

SUNDAY

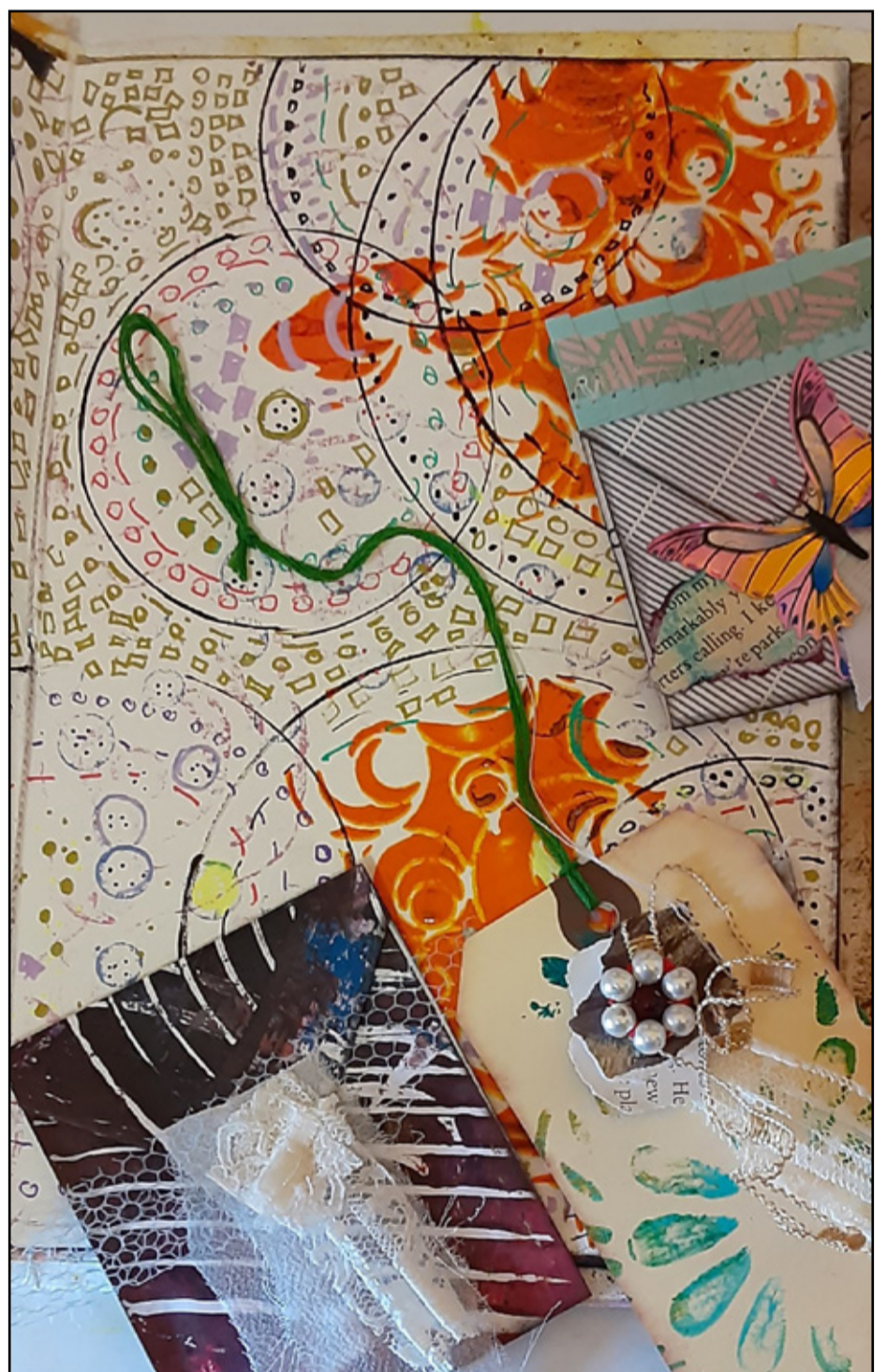
The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Art on Thursday

How to Art Journal



Photos courtesy of Athens Arts

Learn the difference between Smash, Junk and Art Journals and make your own art journal.

Smash Journals, Junk Journals and Art Journals are not writing journals. All are different ways to express yourself through art. Written journals and diaries have existed as far back as the Middle Ages. Then in the 1800's people began the practice of collecting bits related to their lives and put them in scrapbooks. Then people began using pages of journals specifically for their art.

Learn the difference between Smash, Junk and Art Journals and make your own art journal. This is a fun class that will let you

experiment with different techniques and learn more about mixed media. The instructor will provide all supplies needed for students. The instructor asks if you have a hair dryer, please bring it to class. If you don't have a hair dryer, no worries, we will share!

Class will be on Thursday, May 11th. Choose either an afternoon session (1-3 pm) or an evening session (6-8 pm). Class is open to anyone 12 years and older. Cost is \$35. Classes meet at Athens Arts, 216 E. Main Street, Crawfordsville, IN.

To reserve a spot for the May 11 class, stop by Athens Arts Thursdays and Fridays 10 a.m. to 6 p.m. or on Saturday from 10 a.m. to 2 p.m. or call 765.362.7455 during business hours to pay via credit card.

Come be PART of it!

This project in part is made possible through funds from The Arts Federation (TAF) via the Biden-Harris Administration's American Rescue Plan (ARP) allocation to the National Endowment for the Arts (NEA).

➔ TODAY'S QUOTE

"If you burn your neighbor's house down, it doesn't make your house look any better."
Lou Holtz

➔ TODAY'S JOKE

What do you call a sleeping dinosaur? A dino-snore.
What do you call a sleeping bull? A bull-dozer.

➔ TODAY'S VERSE

Habakkuk 3:19 Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation. The LORD God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places.

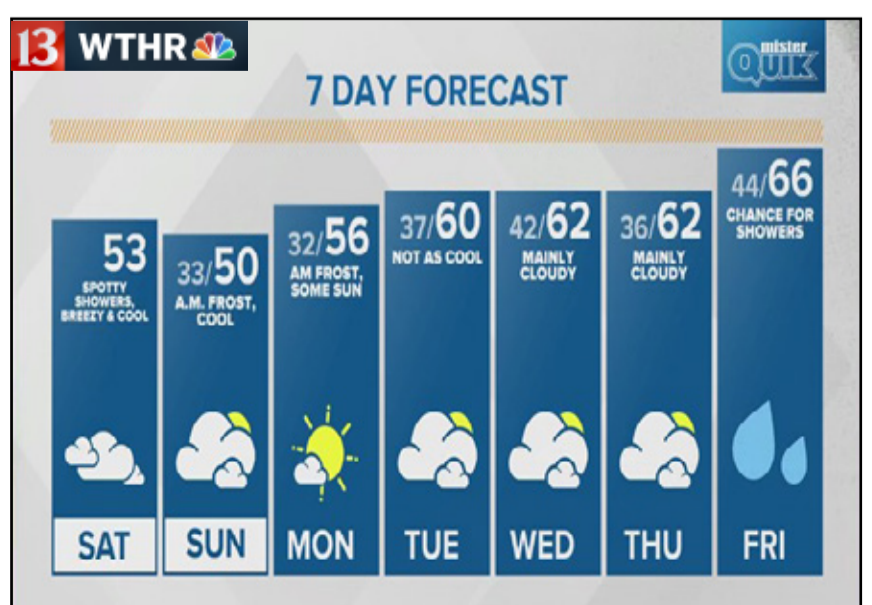
➔ TODAY'S HEALTH TIP

Women younger than 40 should try to schedule their mammogram the first week following their period. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.



➔ HONEST HOOSIER

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



HONEST HOOSIER



Go 'stangs

I ndiana



Facts & Fun

23 Fountain

Number %00 ÷ Stumpers

Did You Know?

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

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

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

Got Words?

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

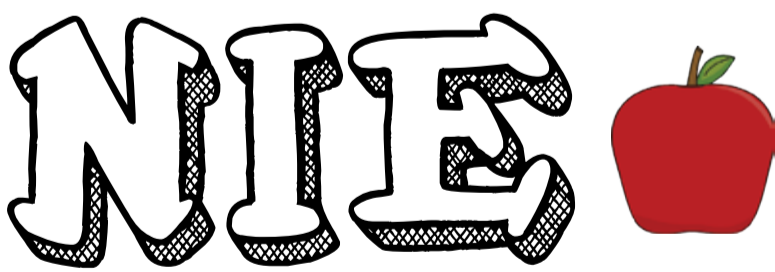
Word Scrambler

Unscramble the words below!

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

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

Indiana Facts & Fun Is Presented This Week By:



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IRS Announces Tax Relief For Victims Of Severe Storms, Straight-Line Winds And Tornadoes In Indiana

Victims of severe storms, straight-line winds and tornadoes in Indiana from March 31 to April 1, 2023, now have until July 31, 2023, to file various individual and business tax returns and make tax payments, the Internal Revenue Service announced last week.

Following the disaster declaration issued by the Federal Emergency Management Agency, individuals and households affected by severe storms, straight-line winds and tornadoes that reside or have a business in Allen, Benton, Clinton, Grant, Howard, Johnson, Lake, Monroe, Morgan, Owen, Sullivan, and White counties qualify for tax relief.

The declaration permits the IRS to postpone certain tax-filing and tax-payment deadlines for taxpayers who reside or have a business in the disaster area. For instance, certain deadlines falling on or after March 31, 2023, and before July 31, 2023, are granted additional time to file through July 31, 2023.

As a result, affected individuals and businesses will have until July 31 to file returns and pay any taxes that were originally due during this period. This includes 2022 individual income tax returns due on April 18, as well as various 2022 business returns normally due on April 18. Among other things, this means that eligible taxpayers will have until July 31 to make 2022 contributions to their IRAs and health savings accounts.

The July 31, 2023, deadline also applies to any payment normally due during this period, including quarterly estimated tax payments, quarterly payroll and excise tax returns. In addition, penalties on payroll and excise tax deposits due on or after March 31, 2023, and before April 18, 2023, will be abated as long as the tax deposits are made by April 18, 2023.

If an affected taxpayer receives a late filing or late payment penalty notice from the IRS that has

an original or extended filing, payment or deposit due date that falls within the postponement period, the taxpayer should call the telephone number on the notice to have the IRS abate the penalty.

The IRS encourages affected taxpayers to file for an extension electronically by April 18, 2023, if the taxpayer feels more time is needed to complete the tax return before the July 31, 2023, deadline. This can be done for free using IRS Free File. For details about this and other electronic options, visit IRS.gov/Extensions.

The IRS automatically identifies taxpayers located in the covered disaster area and applies filing and payment relief. But affected taxpayers who reside or have a business located outside the covered disaster area should call the IRS disaster hotline at 866-562-5227 to request this tax relief.

Covered Disaster Area The localities listed above constitute a covered disaster area for purposes of Treas. Reg. §301.7508A-1(d)(2) and are entitled to the relief detailed below.

Affected Taxpayers Taxpayers considered to be affected taxpayers eligible for the postponement of time to file returns, pay taxes and perform other time-sensitive acts are those taxpayers listed in Treas. Reg. § 301.7508A-1(d)(1), and include individuals who live, and businesses (including tax-exempt organizations) whose principal place of business is located, in the covered disaster area. Taxpayers not in the covered disaster area, but whose records necessary to meet a deadline listed in Treas. Reg. § 301.7508A-1(c) are in the covered disaster area, are also entitled to relief. In addition, all relief workers affiliated with a recognized government or philanthropic organization assisting in the relief activities in the covered disaster area and any individual visiting the covered disaster area who was killed or injured as a result of the disaster are entitled to relief.

Under section 7508A,

the IRS gives affected taxpayers until July 31, 2023, to file most tax returns (including individual, corporate, and estate and trust income tax returns; partnership returns, S corporation returns, and trust returns; estate, gift, and generation-skipping transfer tax returns; annual information returns of tax-exempt organizations; and employment and certain excise tax returns), that have either an original or extended due date occurring on or after March 31, 2023, and before July 31, 2023, are granted additional time to file through July 31, 2023.

Affected taxpayers that have an estimated income tax payment originally due on or after March 31, 2023, and before July 31, 2023, are postponed through July 31, 2023, will not be subject to penalties for failure to pay estimated tax installments as long as such payments are paid on or before July 31, 2023.

The IRS also gives affected taxpayers until July 31, 2023, to perform other time-sensitive actions described in Treas. Reg. § 301.7508A-1(c) (1) and Rev. Proc. 2018-58, 2018-50 IRB 990 (December 10, 2018), that are due to be performed on or after March 31, 2023, and before July 31, 2023, are granted additional time to file through July 31, 2023.

This relief also includes the filing of Form 5500 series returns that were required to be filed on or after March 31, 2023, and before July 31, 2023, are postponed through July 31, 2023, in the manner described in section 8 of Rev. Proc. 2018-58. The relief described in section 17 of Rev. Proc. 2018-58, pertaining to like-kind exchanges of property, also applies to certain taxpayers who are not otherwise affected taxpayers and may include acts required to be performed before or after the period above.

Unless an act is specifically listed in Rev. Proc. 2018-58, the postponement of time to file and pay does not apply to

information returns in the W-2, 1094, 1095, 1097, 1098 or 1099 series; to Forms 1042-S, 3921, 3922 or 8027; or to employment and excise tax deposits. However, penalties on deposits due on or after March 31, 2023, and before April 18, 2023, will be abated as long as the tax deposits were made by April 18, 2023.

Casualty Losses Affected taxpayers in a federally declared disaster area have the option of claiming disaster-related casualty losses on their federal income tax return for either the year in which the event occurred, or the prior year. See Publication 547 for details. Individuals may deduct personal property losses that are not covered by insurance or other reimbursements. For details, see Form 4684, Casualties and Thefts and its instructions. Affected taxpayers claiming the disaster loss on their return should put the Disaster Designation, "Indiana, severe storms, straight-line winds and tornadoes", in bold letters at the top of the form. Be sure to include the FEMA disaster declaration number, FEMA-4704-DR, on any return. See Publication 547 for details.

Other Relief The IRS will waive the usual fees and requests for copies of previously filed tax returns for affected taxpayers. Taxpayers should put the assigned Disaster Designation, Indiana, severe storms, straight-line winds and tornadoes in bold letters at the top of Form 4506, Request for Copy of Tax Return, or Form 4506-T, Request for Transcript of Tax Return, as appropriate, and submit it to the IRS.

Affected taxpayers who are contacted by the IRS on a collection or examination matter should explain how the disaster impacts them so that the IRS can provide appropriate consideration to their case. Taxpayers may download forms and publications from the official IRS website, IRS.gov.

Computer Science Synergies Across Science And Engineering; Purdue Invests In Computing To Meet Student Need

As student interests in computing-related majors and societal impact of AI and chips continue to rise rapidly, Purdue University announced a major initiative, Purdue Computes.

Purdue Computes consists of three pillars: academic resource of computing departments, strategic artificial intelligence research, and semiconductor education and research. This story highlights the first pillar – academic resource of computing departments:

- A wave of top-notch hirings will bring 50 new faculty to computer science, computer engineering and related departments in the next five years, with a goal of reaching top 10 in the U.S.

- The Department of Computer Science in the College of Science will have a secondary affiliation in the College of Engineering, further enhancing collaboration opportunities with faculty and students. Bi-collegiate collaboration efforts are a proven benefit, following the model of agricultural and biological engineering, which ranks No. 1 nationally. Productive collaboration with computer engineering in the Elmore Family School of Electrical and Computer Engineering, which offers minor in AI applications, will be carried out.

"A strategic investment like this in our computing departments generates the kind of momentum to fuel faculty and staff research efforts as well as bring the best and brightest to the Purdue campus. This builds on the legacy of Purdue having the nation's first

department in 1962 and allows us to reach new heights among the national leaders," said Provost Patrick Wolfe.

- The goals continue an upward trajectory for computer science at Purdue. The computer science program moved up to 16th in the nation in September's U.S. News & World Report undergraduate rankings. The jump was bolstered by the addition of new majors in artificial intelligence and in data science. Cybersecurity and software engineering both ranked in the top 10, while artificial intelligence moved up five places, to 19th, and data analytics received a ranking for the first time at No. 13.

- Further development of the computing departments is expected to create new enrollment opportunities for Purdue University in Indianapolis, where computer science, computer engineering and related areas form part of the foundation of the new, urban extension of West Lafayette campus, and the Mitchell E. Daniels, Jr. School of Business, where business analytics and integrated business engineering are two of the most sought-after degrees.

- The future under Purdue Computes' innovative goals stands as a testament to the university's initial prominence. In 1962-63, Purdue announced the first degree-awarding computer science program in the United States. It was founded by Purdue professor Samuel D. Conte and has seen continuous growth during its 60-year history.

