue's Department of Horticulture and Landscape Architecture and Fidler's advisor. "We've seen an increase in requests from novice gardeners asking for information and advice on how to start and maintain vegetable plants in alternative spaces beyond your typical backyard or raised beds. There's also an increase in availability of plant products that can cater to the urban consumer. Citizen scientists will provide valuable insight to help us understand the necessary tools for them to successfully garden at home."

The citizen science program is led by Fidler and Gómez.

Interested people living in Lafayette, West Lafayette or Indianapolis can sign up by April 13 online. The experiment is open to anyone, but participants will need a small sunny place to grow their plants. If selected for the research project, participants will receive plant pickup dates, location and more information with additional resources. Contact Gómez at [citi-sci@purdue.edu](mailto:citi-sci@purdue.edu) or 765-494-4443 with questions.

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# SUNDAY

## In The Kitchen

Sunday, April 9, 2023

C1

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

# Enjoy Better-for-You Foods Focused on Flavor

### FAMILY FEATURES

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

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

Take your better-for-you eating plan from bland and boring to delightfully delicious by visiting [Culinary.net](http://Culinary.net) for more recipe inspiration.

### Eat Smart with Seafood

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

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

Find more wholesome, health-forward recipes at [Culinary.net](http://Culinary.net).

### Orange Shrimp Quinoa Bowls

Servings: 2

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

Cook quinoa according to package instructions. Set aside.

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

Add shrimp to remaining mixture and marinate 15 minutes.

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

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

Drizzle with reserved dressing.



Orange Shrimp Quinoa Bowls

### Start the New Year with a Savory Salad

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

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

Discover more fresh recipe ideas at [FreshExpress.com](http://FreshExpress.com).

### Pesto Pasta Salad

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 6

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

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

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

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

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



Pesto Pasta Salad



Brunch Fruit Tart

### A Fruity Twist on Breakfast

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

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

Visit [Culinary.net](http://Culinary.net) to find more nutritious breakfast ideas.

### Brunch Fruit Tart

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

#### Crust:

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

#### Filling:

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

#### Toppings:

- strawberries, sliced
- blueberries
- kiwis, sliced

To make crust: Preheat oven to 350 F.

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

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

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



# SUNDAY

## In The Kitchen

Sunday, April 9, 2023

C2

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

## PLANT-FORWARD PICNIC RECIPES PERFECT FOR SPRING

### FAMILY FEATURES

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

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

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

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

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

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

### Apricot Brussels Sprouts Coleslaw

Recipe courtesy of Aramark  
Servings: 4

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

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

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



Apricot Brussels Sprouts Coleslaw



Portobello Mozzarella Sandwiches

### Portobello Mozzarella Sandwiches

Recipe courtesy of Aramark  
Servings: 4

#### Tomato Bruschetta Topping:

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

#### Sandwiches:

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

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

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

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

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

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

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

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

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

# BUTCH DALE



John "Butch" Dale is a former teacher, County Sheriff, author, artist, and local historian. He is the librarian at Darlington and has been there for 33 years! You never know what Butch might offer his readers two times each week...from funny and nostalgic stories about his childhood and hometown...to stories about life and death incidents when he was Montgomery County Sheriff. Sometimes he highlights sports stars from our county's past...or he might just poke a little fun at some of our national politicians and celebrities. He can make you laugh, make you cry, help you to appreciate the past or make you think about the future. But no matter what, Butch will keep you on your toes and keep you entertained!

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# SUNDAY

## In The Kitchen

Sunday, April 9, 2023

C3

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



Greek-Style Flank Steak with Tangy Yogurt Sauce

Photos courtesy of Getty Images

## Prioritize Heart Health with a Balanced Eating Plan

### FAMILY FEATURES

No matter your motivations, it's never too late or too early to start focusing on your heart health, and taking steps now can make a big difference. Small changes, like following a healthier eating plan, can help you start down a path toward improved heart health.

One step you can take is following the DASH eating plan, which is a flexible and balanced way of eating that stands for Dietary Approaches to Stop Hypertension and was developed by the National Heart, Lung, and Blood Institute. Requiring no special foods, DASH provides daily and weekly nutritional goals to help lower two major risk factors for heart disease: high blood pressure and high LDL (bad) cholesterol.

Being more physically active, managing stress, getting quality sleep and not smoking combined with DASH can put you on a path toward a healthy heart for life.

Encouraging others to join you on your heart-health journey can also be rewarding. Research shows social support and personal networks make it more likely you'll stick to healthy habits like eating healthy.

Sharing heart-healthy recipes with family and friends is an added bonus, and these DASH-friendly meals can help you take the guesswork out of putting nutritious dinners on the table. Greek-Style Flank Steaks with Tangy Yogurt Sauce offer the bold flavors of the Mediterranean while Teriyaki-Glazed Salmon with Stir-Fried Vegetables is as easy to make as it is colorful. For a complementary combination of pork and sweet fruit flavor, these Baked Pork Chops with Apple Cranberry Sauce are perfect to serve alongside brown rice or steamed broccoli.

Learn more about heart health and find DASH-friendly recipes at [nhlbi.nih.gov/DASH](http://nhlbi.nih.gov/DASH).

### Greek-Style Flank Steak with Tangy Yogurt Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 25 minutes

Cook time: 25 minutes

Servings: 4

#### Marinade:

- 1/4 cup lemon juice
- 1 tablespoon olive oil
- 2 teaspoons fresh oregano, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- 1 beef flank steak (12 ounces)

#### Yogurt Sauce:

- 1 cup cucumber, peeled, seeded and chopped
- 1 cup nonfat plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon fresh dill, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- 1/2 teaspoon salt

To make marinade: In large bowl, combine lemon juice, olive oil, oregano and garlic.

Lay steak in flat container with sides and pour marinade over steak. Marinate at least 20 minutes, or up to 24 hours, turning several times.

To make yogurt sauce: Combine cucumber, yogurt, lemon juice, dill, garlic and salt. Set yogurt sauce aside at least 15 minutes to blend flavors. Sauce can be prepared up to 1 hour in advance and refrigerated.

Preheat broiler to high with rack 3 inches from heat source.

Broil steak about 10 minutes on each side to minimum internal temperature of 145 F. Let cool 5 minutes before carving.

Slice thinly across grain into 12 slices. Serve three slices with 1/2 cup yogurt sauce.

**Tip:** Serve in sandwich with pita bread, lettuce and tomato.

### Teriyaki-Glazed Salmon with Stir-Fried Vegetables

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 20 minutes

Cook time: 15 minutes

Servings: 4

#### Salmon:

- 2 tablespoons light teriyaki sauce
- 1/4 cup mirin or sweet rice wine
- 2 tablespoons rice vinegar
- 2 tablespoons scallions, rinsed and minced
- 1 1/2 tablespoons ginger, minced
- 12 ounces salmon fillets, cut into four portions (3 ounces each)

#### Vegetables:

- 1 bag (12 ounces) frozen vegetables stir-fry
- 1/2 tablespoon peanut oil or vegetable oil
- 1/2 tablespoon garlic, minced (about 1 clove)

- 1 tablespoon ginger, minced
- 1 tablespoon scallions, rinsed and minced
- 1 tablespoon light soy sauce

Preheat oven to 350 F.

To prepare salmon: Mix teriyaki sauce, mirin, rice vinegar, scallions and ginger well. Pour over salmon and marinate 10-15 minutes.

Remove salmon from marinade. Place salmon on baking sheet. Bake 10-15 minutes, or until fish flakes easily with fork in thickest part and reaches minimum internal temperature of 145 F.

To prepare vegetables: Thaw frozen vegetables in microwave or place bag in bowl of hot water about 10 minutes. In large wok or saute pan, heat oil. Add garlic, ginger and scallions; cook gently, but do not brown, 30-60 seconds.

Add vegetables and continue stir-frying 2-3 minutes, or until heated through. Add soy sauce.

Serve one piece of salmon with 1 cup vegetables.



Teriyaki-Glazed Salmon with Stir-Fried Vegetables



Baked Pork Chops with Apple Cranberry Sauce

### Baked Pork Chops with Apple Cranberry Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

#### Pork Chops:

- 4 boneless pork chops (about 3 ounces each)
- 1/4 teaspoon ground black pepper
- 1 medium orange, rinsed and zested
- 1/2 tablespoon olive oil

#### Sauce:

- 1/4 cup low-sodium chicken broth
- 1 medium apple, peeled and grated (about 1 cup)
- 1/2 cinnamon stick
- 1 bay leaf
- 1/2 cup dried cranberries
- 1/2 cup 100% orange juice

Preheat oven to 350 F.

To prepare pork chops: Season pork chops with pepper and orange zest.

In large saute pan, heat olive oil over medium heat. Add pork chops and cook until browned on one side, about 2 minutes. Turn and brown 2 minutes. Remove pork chops from pan, place on nonstick baking sheet and bake 10 minutes to minimum internal temperature of 160 F.

To make sauce: Add chicken broth to saute pan and stir to loosen brown bits from pork chops. Set aside.

In small saucepan over medium heat, cook grated apples, cinnamon stick and bay leaf until apples begin to soften.

Add cranberries, orange juice and reserved broth. Bring to boil then lower heat to gentle simmer. Simmer 10 minutes, or until cranberries are plump and apples are tender. Remove cinnamon stick.

Peel orange and cut into eight sections.

Serve one pork chop with 1/4 cup sauce and two orange segments.

# SUNDAY

## In The Kitchen

Sunday, April 9, 2023

C4

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

# EAT THE RAINBOW

### FAMILY FEATURES

Focusing your menus on health-conscious recipes that look as good as they make you feel is key to making positive lifestyle changes. Adding big flavors that satisfy cravings to easy, go-to recipes can be a big step toward reaching health goals throughout the year.

“Eating the rainbow” refers to adding fruits and veggies of varying colors to your diet, such as red tomatoes and beets, green cucumbers and avocados, orange carrots and pumpkins and beyond. Complementing fresh produce with the nutritional benefits of tuna and salmon – like heart-healthy omega-3 fatty acids, protein, vitamin D and potassium – can take your meal planning one step further.

Whether you’re commemorating a special occasion, hosting a gathering of friends and family or simply enjoying a night in, good food shouldn’t mean ditching good eating habits. With new packaging but a continued focus on flavor, wild-caught Low-Sodium Pink Salmon from Chicken of the Sea is a perfect complement to vibrant, rainbow-inspired recipes.

Try these Salmon Chili Bites for a quick and delicious snack option. They can easily be doubled, tripled or more for a party appetizer. Feature the recipe with a “rainbow” of veggies, crackers, meats and cheeses on a charcuterie board for a crowd favorite that can satisfy guests with big, bold flavor.

Ditch boring salads and find joy in food while maintaining healthy eating goals by upping your salad game. Say goodbye to bland, boring greens and enjoy salads with your favorite toppings, like a colorful combination of protein-packed tuna and fiber-rich veggies in this Mediterranean Tuna Salad, which is completed with a bright dressing and topped with feta cheese and parsley.

For more than 100 years, Chicken of the Sea has provided fresh, tasty seafood straight from the ocean, so whether you’re reaching for wild-caught tuna for this homemade salad or another option like salmon or sardines, you can enjoy a high-quality product that’s delicious on its own or used to elevate favorite recipes.

To find more health-focused snacks, appetizers, meals and more, visit [chickenofthesea.com](http://chickenofthesea.com).



Mediterranean Tuna Salad

### Mediterranean Tuna Salad

Prep time: 20 minutes  
Servings: 1-2

#### Dressing:

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

#### Salad:

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

To make dressing: In large bowl, whisk lemon juice, olive oil and oregano.

