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Anything Goes!

by ShawMark

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➔ TODAY'S VERSE
Philippians 4:13 I can do all things through Christ who strengthens me.

➔ FACES OF MONTGOMERY
People who call our community their own.



Aries Curran gave one of our roving photographers a great smile in front of the fountain in beautiful downtown Crawfordsville.

➔ THREE THINGS You Should Know:

1 "As Title 42 expires - Republicans are once again leading efforts to secure our border, while Biden Democrats ignore the problem. Today, House Republicans passed the strongest border bill in years. Having seen our border firsthand a few months ago, I knew then - as Republicans have been saying for countless months - that we cannot continue on this path, and we need action to secure our border immediately. I'm glad Republicans have delivered an answer with today's passage of the Secure the Border Act," said Congresswoman Houchin.

2 The Honorable Tanya Walton Pratt, Chief Judge of the United States District Court for the Southern District of Indiana, is pleased to announce the selection of Crystal S. Wildeman for the position of United States Magistrate Judge in the Evansville Division. Ms. Wildeman will fill the vacancy created by the recent elevation of the Honorable Matthew P. Brookman from Magistrate Judge to District Judge of the Southern District of Indiana.

3 The open Grief Support Group continues to meet on the first and third Thursday of each month. The previous meeting was Thursday, May 4. At Gobin Memorial United Methodist Church in the Peace Chapel on the north side of the Sanctuary. Please register at www.dusk-to-dawn.org or call (765) 267-1760. The group's next meeting is on May 18 at 7 p.m. Celebrating its 10th anniversary as a non-profit association, the organization helps alleviate the suffering associated with loss and grief by providing free access to support, counseling, education and resources for anyone in need. These services are made possible through community donations and grants such as the one awarded by the Putnam County Community Foundation.

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Grandma's Cooking Was Suh-WEET !!!!



BUTCH DALE
Columnist

As I mentioned in an earlier column, as a youngster I spent quite a bit of time at my Grandpa and Grandma Dale's house. Grandma Dale, like

most of the women in those days, was a great cook. Most of the food was "home-grown." They raised farm animals, which were taken to the locker plant in Darlington for meat processing, except for Grandma's chickens. I will never forget the time I caught a chicken for her and then watched what happened afterward...quite scary for a 4-year old! But, oh my...the taste of Grandma's fried chicken that evening was out of this world! Grandpa and Grandma also had a gigantic garden with a wide variety of vegetables. Breakfast never varied. It was always either bacon and eggs, with toast and Grandma's homemade jam... or pancakes with homemade maple syrup or molasses. Dinner and suppers were always



scrumptious, with ham, roast beef, chicken, and meatloaf as the main course...with fresh vegetables, mashed potatoes and gravy...and Grandma's homemade rolls. No one left the table hungry!
But the best part of Grandma's cooking were the sweets. She certainly never skimped on the sugar. Her pies...apple, peach, strawberry, pumpkin, sugar cream, and rhubarb... all made from scratch, were loaded with it. And I can never remember a time when

➔ See BUTCH Page A6



Photo provided by CFD

From L-R: Clint Risner (B&R Fire Protection Inc.), Darrin Bechtel (Indiana Farm Bureau Insurance -Bechtel Agency), Lyndsey Sparrow (Social Worker-CFD), Division Chief Brian Bechtel (CFD), Chief Scott Busenbark (CFD), and Derrick Clore (Clore Insurance Group)

Crawfordsville Fire Department Mobile Integrated Health Program Receives Donations For Smoke Detectors

Crawfordsville Fire Department Mobile Integrated Health (MIH) program received generous donations from B&R Fire Protection Inc., Clore Insurance Group, and Indiana Farm Bureau Insurance - Bechtel Agency to purchase around 50 First Alert brand 10-year sealed lithium battery smoke detectors. The smoke detectors will be used for patients in the Chronic Disease Program through Crawfordsville Fire Department's Mobile Integrated Health Division.

