

# SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

## Look Around, Look Within!

It's Mental Health Awareness Month, and one of the associated themes this year is Look Around, Look Within!, emphasizing the impact of surroundings on mental health. Thanks to some creative high school students, the environment of Montgomery County schools will soon include some colorful additions in each classroom and common space. Student board members of Volunteers for Mental Health In Montgomery County designed signs that hope to raise awareness of the mental health hotline number - 988- which went into effect in July of last year.

Using the resources of a Tipmont Operation Roundup grant, the student board members: Hayden Jefferies and Kristen Thompson (Crawfordsville HS), Ryan Hopper and Clauddia Smedley (North Montgomery HS), Jessie Bradley and Evelyn Zachary (Southmont HS) created colorful compositions to draw attention to a serious topic. The percentage of Hoosier middle and high school students who considered attempting suicide ranged from a low of 11.8% (or 1 in 9 sixth grade students) to a high of 19.3% (or 1 in 5 tenth grade students) according to a 2020 Indiana Youth Institute report. The SAMHSA National Survey on Drug Use and Health estimated that 262,000 Hoosiers ages 18 years and older had serious thoughts of suicide during 2017-2018. Rather than having youths in need struggle to access and remember a long toll free number, the use of the simple 3-digit 988 number should expedite the access to help.

It is the goal of Volunteers for Mental Health to extend the 988 sign project into the community and workplaces in the near future. Zac Bradford of Town and Country Print Shop assisted with the project. For further information about Volunteers for Mental Health, a United Way partner agency, please visit their website: [www.vmhmc.org](http://www.vmhmc.org)



Photo courtesy of United Way

After many years of representing Extension Homemakers, acquiring and reading books for children at Head Start, Martha Swick receives a well-deserved group hug on her last visit!

**If you or someone else has a mental health crisis,**

**CALL 9888**

**We're here to help.**

Volunteers for Mental Health in Montgomery County [www.vmhmc.org](http://www.vmhmc.org)

### ➔ TODAY'S QUOTE

*"Thinking is the hardest work there is, which is the probable reason why so few engage in it."*  
Henry Ford

### ➔ TODAY'S JOKE

What's the difference between a velodrome and a palindrome?  
In a velodrome, you use a bicycle. For a palindrome, you can use a race car.

### ➔ TODAY'S VERSE

Isaiah 12:2 Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.

### ➔ TODAY'S HEALTH TIP

When walking on a road, walk on the same side of the road as the oncoming traffic.  
Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at [www.thepaper24-7.com](http://www.thepaper24-7.com).



### ➔ HONEST HOOSIER

The first Sunday in May - my life is good here in God's country.



**13 WTHR** **7 DAY FORECAST**

50/76 AM CLOUDS PM SUN	62/81 STORM CHANCE	62/82 SCATTERED STORMS	61/80 SCATTERED STORMS	54/76 SUNNY	53/78 MAINLY SUNNY	55/81 WARM
SAT	SUN	MON	TUE	WED	THU	FRI

INDIANA FOUNDATION

HONEST HOOSIER



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

# I Indiana

# Facts & Fun



## Number Stumpers

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

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

## Did You Know?

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

## Got Words?

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

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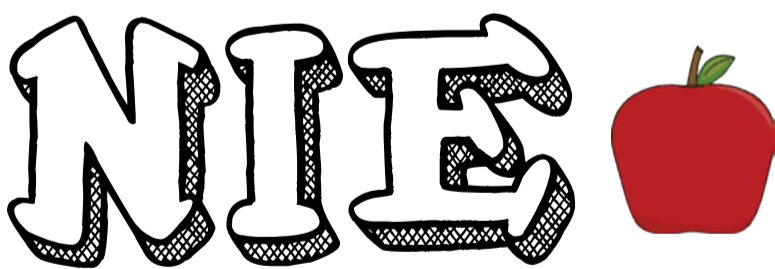
## Word Scrambler

Unscramble the words below!

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

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

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# SUNDAY

## Indiana the Strong

Sunday, May 7, 2023

B1

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## Small Steps To Giant Leaps: Purdue Class Of 2023 To Celebrate Spring Commencement During Nine Ceremonies



Purdue University students will commemorate their success and be recognized for their persistent pursuit at 2023 Spring Commencement ceremonies May 12-14. There will be nine ceremonies, all in Elliott Hall of Music on Purdue's campus.

Mung Chiang, who in January became Purdue's 13th president, will address undergraduates for the first time at this year's spring ceremonies.

Kathleen Howell, Purdue's Hsu Lo Distinguished Professor of Aeronautics and Astronautics, will provide the keynote for the graduate student ceremony at 7 p.m. Sunday, May 14. Howell has received national and international acclaim for her work in orbit mechanics, spacecraft dynamics and trajectory optimization. She has contributed to the success of multiple NASA missions, including Genesis, Artemis and Cassini, and was recognized with the Morrill Award in 2019, Purdue's highest faculty honor.

Purdue's 2023 spring class has 9,710 candidates eligible for graduation.

Commencement Division Dates and Times

- Division I – Friday, May 12, 9:30 a.m. College of Agriculture and College of Engineering (Agricultural and Biological Engineering, Mechanical Engineering)

- Division II – Friday, May 12, 2:30 p.m. College of Engineering (Aeronautics and Astronautics, Biomedical Engineering, Civil Engineering, Chemical Engineering, Construction Engineering, Environmental and Ecological Engineering, Interdisciplinary Engineering, Nuclear Engineering)

- Division III – Friday, May 12, 7 p.m. College of Engineering (Electrical and Computer Engineering, Industrial Engineering, Materials Engineering)

- Division IV – Saturday, May 13, 9:30 a.m. College of Health and Human Sciences (undergraduate and professional)

- Division V – Saturday, May 13, 2:30 p.m. College of Science

- Division VI – Saturday, May 13, 7 p.m. Purdue Polytechnic Institute (undergraduate and professional)

- Division VII – Sunday, May 14, 9:30 a.m. College of Veterinary Medicine (undergraduate and professional), College of Pharmacy (undergraduate and professional) and College of Liberal Arts

- Division VIII – Sunday, May 14, 2:30 p.m. School of Management and College of Education

- Division IX – Sunday, May 14, 7 p.m. Master's and Doctor of Philosophy (all colleges/schools)

Tickets are required for entry into commencement ceremonies, and Elliott Hall of Music doors will open 90 minutes before each ceremony. Only clear bags or small clutch bags are permissible in Elliott Hall of Music, and all bags will be checked. More information can be found at Spring 2023 Commencement FAQs. Each graduation candidate may request up to four tickets. The ceremonies will be live-streamed from the Purdue News YouTube channel and linked on the Purdue commencement website before each ceremony begins.

Honorary doctorates  
Thomas Shelby, executive vice president of Peter Kiewit and Sons' Inc. and president of Kiewit Energy Group, will receive an honorary doctorate from Purdue Polytechnic Institute during the Division VI ceremony.

During Shelby's tenure as president and board member of Kiewit Energy, the company has expanded its engineering and energy business from less than \$100 million in 1991 to over \$6 billion today. He led initiatives to open Kiewit Energy offices in Canada and Mexico and form engineering hubs in North America, growing the company's engineering capabilities from 100 employees in 2000 to almost 3,000 employees. Kiewit is the third largest engineering and construction company in North America, designing and building \$13 billion of work annually and employing more than 40,000 people.

Shelby is a member of the National Academy of Construction, an honorary group of engineering and construction industry leaders. He is a member of the Purdue Polytechnic Advisory Council and a past Purdue Distinguished Alumni. Shelby earned a bachelor's degree in construction management from Purdue in 1981 and his Master of Science and MBA from Arizona State University in 1989.

Student responders at each ceremony

Each undergraduate division will feature a student responder:

- Courtney Rodkey of Frankfort, Indiana, who is to receive a Bachelor of Science degree from the College of Agriculture, will be the student responder in the Friday morning (Division I) ceremony.

- Shreya Misra of Dubai, United Arab Emirates, who is to receive a Bachelor of Science degree from the School of Aeronautics and Astronautics, will be the student responder in the Friday afternoon (Division II) ceremony.

- Sihun Kim of Springfield, Virginia, who is to receive a Bachelor of Science degree from the School of Electrical and Computer Engineering, will be the student responder in the Friday evening (Division III) ceremony.

- Allison Ellis of Fishers, Indiana, who is to receive a Bachelor of Science degree from the College of Health and Human Sciences, will be the student responder in the Saturday morning (Division

IV) ceremony.

- Frances Ann Fu O'Leary of Claremont, California, who is to receive a Bachelor of Science degree from the College of Science, will be the student responder in the Saturday afternoon (Division V) ceremony.

- Chase Triplett of Michigan City, Indiana, who is to receive a Bachelor of Science degree from the Purdue Polytechnic Institute, will be the student responder in the Saturday evening (Division VI) ceremony.

- Kathleen Massa of Darien, Illinois, who is to receive a Bachelor of Science degree from the College of Pharmacy, will be the student responder in the Sunday morning (Division VII) ceremony.

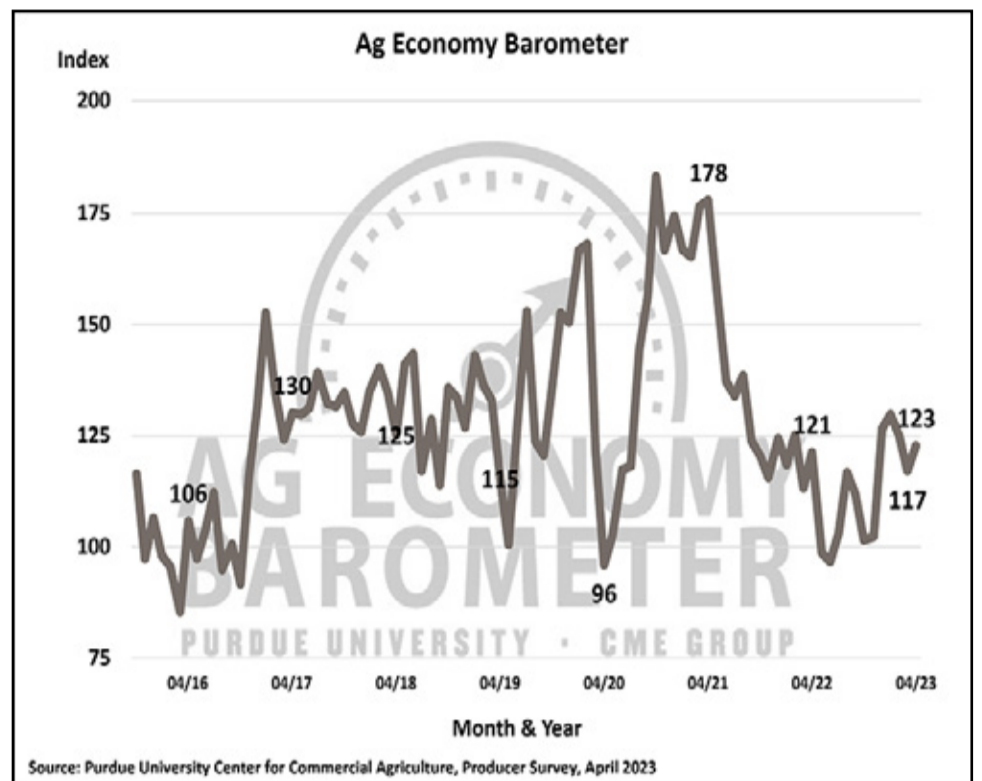
- Anyssa Mujica of McAllen, Texas, who is to receive a Bachelor of Science degree from the School of Management, will be the student responder in the Sunday afternoon (Division VIII) ceremony.

Top student awards  
Purdue's Flora Roberts and G.A. Ross awards are the university's most prestigious honors for two outstanding seniors.

Lara B. Chuppe of South Bend, Indiana, is the winner of the 2023 G.A. Ross Award. Chuppe will graduate with a Bachelor of Science degree in computer science from the College of Science. She has had several leadership roles in Global House, a learning community in the John Martinson Honors College and has been recognized with Pillar Awards for community and global engagement in 2021 and 2022. Chuppe has been involved in College Mentors for Kids, Global Science Partners, English Language Learners In-Home Program and several volunteer tutoring programs. Chuppe also completed a summer internship with Advocates for Human Rights, where she worked directly on U.S. immigration policies for Afghan evacuees.

Frances Ann Fu O'Leary of Claremont, California, is the winner of the 2023 Flora Roberts Award. O'Leary will graduate with a Bachelor of Science degree in science and math from the College of Science. She has been a part of a U.S. Army-sponsored research group to build a self-correcting 3D printer and served as information technology lead on the Purdue Space Program High Altitude subteam. O'Leary has held internships with SpaceX and Microsoft and served as an officer in several organizations, including the Purdue 3D Printing Club, Computer Science Women's Network and Purdue Space Program. O'Leary has also served as a teaching assistant and has completed training to be a licensed pilot.

These awards are made possible through bequests from Flora Roberts, Purdue Class of 1887, and G.A. Ross, Purdue Class of 1916. Each recipient receives a \$2,000 award and medallion and has their name permanently inscribed on the award marker on the Purdue Engineering Mall.



## Farmer Sentiment Improves; Less Pessimism Over Interest Rates

Farmer sentiment improved modestly in April as the Purdue University/CME Group Ag Economy Barometer rose 6 points to a reading of 123. Both of the barometer's sub-indices were also higher in April, the Current Conditions Index was up 3 points to 129 and the Future Expectations Index was up 7 points to 120. The Ag Economy Barometer is calculated each month from 400 U.S. agricultural producers' responses to a telephone survey. This month's survey was conducted between April 10-14.

"Producers held a more optimistic view of the agricultural economy in April," said James Mintert, the barometer's principal investigator and director of Purdue University's Center for Commercial Agriculture. "A shift in farmers' expectations regarding the Fed's future interest rate policy could be a key reason."

The Farm Financial Performance Index also improved this month, up 7 points to a reading of 93. The prime interest rate charged by U.S. commercial banks increased from 7.75% in January to 8% in late March, and since the February barometer survey, there has been a noticeable shift in farmers' interest rate expectations. In April, 34% of respondents said they expect the U.S. prime interest rate to remain unchanged or decline over the next year, compared to 25% of producers who felt that way in February. At the same time, two-thirds (66%) of producers expect interest rates to keep rising, compared to 75% of respondents who felt that

way in February. However, the biggest shift was a decline in the percentage of respondents who expect rates to rise between 1% to 2% in the next year, down 6 points since February to 37%.