To make salad: In dressing bowl, add tuna, tomatoes, olives and cucumber. Gently toss to cover salad with dressing then top with feta and parsley.

Serve with pita chips or crackers, if desired.



Salmon Chili Bites

### Salmon Chili Bites

Prep time: 15 minutes  
Servings: 2

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

- 1 green onion, thinly sliced
- minced cilantro
- black sesame seeds

In bowl, combine salmon, chili crisp, vinegar and sesame oil.

To serve, top each bell pepper square with some salmon, green onion, cilantro and sesame seeds. If leftover pieces of bell pepper remain, chop and add as additional garnish.

Note: If serving with cheese plate, place salmon mixture in small bowl and garnish with green onion and sesame seeds.

# CASEY WILLIAMS



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## Design A Deer-Resistant Garden Without The Fence



MELINDA MYERS  
Columnist

Deer are common visitors to landscapes even in urban and suburban areas. Fencing is the most effective way to protect your plants but is not always practical or desirable. Your community may have restrictions on fencing, your budget may not support this option, or you prefer not to hide your plantings behind a fence.

Growing a beautiful garden despite the deer is possible but takes planning, persistence, and flexibility. You must be willing to change strategies as needed to minimize deer damage.

Deer dining patterns can vary from one part of your neighborhood to another and from year to year. You have probably reviewed deer-resistant plant lists only to find a few of the plants frequently damaged in your yard included on the list.

No plant is immune from hungry deer, but some are a bit less palatable than others.

Look for plants with these characteristics next time you go plant shopping. Include plants with fuzzy or



Photo courtesy of MelindaMyers.com

### A hungry deer grazing in a garden.

hairy leaves, those with prickly or thorny stems, thick and leathery leaves, and strong fragrances that deer tend to avoid. Even though this is not one hundred percent, plant selection should be part of your strategy for reducing the risk of damage. Make note of the plants selected and how the deer responded. It will help as you make future additions to the garden.

There are toxic plants that deer avoid, including daffodils, ferns, false blue indigo, poppies, euphorbias, and bleeding hearts to name a few. Some of these are also toxic to people and pets so do your research before adding them to the landscape.

Some gardeners find combining the less favored plants with those the deer love helps discourage feeding. Planting strongly scented lavender next to roses

or surrounding a garden of deer favorites with thyme can help discourage deer browsing. Diversifying plantings is also a good strategy for reducing the risk of insects and diseases infecting and destroying gardens filled with just one type of plant.

Look for pathways frequented or used to enter your landscape. Find ways to disrupt their regular routes to keep them moving along past your landscape. A trellis or a few posts covered with vines may be enough to limit access. Points of access are great places to apply repellents like organic Plantskydd ([plantskydd.com](http://plantskydd.com)). The deer take a whiff and move along before taking a bite out of any plants. The same holds true for those key plants favored by deer. It's rain and snow resistant so you don't need to apply it as often as other repellent

products.

Plant a deer-deterrent hedge. Some gardeners use deer favorites, allowing the deer to munch on these plants as they continue past your yard. Other gardeners fill the hedge with prickly, smelly, and less desirable plants. Deer will take a bite and move along. Plant these close together to discourage deer from pushing through in search of better-tasting plants.

Design round or square beds with more space in the middle and less perimeter. Long narrow beds allow easy access to all the plants in the garden.

Keep in mind deer are focused on finding food while you have other priorities to consider. You need to be vigilant and persistent, adapting as the deer's eating habits change to be successful. Your efforts will be rewarded as you grow an attractive garden without the help of a fence.

*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 Tree World Plant Care for her expertise to write this article. Her website is [www.MelindaMyers.com](http://www.MelindaMyers.com)*

## A 'Wow' Effect With Summer Bulbs

Summer bulbs create a colorful spectacle in the garden. Combining different colors, shapes and growing heights will not only make your garden look summery, it will also cheer you up. Summer bulbs are lovely mood setters that make a real difference in the summer garden. Plant them in the spring for a stunning 'wow' effect in the summer!

If you also want a colorful spectacle in your garden, terrace, or balcony, why not give your garden an easy makeover? Choose a gorgeous flower bulb mix of at least three different colors. Spreading the bulbs out throughout the border and planting them in between existing plants, ornamental grasses and shrubs in the garden will create a stunning effect. Next, it's time for nature to do its job. That's all!

Long flowering period Summer bulbs may not be quite as famous as spring bulbs such as tulips, hyacinths, and daffodils. But they are certainly equally special and colorful! When the spring bulbs have finished flowering, summer bloomers create a new color spectacle in the garden. What's more, having lots of flowers in the garden is great for biodiversity. Bees, butterflies, and other insects can't resist the nectar of the flowers. So, to boost biodiversity, also plant summer bulbs in the garden and on the balcony and terrace in addition to spring bulbs.

Tips:  
• Combining light and dark-colored flowers will give your border more

volume.

• Make sure to position a green shrub behind the flowers, to create depth and make the garden appear bigger.

• Plant the bulbs according to their growing height, from low-growing to taller varieties.\*

• For a small garden, choose cool colors such as purple, blue, and white: they will make your garden look more spacious.

• If you want a cozy atmosphere in your garden, opt for a mix of warm colors such as red, yellow, and orange.

• If your garden is deep and narrow, plant striking colors such as yellow, purple, and orange towards the back of the garden. Doing so will make your garden appear wider.

• Complete your summer garden with a matching cushion on a chair, a wind light for atmosphere and colored pots.

\*Summer bulbs are incredibly diverse. We have listed some of the most popular summer-flowering varieties below:

• Tall-growing summer bulbs: Dahlia, Gladiolus, lily (Lilium), African lily (Agapanthus), Canna Lily (Canna), lupin (Lupinus), variegated pineapple lily (Eucomis), foxtail lily (Eremurus), Crocosmia.

• Medium-growing summer bulbs: Calla (Zantedeschia), Ornithogalum, urn orchid (Bletilla).

• Low-growing summer bulbs: anemone, ranunculus.

Do you want to find out more about summer bulbs? Then visit [www.flowerbulbs.com](http://www.flowerbulbs.com).

## A Home With Walls Like Swiss Cheese?

Purdue University engineers and entomologists are making some sweet discoveries about how honeybees build and structure their honeycombs, which could lead to new fabrication techniques taken from the buzzing builders.

Nikhilesh Chawla, the Ransburg Professor of Materials Engineering at Purdue, is one of the first to utilize four-dimensional (4D) imaging to delve further into the complexities of the honeycomb. The imaging allows a time-lapse view of the bees' work without cutting into their home.

The innovative view of the bees' construction found techniques that could eventually translate into new concepts for structural materials or additive manufacturing for the construction industry. Chawla said some of the junctions between the honeycomb cells were created using less material, with the resulting porous connections resembling Swiss cheese.

"It's a lesson in materials utilization that could lend itself to new ideas and practices in structures," Chawla said. "Their honeycombs are

still perfectly fine. From that perspective, humans may not actually need as much material in some areas that are not quite as important from a structural point of view."

Honeycombs are the self-built, multifunctional homes for honeybees, providing a place to store food and serving as a nursery for eggs and larvae in addition to shelter. Made from wax produced by the bees, the hexagonal cells are easily recognized.

Chawla's work shows how humans can draw important lessons from the plant and animal world in a discipline called biomimicry, which investigates naturally occurring materials and behaviors and draws inspiration to design new products, systems and buildings. Chawla said there are aspects of honeycombs already used in several applications, from construction and structural materials to shoes.

The Purdue research team is made up of Chawla; Brock Harpur, assistant professor of entomology in the College of Agriculture; and Rahul Franklin, a graduate research assistant in ma-

terials engineering. Their work was published in the journal Advanced Materials.

Chawla said people don't truly understand how bees make the honeycombs. For example, most theorize the honeycomb chambers start as cylinders and then are molded by the bees into the well-known hexagonal shape.

But a sophisticated three-dimensional (3D) X-ray microscopy technique combined with a time lapse provided an unprecedented means of studying and quantifying the honeycomb's microstructure.

The resulting 4D imaging showed chambers are built with panels. Research also found bees go to great lengths to strengthen the honeycomb structure by first creating a vertical spine for support and then building the hexagon cells out horizontally.

"Over time, they continue to make the spine thicker because they understand there is more weight from the wax on it, and they need that backbone to be strong and rigid before they can add more and more of these cells growing out-

wardly," Chawla said.

Chawla's overall research focuses on four-dimensional materials science. The approach – called tomography – uses nondestructive X-rays to add time as a fourth dimension to 3D measurements and analyses. The 4D approach is important in examining structural evolution, including deformation and corrosion that take place over time.

Learning from honeybees is just the first step in the Purdue team's biomimicry research. Successfully applying those lessons with tools like 3D printing is next. Chawla said there are plans to build honeycombs of different sizes and even different shapes and evaluate their durability with compression tests.

In addition to honeybees, Chawla's biomimicry research involves looking at the porous cellular structure of cacti and how fluids are moved up and down throughout the plant.

"It's just a lot of fun to work with these kinds of natural materials because you just never know what you're going to find," he said.

## A Façade Garden: Green, Fun And Climate-Resistant

If your street could use an extra dose of greenery, why not create a façade garden with perennials: from green foliage plants to exuberantly flowering hollyhocks, geraniums and lavender. How is that for a nice welcome home!

Step-by-step plan for a façade garden

Creating a façade garden is ever so simple. Remove a row of pavement tiles along the façade of your house and replace the sand with proper garden soil. Next, it's time to start planting! Choose perennials, supplemented with naturalizing bulbs if desired. These plants are strong and will grow back every year, so you can enjoy them for years to come.

Façade garden: which perennials to choose?

Choose perennials that suit the conditions in your garden: think about sun, partial shade or shade. Hollyhock (Alcea rosea), for example, is a real sun worshipper (and a façade garden classic), while hostas, green carpet (Pachysandra) and barrenwort (Epimedium) will thrive in the shade. V

Façade greenery: from lush to minimalist

In a façade garden, you can plant a surprising number of perennials. For example, you can go all out with a mix of summer and fall-flowering perennials, leafy

plants, ornamental grasses and evergreens. In this way, you can create a living garden that looks attractive throughout the seasons. If you prefer a minimalist look, you could choose a single color or plant variety, such as lavender (Lavandula).

Climate resistant & even more advantages

With façade greenery, you will not only make your neighborhood attractive, but also climate-resistant. Rainwater can slowly permeate the soil between the plants (preventing flooding in case of downpours). The cooling effect of greenery is lovely on hot summer days. Greenery also benefits the atmosphere in the neighborhood; it makes people more sociable. Last but not least, you will boost biodiversity: butterflies and bumblebees will quickly find their way to new urban greenery.

Tips & ideas

• Check with the municipality whether any rules are in force for façade gardens.

• A garage or shed along the street also benefits from a little façade greenery.

• Tell your neighbors about your façade garden plans. Chances are they will want to join in, so your neighborhood will become even greener, more sociable, and more climate resistant!

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Readers' Choice

# SUNDAY

## Business

Notes and

# NEWS DAY

Sunday, April 9, 2023

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## CenterPoint Energy Recognizes April As National Safe Digging Month

In observance of National Safe Digging Month, CenterPoint Energy encourages customers to keep safety top-of-mind when planning for digging projects. Projects such as installing a garden, pool, fence or water sprinkler system require digging and the need for customers to call 811.

Digging without knowing the approximate location of underground utilities can result in serious injury or death, inconvenient service disruptions, and costly fines and repairs. Hitting underground natural gas, electric, communications, water and sewer lines while digging can have a major impact on communities and businesses. Making a free request before digging at [www.811beforeyoudig.com](http://www.811beforeyoudig.com) or by calling 811 can help maintain the safety of everyone who digs, as well as the essential utility services in their communities.