Lyndsey Sparrow, a Social Worker for the Crawfordsville Fire Department Mobile Integrated Health Division, will provide smoke detectors for patients if she finds something of concern during a Home Safety Assessment. These safety assessments are general checks for the homes of patients who are referred for the Chronic Disease Program. The home inspections include outer home checks, fall hazards

➔ See CFD Page A6

Put An End To Late Night Cravings



MONICA NAGELE
Purdue Extension Office

Do you find yourself undoing all the hard work you put into eating healthy as soon as you sit down to watch TV at night? Suddenly, thoughts of ice cream, cookies, popcorn, chips, or your favorite snack start to consume your mind. Personally, it's always peanut butter for me. These late-night hunger cravings often lead us to consume unnecessary calories, especially when we give in to our cravings. Are you ready to put an end to these cravings? Follow these easy steps to make it happen.

1. Plan your meals wisely: Take the time to sit down and determine what you will have for each meal and snack. This will help you stick to the necessary calorie intake and prevent you from falling victim to your cravings. Make sure to include breakfast in your plan and aim to consume sufficient protein. It is recommended to have 50-175 grams of protein per day, so if you can't get enough in a meal, save the remaining amount

➔ See PURDUE Page A6

Wrapping Up Reader's Choice

Readers' Choice is wrapped up for another year, and once again. The Papers' annual promotion to recognize your favorites in a multitude of categories was a huge success.

Back when our company was founded, the staff at The Paper brought Montgomery County this fun and good-natured promotion that features local businesses, people, products and more and gives you, our

➔ See WRAP Page A6

Want MORE?
The results for winners, runner ups and honorable mentions of the following categories;
Pizza Place
Plumber
Police Department
Post Office
Preschool
Print Shop
Radio Station
Septic & Sewer Services
AND MORE
will be inside on A6!

The Daily Almanac

Sunrise/Sunset
RISE: 6:29 a.m.
SET: 8:50 p.m.

High/Low Temperatures
High: 77 °F
Low: 64 °F

Today is...

- International Nurses Day
- Limerick Day
- Shades Day

What Happened On This Day

- 2008 A massive earthquake rocks China.
- 1998 Violent clashes follow the killing of four protesters in Jakarta, Indonesia.
- 1982 A Spanish priest attempts to assassinate Pope John Paul II.

Births On This Day

- 1907 Katharine Hepburn American actress, singer
- 1820 Florence Nightingale Italian/English nurse

Deaths On This Day

- 2001 Perry Como American singer, actor
- 1860 Charles Barry English architect

Carnegie Museum Medieval Art And Architecture Lecture

The Carnegie Museum of Montgomery County is excited to welcome Cathy Hamaker who will present The Good, the Bad, the Medieval: An Enlightening Look at "Dark Ages" Art and Architecture on Thursday, May 18, at 7 pm.

Hamaker is a museum professional who also moonlights as a medievalist. Their presentation will give an overview of medieval art and the contrast between the Romanesque and Gothic styles in painting, sculpture, and art. This talk is free and open to the public, as part of the Amazing Castle visiting exhibit program.

The Carnegie Museum is located at 222 S. Washington Street, Crawfordsville. Admission is free, and the museum is wheelchair and stroller accessible. The Carnegie Museum is open Wednesday-Saturday, 10 a.m. to 5 p.m.

➔ HONEST HOOSIER
t's Mother's Day weekend. If you still have your mom, cherish her and thank her for the endless hours she spent loving, worrying, fussing, disciplining and raising you.



➔ TODAY'S HEALTH TIP
Smoking leads to face wrinkles. 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.



➔ INSIDE TODAY'S EDITION
Kenny Thompson.....A3
Classifieds.....A3
Dick Wolfsie.....A5

➔ THE MONTGOMERY MINUTE
Wabash Commencement Celebration:
Wabash College will celebrate its 185th Commencement Ceremony at 2:30 p.m. on Saturday, May 13, 2023, in Little Giant Stadium. In the event of rain, the ceremony will be held in Chadwick Court.

