

SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper



Photo courtesy of The Carnegie Museum of Montgomery County

Upcoming Events at the Carnegie Museum of Montgomery County



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 Thurs-

day at 7 p.m.

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.

Also, explore the Carnegie Museum with the Summer at the Museum program! Children, pre-school through early teens, are encouraged to sign up for the 14th annual Summer at the Museum program at the Carnegie Museum starting June 1. The program runs through Aug. 6, with registration continuing throughout the summer.

Multiple visits to the museum over the course of the summer will allow kids to complete different sets of activities and earn a prize for each. Activities will vary by age, with the younger kids doing different activities than the older ones. All answers can be found in the museum, and the museum staff is always available to give hints and/or explanations. Summer at the Museum activities include puzzles, scavenger hunts, science experiments, and much more. The current exhibit *Slate to Tablet: 200 Years of Education in Montgomery County* is featured, with many of the activities involving the content of those displays. Groups and individuals can contact the

Celebrate the natural world with *Nature Day* on Saturday, June 18 at 1-4 p.m.! Drop in during the event hours to enjoy nature-themed activities inside

the building, then enjoy some ice cream outside as a special treat. Learn how our food is grown, what makes for healthy soil, how to grow and arrange flowers, make a wildflower seed bookmark, and more! This event is offered as part of the Indiana Humanities One State/One Story program celebrating the book *World of Wonders*.

Family-friendly and free!

The Carnegie Museum of Montgomery County is also pleased to announce the opening of the display *Celebrating Montgomery County*, which can be seen now through the end of the year.

In recognition of Montgomery County's bicentennial, Celebrating Montgomery County features artifacts celebrating the county. Do you remember when Crawfordsville celebrated its centennial in 1965 or when RR Donnelley and Sons celebrated 125 years in 1989? See souvenirs from these events as well as items from churches, businesses, and popular outdoor spots in the county that have marked important milestones. Come celebrate Montgomery County's 200th birthday and share your own memories at the Carnegie Museum.

From June 1 through July 31, the Carnegie Museum will be open Tuesday through Saturday from 10 a.m. to 5 p.m. and other times by appointment. In Aug., they will return to our normal public hours of Wednesday through Saturday, 10 a.m. to 5 p.m. Admission to the museum is free, and the building is wheelchair and stroller accessible.

➔ TODAY'S QUOTE

"Nice to be here? At my age it's nice to be anywhere."
George Burns

➔ TODAY'S JOKE

The boss bought a pair of racing snails. He tried to make them faster by taking off the shells, but said that just made them more sluggish.

➔ TODAY'S VERSE

Isaiah 43:18-19 *Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland. (NIV)*

➔ TODAY'S HEALTH TIP

When you buy a plastic water bottle, make sure it's labeled "BPA-free."

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.



➔ HONEST HOOSIER

Happy Mother's Day! The world needs more moms with the common sense and wisdom that our moms had from our growing-up years!



13 WTHR 7 DAY FORECAST

64/82 CHANCE OF STORMS GRAND PRIX SAT	62/76 SCATTERED STORMS Mother's Day SUN	51/73 SOME SUN MON	54/76 SUNNY AND MILD TUE	54/74 MAINLY SUNNY WED	51/78 MAINLY SUNNY THU	51/77 SCATTERED FRI
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SUNDAY

Indiana the Strong

Sunday, May 14, 2023

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

BBB Investigation: Vacation Schemes Unethical And Deceptive



Timeshares and vacation clubs are often synonymous with high-pressure sales. With the sun out and their guard down, vacationers can quickly find themselves on the hook for a life-long commitment. And, while they're easy to get into—these contracts are incredibly difficult to escape, according to a new study by the Better Business Bureau (BBB).

The study - Unpacking timeshare and vacation club sales - examines patterns of customer complaints, dollars spent and lost, customer reviews, related scams and more to show how predatory companies and scammers take advantage of consumers hoping to score deals on travel.