The Farm Capital Investment Index increased one point to a reading of 43 in April; yet more than 70% of respondents continue to feel now is a bad time for large investments. This month, 39% of respondents cited "rising equipment and construction costs" while 33% cited "rising interest rates" as the top reason for now being a bad time for such investments.

Producers' expectations for short-term farmland values increased in April following five-straight months of decline. The Short-Term Farmland Value Expectations Index rose 10 points in April to a reading of 123, while the long-term farmland index held steady at a reading of 142. Even with this month's rise, the short-term index remains 21 points lower than a year earlier and 36 points lower than two years ago.

Farm bill discussions are heating up, and this month's survey included questions to learn more about producers' perspectives on the legislation. When asked about the likelihood that a new farm bill will be passed this year, 12% of respondents think it's very likely, 28% said somewhat likely, 16% said somewhat unlikely, and 13% said very unlikely. The survey also questioned corn and soybean producers on what they consider to be the most important aspect of a new farm bill. Of those respondents,

40% chose crop insurance, 31% chose commodity programs, 13% chose conservation, 8% chose agricultural research and extension, and 8% chose renewable energy as a top priority to them.

Leasing farmland for solar energy production continues to be a hot topic. In this month's survey, 15% of respondents said that they had actively engaged in discussions with companies about leasing farmland for solar energy production in the past six months. Of those producers, nearly half indicated that lease rates of \$1,000 or more per acre were discussed. Twenty-five percent of respondents said that, following the development and construction period, they were offered a lease rate of \$1,250 or more per acre, while 22% of respondents said they were offered between \$1,000 and \$1,250 per acre. On the other end of the spectrum, 32% of respondents said they were offered lease rates of less than \$500 per acre.

Each month, the Purdue Center for Commercial Agriculture provides a short video analysis of the barometer results. For more information, check out the Purdue Commercial AgCast podcast, which includes a detailed breakdown of each month's barometer and a discussion of recent agricultural news that affects farmers.

The Ag Economy Barometer, Index of Current Conditions and Index of Future Expectations are available on the Bloomberg Terminal under the following ticker symbols: AGECCURC and AGECCFTX.

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# SUNDAY

## Indiana the Strong

Sunday, May 7, 2023

B2

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## High-Tech Toolkit To Analyze Digital Evidence Made More Efficient And Budget-Friendly For Law Enforcement Agencies

Local, state, federal and international law enforcement agencies that reconstruct and analyze digital evidence to solve crimes can use a high-tech toolkit from Purdue University that has been upgraded to be easier and more cost-effective to set up and maintain.

The new version of the Toolkit for Selective Analysis & Reconstruction of Files, called FileTSAR+, provides a mechanism to selectively reconstruct and analyze multiple data types, including documents, images, email and VoIP (Voice over Internet Protocol) sessions for large-scale computer networks.

Kathryn Seigfried-Spellar, associate professor of computer and information technology at Purdue Polytechnic Institute, led the team that created the toolkit. She said feedback from law enforcement agencies prompted changes to improve it.

"We have reduced the requirements from end users so the toolkit is less resource intensive for agencies of all sizes," Seigfried-Spellar said. "Law enforcement officers already work hard to prove probable cause in order to gain permission to access digital files. We want to remove any burdens in setting up the toolkit so they can spend more time working their cases."

The team's first step to improve the toolkit was removing the functionality to capture digital evidence.

"Law enforcement agencies have already captured the data they need; they just lacked a way to process and reconstruct files," Seigfried-Spellar said. "Removing the capac-



Photo courtesy of Purdue Research Foundation

**Sean Leshney (left), director of digital forensics investigations at the Tippecanoe County High Tech Crime Unit, and Patrick Harrington, Tippecanoe County prosecutor, view an analysis of digital evidence created by the FileTSAR+ forensic tool. Purdue University researchers improved the original tool by simplifying its functionality and packaging to make FileTSAR+ easier and more cost-effective for law enforcement agencies to set up and maintain.**

ity to capture the digital evidence has made FileTSAR+ much more resource efficient."

The team's second step was repackaging the toolkit from an open-source, virtual machine-based system with a 15-step process to a less complicated process that allows users to download and run files on a laptop computer in a single step.

"Now law enforcement agencies can download a single, 10-gigabit file and use the toolkit immediately," Seigfried-Spellar said.

Seigfried-Spellar built the toolkit along with Marcus Rogers, John Springer and Baijian Yang, all professors of computer and information technology in the Purdue Polytechnic Institute. Rogers also is director of Purdue's Cybersecurity & Forensics Lab. They received funding from the National Institute of Justice

to develop the toolkit, which was beta tested by certified digital forensic examiners with the National White Collar Crime Center and the Tippecanoe County High Tech Crime Unit.

Sean Leshney, director of digital forensics investigations at the Tippecanoe County High Tech Crime Unit, said the FileTSAR+ development team did great work to expand the tool's capabilities to the benefit of end users.

"FileTSAR+ reduces the time and effort examining data captured over networks," Leshney said. "We look forward to the future improvements of FileTSAR+ by Purdue University to aid in the area of network forensics."

Law enforcement agencies interested in gaining access to FileTSAR+ should submit information to an online form to initiate the process.

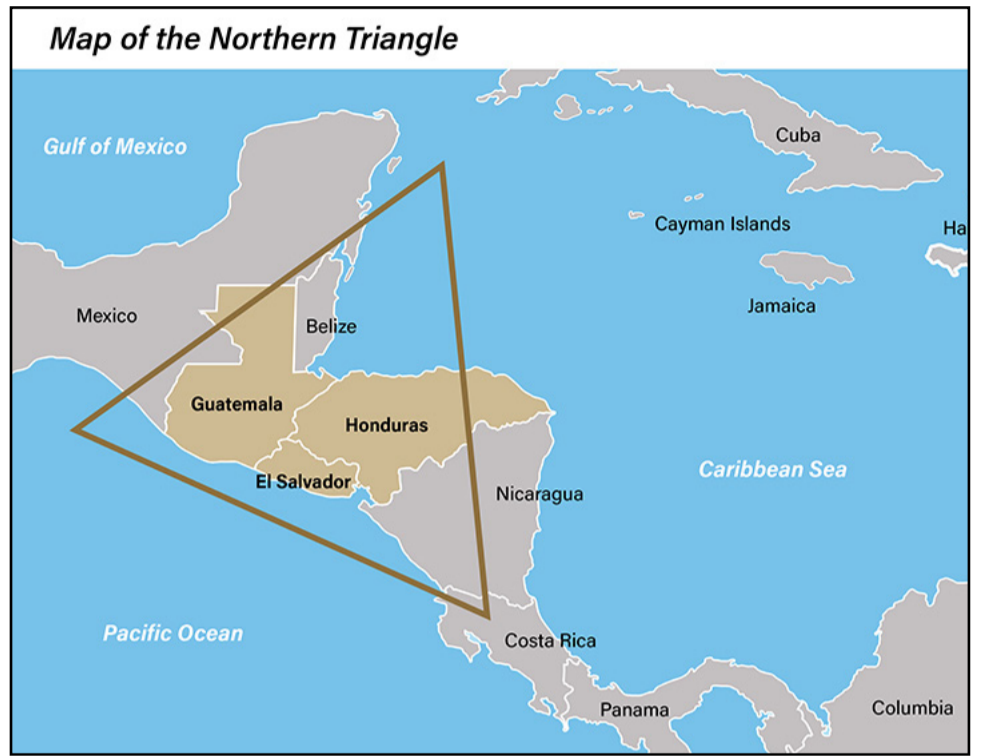


Photo courtesy of Purdue Agricultural Communications

**Map of the Northern Triangle, which includes El Salvador, Guatemala and Honduras.**

## Purdue College Of Agriculture Joins \$30.8 Million USDA Food For Progress Project To Address Root Causes Of Migration

Purdue's College of Agriculture has been selected to serve as the university partner on a new, five-year U.S. Department of Agriculture Food for Progress project in El Salvador, Guatemala and Honduras. The Agricultural Trade and Climate Smart Innovations project will address root causes of migration by focusing on boosting economic growth in the region through the enhanced production of fruits and vegetables for trade. The Washington, D.C.-based organization Improving Economies for Stronger Communities will lead the grant. Purdue's Office of International Programs in Agriculture will coordinate and manage Purdue's contributions, which will focus on science- and risk-based sanitary and phytosanitary measures in strategically selected horticultural value chains with U.S. and regional market linkages.

"This project aims to foster growth in the agricultural sectors of these countries, creating opportunities for the populations most likely to migrate, including youth, women and

minority groups," said Gerald Shively, associate dean and director of International Programs in Agriculture and principal investigator for the project. "Purdue's contributions in the areas of horticultural production and agricultural risk management draw on deep expertise and experience provided by multiple departments in the College of Agriculture."

The project team will primarily work with private sector partners and various Central American government offices, including ministries of agriculture and departments of plant and animal health. Purdue will also contribute short-term technical assistance throughout the project.

"One exciting opportunity is the chance to develop and improve technologies for more rapid pest detection and identification," according to Christian Cruz, professor in the Department of Botany and Plant Pathology and a co-principal investigator. "Innovations in this area are important not only for the region in which we will be working but also for identifying and

controlling pests and diseases here in Indiana."

The first steps for the Purdue team will be to participate in agricultural value chain assessments during the upcoming summer. Working with local partners, these assessments will consider the diverse agroecologies, socioeconomic conditions and cultures of the project's target geographies to finalize value chain selection and provide recommendations for project interventions.

"Opening new doors to collaborate with universities in the region is a major motivation for us," said Peter Hirst, professor in the Department of Horticulture and Landscape Architecture and assistant director of International Programs in Agriculture. "The project will also provide long-run benefits to consumers here at home. This work will help to improve the safety of the foods we purchase. For example, Guatemala is a well-established supplier of off-season vegetables and berries to the U.S. market."

For more information, visit <https://ag.purdue.edu/departments/ipia/>

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# SUNDAY

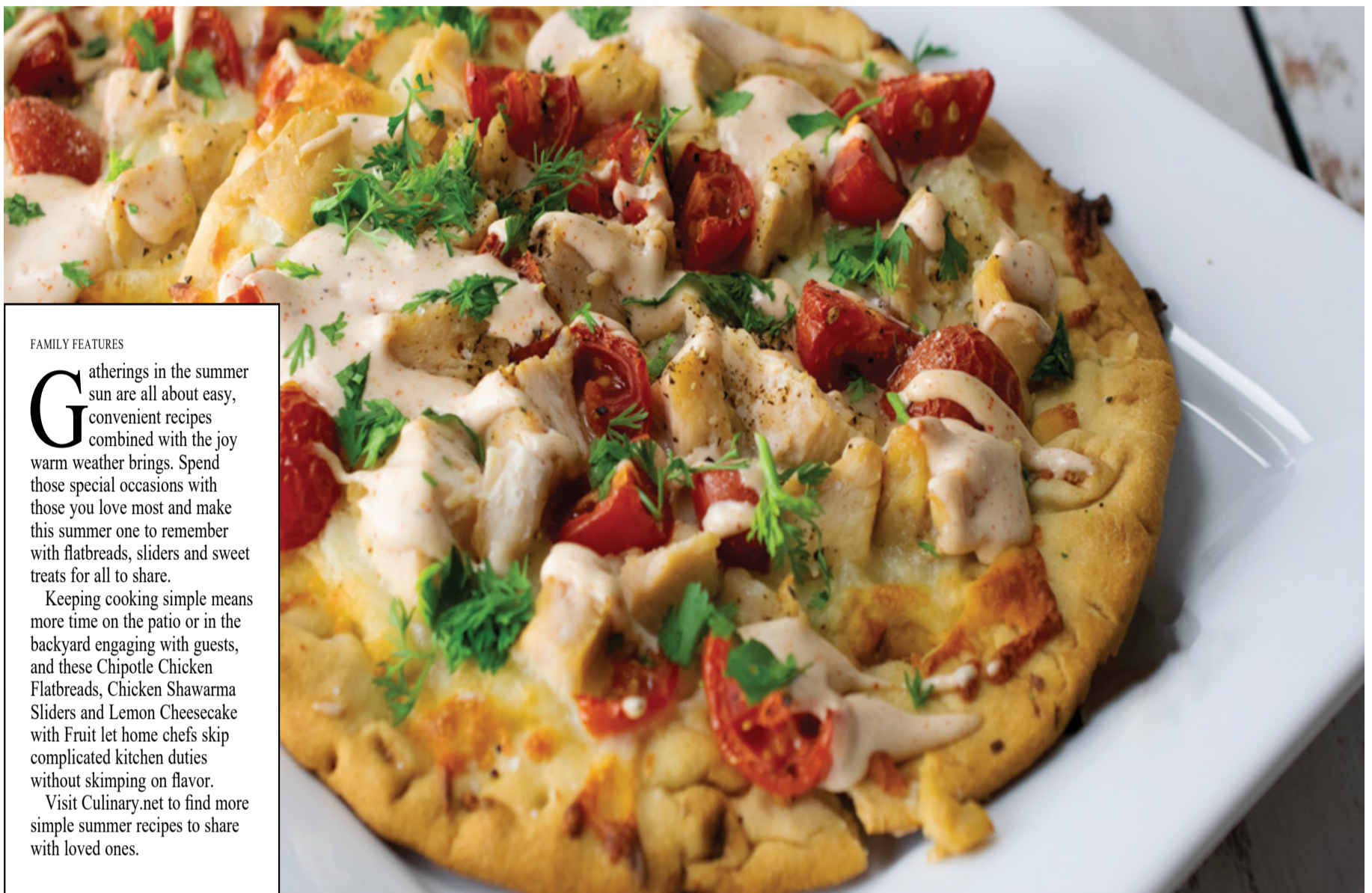
## In The Kitchen

Sunday, May 7, 2023

C1

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

# Fresh Summer Flavors Fit for the Patio



Chipotle Chicken Flatbreads

#### FAMILY FEATURES

**G**atherings in the summer sun are all about easy, convenient recipes combined with the joy warm weather brings. Spend those special occasions with those you love most and make this summer one to remember with flatbreads, sliders and sweet treats for all to share.

Keeping cooking simple means more time on the patio or in the backyard engaging with guests, and these Chipotle Chicken Flatbreads, Chicken Shawarma Sliders and Lemon Cheesecake with Fruit let home chefs skip complicated kitchen duties without skimping on flavor.

Visit [Culinary.net](http://Culinary.net) to find more simple summer recipes to share with loved ones.

### Summery Flatbreads for Family and Friends

When dining outdoors with family, friends and neighbors, there are few things better than a tasty dish the whole family can enjoy like these Chipotle Chicken Flatbreads.