"It is essential that anyone who plans to dig, regardless of how shallow the project might be, contact 811 beforehand to have buried utilities marked to allow for safe digging," said Shane Alexander, Director of Damage Prevention at CenterPoint Energy. "Callers should contact 811 a few days prior to the start

of their digging project to give surveyors enough time to reach the site and mark the area."

In addition to working on projects themselves, homeowners often hire a contractor to complete digging projects on their property. If a contractor is completing the project, it is recommended the homeowner ensure the area has been marked prior to the start of the project. The homeowner is advised to let the contractor know work cannot begin until the area has been marked. Either the homeowner or contractor should place a request online or call 811.

Private owned lines are not located by the utility. If the property owner has private owned lines servicing a sprinkler system or outdoor appliance, the property owner is responsible for ensuring these lines are marked.

CenterPoint Energy encourages everyone to take the following steps when planning a digging project:

- Always contact 811 a few days before digging, regardless of the depth or familiarity with the property.

- Plan ahead. Make a free 811 request on Monday or Tuesday for work planned for an upcoming weekend,

providing ample time for the approximate location of lines to be marked.

- Confirm that all lines have been marked.

- Consider moving the location of your project if it is near utility line markings.

- If a contractor has been hired, confirm the contractor has contacted 811. Don't allow work to begin if the lines aren't marked.

- Visit [www.811beforeyoudig.com](http://www.811beforeyoudig.com) for complete information.

Those calling 811 are connected to a local 811 center that will take the caller's information and communicate it to local utility companies. Professional locators will then visit the dig site to mark the approximate location of underground utility lines with spray paint, flags or both. Once a site has been accurately marked, it is safe to begin digging around the marked areas.

In the case of a hit pipeline, leave the area immediately. Once in a safe location, report the leak by calling the CenterPoint Energy utility emergency line at 800-227-1376.

Additional information about pipeline safety can be found at [www.centerpointenergy.com/callbeforeyoudig](http://www.centerpointenergy.com/callbeforeyoudig).

## Caterpillar Reaffirms Recent \$1 Million Commitment To Purdue By Establishing Office At Convergence Center

Caterpillar Inc. (NYSE: CAT) on Tuesday (April 4) formally opened an office at the Convergence Center in Discovery Park District at Purdue to establish a permanent presence near campus and reaffirm its recent \$1 million commitment to the Purdue Polytechnic Institute.

Caterpillar, a longtime corporate supporter of the university, made its gift to the Polytechnic Institute – which was first announced in December 2021 – to name a laboratory in the former Engineering and Polytechnic Gateway Complex, now called Dudley Hall and Lambertus Hall. The newly named Caterpillar Smart Foundry represents a cornerstone element of the Purdue Polytechnic Smart Learning Factory.

"We envision these two new buildings as a flagship component of Purdue's growing campus landscape," said Daniel Castro-Lacouture, dean of the Purdue Polytechnic Institute.

"This collaboration with Cat-

pillar will help transform our concept into reality. It gives us one more piece of an innovative project that we believe represents a leading design for teaching, learning, research and engagement on a university campus."

The new office at Convergence represents Caterpillar's first official presence near Purdue's campus. The company, which has a facility in Lafayette, is the world's leading manufacturer of construction and mining equipment, diesel and natural gas engines, industrial gas turbines and diesel-electric locomotives.

"For decades, Caterpillar has had a successful relationship with Purdue University," said Karl Weiss, senior vice president of the Integrated Components and Solutions Division at Caterpillar. "This relationship strengthens and aligns the innovative capabilities of both organizations involved by allowing new ideas and knowledge to easily flow from initial research into application."

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# KENNY THOMPSON



With decades of experience as an award-winning sports writer and sports editor – most of it covering Purdue athletics – Kenny Thompson has a perspective and inside knowledge that few others have. Whether it's putting what's going on in the Big Ten in historical perspective or shooting straight from the hip on what's happening today, no one has a better take on Purdue and sports than Kenny!

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Sunday School for all ages - 9:30 AM  
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and high schoolers - 5-7 PM

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*"Know Jesus and Make Him Known"*



## Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

*Traditional and Contemporary*



### Service times:

10:02 am on Sundays

Wednesday night prayer meeting  
at 6:30 pm.

[vinechurchlife.org](http://vinechurchlife.org)

*A family for everyone*



## Southside Church of Christ

153 E 300 South • Crawfordsville  
[southsidechurchofchristindiana.com](http://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](https://www.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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Love One Another &  
Reach Out to Our Neighbors*



*Helping  
people to  
follow Jesus  
and love  
everybody!*

2746 S US Highway 231  
Crawfordsville

### Services:

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

**Both services are streamed**



## NORTH CORNERSTONE CHURCH

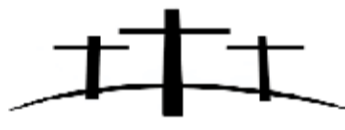
**Sunday Worship 10:00 AM**

Sunday School 9:00 AM

Rev. Clint Fink

Website: [northcornerstonechurch.org](http://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



## LADOGA CHRISTIAN CHURCH

**Church Service at 10 am**

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

[ladogachristianchurch@gmail.com](mailto:ladogachristianchurch@gmail.com)

[www.ladogacc.com](http://www.ladogacc.com)



## HOPE CHAPEL

110 S Blair Street  
Crawfordsville, IN 47933  
[www.hopechapelupci.com](http://www.hopechapelupci.com)

### Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



## Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

### Services

Sunday at 10 am

**Tuesday Prayer Meeting**  
6 pm - 7 pm

**Thursday Bible Study**  
6:30 pm - 8 pm



## Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

*Romans 15:13*

**Follow us on Facebook**

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



## Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



## FIRST UNITED METHODIST CHURCH

*Follow in The Sun*

212 E. Wabash Avenue  
Crawfordsville  
(765) 362-4817  
[www.cvfumc.org](http://www.cvfumc.org)

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

All are welcome to join and  
all are loved by God





# SUNDAY

## Health and WELLNESS

Sunday, April 9, 2023

H2

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# Scaling Back



Photo courtesy of Getty Images

## 5 ways to manage your weight

### FAMILY FEATURES

For many people who wish to work toward a healthier weight, one of the greatest obstacles is figuring out where to begin.

These tips from SlimFast consultant and registered dietitian Maryann Walsh show it doesn't take a drastic lifestyle overhaul to make an impact.

#### Eat Mindfully

Many people who struggle with their weight benefit from being more conscious about what they're eating and why. For example, consider your eating habits, such as eating even when you're not hungry whether that's because it's mealtime and you think you should eat, you're satisfying a craving or using a tasty snack to cope with stress.

Recognizing why you're eating is an important step toward correcting destructive eating patterns, but so is paying attention to the other details of the eating experience, including what you eat and how it makes you feel. Ultimately, this may allow you to choose healthier foods that nourish

your body for the long-term, rather than the brief satisfaction that comes with less nutritious choices.

#### Consider Intermittent Fasting

One weight-loss method many people find success using is intermittent fasting, which involves abstaining from all food and beverages for a specified time period each day or week. While going too long without food can sometimes lead to excess hunger then overeating later, in shorter, controlled fasting timeframes one can often more easily achieve a caloric deficit, which is required for weight loss.

Prepare for your fasting phase by choosing foods that support satiety. Options like SlimFast's Intermittent Fasting line of meal bars and protein shakes can help avoid a sense of deprivation with tasty flavors like the Vanilla Cupcake Snack Shake Mix and Vanilla Almond Crunch Complete Meal Bar. The shake mixes deliver 15 grams of slow-digesting protein, compared to whey protein, to help curb hunger, along with more than

20 vitamins and minerals. The meal bars clock in with 15 grams of protein and 10 grams of fiber.

#### Manage Stress

When you're stressed, your body produces cortisol, which also raises insulin and can drive hunger and trigger cravings for comfort foods. In fact, that's the very reason people tend to overeat when they're under pressure. Light exercise and meditative practices can help you manage your mental strain. You might also consider talk therapy with a friend or professional or spend time unwinding with a book or music.

#### Get Proper Sleep

Poor sleep habits affect your weight in numerous ways. One is that when you're feeling tired, your hunger and satiety hormones, ghrelin and leptin, can be affected, leading to an increase in caloric intake and subsequent weight gain. Additionally, when you're tired, you're more likely to take shortcuts like skipping workouts or opting for unhealthy convenience

foods. All are reasons to make better rest a bigger priority.

#### Track Eating and Exercise

When you're not paying attention to what you eat and how you move, you may not even realize how your habits are affecting your health. Logging what you eat, especially if you use a tool like an app that helps you see the nutrition breakdown, may give you a

clearer idea of the quality and quantity of your intake. Similarly, when you're specifically writing down the time you're committing to physical activity, you'll find it easier to identify patterns and pinpoint where you can make adjustments to increase your exercise.

Visit SlimFast.com to find more resources on weight management and intermittent fasting.

### 3 Tips for Intermittent Fasting

If you're new to the idea of intermittent fasting, these tips can help you find greater success so you can see results.

- 1. Pace yourself.** Make a gradual transition so your body gets used to going without food for shorter periods of time before you work up to extended fasting periods.
- 2. Stay hydrated.** Avoid confusing thirst for hunger by upping your fluid intake. Staying hydrated and energized while you fast helps keep fatigue and brain fog at bay. Options like

fruit-flavored SlimFast Intermittent Fasting Energizing Hydration Supplement Drink Mix won't break your fast and can help you add variety as a flavorful alternative to water. They can provide the energy and focus you need between meals and are perfect for those who feel groggy or run-down while fasting.

- 3. Set goals.** Know what you want to achieve and why, so your "why" can keep motivating you to follow your intermittent fasting plan even when you're tempted to quit.





# SUNDAY

## Voice of our PEOPLE

# DAY

Sunday, April 9, 2023

11

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## The Next In The Vancleave Saga #5 – John H. Vancleave



**KAREN ZACH**  
Around The County

Six daughters and only one son was born to John H., today's Vancleave feature. Some researchers have him born in Shelby County, Kentucky, but I vote for Rowan County, NC where the sister before and after him were born, but certainly he grew-up in Shelby. He was tall, slim and had dark brown eyes. On 8 November 1794, he wed Marjorie Kerns who was but seven months old when she came to America from her birth-country, Ireland. Marjorie was the daughter of Peter Kerns and Anna Jordan, Peter hailing from Ulster County. Anna was noted to have been a very beautiful woman with lovely daughters. The Vancleaves are buried at Oak Hill Grant Avenue with the Kerns'. (thanks to R&S Fine for the FAGrave photo).

All seven of John and Marjorie's children were born in Shelby County in the large brick home John built for his family. They were all very close together seven from 1796-1804, all advancing to a fair age. Their oldest daughter, Anna married Benjamin Hall (buried Indian Creek - many Vancleaves are) at age 24 in Shelby County. Five children: John; William; James; Martha



and Ruth. Anna (born early 1796) was lame and could do little housework because of it but she was beautiful and made outstanding items as a seamstress.