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American Water Charitable Foundation Provides \$50,000 In Disaster Relief To Support Indiana American Water Communities

The American Water Charitable Foundation, a 501(c)(3) organization established by American Water, the largest publicly traded U.S. water and wastewater utility company, announced today that it is providing a combined total \$50,000 disaster relief grant to the Johnson County Community Foundation and Wabash Valley Community Foundation to support communities impacted by recent weather events in the Indiana American Water footprint.

"Indiana American Water, in collaboration with the American Water Charitable Foundation, is pleased to join the ongoing relief efforts across the state of Indiana to support families and communities impacted by the devastating storm and tornadoes," said Matt Prine, President, Indiana American Water. "We understand how critical clean, safe drinking water is in our daily lives and in times of emergencies. We hope this contribution can provide some assistance

and relief to the residents of these affected communities."

The Foundation's Disaster Relief Grant Program is designed to increase the impact of American Water employee donations made in response to natural disasters such as floods, hurricanes, fires and other extraordinary disaster events.

"The American Water Charitable Foundation is pleased to join the many others who have contributed their time and resources to support those impacted by the storms," said Carrie Williams, President, American Water Charitable Foundation. "We extend our sincere appreciation to the community foundations who help make certain charitable dollars get to where they are needed most."

The Johnson County Community Foundation strives to be the philanthropic leader in Johnson County, connecting people and organizations who care with causes that matter, especially following recent events.

"We are honored to be the repository for donations for current and continued support to help mitigate the storm damage here in Johnson County," said Gail Richards, President & CEO of the Johnson County Community Foundation. "Whiteland residents and businesses have suffered incredible damage and continue to assess and dig out of the devastation. The foundation takes our responsibility to support these efforts very seriously and we are committed to providing relief and assistance for these rebuilding efforts for the foreseeable future."

Similarly, the Wabash Valley Community Foundation, serving Sullivan County, is focused on supporting the community with relief efforts.

"We are thankful for the generous gift from the American Water Charitable Foundation and Indiana American Water," said Beth Tevlin, President & CEO of the Wabash Valley Community Foundation.

Ivy Tech And Lilly Advance Equitable, Workforce-Aligned Education Pathways Through Lilly Scholars Program

Ivy Tech Community College and Eli Lilly and Company (NYSE: LLY) last week announced the launch of Lilly Scholars @ Ivy Tech, a scholarship program primarily supporting first generation students and students who have overcome socioeconomic barriers who are pursuing credentials in quality, pharmaceutical manufacturing, or related industries.

The program aims to provide approximately 1,000 eligible Ivy Tech students, or Lilly Scholars, with financial assistance and experiential learning opportunities that include summer programs and/or work study programs. The program will also support Lilly Scholars with customized education and training at the Lilly Smart Manufacturing Lab, a world-class facility which will be built to support Ivy Tech Indianapolis with manufacturing certification and 2-year manufacturing degree options.

"Today, we are taking our partnership with Lilly to the next level with the creation of Lilly Scholars at Ivy Tech," said President of Ivy Tech

Community College, Dr. Sue Ellspermann. "Lilly Scholars provides high school and adult students with a unique opportunity to leverage the world-class education at Ivy Tech with an exceptional employer partner in Lilly and put their education to work in high-wage, high-demand careers that contribute to the growth and prosperity of our state."

The quality and pharmaceutical manufacturing industries contribute significantly to Indiana's economy, providing high-paying jobs and driving innovation in areas such as biopharmaceuticals, vaccines, and medical devices.

"Today's announcements demonstrate the strong collaboration between industry, academia and government in Indiana," said Edgardo Hernandez, executive vice president and president, Lilly manufacturing operations. "Through our new academic commitment, we're looking to grow life sciences education in the state and foster a diverse pipeline of local talent to fill the new jobs created through our recent investments."

President Chiang And Purdue-Affiliated Veo Celebrate Company's Launch On Campus



orate Veo's launch on campus.

Tan, Veo's president, who earned a master's degree from the School of Mechanical Engineering, said, "Purdue's culture of entrepreneurship and innovation provided us with the foundation to launch Veo six years ago on campus. We have now scaled to 50-plus cities nationwide, advancing our mission to make cities more livable by creating clean, accessible transportation for everyone. Purdue and West Lafayette fit perfectly into this vision, with strong ridership demand and great bike infrastructure. It's an honor to bring our product back to the campus that played such an important role in our success."

"As students, Edwin and I identified a need to make sustainable travel affordable and convenient - especially in bike-friendly communities like West Lafayette," said Xie, Veo's CEO, who received a bachelor's degree from Purdue's School of Management (now the Mitchell E. Daniels, Jr. School of Business).

"Purdue provided the academic rigor and entrepreneurship resources to get us started. My time at Purdue inspired me to think differently, creatively and ambitiously. It encouraged me not to wait but to create oppor-

tunities and eventually led me to start Veo. We are thrilled to launch here and serve the community where it all began."

Xie and Tan credit the Purdue Foundry, an entrepreneurship and commercialization accelerator on campus, for setting them up for success. The Foundry's Entrepreneurs-In-Residence program helped them come up with a business plan and provided valuable advice.

"In 2017, Purdue Foundry identified Veo as a promising young startup with exceptional Purdue alumni founders and a vision for the future," said Brian Edelman, president of the Purdue Research Foundation. "The Foundry is proud to see that Veo's strong business model is scaling successfully while having a positive impact on society."

From startup to scaling across the nation

Xie and Tan started Veo in 2017 with a business plan and big aspirations. They incubated their company at Purdue Foundry, where they created their business plan and developed their first prototype. Xie and Tan then did a small-scale pilot program with their teal-colored shared bikes around the city of West Lafayette. Their bikes quickly became a popular way to get

around Purdue and the bike-friendly community of West Lafayette.

Veo now operates in over 50 markets across North America with fleets of shared electric bikes and scooters it designs and manufactures in-house. With a focus on deliberate and responsible growth, Veo in 2020 became the industry's first profitable micromobility company. Recognized as a Forbes Best Startup Employer, the company now has over 200 employees and continues to grow as it deploys new vehicle types and enters new markets across North America. Veo's diverse portfolio of markets includes New York City, Los Angeles, Seattle and Washington, D.C., as well as universities including the University of Illinois Urbana-Champaign, Indiana University, Texas A&M University and Rutgers University.

"We're excited to be partnering with Veo to provide quality, micromobility options on the West Lafayette campus," said Rob Wynkoop, vice president for administrative operations at Purdue. "The safety of the campus community is of the utmost importance to us, and we strongly support Veo's focus on vehicle design safety and their strong stance on safe operating practices."

Purdue Launches Nation's First Institute Of Physical AI (IPAI), Recruiting 50 New Faculty

As student interests in computing-related majors and societal impact of artificial intelligence and chips continue to rise rapidly, Purdue University's Board of Trustees announced Friday (April 14) a major initiative, Purdue Computes.

Purdue Computes is made up of three pillars: academic resource of the computing departments, strategic AI research, and semiconductor education and innovation. This story highlights Pillar 2: strategic research in AI.

At the intersection between the virtual and the physical, Purdue will leapfrog to prominence between the bytes of AI and the atoms of growing, making and moving things: the university and state's long-standing strength.

The Purdue Institute for Physical AI (IPAI) will be the cornerstone of the university's unprecedented push into bytes-meet-atoms research. By developing both foundational AI and its applications to "We Grow, We Make, We Move," faculty will transform AI development through physical applications, and vice versa.

IPAI's creation is based on extensive faculty input and unique strength of research excellence at Purdue. Open agricultural data, neuromorphic computing, deep fake detection, edge AI systems, smart transportation data and AI-based manufacturing are among the variety of cutting-edge topics to be explored by IPAI through several current and emerging university research centers. The centers are the backbone of the IPAI, building upon Purdue's existing and developing AI and cybersecurity strengths as well as workforce development. New de-

grees and certificates for both residential and online students will be developed for students interested in physical AI.

"Through this strategic research leadership, Purdue is focusing current and future assets on areas that will carry research into the next generation of technology," said Karen Plaut, executive vice president of research. "Successes in the lab and the classroom on these topics will help tomorrow's leaders tackle the world's evolving challenges."

- A steering committee of 17 faculty members features a multidisciplinary group of individuals from many of Purdue's colleges and departments across campus.

- IPAI will include an advisory board consisting of alumni in leadership positions throughout the AI industry. This includes Tesla, Intel, Apple and Ring.

- Purdue's leadership in defining physical AI also will be supported by the recruitment of 50 new faculty during the next five years, tenure-homed at departments in colleges throughout the campus while holding affiliation with IPAI. This addition will be bolstered by 250 Presidential Doctoral Excellence Awards to be deployed to recruit the best PhD students in the field over the same period.

- Industry collaboration is a planned hallmark of Purdue's AI ambitions. Eli Lilly and Company, on AI in drug discovery and pharmaceutical manufacturing, and High Alpha, on AI based startup creation, are among the Indiana industries that will partner with the university, especially in joint research talent recruiting and workforce development.

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In The Kitchen

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Bring the Family Together with Breakfast for Dinner



Huevos Rancheros

FAMILY FEATURES

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

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

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

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

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

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

Huevos Rancheros

Servings: 4

Salsa:

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

Huevos Rancheros:

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

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

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

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

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

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



Southwestern Quinoa and Egg Breakfast Bowls

Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

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

Cook quinoa according to package directions. Remove from heat.

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

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

Egg, Avocado and Black Bean Breakfast Burritos

Servings: 4

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

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

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

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

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

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



Egg, Avocado and Black Bean Breakfast Burritos

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

DIAL UP FLAVOR WITH SUMMER FAVORITES

FAMILY FEATURES

Turn up the heat this summer and spice your way to delicious warm-weather recipes by using subtle ingredients that bring out bold flavors in your favorite foods. Adding a taste-enhancing option to your repertoire – Tajin Fruity Chamoy Sauce – can make your summer get-togethers the talk of the neighborhood.

Cool off while enjoying mildly spicy dishes. Made with 100% natural chiles, lime juice, sea salt and a hint of apricot, Tajin Fruity Chamoy Sauce offers a unique sweet-and-spicy flavor without too much heat. Perfect for drizzling over fresh fruits and veggies like mango, pineapple, watermelon and more, it's also commonly used to bring fruity, subtle spice to a wide variety of recipes including beverages and snacks, like smoothies, manguanadas, ice pops and cold drinks.

For example, in this Savory Mango Chamoy Daiquiri, the apricots create a fruity, tangy flavor that's a nice, refreshing twist on a traditional drink.

Bringing a touch of heat to summer cookouts can be a breeze with mild hot sauces added to dishes like these Spiced Pork Ribs, which can be created start-to-finish in the oven or taken outside to sear on the grill. Just a handful of ingredients are required to season the ribs to spicy perfection before wrapping them in foil and letting your oven do the work.

The key ingredient for the right touch of subtle heat without being overwhelming is Tajin Mild Hot Sauce, a unique, flavorful addition to your cabinet that pairs well with savory snacks like tortilla chips, chicken wings, pizza and even micheladas. The lime is what makes it different from other hot sauces.

Made with 100% natural mild chiles, lime juice and sea salt without added sugars or coloring, it can be enjoyed by the whole family as a versatile way to enhance favorite foods with a mild but wild flavor.

Both recipes can be easily enhanced with a simple concept: just pair Tajin Clásico seasoning with either or both of the sauces to create unique flavor combinations, a tasty "mix it" tactic to add to your warm-weather menu and make it uniquely yours.

Find more recipes that crank up the heat this summer by visiting Tajin.com/us.

Savory Mango Chamoy Daiquiri

Total time: 15 minutes

Servings: 2

Rim Glass:

- 2 tablespoons Tajin Fruity Chamoy Hot Sauce
- 2 tablespoons Tajin Clásico Seasoning

Drink:

- 4 tablespoons Tajin Fruity Chamoy Hot Sauce, divided
- 1 cup frozen mango cubes, plus additional for garnish, divided

- 1/3 cup natural syrup
- 3 ice cubes
- 1/3 cup orange juice
- 1 tablespoon Tajin Clásico Seasoning, for garnish

To rim glass: Rim glass in chamoy hot sauce then seasoning.

To make drink: Blend 3 tablespoons chamoy hot sauce, mango cubes, syrup, ice cubes and orange juice. In glass, pour remaining chamoy hot sauce.

To serve, garnish with additional mango cubes and sprinkle with seasoning.



Savory Mango Chamoy Daiquiri



Spiced Pork Ribs

Spiced Pork Ribs

Total time: 3 hours, 10 minutes

Servings: 6

- 2 racks (about 4 pounds) baby back ribs
- 1/4 cup Tajin Clásico Seasoning
- 1/4 cup Tajin Mild Hot Sauce, plus additional for serving, divided
- 2 tablespoons olive oil
- 2 tablespoons brown sugar
- lime wedges, for serving
- mashed potatoes or steamed rice, for serving (optional)

Rub ribs with seasoning. Marinate at least 4 hours or overnight in refrigerator.

Preheat oven to 300 F. Combine hot sauce, oil and brown sugar; brush over both rib racks.

Line baking sheet with double layer of aluminum foil with enough overhang to wrap foil around ribs.

Lay ribs, bone side down, on foil-lined baking sheet. Wrap foil around ribs and seal. Place on baking sheet.

Fill large baking dish or roasting pan with 2 inches of boiling water. Place on lower oven rack to keep ribs moist as they bake. Place ribs on middle oven rack.

Bake 2 1/2-3 hours, or until meat is tender and just starting to fall off bone.

Preheat broiler. Unwrap ribs and place on foil-lined baking sheet. Broil 4-6 minutes on middle oven rack, or until lightly charred and caramelized.

Serve with lime wedges and additional hot sauce.

Serve with mashed potatoes or steamed white rice, if desired.

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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!

Catch Butch every Tuesday & Friday, only in Montgomery County's Favorite Daily Edition!

The Paper

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In The Kitchen

Sunday, April 23, 2023

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Have a favorite remedy you want to share? Send it to 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.

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.

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

5 Ways to Savor Fresh-Grilled SUMMER SEAFOOD

FAMILY FEATURES

Kee the grill cooking all summer long with a family favorite, seafood, and satisfy taste buds with fresh flavors hot off the grates. While some people assume seafood is challenging to cook, it can actually be an easy meal for home chefs of all skill levels.

To ensure your cookout is an unrivaled success, start with seafood that brings superior taste to the table. From crustaceans to a wide selection of unique-tasting oysters and sea scallops, mussels and clams, Maine Seafood offers something for all seafood lovers.

With a coastline that stretches 3,478 miles along the cold, clean North Atlantic, the state is home to a diversity of both wild-caught and farmed species.

Get inspired by these Maine Seafood grilling tips, sure to elevate your at-home seafood experience with the state's superior taste and quality:

Littleneck Clams

Heat grill to medium-high heat then place littleneck clams directly on grill grates or in a single layer on a large baking pan. After 5-7 minutes on the grill, clams will begin to open. Without spilling juice, carefully place clams on a serving platter. Serve with melted butter or in pasta. Discard clams that don't open.

Oysters

Place oysters cupped sides down directly on grill heated to medium-high. Cover the grill and cook until oysters open and meat is opaque and cooked through, about 5 minutes for smaller oysters and 8-10 minutes for larger ones. Place on a serving platter, remove top shells and run a sharp knife along insides of bottom shells to detach oysters. Top with garlic butter and serve with lemon.

Salmon

Heat grill to medium-high heat. Pat salmon dry; brush with olive oil and top with seasonings. Place salmon skin side down on grill grates and cook 6-8 minutes, or until meat turns opaque. You can also try a grill-safe cedar plank to infuse added flavor.

Haddock

Heat grill to medium-high heat. Pat haddock – flaky white fish that's sweet and delicate – dry and brush with olive oil. Wrap fillets in aluminum foil with herbs and seasonings; completely seal with seam sides facing upward. Grill 8-10 minutes, or until meat turns opaque.

Lobster Tail

For a delicious twist this summer, enjoy these tender, tasty Grilled Lobster Tacos with vinegar slaw and cilantro lime crema.

For easy, delicious recipe inspiration and to order seafood straight to your door, visit SeafoodfromMaine.com.



Grilled Maine Lobster Tacos

Total time: 25 minutes
Servings: 8

Vinegar Slaw:

- 2/3 cup apple cider vinegar
- 1 teaspoon celery seeds
- 2/3 cup white sugar
- 1 cup water
- 1/2 small head green cabbage, shredded or cut thinly (approximately 8 cups)

Cilantro Lime Crema:

- 1/2 cup sour cream
- fresh cilantro leaves, chopped
- 1/2 cup mayonnaise
- 4 teaspoons fresh lime juice
- 1 lime, zest only, minced
- 1/2 teaspoon minced garlic
- kosher salt, plus additional to taste, divided
- freshly ground black pepper, to taste

Lobster Tacos:

- Extra-virgin olive oil
- 4 large (4-6 ounces each) Maine Lobster tails, defrosted
- 4 tablespoons unsalted butter, melted salt, to taste
- pepper, to taste
- 8 small flour tortillas

pico de gallo

1 lime, cut into wedges for serving

To make vinegar slaw: In small saucepan over medium heat, heat apple cider vinegar, celery seeds, sugar and water; stir until sugar dissolves. In large bowl, pour mixture over cabbage; cover and refrigerate.