Perfect for al fresco entertaining when served alongside a fresh salad, they're simple to make and allow guests to personalize with preferred toppings before popping in the oven. As a colorful and fresh dish, it's an ideal meal for get-togethers on the patio.

For more summer recipe ideas, visit [Culinary.net](http://Culinary.net).

#### Chipotle Chicken Flatbreads

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

- 2 flatbreads
- 2 cups shredded mozzarella cheese
- 1 clove garlic, diced
- 4 chicken tenders, cooked and cubed
- 1 pint cherry tomatoes, quartered
- salt, to taste
- pepper, to taste
- 1/2 cup ranch dressing
- 1 1/2 teaspoons chipotle seasoning
- 2 tablespoons cilantro leaves, chopped

Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.



Chicken Shawarma Sliders

### Shareable Sliders for a Nutritious Summer Meal

Fresh, mouthwatering foods hot off the grill are a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic – and healthy – option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting [emeals.com/campaign/Fresh-Cravings-Healthy-Eats](http://emeals.com/campaign/Fresh-Cravings-Healthy-Eats).

#### Chicken Shawarma Sliders

Recipe courtesy of eMeals Registered Dietitian Rachel West

Prep time: 25 minutes

Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeño Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced

In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.

Cover chicken and chill 8 hours, or up to 2 days.

Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.

Serve chicken on buns with hummus, lettuce and onion.



Lemon Cheesecake with Fruit

### Unforgettable Fruity Flavor

Summertime often brings cravings for fresh fruits that add a hint of sweetness to warm-weather gatherings. Serving up a delicious dessert for family and guests starts with favorite produce in this Lemon Cheesecake with Fruit.

The touch of tangy tartness is enough to bring loved ones to the dessert table even after a filling meal as fresh lemon juice in the cheesecake base is complemented perfectly when topped with orange slices and raspberries. Garnished with mint leaves, this brightly colored treat is even sweeter when shared with loved ones.

Find more sweet summer desserts at [Culinary.net](http://Culinary.net).

#### Lemon Cheesecake with Fruit

Servings: 6-8

- 1 1/4 cups graham cracker crumbs
- 1/4 cup sugar
- 1/4 cup butter, melted

- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 3 eggs
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract
- 1 orange, peeled and separated
- 8 raspberries
- 3 mint leaves, for garnish

Preheat oven to 350 F.

In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.

In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed.

Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.

# SUNDAY

## In The Kitchen

Sunday, May 7, 2023

C2

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

## In The Kitchen

Sunday, May 7, 2023

C3

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

### FAMILY FEATURES

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

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

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

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

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

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

### Vegan Brownies

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 9

#### Prune Puree:

16 ounces pitted California prunes

1/2 cup hot water

#### Brownies:

nonstick cooking spray

6 ounces unsweetened chocolate

1/2 cup California extra-virgin olive oil

2 cups light brown sugar

10 ounces California prune puree

1 1/2 cups all-purpose flour

1 tablespoon baking powder

1/4 cup cocoa powder

2 teaspoons vanilla extract

flaky sea salt, for garnish

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

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

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

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

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

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

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



Vegan Brownies



Chocolate Covered Prune Fudge Cake

### Chocolate Covered Prune Fudge Cake

Prep time: 15 minutes

Cook time: 55 minutes

Yield: 1 cake (8 inches)

#### Cake:

Coconut oil spray

14 tablespoons butter, chopped

2 teaspoons vanilla extract

3/4 cup cocoa powder

10 soft, pitted prunes, chopped small

1/3 cup maple syrup

6 eggs

1/2 cup coconut sugar

1 cup almond meal

#### Ganache:

1 cup full-fat coconut milk

1 1/3 cups dark chocolate morsels

To make cake: Preheat oven to 300 F. Lightly spray bottom and sides of 8-inch springform pan with coconut oil spray. Place round piece of parchment paper in bottom of pan and lightly spray with coconut oil spray.

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

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

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

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

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

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

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

### Chocolate Energy Balls

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

Prep time: 10 minutes

Cook time: 30 minutes

Yield: 24 pieces

#### Prune Puree:

16 ounces pitted California prunes

1/2 cup hot water

#### Energy Balls:

1 cup old-fashioned or gluten-free oats

2/3 cup toasted, unsweetened shredded coconut

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

1/2 cup pecan meal

1/2 cup prune puree

1/4 cup unsweetened cocoa powder

1 teaspoon vanilla extract

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

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

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

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

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



Chocolate Energy Balls

# SUNDAY

## In The Kitchen

Sunday, May 7, 2023

C2

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## 5 Ways to Savor Fresh-Grilled

## SUMMER SEAFOOD

### FAMILY FEATURES

**K**ee 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](http://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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# SUNDAY

*In The*  
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Sunday, May 7, 2023

D1

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## Grow Easy-Care Mandevillas For Season-Long Color



**MELINDA MYERS**  
Columnist

Bold color, tropical beauty, and easy-care mandevillas make excellent additions to patios, decks, and gardens. Train them onto a trellis, allow them to cascade from a hanging basket, or combine them with other plants. Enjoy summer-long blossoms and the butterflies, hummingbirds, and other pollinators that stop by for a visit.

Once divided into two different groups, dipladenias and mandevillas, the botanists now consider them all mandevillas. You will find both names still in use, with dipladenias referring to those with a more mounded, shrub-like habit and mandevillas being more of a trailing vine. Whatever you call them you are sure to find one or more that complement your garden and container designs.

Mandevillas are grown as annuals in all but zones 10a to 11b where some varieties are hardy. They flower best in full sun but will tolerate some shade. These South American native plants thrive in the hot humid weather of summer. Wait



Photo courtesy of Suntory Flowers

**Sun Parasol® mandevillas brighten up this patio.**

for spring temperatures to remain in the 60s before planting them outdoors.

Select a potting mix or location with organically rich, well-drained soil. Use a slow-release fertilizer at the start of the season and make a second application, if needed mid-season. Read and follow the label directions when using fast-release liquid fertilizers.

Mandevillas are usually flowering when you purchase them at the garden center. They will continue to bloom on new growth throughout the summer and fall until frost kills the plant.

The well-behaved vining mandevilla will not strangle nearby plants. Just give it a trellis or

obelisk for the vines to wrap around and climb. Their slightly woody stems provide greater stability than other vines that regularly need to be secured to the support. Just tuck any new tendrils through the trellis, pointing them in the desired direction as needed.

Use vining varieties in a container of their own or as a vertical accent on a trellis in mixed containers or flowerbeds. Set pots by an entrance to your home or garden for a colorful welcome or use them to dress up a bare wall or fence.

The more compact shrubby types can be planted with other annual flowers in the garden, grown in hanging bas-

kets, or used as a filler in mixed container gardens. Just prune off or tuck any wayward branches behind neighboring plants.

Disease-resistant Sun Parasol® mandevillas offer an array of colors including white, yellow, apricot, pink, crimson, and even red and white striped flowers. The original shrubby Sun Parasol® mandevillas are available in the widest range of colors while the garden group makes excellent hanging baskets. Grow the vigorous climbing Giant group varieties for the largest flowers and the Pretty group when looking for a vine with the most flowers, dense vigorous growth, and more cold tolerance.

Include them on your patio, deck, or balcony, and situate a few outside your windows. You will enjoy the flowers and winged visitors whether inside looking out or relaxing in your outdoor spaces.

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

## Flowers For No Reason – A Great Mood Lifter!

No reason: possibly the best excuse to give someone a bouquet. With colorful bulbous flowers, from dahlias to gladioli, a spontaneous bouquet can instantly bring great joy. Who will you cheer up with a summer bouquet?

**Happy faces**  
Flowers are guaranteed to result in happy faces. With the recipient and yourself alike, because giving makes you happy, too. The cheerful look of summer bulb flowers, with their popping colors, reinforces that effect. Examples include lilies, calla, dahlias, and gladioli. All these bulb flowers have a very special character, and combined they are the epitome of summer.

**Instant atmosphere**  
Summer bulb flowers look stunning in a mono bouquet in one or more colors. A mix of flowers with different shapes always works well; you can't take your eyes off them. Think of lilies with their lush flower shape

combined with sleek calla. Or choose over-the-top dahlias. With such a stunning summer bouquet, you instantly bring a nice atmosphere into your home! For more bouquet ideas, visit [www.ilsaysays.com](http://www.ilsaysays.com).

**Care tips**  
Of course, you will want to enjoy your bouquet for as long as possible. That is why we have listed several tips below to make the bulb flowers shine even longer:

Cut off a piece of the stems and remove the lower leaves if necessary (to prevent leaves hanging in the water).

Arrange them in a squeaky-clean vase with clean water and cut flower food.

Regularly fill up the water in the vase. Bulb flowers are rather thirsty, especially on summer days.

Tip! In summer, why not display a bouquet on your garden table (in the shade). It looks ever so cheerful!

## Top Five Tips For A Successful Spring Clean

(StatePoint) A recent survey conducted by Ipsos on behalf of the American Cleaning Institute found that three out of four Americans spruce up their spaces this time of year. If creating a clean home is on the top of your spring checklist, follow these expert tips to ensure an easy and efficient experience:

**Pick Your Priorities.**  
According to Abby Lawson, the organizing expert behind the popular blog Abby Organizes, it's all about prioritization.

"Pinpoint the rooms that need the most help and make a plan for tackling those areas," Lawson says. "If I tried to clean everything from top to bottom, I wouldn't get very far, but if I focus on a few key things that I really want to get done, it's more manageable and I'm more likely to do it."

**Declutter and Donate.**  
Break large projects into smaller jobs, so they're easier to do. For a bedroom closet cleanout, for example, Lawson says to keep a donation bin in the back year round, so there are fewer garments to go through each spring. When you're ready to tackle the entire closet, she recommends going through clothes in categories.

"If you only have 10 minutes each day, go through one category at a time," she says. "Start with tops, the next day, look at dresses, then pants. By the end of the week, you will have gone through each category and created more room in your closet."

**Say Goodbye to Grime.**  
Once areas are clutter-free, wipe away dirt and dust with your favorite multi-purpose cleaner. Put machine-washable Solid Grip Easy Liner

Brand Shelf Liner with Clorox on dry surfaces to ensure long-lasting freshness. Lawson recommends using liner in the bottom of kitchen and bathroom cabinets and drawers to protect surfaces and manage spills.

Create an Organization Station. Identify clutter hotspots around the home and create simple systems that everyone, from spouses to children, can use.

"Watch what your family does naturally," Lawson says. "If they come in the door and take off their shoes and throw them in one spot, put a basket there. If toys are always in the living room, find an attractive trunk or storage bench you can use as an accent table and as a spot to tuck away clutter. Take cues from what they're already doing and help them do it in a slightly tidier way."

**Mount More.** Dedicate an afternoon to cleaning out the garage. Lawson uses Duck brand Easy-Mounts Heavy-Duty Drywall Hooks and tool holders to secure everything, from brooms and rakes to gardening supplies and sports equipment, to the wall. The hooks are easy to install in drywall and the universal hanging system allows you to move the mounts around.

Once the floor space is clear, corral any loose hoses or cords and bundle them up with adjustable Duck Max Strength Reusable Tie Straps.

"The biggest key to decluttering is to make it as easy as possible," Lawson says. "You don't have to do it all. Be realistic. Define and tackle your priorities for the season and make that your level of success."

## How You Can Trim Expenses To Save For What Matters Most

(StatePoint) Whether you're saving to buy a home, putting money in your child's college fund or just trying to cover higher costs for necessities, you may be looking for ways to keep more money in your wallet so you can spend on the things that matter most. And you're not alone.

In fact, a recent national survey from Experian found that 66% of respondents are actively looking for ways to trim expenses from their monthly budget.

There is no better time than the present to get started. The basics of saving money lay a great foundation for stretching your dollars and taking control of your finances. This includes budgeting, paying off debt, establishing savings goals, automating savings and cutting back on unnecessary expenses.

However, you may not know there are other less obvious ways to keep more money in your wallet. Don't leave money on the table, here are three creative ways to save more now:

- Shop around to save on monthly bills: Most people spend time shopping around for a new TV or other purchase to get the best price, but overlook the opportunity to save by comparing monthly bill providers. Experian has an auto insurance comparison shopping service that can help you potentially save up to \$900 per year on your policy. The service provides you with multiple, tailored rates from up to 40 leading and well-established auto insurance carriers, allowing you to find a policy that meets your needs.

- Look for ways to maximize credit card rewards: You can save big and manage spending at no cost with the right credit cards and reward programs. To help you find the best card, whether you want cash back or no APR terms, Experian offers a free marketplace that leverages your financial information against lenders' requirements to match you with tailored offers.

- Try negotiating rates: Negotiating

monthly bills is crucial for finding extra savings. Take a look at your payment terms and plans to see if you can renegotiate for lower rates on expenses like cable or cell service. If you feel that calling service providers is tedious and time consuming, there are services that can help. A new feature available in a paid Experian Credit-Works Premium Membership negotiates lower rates on eligible monthly bills on your behalf so you can stop overpaying. Those who use this feature see an average savings of \$263. If you'd like to negotiate directly with your provider, make sure you ask them about all the offers they are willing to extend to you so you know all your options and get the new, accepted offer in writing.

"Even when times aren't tough, it is always good to practice budgeting and money-saving habits to position yourself in the best way possible before you need it," said Andrea Wroch, a nationally recognized

consumer finance and money-saving expert. "Tapping into these tools from Experian can help you save in ways you may not have been aware of and help you keep your finances on track now and in the future."

There are more ways to save, including reducing your monthly spend on debt by consolidating credit card debt to a 0% balance transfer card and avoiding impulse shopping by deleting payment and shipping details stored in online retail accounts, as well as unsubscribing from store emails. To be more strategic at the grocery store and cut wasteful purchases, you might also consider meal planning.

To learn more about saving and Experian resources, visit [Experian.com/savings](http://Experian.com/savings).

It's always important to find ways to save. Leveraging available tools and being strategic can help you get control of your expenses and keep more money in your wallet.

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# SUNDAY

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## Addressing Your Children's Challenging Behaviors

FAMILY FEATURES

**M**any parents of young children face behavioral concerns like children not listening, throwing tantrums, biting and more. While every situation is unique, parents can rest assured they aren't alone and these behaviors aren't atypical.

"As young children grow and develop, behavioral challenges are to be expected," said Dr. Lauren Starnes, senior vice president and chief academic officer, The Goddard School. "That said, just because these behaviors are often normal doesn't mean they are easy for the parents addressing them or the young children experiencing them."