Some timeshare-related businesses, however, treat consumers ethically, resulting in positive experiences for buyers and owners. By calling out and denouncing substandard marketplace behaviors of businesses and scammers, this study intends to make consumers smarter and businesses better.

From the beginning of 2020 until the end of 2022, BBB received nearly 30,000 business complaints and almost 10,000 negative reviews related to travel companies. A majority of those were related to the timeshare industry, with \$32 million in disputed funds.

Most commonly, consumers said they felt reality didn't match the big promises made in

timeshare pitch meetings.

"During the high-pressure sales presentation, we were told amazing things about what this timeshare ownership would be. We were told we could easily travel anywhere. We were given this picture of traveling the world in the easiest, cheapest way possible. This timeshare ownership has been nothing close to this image," a Maine man said.

Complaints to BBB also reflect consumers' opinions that timeshares can be nearly impossible to sell, and consumers often feel misled about the amount and frequency of maintenance fees associated with timeshares. Some say their timeshare became unaffordable after several years of ownership due to increased fees.

A Maryland woman told BBB years of previously undisclosed maintenance fees and better vacation options led her family to want to sell their timeshare.

"We thought we would be able to give it to our children someday or sell it for extra money for our retirement, and the (timeshare) sales team made us feel like all of this was possible," she said. "We would have never purchased this had we known how much it would really cost."

BBB has monitored deception in the timeshare industry and warned consumers about timeshare exit companies for nearly half a decade. But some skilled sellers continue to talk buyers into unfavorable deals that often worsen when desperate investors try to offload purchases through the timeshare exit industry.

Owners looking to sell their timeshares find many exit companies claim to be able to sell timeshare commitments quickly for high prices. Months and even years tick by with no sale in sight, however, as owners continue to pay annual

maintenance fees. And complaints to BBB reveal exit companies often fail to honor money-back guarantees.

An Indiana woman paid a timeshare exit company \$5,500 which promised her a full refund if the process wasn't completed within 18 months. With two months of that timeframe left looming, nothing had been completed.

"I now have called and the people who are working with me and their phones are no longer in service," the woman said. "I am now worried we have been taken for a ride. I went to their site and called an [sic] their mailbox is full so I am really worried what is going on."

More than 1,100 BBB Scam Tracker reports reveal fraudsters have used the same high-pressure tactics common in timeshare sales to con consumers out of \$3.5 million in the last three years. Fake debt collection on supposedly unpaid timeshare fees is also a common ruse used on unsuspecting owners.

BBB urges timeshare-related industries to self-regulate by establishing and following ethical sales practices. Timeshare companies of all types should cease high-pressure sales tactics at pitch meetings and ease restrictions for longtime, non-delinquent customers who wish to cancel their timeshare.

BBB tips for anyone considering a timeshare or exit company:

- Extensively research timeshare properties, vacation clubs or exit companies and thoroughly read contracts for language about lifetime commitment, heirs' obligations, maintenance fee increases or guarantees.
- Beware of misleading or high-pressure sales tactics. If you feel like someone is trying to push you into a deal, walk away.
- To sell a timeshare,

contact the resort directly and see if they have a resale or buyback program.

- Be realistic about what you can get for your timeshare. Most of these contracts are not investments and may return considerably less than you paid.

- If it sounds too good to be true, it is. There are deals to be found on travel, but scammers know consumers want to save money and take advantage.

- Be wary of paying timeshare exit companies all fees upfront until services are rendered.

How to report
If you suspect you are the subject of fraud or dishonest business practices, there are many avenues to report your case:

- Better Business Bureau (BBB) BBB.org/ScamTracker
- Federal Trade Commission (FTC) - ReportFraud.ftc.gov
- Canadian Anti-Fraud Centre (CAFC) - Online or by phone at 1-888-495-8501
- State Attorneys General can often help. Find your state Attorney General's website to see if you can file online.
- American Resort Development Association (ARDA), timeshare trade association - email customerservice@arda.com

ABOUT BBB SERVING CENTRAL INDIANA: The Better Business Bureau has empowered people to find businesses, brands, and charities they can trust for over 110 years. In 2022, people turned to BBB more than 250 million times for BBB Business Profiles on more than 5.3 million businesses and Charity Reports on about 12,000 charities, all available for free at BBB.org. The International Association of Better Business Bureaus is the umbrella organization for the local, independent BBBs in the United States, Canada, and Mexico.