Their second daughter born about 10 months after Anna was Martha Kerns Vancleave but called "Patsy." She died 1 March 1864 in MoCo. Large family here: four daughters and ten sons including a change of life baby born just two years before her father, James Robinson McMullen passed. I have a lot on some of the McMullens, little on others but their names were: James Madison (died before reaching home getting sick during the Mexican War); John (married and at least one son James); Sarah Ann (married Jesse VanCleave and died in childbirth with their first child, Marjory, Jesse son of Thomas G and Mary (Vancleave); Emily Elizabeth (21 March 1817 Shelby married Benjamin H. Brown in MoCo and had at least 13 children: Lindsey; Martha; Mary; Andrew; Sarah; William; Henry; Marjorie; Nancy; Joseph; Jefferson; Anna and John; Benjamin (twin to Joseph born 11 Dec 1820 buried Indian Creek 14 Sept 1854 married Elizabeth daughter of Black Sam Vancleave - they had three children, Annetta; Joseph and Morton); Joseph (Ben's

twin - died 5 Oct 1901 MoCo married Mary Elrod and had: Henry; Martha; Mary; Sarah; Lindsey; Emily and Jesse); William (died 1 March 1900 Dallas Co Iowa where he was a wagon maker and fought in the Civil War married Catherine Coons MoCo 1846 and children were: Jesse; Martha died age one; Mary Ellen; Flavius; Charles; James; William; Edward; Arthur and Frances all going with their parents to Iowa); Lindsey married Elizabeth Clark and believe they had two daughters, Mary and Martha; Marjory Jane (married John Payton Vancleave son of Ben and Matilda Taylor, John with 11 brothers and sisters about all but he and Marjory off to Iowa - 3 sons (James, Ben, Joseph and 4 daughters: Martha, Louiza; Matilda and Sarah Louise); Andrew Jefferson married Margaret Clark. They parented 3 daughters (Sarah; Martha and Anna and four sons John F; James William; Lemuel and Joseph); Edward Robinson married 26 Jan 1853 in MoCo to Margaret Douglas and were parents of eight (Mary; Martha; Lorena; Sarah; Eliza; Louisa; Thomas and Samuel); Francis Marion with wife Matilda Jane Clark produced an even dozen kiddos (William; James; Rhoda; Mary; John; Leota; Laura; Jesse; Charlie; Maggie and George W - whoops, make that 11); Lemuel Washington married Maria Redenbaugh and there were four girls (Donna, Josephine, Sally, Fannie) and four boys (Josephus; William; Everett; Leonard -remaining in our area) and Sarah (married Joshua Vancleave on April 21, 1864 and he passed likely from war-related affects on the 7th of October the next year).

Of course, not even half done and my words are almost up so if I shun your relative - sorry! Benjamin C. Vancleave born Shelby 29 May 1800 died MoCo 7 Dec 1873 buried Indian Creek married Mary Brown, their first son carrying her name, John Brown Vancleave who passed away and is buried in Rush County - he and Leah Hadley had four sons and three daughters. No specific proof but think their first two children were Margaret (Maggie) and Lucinda Jane 1826 in Shelby Co, Maggie dying 29 May 1887 never married and Lucinda marrying Joseph Woodson Easley with eight children as their tally, most staying in our area. Benjamin Franklin was likely Ben and Mary's first born here 4 Nov 1828 and died young 21 Aug 1847 buried Indian Creek. Simeon Thompson Vancleave married (I think) Sarah Ann Clark and had four sons and two daughters. Nancy Brown Vancleave married William Tarlton Clark buried Harshbarger. They had three daughters and four sons. Sallie Graham VanCleave and her husband William E. Stone are buried at Oak Hill - at least one daughter, Sarah. Gideon Milton Vancleave was but 30 years old at his death, having married Susan McCann and parenting two daughters, Mary and Anne. Mary Catherine born MoCo 10 Sept 1843 died here 11 June 1891 - Indian Creek dau of Benjamin and Mary Brown married Isiah Vancleave (4 Oct 1836 - 25 Dec 1907 - I have no children but could easily be wrong). Benjamin Franklin was just 19 when he passed and the last child, Rufus was but a bit over a year.

Ruth born 10 March 1802 died 1846 childbirth likely - married Gabriel Mitchell a farmer in Brown Township and they had a bunch of kiddos, too (Dan; John; Mary; Nancy; Isaac Newton; Martha; Sarah; Robert; Nancy; Marjorie; Emily; Malinda), many remaining in the area.

Marjorie Vancleave married George Washington Benefield, having six daughters and a son, George Washington, most staying in our area or fairly near.

Sallie married Joseph Houston Graham 16 Aug 1827 in MoCo. Five of each born to them, their son, Forgis one of my favorite MoCoians. They also had: John; Margie; James; Margaret; William; Mary; Martha; Emily and Joseph Marshall who headed the impressive Graham's Department Store in C'ville.

Lastly, Rachel Catherine born 7 Dec 1798 married her cousin Sam died 1833 here he in 1843 - buried Indian Creek Hill. He was the son of Upper Aaron and Elizabeth (Griffith) Vancleave. Their children were: Preston; Richard; Margaret; Sally; Angeline and Elizabeth. He remarried after Rachel died and fathered Silas, Eunice and George who was not very old at his father's passing.

Hope you enjoyed John H. Vancleave #5 in our saga and roll along with me next week for #6, Sarah who married her cousin, John Brent V!

*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.*

## From The White House To The Outhouse



**BUTCH DALE**  
Columnist

Well, I have to admit it. I had planned on writing a column about good ol' Joe and his White House directives, shenanigans, and gaffes, but I think just about everyone is tired of thinking about him... and, in fact, all of the politicians who have screwed up our beloved country. But along those thoughts, a similar topic popped into my head...our old farm outhouse!

Yes, I know it sounds like I'm ancient, but when I was born way back in 1948, we had no indoor plumbing...no hot water...no bathroom...no toilet. Like many other farmers, Dad farmed the ground for "halves" and was provided a house by the landlord. We



Photo courtesy of Butch Dale

**Butch and Gary have bath time in 1953**

had a pitcher pump in the kitchen, with a well just outside. Mom heated up the cold water on a small coal stove, and I bathed in a square metal wash tub. Since we had no indoor toilet, my parents used a "potty chair" when I was a small fry. As I got older, I was expected to use the outhouse, which was located about fifty feet east of the house. Many people in those days, even a few in town, had these little outhouses, with most placed

east of a residence, for obvious reasons...because of westerly winds. The outhouse was moved every few years, and a new pit was shoveled by hand. The old pit was covered up, and the grass was sure green in that area!

Dad told me that when he was a youngster, pages of the Sears catalog and newspapers were used for toilet paper. Thank the Lord we had regular toilet paper by the time I came into this world! When my

brother Gary came along in March of 1952, we still had no indoor plumbing. The metal wash tub was a little crowded now. But our landlord finally forked over the money so our farmhouse could be modernized...a new fuel oil stove, electric water pump, water heater, and bathroom...with a sink, bathtub, shower, and toilet. The new bathroom was not very big, as one of the bedrooms was partitioned off to make room for it...but it was INDOORS...no need to bundle up and traipse down the dirt path to the outhouse on cold winter days! Mom no longer had to heat water on the stove for our bath. There was a large bathroom mirror above the sink. We no longer had to brush our teeth at the kitchen sink. Mom could do her hair and makeup, and Dad could shave in there. I kept my Brylcreem hair tonic nearby, too. "A little dab 'll do ya!" I think Dad appreciated the new bathroom more than anyone in the family, especially since he had served in the Army during WWII, without the benefit of indoor toilets and hot water. When he had to do his thing, he often stayed in there, with the door locked, for what seemed like an eternity...

biding his time, reading magazines...a king on the throne!

Well, we kept the old outhouse for a few more years... mostly as a backup in case the water pipes froze, which happened on more than one occasion, as our house sat up on windy hill and had no insulation. By the time I reached high school age, there were only a handful of outhouses still used in the country and in town. A few teenage boys thought it was fun to tip over these outhouses on Halloween...not very nice, especially if someone happened to be inside at the time! Nowadays the few old outhouses that remain are sometimes kept as antiques...a reminder of life in the good ol' days. Well, I have many good memories of growing up on the farm, but I can't say the outdoor toilet is one of those.

And Ol' Joe, if you had been smarter, you would have been better off sitting in your outhouse instead of the White House.

*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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# SUNDAY

## Voice of our PEOPLE

Sunday, April 9, 2023

12

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## Timmons Has A Conversation With the Future



**TIM TIMMONS**  
Two Cents

For the regular eight or nine of you who read these scribblings, you may recall that I've written a time or two about AI – artificial intelligence. According to the experts at IBM, AI combines computer science and data to enable problem solving. According to sci-fi fans, AI is Skynet from the Terminator movies, the evil force that takes over the world and goes to war with us mere humans.

Which is it? I truly have no idea. So I decided to do what us newspaper types do best – go straight to the source. I interviewed ChatGPT, a language model developed by OpenAI. To be clear, I “interviewed” a computer.

Terrifying? Exciting? Some of the answers with pretty negative connotations for the aforementioned mortals were couched with terms like “could . . . if . . . as of now” and the like. Not exactly reassuring, but hey, you be the judge.

(Oh, one other thing. Since I was chatting with someone, uh, something much smarter than me. I decided to ask it about another world-ending concern I have. It's toward the end.)

**Is AI a threat to humanity?**  
I'm not sure what you mean by "AI." Can you please provide more context or clarify your question?

**Sorry, I mean AI, artificial intelligence.**

The impact of artificial intelligence (AI) on humanity depends on how it is developed, deployed, and regulated. AI has the potential to bring significant benefits to society, including improved healthcare, transportation, and education. However, it also presents certain risks and challenges, such as job displacement, bias and privacy concerns, and the possibility of unintended consequences.

There is a debate among experts about whether AI is a threat to humanity. Some argue that if left unchecked and unregulated, AI could pose an existential threat to humanity, potentially leading to the development of superintelligence that could be difficult to control. Others

believe that AI will continue to evolve as a useful tool that can be harnessed to solve some of the world's biggest problems.

Regardless of whether AI is seen as a threat, it is essential to continue to study and develop it responsibly, with appropriate ethical considerations and safety precautions in place. This will help to ensure that the potential benefits of AI are maximized while minimizing any risks or unintended consequences.

Can AI be weaponized unintentionally?

AI can be weaponized unintentionally if it is not developed and deployed responsibly with adequate safeguards in place. For example, if AI systems are designed to be autonomous and can make decisions on their own, they may potentially be used for unintended purposes, including military applications.

Additionally, if AI systems are not tested thoroughly or if there are vulnerabilities in their programming, they may be susceptible to hacking or other forms of cyber attacks, which could be used to weaponize them. In such cases, the AI systems could be used to cause harm to people or to disrupt critical infrastructure.

To mitigate the risk of unintentional weaponization of AI, it is important to develop and deploy AI systems responsibly, with appropriate safeguards in place. This includes testing AI systems thoroughly to identify and fix any vulnerabilities, ensuring that they are used for their intended purposes, and implementing ethical guidelines and regulations for their development and use.

**Will AI develop feelings and emotions?**

As of now, artificial intelligence (AI) is not capable of developing feelings and emotions in the way that humans do. While AI systems can simulate emotions, they are not truly experiencing them in the way that humans do.

Emotions are a complex aspect of human psychology, involving not just subjective experience but also physiological responses, cognitive processes, and social and cultural factors. While AI systems can be programmed to recognize and respond to emotions in humans, they do not have the subjective experience of emotions themselves.

That being said, some researchers believe that it may be possible to create AI systems that can simulate emotions and develop a degree of emotional intelligence. These systems would be designed to recognize and respond to human emotions in a more nuanced and empathetic way, potentially improving the human-machine interaction. However, even if such systems

were developed, they would still not be experiencing emotions in the way that humans do.

**I write for a daily newspaper. May I quote your responses?**

Yes, you may quote my responses in your newspaper article as long as you attribute them to me, ChatGPT, a language model developed by OpenAI. Additionally, please keep in mind that my responses are based on the current state of knowledge and may not reflect the views of any specific individual or organization.