While eliminating undesired behaviors like defiance, tantrums and biting is likely unrealistic, it's not a lost cause for parents. Understanding why certain behaviors occur and the appropriate techniques to address them can help parents mitigate their impact and lessen their frequency, duration and severity.

Starnes recommends these ways to understand and address challenging behaviors in young children.

### Biting

Infants often bite when teething. Young toddlers bite out of excitement, exploration or in response to inconsistencies in their environment. Older toddlers and 2-year-olds frequently bite as a communication method, such as when they fail to have the language to communicate frustration.

For children who are 3 years of age or older, biting is typically an aggressive behavior. Understanding the root cause can help tailor the response more appropriately to curb the behavior. For example, giving infants various textured teething toys can lessen the likelihood they will bite. For 2-year-olds, modeling how to use words and phasing out oral soothing items like pacifiers can also reduce the likelihood of biting.

### Defiance

Raising young children means preparing to hear them say, "No." One of the primary developmental milestones of early childhood is emerging independence. The overt exertion of independence tends to peak at or around age 2 and can continue at varying degrees of intensity, depending in part upon the personality of the child.



Photos courtesy of Getty Images



One important factor about defiant behavior is that while it is independence exertion, it is also attention-seeking. Behavior is communication and some defiant actions may simply be a means of obtaining attention and situational control. By giving children more independence – for example, asking "Can you please put your shoes on for me?" or "Can you pick which one of these dresses you want to wear today?" – you may be able to help them become compliant.

Logical consequences can also help. For example, if children refuse to sit in their chair to eat, have them stand for dinner or remove their snack until they sit.

### Tantrums

The American Academy of Pediatrics defines tantrums as a behavioral response by young children who are learning to be independent and desire to make choices yet lack the coping and self-regulation skills to handle frustration. Whether a tantrum is triggered by communication gaps, frustration or a reinforced behavior to control a situation, there are specific techniques that can be used to deescalate the behavior and help children regain emotional composure.

Your reaction to a tantrum is a direct predictor of its intensity and longevity. Taking an opposite

position to children in terms of volume, speed of movement and pace of speech can be enough to counterbalance the tantrum.

Another effective technique to curb a tantrum is sportscasting. Using a soft tone of voice, sportscasting is the verbal, non-biased account of what is happening in the moment retold in third-person as though telling a story or broadcasting a sport. While this may feel awkward at first, it often catches children's attention and deescalates their reaction. For example, "Lou wanted more gummy bears. Mom said no. Lou is yelling and crying."

There is no silver bullet to stop biting, defiance and tantrums. These behaviors, for better or worse, are expected parts of early childhood. However, by gaining an understanding of their root causes and employing appropriate techniques to address these behaviors, parents can mitigate their impact while helping children develop and grow socially and emotionally.

For more actionable parenting insights, guidance and resources – including a webinar with Starnes providing additional tips for behavioral guidance – visit GoddardSchool.com.

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F1

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Photo courtesy of Electro.Aero

The advanced air mobility sector includes urban air mobility, which uses electrical vertical take-off and landing vehicles. Aerovy Mobility, a Purdue University-connected startup, has developed software solutions to benefit airport and vertiport operators and real estate developers looking to establish advanced air mobility technology at existing and potential sites.

## Purdue Startup Aerovy Mobility Develops Cloud Software To Support Infrastructure For Electric Aircraft

The advanced air mobility sector, which includes electric-powered urban and regional aircraft, may become a \$1.5 trillion market by 2040. A new Purdue University-connected startup could benefit airport and vertiport operators and real estate developers looking to establish advanced air mobility technology at existing and potential sites.

Purdue University postgraduate students have launched Aerovy Mobility, a startup company that commercializes cloud-based software solutions to plan and operate infrastructure that charges electric aircraft with renewable energy.

Nick Gunady is Aerovy Mobility's CEO, a PhD candidate in Purdue's School of Aeronautics and Astronautics and research assistant in Purdue's Center for Integrated Systems in Aerospace. He said improvements in battery energy technologies have improved enough to make electric propulsion technically feasible and economically viable. This includes urban air mobility, which uses electrical vertical takeoff and landing vehicles, and regional air mobility, which may use traditional aircraft configurations that travel greater distances.

"The advances in electric propulsion make travel significantly less expensive: Fuel costs are lower and the aircraft may or may not be piloted. These are two of the biggest costs to airlines," Gunady said. "There is a huge potential with future mobility to spur economic development in underserved locations because of the reduced cost and

difficulty to travel there."

Gunady said, however, that the U.S. power grid is not ready to handle energy spikes related to charging electric-powered vehicles, especially during rush hour use. A paper presented at the 2022 AIAA Aviation Forum concluded that trillions of dollars may be needed to enhance infrastructure that transmits and distributes electricity.

Aerovy Mobility is addressing those power grid limitations with its software solutions.

"The AATLAS planning software identifies locations that would attract the most demand so operators would be able to make back their investments quickly," Gunady said. "It also assesses the expected usage over time, simulating charging events minute by minute throughout the day. We can size power generation and storage assets, which enables end users to reduce dependence on the grid."

Gunady said Aerovy Mobility's VEMS operational software automatically connects users with all their assets at infrastructure sites, including chargers and off-grid energy systems.

"Customers will have full control over their infrastructure site without physically needing to be there," Gunady said. "We have built automation tools to remotely connect with the aircraft, charge vehicles, minimize grid cost and dynamically price without any user input."

The cloud-based software suite was based on work by Purdue graduate and undergraduate students who won

the grand prize in a 2022 Federal Aviation Administration contest. Gunady, Akshay Rao, Sai Mudumba, Seejay Patel and Ethan Wright won the Smart Connected Aviation Student Competition with their entry "Advanced Air Mobility as an Electric Grid Demand Response Asset." Purdue professor and Aerovy Mobility Chief Scientist Daniel DeLaurentis and associate professor Shaoshuai Mou advised the team, along with personnel from GE Aerospace, American Airlines and San Diego International Airport.

Aerovy Mobility recently established a partnership with Altaport, an automation software company based in Salt Lake City; Electro.Aero, an electric aviation charging technology company based in Perth, Australia; Greenstar Aviation Partners, an investment firm based in New York City; and Skypartz, a developer of vertiport infrastructure based in South Yarra, Australia.

It also has been in discussions with other original equipment manufacturers, or OEMs; airports around the world; and major U.S. airlines. The company has several memorandums of understanding, or MOUs, in place. It is looking to raise funds by the end of 2023.

"We are looking to connect with companies and individuals with an interest in exploring electric infrastructure at existing airports or vertiport companies interested in identifying locations to place infrastructure, too," Gunady said.

## Ranked No. 1, Purdue's 100% Online Hospitality And Tourism Management Master's Is A Hot Commodity Online-Tourism



King said.

The program's reputation was a selling point for Morgan Mason, who graduated in August 2022 and now works on the strategic development team for Wyndham Hotels and Resorts. Working remotely managing properties for Marriott in the Washington, D.C., area when she enrolled in 2020, at the height of the pandemic, she also needed an online program with the flexibility to fit into a busy schedule. That included not only work and school, but also participating in the She Has a Deal pitch competition, which is designed to open pathways to hotel ownership and development for women. (Mason ended up winning the \$50,000 grand prize in the competition's early career track.)

"What I liked about Purdue's program was that it really fit in with my schedule," Mason said. "Each class was eight weeks at a time, so I was only focused on one course for that eight-week period, which was manageable. The other thing I appreciated was the flexibility my professors showed, how accommodating they were because they knew I was trying to get all my assignments done but I also had two other major things that were going on."

The experiential, project-oriented curriculum is presented asynchronously but also features flexible opportunities to interact with the instructors and fellow students. The program includes hospitality industry-oriented courses in subjects such as hospitality and tourism leadership; accounting, finance and revenue management; business statistics and quantitative analysis; business law and personnel systems; risk and service management; hospitality and tourism marketing; and more. A capstone project addresses real-world challenges in the industry.

"I had mostly been in sales and revenue management at the point that I entered into the program," Mason said. "For me, getting to take courses in marketing, corporate finance, the elements of service, human resources, hospitality law – these are all things that I hadn't had much exposure to in my roles. It expanded my knowledge base within the industry."

While the focus is on the business side of hospitality and tourism management, the hospitality and tourism master's – much like an MBA – teaches executive business and management skills that are immediately applicable, translate to a variety of industries and service-oriented positions, and expand graduates' career options.

"The emphasis is on elevating their analytical, critical thinking mindset as opposed to some graduate programs that are an introductory to the industry," King said. "That's not what this program is about. It's going to set them up to pursue a range of professional opportunities and stand out from their peers."

For more information about Purdue's 100% online Master of Science in hospitality and tourism management, visit the program website.

Sidelined by the pandemic and now bolstered by pent-up demand from folks who were stuck at home for years, the hospitality industry is back, with industry groups such as the American Hotel and Lodging Association predicting that 2023 will surpass pre-COVID-19 demand.

The association is predicting something else as well – personnel shortages, including for trained managers. That makes Purdue University's top-ranked, 100% online Master of Science in hospitality and tourism management a hot commodity. Essentially an MBA for hospitality and tourism managers, the accessible degree program is taught by faculty from Purdue's flagship West Lafayette campus and a battery of industry experts.

"You get everything you would expect from a high-quality business degree, focused on hospitality and tourism management," said Jonathan Day, associate professor and graduate program director in Purdue's White Lodging-J.W. Marriott, Jr. School of Hospitality and Tourism Management.

UniversityHQ rates Purdue's program No. 1 for Best Online Master's in Hospitality Management in 2023, ahead of San Diego State, New York University, Auburn and Central Florida in the top five.

The ratings are based on data from, among other things, government sites such as College Navigator, College Scorecard and the Bureau of Labor Statistics, along with nongovernmental sites like Payscale. UniversityHQ considers a variety of factors including acceptance, retention and graduation rates; graduating salaries; reputation in the industry; and expert opinion.

"I think it speaks to the reputation that we've developed over time as being a strong program," said Ceridwyn King, professor and head of the White Lodging-J.W. Marriott, Jr. School. "Purdue was one of the first in the online space for a credible, high-production-quality online learning experience at the graduate level."

Purdue's online Master of Science in hospitality and tourism management is designed for experienced professionals who need to fit enhancing their careers around a job and other commitments. Students who go through the program are looking to distinguish themselves and develop professionally, whether that's to pursue a new job or a promotion or just in general expand their skill set,

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F2

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## Indiana's Unprecedented Economic Momentum To Continue with Robust Legislative Support

Governor Eric J. Holcomb and Secretary of Commerce Brad Chambers today applauded the Indiana legislature's bold investment in economic development following the 2023 legislative session. The adoption of House Enrolled Act (HEA) 1001, the governor's agenda bill, creates a new \$500 million deal closing fund, provides additional resources for megadeals over \$5 billion, creates a new site acquisition fund for shovel ready development and invests an additional \$500 million in the nationally innovative READI program that has already leveraged \$8.54 billion in quality of place investments throughout the state.

"Indiana's economy is thriving, and these renewed commitments and expanded investments in economic development will ensure that momentum continues for years to come," said Gov. Holcomb. "Equipped with these specific strategic tools and programs, we'll be in a position to do even more to better the lives and opportunities of Hoosiers statewide. Implementing quality of place initiatives, future-proofing our manufacturing sector and enabling the state to better compete for and win new high-tech, fast-growing industries of the future will remain our mission every day."

In addition to historic economic and community funding, the legislature

made unprecedented investments into education, public safety, career training for high school students and mental health – critical issues for improving the quality of life for all Hoosiers, creating a more robust workforce, and driving Indiana's economy for decades to come.

"I've never been more energized about the future of Indiana," said Sec. Chambers. "I'm grateful to the legislature for the support for our economic development strategy, which emphasizes a bold, aspirational and comprehensive approach. These new tools and increased funding will enable us to better attract and grow investments in future-focused industries, like electric vehicles, semiconductors, life sciences and agbiosciences, creating quality, high-paying careers for Hoosiers today and for years to come."

HEA 1001 enacts a number of economic development priorities proposed by Gov. Holcomb and Sec. Chambers, including new updates to the Indiana Economic Development Corporation's (IEDC) toolkit, including funding for cash performance grants and site acquisition; a \$500 million expansion of the Indiana Regional Acceleration and Development Initiative (READI); increased funding for Indiana Manufacturing Readiness Grants; and new funding to accelerate entrepreneurship and

innovation.

With this new budget, Indiana's investment in economic development will increase \$350 million from 2021 and 2022.

HEA 1001 makes the following changes to Indiana's economic development toolbox:

- **New Deal Closing Fund:** The creation of a new \$500 million Deal Closing Fund will continue to allow the IEDC to better compete for in-demand investment and new jobs with transformative investments in future-focused industries. Approximately 5% of these funds will be reserved for economic development projects in rural counties with a population under 50,000.

- **New Site Acquisition Fund:** HEA 1001 allocates \$150 million over the biennium to support the IEDC's strategic sites initiative, ensuring that competitive land and infrastructure is available for new investment. The first project, LEAP Lebanon Research & Innovation District, was selected due to its strategic location and has already marked a significant win in a \$3.7 billion investment by Eli Lilly. This funding will allow the IEDC to develop the next opportunity in Indiana while creating a return on investment to the state through the sale of property.

- **Tax Credit Flexibility:** The legislation formalizes an annual tax credit bucket of \$250 million per year, provid-

ing the IEDC flexibility to leverage incentives to attract new investment and job opportunities for Hoosiers.

- **READI 2.0 - Investing in Quality of Place:** Continued appropriations of \$500 million over the biennium will expand quality of place and quality of life investments being made through the nationally recognized READI program. More than 95 percent – or \$474.9 million – of READI's initial grant funds have already been designated to accelerate 347 projects and programs across 17 Indiana regions that are expected to result in more than \$8.54 billion (16.8:1 investment leverage ratio) invested in Indiana's communities. READI 2.0 will build on this momentum, allocating significant matching funds to accelerate capital and infrastructure construction projects and advance Indiana's quality of place to retain and attract top talent.

- **Accelerating Smart Manufacturing:** Legislative appropriations will allocate \$40 million over the biennium to advancing and future-proofing Indiana's manufacturing sector, doubling the funding available to businesses through the Indiana Manufacturing Readiness Grants. The program, which first launched in 2020, is designed to incentivize companies to adopt smart manufacturing technologies and modernize their operations, ensuring that

Indiana's largest industry is equipped to support the global economy of the future.