To make cilantro lime crema: In blender, blend sour cream, cilantro, mayonnaise, lime juice, lime zest and garlic. Season with salt and pepper, to taste; refrigerate.

To make lobster tacos: Preheat grill to medium-high heat.

Brush grill grates with oil to prevent sticking. Using kitchen shears, cut lobster shells in half lengthwise. Place skewer through meat to prevent curling during cooking.

Brush lobster meat with melted butter and season with salt and pepper.

Grill lobster tails meat side down 5 minutes then flip. Brush meat again with butter and cook 5 minutes, or until opaque throughout. Cook to 140 F internal temperature.

Remove meat from shells and cut into bite-sized chunks or leave whole, if desired.

Place tortillas on grill 30-60 seconds per side, or until warmed and slightly brown.

Add drained slaw to tortillas. Top with lobster meat, pico de gallo and cilantro sauce. Serve with lime wedges.

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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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Gardening Gifts For Any Occasion



MELINDA MYERS
Columnist

Look to the garden when struggling to find the best gift for Mother's Day, Father's Day, birthdays, or other occasions. A gift of plants, seeds, or gardening tools and accessories provides months and years of beauty and enjoyment.

With so many options it is easy to match the gardening gift to the recipient and your budget. Plants are always a great choice for gardening enthusiasts. Small, more affordable plants are fun for gardeners to tend, nurture, and watch grow. Giving larger plants or unique varieties provide a gift the recipient may be reluctant to purchase for themselves.

Do-it-yourself gardening gifts are good choices for both beginners and experienced gardeners who like the process as well as the results. An attractive container, some seeds or plants, and potting mix is a good place to start. Consider giving a self-watering pot



Photo courtesy of Gardener's Supply Company/gardeners.com

This all-in-one basket, stool, and seat, the Bamboo Garden Stool and Basket Combo, allows gardeners to carry tools, plants, and veggies or turn it over to sit on for weeding or planting.

to increase success and reduce maintenance. Add some plant tags you purchase or put your artistic talents to work creating your own.

Those who like to cook and garden will appreciate gifts that help them grow their own fresh herbs. Plants and seeds are always a good choice. Combine these with containers like the Provence self-watering planter that is compact and spill-proof for indoors. An elevated garden like the Veg-Trug® herb planter or the VegTrug® Self-Watering Herb Planter Box is a great way to grow, tend and harvest herbs in a sunny spot on the patio, deck, or balcony.

For those that like to garden outdoors, containers, stakes, trellises, and tools are always

welcome gifts. A tool caddy that holds pruners, plant tags, and other small garden accessories is an easy way to store and transport hand tools to the garden. Consider a cart like the Mobile Tool Storage Caddy that allows easy transporting of long-handled tools, space for hand tools, and a basket for other supplies.

Make gardening more accessible with a gift of a kneeler, kneeling pad, or garden bench. Protecting joints and making kneeling and reaching into the garden easier reduces fatigue and extends the time and enjoyment of gardening. The Bamboo Garden Bench and Basket offer dual functions, allowing gardeners to sit and weed or easily carry their harvest from the garden to the house.

Vegetable and flower

gardeners will appreciate a harvest basket like the Garden Hod. Hods were originally used by Maine clam diggers to hold and rinse their catch. The oil-finished pine-and-maple frame and food-grade vinyl-covered mesh of the Garden Hod lets you rinse dirt and debris from your veggies right in the garden.

Help your gift recipient bring in the birds with gifts of bird feeders and birdbaths. Adding these items to their landscape can help increase the number and variety of winged visitors. Bird watching and gardening provide enjoyment while also boosting our spirit and mood.

Consider adding the gift of time. Help assemble, place, or plant the gardening gift. Spending time together makes any gift more special and enjoyable for you both.

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

Vegetable Gardening For Beginners: Start With Herbs

If you are looking to start a vegetable garden, but are not sure how, why not start with a low-key effort: a few herb plants in your garden or on your balcony. Growing herbs is incredibly easy. And you will have a continuous supply!

Which herb plants? Start with the herbs you use (almost) every day, like thyme (Thymus), rosemary (Rosmarinus) and chives (Allium schoenoprasum). These are all easygoing plants that you will be enjoying for months. Once you get the hang of it, you can expand your plant collection with slightly less common herbs, like tarragon (Artemisia dracunculoides), sage (Salvia) and fennel (Foeniculum vulgare). And don't forget herbs for tea, like mint (Mentha) and anise hyssop (Agastache).

From border to herb garden

Herbs are easygoing and beautiful plants. You can simply plant them between your other plants in the border. They do like a sunny spot, though. If you prefer to have more of an overview,

you can group the herb plants together in a part of the border or in a separate herb garden. Herbs also thrive in pots and containers. Put them near the kitchen door for easy access! For inspiration, please visit www.perennialpower.eu.

A square meter garden. Once you get the hang of growing herbs, it's only a small step to a vegetable garden. You could set up a square meter garden, for example, with a mix of herbs, vegetable plants and edible flowers. But if you prefer, feel free to just enjoy your herb garden and leave it at that!

Tips & ideas. Lots of lushly growing herbs will give your garden a natural atmosphere. If you pick with moderation, the plants will flower. The flowers will attract lots of butterflies and bees!

You can pick rosemary, sage and thyme year-round (avoid picking the plant completely bare).

Lavender is perfect for drying, so you can enjoy its soothing scent in winter, too.

The Mini But Mighty Shamrock-Shaped Solution For Lawn Renovation

(Joan Casanova) That lush, green lawn most strive for is struggling to survive as our climate experiences "weather whiplash," meaning abrupt swings in weather conditions from one extreme to another. Last season, drought conditions were so dire in California billboards shouted, "Brown is the New Green." This season, despite early, extreme flooding in California, evidence suggests the length and depth of droughts will increase in upcoming years, becoming more frequent and severe.

Outdoor water usage is still astronomical, synthetic chemical use is ever-present and fuel-guzzling lawn blowers and mowers sing all summer. Traditional lawn maintenance is expensive, unnatural, untenable and increases greenhouse gasses, wastes water, pollutes ecosystems and reduces biodiversity.

Average American families use 320 gallons of water daily, about 30% outdoors, with more than half devoted to watering lawns and gardens, according to the EPA. Nationwide, landscape irrigation is estimated at almost one-third of all residential water usage, totaling nearly 9 billion gallons daily.

Gas-powered lawn mowers spew pollutants that can cause planet-warming gases, con-

tributing to climate crisis and drought. According to the EPA, gas-powered lawn equipment releases more than 22 million tons of CO2 emissions and estimates over 17 million gallons of gasoline are spilled refueling lawn equipment; that's more than all oil spilled by Exxon Valdez.

There are many issues causing harm to environmental health, from the ridiculous, like billionaires taking 17-minute flights in private jets, producing 2 tons of CO2 emissions, to everyday lawn care wasting staggering amounts of water for aesthetics while polluting the environment through run-off and toxic emissions.

Cash rebates, up to \$5,000, are being offered to some for the removal of grass lawns. To get the rebate, other water-efficient options must be put in place. It's time to take a page from the past; sowing clover seed can create a great-looking, water-efficient, sustainable lawn. Decades ago, clover was standard in lawn seed mixes. Then agricultural chemical companies created herbicides to rid lawns of broadleaf plants, killing everything but grass, clovers included, branding them weeds.

"Today, clover is making a comeback," said Troy Hake, president and owner of Outsi-

depride.com, offering drought-tolerant grasses, clovers, wildflower seeds and more. "Tik Tok's #cloverlawn has over 65 million views, evidencing it's time for sustainable options, like adding 'miniclover' or replacing lawns with it. Miniclover (trifolium repens), is one-third to half the size of white Dutch clover, only grows 4-6 inches and produces a thick, carpet-like look that blends well with turf. Less expensive than grass seed, it's a natural solution for self-sustaining, low-maintenance lawns that look beautiful and help eliminate the need for fertilizers, herbicides, pesticides and weekly mowing. It's healthier for people, pets, soil and waterways. You can't go wrong with it."

There's nothing you can do about those 17-minute private jet flights. However, anyone with a lawn can add-in miniclover and redefine what sustainable lawns and responsible lawn care looks like. Sales of miniclover rose dramatically last season, surely an indicator that this lawn renovation trend was well-received and continues to grow.

Benefits: Nitrogen fixer. Miniclover takes nitrogen from the air and "fixes" it in soil, eliminating the need to apply nitrogen, keeping lawns green and

growing while adding natural nitrogen to surrounding soil.

Drought tolerant. Miniclover is drought-tolerant and can stay green all summer with minimal watering.

Deters bugs. Grubs that feed on grass roots will not eat miniclover, and adult beetles and bugs are deterred from laying eggs in it.

Crowds out weeds. Miniclover is evenly dispersed via stolons (stems grow horizontally along the ground), crowding out weeds, preventing new weeds and controlling erosion.

Low-to-no maintenance. You can mow miniclover - the more it's cut, the smaller the leaf size - or let it grow. Miniclover only blooms once in summer, providing bees with nectar, or mowing will prevent blooming.

Thrives in sun to partial shade. Miniclover does well in partial shade that receives some direct sunshine daily.

Stands up to soil and subsoil compaction.

Immune to "dog patches." Dog urine discolors lawns, but miniclover stays green and lush.

Feels soft and springy on bare feet and looks like ordered whimsy.

So... what's not to like?

For other drought-tolerant options, visit Outsi-

Use Every Inch Of Your Outdoor Space

Urbanization has limited the available living space and garden space, and outdoor space is becoming increasingly valuable. Apart from its traditional use, gardens are becoming more and more functional, used as an exercise or work place, for example. People creatively search for available space for plants.

Up. Compared with previous years, indoors and outdoors are blending together even more. Gardens are used as optimally as possible, with horizontal as well as vertical planting. Traditional gardens continue to be popular. What is new is the increased use of roof terraces, verandas, or plants on roofs and against fences.

Light and airy. To emphasize the sense of spaciousness, transparent and airy planting is crucial. Plenty of color contrast is used in planting to emphasize

the depth of the garden. Contrasting color combinations include blue/purple, orange red, soft yellow, light blue, and pastel lilac. Crowded and densely planted gardens are a no go; the flowering plants are indeed freely and spaciouly distributed throughout the outdoor space.

Layered Spaces Color Chart

Space. Flower bulbs and tubers have the power to reinforce the sense of space. Choose varieties that will loosely intertwine and can be easily combined with other plants. You could consider canna, begonias, dahlias, crocosmia, and gladioli, for example. Make sure to give them plenty of space in the borders. Plant a single flower bulb or tuber or several of the same type between tiles, or allow them to grow freely in large vertical containers on walls or fences.



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Photo courtesy of Getty Images

Healthy Habits for Your Home

FAMILY FEATURES

If you're like most Americans, health is an important aspect of your resolutions when each new year rolls around. While factors like diet and exercise are keys to healthy living, so are the ways you care for your home and belongings.

Your home living environment plays a major role in your health and comfort, so incorporating some new habits like these from the cleaning experts at Swash Laundry Detergent can help you establish a healthier lifestyle.

Control Air Quality

Especially during the winter months when your home tends to be closed tight, air can grow stale. Do your best to keep air quality strong by opening windows on mild days to circulate fresh air, using an air purifier to remove irritants and pollutants, frequently vacuuming and sweeping to keep floor dust and debris under control and regularly cleaning textiles that can trap allergens and other particles.

Scale Back Detergent Use

Using too much laundry detergent isn't just risking buildup and unnecessary wear on your washer and dryer; it can also increase

the residue and buildup in your clothes, which can lead to skin irritation and damage fabric faster. Using only what you need helps protect your belongings and your skin. An option like Swash Laundry Detergent, which features a Precision Pour Cap, dispenses the detergent for you, so you only pour what you need to effectively clean each load and fight stains. A single bottle of the ultra-concentrated formula – available in Simply Sunrise, Free & Clear and Pure Linen scents – washes up to 83 loads while taking up less space than traditional, bulky detergent bottles.

Make Use of Natural Light

When winter brings day after day of dark, dreary weather, it can take a toll on your mood. Brightening your living space with natural light can positively influence your emotional state while helping with your electric bill. If you're concerned about privacy, utilize window treatments at night, but let the sunlight bring good cheer to your living spaces during the day.

Switch Bedding on Schedule

While you sleep, your body sheds oils, cells and elements you carry into your home like pollen. Sheets should be washed once a

week on the hottest water setting your fabric will tolerate (check tags for laundering directions on your sheets before washing). If your schedule makes weekly washing, drying and remaking the bed unrealistic, consider having a couple sets you can rotate so you always have fresh, clean sheets waiting to remake your bed on laundry day.

Work Up (and Wash Out) a Sweat

The materials that keep you feeling cool and fresh by wicking away sweat can quickly get stinky, but over-washing can make them lose their shape and fade. Even so, washing after every use is a must. Washing workout clothes inside out exposes the surfaces that have absorbed sweat and body oil to detergent and agitation. Be sure to close zippers, buttons, clasps and other fasteners to prevent snags. Pre-soaking with equal parts vinegar and cold water can also help eliminate odors, and washing in a gentle, cold-water cycle and drying on low heat can help protect the fabric's elasticity and wicking properties.

Start your year off right with more advice for healthy habits around the home at Swash.com.

5 Ideas for an Organized, Intentional Laundry Space

Having an organized and decorated laundry room can ease the weight of your to-do list and the tension you feel from the day-to-day grind. It can also help keep your laundry routine simple, orderly and organized. Consider these tips from the laundry experts at Swash:

1. Think like a minimalist.

Empty your laundry space and sort through what you need and what you don't. Eliminating the extras leaves room to evaluate your space. Consider whether you could organize differently to make frequently used items more accessible and make the most of your storage space. Cutting down on clutter may even make it possible to incorporate shelves or cabinets that add stylish functionality.

2. Update your space with open shelving.

Open laundry shelves offer a sense of more space, and the horizontal lines can lend a sense of calm. For an easy and attractive upgrade, try hanging 2-3 open shelves within easy reach. If you're hesitant about the open feel, limit to just one shelf for the everyday necessities and keep the rest of your laundry supplies out of sight in a complementing cabinet. Baskets offer another option for concealing your belongings, whether you use them on the open shelves or inside cabinets to keep things tidy and clutter-free.

3. Create a practical workspace.

Mundane laundry chores like folding can be more enjoyable when you have a comfortable, dedicated space for the job. An open counter or table that folds down from the wall gives you the surface you need to fold clothing within your laundry space without disrupting the rest of the house. Other ways to add practical space include areas for sorting garments that need special attention and a place to hang items that shouldn't be dried in the dryer.

4. Use colors and materials that evoke calm.

Natural materials and a neutral color palette can lend to a more peaceful space. Lighter neutral colors reduce stress and anxiety, promote relaxation and can even make a space feel more expansive. For a calm, refreshing area, start with a base of white then add natural textures like woven baskets, faux or real plants and marble stone accents in the tile flooring or backsplash. Add a calming color like blue to evoke the tranquility of the sky or ocean, or consider green to incorporate the soothing effects of nature.

5. Invest in products that bring you joy.

Choose quality pieces that aren't overly trendy and will stand the test of time. Consider how your investment of laundry decor, including your washer and dryer, will serve you in the space in the coming years.



SUNDAY

Business

Notes and

NEWS

Sunday, April 23, 2023

F1

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'Purdue Innovates' Launches One United IP Commercialization & Startup Creation Network



Building on world-renowned strength in innovation by its faculty, staff, students and alumni, the Purdue Research Foundation and Purdue University have formed Purdue Innovates, a comprehensive system to streamline access and strengthen support to both (a) technology commercialization resources, such as intellectual property licensing and protection, and (b) startup support resources, including programs and funds to launch, scale and invest in Purdue-connected startups in one cohesive structure.

In recent years, Purdue has consistently ranked among the world leaders in bringing innovation to the marketplace. As one of the nation's most innovative universities and the only university ranked among the world's top 50 most innovative companies or nonprofits, Purdue never stops in the persistent pursuit of the next giant leap. From world-class research that is foundational to drugs that receive FDA approval to Purdue-connected startups changing the world, Boilermakers think big and push the boundaries of innovation. That excellence at scale is why Purdue is ranked 6th in the world for the number of issued U.S. utility patents and the only university from the state of Indiana to be ranked among the top 50 patent-receivers, and has produced some of the most visible startups from the Midwest. Purdue innovates.