Rokita Warns Churches And Other Nonprofit Organizations To Beware Cyberattacks

Hoosiers should be alert to the possible rising incidence of cyberattacks on churches and other nonprofit organizations. That's the message coming out of the state's attorney general's office.

"Hackers regularly carry out attacks on companies and governmental offices," Indiana Attorney General Todd Rokita said. "Now, though, we're seeing signs that cybercriminals are expanding their lists of targets."

On April 30, data extortionists struck a national Catholic publishing house based in Huntington, Ind. — one day after a ransomware group attacked an evangelical megachurch in South Carolina.

"Nothing is sacred to these high-tech outlaws," Rokita said. "Our own office and law enforcement agencies nationwide are working to bring offenders to justice. At the same time, we encourage all

Indiana institutions, as well as everyday Hoosiers, to take proactive steps to implement cybersecurity measures."

Attorney General Rokita offered the following tips:

- Be on alert for communications with dangerous attachments or fraudulent links.
- Always verify the email addresses of those who send you emails.
- Don't reveal personal or financial information via email or text message.
- Encourage regular and updated cyberattack training for organizations' employees, members and volunteers.
- Ensure that your organization has updated appropriate software patches and that it monitors current schemes and scams by hackers.
- Avoid using gift cards, money orders or cryptocurrency to conduct transactions or regular organization business.

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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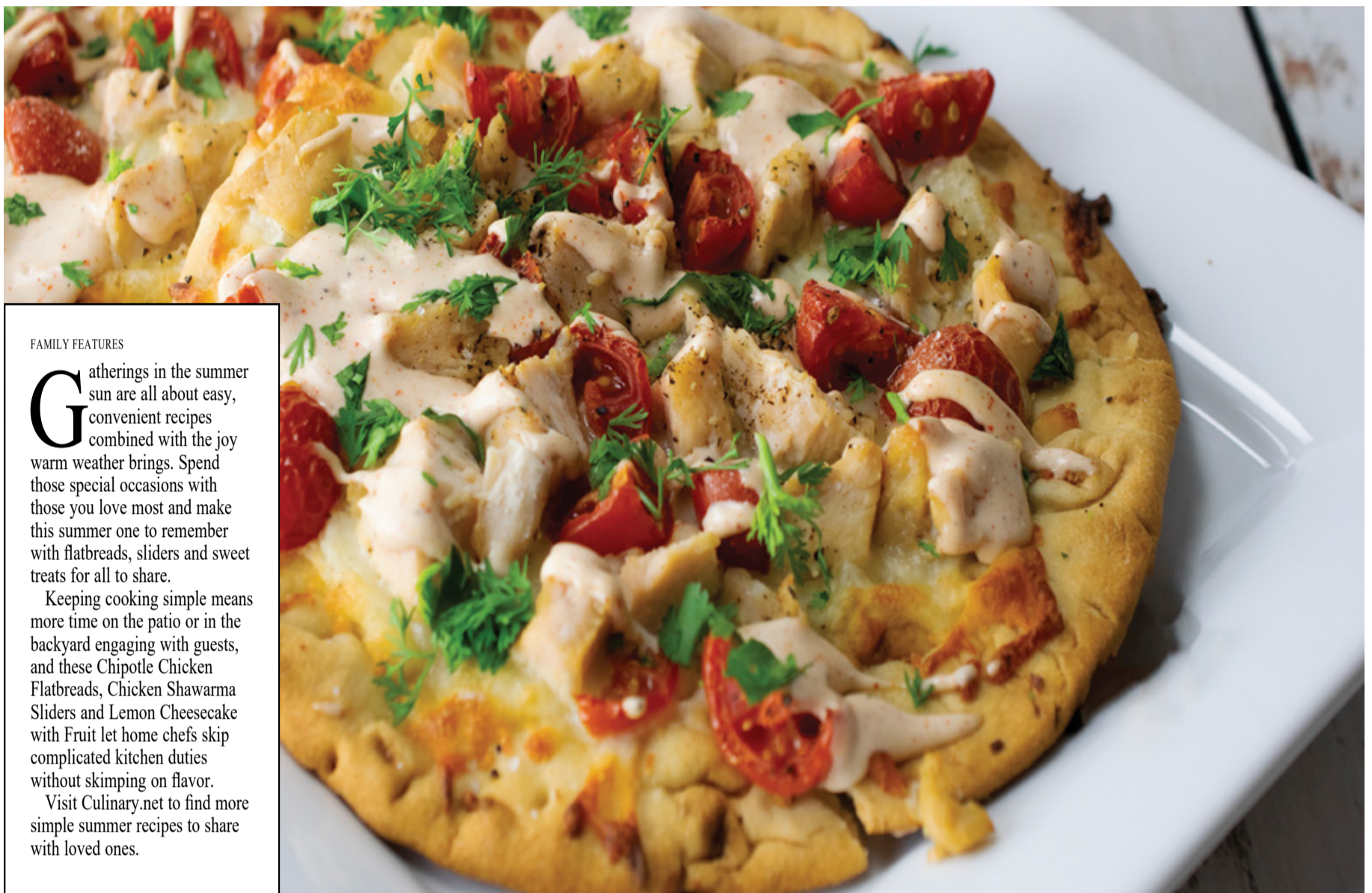
In The Kitchen