- **Increasing Funding for Entrepreneurship, Innovation and Marketing:** HEA 1001 also includes increased funding to the IEDC to expand support for entrepreneurship and innovation through programs like the Indiana Small Business Development Center and through investments in startups and scaleups through Elevate Ventures, Indiana's venture development partner. This funding will better position Indiana – which was recently named the No. 1 state to start a business (Forbes) – as a global destination for entrepreneurs and innovators. Additionally, increased funding will allow the IEDC to increase its promotion of the state as a globally competitive and innovative destination for business, helping attract new investment and new industries to Indiana.

In addition to HEA 1001, Gov. Holcomb and Sec. Chambers applaud a number of legislative updates that will strengthen Indiana's overall business climate and economic development competitiveness, including:

- **House Enrolled Act 1002:** A comprehensive education and career readiness bill that aims to assist high school students in becoming ready for careers and sets up career scholarship accounts for Indiana's youth.

- **House Enrolled Act**

1005: Aims to address Indiana workforce needs by adding housing in communities across the state through adjusting residential tax increment financing language, and creating a infrastructure assistance program.

- **Senate Enrolled Act 176:** Small Nuclear Reactors: Further positions Indiana as a leader in laying the groundwork for future small nuclear reactors.

- **Senate Enrolled Act 419:** State Tax Matters: Includes a new tangible personal property retail (sales) tax exemption for Wind and Solar device components. This provision may help further renewable investment in Indiana.

**About IEDC**

The Indiana Economic Development Corporation (IEDC) is charged with growing the State economy, driving economic development, helping businesses launch, grow and locate in the state. Led by Secretary of Commerce Brad Chambers, @SecChambersIN, and governed by a 15-member board chaired by Governor Eric J. Holcomb, @GovHolcomb, the IEDC manages many initiatives, including performance-based tax credits, workforce training grants, innovation and entrepreneurship resources, public infrastructure assistance, and talent attraction and retention efforts. For more information about the IEDC, visit [iedc.in.gov](http://iedc.in.gov).

## NSF Funds Institute To Research AI-Powered Cybersecurity

Malware. Ransomware. Zero-day exploits. There's no rest when it comes to protection from cyberattacks. And in an increasingly connected world, with expanding cyber and cyberphysical spaces and access to tools like artificial intelligence, attacks are likely going to become more diverse and sophisticated.

That's why a group of the nation's best computer scientists and engineers, including researchers from Purdue University, have come together to form the National Science Foundation-sponsored Institute for Agent-based Cyber Threat Intelligence and Operation (ACTION). This \$20 million, five-year project is one of seven newly funded National Artificial Intelligence Research Institutes. ACTION brings the continuous learning – and now, reasoning – of AI to the constant situational awareness and actions that are fundamental to cybersecurity.

"AI is used routinely now for things like malware analysis to identify malicious documents and malicious webpages," said UC Santa Barbara computer science professor and cybersecurity expert Giovanni Vigna, who will head the proj-

ect. "What we don't have are entities that are capable of reasoning. This is an opportunity to bring artificial intelligence and security together in a novel way."

"The National AI Research Institutes are a critical component of our Nation's AI innovation, infrastructure, technology, education and partnerships ecosystem," said NSF Director Sethuraman Panchanathan. "These institutes are driving discoveries that will ensure our country is at the forefront of the global AI revolution."

Dongyan Xu, the Samuel Conte Professor of Computer Science and director of CERIAS, the Center for Education and Research in Information Assurance and Security, is Purdue's principal investigator and ACTION Institute's use-inspired research lead. He and five other Purdue faculty members – Elisa Bertino, Z. Berkay Celik, Ninghui Li, Yung-Hsiang Lu and Ming Yin – will join ACTION collaborators from the University of California, Santa Barbara; UC Berkeley; Georgia Institute of Technology; the University of Chicago; University of Washington; University of Illinois Chicago; Rutgers University; Norfolk State

University; University of Illinois and University of Virginia.

Purdue University will serve as one of ACTION's major hubs for research, education, workforce development and technology transfer, leveraging CERIAS programs and initiatives to engage faculty and students, as well as industry and government partners. The Purdue team will contribute expertise in key areas such as cyberphysical security; cyber-physical knowledge discovery, integration and reasoning; and human-AI agent collaboration across the end-to-end cyberdefense lifecycle.

"I am pleased with Purdue University's involvement in the newly established NSF AI Institute, where our team of cybersecurity and AI experts will work side-by-side toward groundbreaking advancements in this critical and rapidly evolving field," said Karen Plaut, Purdue executive vice president for research. "We are excited to be part of this transformative effort, and the timing couldn't be better with our recent announcement of the Purdue Computes initiative."

Security-inspired AI and AI-empowered security

Here's a possible scenario: Cybercriminals gain access to software used by a fictional smart city, a municipality whose water and power distribution infrastructure are automated and integrated. They introduce a software vulnerability that is both complex and too evasive to set off any cyber or physical alarms. From there they use this vulnerability to conduct a supply-chain attack that progressively compromises parts of the cyberphysical system in ways that may seem like glitches and unusual connections, but nothing the threat detection system has been trained to identify. Eventually, they gain access to control systems that allow them to shut down the water and power, effectively paralyzing the city. They do all of this by seemingly trivial actions through encrypted connections that are unnoticed by the intrusion detection systems.

It's not an entirely hypothetical situation. In fact, a similar hacking campaign was orchestrated in 2021 that compromised several U.S. government agencies by breaching applications monitoring software created by vendor SolarWinds. This type

of attack, according to the researchers, is why a more sophisticated type of AI-powered cybersecurity is needed.

"There's this concept of an AI 'stack,'" Vigna said. "Imagine multiple layers of functionality that support AI in various ways, such as reasoning, learning, strategic planning and human-AI interaction." This stack will enable the creation of autonomous, intelligent "agents" that will be able not only to identify a potential attack but also the attacker and also mount a response and conduct recovery.

The ACTION collaborators will begin by conducting research along four main thrusts: learning and reasoning with domain knowledge, human-agent interaction, multi-agent collaboration, and strategic gaming and tactical planning. These research thrusts act as the foundation of knowledge that can grow to handle large data sets, while extracting semantics and promoting inference and reasoning, in potentially adversarial and combative scenarios.

Meanwhile, the AI research will inform and be inspired by the end-to-end cyberdefense lifecycle. The ACTION collaborators will devel-

op and customize intelligent agents equipped with the AI stack to perform four main tasks in the cyberdefense lifecycle: threat and vulnerability assessment, attack detection, attack attribution, and attack response and recovery. While performing these tasks, the agents will acquire new knowledge and experience that improves their effectiveness and efficiency over time.

"Today, any system that has a cyber component, such as a processor or sensor, may face cybersecurity threats," Xu said. "Adversaries can survey, infiltrate and strike in a matter of seconds. ACTION's intelligent agent approach to next-generation cybersecurity offers a promising opportunity to out-scale, out-speed and outwit the adversaries."

In addition to developing next-generation AI and cybersecurity technologies, ACTION will implement learning and training programs to engage K-12, undergraduate and graduate students, postdoctoral researchers, and working professionals, with an emphasis on outreach to underrepresented communities and the goal of creating a "cybersecurity + AI" talent pipeline.



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Sunday, May 7, 2023

F3

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## State Of Indiana, Purdue University And Belgium-Based Imec Announce MOU On R&D Partnership Powering State's Semiconductor Ecosystem Growth

Last week during the SelectUSA Investment Summit, Governor Eric J. Holcomb and Indiana Secretary of Commerce Brad Chambers joined U.S. Senator Todd Young, Purdue University President Mung Chiang and leaders from Belgium-based imec, a world-leading research and innovation hub in nanoelectronics and digital technologies, to announce a formal memorandum of understanding (MOU) to jointly advance research and development in Indiana's semiconductor sector.

"Indiana is securing unprecedented economic momentum right now, particularly in advanced manufacturing, propelled by the strategic partnerships we have built as we continue to strengthen our growing semiconductor ecosystem," said Gov. Holcomb. "Imec is a global leader for research and technological development, and we are proud to partner with them, alongside our top ranked Purdue University, by formalizing the discussions and collaborations already taking place, facilitating the further exchange of ideas and providing the necessary support to power cutting-edge, next-generation microelectronic R&D in the U.S. with Indiana at the center."

The MOU outlines financial support and a framework for revolutionary trans-Atlantic cooperation toward research and development in the semiconductor sector. Each institution will provide significant investment per year over the course of the five-year agreement. The partnership focuses on bringing together world-class expertise and state-of-the-art technology with the exchange of students, faculty and professionals between Indiana and Belgium to foster further collaborative research and innovat capacity.

"Indiana has the workforce, institutional partnerships, geography and natural resources which enable us to be a leader in the semiconductor space," said Sec. Chambers. "In the last 20 months, we have secured incredible momentum in this future-focused sector – a critically important industry for our national security – and announced foundational semiconductor investments throughout the state. Today's announcement is a direct result of our strategy and commitment to further position Indiana as a leader in reinvigorating and bolstering U.S. semiconductor capacity through leading-edge technology and R&D, with the intention of growing and scaling this work through additional funding based on the findings of this initial phase in the partnership."

"This one-of-a-kind trans-Atlantic partnership connects one of the world's most respected R&D firms with one of the world's most respected universities. I'm pleased imec, Purdue and the state of Indiana are collaborating in this endeavor," said Sen. Young.

"Purdue University and the state of Indiana have become the heart of the silicon heartland. Purdue is the most visible and forward-leaning university in the U.S. in semiconductor degrees program, in research innovation to rewrite the economic equation of on-shoring fabs and packaging, in industry partnership with over 20 leading companies, and in national leadership in CHIPS for America's execution," said Purdue President Mung Chiang. "Today we mark a milestone for semiconductor collaboration between the U.S. and Europe, by forming the R&D partnership with imec: the best example of successful collaboration across

universities, companies and the government. We warmly welcome the imec ecosystem to the home of America's top 4 engineering and top 5 patent-receiving university."

"This MOU signed with Purdue University holds great significance for imec. It provides us with a unique opportunity to act as a major catalyst of worldwide semiconductor R&D in collaboration with a world-class American research university. This collaboration between these two R&D powerhouses from the U.S. and Europe underscores my strong conviction that international collaboration in semiconductor research and development is imperative for expediting progress by building on our strengths and innovating faster together. Advocating and executing on that spirit of collaboration is what imec is all about and we look forward to working with Purdue to strengthen the innovation ecosystem in the U.S and Europe," said imec CEO Luc Van den hove.

### About imec

Imec is a world-leading research and innovation center in nanoelectronics and digital technologies. Imec leverages its state-of-the-art R&D infrastructure and its team of more than 5,500 employees and top researchers, for R&D in advanced semiconductor and system scaling, silicon photonics, artificial intelligence, beyond 5G communications and sensing technologies, and in application domains such as health and life sciences, mobility, industry 4.0, agrofood, smart cities, sustainable energy, education. Imec unites world-industry leaders across the semiconductor value chain, Flanders-based and international tech, pharma, medical and ICT companies, start-ups, and academia and knowledge

centers. Imec is headquartered in Leuven (Belgium), and has research sites across Belgium, in the Netherlands and the USA, and representation in 3 continents. In 2022, imec's revenue (P&L) totaled 845 million euro. Further information on imec can be found at [www.imec-int.com](http://www.imec-int.com).

### About Purdue University

Purdue University is a top public research institution developing practical solutions to today's toughest challenges. Ranked in each of the last five years as one of the 10 Most Innovative universities in the United States by U.S. News & World Report, Purdue delivers world-changing research and out-of-this-world discovery. Committed to hands-on and online, real-world learning, Purdue offers a transformative education to all. Committed to affordability and accessibility, Purdue has frozen tuition and most fees at 2012-13 levels, enabling more students than ever to graduate debt-free. See how Purdue never stops in the persistent pursuit of the next giant leap at <https://purdue.edu/>.

### About IEDC

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## Remote Work Professional Certificate Course Grant Funding Available, Only \$50 For Participants

To help entrepreneurs, freelancers and employees enhance their remote work skills, the Purdue Center for Regional Development (PCRD) and Purdue Extension have partnered to offer the Remote Work Professional Certificate course. Grant funding allows Indiana participants to complete the certificate for \$50 compared to its regular price of \$199.

The Remote Work Professional Certificate course equips individuals with the skills needed to excel in a remote work environment. The course covers topics such as time management, communication, collaboration and strategies for staying focused and productive while working from home. Participants will learn about the latest tools and technologies that are essential for remote work success.

"Remote work is the future of work, and we are thrilled to offer this course to help individuals thrive in this new environment," said Emily Del Real, PCRD engagement specialist. "With grant funding, we are able to make this course accessible, regardless of financial circumstances."

The online certificate course consists of nine self-paced core modules and four interactive workshops. The modules will cover how to set up a virtual office and communicate professionally, as well as understanding task management and project tracking, the legal precautions of working online, problem solving, and remote professional

development. Participants will need reliable access to broadband, a web camera and microphone, and basic computer proficiency. Program coaches will be available throughout the course to answer questions and guide participants through the modules.

To register for the online course and take advantage of the grant funding program, visit <https://pcrd.purdue.edu/remoteworkcertificate/> and enter discount code RBDG Grant22.

An information session will be held Thursday, May 11, 2023, at 11 a.m. ET. Register for this free session to learn more about the course at <http://bit.ly/3Kgg6eo>.

About the Purdue Center for Regional Development

The Purdue Center for Regional Development (PCRD) seeks to pioneer new ideas and strategies that contribute to regional collaboration, innovation and prosperity. Founded in 2005, the center partners with public, private, nonprofit and philanthropic organizations to identify and enhance the key drivers of innovation in regions across Indiana, the U.S. and beyond. These drivers include a vibrant and inclusive civic leadership, a commitment to collaboration and the application of advanced data support systems to promote sound decision-making and the pursuit of economic development investments that build on the competitive assets of regions. Learn more at <https://pcrd.purdue.edu/>.