"Purdue Innovates streamlines and strengthens the ecosystem for Boilermaker innovators in two ways," said Purdue President Mung Chiang. "One is the generation and licensing of intellectual properties such as patents, where we have continued to be among the nation's best. The other is the creation of startup companies by our students, faculty and alumni, where we are rolling out new strategies and new funds, broadening outreach to alumni across the country, and simplifying an impactful support system for Boilermaker entrepreneurs. Purdue Innovates will elevate excellence at scale for both inventors and entrepreneurs."

"We wanted to create an ecosystem that embraced all Boilermakers by supporting

both Purdue-owned intellectual property and startups that have their own intellectual property but have some other connection to Purdue, such as an alum," said Brooke Beier, senior vice president of Purdue Innovates. "Solidifying the university core while engaging and leveraging the Boilermaker network is key to enhancing Purdue's ability to become the preeminent university in commercialization and startup success."

The Purdue Innovates network houses:

- Office of Technology Commercialization, where Purdue innovators disclose new ideas for evaluation for intellectual property protection and commercialization via licensing to industry and startups.
 - Incubator, which consists of resources to 1) assist early-stage, Purdue-connected startups via programming and funding opportunities; and 2) de-risk Purdue innovations to increase the technology readiness level for licensing opportunities to industry and startups.
 - Startup Foundry, which helps with funding, programs and services focused on getting investible Purdue-connected startups ready to raise first-round funding. The Burton D. Morgan Center for Entrepreneurship is now part of the Startup Foundry.
 - Purdue Ventures, which makes early-stage investments in Purdue-connected startups and gives guidance on raising capital to get startups late-stage funding and positioning them for an IPO or acquisition.
- The strength of Purdue's existing commercialization and entrepreneurship efforts will continue and collaborate with the above units. These include:
- I-Corps, where Purdue is the Midwest hub's co-lead
 - Entrepreneurship certificate and courses
 - Digital Innovation in Agriculture Systems Lab (DIAL)
 - John Martinson Entrepreneurial Center (JMEC)
 - Student organizations such as Anvil

Key partnership programs like Silicon Valley Boilermaker Innovation Group (SVBig), High Alpha with DIAL, and others remain an integral part of the Purdue Innovates startup ecosystem, where they help advance and fund high-value startups.

By establishing this front door to the commercialization and startup creation ecosystem, it takes the guesswork away from entrepreneurs and innovators as to where to go for assistance, Beier said.

Purdue Innovates has developed a strategic plan that emphasizes the importance of collaboration, proactive investment in promising research and targeted outreach to key stakeholders through

new initiatives and events at the university. Some examples include:

Purdue University proactively reaches out to faculty members who have research with startup potential. To bridge the gap between research and commercialization, new funds will be created in the coming months. This will encourage the development of new ideas and facilitate the translation of research into real-world solutions. As one example, the John Martinson Entrepreneurial Center (JMEC) will partner with Purdue Innovates' Purdue Ventures to manage the JMEC investment fund.

To support Purdue alumni entrepreneurs, the Inaugural Entrepreneurial Alumni Reunion is added to the fall 2023 calendar. This entrepreneurship-themed event will take place in November, providing a platform for networking, collaboration and talent resources for startups, industry, alumni, investors, students and faculty. By building a community of Purdue entrepreneurs, Purdue Innovates is fostering future Boilermaker successes that will solve the world's greatest challenges. Learn more about the event here: org/entrepreneurial-alumni-reunion

Purdue Innovates will be promoted and communicated through new-student orientations and events like Boiler Gold Rush and new faculty orientation.

The success of Purdue Innovates is reliant on several key metrics.

The impact on intellectual property generation and impact can be assessed through metrics like invention disclosures, licensed technologies, filed patents, issued patents and license income.

For startup creation, metrics include the amount of private capital raised by startups formed by Purdue alumni, students and faculty, the number of successful Series A round companies, and the number of Purdue students hired by early-stage startups as interns or full-time employees.

A unified entrance for each part of Purdue Innovates:

Intellectual Property Commercialization: Translating ideas into impact begins in the Office of Technology Commercialization, where Purdue innovators can file technology disclosures. Contact Disclose@prf.org to get started.

Startup Creation: Whether validating and de-risking an idea in the Incubator, finding early-stage support in the Startup Foundry or securing investments through the Ventures team, Purdue Innovates is the entrepreneurial front door for faculty, students, alumni and investors. Contact Startups@purdue.edu to begin that journey.

Commercialization – IP Generation and licensing

Purdue University innovations can be found in all 50 U.S. states and in over 100 countries around the world. Millions of people benefit from the cutting-edge research that takes place at Purdue. The Office of Technology Commercialization is the conduit for Purdue research to create new markets, solve real-world problems and drive new revenue streams for current and future Purdue innovations.

Hundreds of Purdue innovations are licensed and optioned every year, and OTC has a streamlined process for licensing so a company can get a new product into market quickly. The team offers different types of licensing agreements where thousands of Purdue innovations are available – ranging from the world's whitest paint and digital forestry to smart concrete and cancer therapies, to name a few.

Licenses of Purdue IP include companies large and small. For example, GeniPhys raised a \$6 million Series A round, and the company was founded by Sherry Harbin, a Purdue professor who holds a joint appointment in the College of Engineering and College of Veterinary Medicine. GeniPhys's polymerizable collagen innovation addresses unmet needs across a variety of potential markets after it worked with the Office of Technology Commercialization to license the intellectual property.

Startup creation – entrepreneurship mentorship and investment

In 2013 the Purdue Foundry was launched by Purdue Research Foundation to amplify the impact of the intellectual property being developed at Purdue. It served as a hub for practical entrepreneurial support that helped Purdue entrepreneurs turn their ideas into successful businesses, taking their innovations out of the laboratory and academia and into the global market. Since the inception of Purdue Foundry, PRF has helped launch more than 350 companies, which raised more than \$877 million.

Purdue was also ranked third nationally in startup creation by IPWatchdog Institute in 2020. Such resources led to many successes for Purdue-connected startups. For instance, Socio, a social media application developed by a group of Purdue University undergraduate students, including Joe Watkins, earned the founders a Forbes 30 Under 30 award in 2020. In July 2021, Cisco acquired Socio, now known as Webex Events.

"We are proud of our past accomplishments but strive to raise the bar a level higher," Beier said. "We want to continue seeing Purdue technologies make an impact on the world via our commercializa-

tion and licensing partners, as well as our Purdue-connected startups receiving Series A investment and beyond, and our students getting exposure to startup internship and employment opportunities during their time on campus. Purdue Innovates is the culmination of all these past successes, and we will continue to build on them."

What they're saying at Purdue Innovates:

Brooke Beier, senior vice president of Purdue Innovates: "We want the Purdue community to see the real-world success stories of commercialization and entrepreneurship coming out of Purdue Innovates and be inspired to take on the process themselves."

"We will be here to assist in that journey, whether they choose to embark on it as a Purdue student, faculty member or later in their career as an alum. Boilermakers are some of the most loyal and entrepreneurial-minded alumni, and Purdue Innovates welcomes the opportunity to engage and discuss how it can assist with the mission to make Purdue the most preeminent university for technology commercialization and startup creation."

Abhijit Karve, director of business development and licensing in the Office of Technology Commercialization: "The partnership between the various units of Purdue Innovates will be paramount to the success of getting Purdue technologies to market whether via industry or startups."

Justin Renfrow, new director of Incubator: "I'm eager to bring my experience in product development and my enthusiasm for assisting early-stage technologies and startups to the Purdue Innovates team. The Incubator will play a key role at the top of the funnel for advancing technology readiness levels, startup creation and de-risking, and engagement with student startups."

Tyler Mantel, new director of Startup Foundry: "We foster an environment of support for founders while cultivating meaningful and productive connections with investors and dedicated alumni mentors. By uniting Purdue founders, funders and friends, we fuel the flight of innovation."

Eric Steager, new director of Purdue Ventures: "Purdue Innovates has a clear and identified pathway from idea, through early scaling, to what I do in terms of early-stage investment. So it allows these companies to be better formed. Their pain points are articulated. They're just in a better position for investment."

To learn more about Purdue Innovates, where Boilermaker innovations and startups are forged, go to purdue.edu/innovates and explore your next giant leap.

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SUNDAY Business Notes and NEWS DAY

Sunday, April 23, 2023

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Purdue Ventures Invests In Antibody-Based Cancer Therapeutics Company



Purdue Ventures, which manages three funds to support Purdue University-connected startups, has invested \$250,000 in TRIO Pharmaceuticals Inc., a cancer immunotherapeutics startup founded by a Purdue University biophysics and structural biology alumnus. The company's antibody-based therapeutics strengthens the body's defense, the immune system, to eradicate cancer.

Purdue Ventures' investment is part of a larger \$2.2 million series seed-funding round that includes investments from investor groups in the U.S. and Japan: NuFund Venture Group, SeedFolio, Friedman BioVentures, Tech Coast Angels, Newstight Tech Angels and others.

Shiva Bhowmik, TRIO's founder and chief operating officer, said traditional approaches to developing anticancer drugs focus on eliminating cancer cells and activating the body's immune

system.

"These approaches don't lead to the full enhancement of the body's immunity to fight cancer because there is another bad actor involved: immunosuppressive cells," he said. "These cells reduce the immune system's ability to fight infections and diseases like cancer. TRIO Pharmaceuticals is the only company that has figured out how to selectively eliminate this bad actor."

"But if you eliminate just immunosuppressive cells, there isn't a very strong enhancement of antitumor activity. So, the crux of what TRIO Pharmaceuticals does is to enhance antitumor immunity with a mix of directly eliminating both cancer cells and immunosuppressive cells."

Bhowmik said Purdue Ventures' investment and the funding round will allow TRIO to advance its technology and find the best drug candidates to further develop.

"This milestone is very critical for us," he said. "Once we achieve it, it opens us up for further collaborations with large pharmaceutical companies and the possibility to raise future rounds of funding."

TRIO has significant ties to Purdue.

"I earned my PhD in biophysics and structural biology from Purdue," Bhowmik said. "During

my tenure, Wayne Hockmeyer gave a talk as a distinguished alumnus of the Department of Biological Sciences. He had founded MedImmune, one of the world's most renowned biotechnology companies that was eventually acquired by AstraZeneca.

"Wayne's journey inspired me. He served his country as a commissioned officer in the U.S. Army; he earned his doctorate and founded MedImmune. I was always very inclined to be an entrepreneur, and Wayne's story inspired me to become an entrepreneur. Coincidentally, the structural biology building was dedicated to Wayne. I'm excited to maintain TRIO's connections with Purdue through this investment from Purdue Ventures."

Riley Gibb, associate director of Purdue Ventures, said TRIO Pharmaceuticals is a strong addition to the investment portfolio.

"TRIO is doing groundbreaking work in cancer therapeutics, which captured the interest of the investment committee," he said. "The company has a unique perspective to address a worldwide problem. That and their connections with Purdue University make them a company we are proud to support and to follow their growth."

Combat Ongoing Inflation With These 5 Money-Saving Tips

Even as the overall inflation rate has fallen, prices remain elevated across the economy, putting continued pressure on Americans' budgets. These ongoing inflationary struggles have consumers on the hunt for ways to stretch their dollars.

"We may not control inflation, but that doesn't mean we're completely helpless in our high-price environment," said Amy Maliga, financial educator with Take Charge America, a nonprofit credit counseling and debt management agency. "From cashback services to renewing a library card, there are tools and tricks to help people keep more money in their pockets."

Maliga shares five ways to save money in the face of inflation:

- Cashback apps and cards. Apps like Rakuten, Ibotta, Honey and DollarSprout Rewards let you earn cash on spending like groceries, clothes and gas. They work on mobile devices or computers, with some that can connect to a digital payment method. Cashback credit cards offer anywhere from 1%

- to 5% back on various purchases. Just be sure to pay off your balance in full every month to avoid interest or other fees.
- Negotiate bills. When was the last time you assessed your monthly bills? Even if your existing bills haven't increased, it's worth calling service providers to inquire about deals available to existing customers. You may also consider exploring new providers to lock in lower rates.
- Online grocery shopping. Avoid the temptation of impulse shopping by purchasing your groceries online. Many major grocers allow customers to shop online and pick up their grocery orders curbside. Other services like Instacart will go to the store for you and deliver to your door. This makes sense if your impulse buying outweighs the fees and tips associated with the platforms.
- Explore gig work. You can bring in more cash to ease inflation stress. Gig work allows you to earn money outside your full-time job. There are the usual suspects like ride-hailing

services Lyft and Uber, as well as food delivery services Grubhub or DoorDash. But you may also consider on-demand staffing app Qwick or freelance site Fiverr.

- Renew your library card. Your public library is a goldmine of money-saving opportunities. Not only can you borrow books, movies and music for free, you gain access to online reading sites like Hoopla and Overdrive. Many libraries also offer free or heavily discounted admission to local attractions.

To find additional tips for combatting inflation, explore Take Charge America's Budget Tools.

About Take Charge America, Inc. Founded in 1987, Take Charge America, Inc. is a nonprofit agency offering financial education and counseling services including credit counseling, debt management, housing counseling and bankruptcy counseling. It has helped more than 2 million consumers nationwide manage their personal finances and debts. To learn more, visit takechargeamerica.org or call (888) 822-9193.

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Church - 10:30

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Woodland Heights Christian Church

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

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

Visit us online at WHCC.ORG

Woodland Heights Christian Church
468 N Woodland Heights Drive, Crawfordsville
(765) 363-5384

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Service times:

10:02 am on Sundays

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southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



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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



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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

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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
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Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

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(765) 942-2019

ladogachristianchurch@gmail.com

www.ladogacc.com



HOPE CHAPEL

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

Service Times:

Sunday 10:30 a.m.

Starting August 1:

10 a.m. Sunday School

11 a.m. Worship

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting

6 pm - 7 pm

Thursday Bible Study

6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



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1113 S 200 W • Crawfordsville
(765) 866-1273 • faithbaptistcrawfordsville.com

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

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Sunday School at 9 am
Church at 10 am

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

WEDNESDAY
6:00 PM: Mid-week Service

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Worship Service: 10:30 AM
Youth Group Wednesday at 6:30