➔ TODAY'S QUOTE
"The older I get, the more clearly I remember things that never happened."
-Mark Twain

➔ TODAY'S JOKE
The boss is such an idiot. He had his race car up to 150 mph when he crashed. They asked him what happened and he said he thought the R on the gears stood for racing so that's what he shifted to.

➔ OBITUARIES
None

The Paper appreciates all our customers. Today, we'd like to personally thank **WILLIAM BARTLEY** for subscribing!



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OBITUARIES

Michael L. Harwood

February 9, 1957, Sunday, May 7, 2023

Michael L. Harwood of Crawfordsville passed away Sunday at University Hospital in Indianapolis, Indiana. He was 66.

Mike loved working on cars and getting into projects, though not necessarily finishing them. He could fix or repair almost anything with an engine. Mike had a passion for the outdoors and fast toys, from snowmobiles and dirt bikes to motorcycles and his beloved truck, "Old Blue." He worked at R.R. Donnelley and Sons for 42 years.

Born Feb. 19, 1957 in Crawfordsville, to Jack (DeLores) Harwood and Barb (Ivan) Eppert. He graduated from Crawfordsville High School.

Mike leaves behind: daughter, Cortney (Phil) Garrett; two granddaughters, Pyper and Clover; his parents, Ivan and Barb Eppert; siblings, Randy (Jackie) Harwood and Scott Eppert, Ann Gossett, Susie Mann, Russell Harwood and Charna Watson; his companion, Vicky Fruits, along with several nieces and nephews.

He was preceded in death by his grandparents, two sisters, one brother, a niece, a nephew, and a sister-in-law.

A gathering to celebrate the life of Michael Harwood will be held Monday, May 15th from 6 to 8 PM at Burkhart Funeral Home, 201 West Wabash Avenue, with a service at 8 PM.



How To Practice Self-Care On Mother's Day And All Days

(StatePoint) While Mother's Day is an annual opportunity to be pampered by your family, you shouldn't actually wait for a special occasion to indulge in self-care.

Carving out some "me time" is not just good for your mental health, physical wellness and confidence, as many moms know, it can actually make you a better parent. According to a survey of moms conducted by Hutchinson and Cassidy, those who had higher self-esteem had higher levels of perceived parenting confidence.

Here are three ways to celebrate yourself with some self-care this Mother's Day and beyond:

1. Get some rest: We live in a goal-oriented society where the value of rest and relaxation is

not always emphasized. Whether it's a spa day with your best friend or curling up with a good book at home, be sure your Mother's Day -- and your overall schedule -- includes adequate time to recharge your batteries.

2. Take care of your smile: One of the best ways to foster self-confidence is with a clean, healthy smile. In fact, a 2020 Cigna Dental Report found that smile satisfaction is one of the top three drivers of self confidence among U.S. adults. Give yourself the gift of innovative brushing technology. The iO Series 5 Rechargeable Electric Toothbrush from Oral-B, for example, allows you to personalize your brushing experience with its five smart modes: daily clean, intense, whitening, sensitive and super

sensitive. No ordinary toothbrush, this one is designed to help you brush smarter and more safely. To help protect gums, a smart pressure sensor displays a red light when you're brushing too hard and a green light when you're brushing just right, and its dentist-inspired round brush head cleans with micro-vibrations and oscillating action. Plus, a connected app tracks brushing behavior to ensure you're targeting all six zones of your mouth, and a vibrating timer lets you know when you've brushed for the dentist-recommended 2 minutes.

3. Take care of your mind: So much of motherhood is ensuring everyone has what they need, and often, your own needs can fall by the wayside.

There are many ways to take time to check in with yourself though. You could buy yourself a beautiful journal and jot thoughts down for a few minutes each evening or check out apps like Headspace, which can help get you started on a meditation practice. Even a 10 or 15 minute walk at lunchtime can be a powerful mood-booster and an opportunity to reflect. You might also consider taking up a hobby that offers the chance for self-expression, such as painting, poetry, music or crafting.

When it comes to parents and caretakers, the importance of self-care can't be overstated. Let this Mother's Day serve as the kick-off of new routines that boost your self-confidence and your well-being.