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## Hickory Bible Church

104 Wabash • New Richmond

### Sunday Services:

**Breakfast and Bible - 9:30**

**Church - 10:30**

*a small church  
with a big heart!*

Dr. Curtis Brouwer, Pastor  
765-918-4949



## Woodland Heights Christian Church

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

### Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

*"Know Jesus and Make Him Known"*



## Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

*Traditional and Contemporary*



### Service times:

10:02 am on Sundays

Wednesday night prayer meeting  
at 6:30 pm.

vinechurchlife.org

*A family for everyone*



## Southside Church of Christ

153 E 300 South • Crawfordsville  
southsidechurchofchristindiana.com

Sundays:

*Worship at 10:30 am*

*Wednesday Night Bible Study 7 pm*



## One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

### Services

Sunday at 2 pm

Wednesday Evening Bible Study  
7 pm

Saturday evening  
(speaking spanish service)  
at 7 pm



## NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

*"Making the World a Better Place"*



## New Market Christian Church

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

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

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

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



*Helping  
people to  
follow Jesus  
and love  
everybody!*

2746 S US Highway 231  
Crawfordsville

### Services:

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

*Both services are streamed*



## NORTH CORNERSTONE CHURCH

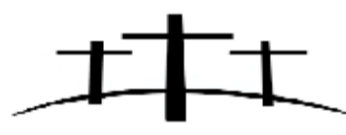
**Sunday Worship 10:00 AM**

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

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



## Liberty Chapel Church

*Phil 4:13*

### Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana  
Program  
6 pm-8 pm



**Church Service at 10 am**

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

ladogachristianchurch@gmail.com

www.ladogacc.com



## HOPE CHAPEL

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

### Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



## Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

### Services

Sunday at 10 am

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

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



## Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

*Romans 15:13*

**Follow us on Facebook**

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



## Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



## FIRST UNITED METHODIST CHURCH

*Follow in The Sun*  
212 E. Wabash Avenue  
Crawfordsville  
(765) 362-4817  
www.cvfumc.org

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

All are welcome to join and  
all are loved by God



## Faith Baptist Church

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

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

Where church is still church  
Worship Hymns  
Bible Preaching



## EAST SIDE BAPTIST CHURCH

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

Services:  
Sunday School at 9 am  
Church at 10 am

Help and hope through  
truth and love



## Crossroads Community Church of the Nazarene

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

WEDNESDAY  
6:00 PM: Mid-week Service

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



## Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington  
765-794-4716

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

You can find us on Youtube  
and Facebook



## Christ's United Methodist Church

Dr. David Boyd

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

909 E Main Street • Crawfordsville  
765-362-2383

christsumc@mymetronet.net

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



Sunday School/Growth Groups: 9:00 AM

Worship Service: 10:30 AM

Youth Group Wednesday at 6:30

You can watch us on YouTube and Facebook  
Watch Sunday Mornings

### YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

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

## Health and WELLNESS

Sunday, May 7, 2023

H1

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

## Do You Wear Contacts? Here Are Some Tips To Elevate Your Routine

(StatePoint) If you're one of the 45 million Americans who wear contact lenses, you know what a great choice they can be, whether you play sports, want to avoid the nuisance of foggy glasses or simply find yourself feeling more confident in them. However, it may be time to give your contact lens care routine a makeover, particularly if your lenses feel dry or uncomfortable.

Unfortunately, one in five contact lens wearers find lenses to be less comfortable by the end of the day. Consider the following tips for all-day comfort:

1. Practice healthy tech habits: Long hours on screens can be a contributing factor to eye discomfort, mainly because of less blinking; however, making a few adjustments can help. The experts at Bausch + Lomb recommend following the 20-20-20 rule. For every 20 minutes of screen time, take a 20 second break to look at something 20 feet away. If you work with computers all day, you should also remember to blink regularly. It can be surprisingly easy to forget to blink when you're focused on the next deadline! Finally, adjust the brightness and text size on your devices to reduce eye strain and optimize comfort.

2. Insert and remove contacts with care: The order of steps you follow as you insert and remove your contacts matters. In the morning or as you're getting ready to go out, insert contact lenses with clean hands before applying makeup. Before bed, wash your hands, remove

your contacts and clean your lenses before going to sleep. One-third of contact lens wearers have fallen asleep in their lenses, but doing so increases the risk of infection.

3. Follow lens care directions: According to the Centers for Disease Control and Prevention, 40-90% of contact lens wearers do not properly follow their contact lenses' care instructions. It is recommended to follow the complete recommended lens rubbing and rinsing times in the product labeling to adequately disinfect your lenses and reduce the risk of contact lens contamination. Reduced rubbing or rinsing time may not adequately clean your lenses. And never "top off" or reuse solution. Fill the lens case with fresh solution every time you store your lenses - don't cut corners!

4. Clean and moisturize: One in three contact lens wearers experiences dry lenses, and one in five find lenses to be less comfortable by the end of the day. Show your eyes some love by using a contact lens solution recommended by board-certified optometrists, one that is uniquely-formulated for dry, uncomfortable contact lenses. Biotrue Hydration Plus Multi-Purpose Solution not only offers exceptional cleaning and disinfection and dissolves protein build-up, it's also formulated with your eyes' biology in mind to promote all-day comfort. It contains naturally-inspired ingredients found in tears such as hyaluronan, a moisturizer, and potassium, an electrolyte. It keeps

more moisture on your contacts (for 12 hours compared to original Biotrue Multi-Purpose Solution, based on a laboratory study) as well as provides up to 20 hours of moisture (based on a laboratory study). For more information and complete use instructions, visit <https://www.biotrue.com>.

5. Recycle: While not directly related to the comfort of your eyes, you can sport your contacts with more ease knowing you're doing so with the environment in mind. You're likely already recycling contact solution bottles and eye care product cartons through curbside recycling. Now, thanks to a collaboration between Bausch + Lomb and TerraCycle, there's a way to properly recycle the smaller plastic components within these products. Pop off the caps of your solution and eye drop bottles and place them in any shipping box, along with old lens cases, empty eye drop bottles and single dose eye drop vials. When the box is full, print the prepaid label and mail it to TerraCycle. These components are combined with other recycled materials and turned into new products. To learn more, visit [terracycle.com/biotrue](http://terracycle.com/biotrue).

Stop chalking up dry, uncomfortable lenses to being a regular part of wearing contacts. With a few tweaks to your routine, you can experience comfort throughout the day. Biotrue is a trademark of Bausch + Lomb Incorporated or its affiliates. ABT.0011. USA.23

## You Should Know The Early Warning Signs Of COPD

(StatePoint) Chronic obstructive pulmonary disease (COPD) is a long-term lung disease that makes it hard to breathe. A leading cause of disability and death in the United States, more than 12.5 million people have been diagnosed, and millions more may have the disease without even knowing it. While there is no cure, knowing COPD's early warning signs can lead to earlier treatment and may prevent its progression.

The American Lung Association, funded with support from the Centers for Disease Control and Prevention, is sharing the following insights to help Americans recognize the warning signs of COPD and take action:

Early Warning Signs of COPD

Not everyone has the same COPD symptoms, but some of the more common early warning signs and symptoms may include shortness of breath, a cough that may bring up mucus or phlegm, chest tightness, fatigue and re-occurring lung infections. People may think these symptoms are because of aging, smoking or being out of shape and become less active to avoid experiencing them. These signs and symptoms shouldn't be ignored. Speak with your healthcare provider if you experience any of these symptoms and discuss any activities you are avoiding due to breathing difficulties.

Risk Factors and Diag-

nosis

Anyone can develop COPD, but people aged 40 or older and those who smoke or used to smoke are at higher risk. Cigarette smoking is the leading cause of COPD, however 1 in 4 people with COPD never smoked cigarettes. Secondhand smoke, air pollution, workplace exposures to dust, fumes and chemicals, and a genetic condition called alpha-1 antitrypsin deficiency (AATD) are also causes and risk factors for COPD.

People are often diagnosed at later stages of COPD when the disease has progressed because they delayed sharing their early symptoms with their healthcare provider. Everyone with risk factors and those experiencing early warning signs should talk to their healthcare provider about any breathing issues. It's especially important for women to do so. Because COPD has been historically thought of as a "man's disease" or an "old person's disease," women are sometimes misdiagnosed or receive a delayed diagnosis. But overall, more women are affected by COPD than men and the death rate is higher in women. In addition, women tend to develop the disease at a younger age.

To diagnose COPD, the healthcare provider will evaluate symptoms, gather a complete health history, conduct a health exam and perform a pulmo-

nary function test called spirometry. The results of the spirometry test can determine if you have COPD.

Lifestyle Changes

In addition to treatment, certain lifestyle changes may make a difference, as patients living with COPD know firsthand. After being diagnosed with stage 2 COPD in the wake of a COVID-19 infection, Bob F. partnered with his doctor and started monitoring his breathing at home and leaned into exercise. His hard work has paid off, with his last pulmonary function test showing that the disease has not progressed, and he is in better overall shape than before.

"Most of the advice you should follow is no different than what doctors tell us all. Eat right, exercise, sleep, drink plenty of water, manage your weight and don't smoke. If you do these things, you may slow the progression of your COPD," says Bob.

But you shouldn't wait until a COPD diagnosis to make these changes. Lifestyle changes like quitting smoking, avoiding secondhand smoke and reducing your exposure to air pollution may reduce your risk for developing COPD. If you are experiencing shortness of breath or other respiratory symptoms, do not delay talking to your healthcare provider about your symptoms or COPD risk factors. For more information about COPD, visit [Lung.org/COPD](http://Lung.org/COPD).

## Tips For Nurses Struggling With Their Mental Health

(StatePoint) While the worst of the pandemic is behind us, if you're a nurse, you know its effects live on. Ongoing staffing shortages spurred by pandemic-related layoffs and resignations have created conditions in many healthcare settings that are untenable for workers, inspiring nurses in some areas of the country to go on strike.

In this climate of high stress and tension, anxiety, depression and burnout are common, but industry experts say that if you're a nurse experiencing these mental health issues, there are steps you can take to feel better, including rethinking the way you deliver self-care and care for your patients.

"Nursing is largely about caring for others, but it's important to take time each day to focus on your own wellness," says Jennifer Sheets, president and chief executive officer of Interim Healthcare Inc. "While many traditional nursing jobs aren't able to offer the amount of time and space needed to recharge with self-care, careers in the home healthcare industry offer flexibility, good work-life balance and great job satisfaction."

In an Interim Healthcare Inc. survey, 71% of licensed medical professionals reported that the COVID-19 pandemic has led them to consider

a career shift to home healthcare as a way to reconnect with why they got into healthcare in the first place. Fortunately for patients and nurses alike, the home healthcare field is growing in size and scope. Once associated primarily with senior care, it now extends to many other facets of care -- from caring for acute illnesses like COVID-19, to complex medical care for children, to specialized care for chronic diseases, dementia and hospice. In fact, much of the technology and clinical capabilities of the hospital are available at home, making home care possible for more patients, and ultimately allowing for more nurses to make the switch.

Beyond rethinking your role in the nursing industry, Sheets offers these additional mental wellness tips:

- Understand the symptoms of mental health issues, like anxiety, depression and burnout. If you are living with these issues, talk to a trusted friend or family member about what you're experiencing and consider addressing your concerns with a mental health professional. Telehealth is making it easier to fit counseling or therapy into a weekly schedule, particularly one that changes from week to week.

- While depression and anxiety can feel lonely,

know that you're not alone. Other nurses are feeling the same way right now. Lean on colleagues for support.

- Implement activities around self-care and set aside time for yourself. Breathing exercises, meditation and yoga can be powerful stress relievers, and studies consistently show that even just a few minutes of regular moderate or vigorous exercise can reduce your risk of depression.

- Simplify daily tasks to ease mental health symptoms. Whether it's relying on apps to help you check off items on your to-do list, or being more realistic about the social commitments you make, there are many ways to ensure your life outside of work doesn't unduly add to your stress.

- Look for job opportunities that will make you happier. Those in home healthcare let you make your own schedule, match you with assignments that fit your needs and preferences, and offer variety, support, flexibility and better nurse-to-patient ratios. To explore these benefits, visit [careers.interimhealthcare.com](http://careers.interimhealthcare.com).

During the ongoing challenges plaguing the nursing industry, it's important to focus on your wellness. Doing so can help you get back to focusing on making a difference in the lives of your patients.

# DR. JOHN ROBERTS



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

Catch Dr. Roberts every Monday, only in Montgomery County's Favorite Daily Edition!



# SUNDAY Voice of our PEOPLE DAY

Sunday, May 7, 2023

11

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## Time For The Wonderful Gracie And Fay



**KAREN ZACH**  
Around The County

Gracie and Fay – we heard those names often from my Dad when he'd come back in from his mail route. He and Grace loved to talk baseball and as she got older, he'd often get groceries for her and deliver at the same time as her mail. Anyone who lived in our area (Waveland) and especially near Deer's Mill knew Gracie and Fay, such sweet sisters who lived next to each other across from the covered bridge (in the valley).

Grace was born 19 March 1888 in Rectorville, Kentucky; Fay, too, was born there on the second day of the year, 1890 to school teacher Thomas D. Glascock and his wife, Katie Hull! Katie passed when the girls were young, their father farming them out to relatives along with their other sister, Wildas at the time of his second marriage. Later, Wildas would also live at Deer's Mill, but this story is about Gracie and Fay, the ones our family knew.

Fay was raised by John Henry and Mary Elizabeth Clark Bowman, farmers in the Wallace area.



No children were born to them. Guessing here having Fay with them must have been an omen as they had their one and only child, Lex Von Bowman in 1906. They counted Fay's children as their own and Lex married and had one son, but after the Bowman's passed. In 1909, Fay married James Welch and began their life at Deer's Mill in the home of his mother, Mary Keller Welch (photo is suspected to be Fay at her wedding – picture from her grandson, Tom Jones who so happily furnished much information and many remembrances for this article). Fay and Jim "welcomed their only child, Wildas (named for her aunt) Frances Welch, in mid-October of that year. Nicknamed Billie, she grew-up as quite the Daddy's girl combining the unlikely traits of both tom-boy and bookworm. She often told her family by the age of 14, she had read every book in the Waveland Library. A 1927 graduate of Alamo HS, she was working as a waitress in the Monon Hotel in

Crawfordsville when and where she first met future husband, Robert Merle Jones, CHS class of '25. Together, they would suffer the death of their first child; daughter Mickey (lived about a week) but were able to raise a nice family of two sons Jim, the oldest, Tom, youngest and daughter Grace, the middle child" named of course for GiGi.

At one time, the Welch's owned about 80 acres of timber and Gpa' Jim loved being on his tractor. Sadly, Jim died of pneumonia with "spotted fever" as a contributor on 14 September 1937 just 49 years old. So, Fay needed to make a living. This is where her expertise came in – her cooking (it is said no one could beat hers except GiGi bested her with the ultimate Oatmeal-Raisin cookie) – working at the Shades State Park, Waveland HS cafeteria, Waveland restaurant and then Fay's Inn which was a must to check-out if you were at or going by Deer's Mill which was in her home (truly home-made every-

thing). Fay had a gentle, kind soul and personality and was well loved by all. Not to say either of the gals were perfect or always got along perfectly but they were tried and true sisters!! Fay passed away just shy of her 83rd birthday at the end of 1973.