Sunday, May 14, 2023

C1

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Fresh Summer Flavors Fit for the Patio



Chipotle Chicken Flatbreads

FAMILY FEATURES

Gatherings 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 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.

Chipotle Chicken Flatbreads

Recipe adapted from 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.

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.

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 14, 2023

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ENTERTAIN GUESTS WITH A FRESH AL FRESCO FAVORITE

FAMILY FEATURES

If you and your loved ones yearn for new, stimulating experiences to feel connected to the outdoors, look no further than enjoying mealtime al fresco. Inspired by the Mediterranean tradition of “eating in the open air,” al fresco dining offers passionate home cooks a fresh way to enjoy their favorite recipes outside with friends and family.

Consider these two tried-and-true al fresco tips from television personality and culinary icon Rachael Ray the next time you enjoy dinner on the deck or lunch on the patio.

Gather the right tools: On those buggy days and nights during the warm season when you’re dining al fresco, grab a food mesh tent. Not only will it protect your food, but it also looks good and goes with a variety of table settings.

Plan the decor: When hosting friends and family, up your floral game by reaching into the garden and adding some fresh herbs – it’s aesthetically pleasing and smells delicious.

Ideal al fresco meals typically take advantage of in-season produce, offer easy preparation so you can focus on entertaining and are simple enough to eat outdoors. Skip complicated cooking steps and turn to a delicious option like Yellowfin Tuna and Artichoke Pasta, which can be served as an appetizer, side dish or on its own as a light main course.

This dish practically calls for ingredients like Genova Yellowfin Tuna in Olive Oil, which features cuts of wild-caught tuna, hand-filleted in just the right amount of olive oil. Savory, rich and flavorful with a perfect texture, the tuna elevates the dish with a uniquely rich and savory flavor stemming from Mediterranean inspiration.

To find more al fresco dining inspiration and recipe ideas, visit GenovaSeafood.com.