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Watch Sunday Mornings

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- Apostolic:**
Garfield Apostolic Christian Church
Rt. #5, Box 11A, Old Darlington Road
794-4958 or 362-3234
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Bible Study: 6:30 p.m.
Pastor Vernon Dowell
- Gateway Apostolic (UPCI)*
2208 Traction Rd
364-0574 or 362-1586
Sunday School: 10 a.m.
- Moriah Apostolic Church*
602 S. Mill St.
376-0906
10 a.m. Sunday, 6 p.m. Wednesday
Pastor Clarence Lee
- New Life Apostolic Tabernacle*
1434 Darlington Avenue
364-1628
Worship: Sunday 10 a.m.; 6 p.m.
Sunday: The Voice of Healing & Restoration on 103.9 at 9 a.m.
Tuesday prayer: 7 p.m.
Thursday Mid-week: 7 p.m.
Pastor Terry P. Gobin
- One Way Pentecostal Apostolic Church*
364-1421
Worship 10 a.m.
Sunday School: 11 a.m.
- Apostolic Pentecostal:**
Cornerstone Church
1314 Danville Ave.
361-5932
Worship: 10 a.m.; 6:30 p.m.
Bible Study: Thursday, 6:30 p.m.
- Grace and Mercy Ministries*
257 W. Oak Hill Rd.
765-361-1641
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
Sunday School: 11 a.m.
Co-Pastors Nathan and Peg Miller
- Assembly of God:**
Crosspoint Fellowship
1350 Ladoga Road
362-0602
Sunday Services: 10 a.m.
Wednesdays: 6:30 p.m.
- First Assembly of God Church*
2070 Lebanon Rd.
362-8147 or 362-0051
Sunday School: 9 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
- Baptist:**
Browns Valley Missionary Baptist Church
P.O. Box 507, Crawfordsville
435-3030
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
- Calvary Baptist Church*
128 E. CR 400 S
364-9428
Sunday School: 9:30 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Calvary Crusaders Wednesdays: 6:45 p.m.
Pro-Teen Wednesdays: 7 p.m.
Pastor Randal Glenn
- East Side Baptist Church*
2000 Traction Rd.
362-1785
Bible Study: 9 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m. Prime Time
Teens, Pioneer Clubs; 6:45 p.m. :Adult Bible Study
Rev. Steve Whicker
- Faith Baptist Church*
5113 S. CR 200 W
866-1273
Sunday School: 9:30 a.m.
Worship: 10:30 a.m. and 6 p.m.
Wednesday Prayer Meeting: 7 p.m.
Pastor Tony Roe
- First Baptist Church*
1905 Lebanon Rd.
362-6504
Worship: 8:15 a.m.; 10:25 a.m.
Sunday School: 9:30 a.m.
High School Youth Sunday: 5 p.m.
- Freedom Baptist Church*
6223 W. SR 234
(765) 435-2177
- Worship: 9:30 a.m.
Sunday School is 10:45 a.m.
Wednesday Bible Study: 7 p.m.
Pastor Tim Gillespie
- Fremont St. Baptist Church*
1908 E. Fremont St.
362-2998
Sunday School: 10 a.m.
Worship: 11 a.m.; 6 p.m.
Pastor Dan Aldrich
- Friendship Baptist Church*
U.S. 136 and Indiana 55
362-2483
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Friendship Kids for Christ: 6 p.m.
Pastor Chris Hortin
- Ladoga Baptist Church*
751 Cherry St., Ladoga
942-2460
Sunday School 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study 7 p.m.
Ron Gardner, Pastor
- Mount Olivet Missionary Baptist*
7585 East, SR 236, Roachdale
676-5891 or (317) 997-3785
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Evening: 7 p.m.
Bro. Wally Beam
- New Market Baptist Church*
200 S. First St.
866-0083
Sunday School: 9 a.m.
Worship: 10 a.m.
Children's church and child care provided
- Second Baptist Church*
119 1/2 S. Washington St,
off of PNC Bank.
363-0875
Sunday School: 10 a.m.
Worship: 11 a.m.
- StoneWater Church*
120 Plum St., Linden
339-7300
Sunday Service: 10 a.m.
Pastors: Mike Seaman and Steve Covington
- Waynetown Baptist Church*
Corner of Plum and Walnut Streets
234-2398
Sunday School: 9:30 a.m.
Fellowship: 10:30 a.m.
Worship: 11 a.m.
Children's Church: 11:10 a.m.
Pastor Ron Raffignone
- Christian:**
Alamo Christian Church
866-7021
Worship: 10:30 a.m.
- Browns Valley Christian Church*
9011 State Road 47 South
435-2590
Sunday School: 9 a.m.
Worship: 10 a.m.
- Byron Christian Church*
7512 East 950 North, Waveland
Sunday School 9 a.m.
Worship Service 10 a.m.
- Waynetown Christian Union Church*
SR 136, then south on CR 650.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
New phone #: 765-918-0438
New Pastor: Paul Morrison
- Congregational Christian Church of Darlington*
101 Academy St, P.O. Box 7
794-4716
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.
Sunday Bible Study: 6 p.m.
Wed. Prayer: 5:30 p.m. - 7 p.m., Wed Bible Study 7 p.m.
Kingdom Seekers Youth Group (alternate Sundays)
Pastor Seth Stultz
- Darlington Christian Church*
Main and Washington streets
794-4558
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
- First Christian Church (Disciples of Christ)*
- 211 S. Walnut St.
362-4812
SUNDAY: 9:22 a.m. Contemporary
Café worship
9:30 a.m. Adult Sunday School
10:40 a.m. Traditional Worship
WEDNESDAY: 5-7 a.m. Logos Youth
Dinner & Program
Pastor: Rev. Daria Goodrich
- Ladoga Christian Church*
124 W. Elm St.
942-2019
Sunday School: 9 a.m.
Worship: 10 a.m.; 6 p.m.
- Love Outreach Christian Church*
611 Garden St.
362-6240
Worship: 10 a.m.
Wednesday: 7 p.m.
Pastors Rob and Donna Joy Hughes
- New Hope Chapel of Wingate*
275-2304
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Bible Study: 6:30 p.m., Wed.
Youth Group: 5:30 p.m., Wed.
Homework Class: 4:30 p.m. Wed & Thurs.
Champs Youth Program: 5:30 p.m. Wed.
Adult Bible Class: 6:30 p.m. Wed.
Pastor Duane Mycroft
- New Hope Christian Church*
2746 US 231 South
362-0098
newhopefortoday.org
Worship and Sunday School at 9 a.m. & 10:30 a.m.
- New Market Christian Church*
300 S. Third St.
866-0421
Sunday School: 9 a.m.
Worship: 10 a.m.
Wednesday evening: Bible Study 6:15, Youth 6:15, Choir 7:15
Pastor Gary Snowden
- New Richmond Christian Church*
339-4234
202 E. Washington St.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor John Kenneson
- New Ross Christian Church*
212 N. Main St.
723-1747
Worship: 10 a.m.
Youth Group: 5:30-7 p.m. Wednesday
Minister Ivan Brown
- Parkersburg Christian Church*
86 E. 1150 S., Ladoga
866-1747
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Rich Fuller
- Providence Christian Church*
10735 E 200 S
723-1215
Worship: 10 a.m.
- Waveland Christian Church*
212 W. Main St.
435-2300
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
- Waynetown Christian Church*
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.
- Whitesville Christian Church*
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
Pastor Andy Schindler
whitesvillechristianchurch.com
- Woodland Heights Christian Church*
468 N. Woodland Heights Dr.
362-5284
Sunday School: 9:30 a.m.
Worship: 8:15 a.m. (traditional);
10:30 a.m. (contemporary)
Student Ministry: 5 p.m., Sunday
Pastor Tony Thomas
- Young's Chapel Christian Church*
Rt. 6, Crawfordsville
794-4544
- Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor: Gary Edwards
- Church of Christ:**
Church of Christ
419 Englewood Drive
362-7128
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
- Southside Church of Christ*
153 E 300 South, east of US 231
765-720-2816
Sunday Bible Classes: 9:30 a.m.
Sunday Morning Worship: 10:30 a.m.
Sunday Evening Worship: 5 p.m.
Wednesday Bible Classes: 7 p.m.
Preacher: Brad Phillips
Website: southsidechurchofchristindiana.com
- Church of God:**
First Church of God
711 Curtis St.
362-3482
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Chuck Callahan
- Grace Avenue Church of God*
901 S. Grace Ave.
362-5687
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Duane McClure
- Community:**
Congregational Christian Church
402 S. Madison St., Darlington
794-4716
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.
- Crawfordsville Community Church*
Fairgrounds on Parke Ave.
Crawfordsville
794-4924
Worship: 10 a.m.
Men's prayer group, Mondays 6:30 p.m.
Pastor Ron Threlkeld
- Gravelly Run Friends Church*
CR 150 N, 500 E
Worship: 10 a.m.
- Harvest Fellowship Church*
CR 500 S
866-7739
Pastor J.D. Bowman
Worship 10 a.m.
- Liberty Chapel Church*
500 N CR 400 W
275-2412
Sunday School: 9 a.m.
Worship: 10 a.m.
- Linden Community Church*
321 E. South St., Linden (Hahn's)
Sunday: 9:15
- Yountsville Community Church*
4382 W SR 32
362-7387
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Alan Goff
- Episcopal:**
Bethel African Methodist Episcopal
213 North St., Crawfordsville
364-1496
- St. John's Episcopal Church*
212 S. Green Street
765-362-2331
Sunday Eucharist: 8 a.m. and 10:30 a.m.
Christian Formation: 9:15 a.m.
Midweek Eucharist Wednesday: 12:15 p.m.
- Full Gospel:**
Church Alive!
1203 E. Main St.
362-4312
Worship: 10 a.m.; Wednesday, 7 p.m.
- Enoch Ministries*
922 E. South Boulevard
Worship: Sunday, 10 a.m.
Pastor: Jeff Richards
- New Bethel Fellowship*
406 Mill St., Crawfordsville
362-8840
Pastors Greg and Sherri Maish
Associate Pastors Dave and Brenda Deckard
- Worship 10 a.m.
- Victory Family Church*
1133 S. Indiana 47
765-362-2477
Worship: 10 a.m.; Wednesday 6:30 p.m.
Pastor Duane Bryant
- Lutheran:**
Christ Lutheran ELCA
300 W. South Blvd. · 362-6434
Holy Communion Services: 8 a.m. and 10:30 a.m.
Sunday School: 9:15 a.m.
Pastor: Kelly Nelson
www.christchurchindiana.net
- Holy Cross (Missouri Synod)*
1414 E. Wabash Ave.
362-5599
Sunday School: 9 a.m.
Worship: 10:15 a.m.
Adult Bible Study: 7 p.m., Wed.
Minister: Rev. Jeffery Stone
http://www.holycross-crawfordsville.org
- Phanuel Lutheran Church*
Lutheran Church Rd., Wallace
Sunday School: 10:30 a.m.
Worship: 9:30 a.m.
- United Methodist:**
Christ's United Methodist
909 E. Main St.
362-2383
Sunday School: 10 a.m.
Worship: 11 a.m.
- Darlington United Methodist Church*
Harrison St.
794-4824
Worship: 9:00 a.m.
Fellowship: 10:00 a.m.
Sunday School: 10:30 a.m.
Pastor Dirk Caldwell
- First United Methodist Church*
212 E. Wabash Ave.
362-4817
Sunday School: 10 a.m.
Traditional Worship: 9 a.m.
The Gathering: 11:10 a.m.
Rev. Brian Campbell
- North Cornerstone Church*
609 South Main St. P.O. Box 38
339-7347
Sunday School: 9:30 a.m.
Worship: 10 a.m.
Rev. Clint Fink
- Mace United Methodist Church*
5581 US 136 E
362-5734
Sunday School: 9:30 a.m.
Worship: 10:40 a.m.
- Mount Zion United Methodist*
2131 W. Black Creek Valley Rd.
362-9044
Sunday School: 10:45 a.m.
Worship: 9:30 a.m.
Pastor Marvin Cheek
- New Market United Methodist Church*
Third and Main Street
866-0703
Sunday School: 9:30 a.m.
Worship: 10:45 a.m.
- New Ross United Methodist Church*
108 W. State St.
Sunday School: 10 a.m.
Worship: 9 a.m.
- Waveland Covenant United Methodist Church*
403 E. Green St.
866-0703
Sunday School: 10:30 a.m.
Worship: 9:15 a.m.
- Waynetown United Methodist Church*
124 E. Washington St.
243-2610
Worship 9:30 a.m.
Johnny Booth
- Mormon:**
Church of Jesus Christ of Latter-day Saints
125 W and Oak Hill Rd.
362-8006
Sacrament Meeting: 9 a.m.
Sunday School: 10:20 a.m.
- Nazarene:**
Crossroads Community Church of the Nazarene
US 231 and Indiana 234
866-8180
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Mark Roberts
- Harbor Nazarene Church*
2950 US 231 S
307-2119
Worship: 10 a.m.
Pastor Joshua Jones
www.harbornaz.com
- Orthodox:**
Holy Transfiguration Orthodox
4636 Fall Creek Rd.
359-0632
Great Vespers: 5 p.m. Saturday
Matins: 8:30 a.m.
Divine Liturgy: 10 a.m. Sunday
Rev. Father Alexis Miller
- Saint Stephen the First Martyr Orthodox Church (OCA)*
802 Whitlock Ave.
361-2831 or 942-2388
Great Vespers: 6:30 p.m. Saturday
Wednesday evening prayer 6:30pm
Divine Liturgy: 9:30 a.m. Sunday
- Presbyterian:**
Bethel Presbyterian Church of Shannondale
1052 N. CR 1075 E., Crawfordsville
794-4383
Sunday School: 9 a.m.
Worship 10 a.m.
- Wabash Avenue Presbyterian Church*
307 S. Washington St.
362-5812
Worship: 10 a.m.
Pastor: Dr. John Van Nuys
- Roman Catholic:**
Saint Bernard's Catholic Church
1306 E. Main St.
362-6121
Father Michael Bower
Worship: 5:30 pm Saturday; 9:30 am, 12:15 - Spanish Mass, 5:00 pm at Wabash College Chapel (during school year)
www.stbernardcville.org
- United Church of Christ:**
Peasant Hill United Church of Christ - Wingate
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
Pastor Alan Goff
- United Pentecostal:**
Pentecostals of Crawfordsville
116 S. Walnut St., Crawfordsville
362-3046
Pastor L. M. Sharp
Worship: 2:30 p.m.
Prayer Meeting: 10 a.m., Tuesday
Bible Study: 6 p.m., Wednesday
- Non-denominational:**
Athens Universal Life Church
Your Church Online
http://www.aulc.us
(765)267-1436
Dr. Robert White, Senior Pastor
The Ben Hur Nursing Home
Sundays at 9:00am
Live Broadcast Sundays at 2:00pm
Bickford Cottage Sundays at 6:00pm
- Calvary Chapel*
915 N. Whitlock Ave.
362-8881
Worship: 10 a.m., 6 p.m.
Bible Study, Wednesday: 6 p.m.
- Rock Point Church*
429 W 150S
362-5494
Sunday church services are 9:15 a.m. and 11 a.m.
Youth group is from 6 p.m. to 7:30 p.m. on Sunday
Small Groups: Throughout the week
- The Church of Abundant Faith*
5529 U.S. Highway 136
Waynetown, IN
Reverend John Pettigrew
Sunday Worship: 9:45 am
(765) 225-1295
- The Vine Christian Church*
1004 Wayne Ave. Crawfordsville
Service at 10:02

SUNDAY

Health and WELLNESS

Sunday, April 23, 2023

H1

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Witham Health Services Hosts Volunteer Organization Annual Awards Banquet & Appreciation Lunch

A fun and upbeat luncheon was enjoyed by the Volunteers and Chaplains at the Witham Volunteer annual awards banquet and appreciation luncheon, hosted by Witham Health Services on April 12, 2023.

Steve Bardoczi, VP for Witham Health Services expressed his and the hospital staff's appreciation for all the work performed by the many Volunteers and Chaplains throughout the year. Mr. Bardoczi shared with the guests that, with the help of the volunteers Witham is able to provide the exceptional patient experience that we are known for, noting the volunteers and chaplains help to make a difference in the lives of our patients each day. Many volunteers are often the first and last person the patient encounters in their visit to Witham, leaving a lasting impression with those they help.

Amy Mitchell, Director of Volunteer Services commented that the Witham volunteers bring so much value, joy, encouragement and support to our patients, staff, hospital and community at large, noting we are truly blessed to have such an amazing team of individuals who want to give their time and talent to support Witham and care for our patients.

Ms. Mitchell further noted there are now more than 40 volunteers at Witham that help in over 20 different areas and departments of the hospital, and celebrated that Witham volunteers donated over 5,000 hours of their

time in 2022. Ms. Mitchell noted volunteers range in age from 17 years to 91 years young, and Witham's longest tenured volunteer is Lenda Vickery who has been volunteering for more than 30 years, starting at the original hospital. Witham is grateful and honored to celebrate all the volunteers who give their time and make a difference for our patients. We couldn't do all that we do without them, Mitchell said.

Ms. Mitchell also presented the Volunteer of the Year award to Mary Pat Shepherd. Mary Pat volunteers at the main registration desk on Tuesday mornings and Wednesday afternoons as a patient service representative and patient transport, and also assists with Dr. Schmidt's team as a patient liaison and patient navigator for their cancer patients. She was also one of the first faces of Witham's "What Matters to You?" campaign here at Witham, participating in one of the campaign videos as a patient. If that isn't enough, Mary Pat also sits on the Witham Volunteer Organization Scholarship Committee, and serves as the President of the Witham Volunteer Organization Board, helping behind the scenes in many other ways. Mrs. Shepherd has been volunteering at Witham for over 4 years.

Ms. Mitchell also introduced the Witham Health Services Volunteer Board, which is comprised of MaryPat Shepherd - President, Denise Long - Vice President, Pat Kleeman-Treasurer,

Ann Lynch -Secretary and Jane Johnson, Volunteer Board Past President.

Witham is always looking for new volunteers to join our team! Volunteering is a great way to foster community involvement while helping others. The volunteer program at Witham has been in existence for nearly 100 years, and volunteers have always made a tremendous impact, giving of their time and talents.

Some of the many volunteer service areas available include patient transport, guest services representative, retail sales associate, pastoral care and more! Volunteers work in four-hour shifts from either 8a-12p, 12p-4p or 10a-2p, at least one day per week. Volunteers will also participate in a one-day orientation, department-specific training, and annual mandatory education. Additional perks that Witham volunteers enjoy include participating in the annual awards banquet & appreciation lunch, National Healthcare Volunteer Week, the annual holiday luncheon and various other events throughout the year. Other volunteer benefits include a complimentary meal for each shift worked and a discount at the Waterfall's Edge Gift Shop and Pavilion Boutique.

For more information about volunteering, contact Amy Mitchell, Director of Volunteer Services at 765-485-8175 or amitchell@witham.org

The 411 On Marijuana Use And Cardiovascular Health

(Family Features) Legalization of marijuana, for both medical and recreational use, is on the rise across the United States.

The American Heart Association, the world's leading nonprofit organization focused on heart and brain health, warns that using marijuana may increase your risk of deadly cardiovascular diseases, heart attacks and strokes, according to research evidence noted in two scientific statements published by the Association.

The scientific statement "Medical Marijuana, Recreational Cannabis and Cardiovascular Health," notes marijuana, also known as cannabis, may be helpful for some medical conditions, but doesn't appear to have any well-documented benefits for the prevention or treatment of cardiovascular diseases (CVD). The chemicals in cannabis have actually been linked to an increased risk of heart attacks, heart failure and atrial fibrillation.