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Purdue Players Transfer To Different Schools, Hoping For Greener Pastures



KENNY THOMPSON
Columnist

athletes looking for new homes according to On3.com.

That number would fill the 85-man scholarship limit for 31 of the 69 Power 5 conference schools. Take away Deion Sanders and his massive cuts (56 players) at Colorado, and most schools have between 10 to 20 athletes looking for a new home.

Now add in the high school recruiting classes and some junior college transfers. The math says hundreds of these homeless players won't be playing major college football in the fall.

Purdue saw 22 players depart for what they hope are greener pastures. The biggest losses were starting guard Spencer Holstege (UCLA), starting tackle Eric Miller (Louisville) and three graduate transfers: defensive tackles Branson Deen (Miami, Fla.) and Lawrence Johnson (Auburn), and defensive end Jack Sullivan (USC). Former

starting wide receiver Milton Wright, who was academically ineligible for the 2021 Music City Bowl and the 2022 season, entered the transfer portal on the final day.

Presumed starting quarterback Hudson Card (Texas), former Auburn four-star defensive lineman Jeffrey M'ba and former Mississippi four-star cornerback Braxton Myers lead the 16-man (so far) Boilermaker transfer class.

Linebacker Dasan McCullough and his brother, safety Deland McCullough, are among the most notable of the 20 former Indiana players in the portal. Former Tennessee quarterback Tayven Jackson heads the 18 players coming to Bloomington from other schools.

For a new coach like Purdue's Ryan Walters, the transfer portal is a necessary evil to fill perceived needs that Jeff Brohm's 2020-22 recruiting classes failed to address. It remains to be seen whether Walters has improved the secondary and offensive line, arguably the Boilermakers' weakest units.

Let's take a look at those three Brohm recruiting classes.

The 2020 group was ranked 32nd by 247Sports, topped by five four-star

recruits. Unfortunately, only Zionsville graduate Gus Hartwig has lived up to that billing.

Hartwig has been that rare species in college football, an offensive lineman who played (and started) as a true freshman.

Four-star receiver Maliq Carr was lured away by Michigan State after making one catch for 15 yards during the COVID-abbreviated 2020 season. In two seasons with the Spartans, Carr has 24 receptions for 344 yards and two touchdowns.

Four-star quarterback Michael Alaimo threw for 74 yards and a touchdown last season. He is among the 22 Boilermakers in the transfer portal.

Four-star running back Tirek Murphy never played a down before transferring to Rhode Island. Four-star wide receiver Abdur-Rahmaan Yaseen has battled injuries for three seasons.

The good news? The class had two future NFL players: junior college defensive end DaMarcus Mitchell (New England) and safety Tyler Coyle (Dallas), who transferred from Connecticut. Another transfer, Greg Long, was a two-year starter at offensive tackle after transferring from UTEP.

The bad news? Only 11

of the 27 recruits remain on Purdue's roster. Hartwig, safety Sanoussi Kane and linebacker Kydran Jenkins are starters. Josh Kaltenberger took over at center last season when Hartwig was lost to a knee injury. Yaseen caught four passes in eight games last season.

Reserve linebacker Clyde Washington has played in 24 games. Safety Antonio Stevens suffered a devastating knee injury as a freshman but appeared in 13 games in 2022. Linebackers Ben Kreul and Ryan Brandt have been on special teams. Offensive linemen Jared Bycznski and Nalin Fox haven't been major contributors.

Recruiting rankings sometimes can be deceiving but Purdue's 2021 class is living down to its 75th rating.

Linebacker Yanni Karlaftis was the only 4-star recruit among the 26-man class. Injuries and position switches have hampered his progress but he has three years of eligibility remaining. Walters' defensive scheme might finally take advantage of Karlaftis' skills.

Three of the high school recruits have become starters: offensive linemen Mahamane Moussa and Marcus Mbow, along with punter Jack Ansell. Out-

side linebacker Khordae Sydnor has been a major contributor, as has junior college defensive tackle Prince James Boyd Jr. The jury remains out on wide receivers Deion Burks and Preston Terrell, and tight end Drew Biber.