Grace was called GiGi by most who knew her and it is assumed this nickname derived from her initials, Grace Glascock. She lived with one of her father's sisters (Anna M. Glascock Lyons) at age 12 in 1900 and graduated (thanks Tom) in May of 1904 (Troy Twp Schools, Covington KY Republican of the 27th).

GiGi married (1911) a tall, thin, gray-eyed Raymond Thaddeus Olmsted. Quite versatile, he was found as a policeman in a factory, a News Station manager and even had a BBQ restaurant. No children. GiGi too worked and was a housemother at the University of Cincinnati for dozens of years, thus she had many boys she called her own. They all adored her back! 1957 was the probable year for the retirement as Tom remembered he, his Dad and Aunt GiGi going to see Cincinnati (free tickets from one of her boys on the 50-yard line, too) – and - they beat IU! Ray didn't get to enjoy Deer's Mill long as he passed away a couple years after moving there.

One of Grace's true loves was genealogy! She'd get extremely excited telling about Thomas Glascock her direct ancestor who was a Lt. Colonel in the Virginia service and in 1779 went to the Continental Dragoons where he was also an officer. He died a few years after the war in Fau-

quier County, Virginia (1793). Now, the horse thief was a whole different story! Fay and Gracie were members of the Ft. Thomas, Kentucky DAR in Glascock's honor. They had a strong faith as well, Grace teaching Bible class at Alamo Church and Fay a member of Freedom Baptist.

One item of GiGi's unique personality was her esp. Once, she felt a connection to one of her U of C boys – feeling mutual – so they decided to try an experiment. He sent her a telepathic message concerning the time he'd returned from a weekend trip to Kentucky. As he reached the center of the bridge crossing the Ohio River, he wrote down that time. When he saw GiGi the next day, she offered 5:31. With a smile, he unfolded the paper and showed it to GiGi. It carried the exact same number. Tom's wife (of 50+ years now), Jane Gray and his Aunt GiGi were "two peas," as Tom described their close relationship. "Charming, vivacious and always tickled to enjoy each other's company." One January morning in 1978, Jane sat up about 4 crying out, "It's your family – something is really wrong!" Soon, a call came letting them know that Gracie, their beloved Aunt GiGi had passed away. Rest In Peace, sisters!

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

## Butch Teaches His Brother How To Ride A Bike...OOPS!



**BUTCH DALE**  
Columnist

My brother Gary was born in 1952, four years after I came into this world, so naturally I felt it was my duty to pass on a few skills that I had acquired in my "growing up" years...such as (1) how to climb onto the roof of our house, toolshed, and barns, (2) how to hide in the haymow from Dad when we were in trouble, (3) how to open the upstairs window and urinate through the window screen at night (so we would not have to go outside to visit the outhouse), (4) how to act sick if Mom served liver for supper, and of course, (5) how to beg Dad for money when we rode with him to Darlington in the old Dodge pickup.

According to my mother, I began walking at 8 months of age, and shortly thereafter received my first tricycle, which I wheeled around the yard like a pro. When I was six, my cousin gave me his old bicycle, which I mastered in short time, and

could therefore tour the countryside southeast of Darlington. It's doubtful that any of today's parents would allow their children to ride very far from home, but it was a different world back then. At the age of seven, I pedaled my bike to town, which was three miles from home, on several occasions in the summer of 1956. Munching on an ice cream cone, sipping a cherry phosphate, and opening a pack of Topps baseball cards, while sitting on the bench in front of Arthur Friend's drug store, was pure heaven for a 7-year old. When you have your own "wheels," you are a free man!

Well, a couple of years later brother Gary wanted to learn how to ride my bike. I had the perfect suggestion. Our enclosed barnlot ran downhill approximately 120-150 feet to a large gate which led to Dad's corn bin lot. I stationed the bike at the top of the hill, and opened the gate at the bottom of the hill. I instructed Gary to get on the seat, let the bike start rolling down the hill, and then start pedaling so that the momentum would keep him upright. When he reached the gate, I would be there to grab the bike and bring it to a halt. Simple!

On my command, Gary began rolling down the hill, coasting... and then pedaling like a trooper, with a big smile on his face. However, as he approached the gate opening, I jumped in front of him and waved my arms, blocking his path. Evidently the

devil made me do it. He panicked, swerved to the right, and steered the bike...yes, straight into a barbed wire fence. All tangled up, crying and screeching like a banshee, his shirt ripped to pieces...brother Gary was in a lot of pain. Dad was in the barn, heard his screams, and hurried over to survey the damage. Gary had three blood-oozing deep gashes across his stomach from the barbed wire. Dad carried him to the house and placed him on his back on an old table on the back porch...then instructed me, "Grab that bottle of turpentine over there!"

I don't know what it feels like to have turpentine poured over fresh cuts to the flesh, but judging from Gary's howling cries of terror, I have a good idea. I hightailed it to the haymow and covered my ears, praying I would not face the wrath of God...or even worse...Dad's belt.

Well, no stitches were required and the cuts eventually healed, but little brother Gary had three scars on his abdomen for several years...thanks to me. But at least he learned how to ride a bike...albeit the hard way. And do you know what? He never did thank me! How's that for gratitude?

*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.*

## Expensive And Least Expensive College Choices

Many parents and high school seniors are considering college options after high school. It's a major life decision. Young adults and parents can become financially crippled if careful consideration is not given. Here are some of the most expensive colleges in America and then a list of some of the cheapest colleges in America.

- College; Tuition Cost
1. Franklin & Marshall College; \$65,652
  2. Columbia University; \$65,524
  3. Reed College; \$64,450
  4. Vassar College; \$63,840
  5. Tufts University; \$63,804
  6. University of Southern California; \$63,46
  7. Boston College; \$62,950
  8. Haverford; \$62,850
  9. Brown University; \$62,680
  10. Harvey Mudd College; \$62,516
  11. Northwestern University; \$62,391
  12. University of Chicago; \$61,179
  13. Wellesley College; \$61,584
  14. Oberlin College; \$61,106
  15. Sarah Lawrence College; \$60,700
  16. Dartmouth College; \$60,687
  17. University of Rochester; \$60,550
  18. Johns Hopkins University; \$60,480
  19. Claremont McKenna College; \$60,480
  20. Barnard College; \$60,478
- Source: <https://thecollegeinvestor.com>
- Most of these schools are public and the listed price is for in-state residents. Schools are arranged from lowest total cost to highest.
- School; Location; Total Cost (2022-2023)
1. Antioch College AG; Hampton, VA; \$148
  2. Sitting Bull College; Fort Yates, ND; \$496
  3. Northern Marianas College; Saipan, MP; \$1,841
  4. EDP University of Puerto Rico-Manati; Manati, PR; \$2,581
  5. University of Arkansas System eVersity; Little Rock, AR; \$2,617
  6. St Petersburg College; Clearwater, FL; \$2,702
  7. Caribbean University-Bayamon; Bayamon, PR; \$2,823
  8. Caribbean University-Carolina; Carolina, PR; \$2,970
  9. Caribbean University-Ponce; Ponce, PR; \$3,033
  10. Elizabeth City State University; Elizabeth City, NC; \$3,27
  11. Florida State College at Jacksonville; Jacksonville, FL; \$3,306
  12. Pensacola State College; Pensacola, FL; \$3,351
  13. Eastern Florida State College; Cocoa, FL; \$3,445
  14. Caribbean University-Vega Baja; Vega Baja, PR; \$3,539
  15. Atlantic University College; Guaynabo, PR; \$3,557
  16. Texas A&M University-Central Texas; Killeen, TX; \$3,637
  17. Dewey University-Juana Diaz; Juana Diaz, PR; \$3,854
  18. California State University, Los Angeles; Los Angeles, CA; \$3,859
  19. Indian River State College; Fort Pierce, FL; \$3,878
  20. CUNY Bernard M Baruch College; New York, NY; \$3,897
  21. CUNY Lehman College; Bronx, NY; \$3,913
  22. CUNY Hunter College; New York, NY; \$4,014
  23. Dewey University-Manati; Manati, PR; \$4,081
  24. Texas A&M International University; Laredo, TX; \$4,165
  25. South Florida State College; Avon Park, FL; \$4,228
  26. The University of Texas Rio Grande Valley; Edinburg, TX; \$4,419
  27. CUNY City College; New York, NY; \$4,546
  28. Pasco-Hernando State College; New Port Richey, FL; \$4,637
  29. EDP University of Puerto Rico-Humacao; Humacao, PR; \$4,669
  30. California State University-Dominguez Hills; Carson, CA; \$4,683
  31. CUNY Brooklyn College; Brooklyn, NY; \$4,736
  32. Berea College; Berea, KY; \$4,938
  33. University of Puerto Rico-Aguadilla; Aguadilla, PR; \$4,984
  34. Dewey University, Carolina; Carolina, PR; \$5,018
- Source: [prepscholar.com/cheapest-colleges-in-the-us](https://prepscholar.com/cheapest-colleges-in-the-us)
- When in doubt, go to your local community college your first year or two. Take general classes that can be transferred to your desired institution. Your local community college may offer everything you need to achieve your goals without financially bankrupting you.

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



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## Voice of our PEOPLE

Sunday, May 7, 2023

12

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## Famous Prosecutor Is Back At It



**TIM TIMMONS**  
Two Cents

I used to be a big boxing fan. Even tried the sport for a short bit until my face got in the way of too many lefts and rights and I started seeing lots of stars . . . in the daytime.

When Mike Tyson burst onto the scene, I watched every fight of his I could. The fury which he attacked opponents from the opening bell was unlike anything I had seen. At age 20 he became the youngest heavyweight champion in history and he and his rage looked unbeatable.

Unfortunately for Tyson, that rage didn't seem to be contained to the ring. In July of 1991, he was accused of raping a 19-year-old beauty pageant contestant. About half a year later, the man who once held the boxing world in the palm of his hand walked out of an Indianapolis courtroom in handcuffs and was on his way to a 10-year prison sentence.

The man who sent him there was Greg Garrison.

Garrison went on to a career that included a 20-year stay at WIBC radio. His straight-shooting style and quick wit endeared him to listeners and that's where I became a fan, too. So when he ran for public office last year, I watched with interest.

Recently, Garrison agreed to sit down and chat about that decision, and a few other things. He greeted me in his Hamilton County office and it was his laugh that quickly set the tone. It comes out quickly and often. It's



Greg Garrison

a friendly laugh, one that brings you along instead of making you wonder who the joke's really on. It's a laugh resulting from years of good times, weathered by inevitable challenges.

Garrison is the kind of stand-up guy who goes through life seeing good things, seeing things that make him laugh. He's no Pollyanna. As a prosecuting attorney, he's witnessed plenty of bad, the seamier, dark side of what makes human beings do wrong.

Like the scales of justice, the current Hamilton County Prosecutor represents, it's a balance.

Garrison became the prosecutor after cruising through primary and general elections. He unseated a three-time incumbent by a wide 59-41 percent margin in the primary and then won over Democrat Jessica Paxson 57-43. At age 74, he was beginning a first

term as an elected official. Would there potentially be a second or third term?

"No," he shot back. "When this term is up, I'll be 79 years old. You don't even buy green bananas when you're 79."

Garrison grew up in Indianapolis in a home where his father was a doctor.

"He delivered about 900 babies in his life," Garrison said. "He made house calls. The first baby he delivered was in a house with no electricity - and he didn't get paid. I remember one of the farmers walking up our drive with a separated shoulder. Dad laid him on the pool table and said 'this is going to hurt,' and whop, he put that shoulder back in place. The farmer thanked him and walked on back to go back to work."

His mom stayed at home as

mom's did back then. Life was good for Garrison and his brother Chris.

"We had steaks on the grill at night. My grandmother stayed with us for a while."

Garrison learned to play piano, not that he had much choice.

"It was either learn that or sell me off to the circus," he quipped. "I was a pain in the ass. She (mom) wouldn't admit that, but it was true."

His family attended the Methodist Church and belonged to Heather Hills Country Club after it was built in 1960. It later became Maple Creek and is noted for being the first 18-hole golf course designed by the famous Pete Dye.

"I played a lot of golf," he remembered. "I'd play 36 holes a day on the weekends. We had a lot of good times."

After graduating from Warren Central, and like a lot of others in his family, Garrison headed for IU. He graduated there in 1970 and the IU law school in '73. Of course, details of his now-famous career after that are well documented.

The Tyson conviction led to gigs with CBS News, Fox News, 60 Minutes, The Today Show, 48 Hours and others. That quick wit and affable personality far outlasted any notoriety from the trial. He was asked to comment on other high-profile court proceedings like the O.J. Simpson murder trial.

One thing led to another and Garrison began a radio career at WIBC that lasted two decades, 1997-2017, to the day.

"You have to understand, after I was done with O.J., I had a much different footprint."

Visitors to his office today can see a Marconi award hanging on his wall, evidence of his high-quality work in radio.

"I think I was too dumb to be scared," he said. "Besides, I've got such a face for radio."

Does he miss it?

"Only for a minute," he shoots back. "I don't miss that red light.

It's a merciless mistress. My producers often had to stall because I don't always show up on time."

Stalling usually meant a longer version of his opening music, the energetic and lively theme from the 1960 smash Magnificent Seven by Elmer Bernstein.

"It said what I wanted to say - saddle up; let's get something done here."

Garrison has been getting something done for quite a while. The conservative Republican has a long-time friendship with former radio host, Indiana governor and vice president of the U.S., Mike Pence. He and brother Chris created a successful law practice that Chris still works at today. He's made four trips to Israel, three as guests of the Jewish Federation of Greater Indianapolis.

When talking with a visitor about those trips Garrison keenly observed, "There are two versions of you, the you before the trip and the you after." He adds that he tells people his boss was a Jewish carpenter.

Garrison said that he ran for office at this stage in his life because friends, family and law-enforcement encouraged him to. He repeatedly says it's the last stop, career wise.

"When this is done, I want to enjoy some things," he said. "Look, there've been times in my life when we were fat. There have been times when the receptionist made more than me. That's just life as an attorney, as an entrepreneur, as any small business owner."

The lines on his face are evidence of those times. But the crow's feet around Garrison's eyes . . . tells you that whatever comes next will involve plenty of laughter, too.