One study from Stanford University researchers found people who used marijuana daily were 34% more likely to be diagnosed with coronary heart disease, compared to those who reported no history of cannabis use.

Marijuana users may also have an increased risk of clot-caused stroke, according to the scientific statement, "Use of Marijuana: Effect on Brain Health." Studies cited found people who used marijuana had more

strokes - as many as 17-24% more - compared to those who don't use.

"There is a lot of confusion about the benefits versus the dangers of marijuana use, and much of that depends on the ingredients in and the method of use of the product," said Robert L. Page II, Pharm.D., M.S.P.H., FAHA, volunteer chair of the writing group for the statement on medical and recreational marijuana and CVD. "The most common chemicals in cannabis include THC, or tetrahydrocannabinolic acid, the psychoactive component of the plant that induces a 'high,' and CBD, or cannabidiol, which can be purchased over the counter. These chemicals may be working at cross purposes, as some studies suggest CBD could reduce heart rate and blood pressure while others found THC may raise heart rate and blood pressure."

Smoking and inhaling marijuana, regardless of THC content, has been associated with heart muscle dysfunction, chest pain, heart attacks, heart rhythm disturbances, sudden cardiac death and other serious cardiovascular conditions.

"Smoking and inhaling cannabis, regardless of THC content, has been shown to increase the concentrations of poisonous carbon monoxide and tar in the blood similar to the effects of inhaling a tobacco cigarette," said Page, who is a professor in the department of clinical

pharmacy and the department of physical medicine and rehabilitation at the University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences. "The federal government classifies marijuana as a Schedule 1 drug 'with no currently accepted medical use and a high potential for abuse.' That means researchers face tight restrictions on conducting rigorous controlled trials with marijuana products. So much of what we know about cannabis use is based on data from short-term, observational and retrospective studies, which identify trends but do not prove cause and effect. Until we know the pros and cons of marijuana use, people need to be aware of the potential dangers."

Page recommends people who use marijuana for medicinal or recreational effects:

- * Only use legal cannabis products because there are no controls on the quality or contents of cannabis products sold on the street

- * Note that the doses can be measured in cannabis in oral and topical forms, possibly reducing potential harm

- * Be open with their doctors about marijuana use as it relates to overall health to better understand how it might interfere with prescribed medications or trigger cardiovascular conditions or events, such as heart attacks and strokes

Learn more at heart.org.

Keep Allergy Season At Bay

(Family Features) With warmer outdoor temperatures, many homeowners suffer through longer allergy seasons. In fact, allergy days have increased by 20 days, according to a study conducted by the National Academy of Sciences.

Being aware of air quality indexes and limiting time outdoors can lessen exposure to airborne pollutants, but indoor air quality is also a concern. In a report from the U.S. Environmental Protection Agency, levels of indoor pollutants can be 2-5 times higher than outdoor air.

People spend nearly two-thirds of their lives at home, according to Carrier, which developed its Healthy Homes Program to help homeowners create indoor environments that optimize health and wellness. Consider these ways you can combat pollutants where it matters most: your home's indoor air quality.

Reduce Indoor Pollutants

Your home has multiple sources of indoor air pollutants. While avoiding these pollutants altogether is often the best solution, it's not always possible. However, there are a few ways you can reduce exposure in your home: ban indoor smoking; turn on exhaust fans when cooking; minimize or remove "soft" pollutant gathering surfaces such as decorative pillows, stuffed animals and decorative throws; and regularly clean all heating

and air conditioner filters as required or according to manufacturer specifications.

Add Air Purifiers to Your HVAC Unit

While air purifiers don't treat allergies, they can help filter out allergens that can cause allergy symptoms. Homeowners might consider purifiers that are highly effective at capturing particulate. For example, the Carrier Infinity air purifier is a whole-home heating and cooling system. It not only captures 95% of particles in micron size range 1.0-3.0, but also inactivates 99% of select airborne germs and viruses that flow through the HVAC system and become trapped in the MERV 15 filter. The purifier has also demonstrated effectiveness against the murine coronavirus - similar to the human novel coronavirus (SARS-CoV-2) that causes COVID-19 - based on third-party testing, as well as the type of viruses that cause the common cold, streptococcus pyogenes and influenza.

Control Humidity

Many people know high humidity can cause discomfort in hot temperatures, but there are other potentially negative impacts. According to the Centers for Disease Control and Prevention, dust mites thrive in 70-80% humidity and temperatures between 75-85 F. Additionally, high humidity can provide an

environment conducive to mold growth, which is why maintaining relative indoor humidity between 40-60% is recommended to keep dust mites and mold at bay. To help control humidity, run the air conditioner when it's hot and humid and consider using whole-home humidifiers and dehumidifiers that allow for specific settings for moisture control.

Consider Room Air Purifiers for Individual Spaces

Room air purifiers are portable and highly efficient solutions for smaller spaces such as nurseries, bedrooms, home gyms and added rooms. One example is the Carrier Smart Room Air Purifier with a built-in indoor air quality monitor that includes three levels of filtration, including an activated carbon filter to capture odors. The attached, color-coded air quality monitor measures and displays pollutant levels so homeowners can be informed and aware of the quality of their indoor air, giving them the ability to maintain next-level comfort while breathing cleaner air.

Creating your ideal home environment is more than just controlling the temperature. Your home's air should be filtered and pollutants limited to minimize allergy triggers and promote good indoor air quality.

To learn more and get an estimate on a solution that's right for you, visit carrier.com/residential.

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SUNDAY

Voice of our PEOPLE

Sunday, April 23, 2023

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Vancleave Saga #7 – Ralph B Vancleave 1784



KAREN ZACH
Around The County

Ralph Vancleave was the 8th child, fourth son, of Benjamin Samuel and Ruth Munson Vancleave, born in Kentucky the day after St. Pat's day in 1784. In Shelby County where he and his brothers and sisters grew-up, Ralph married Elizabeth (Betsy) Stubbins 25 Feb 1805 she having just had her 16th birthday, Ralph five years older. Toward the end of that same year, their son Jonathan appeared, the first of their 8 children who were all born in Kentucky before they ventured to MoCo (Brown Township). On Oct 21, 1811, his father gave Ralph a tract of land in Shelby County next to his brother Samuel's land on Bullskin Creek. Ralph owned around 80 acres in Kentucky along with (1819 tax list) horses and two slaves. Elizabeth passed on the 23rd of November 1848; buried Old Union Cemetery north of Waveland and near their property. He joined her on

2 Feb 1855. Sue P. did a great deal of work on FAGrave early on; here is her photo of Ralph's grave. His wife is on one end of the greenery and Ralph's on the opposite, both sideways according to the photos.

Jonathan above was a December baby born the 13th in 1805 and passed away here 3-5-1900. On April the 6th 1827 in Shelby Co, his uncle, Rev. Samuel Vancleave married he and Elizabeth Vancleave (slightly older than Jon, born Nov 10th 1803 daughter of Aaron and Elizabeth (Griffin). They were 2nd cousins. Jonathan joined the Indian Creek Old Baptist Church in May of 1842 and Elizabeth followed in July. They moved with her father here in the Fall of 1826 and the next fall, he build a cabin where they lived the remainder of their lives. With a "divine calling," Jonathan began preaching in the Indian Creek church in 1848 and was ordained in Nov 1849. From this time on through 1899 he preached in Missouri, Iowa, Illinois, Kentucky and of course Indiana at the Indian Creek Church. He preached his last sermon eight days before Christmas in '99. Never once did he take a salary for preaching (he was also a farmer and a gunsmith) as it was "his calling!" (obit) Buried Old Hickory cemetery in Brown Twp. His children were William (July 19, 1828-Jan 20, 1832 buried Old Hickory). David born Nov 15, 1830 died Sept 9, 1892 in

MoCo married Emaline Davis – their children were Keziah (married Albert Martin having 5 children); Amanda (married Shelby Johnson Pickett lived Putnam County – no children). Her life was one of upright love of the Lord and people; after her husband passed, she lived with her brother Manning (Manson whom I believe never married and lived quite a long life). Son Jonathan H passed away about 5 years old. (Wenzel). Jonathan and Elizabeth also had: Anna; Emily; Lucy; Jane; Ransom; Adam; Aaron and Ralph. I have bits and pieces about all of 'em but not much on Anna and Emily.

In the 1850 census two of Ralph's four girls are not married (Lucy 39 and Emily 25) and living with him. There are three Vancleave young ones with them – Isiah 13; Edwin 8 and Marion 6 who are three of five children of his daughter, Malinda who imagine passed due to childbirth (7th April 1846) with her and John Vancleave's daughter Rebecca born 3 April – she passed the next year in February. Malinda's husband John (10 Sept 1815 Shelby Co KY son of Aaron and Elizabeth Vancleave) had passed the month before. They also lost an Emily but the three boys grew to manhood Emily passed at age 30 here (born 4 October 1822) just three years after the 50 census, dying 9 June 1853 and is buried at Old Union. Edwin was a well-known local

farmer, married to Sarah Hicks for 55 years before his death (Oct 1916) and was an active member in the Indian Creek Baptist Church. He and Sarah had six daughters and one son John Sanford who died at age 20. (Wenzel). Ralph's daughter, Lucy just reached by 4 days 1 April 1810 – 5 April 1884 her 74th birthday.

Ralph and Elizabeth also had Cary, just four at the 1823 death. Elizabeth "Jane" (born Valentine's Day 1812) buried Old Union passing 13 July 1846, married Adam William and mothered at least William "Milton" (died age 18), and Matilda. Adam remarried Elizabeth Vancleave (daughter of Levi and Matilda Vancleave) and had Martha, Jennie and Matilda although FAGrave doesn't agree with me.

Ralph's son William married (4 Dec 1828 in MoCo) Elizabeth Wilson and they had three sons (Jonathan; William Newton; Robert) and a daughter with an unusual name if I have it right: Monimia. Just 32 at his death, his boys didn't live too much longer than he, but produced several children nonetheless. The boys were carpenters and farmers. Moni married Abner Jarrett here, moved to Minnesota and they were parents of four daughters.

I have one more child for Ralph who is Nancy born in Kentucky in December (16th in 1817). For the longest time, she was my mystery, but

eventually discovered her and the hubs (Isiah Boone Wible marr 3-22-1838) in Vermilion County, Illinois. The next year they had Andrew Murray Wible whom I surprisingly discovered was born in Waveland 7 June 1839 and is buried in the same cemetery (Stearns in Muncie, Ill) as his parents and all but one sibling. Other children for Nancy and Isiah were: Robert Bruce who served in the 40th Indiana. He did not marry until he was in his 50s – no children. Daughter Rebecca Wible also buried in Stearns was 60 at her death and never married. Charlotte died at age 24 Lucy, as Charlotte and Rebecca also did not marry (born when they lived in Iowa shortly 24 March 1856 died in Champaign Co Il) 4 August 1930 but buried at Stearns. I assume Nancy and Isiah's last child, Isiah C. was also not married as he too is buried with the rest. Oh and on a couple of Ancestry trees there was possibly a William Pinkney born 7 June 1845 in MoCo. So, to my calculations, with six (7) children, there were no grandkids.

Well, blessings to Ralph and his clan!

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.

An' The Gobble-uns 'll Git You....



BUTCH DALE
Columnist

When I was a small fry, my Dad would often recite a portion of the "Little Orphant Annie" James Whitcomb Riley poem before I went upstairs to bed... "Wunst there was a little boy wouldn't say his prayers--An' when he went to bed at night, away upstair, His Mammy heard him bawl, An' when they turn't the kivers down, he wuzn't there at all! An' they seeked him in the rafter-room, an' cubby-hole, an' press, An' seeked him up the chimbley flue, an' ever'wheres, I guess; But all they ever found wuz thist his pants an' roundabout--An' the Gobble-uns 'll git YOU...ef you don't watch out!"

Of course, you might know my bedtime prayer was..."Now I lay me down to sleep; I pray the Lord my soul to keep. If I should die before I wake, I pray the Lord my soul to take." With goblins and the thought of possibly dying in my sleep on my mind, you can understand why I requested a night light!

Well, I can't totally blame Dad for me being frightened at night, because I did watch a few scary movies at the Sunshine Theater in Darlington. I loved westerns and the Ma and Pa Kettle movies, but in 1955, when I was 7 years old, I watched my first science fiction movie, "Tarantula," which was about a 100-ft. tall spider that devours people. The next day, when I was mushroom hunting in the woods located about a half mile behind our house, I just

knew that damn giant tarantula was coming after me...and I ran all the way to the house as fast as I could!

I didn't go to any more scary movies until two years later, when I saw "The Incredible Shrinking Man." After being enveloped by a strange fog which changes his molecular structure, main character Scott Carey starts to shrink in size...gradually to child size, then to doll size, then so tiny that he lives in a matchbox. Could that really happen? I had Dad measure me the next day. He proclaimed that I had shrunk a half-inch! Oh my God!...Well, thanks, Dad, for causing paranoia again in a small child!

That same year, in 1957, I watched "The Deadly Mantis," a movie about a 200-ft long preying mantis that had been trapped in the Arctic ice for millions of years and now enjoyed munching on humans. At the age of 9, I now realized that this could not happen. After the movie was over, however, some boys caught three real preying mantises in the library bushes nearby and released them in the drug store. All of us kids...even the high school girls, were screaming and hiding under the booths! I still can't stand to look at those creepy-looking insects.

One of the most frightening movies that I watched was "The Fly," which came out in 1958. The plot was about a transporter science experiment which goes wrong, with the scientist having the head and arm of a fly. I wasn't too afraid until the very end, when a fly, with the scientist's head and arm, is discovered trapped in a spider web...screaming "Help me! Help me!" I did not sleep very well that night! Whoever said, "you are afraid of a fly" was correct!

That same year I also watched "Attack of the 50-ft. Woman," which was about an alcoholic woman who encounters an alien spacecraft and is exposed to radiation. She becomes a giant (albeit an attractive, scantily clad beauty dressed only in bed

linens), and seeks revenge on her philandering husband and his mistress. This movie made me wonder if I should still stick my feet in the shoe department X-ray machine at Dellekamp's store in Crawfordsville. Although my Dad wore a size 10 shoe, I ended up with size 13 feet. I blame radiation on that. I also learned that it would not be wise for a husband to have an affair if his wife was 50-ft. tall and drank excessively.

The last horror movie I watched at the Sunshine theater was also in 1958..."The Blob," starring Steve McQueen. The "blob" was a giant red bundle of slime which trapped, covered, and chemically absorbed humans, becoming larger after each "meal." I wasn't afraid of it because I just knew I could outrun that goeey thing. It could not be killed, but eventually the military was able to freeze it and transport it to the Arctic...no longer dangerous as long as the Arctic remains cold. Well, with people now claiming climate change is warming the earth, we may be in trouble yet.

The Sunshine theater closed in 1959 when I was a fifth-grader. Since then I have watched very few horror movies. When I watched "The Exorcist" in 1973, and the main character Regan MacNeil (played by Linda Blair) vomited and turned her head all the way around, that did it for me. I'm done!

Well, some people love horror movies. Not me..."Hoosiers," "High Noon," "Grease," and "Forrest Gump" suit me just fine. Throw in an occasional 1930's or 40's love story or musical every so often, and I'm good! But I miss the old theater. It was a special time in my childhood. And guess what? I recited the Little Orphant Annie poem to all four of my kids. Serves 'em right for being born into a nutty family!

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.

REAP The Benefits Of The Inflation Reduction Act

By Lindsay Mouw, policy associate, Center for Rural Affairs

Rural small businesses and agricultural producers looking to save money by reducing energy costs may be eligible for the Rural Energy for America Program (REAP).

With a boost in funding from the Inflation Reduction Act, the program is offering \$1 billion in grants and guaranteed loans to assist with investments in renewable energy systems and energy efficiency improvements. This may include the installation of hydropower, geothermal, wind, or solar energy systems, updating heating and cooling systems, or switching from a diesel to an electric irrigation motor.

Projects previously funded through REAP include the installation of a solar array at a turkey farm, a wind turbine at a rural small business, and upgrades to energy-efficient coolers at a grocery store.

Wondering if you're eligible? To qualify, agricultural producers or rural small businesses must meet the following criteria:

- Agricultural producers:
 - Earn at least 50% of their gross income from agricultural operations.
 - Income may come from product sales, production contracts, crop insurance, commodity payments, and similar

- May be located in rural or non-rural areas as long as the project is associated with an on-site production operation.
- Small businesses:
 - Be located in a community with a population of fewer than 50,000.
 - May be a private for-profit entity, a cooperative, an electric utility serving rural customers independent of government control, or a Section 17 tribal corporation or business of that tribal corporation.
 - Must have a net worth of less than \$15 million and a net average income of less than \$5 million for the two previous years.
- Additionally, applicants must provide matching funds if applying for a grant and 25% of project costs if applying for a loan. All projects require an environmental review and energy efficiency projects require an energy audit or assessment.
- For more information, visit rd.usda.gov. The next application deadline is June 30.