Three members of the class are in the transfer portal and a fourth, running back Ja'Quez Cross didn't finish his freshman season and transferred to Arkansas State.

The saving grace of the 2021 class were the transfers, most notably Music City Bowl standouts Broc Thompson and safety Chris Jefferson. Guard Tyler Witt and linebacker O.C. Brothers became starters. Indiana transfer Damarjhe Lewis was a major contributor at defensive tackle before missing the 2022 season with a broken ankle. Former Carmel standout Dylan Downing has been part of the running back rotation.

On paper, the 2022 Purdue recruiting class improved significantly, moving up to 38th in the 247 Sports composite rankings. There is promise that still could be fulfilled, although one of the four, four-star recruits has entered the transfer portal (Indiana Mr. Football Brady Allen).

Outside linebacker Nic

Caraway played every game as a true freshman, recording two sacks among his 22 tackles. The other four-star recruits, defensive end Joe Strickland and wide receiver Curtis Deville, redshirted.

Defensive tackle Mo Omonode of West Lafayette recorded seven tackles in 11 games while filling the void left by Lewis' injury.

The star of the class, however, was Iowa transfer wide receiver Charlie Jones. A fourth-round draft pick of the Cincinnati Bengals, Jones became an All-American in his lone season at Purdue.

Three other key transfers were former Carmel standout Cole Brevard, 2017 Indiana Mr. Football Reese Taylor and wide receiver/running back Tyrone Tracy.

Of the 26-member class, seven went into the transfer portal: Allen, running backs Kentrell Marks and Kobe Lewis (Florida Atlantic), guard Sione Finau (Arizona State), tight end Charlie Kenrich, safety Jordan Buchanan and cornerback Tee Denson.

- Kenny Thompson is the former sports editor for the Lafayette Journal & Courier and an award-winning journalist. He has covered Purdue athletics for many years.

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Room For Improvement



DICK WOLFSIE
Funny Bone

We just got back from Washington DC. I was there for a reunion with old college friends who I worked with

on The Hatchet, our award-winning newspaper back in the 60's at The George Washington University. I was a humor columnist and that's where I got my start in journalism.

Mary Ellen and I had a super time. I just hope the event wasn't a super-spreader. I came home with Covid. Who did I get it from? I don't know, but even if I did, I am a good reporter. I would never reveal my source.

When we left for DC, I was excited about the get-together, but meeting up with Covid again was not the reunion I was looking forward to. This was my second bout with the illness. I have been lax lately guarding against a new infection. The only reason I was going to wear a mask to the reunion was that the last few columns I wrote in 1969 were not very funny. I wanted to be sure I wasn't immediately recognized. Journalists have really good memories.

When we arrived home

and I complained of a sore throat, Mary Ellen initially blamed it on my incessant talking for three days, but after taking my temperature she made me take a Covid test. When it was positive, my wife went into panic mode. Not because she thought I would get gravely ill, but because she has her own reunion coming up and doesn't want to miss it. She went into action.

The first thing she did was isolate me in my home office and forbid me to leave it. All our communication was through the closed door. I was never to open it. For a guy who is hard of hearing, this was tough.

"WHAT DO YOU WANT FOR DINNER?" questioned my wife.

"Does it have to slip under the door?" I asked. "YES, HOW ABOUT A DOZEN WHITE CASTLE SLIDERS?" suggested Mary Ellen.

She ended up leaving me all my meals on a table in the hallway. I had to exit my office, wearing my mask, and then return to my room, quickly shutting the door.

"HOW'S THAT SLOPPY JOE?" she asked. "I dripped a lot all over the carpet."

"DICK, YOU ARE ALLOWED TO TAKE OFF YOUR MASK WHEN YOU ARE EATING."

Mary Ellen would often

ask what I was doing to keep busy. I told her I was watching the National Geographic channel documentary about elephants.

"I THOUGHT WE WOULD WATCH THAT TOGETHER." She said.