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

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# SUNDAY

## Voice of our PEOPLE

Sunday, May 7, 2023

13

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## Ask Rusty – About “Survivor” Benefits vs. “Spousal” Benefits

**Dear Rusty:** I will be 70 in August and will file my application for benefits in May. I know I'll get my maximum possible amount at age 70, but I need you to clarify things I have read. Per an award-winning TV host, author, and host of a money podcast "if the higher-earning spouse delays until age 70 to claim Social Security, that guarantees the survivor the biggest possible benefit." But then I read in a different article that if a person delays beyond their full retirement age to obtain a higher personal benefit (like I have), my spouse's benefit would still be based on my FRA benefit amount. I am confused about which statement is the correct version.

**Signed:** Confused About My Spouse's Benefit

**Dear Confused:** I'm not surprised that you are confused about these seemingly contradictory statements. It is, indeed, quite logical (and common) for a widow or widower to think they must apply for a "spousal benefit" from their deceased spouse. And while that's technically true, those of us who live in this often confusing world of Social Security jargon would say the widow or widower is applying for a survivor benefit, not a spousal benefit. What's the difference? Well, when you're speaking with a Social Security representative or an advisor, the term "spousal benefit" means something entirely



**ASK RUSTY**  
Social Security Advisor

different than the term "survivor benefit." The two articles you mention are, I believe, referring to two different types of Social Security benefit. The term "survivor benefit" is typically used to describe benefits available to a surviving spouse when the higher earner dies, but the term "spousal benefit" is typically used to denote ben-

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

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efits available to a lower earning spouse when both partners are still living. I agree this is confusing, and that distinction was apparently not clear in the articles you read. Therefore, to clear your confusion:

- If the higher earning spouse dies and has delayed claiming until age 70, that does, indeed, "guarantee the surviving

spouse the biggest possible benefit." The survivor's benefit is based on the full amount the deceased was receiving at death.

- If both spouses are living and the higher-earning spouse delayed until age 70 to claim, their living spouse's benefit, when the higher-earning spouse claims, will be a maximum of

50% of the higher-earning spouse's full retirement age (FRA) amount. A living spouse's benefit is based on their partner's FRA amount, regardless of when their partner actually claimed.

So, in your case, your wife's spousal benefit from you while you are both living will be based on your FRA entitlement, even though you waited longer to claim. But if you die first, your wife's survivor benefit as your widow will be based on 100% of the amount you were receiving at your death. In effect, both statements you referred to in your question are true considering that they refer to two different benefit types. It is a terminology distinction which frequently causes misunderstanding.

## My Third Grade Teacher Was The Tops!



**BUTCH DALE**  
Columnist

I was very fortunate to have many outstanding teachers when I attended Darlington school, and one of the very best was Naomi Shannon Peterson, my third grade teacher in 1957. Naomi was born in 1897 and grew up in Shannondale, which was named for her grandfather, David Shannon. She attended school there through the 8th grade, and with no way to travel to Darlington High School, Naomi walked a mile south each morning to catch the interurban line which ran to Crawfordsville. Her persistence paid off, as she graduated from Crawfordsville high school in 1916.

After graduation, Naomi enrolled in Madame Blaker's Teacher's College in Indianapolis. This 12-week course became the foundation for her life-long teaching career, although she took several other college courses later in life. In the fall of 1916, and only 18 years old, Naomi started teaching in a one-room schoolhouse near Waynetown. She walked a half mile to school each morning

and arrived early enough to build a fire to keep her students warm in the crude frame building. During the remainder of WWI, Naomi taught the first four grades at Kirkpatrick before heading over to Linden for a short stint. When Naomi and three other new women teachers could not find a room to stay in at a private residence on their first night, they rented a room at the Linden Hotel. Since there was only one bed, all four ladies crammed into the large feather bed, which had slats supporting the mattress. Unfortunately the hotel was extremely close to the railroad tracks, and when a train rolled through that night, it shook their room so violently that the bed slats came loose. All four women ended up on the floor in one big pile... laughing hysterically!

Later on, Naomi taught at Crawfordsville, Ladoga, and Bowers before finally ending up at Darlington, where she taught for 22 years. She was married to Husted "Shoney" Peterson, and they lived in Darlington all of their married life. Naomi liked knowing the students and their families, and she enjoyed being in church and several social organizations in town. In the 1930s, when she found out she was pregnant with her first child, she went to the principal, William Howard, and told him that she was

resigning. Naomi had a good laugh when Mr. Howard expressed shock and asked, "Oh, Mrs. Peterson, is it anything that I've done?"

Naomi told me that she enjoyed teaching young children and treating them as individuals. She never used the paddle, but used other discipline techniques instead and tried to use positive approaches. She always had a great sense of humor, and I will always remember the kindness she showed in helping me with a problem. She insisted that each student know all of the multiplication tables through "times 12" by the end of third grade, and that they could read at or beyond that grade level. At day's end, Mrs. Peterson always read from Laura Ingalls Wilder "Little House on the Prairie" books to the class...how special!

Naomi Peterson retired from teaching in 1962, after a career that spanned six decades. She continued to live a very active life as a member of several local organizations until her passing at the age of 99 in 1996. Thank you, Mrs. Peterson, for being our teacher and sharing your life with us. You were one of the best!

*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.*

## Do You Let Grudges Rule Your Life?



**RANDALL FRANKS**  
Southern Style Columnist

As I walk down the street, I see two men walking ahead of me. At a bit of a distance they see each other, one quickly turns, looks both ways, crosses the street and continues his trek down the street.

One might conclude he was going to do something on the other side of the street, but if the observer knows the back story of the two men, he might realize this is the latest rebirth within the exiting man of a long-standing grudge.

A grudge is defined by the Cambridge dictionary as "a strong feeling of anger and dislike for a person you feel has treated you badly."

Well, who has not had someone treat them badly in their life whether it was in personal relationships, business dealings or simply in social situations. It is for sure if you hang on to each small slight, combined with the bigger ones, pretty soon your bag of grudges that you are carrying around could be the size of a steamer trunk fully packed for a sail around the world.

What do you do with all those things in the trunk?

Is dragging it along behind you weighting down your future, your successes and your sanity?

I certainly carried grudges along with me in life. From childhood bullies to girls who did me wrong, co-workers or bosses who slighted me, or folks who attacked me publicly. It is not easy to let go of those hurts but with time and effort you can.

I will never forget when I was able to let go of those who made my youth a torment for me –

fearful of of their verbal or physical abuse. For more than a decade those angers were packed away in my heavily steamer trunk, allowing me to from time to time take them out and fume over what I lost during those years.

One day, I realized carrying the weight was only hurting me, threw those grudges overboard, and I was freed from that emotional bondage. I forgave them all and today I could stand side by side with any of them without anger or a thought of retaliation. Other than possibly a passing thought of how surreal the renewed experience is.

Now in this case, all those people were long gone from my life, unlikely to return – that is until the advent of social media. But how do you handle the people who are still within your life? Those people you might meet walking down the street.

If you are magnanimous in your personality and your ability to forgive – as we all should be.

You would stay your course, speak politely as you pass, no matter how the other party reacts, and keep living your life. You are slowly taking take back your control and chipping away at that internal grudge making it smaller with each deed until one day, you will unpack it from your trunk.

Unless the person for which you carry a grudge has an actual perceived power over you, such as a boss or a relative who is there, this approach may sustain you.

Those who are in your life constantly, well that is a bit more of a challenge that you must handle based upon the impact this grudge is having on your life. If it consumes you every waking thought, you need to seek some professional help to learn how to get past it. Ultimately forgiveness must occur. But even if you forgive, the other party's behavior might continue to add weight to

what you are carrying.

Then I suggest, you must decide whether that impact on your well being should decide if you continue working around that person, or if family, do you choose to no longer spend time with them.

I come from a culture that holds lifelong grudges – even generational grudges passed from father to son. These sometimes take the form of what we refer to as feuds. In past generations, these did lead to physical fights, shootings, injuries and deaths. Another alternative practice is shunning – where the other party is dead to you – you did not acknowledge, recognize, respond, or see them even if they were next to you in a room.

I have chosen in my life not to feud. There are only few actions worth carrying that baggage and I pray I or my family do not suffer those. I have tried the shunning route, but that is exhausting, especially if the other person crosses your path a lot. It also give them power because you have to be conscious of them when they are around even when you are trying to ignore the person.

The best path is to destroy the grudge, forgive and move on if that is at all possible.

Prayer and Bible study as helped me accomplish my letting go. Should you have any grudges that you carry, I pray you find a path that frees you from their weight.

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

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14

## Talk-radio Host Larry Elder Seeks The GOP Nomination For The 2024 Presidential Elections

By John Grimaldi

Larry Elder is a black conservative talk-radio personality who just days ago announced that he is running for the Republican presidential nomination in 2024. Shortly after his announcement he joined Rebecca Weber, CEO of the Association of Mature American Citizens and host of AMAC's Better For America podcast, for an interview.

Why is he throwing his hat in the ring? The popular host of the Larry Elder Show told Weber that among his reasons is the fact that "Democrats love to dip that knife in the mustard jar of racism and spread it over every issue that they can, arguing that America is systemically racist. And the reason they do that is because they want black people to be angry over alleged social injustice and a lack of equity so that voters go in there like lemmings and pull that lever 90, 95 percent of the time for the Democratic Party ... If the Democrats don't succeed in getting black people to vote in a monolith like that, they cannot win the presidential election, which is why they do that all the time."

In addition, he said, he brings to the table something that we don't talk enough about, namely "the number one social problem facing America caused by the large number of children who enter

the world without a father in the home. These days, 40% of all American kids come into the world without a father in the home, 70% of black kids, 50% of Hispanic kids and 25% of white kids which, by the way, is the same percentage as was the case among blacks back in 1965. Since 65, we launched a so-called war on poverty and have spent over \$20 trillion. What we've done is incentivize women to marry the government and incentivize men to abandon their financial responsibility. Barack Obama once said, in one of his more candid moments, a kid raised without a father is far more likely to be poor and commit crime, nine times more likely to drop out of school and 20 times more likely to end up in jail. We do not talk enough about this."

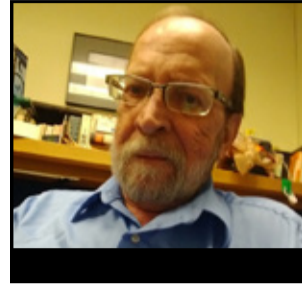
Elder, who ran for Governor of California in 2021, pointed out that homelessness has reached epidemic proportions in that state. "Most of the people who are homeless are people who are on substances or are mentally ill. The issue is mental health. And the question is, what do we do about it? We need to have therapy. We need to have the availability of counseling for people and they need to get off the streets. One of the things that's happened in California is that citizens with the best of intentions under the

guise of judicial reform passed something called Proposition 47. What cops have told me and what the former sheriff of L.A. County told me is that the solution is you either get them off the streets and put them into rehab or send them to jail."

But, Elder noted, Proposition 47 prohibits that approach with the result that police can no longer threaten to put somebody in jail and so homelessness has increased dramatically. "We need to make counseling available, housing available. But once we've done that, people must get off the streets. I've been told that every homeless woman has been raped at least one time." To say the least, living that way "is unhygienic for them and for the people who live in those communities who have to walk by them, including kids going to and from school. It's a huge, huge problem that we have in our country regarding mental illness."

*The 2.4 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country.*

## Politics, Slow And Steady



LEO MORRIS  
Guest Columnist

Today, let's pay tribute to one of history's little known but highly influential figures: Quintus Fabius Maximus Verrucosus, a Roman statesman and military commander of the third century BC.

His nickname was Cunctator, roughly translated as "the delayer," earned for the tactics he employed against the invading Carthaginian forces of Hannibal during the Second Punic War. Facing an army of vastly superior numbers and training, the "Fabian strategy" avoided decisive battles, instead waging a war of attrition.

Fabius sent small units to attack Hannibal's supply lines, harass his troops and generally wear down their morale. It was a hit-and-run strategy designed to deprive the enemy of a major victory and make its soldiers weary of the fight.

As a result, Fabius is credited with originating many of the tactics used throughout history in the guerrilla warfare waged by native populations against superior invading forces. Americans used them against the British during our War for Independence (Gen. Washington was known as the American Fabius - there's a Final Jeopardy answer for you). Refusing to learn from history, we allowed the same tactics to be used against us in Vietnam.

That fills in some of the "little known" part.

For the "influential" segment, let us turn to Victorian England and Thomas Davidson, a Scottish philosopher who founded a group having as its goal the establishment of a democratic socialist state in Great Britain. It was named the Fabian Society, paying honor to the Roman general by adopting his tactics.

The Fabians favored evolution rather than revolution, aiming to transform society through its own war of attrition, in the words of Encyclopedia Britannica, advancing its goal of socialism through education of the public "by means of meetings, lectures, discussion groups, conferences and summer schools; carrying out research into political, economic and social problems; and publishing books, pamphlets and periodicals."

And it worked. The society's membership was never very large - only about 8,400 members at its peak in 1946 - but its importance "has always been much larger than its size might suggest ... a large number of Labour members of Parliament in the House of Commons, as well as many of the party leaders, are Fabians."

We live in Fabian times, do we not? Having just survived another session of the Indiana General Assembly and wearily awaiting another presidential election, it is easy to imagine the mass of ordinary citizens being manipulated from behind the scenes by a tiny but powerful bunch of determined zealots.

Perhaps it is the small band of well-heeled lobbyists in back rooms of the Statehouse. Or maybe it's the permanent cadre of career bureaucrats who stay in Washington

regardless of which political party is in power. Of course, we must consider the minuscule number of rightwing fanatics who use Fox News and talk radio to dominate millions of mindless Republicans. And then there are the extremist liberal wackos who, despite their small numbers, have used Twitter and Facebook to systematically dismantle traditional institutions and values.

On the other, hand, perhaps you are the next Fabius. If you and your friends just stick to your beliefs and keep plugging away, maybe the tide will turn your way, and you will find yourself in the vanguard. All you need is patience and fortitude.

Food for thought. As a footnote, it should be remembered that Fabian Strategy worked only up to a point. At the decisive encounter of the Falerian Plain, Fabius thought he had blocked Hannibal's exit from the valley. But the wily Hannibal and a few of his men attached flaming torches to 2,000 head of marching cattle. Thinking he was chasing Hannibal's entire army, Fabius moved his troops in that direction. The bulk of Hannibal's army was then able to escape through an unguarded pass, almost without loss. A great opportunity was thus denied to Fabius.

Tactics can win battles. Wars, not so much. For that, something more is needed.

I love history.

*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.*

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## WANTED



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Born 1996  
Charge: FTA Resisting Law Enforcement/Criminal Confinement (Level 5)

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

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