Yellowfin Tuna and Artichoke Pasta

Recipe courtesy of Rachael Ray on behalf of Genova Tuna

Prep time: 15 minutes

Cook time: 40 minutes with fresh artichokes (25 minutes with canned)

Servings: 4

Artichokes:

Cold water

12 small, fresh artichokes or 2 cans artichoke hearts in water

2 lemons

3 tablespoons extra-virgin olive oil

salt, to taste

pepper or red pepper, to taste

Pasta:

Water

2 cans (5 ounces each) Genova Yellowfin Tuna in Olive Oil

2 tablespoons extra-virgin olive oil

4 tablespoons butter, cut into tabs

4 cloves garlic, chopped

1 teaspoon crushed red pepper (optional)

salt, to taste

1/2 cup white wine, chicken stock or vegetable stock

1 pound spaghetti or linguine

1 lemon, juice only

1 cup grated Pecorino Romano cheese

1/4 cup chopped fresh Italian parsley, divided

1 small handful fresh mint, chopped, divided

1/4 cup toasted pistachios or pine nuts, chopped

To make artichokes: Preheat oven to 425 F.

Fill bowl with cold water and juice of one lemon.

If using fresh artichokes, trim tops of artichokes and tougher outer leaves. Using vegetable peeler or small paring knife, trim stems. Once prepped, cut fresh artichokes in half. If using canned artichokes, drain well and quarter lengthwise.

Place artichokes in lemon water.

Let soak 2-3 minutes, drain and pat dry with kitchen towel.

In casserole or baking dish, arrange artichokes and add juice of remaining lemon, quarter lemon and add lemon wedges to dish. Add olive oil and salt and pepper, to taste. Roast 25-30 minutes, or until tender.

To make pasta: Bring large pot of water to boil.

While water is coming to boil, place large skillet over medium heat and add olive oil and butter. Add garlic, red pepper, if desired; and salt, to taste, and swirl 1 minute. Add white wine or stock and let reduce by half.

When water comes to boil, salt water, add pasta and cook 1 minute less than directions. Reserve 1/2 cup pasta water before draining.

Add artichokes to large skillet with tuna with its oil and gently break up with back of wooden spoon or paddle.

Add lemon juice and reserved pasta water to skillet along with drained pasta, cheese and half the parsley, mint and pistachios. Toss to combine, top with remaining parsley, mint and pistachios and serve.



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BUTCH DALE



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

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

The Paper
OF MONTGOMERY COUNTY

SUNDAY

In The Kitchen

Sunday, May 14, 2023

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

A Full, Fresh Menu Fit for a Brunch Feast



Savory Cheese Balls

FAMILY FEATURES

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

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

Find more brunch inspiration by visiting Culinary.net.

A Savory Way to Start the Celebration

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

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

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

Savory Cheese Balls

Servings: 6-12

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

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

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

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

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

In third small bowl, combine cranberries and pecans.

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

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



Lemon Blueberry Trifle

Finish Brunch with a Light, Layered Treat

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

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

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

Lemon Blueberry Trifle

Prep time: 45 minutes

Servings: 8-10

Lemon Curd:

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

Whipped Cream:

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

Trifle:

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

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

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

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

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

Decorate trifle with lemon slices, fresh blueberries and mint.

Say Goodbye to Basic Brunch

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

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

Visit Culinary.net to find more brunch recipes.

Easy Brunch Quiche

Serves: 12

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

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

Heat oven to 350 F.

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

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

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

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

Bake 40 minutes.

Cool at least 12 minutes before serving.

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



Easy Brunch Quiche

SUNDAY

In The Kitchen

Sunday, May 14, 2023

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DIAL UP FLAVOR WITH SUMMER FAVORITES

FAMILY FEATURES

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

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

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

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

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

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

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

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

Savory Mango Chamoy Daiquiri

Total time: 15 minutes
Servings: 2

Rim Glass:

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

Drink:

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

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

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

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

In glass, pour remaining chamoy hot sauce.

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



Savory Mango Chamoy Daiquiri



Spiced Pork Ribs

Spiced Pork Ribs

Total time: 3 hours, 10 minutes
Servings: 6

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

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

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

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

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

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

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

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

Serve with lime wedges and additional hot sauce.