"OKAY, I'LL WATCH BASEBALL." I told her. "YOU HATE BASEBALL."

"DICK, WHY ARE YOU YELLING AT ME?"

"I forgot who was hard of hearing."

By the third day, I missed seeing Mary Ellen. I heard the shower running, so I figured it would be safe to talk to her outside the glass sliding door. When she saw me, she used her finger to scroll a message on the fogged-up glass. I hoped it would be a note about how much she also missed seeing me. It said: GO AWAY! Okay, this was not a Love, Actually moment, but at least we were communicating.

I am better now and Mary Ellen is headed for her reunion. Before she left, I wish I had asked if I could come out of my room.

- Dick Wolfsie spent his career sharing his humor, stories and video essays on television, radio and in newspapers. His columns appear weekly in The Paper of Montgomery County. E-mail Dick at Wolfsie@aol.com.

Hoosiers Asked To Report Signs Of Human Trafficking

The state is asking Hoosiers to stay alert for signs of human trafficking in communities across Indiana and to report any suspicious activities to authorities.

Unfortunately, large events bringing throngs of spectators are known to create increased demand for trafficked individuals providing manual labor, sex for hire and other services. This month, Indianapolis is the site for the Indy 500 and the National Gymnastics Association Midwest Region Championships.

"Human trafficking is a modern form of slavery," Indiana Attorney General Todd Rokita said. "We need the eyes and ears of people everywhere to help us root out this evil enterprise, rescue victims and put away perpetrators."

People in certain job roles — such as medical professionals, restaurant workers, teachers and truck drivers — are particularly likely to come into contact with trafficking victims.

Human trafficking is a \$150 billion criminal enterprise. It occurs anytime someone uses force, fraud

or coercion to make another individual provide labor, services or commercial sex acts. If the person performing commercial sex acts is under 18, the crime of human trafficking still occurs even without the elements of force, fraud or coercion. (humantraffickinghotline.org)

According to the U.S. State Department, those signs that someone might be a victim of trafficking include observations that someone:

- lives with their employer.
- lives with multiple people in a cramped space.
- otherwise experiences poor living conditions.
- is prohibited from speaking alone to strangers.
- gives answers that appear to be scripted and rehearsed.
- has an employer holding their identity documents.
- shows signs of physical abuse.
- is submissive or fearful.
- is unpaid or paid very little.
- is under 18 and working in the commercial sex industry.

If you have suspicions that someone is being trafficked, you should immediately call local law enforcement. You may also call the National Human Trafficking Hotline at (888) 373-7888.

In America, the scourge of human trafficking is propagated in significant part by criminal cartels operating out of Mexico.

"Stopping human trafficking is one more reason we must secure the southern border," Rokita said.

In addition to waging lawsuits to force federal officials to crack down on border security and illegal immigration, Attorney General Rokita and his team are engaged in other efforts to combat human trafficking.

The Office of the Attorney General operates the Address Confidentiality Program, which helps protect victims of certain crimes — including those who have been trafficked — by concealing their residential address from the public and thereby their victimizers. Learn more about the program at the Attorney General's website.

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Runner Up:
 Brother's Pizza
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 •Ladoga Pizza King
 •Waynetown Pizza King.
 •Papa John's
 •Domino's
 •Casey's
 •Pizza King
Plumber
Winner:
 French's Plumbing
Runner Up:
 Edwards Plumbing
Honorable Mentions:
 •Harold Mennen
 •Cox & Pritchett (Mike Pritchett)
 •Plumb Crazy, LLC
 •D&R
 •H&M Plumbing
 •Elder Plumbing
Police Department
Winner:
 Montgomery County Sheriff's
Runner Up:
 Crawfordsville
Honorable Mentions:
 •Waynetown
 •Darlington
 •Waveland
 •Ladoga
Post Office
Winner:
 Crawfordsville
Runner Up:
 Waynetown
Honorable Mentions:
 •New Ross
 •Waveland
 •Ladoga
 •Linden
 •New Richmond
Preschool
Winner:
 Little Mountie Preschool
Runner Up:
 Discovery
Honorable Mention:
 •Creation Station
 •New Beginnings
 •Wilson Developmental
 •Hand in Hand
 •Little Creations
 •Rainbows and Rhymes
 •Montessori
Print Shop