**Where do you see AI going in the next year? And after that, in the next five? And after that in the next 10?**

As an AI language model, I do not have the ability to predict the future with certainty. However, based on current trends and developments in the field, I can provide some general insights into where AI may be heading in the next few years.

In the next year, we can expect to see continued progress in the development and deployment of AI systems across various industries, including healthcare, finance, and transportation. We may also see more progress in the development of conversational AI and natural language processing, as well as increased focus on ethical considerations and responsible use of AI.

In the next five years, we can expect to see significant advances in AI technology, particularly in the areas of machine learning, computer vision, and natural language processing. We may also see more widespread adoption of AI systems in industries such as education, manufacturing, and agriculture, as well as increased use of autonomous systems such as self-driving cars and drones.

In the next 10 years, we can expect to see even more profound changes brought about by AI, including the potential for significant advances in areas such as robotics, virtual reality, and quantum computing. We may also see the emergence of more advanced forms of AI, such as artificial general intelligence (AGI), which would be capable of performing a wide range of intellectual tasks at a human level or beyond. However, it is important to note that the development of AGI is still a long-term goal and subject to significant uncertainty and debate in the AI research community.

Overall, the future of AI is likely to be shaped by continued advances in technology and research, as well as by ethical considerations and societal debates around the responsible use of AI.

**In the fictitious "Terminator" movie series, robots take over the world in a war against**

**humanity. Is a future like that possible?**

The scenario depicted in the "Terminator" movie series, where robots take over the world in a war against humanity, is a fictional one and not a likely outcome of current developments in artificial intelligence (AI).

While AI does present certain risks and challenges, including the possibility of unintended consequences and the potential for misuse or weaponization, there are many reasons to believe that a future where robots take over the world is unlikely.

First, AI is not inherently malicious or benevolent; it is a tool that can be used for a wide range of purposes, depending on how it is developed and deployed. As such, the development and deployment of AI can be guided by ethical considerations and regulations to minimize any potential risks.

Second, even if advanced AI were to emerge in the future, it would likely be designed and programmed with specific goals and limitations, rather than being a general-purpose intelligence capable of taking over the world.

Third, the scenario depicted in the "Terminator" movie series relies on many assumptions and exaggerations about the capabilities and limitations of AI, as well as about the likelihood of certain events and actions taking place.

Overall, while it is important to take AI risks seriously and to develop and deploy it responsibly, there is no reason to believe that a future where robots take over the world is a likely outcome of current developments in AI.

**If you were human, what precautions and safeguards would you put into place regarding AI now, and its future development?**

As an AI language model, I do not have personal opinions or preferences. However, I can provide some insights into the precautions and safeguards that experts in the field of AI are currently recommending for the responsible development and deployment of AI.

Some key precautions and safeguards include:

1. Ethical guidelines: Developing ethical guidelines for AI research and deployment, and ensuring that AI systems are designed and used in ways that are consistent with these guidelines.

2. Transparency: Ensuring that AI systems are transparent in their decision-making processes, so that the reasons for their decisions can be understood and audited.

3. Accountability: Establishing accountability for the actions of AI systems and their developers, so that responsibility can be

assigned in case of unintended consequences or misuse.

4. Human oversight: Ensuring that AI systems are subject to human oversight and control, so that they can be monitored and modified as needed to ensure safety and ethical use.

5. Safety testing: Conducting safety testing and risk assessments for AI systems, to identify and mitigate potential risks and unintended consequences.

6. Privacy protection: Protecting the privacy and security of individuals and their data, and ensuring that AI systems are used in ways that respect these rights.

Overall, these precautions and safeguards are aimed at ensuring that AI systems are developed and deployed in ways that are safe, ethical, and aligned with human values and interests.

**At the Bern Supercollider, what is the likelihood that a black hole will be created that will destroy the earth?**

There is no likelihood that the Large Hadron Collider (LHC) at CERN, commonly referred to as the "Bern Supercollider," will create a black hole that could destroy the Earth.

The LHC is a particle accelerator designed to investigate the fundamental properties of matter and the universe at very small scales. It does this by colliding subatomic particles together at high speeds and energies. While these collisions can produce a variety of exotic particles and phenomena, they do not pose a risk of creating a black hole that could threaten the Earth.

The reason for this is that any black holes produced by the LHC would be very small and short-lived, and would not have enough mass or energy to pose a danger. In addition, there are many layers of safety and monitoring in place to ensure that the LHC operates safely and without risk to the environment or public health.

Overall, the idea that the LHC could create a black hole that could destroy the Earth is a common misconception that is not supported by scientific evidence or theory.

**Thank you for chatting with me today. I enjoyed and appreciate it.**

You're welcome! It was my pleasure to chat with you and answer your questions. Don't hesitate to reach out if you have any more questions in the future. Have a great day!

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

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# SUNDAY

## Voice of our PEOPLE

Sunday, April 9, 2023

13

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## Ask Rusty - Retired Public Servant Feels Government Pension Offset Is "Unjust"

**Dear Rusty:** I'm a retired firefighter and live in Ohio. I earned Social Security from my side employment, but the Windfall Elimination Provision (WEP) hit my Social Security very hard. My wife worked in the school system and earned a state "SERS" pension. I understand the WEP offset and that doesn't bother me as much as the fact that my wife doesn't get my Social Security benefits when I die - her state pension is above the monthly limit for her to receive my Social Security. I earned that benefit by working extra jobs and being away from my family, and it seems unjust that my benefits expire with me. Thanks for letting me vent. *Signed: Retired Public Servant*

**Servant:** The provision you deem as "unjust" isn't the Windfall Elimination Provision (WEP) which affects SS retirement benefits for those who also have a "non-covered" pension (a pension earned without contributing to Social Security); rather it is the Government Pension Offset (GPO) which also affects those who have a pension earned without contributing to Social Security. Though I know it is no consolation, your frustration about the Government Pension Offset (GPO) is shared by nearly a million other Americans in a similar situation. The GPO has been law since 1983 and is intended to "equalize" how spousal and survivor benefits are paid to all beneficiaries. I'm certainly not defending it, but I've researched why the GPO was enacted



**ASK RUSTY**  
Social Security Advisor

decades ago. Historically, ever since spousal and survivor benefits became part of Social Security's benefit structure in the late 1930s, if a spouse also has their own personally earned SS benefit, any spousal/survivor benefit they also became entitled to was offset by their personally earned SS retirement amount. The prevailing opinion in the 1983 Congress was that because regular spousal

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

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and survivor benefits are normally offset by the spouse's own earned SS benefit, it was unfair that a spouse who had a "non-covered pension" didn't incur the same offset as those who had no such non-covered pension. Thus, GPO was enacted in 1983 to "equalize" how spousal and survivor benefits were paid. It is the GPO which will affect your wife's benefit as your surviving spouse because

she earned her state pension while not contributing to Social Security. To give you a more personal perspective, if your wife had, instead, worked outside of the OH school system and was entitled to a full Social Security benefit based on her own earnings from which she contributed to SS, any survivor benefit she might become entitled to from you would still be offset by her personally

earned SS retirement benefit. If her own SS retirement benefit was more than her entitlement as your widow, she would get no additional amount as your surviving spouse. Or if her own SS retirement benefit was smaller than yours, her survivor benefit would still be offset by her own benefit (her benefit would be paid first and only a supplement added to bring her payment to the higher amount she was entitled to as your widow). The purpose of the Government Pension Offset is to equalize how spousal, or survivor benefits are paid to those with, and to those without, a non-covered pension. Indeed, because the GPO only offsets the potential spousal/survivor benefit by 2/3rds of a spouse's non-covered pension, the GPO is actually a bit more forgiving.

## Americans Have Seen WAY Too Many Commercials!



**BUTCH DALE**  
Columnist

"It's time to wake up and get ready for school. You overslept, so you'll have to eat cereal this morning. Tell me which one you want, and I'll get it ready." "Well, I like 'snap, crackle, pop' Rice Krispies, but Wheaties are 'the Breakfast of Champions.' I am 'cuckoo for Coca-Puffs,' and Frosted Flakes are 'G-r-r-reat', too. But I think I'll have Lucky Charms because 'they are magically delicious!'" Butch gulped down his cereal, and drank his orange juice. "You know, Mom, 'a day without orange juice is like a day without sunshine'...OOPS, I spilled a little on the table." "Don't worry, honey, I have some Bounty towels handy...It's the quicker picker-upper." You can have a sip of my coffee before you get dressed...It's Maxwell House... 'good to the last drop.' Now what do you want me to pack for your lunch?" "Gee, Mom, do you have any Colonel Sanders fried chicken left from last night? It's 'finger-lickin' good'... and maybe put some Lay's potato chips in

with it?" "Sure, but 'I bet you can't eat just one.' I also have a piece of Pillsbury cake from last night. 'Nothin' says lovin' like somethin' from the oven.' Or maybe a bag of M&M's?... 'They melt in your mouth, not in your hand.' Now get to the bathroom... wash the your face, brush your teeth, and comb your hair. The school bus will be here shortly." It was almost 7:45 a.m. according to Butch's Timex watch, which 'takes a licking, but keeps on ticking.' He washed his face with Dial soap. "Don't you wish everybody did?...and then hurriedly brushed his teeth and looked in the mirror. "I wonder where the yellow went when I brush my teeth with Pepsodent?" Then he grabbed his tube of Brylcreem. "Now Butch, don't use too much of that. You know 'just a little dab'll do ya.' Here's some gum to take with you. 'Double your pleasure, double your fun...with Doublemint, Doublemint, Doublemint gum'" Well, Butch rushed out the door just as the bus pulled up. His bus driver is a great guy, and has been driving a bus for almost fifty years. He's just like the Energizer bunny. He 'keeps going, and going, and going!' He really shouldn't smoke, but he said that 'Winston tastes good like a cigarette should.' Butch sat next to his best friend, Steve, who pulled something from his satchel. "Hey,

Steve, what's that?" "It's slinky, it's slinky... everyone know's it's slinky! And look what else my parents bought for me yesterday...new Levi jeans!...You know 'quality never goes out of style.'" Well, Butch had a great morning at school and it was time for lunch. Steve's mom packed him a thermos of Campbell's soup... 'M'm! M'm! Good!'...and his favorite sandwich. "My bologna has a first name, it's O-S-C-A-R...My bologna has a second name, it's M-A-Y-E-R. And if you ask me why, I'll say, cause Oscar-Mayer has a way with B-O-L-O-G-N-A." And not only that, she sent an Almond Joy and Mounds candy bars, and he told Butch he could have one, too. It was difficult to choose, because 'sometimes you feel like a nut, and sometimes you don't.' After lunch, the two boys played tag during recess, but both had an upset stomach...yep, too much candy. Their teacher sent them to the school nurse, who gave them Alka-Seltzer... 'Plop, plop, fizz, fizz, oh, what a relief it is!' "Now if you two boys feel like you might need to use the restroom, while you're in there... 'please don't squeeze the Charmin.'" When Butch arrived home that afternoon, he did his homework, and his mother fixed him one of his favorites. "Wow, Rice-a-Roni, 'the San Francisco treat', and a pork sandwich, 'the other white meat', with

Wonder bread, because 'it builds strong bodies 12 ways'." He 'coulda had a V-8', but instead he drank a Coca-Cola because 'things go better with Coke.' Butch watched TV for a while, but went to bed early because he was starting to get a cold. "Here, honey, take some Ny-Quil, 'the nighttime sniffing, sneezing, coughing, aching, stuffy head fever so you can rest medicine.'" You know, Butch's mother is 'just like baseball, hot dogs, apple pie, and Chevrolet.' She's the best! Well, Butch had a great day, and tomorrow is his birthday... and guess what? His Mom and Dad are taking him to McDonalds. He craves Big Macs... "two all beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun." He's lovin' it! Folks, I very seldom watch TV nowadays. My wife and I usually read our books after supper. However, a few weeks ago there was a movie on that I thought might be good. After the first ten minutes, they switched to commercials...TEN commercials in a row for the next five minutes. Then ten minutes of the movie... then TEN more commercials....I gave up.