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



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Timmons Sharing A Little Modern Humor



TIM TIMMONS
Two Cents

For the eight or nine of you who regularly read these scribbles, you know I don't tend to pass on the modern version of the mimeographed office

jokes we used to get back in the '70s. But sometimes I get one or three that are just worth sharing. I am sorry I don't know the author, but this one sure feels worth sharing.

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain
- Why the early bird gets the worm
- Life isn't always fair
- And maybe it was my fault

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate, teens suspended from school for using mouthwash after lunch and a teacher fired for reprimanding an unruly student, only worsened his condition. Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to

do in disciplining their unruly children.

Things got worse as churches became businesses and criminals received better treatment than their victims, and when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense lost the will to live when schools were required to get parental consent to administer sun lotion or an aspirin to a student but could not inform parents when a student became pregnant and wanted to have an abortion, or if a student wanted to change genders.

Common Sense was preceded in death by his parents,

Truth and Trust; by his wife, Discretion; by his daughter, Responsibility; and by his son, Reason.

Survivors include six step-children: I Know My Rights; I Want It Now; Someone Else Is To Blame; I'm A Victim; Pay me for Doing Nothing; and It's My Body, My Choice.

Not many attended his funeral because so few realized he was gone.

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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Ask Rusty – Why Can't I Get Social Security Disability On My Own Or My Husband's Record?

Dear Rusty: I am considered disabled by State of Washington doctors, but Social Security has turned me down three times when I applied for disability saying I don't have enough work points. I am the wife of a retired, disabled veteran who served over 20 years in the US Navy. I raised three children, one of which is disabled. How do I get Social Security to accept my disability? *Signed: Frustrated & Disabled*



ASK RUSTY
Social Security Advisor

Dear Frustrated & Disabled: Social Security's criteria for disability eligibility are separate and distinctly different from any other authority such as the State of Washington. To be eligible for Social Security Disability Insurance (SSDI) benefits,

you must have earned a minimum number of credits on your own from working and contributing to Social Security, and that work must have occurred recently (you must have worked at least 5 of the last 10 years). If you did not personally earn the required credits through recent work, you cannot get SSDI benefits. I presume that is

Social Security Matters by AMAC Certified Social Security Advisor

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

what Social Security has determined to be the case for you. And to clarify, you must be totally disabled (rendering you unable to work for at least one year) and that must be confirmed by your medical service providers, who will be contacted by Social Security's representatives. For information, SSDI is an individually earned

entitlement, thus your husband's lifetime earnings history applies only to him, and his earnings record does not extend to you for SSDI purposes (in other words, he might be eligible for early SSDI benefits on his own, but his eligibility for those benefits does not make you eligible too). Nevertheless, if your husband is collecting SSDI benefits

and you are caring for your child who became disabled before age 22, or if your husband is collecting SS and any of your children are under age 16, you may be eligible for "child-in-care" spousal benefits. Child-in-care spouse benefits are available at any age, but your husband would need to be collecting either SSDI or his regular SS retirement benefit for you to be eligible for those benefits. And if your husband is collecting SS of any kind, his disabled child (or any minor children under 18) may also be eligible for dependent child benefits from him, subject to the Family Maximum. So, to answer your specific question about how to get Social Security to "accept your disability," unless you meet the

recent work test and have earned the needed credits on your own as described above, and are totally disabled, you cannot. You may wish to confirm this by discussing your situation with an attorney who specializes in SSDI matters. You can find such an attorney online by searching for "SSDI attorney near me" - just be sure to fully vet any firm you are considering. SSDI attorneys should not charge for an initial consultation, and they will only take your case if they believe you can win (they take their fees from any back SSDI benefits they can secure for you). SSDI attorney fees are also limited by federal law, and seeking such counsel should not result in any out-of-pocket expense for you.

Childhood Memories Of Growing Up On A Farm



BUTCH DALE
Columnist

There are several of you readers who, just like me, grew up in rural Montgomery County in the 1940s, '50s and '60s. We all have special memories of when we were kids on the farm. As I stated in a previous column, farming today is an entirely different ballgame. Gone are the days when the husband farmed 160 acres and raised several types of livestock, while the wife managed the household and took care of the kids. Sadly, we will likely never see those days again. But when I think about those days when I was a farm boy, I still have images and thoughts that will always remain with me, such as . . .

- The smell of bacon frying and coffee percolating when I came into the kitchen each morning
- The multi-colored birds . . . barn swallows, blue jays, orioles, cardinals, hummingbirds, robins, and many others I saw every day
- The sound of rain on our barn's tin roof as I watched a storm from the haymow window . . . and I felt safe
- The first taste of homemade ice cream on a hot summer day
- Eating a tomato right off the vine in our family

garden

- The smell of fresh-plowed earth in the spring and the smell of new mown hay in summer
- The joy of catching my first blue gill or "sunnie" at Horn's gravel pit
- The fun of exploring the woods...and also finding those first sponge mushrooms in the spring
- The pride of making something from scrap wood in Dad's toolshed
- The cooling breeze as I rode on top a load of ear corn in the back of the old Dodge pickup as Dad headed to the elevator
- The thrill of being able to drive the old Farmall H tractor for the first time
- The fun of helping my neighbor collect honey from his beehives
- The smell of Mom's homemade peach, apple, and rhubarb pies
- The old basketball goal with its torn and tattered net on the side of the dairy barn . . . and playing "horse" against my brother
- The baseball diamond I fashioned by myself in the front pasture
- Walking down the lane to wait for the bus on the first day of school
- Riding my bike . . . and then my Cushman scooter . . . all over the countryside
- My sister crying, as our family hid in the basement when a tornado struck . . . and then seeing the devastation when we came outside
- Calling the cows in from the field each evening to be milked
- Watching the miracle of birth when a cow had her calf

- Finding our "barn cat" nursing her new litter of baby kittens . . . so tiny!
- Helping catch chickens to be butchered . . . and then closing my eyes . . . I did not want to see what happened next!
- The fun of building tunnels and "secret hide-outs" with bales of straw
- Jumping in a horse tank full of water to cool off on a hot summer day
- Finding an Indian arrowhead in the "back twenty acres" after a downpour . . . Wow!
- Riding a PTO-powered elevator to the top of a corn bin . . . scary!
- Watching that big orange "harvest moon" coming over the horizon, and then laying in the yard, looking up at all the stars . . . and knowing that God does exist and He will protect me
- Sitting on top of the roof of our house and looking out over the fields at our neighbors' homes . . . and then on July 4th seeing the fireworks at Milligan Park ten miles away!

There is something special about growing up on a farm, and there are hundreds of other memories etched into my brain. But the one I remember most is . . . laying in tall grass on a hill in the field behind our house . . . and just looking up at the clouds on a beautiful fall afternoon. It felt as though I was in Heaven. Maybe I was . . .

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.

From Where Do The Words Come?



RANDALL FRANKS
Southern Style Columns

I looked between the lines in the book trying to see the meaning behind the words. When I was in school, I was taught there was always a deeper meaning beneath the lines. The construction of the sentences and their order held a greater importance than simply what I read. That is one of the reasons we went through English and World Literature, wasn't it? Ever since I started writing many years ago, I have always tried to draw on those inspirations to find a unique turn of phrase. I tried time and time again to aggrandize with alliteration, to ease a reader into an unexpected message buried like a golden nugget glistening from beneath a light covering of soil along the creek

bank just waiting to be picked up. Beginning with pen, then the typewriter keys, and now the computer keyboard, the letters flow from my fingertips trying to inspire, amuse, engage, challenge, and reflect. I look to those who brought me to want to write: Charles Dickens, Mark Twain, William Faulkner, and William Shakespeare and so many others. They told stories of their times in a way that still resonates with readers as their characters jump off the page giving them a life. Those characters could almost pull up a chair and sit down next to you. I have always wanted to write so the characters or real-life subjects seem touchable and real. Articles, screenplays, books and columns have led me down an amazing path that allows me to search deeper within my soul while looking at the human experience and trying to find more than the words. As I work on one book and soon begin two others, I wonder sometimes where I will find what is

needed. Within your soul, can you find words that are more? Can you create a story that makes people laugh with ease? Are you inspired by those you have met within your world? Have you ever tried picking up a pen, or sitting down and putting your thoughts into words. Who knows maybe you could be the next writer whose words span the ages. Give it a try. Build upon the stories and things you know. Who knows, maybe you will be the next great writer.

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

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SUNDAY Voice of our PEOPLE

Sunday, April 23, 2023

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The Book Of Acts Is Not Communism

By Dr. Paul Kengor

Editor's note: A version of this article first appeared at Crisis Magazine.

"This is not communism. It is pure Christianity."

Yes, even Pope Francis, a man often accused of being soft on communism, understands. He offered that succinct assessment in a homily on Divine Mercy Sunday 2021 at St. Peter's Square, when speaking on the Book of Acts, specifically Acts 4:32, which states of the apostles that "no one claimed private ownership of any possessions, but everything they owned was held in common."

Francis paused to explain in the very next line, lest anyone had any misconceptions: "This is not communism. It is pure Christianity."

Indeed. I mention this now because the Lectionary readings from last weekend and throughout the past week include the passages from Acts that many Religious Left Christians often sloppily assume advocates for "communism." The passage last Sunday was from Acts 2:42-47, which includes this line: "All who believed were together and had all things in common; they would sell their property and possessions and divide them among all according to their needs."

Karl Marx, an atheist and evolutionary racist who hated religion and referred to Christianity as a "hypocritical" faith that preaches "cowardice, self-contempt, abasement, submission, humility," pulled from that line to develop one of his most famous maxims: "From each according to his ability, to each according to his needs."

The other passage from Acts that is frequently invoked by "social justice" Christians is Acts 4:32-35, which states:

The community of believers was of one heart and mind, and no one claimed that any of his possessions was his own, but they had everything in common. With great power the apostles bore witness to the resurrection of the Lord Jesus, and great favor was accorded them all. There was no needy person among them, for those who owned property or houses would sell them, bring the proceeds of the sale, and put them at the feet of the apostles, and they were distributed to each according to need.

I've written about that passage before in articles with titles like, "The Early Church Was Not Socialist," and in other writings. I can't begin to convey how many times I've been asked about it over the years, and not always from opponents. Here's the reality:

The fact that certain passages of Scripture, or certain religious orders, express forms of communalism—look closely at that word, communalism, not communism—or pooled together resources to help one another certainly does not mean they were practicing the 19th century militantly atheistic ideology known as communism. There is plainly no comparison between the first century apostles or Saint Francis and his followers to Vladimir Lenin and the Bolsheviks. If you think the teachings of Karl Marx are analogous to the teachings of Jesus Christ then, well, I'm frankly speechless.

The likes of the early apostles and Franciscans were first and foremost forged on a Christian

model; religion served as their rudder, their guiding, inspiring, animating force—the very spiritual force that communism seeks to abolish. Marx called religion "the heart of a heartless world," "the soul of soulless conditions," "the opium of the masses." Lenin called it "spiritual booze," "Medieval mildew," "a necrophilia," and said "there is nothing more abominable than religion."

To take a single Marxist exhortation to share wealth and then in turn argue that communism is thus comparable to Christianity is the height of folly. And yet, I shudder to think how many pastors right now are saying just that from the pulpit as they interpret the Book of Acts this Easter season.

The reality is that individuals who opt for communal life in a religious order, which is a minuscule, rare portion of the population, do so voluntarily to serve God. Under atheistic communism, a totalitarian regime forces 100% of society to bend to its will. It confiscates their property, contrary to the Bible's vigorous defenses of property rights, as rudimentary as the understanding implicit in the 10 Commandments: thou shalt not steal. In the New Testament, individuals like the Good Samaritan or the vineyard owner voluntarily give their own earnings as free-will acts of benevolence, not as forced responses to state fiat.

Let's get back to the Book of Acts:

Read further on in that section. A colleague of mine often urges, "Never read a single Bible verse." Context is crucial. The full section of Acts 4:32-37, plus the start of Acts 5, makes clear that these believers owned property. In most Bibles, the heading for that section states, "The Believers Share Their Possessions." Look closely at those last two words: "Their Possessions."

To the contrary, possessions are not permitted under communism. Marx and Engels in the Communist Manifesto stated: "The entire communist theory may be summed up in the single sentence: abolition of private property." Throughout Acts, these believers have private property. It has not been abolished.

Acts 4:36 notes that Joseph, a Levite from Cyprus whom the apostles called Barnabas, "sold a field he owned" and brought the proceeds to the apostles. Barnabas was permitted property. He sold not all of it, but a field.

In Acts 5, the same is true of Ananias, who "also sold a piece of property."

Both Barnabas and Ananias owned property and chose to sell a portion to share.

The apostles willingly could choose to sell their property (or some of it) and share it. They were not compelled at knifepoint by a government regime to forcibly give up all possessions or be carted off to a labor camp.

Above all, this mere sharing of some property by these early apostles is light years away from the teachings of Marx and Engels and Lenin and more. If you doubt me, then please, read. Educate yourself! The Manifesto talks about the abolition of not only property, but of family, religion, "all morality," "eternal truths," capital, classes, states, societies, and much more. Almost hilariously, Marx and Engels in the Manifesto explain that communism seeks nothing less than to

"abolish the present state of things."

Gee, is that all?

Marx and Engels declared that communism represents "the most radical rupture in traditional relations." They closed their Manifesto by stating that, "They [Communists] openly declare that their ends can be attained only by the forcible overthrow of all existing social conditions." As for Marx, he had a favorite quote from Goethe's Faust: "Everything that exists deserves to perish."

That was Karl Marx and his ideology. It is a radical transformation of human nature. Read the Communist Manifesto and then read the Book of Acts and then try to argue that Acts is communism. Read the 10-point plan in the Communist Manifesto. Does it sound like a plan of the apostles?

Beyond the Manifesto, read other communist classics, such as Marx's "A Contribution to the Critique of Hegel's Philosophy of Right" (the "opiate of the masses" essay), Friedrich Engels' The Origin of the Family, Private Property and the State, Marx's literally devilish poetry and plays, such as "The Pale Maiden" and Oulanem, Lenin's opus The State and Revolution and his elucidation of "communist ethics" vs. Christian ethics in his shocking 1920 Speech to the Russian Young Communist League, Nikolai Bukharin on "Communism and Religion" in his The ABC of Communism.

Note how these men stated, repeatedly, that their communism is incompatible with your "idiotic" Christianity. To quote Bukharin: "Religion and communism are incompatible, both theoretically and practically.... Communism is incompatible with religious faith." He urged communists everywhere: "A fight to the death must be declared upon religion take on religion at the tip of the bayonet."

I could go on and on.

The lesson for Christians ought to be clear: Please get better informed about communism before outrageously linking it to the Christian faith. The glorious, redeeming teachings of Christ and his apostles bear no comparison to the deadliest ideology in human history. Communism kills people; Christ saves people.

No, folks, the Book of Acts is not communism. Anyone who makes such an assertion immediately conveys a profound ignorance. They are showing you that they have no idea what communism is.

Communism is the antithesis and enemy of Christianity. The Book of Acts, as even Pope Francis said, is Christianity, not communism.

Dr. Paul Kengor is professor of political science and chief academic fellow of the Institute for Faith and Freedom at Grove City College. One of his latest books (August 2020) is The Devil & Karl Marx: Communism's Long March of Death, Deception, and Infiltration. He is also the author of is A Pope and a President: John Paul II, Ronald Reagan, and the Extraordinary Untold Story of the 20th Century (April 2017) and 11 Principles of a Reagan Conservative. His other books include The Communist: Frank Marshall Davis, The Untold Story of Barack Obama's Mentor and Dupes: How America's Adversaries Have Manipulated Progressives for a Century.

Dr. Ben Carson Believes 'We The People' Will Save Our Country

By John Grimaldi

You may recall that, for a moment there, Dr. Ben Carson sought to join the 2016 Presidential Election slugfest. The noted neurosurgeon's campaign for the presidency was short lived and he decided to back President Trump instead. In fact, he served as President Trump's Secretary of Housing and Urban Development.

He told Rebecca Weber, CEO of the Association of Mature American Citizens, during a recent episode of AMAC's Better For America podcast, that the president would "always say to me, Ben, aren't you glad you didn't win. And I would say, the only thing for the left that's worse than Satan is a Black conservative. They don't like that at all, because you're not supposed to be able to think for yourself. And if you don't follow a certain pattern, you're a race traitor. You're an Uncle Tom. Your every name that they can come up with. And it flies in the face of their narrative that you're supposed to be a victim, that the system is supposed to be systemically racist, it's supposed to be against you, and you're not supposed to be able to achieve at the highest levels."