Winner:
 Town & Country
Runner Up:
 N' Print
Honorable Mentions:
 •Scaggs/Largent Screen Printing
 •Phantom Neon
 •Coons Trim
Radio Station
Winner:
 WCDQ 106.3
Runner Up Tie:
 •WIMC 103.9
 •WCVL
Real Estate Agency/Agent
Winner:
 Cali Bridges
Runner Up:
 Clark Dale
Honorable Mentions:
 •Steve Zachary
 •Carpenter Realty
 •Greg Morrison
 •Sarah Broadwater
 •Halderman Real Estate
 •FC Tucker
 •Chad Hess
 •Julie Hess
 •American Dream
 •Leslie Pyle
 •Hive Realty
 •Kasey Ferguson
Rent-To-Own
Winner:
 American Rental
Runner Up:
 Town & Country
Honorable Mentions:
 •Rent A Center
 •Aaron's Rent To Own
Septic & Sewer Services
Winner:
 Dutcher Trenching
Runner Up:
 Scott Septic & Portables
Honorable Mentions:
 •Roto Rooter
Welding-Fabricator
Winner:
 New Market Welding
Runner Up:
 B&L Engineering
Honorable Mentions:
 •Jarrod Zachary Welding
 •C&F Fabricating
 •Sugar Creek Fabricators
 •Peacefield Wood & Welding

CFD From Page A1
 such as stairs, hand railings, and cracks in the sidewalk, inside the home checks are for adequate lighting, accessibility, organized medications, non-slip surfaces, fire safety, and other checks to mitigate the risk of needing paramedics. Sparrow will receive training on how to properly install a smoke detector and if it is determined during the Home Safety Assessment that the smoke detectors in the home are non-functioning or are missing, Sparrow will provide and install a new smoke detector for the patient.
 "The Crawfordsville Fire Department Community Paramedicine Program is extremely grateful for our generous partners and their donations. Thank you to Clore Insurance, B&R Fire, and Darrin Bechtel of Indiana Farm Bureau Insurance - Bech-

tel Agency. Due to their kind contributions, we are now able to provide these life-saving devices in our clients' homes" said Lyndsey Sparrow.
 Clore Insurance and Bechtel Agency donated funds to help purchase the smoke detectors that B&R Fire Protection is supplying to the fire department at cost. B&R also donated funds to help purchase the First Alert smoke detectors. "As I wrote the check for our donation, my daughter Kinley observed and inquired about the nature of it. I explained the purpose and with hopeful eyes she asked 'Daddy, can I donate too?'. She was so excited" Said Derrick Clore, President of Clore Insurance Group. "When she returned, she handed me \$50 which was half of her total savings. She just wanted to help people".

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➤ BUTCH From Page A1

Grandma did not have a jar of sugar cookies or snickerdoodles handy for me and the other grandkids. I enjoyed helping her by slicing off a portion of dough and flattening it out on the cookie sheet. I learned to count to sixteen, as that's how many cookies fit on the baking sheet! Grandma's sweetest concoction was her iced tea. And a few times, she had me dig up some sassafras roots, which she sliced and boiled to make sassafras tea. There was literally at least a half-inch layer of sugar at the bottom of the tea pitcher when it settled!
 But the very best...and my favorite sweet that Grandma made was her homemade ice cream. Grandpa and Grandma had a White Mountain hand crank ice cream maker/freezer. The outer tub was made of wood and painted green. The can inside was metal and always had to be washed and dried very well so it would not rust because of the salt that was used to melt the ice. Grandma mixed the milk, sugar, eggs, and flavoring and then boiled it on her old stove...and then after cooling, poured the mixture into the inner container. Grandpa drove to town in his 1949 Ford and purchased a bag of ice from the drug store or locker plant, and it was packed around the container and sprinkled with rock salt. Of course I always volunteered to turn the crank, but when the ice cream started to become thicker, Grandpa had to take over the duties, with a towel placed on top of the gears for me to sit on...to hold it down