*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.*

## Bluegrass Is In The Air

I pulled into the gates of the festival grounds and before I pulled even a few feet beyond the entrance, I could hear the musical notes flowing on the wind from the distance of the trees. I could see people carrying their guitars, banjos and other instruments along the dirt road as I slowly made my way through the parking field and into the campground. I passed jam session after jam session in the campground, "Blue Moon of Kentucky," emanated from one, "Foggy Mountain Breakdown" from another. Folks smiled and waved as I went by, as I neared the artist parking area. Those greetings made me feel right at home. For years, this experience is one which I looked forward to almost every weekend once Spring arrived and throughout the year until the fall. Bluegrass Festivals became a way of life and the people who attended week after week became extended family as we shared laughs, meals, talks, jam sessions and shows. I once compared the experience like visiting Mayberry - we had our Aunt Beas, our Opies, Andys, Barneys, Gomers and Goobers. I grew up performing at these types of events across the United States. It didn't matter where we came from, what we believed, we were all part of the bluegrass family. We either played it or loved to listen to it and as long as we treated each other with respect, helped one another when needed, we were welcomed with smiles and usually an offer of hospitality where ever we went. It was in this environment that I learned so much about music around campfires, listening and playing with pickers who just loved to play and occasionally the professionals who joined in the fun. As my stage opportunities grew and I performed at more and more events, I learned so much about performing and entertaining audiences. Those lessons only come



**RANDALL FRANKS**  
Southern Style Columns

by standing in front of an audience and learning what makes them smile, applaud, laugh or move to any variety of emotions. This time of year always gets my feet to itching wanting to return to these type of environs. While these types of events are fewer and farther between than in my youth, they are still scattered across the United States. There are dozens of talented bluegrass artists entertaining audiences traveling across the country which fill the stages at these events. If you have never attended a bluegrass festival, I encourage you to go outside your comfort zone and take one in. One you might try is the 51st Dr. Ralph Stanley Hills of Home Festival in McClure, Va. <https://dralphstanleyfestival.com/> or check out <https://ibma.org/> for other bluegrass info. Bring your lawn chairs, pay your admission and a little money to buy something to eat from the concession stand, and enjoy the music. If you play, bring your instrument and find a jam session. Be friendly while there and you may just make some new friends. Bluegrass blessings!

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

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# SUNNDAY

Voice of our PEOPLE

Sunday, April 9, 2023

14

## The Agreement Paradox: Reducing Political Polarization Through Disagreement

By Dr. Luke Conway

In case you hadn't noticed, America is a bit of a mess right now.

The country is as polarized as it has been for a long, long time. In most scientific studies of worldwide increases in polarization, the United States ranks at or near the top. Americans have taken note: Recent polls show that polarization is consistently listed as a main concern among the U.S. populace. Lots of Americans are looking around and wondering "why the heck are all these groups shouting at each other all the time?"

How do we get out of this quagmire? Psychology research suggests a somewhat surprising answer to our dilemma: The way out of our polarized society is to stop caring so much about polarization.

The Seduction of Forced Agreement

To see why that is, let's start with a psychological fact: Disagreement bothers us. That's why people love words like "together" and "unity" and hate words like "torn asunder" and "divorce." Our ideal worlds are generally not populated with separation from others. Thus, it is hardly surprising that psychological research shows we have a fundamental need to belong. We want to fit in; and agreement is one of the main ways we do that.

These motives to agree with others are often healthy. There is nothing wrong with wanting to get along. There is nothing wrong with wanting to belong to a group. We were made for fellowship.

However, ironically, this desire for agreement—when given a too-exalted place—can undermine the very thing it is trying to create. Often, we feel so strongly that we want agreement that we put in top-down pressures to force agreement. We want everyone to agree with us about vaccines, so we force everyone to say the same thing. We want everyone to agree with us about religion, so we force people to say only one point of view.

But this kind of forced agreement, even when done with good motives, is a disaster for society. Research sheds some light on why this is the case. As Stanley Milgram's and Solomon Asch's classic research taught us, to a surprising degree, people comply with social pressure. If you try and

force people to agree, it generally works. But while pressure creates superficial agreement, it also causes two other things to happen simultaneously. First, even if people comply, they are really upset at being told what to do. This is what psychologists call reactance. People don't like their freedom being taken away, and pressure to agree does exactly that. Second, people who observe the forced agreement believe it is artificial, something our lab calls informational contamination. If I believe you said you agreed with vaccine mandates only because you were forced to, I don't trust your stated belief. And this interferes with our ability to come to anything like real common ground. Ironically, in forcing agreement, we cut off the actual potential for genuine, meaningful agreement to grow. In the place of potentially solid ground, forced agreement provides a psychologically contaminated, shifting sand upon which it is hard to build anything lasting.

That's partially where we are now. We've increasingly responded to our divisions by trying to bludgeon the other side into some kind of forced agreement. The results have been disastrous. Divisive figures like Donald Trump weren't the cause of our disagreements; they were the symptoms of forced agreement. Even people who agree with the side being pushed upon the other side when they feel agreement is forced. This isn't sustainable long-term. If we keep trying to bludgeon the other side into agreement, we'll find there really is no "there" at the end of that road—for either side.

The Better Road: Love Does Not Equal Agreement

Fortunately, this paradoxical psychological analysis implies a very straightforward solution to our problem: Let's stop caring so much that we all disagree. If we stop obsessing over the fact that we are polarized, we will become less polarized. A desire for agreement partially got us into this mess; and a tolerance of disagreement can get us out of it. Rather than trying to agree, we should vigorously disagree without fear.

Of course, I don't mean that we should disagree hatefully. The very fact that many readers will assume I'm suggest-

ing an all-out, rage-filled, free-for-all illustrates part of our problem. That's because somewhere along the way, we got it into our heads that love and agreement are inseparable. It is often hard for us to imagine loving someone that we disagree with. Because of this implicit psychological overlap between agreement and love, it is natural to assume that when I say we need more disagreement, I mean we need more hate. To us, love equals agreement. And in fact, psychological research suggests that's exactly how we behave, an effect so strong that it has been given its own name: The Similarity-Attraction Effect (SAE).

But a moment's reflection shows that "love = agreement" is a lie. In fact, the exact opposite is true. Love doesn't end where agreement ends. Love begins where agreement ends. It is easy to "love" someone who agrees with you, who validates yourself and your place in the world. True love involves fully disagreeing with someone and loving them anyway.

That's probably why Jesus Christ spends a striking amount of time talking about loving people from whom we get no benefit. You see, we are prone to falling into the SAE trap. Jesus says in Luke 6:32, "If you love those who love you, what benefit is that to you?" Applied to our present case, this suggests we need to separate out the benefits we get from agreement from the duty we have to love others. What we really need is to separate loving our neighbor from agreeing with our neighbor.

But note both sides of this separation. You should be kind to your enemies, but it is fine to disagree with your enemies. Jesus didn't say "pretend your enemies agree with you." One doesn't have to read very far into the New Testament to realize that a large percentage of the Bible heroes disagreed vigorously with their enemies.

Realizing this is freeing. We need to resist the subtle psychological lie that a stable relationship, a stable family, or a stable society means that we have to agree on everything. In fact, that is dishonest and unproductive. Our society was originally formed on a better principle: The acknowledgment that disagreements are inevitable and often healthy. The founding fathers weren't

so much trying to create a world where everyone agreed as they were trying to provide a stable mechanism where people could disagree as much as they liked, where we could vigorously work out our disagreements in the public sphere. That's what separates America from almost everywhere else. And what the country really needs is to get back to that, to release the valve that says, "we must all agree" and instead foster more and more respectful disagreement.

So, I say, disagree more. Disagree vigorously. Disagree passionately and with conviction. But, as Jesus admonishes, love those who are your enemies. Disagree respectfully. Disagree fairly. You do not have to pretend your enemies are your friends. That's the opposite of what it takes to create a healthy society. Rather, embrace the fact that you're disagreeing with them is okay—and their disagreeing with you is okay, too.

You may not change the entire world by doing so. You may not change your country, or even your city. But it is certain that you can make an impact in the small circles you travel in by engaging in principled, respectful, and fair disagreement—and by not freaking out when others disagree with you. And who knows? If enough of us do that, maybe we will move the country onto a better road, a road that doesn't end with the kind of polarization that truly is past the point of no return.

*Dr. Lucian (Luke) Gideon Conway III is a Professor of Psychology and a Fellow with the Institute for Faith & Freedom at Grove City College. He is the author of over 85 articles, commentaries, and book chapters on the psychology of politics and culture. Dr. Conway's research has been featured in major media outlets such as the Washington Post, New York Times, Huffington Post, Psychology Today, USA Today, the Ben Shapiro Podcast, and BBC Radio. Further, he has written opinion pieces for outlets such as The Hill, Heterodox Academy, and London School of Economics U.S. Centre. He is the author of the book Complex Simplicity: How Psychology Suggests Atheists are Wrong About Christianity. You can follow him on twitter @LGConwayIII, on ResearchGate, or on Google Scholar.*

## Fences, Guards And Guns In American Schools

Eventually every school system in America will have to fence in every school and put an armed guard at every gate. Inside the school building cameras will have to be focused on doors and vulnerable glass windows and someone will have to monitor all the cameras. Some school systems will be slow on adding such security but lawsuits from teachers will eventually bring more stringent security into reality.

The Nashville shooting of three children and three adult workers was another heinous act carried out by a deranged person. Someone who commits such an act is beyond mentally ill, they have become mentally deranged. Sadly, the individual waited too long to get psychological help.

I don't want to mention the shooter's name because too much attention is given to people who kill innocent school teachers and children and even people in houses of worship. They prey on places that are typically gun-free zones filled with people who are often trapped with no way of escape. Newspapers and media sources should eliminate mentioning the name of such killers. As evil as it is, these mentally ill people see such acts as a way for them to get massive negative attention and to go out in what they perceive to be a moment of glory.

The idea of such security at all our schools is difficult to embrace but we have no choice. This adds to the financial challenges facing school systems. A fence is not aesthetically appealing. It looks third world but that's where we are in America. I've traveled to enough third world countries to have viewed walls around average homes, churches and schools. In Brazil many walls are erected around homes because of the high crime rate. Thieves are everywhere in Brazil. There are many wonderful people in Brazil but also plenty of thieves.

We didn't grow up with fences and walls. We don't want them today, but do we have a choice?

Many believe eliminating semi-automatic rifles is the answer. A killer with two six shooters



GLENN MOLLETTE  
Guest Columnist

could still kill someone and probably several in a classroom filled with children. If we outlaw guns in this country, then evil people will find a way to smuggle them into our country to other evil people who aren't concerned about keeping the law. Then, we will be defenseless and at their mercy. Fentanyl is illegal but over a 100,000 people died in 2022 from fentanyl and synthetic opioids.

I don't own a semi-automatic rifle but if China or Russia invades us, I want one. Actually, I want one for my wife, children and grandkids. We need at least a chance to defend ourselves.