Long before he joined the Trump Administration Dr. Carson was widely applauded for his accomplishments in the field of medicine. But that all changed when he revealed his conservative, pro-Trump focus. As he put it, they would say things like, "he must be crazy." But the fact is that "there are a lot more people who are starting to think for themselves. You know, when I went to conservative gatherings, I used to be the only black face there. And

that's not the case anymore by a long shot. I think that's good because, we need to get back to the place that Dr. King dreamed about, where people would be judged by the content of their character and not by the color of their skin."

Dr. Carson expressed his concern about America's future during his interview. "There are a lot of people who actually have the right thoughts and the right belief systems, but they have a tendency to stand in a corner looking at issues rather than getting out there and being vocal. And that's so important because the reason that the leftists are able to achieve so much is because they don't seem to have any opposition," he said. His concern about the fate of the nation prompted him to establish the American Cornerstone Institute [ACI]. Dr. Carson and the Institute believe that "now is the time to stand firmly in support of America's founding principles and pursue common sense solutions that challenge conventional groupthink. With independent research, grassroots outreach, and collaboration with state and local entities, faith-based groups, and private organizations, ACI will work to heal the divisiveness that plagues our nation's politics."

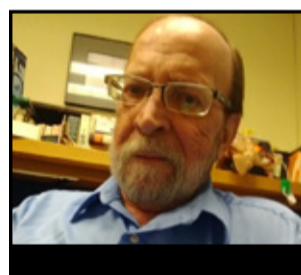
Among other initiatives, the Institute offers free online resources to counter leftist propaganda designed to undermine American history in an effort to recruit our youngest citizens such as the movement known as the Critical Race Theory. CRT is a progressive effort focused on teaching our kids a distorted version of our nation's founding. ACI says its Little Patriots Learning platform, for example, provides lessons, at-home activities, patriotic

books, and sing-a-longs to teach children about our country's founding principles.

As Dr. Carson put it, we have all of "these 1619 people and CRT people who just want to take the bad stuff and they want to build everything around the bad stuff and say that that's who we really are. How absurd is that? If America is really such a horrible place, why are all these people trying to get in here? And when they get here, wouldn't they call all their friends and relatives and say, 'don't come here, this is a horrible place.' No, you're getting just the opposite of that. And that should tell you quite a bit about America. So we just have to be willing to state the obvious, state the facts boldly. And you know what I find with the leftists is usually they don't have much of an argument and they resort to calling you names."

In conclusion, he pointed out that the American Cornerstone Institute is "not just a think tank, it's also a 'do tank.' We do stuff because we can't just sit around and talk and think we really need to do things and create programs and mechanisms whereby people can get involved. And I think we all want to save our country. It was Benjamin Franklin who said after 1787, after the Constitutional convention, 'what do we have here, a monarchy or a republic?' And he said, 'a republic, if you can keep it.' We've kept it for over 240 years. We're as close to losing it now as we have ever been. But if it's going to be saved, it's going to be saved by 'we the people.' It's not going to be saved by the government. It's going to be saved by the people, armed with the Constitution."

A Quaint Expression Rings True



LEO MORRIS
Guest Columnist

A few months after my father died, I asked my mother how she was doing.

"I miss having him to talk to," was all she said, but that's all she needed to say. No matter how many friends and relatives she had to talk with, no matter how much her children tried to fill the conversational void, there was something about the casual banter of lifetime partners that could never be replaced. A comfortable presence in her life was gone forever.

I've been thinking a lot lately about "kith and kin," one of those quaint expressions you seldom hear anymore.

Kin I still have – though, heaven knows, fewer than I used to. Not so much "kith," who, as the dictionary explains, are "acquaintances, friends, neighbors or the like; persons living in the same locality and forming a more or less cohesive group."

It's that "living in the same locality" that's the tricky part, and I blame technology.

First, of course, came transportation technology. Roads took us away from our homes to work in remote locations, and the automobile and national highway systems increased both the distances and the tendencies. My brother and sister and I grew up in the

same tiny place in Eastern Kentucky, sharing a small house with our parents and seeing each other all the time. Now, we live in three different cities in two far-apart states.

And communications technology has kept us all apart. We no longer have to rely on the Post Office to deliver our letters and imagine how our friends and relatives are reacting to our thoughts days after we have expressed them. We can email or text them for instant communications and even see their faces if we want to make a video call with our smart phones.

But it's not the same. Our brother just visited from Texas, and we spent a week with our sister in Indianapolis. We get together like that only about once a year, and it's always – I hate to use such a theatrical word, but there it is – magic.

And it's not about anything specific – not anything we do together, though we find enjoyment in common pursuits; not necessarily what we talk about, though there is always the usual enjoyable outrageous nonsense only longtime siblings can conjure up.

It was just the sheer physical presence of family members, a comforting closeness that can chase away the overwhelming sense of isolation we sometimes feel as a tiny speck in the vast universe. Even if I was reading a book or watching something on TV, just knowing my brother and sister were in the same room gave me a sense of well-being. And knowing they would still be there in the morning and for the next day brought true peace of mind.

I suspect you've had the same feeling at times. Remember a Thanksgiving or Christmas when you were surrounded not just by the immediate family but by extended family from all over – your "kith and kin"? There undoubtedly came a moment amid all the bickering and fussing when you simply thought, "These are my people, and I'm grateful we are all here together."

And it was bittersweet, wasn't it, because you knew the moment was fleeting?

I feel sorry for the younger generations today, who have grown up knowing nothing but the ubiquitousness of instant communications yet seem to not know how to relate to one another. They spend so much time on their devices trading quips and showing off that they don't know the sheer comforting presence of other people. Heaven knows how much their Covid-induced absences from school reinforced that inclination to isolation.

I read recently that Millennials are starting, at least in small numbers, to buy dumb phones instead of smart ones – devices that can only make and receive calls – having decided they were spending far too much screen time.

Good for them. Maybe they will start putting the kith back in kith and kin.

Leo Morris, columnist for The Indiana Policy Review, is winner of the Hoosier Press Association's award for Best Editorial Writer. Morris, as opinion editor of the Fort Wayne News-Sentinel, was named a finalist in editorial writing by the Pulitzer Prize committee. Contact him at leoedits@yahoo.com.

SUNDAY Voice of our PEOPLE

The Paper of Montgomery County

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15

Jackie Robinson Day

By Dr. Paul Kengor

Earlier this month, on April 15, we observed Jackie Robinson Day. This annual commemoration by Major League Baseball of its first black player, the man who broke the “color barrier,” began on April 15, 2004, when MLB officials celebrated Robinson’s April 15, 1947, debut with the iconic Brooklyn Dodgers. It turned out to be not a one-time thing. MLB now honors the day each April 15, with players and managers alike sporting Robinson’s jersey number, no. 42.

It’s certainly a worthy tribute. The man truly transformed America’s national pastime and America itself. He fully deserves this place in history.

Robinson in 2013 was honored with a major motion picture, titled *42*, starring a talented actor and seemingly fine young man named Chadwick Boseman, who tragically departed this world way too early (as did the man he played). He most recently has been honored by a superb book by my longtime Grove City College colleague, Gary Scott Smith, titled *Strength for the Fight: The Life and Faith of Jackie Robinson*.

What makes Professor Smith’s work so thoroughly excellent is its focus on the faith of Robinson. Smith, a historian of sports and religion, including via his seminal book on faith and the presidency, is one of the few historians who understands and relates the secret to Robinson’s success: faith.

Faith, faith, faith. It inspired both Robinson and the man who brought him into baseball, Branch Rickey. Without his intense reliance on God, Robinson would have been the first to admit that he would have never persevered. He spent every night on his knees next to his bed. That was how he got through.

Ronald Reagan had a favorite quote of Abraham Lincoln, which he invoked often in speeches: “I’m often driven to my knees by the overwhelming conviction that I have nowhere else to go.” That was where Jackie Robinson likewise found himself.

Outrageously, but not surprisingly, Hollywood’s rendition of the life of Robinson ignores all of that. It’s another symptom of the rot of Hollywood.

Gary Scott Smith’s book certainly does not make that mistake. It’s a thorough portrayal of Robinson’s faith and life, as well as his politics. As to the latter, Jackie Robinson was a lifelong Republican, though his politics were very distinctive.

As Gary Scott Smith describes it, Robinson by the 1960s was a Rockefeller Republican—that is, Nelson Rockefeller. Liberals today will be eager to try to claim Robinson in that respect, given that Rockefeller was known as a liberal Republican. But they must also be willing to concede that they and conservative Republicans alike detested the “Country Club Republicanism” that Rockefeller represented. When Democrats blast Republicans as the “party

of the rich,” well, that was Rockefeller Republicanism. For various odd reasons, Robinson, who a generation earlier would have been banned from country clubs by Rockefeller types, took a liking to the obscenely wealthy New York governor.

What further separates Robinson from today’s secular left was his intense Christian faith. Again, that was the core of his life. Jackie Robinson would be aghast at the radical secularism of today’s progressives.

Moreover, Robinson was a strong anti-communist. In fact, he was such a committed anti-communist that the House Committee on Un-American Activities went to him in July 1949 as a friendly witness to denounce communism. An added motivation for Congress is that another prominent black American athlete (as well as singer/performer), Paul Robeson, was an outspoken Stalinist who had just said (in June 1949) that in a war between the United States and USSR, black Americans would not fight for Uncle Sam.

That was obvious absurdity, and an awful smear of fellow black Americans, huge numbers of which had just fought for America in World War II, even in segregated units. What Paul Robeson really meant was that he and his communist friends in Communist Party USA wouldn’t fight for America against the Soviets. He was speaking, in effect, for himself.

In his testimony before Congress, Jackie Robinson called Paul Robeson’s claims about black Americans “untrue” and “silly.” They indeed were. Paul Robeson might have been head over heels for Uncle Joe Stalin, but Jackie Robinson certainly wasn’t.

Like Martin Luther King, Jr. and like less prominent but heroic black Americans such as Manning Johnson, Jackie Robinson’s staunch Christian faith was a critical factor in his opposition to atheistic communism. “I am a religious man,” Robinson explained to Congress in his July 1949 testimony. “Therefore, I cherish America, where I am free to worship as I please, a privilege which some countries [including the Soviet Union] do not give. And I suspect that 999 out of 1,000 colored Americans will tell you the same.”

Jackie Robinson’s math was spot on. Paul Robeson was the one out of 1,000 so duped by the Kremlin that he didn’t know any better.

“I was not prepared for the happiness I see on every face in Moscow,” Robeson gushed to the *Daily Worker* (January 15, 1935 edition) after returning home from his December 1934 pilgrimage to Stalin-land, where mass famine was about to kill 5-10 million Ukrainians and Stalin’s purges were ramping up. “I was aware there was no starvation here, but I was not prepared for the bounding life; the feeling of abundance and freedom that I find here, wherever I turn.” Robeson beamed:

“This is home to me. I feel more kinship to the Russian people under their new society than I ever felt anywhere else. It is obvious there is no terror here, that all the masses of every race are contented and support their government.”

As for those who disagreed inside the grand old USSR, Paul Robeson actually said to the *Daily Worker*: “From what I have already seen of the workings of the Soviet Government, I can only say that anybody who lifts his hand against it ought to be shot!”

Yes, Paul Robeson actually said that. (I have the front page of the *Daily Worker*.) It’s why people of Robeson’s day knew he was foolish, even as Robeson today is upheld by educators as a great icon of civil liberties, and as colleges like Penn State University name centers and buildings after him.

The likes of Jackie Robinson could only read statements like that and sigh.

Robinson was not only a keen athlete dashing around the bases, but a keen intellect. He must be remembered for what he did both on and off the field.

Sadly, his time off the field was short lived. He died in October 1972 at age 53. “After numerous health problems including heart disease, diabetes, failing eyesight and substantial heartache (most notably the death of his son Jackie Jr. in a car crash the previous year), Robinson suffered a heart attack at his home in North Stamford, Connecticut,” writes Gary Scott Smith. “The stress and strain of integrating Major League Baseball and helping to lead the civil rights movement had taken its toll.”

Another great American who proceeded to recognize Robinson’s contributions was President Ronald Reagan, who on March 26, 1984, posthumously awarded him the Presidential Medal of Freedom. That day, Reagan handed the medal to Robinson’s widow, Rachel, a lovely, gracious woman who is still with us today at the age of 100. Reagan said of Robinson: “He struck a mighty blow for equality, freedom, and the American way of life. Jackie Robinson was a good citizen, a great man, and a true American champion.”

On this date, baseball and America rightly pay him homage.

Dr. Paul Kengor is professor of political science and chief academic fellow of the Institute for Faith and Freedom at Grove City College. One of his latest books (August 2020) is The Devil & Karl Marx: Communism’s Long March of Death, Deception, and Infiltration. He is also the author of is A Pope and a President: John Paul II, Ronald Reagan, and the Extraordinary Untold Story of the 20th Century (April 2017) and 11 Principles of a Reagan Conservative. His other books include The Communist: Frank Marshall Davis, The Untold Story of Barack Obama’s Mentor and Dupes: How America’s Adversaries Have Manipulated Progressives for a Century.

The Risk Inherent In A Convention Of States



MARK FRANKE
Guest Columnist

“You are uninformed.”

I was told this at a display table for the national Convention of States (COS) organization which was exhibiting at the spring conference of the Indiana American Legion. This was in response to my stating concern that such a convention could go rogue because the sponsors could not absolutely control the agenda or the end product.

Remember 1787?

The Continental Congress called a similar convention to amend the Articles of Confederation primarily to address the Congress’ inability to levy taxes. James Madison, Alexander Hamilton and others hijacked the convention to write an entirely new constitution, one that had no legal basis in the Articles. One can sense the shifting mood across those four hot and humid months in Philadelphia as a majority of individual delegates and state delegations saw an entirely new document as the best way to fix the national government.

We can be thankful that Madison, et. al., did what they did but what is to prevent that from happening again, this time by less brilliant and less nobly minded people?

The Convention of States group insists that the convention would be limited to specific amendments defined in advance. Why is COS confident of that? The argument is that the Constitution’s Article V speaks to amending the existing Constitution and does not legitimize writing an entirely new one for direct submission to the states. Neither did the Articles of Confederation, by the way.

There is a safeguard in the requirement that

whatever amendments come out of the convention must still pass muster in three-quarters of the states. Presumably this would mean one amendment at a time and not as a full package. Once again, the specter of 1787 rises. Keep in mind Article V’s option for state ratification—either through the state legislature or by special state convention.

The Convention of States people have valid concerns about how our Constitution is being interpreted these days, concerns I share. I especially object to the near total negation of federalism, the balance of powers principle that was critical in generating support throughout the states for the current Constitution. I am not so naïve to think that our dysfunctional Congress could propose an amendment or two to adequately address this.

Some of the impetus for the convention is the federal government’s complete inability to restrain itself fiscally. The irony here lies in the fact the first convention was called to give taxing power to an impecunious national government while now we need a convention to restrain its spendthrift taxing and borrowing orgies.

But do I sense naivete in the Convention of States organization’s thinking a convention can be limited by the language of the petition calling for it? It proposes to restrict discussion to amendments that “limit the power and jurisdiction of the federal government, impose fiscal restraints, and place term limits on federal officials.”

Good ideas, all, but can this putative limitation be enforced? COS believes it can and presents reasonable, logical arguments to that effect. One hopes COS is right but I reserve my skepticism on things proceeding reasonably and logically in this political environment.

The frustration within the citizenry is understandable. It doesn’t seem to matter which

party is in the White House or controlling Congress. (Actually, it does but only at the margin.) This is a valid exercise of constitutional rights and participatory democracy. “Nonpartisan” Common Cause begs to differ. It labels the supporters as “far right” of course, a pro forma epithet hurled by those on the left toward anyone who disagrees with their brave new world. I particularly enjoyed Common Cause’s description of the process as being run by “conspirators” and taking place “behind closed doors.” Apparently the folks at the COS table didn’t know they weren’t supposed to have an open display to obtain signatures on a public petition.

Common Cause has reason to be exorcised over the success of the COS movement. To date 19 of the 34 required states, including Indiana, have used their Article V authority to call for the convention. The movement may be stalling as no new states have signed on in 2023 although “active legislation” exists in 20 states according to the COS website.

I don’t think I am uninformed on this issue nor do I think I am misinformed. Have I drawn a logically valid conclusion from the language of Article V given the events of 1787? Even if not the most likely outcome, a runaway convention certainly is a possibility as history instructs us.

I wish them luck but perhaps not too much luck. To paraphrase Aesop: Be careful what you wish for; you just might get it. Or this advice from H. L. Mencken: “Democracy is the theory that the common people know what they want, and deserve to get it good and hard.”

Mark Franke, M.B.A., an adjunct scholar of the Indiana Policy Review and its book reviewer, is formerly an associate vice-chancellor at Indiana University-Purdue University Fort Wayne.

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WANTED



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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)

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Amanda J. Fry
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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)

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