when the turning became harder.
 Well, let me tell you... there is NOTHING that could beat the taste of Grandma's homemade ice cream! And you can bet she also had homemade chocolate, fudge, or strawberry topping handy...but I just enjoyed the taste without any toppings. Grandma passed on her recipe for homemade ice cream down to all of her six children, each of whom purchased an ice cream maker, and every time the Dale families, which included the Hampton, Cohee, and Wells aunts, uncles, and kids...there was always homemade ice cream to be made at summer cookouts. And when the last crank had been turned, it was a good idea not to stray very far...or you would miss out on your portion. Oftentimes, another batch had to be made so that there was enough to go around!
 Grandpa and Grandma Dale were not wealthy. They couldn't afford to buy me or any of the other twenty-one grandkids any presents for our birthdays or Christmas. But we didn't care. Grandpa reading us a book, as we munched on Grandma's sweets after enjoying her homecooked meal was everything a child could wish for. And when they finally got a TV, guess what? Popcorn grown right there on their farm...with lots of butter!
 - 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.

➤ WRAP From Page A1

readers, the opportunity to vote for your favorites. We often joke that this is like Chicago politics and encourage you to vote early and vote often.
 You see, this has never been about the rigidity of the process. Instead, it is designed to be an absolutely fun and very positive way for our readers to cast a good light on their favorites. And oh, how you have responded!
 We annually see ballots that number in the hundreds of thousands - so many in fact that we had to find a way to automate the counting process.
 This year, rather than unveil all the winners at

one time like we have in the past, we are revealing several categories a day.
 Today's categories can be found inside and a quick list is also provided here.
 When the final winners, runner-ups and honorable mentions are revealed, we will compile all of them into one keepsake edition that will stay posted on our website for the entire year.
 Lastly, we encourage you to pay attention to the many businesses who are saying thank you with their ads. Without those supporters, local news and specifically your daily edition, wouldn't be here.

➤ PURDUE From Page A1

for a snack. For example, a three-ounce serving of chicken provides approximately 27 grams of protein.
 2. Boost your fiber intake: Fiber is a crucial component in fighting off those late-night cravings. Aim to consume 25 to 40 grams of fiber per day. You can find fiber in vegetables, fruits (especially in the skin or pulp), and whole grains (such as popcorn). If it's challenging to get enough fiber during your meals, use fruits as snacks to increase your daily fiber intake.
 3. Get enough sleep: Ensure you get seven to eight hours of sleep every night. Studies have shown that an adequate amount of sleep reduces calorie intake and helps regulate satiety. Lack of sleep disrupts hormone levels that affect appetite, leading to unnecessary calorie consumption. So, tuck the kids in bed and make sure to prioritize your own sleep.
 4. Eliminate distractions: Turn off the TV, computer, or phone while eating. When you engage in other activities while eating, you become distracted and may lose track of how much you've consumed. Take the time to fully enjoy your food and the company of your

family by eliminating these distractions. By doing so, you can better recognize the signals your brain sends about your satiety level and prevent overeating. If you feel the need to snack at night, leave the snack in the pantry. Bringing it to the couch with you will likely lead to consuming more than necessary.
 5. Assess your hunger: When a late-night craving strikes, pause and ask yourself if you're genuinely hungry or simply bored. If it's true hunger, evaluate what you had for dinner and choose an appropriate snack. Opt for something like an apple instead of reaching for an entire bag of chips. Who eats multiple apples in one sitting, right? If you crave something sweet, go ahead, but consume it in a sensible portion size like 1 or 2 small cookies, and avoid turning it into an evening habit.
 For more valuable nutrition tips, tune in to the Bite by Bite; Nutrition for Life podcast. New episodes are released on the 4th Wednesday of every month.
 - Monica Nagele is the County Extension Director and educator of health and human science for the Montgomery County Purdue Extension.



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