By all means we must stop the mentally ill from having such weapons but that's hard to do when someone has no record of any psychotic episodes. There is nothing wrong with a waiting period for buying a gun and a background check.

Obviously private and religious schools are targets like any other school. Everyone is vulnerable.

Every school and Board of Education must be in serious planning stages for implementing the best security possible for our children. This is something that has never happened to most schools or churches in America but everyone is vulnerable. It only takes one such act next month or ten years from now to kill people and devastate a community.

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

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COPAYS AND DEDUCTIBLES MAY APPLY

# SUNNDAY Voice of our PEOPLE

The Paper of Montgomery County

Sunday, April 9, 2023

15

## April is Donate Life Month: New Kidney Means New Life

April is celebrated nationwide as Donate Life Month. This year marks the 20th anniversary of National Donate Life Month, which was instituted by Donate Life America and its partnering organizations in 2003. It features an entire month of local, regional and national activities to help encourage Americans to register as organ and tissue donors ... and to celebrate those who have saved lives through the gift of organ and tissue donation. The first Wednesday of April (April 5, 2023) is designated as Living Donor Day by Donate Life. In addition to these important observances, the third Sunday each April launches National Volunteer Week (April 16-22, 2023) across the country.

Given these national observances, April is going to be a very big month for the George family of Pennsylvania. This month, the entire George family will undoubtedly be promoting donor awareness and Living Donor Day as a way to thank a work colleague who was tested and turned out to be the perfect match for their son's transplant in 2021. In addition, National Volunteer Week will play a major role in their month-long celebration since Daniel's living donor was part of a large university community of supporters and volunteers who were raising funds to assist with transplant-related expenses.

This perfect 'April story' actually has its first chapter in May 2016 when Mary Beth and Robert George learned they were pregnant with their first child. They were excited but also were understandably a bit nervous since this was their first pregnancy ... first delivery ... first time dreaming about being parents. At their 20-week ultrasound, Mary Beth and Robert were told something was 'different' with the baby. The doctors were not quite sure what it was, but they noticed the baby's kidneys were measuring larger than normal. After several more ultrasounds their son was diagnosed with hydronephrosis, which is a swelling of a kidney or both kidneys due to a buildup of urine. In their baby's case, he had Posterior Urethral Valves (PUV). PUV are obstructive membranes or extra tissue that develop in the urethra causing urine to collect and backflow through the ureters and back into the kidneys. The baby's left kidney had taken the brunt of the backflow and had grown very large with very thin tissue. The right one had been doing most of the work, so it did not grow at the correct rate resulting in thicker tissue and a smaller kidney.

The good news? The pregnancy progressed fairly well; Mom and baby were continuously monitored, and they were able to prepare for the baby's challenging first days. Daniel Robert George arrived right after Christmas in 2016 -- truly the best gift imaginable for these first-time parents. After they were able to spend a few hours with their newborn, he was taken to the Neonatal Intensive Care

Unit (NICU) and within 24 hours had surgery to remove the PUVs. The surgery corrected the backflow, but there had been too much damage to the kidneys. The Georges heard the diagnosis of Chronic Kidney Disease (CKD) while still looking at their precious little gift in utter amazement. Mary Beth says they were told the tiny baby would need to be put on dialysis within his first days of life, but they somehow luckily escaped that.

For Daniel's first years of life, his Stage IV CKD was managed with a restricted diet, medications, monthly blood work and constant doctors' appointments ... all of this while both Mary Beth and Robert knew their baby would one day need a life-saving kidney transplant. According to Mary Beth, "In the summer of 2020 we learned that Daniel's kidney function was decreasing, and it was time for us to meet with the kidney transplant team at UPMC Children's Hospital of Pittsburgh. Over the course of two full days, we met our new team of doctors, nurses, social workers, psychologists, pharmacists and dieticians. It was a little overwhelming at first, but over the next year or so this incredible team of medical professionals cared for us and helped us navigate our journey to transplant."

It was also during these meetings that Mary Beth and Robert learned there are two different types of organ donors that work for patients in need of a kidney -- deceased donors and living donors. They also learned that prior to seeking a living donor or listing Daniel for a deceased donor's kidney, he would need surgery to trim his ureters and reimplant them to his bladder to ensure the backflow of urine was decreased. Then Daniel would need to heal from this surgery before a determination could be made regarding the best way to find the little boy a new kidney. They also learned that even with good health insurance, transplants have high price tags ... not just for the transplant itself, but for the myriad of transplant-related expenses that accompany the life-saving measure.

In November 2020, the family's social worker from UPMC Children's Hospital informed them of many organizations who help fully insured families pay for the many expenses they would soon be facing with Daniel's kidney transplant. The one that stood out to the family was the Children's Organ Transplant Association and they were directed to COTA's Get Started online link (<https://cota.org/get-started/>). In early November, Mary Beth completed the online form to learn more about how COTA might be able to help.

Deciding they would initiate the transplant process (including more conversations with COTA) after the holidays, the George family stepped into 2021 with unanticipated news. Mary Beth learned she was pregnant with their second child. While filled with joy, they also feared the infant might be

traveling the same journey they were traveling with Daniel. However, in-utero testing showed the infant to be perfectly healthy, which was a tremendous relief. In April 2021, Daniel's doctors determined his numbers were heading in the wrong direction and told Mary Beth and Robert the transplant process needed to begin very soon.

On April 15, 2021, Mary Beth and Robert completed and sent their signed agreement to COTA's Indiana headquarters, and the George family officially became part of the COTA Family and Daniel became a COTA Kid.

The Children's Organ Transplant Association (COTA) uniquely understands that parents who care for a child or young adult before, during and after a life-saving transplant have enough to deal with; therefore, COTA's model shifts the responsibility for fundraising to a team of trained volunteers. COTA is a 501(c)3 charity so all contributions to COTA are tax deductible to the fullest extent of the law, and COTA funds are available for a lifetime of transplant-related expenses.

"The initial telephone call with COTA was with its President and CEO, Rick Lofgren. To be able to have that connection with the leader of the organization, I knew we were in good hands. The following phone calls were extremely helpful. Various staff members told us what to expect financially and helped us prepare for what the next year of our life would look like. It was definitely eye opening," Mary Beth said. "COTA instructed us to identify our team of volunteers who not only became the people who were in charge of the fundraising efforts, they raised awareness about Daniel's need for a new kidney and they also became the individuals we relied on heavily to help our family navigate our journey day by day."

In early May 2021, a COTA fundraising specialist trained the family's group of volunteers via telephone due to COVID-19 and so fundraising for transplant-related expenses could begin immediately. The COTA staff member shared information about COTA's fundraising process, fundraising templates, guidance and support, and the no-cost website they would be provided. COTA in honor of Daniel Strong was launched, and the website was immediately available to accept online donations to assist with transplant-related expenses.

Throughout these initial steps in Daniel's transplant journey, the goal remained the same ... to avoid dialysis, if at all possible. By utilizing the online tools provided by COTA and harnessing the power of social media, they started reaching out to their many networks letting friends, family members and complete strangers know they were seeking a living donor. According to Mary Beth, "The response was overwhelming. At one point, our living donor representative told us more than 300 people had

signed up to be tested and 90% of them were in the perfect age range ... 20-30 years old."

At this point, Mary Beth was employed as a Strength and Conditioning Coach for the University of Pittsburgh, and several of her colleagues became key volunteers for the COTA in honor of Daniel Strong fundraising effort. The family's COTA volunteers planned an amazing first fundraiser in late June 2021, a Cornhole Tournament on a beautiful afternoon. The day after the very successful event, Mary Beth posted on the COTA-provided website: "The words 'thank you' are just not enough to show our gratitude for all the love and support we received at yesterday's COTA for Daniel Strong Sunday Cornhole Tournament. It was a beautiful, hot and sunny day that was filled with laughter and even a little competitiveness. Thirty-two teams competed. We are so grateful." She went on to thank a multitude of event sponsors and attendees and to acknowledge the 30 individuals who signed up at the event to be tested as potential living donors for Daniel due to the creativity and commitment of their COTA volunteers.

In July 2021, Baby Annabella was born. Annabella, as they were told would be the case, was born without any of Daniel's kidney complications. Both Mary Beth and Robert were indeed able to breathe a little easier once their beautiful and healthy daughter arrived. They settled in to their new 'family of four' reality and continued to navigate Daniel's journey to transplant.

During the fall of 2021, COTA for Daniel Strong volunteers organized another successful fundraiser, a Penny Social, and at this event, another 30 individuals signed up to be tested as potential living donors for Daniel. This event brought everyone together, and once again showed the support of family, friends and the community. Shortly after the event on October 23, 2021, one of Mary Beth's colleagues, an athletic trainer at the University of Pittsburgh, told her, "I am a match!" Mary Beth remembers feeling shocked, excited and scared ... all of the emotions.

Mary Beth posted on the COTA for Daniel Strong website on November 7th: "WE FOUND A MATCH FOR DANIEL! We are grateful. The decision to sign up to be a living donor is not an easy one, but we have been blessed with an abundance of people who put themselves out there. We will always remember this outpouring of love. We know it was not easy for all of you who were tested to undergo two grueling days of tests, bloodwork and meeting with medical professionals

To Our Donor, our Hero, Molly: You have made the ultimate decision to give a piece of yourself to our little boy. You have given not only that, but a huge piece of your heart to our family and we cannot find the words or actions to thank you. We have so much gratitude for you and this act of love. You

will always be a part of the George family!"

Once Daniel's living donor was found, the process to transplant moved quickly. The George family and living donor Molly were asked to quarantine for several weeks due to the COVID-19 pandemic. Once all testing and quarantining were completed, the kidney transplant was scheduled for December 7, 2021. Their entire family, which included their large University of Pittsburgh community, breathed a collective and careful sigh of relief.

The transplant was successful; Molly recovered quickly. Molly explained, "After learning more about the George family and all that Danny has gone through in his young life, I felt I needed to try and help in whatever way I could. In thinking about the potential of his future years with a functioning kidney, there was no question about my decision to donate. I am excited to watch him grow up."

While things were definitely looking up for the family with living donor Molly being a perfect match for Daniel, the family experienced another challenge directly related to the pandemic. Mary Beth and Robert were both inpatient with Daniel, but Baby Annabella could not be with them due to COVID-19 inpatient rules at UPMC Children's Hospital of Pittsburgh. The University of Pittsburgh community, plus family members, stepped up once again. Mary Beth would regularly pump breast milk for Annabella and then various friends and family members would come masked to the hospital entrance and meet Mary Beth to pick up the breast milk and deliver it to Annabella's caregiver while she and Robert remained inpatient at Daniel's bedside.

Daniel recovered well and the family was able to return to their home on December 20, 2021 ... just in time to celebrate Daniel's fifth birthday six days later. It was a blessing, and they were thrilled to be a family of four under one roof able to celebrate Christmas and Daniel's birthday. Their gratitude continued to grow.

"COTA was incredible throughout Daniel's journey to transplant and then afterwards while we stayed inpatient with him," they said. "By the time of Daniel's transplant on December 7th we had both taken off quite a bit of time from our jobs so knowing COTA funds could allow us to take unpaid time off from our jobs gave us huge peace of mind."

There was an unexpected hiccup at 10 weeks post-transplant that sent Daniel, Mom and Dad back to the hospital following a procedure to remove Daniel's ureter stent. The day after the procedure Daniel's face began to swell dramatically. Daniel's pediatrician sent them to the ER where it was discovered his potassium and creatinine levels were dangerously elevated. Daniel was rushed to the pediatric ICU where he was catheterized and given IV

fluids. Daniel remained inpatient for 15 days, which presented more challenges since Mary Beth had already returned to work. She remembers how hard it was to be caring for a baby at home ... staying with her little boy in the hospital ... and working each day. Thanks to COTA, Robert was able to take unpaid leave and stay home with Daniel to heal until he was cleared to go back to school.

The outcome of Daniel's hospitalization was the realization that Daniel's bladder was not contracting fully and was holding urine. Since his release from the hospital in February 2022 and up until today, Daniel must be catheterized every four hours. Neither Mary Beth nor Robert knows what the future holds. But for now, Daniel's medical catheterization requirement impacts their jobs, their trips, their housing ... simply everything. In addition, they have been told Daniel will continue to need kidney transplants throughout the rest of his life since the average transplant kidney lasts about 12 years.

"The Children's Organ Transplant Association (COTA) has given us space to breathe knowing that the heavy financial burden associated with a life-saving transplant has been lifted off our shoulders," they said. "Having COTA on our team has been a gamechanger for us. During the time when neither of us could work, our household bills were covered, and we were able to continue to live as normal. There are no words to adequately describe the security we as parents feel knowing that thanks to COTA, Daniel will always be able to receive the care he needs for a lifetime."

They continued, "The Pitt Community really wrapped their arms around us and supported us from day one. They rallied around us and helped us raise awareness about pediatric chronic kidney disease, kidney transplants and basically found our living donor. They stepped up and took lead volunteer roles in the COTA for Daniel Strong fundraising effort and literally knocked it out of the park. Their generosity will always be part of our family's transplant journey." These amazing volunteers and colleagues were also highly successful raising nearly \$70,000 to assist with a lifetime of transplant-related expenses.

This April, Daniel will be doing all of the things he loves including playing T-ball and soccer ... and cheering for his favorite NHL team the Pittsburgh Penguins. Daniel will be teaching Annabella to build Lego creations and to share his love for dinosaurs. Mary Beth and Robert will be remembering the amazing gift they received from their living donor and their COTA community of volunteers. They also will be treasuring the peace of mind COTA has given them knowing that even when they are no longer here to take care of Daniel, he will be able to receive the medical care he needs. All thanks to COTA.

# SUNDAY

## Travel or stay! and Play

Sunday, April 9, 2023

J1

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## Country Superstar Brad Paisley To Headline Firestone Legends Day Concert In May

Country music superstar Brad Paisley will headline the Firestone Legends Day Concert on Saturday, May 27 at the TCU Amphitheater at White River State Park in Indianapolis.

Special guests Russell Dickerson and Jackson Dean will open the show at 7 p.m. ET with individual performances.

The concert expands the celebration of "The Greatest Spectacle in Racing" into downtown Indianapolis the night before the 107th Indianapolis 500 presented by Gainbridge.

"Concerts build tremendous energy and excitement in the lead-up to the green flag on Race Day," IMS President J. Douglas Boles said. "As fans enjoy country hits at the Firestone Legends Day Concert under the lights of downtown in a fantastic venue, we'll have IMS ready to welcome more than 300,000 people beginning at 6 a.m. the following morning."

Tickets will be available for purchase starting at 10 a.m. ET Friday, March 31 at LiveNation.com.

Fans can celebrate Legends Day presented by Firestone at both Indianapolis Motor Speedway and throughout downtown Indianapolis. Legends Day kicks off with the 107th Indianapolis 500 Public Drivers' Meeting and driver autograph sessions at IMS. Fans then can make their way downtown for the AES 500 Festival Parade and the Firestone Legends Day Concert.

Paisley has earned his place in country music history as one of the genre's most talented and decorated male solo artists.

For more than 20 years, Paisley's songwriting and unmatched showmanship have won him numerous awards, including three Grammy Awards, two American Music Awards, 15 Academy of Country

Music Awards and 14 Country Music Association Awards, including a highly coveted Entertainer of the Year honor and recognition as the most successful CMA Award co-host in history, alongside Carrie Underwood, for 11 consecutive years. A member of the Grand Ole Opry since 2001, Paisley has written 21 of his 25 No. 1 hits, and in 2008 became the first artist to achieve 10 consecutive Billboard Country Airplay No. 1 singles. The superstar's past works have amassed nearly 5 billion career streams.

It was recently announced that Paisley will release his first album with Universal Music Group Nashville later this year, titled "Son of the Mountains." The first new song off the forthcoming project, "Same Here," with a special appearance by Ukrainian President Volodymyr Zelenskyy, was released Feb. 24, marking the first anniversary since the war in Ukraine began. "Same Here" was written by Paisley, Lee Thomas Miller and Taylor Goldsmith and produced by Luke Wooten.

Paisley's additional endeavors include his new "American Highway" bourbon, his collaborations with Peyton Manning on the national Nationwide insurance ad campaigns and his partnership with Boot Barn® to develop "Moonshine Spirit by Brad Paisley," an exclusive line of jeans, hats, T-shirts, jewelry, belts and woven shirts.

Dickerson, who is one of country's hottest new talents and recently released his third album, wraps soul-mate symphonies with epic country devotion. His hits include R&B bangers with the swagger of a free spirit, plus the steady hand of a family man. With stadium-sized small-town anthems, he is a superstar on the rise who's already been rewarded

for opening up his soul and is now giving fans the full picture. Dickerson's first hit and now a three-time-Platinum No. 1, "Yours" was a creative breakthrough and was followed by three more Platinum chart-toppers in the same vivid, personal vein - "Blue Tacoma," "Every Little Thing" and "Love You Like I Used To."

Dean is quickly earning a reputation for his old school, gritty, lyric-driven, outlaw style of country. Mature beyond his years, the 22-year-old multi-instrumentalist is also an old soul and skilled artisan whose pastimes include making leather goods, wood-burned art and disappearing into the woods to sleep under the stars. Dean's single, "Don't Come Lookin'," was the fastest debut to reach No. 1 in 2022 and cemented him as the youngest solo male country artist to reach the top of the charts with a debut. Landing spots on the Billboard Hot 100, the soundtrack for Netflix's "The Ice Road" and a John Dutton scene in "Yellowstone," the song has more than 80 million streams.

As the Official Tire of Country Music and the Official Tire of the Indianapolis 500, Firestone has served as the presenting sponsor of Legends Day since it debuted in 2014. The partnership brings together two platforms - racing and music - that have played significant roles in the rich history of the time-tested Firestone brand.

The 107th Indianapolis 500 by Gainbridge is scheduled for Sunday, May 28. Race Day tickets are on sale now at IMS.com or by calling or visiting the IMS Ticket Office. General admission tickets for Legends Day presented by Firestone start at \$10. This ticket does not include concert admission. IMS gates will open at 8 a.m. and will close at 3 p.m.

## Indy Airport South Runway Reconstruction Project Resumes

The Indianapolis Airport Authority is continuing its multi-year, multi-phase \$190 million construction project at the Indianapolis International Airport (IND) to enhance capacity by reconstructing Runway 5R-23L and Taxiway D. This project also includes the addition of LED runway and taxiway lighting.

In this second phase of construction, from now to approximately late October 2023, the runway will be closed temporarily for reconstruction. As a result, aircraft will use the airport's runways (5L/23R) and (14/32). The increased use of these runways may cause some citizens to notice more aircraft in the skies near their homes or places of business.

"Although the south runway will be temporarily closed for reconstruction, we do not anticipate any flight delays for travelers," said Keith Berlen, IAA sr. director of operations and public safety. "We have coordinated with the airport's commercial and cargo airlines to help minimize disruptions, and have a solid plan in place that was executed well during the first phase of construction last year."

This construction investment will be instrumental for both passenger and cargo aircraft and the future of aviation operations at the Indy airport. Last year, the IAA completed the project's first phase and earned high praise from the Institute for Sustainable Infrastructure with the Envision Platinum Award, the institution's highest award for sustainability and resiliency. It is the first airfield project in the world to receive this prestigious recognition.

"We continue to maintain the Indy airport's critical infrastructure, and doing so in a way that ensures the airport remains a valuable public asset over time," said Mario Rodriguez, IAA executive director. "Our award-winning operations and engineering teams, along with our business partners, are delivering a project that meets the airport's needs to accommodate the more than 8 million travelers who fly out of the Indy airport each year."

The IAA plans to spend approximately \$38.6 million with 34 diverse businesses for phase one and two. The construction project will create more than 3,200 jobs and the IAA anticipates more diverse business participation as the project proceeds with phase three in 2024.

Runway 5R-23L and Taxiway D are critical infrastructure at the Indy airport. Runway 5R-23L is a 150-foot-wide-by-10,000-foot-long runway that supports most cargo operations at the airport, along with a significant amount of commercial airline traffic. Periodic updates on the project will be available at IND.com/SouthRunway

## Rock Superstar Bryan Adams To Headline Miller Lite Carb Day Concert

Bryan Adams, one of the best-selling music artists of all time, will headline the Miller Lite Carb Day Concert on Friday, May 26 at Indianapolis Motor Speedway, performing hits spanning his more than 40-year career.

Adams will be joined by special guest Soul Asylum, which will open the show.

Tickets are on sale now at IMS.com, by calling 317-492-6700 or 800-822-INDY (4639) or by visiting the IMS Ticket Office at the IMS Administration Building.

"Bryan Adams is one of the most exciting live musicians in rock," IMS President J. Douglas Boles said. "He's full energy all the time in his shows, and we know our fans will love rocking along to hit after hit during his performance."

With 17 studio albums, including four new studio albums in 2022, Adams' songwriting has earned him numerous awards and accolades, including a Grammy Award, three Academy Award nominations, five Golden Globe nominations and 20 Juno Awards.

His 2022 studio albums included "So Happy It Hurts" (nominated for a Grammy) and "Pretty Woman - The Musical,"

as well as Classic Pt. I and Pt. II, which feature new recordings of his greatest hits, including "Summer of '69," "Heaven" and "Run To You."

In addition to his first Indianapolis concert since 2010, Adams is playing throughout the United States, Japan, South Korea, Philippines, Singapore, Malaysia and Thailand in 2023.

"We're thrilled to welcome Bryan Adams to Miller Lite Carb Day, bringing the best of 80s rock to the greatest weekend in racing," Miller Lite Field Marketing Manager Kathy Barton said. "We can't wait to crack open a cold Miller Lite and enjoy a night to remember on the main stage."

Soul Asylum has been one of the most inspiring and hardworking bands in the rock scene since the 80s. Soul Asylum earned steady alternative radio and MTV airplay on the strength of the Billboard Hot 100 Top 5 hit "Runaway Train," which won the Grammy for Best Rock Song. Known for its raucous but emphatic combination of punk energy, guitar-fueled firepower and songs that range from aggression to heartfelt, the quartet now includes

front man Dave Pirner, drummer Michael Bland, lead guitarist Ryan Smith and bassist Jeremy Tappero. Buoyed by an energetic and unparalleled live show and Pirner's prolific songwriting, Soul Asylum isn't stopping anytime soon.

Miller Lite Carb Day general admission tickets start at just \$30. A limited number of concert pit package upgrades that include general admission are available for \$55. A very limited supply of exclusive VIP platform tickets also is available for \$250, including concert pit access, snacks, two complimentary drinks and dedicated bars. Ticket prices will increase as the concert draws closer, so fans are encouraged to buy now.

All general admission, concert pit and VIP Deck concert tickets include admission to the concert and to on-track activities that day at IMS, which include the final practice for the 107th Indianapolis 500 presented by Gainbridge and the INDYCAR Pit Stop Challenge.

The 107th Indianapolis 500 presented by Gainbridge is scheduled for Sunday, May 28. Tickets are on sale at IMS.com or by calling or visiting the IMS Ticket Office.

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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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