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

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Produce Shopping On A Budget

(Family Features)
Cooking meals that bring your loved ones joy is often objective No. 1 but creating those flavorful favorites on an appropriate budget is an important aspect of well-rounded, family-friendly recipes. A few simple steps, like developing good grocery shopping habits, can put smiles on hungry faces without leaving a dent in your finances.
Consider these tips from the experts at Healthy Family Project along with its produce partners, which are on their 2023 Mission for Nutrition to improve access to fresh produce that's essential in alleviating many public health and personal wellness challenges. This year's partners are striving to be part of the improvement efforts by donating funds to increase the accessibility to fruits and vegetables in schools through the Foundation for

Fresh Produce.
Make a List (and Stick to It)
When buying fresh produce, remember some items have a shorter shelf life. Limiting purchases to items on your list can help lower grocery spending while alleviating food waste.
Buy Local
Transportation cost is one of the biggest factors in the price of produce, meaning buying local, when possible, can help reduce your total at check-out.
Stock Up on Seasonal Produce
Although you can generally find any produce item at any time of year, this isn't always an affordable practice. Knowing when your favorite fruits and veggies are in-season can save you money and allow you to use the freshest ingredients in family breakfasts like Protein-Packed

Sausage Breakfast Muffins and Savory English Muffins.
Know Your Produce Department
The front or feature table of the produce department often offers the best deals. Don't forget to look at the end caps on each produce aisle, which sometimes display seasonal items.
Befriend the Produce Manager
Throughout each week, a "hot buy" may come into the store that didn't make it into the weekly ad. This happens with items at the end of their seasons, in particular, or if a crop is doing well. Chat with the produce manager at your local store and he or she may inform you of special prices.
Find more grocery savings strategies and family-friendly recipes at HealthyFamilyProject.com.



Photo courtesy of North Carolina Sweetpotato Commission

Sweetpotato Summer Rolls

Recharge For Summer Fun With A Sweet Superfood

(Family Features)
Summer adventures can often take people just about anywhere, from down the street at the neighborhood pool to across the country on a family road trip. Whenever the action takes you this summer, remember to stay refreshed and energized with easy snacks that provide the nutrition you need.

For example, these Sweetpotato Summer Rolls offer a flavorful way to recharge after some time in the sun. Made with peanut butter, celery sticks and North Carolina Sweetpotatoes, they're ideal for serving your family following a day of fun.

Classified as a "diabetes superfood" by the American Diabetes Association, sweetpotatoes are rich in vitamins, minerals, fiber and antioxidants, all of which are good for overall health. Plus, they offer a natural sweetener without the added sugar.

Consider these additional sweetpotato facts as you prepare for summertime excitement.

Versatile
As one of the most versatile vegetables that's easy to add to a variety of recipes for enhancing flavor and nutrition content, sweetpotatoes can be a key ingredient in both simple or elevated and sweet or savory dishes. They can be cooked and prepared on the stove, baked, microwaved, grilled or slow cooked.

One-Word Spelling

"Sweetpotato" should be spelled as one word, even if you aren't familiar with that spelling. In fact, the North Carolina Sweetpotato Commission deliberately spells it as one word (a practice adopted by the National Sweetpotato Collaborators in 1989) as a way for shippers, distributors, warehouse workers and consumers to avoid confusion with the equally unique and distinctive white potato or yam.

Shelf Life and Storage

Not only are sweetpotatoes abundant and found in just about any grocery store or farmers market, but they also have a long shelf life - up to 4 weeks if stored properly in a cool, dry, well-ventilated area away from heat sources.

Ideal for Athletes

Due to their high carbohydrate content, sweetpotatoes are solutions for both before and after exercise sessions. With complex carbohydrates that provide sustained energy and antioxidants that help reduce inflammation and aid in muscle repair, sweetpotatoes can elevate both endurance and recovery.

Find more summertime recipe ideas by visiting ncsweetpotatoes.com.

Sweetpotato Summer Rolls

Recipe courtesy of the North Carolina Sweetpotato Commission

Servings: 4

- 2 1/2 cups North Carolina Sweetpotatoes
- 2 tablespoons olive oil
- 2 teaspoons sesame seeds
- 3 tablespoons maple syrup
- salt, to taste
- coarse pepper, to taste
- 4 celery sticks
- 1 red pepper
- 2 tablespoons creamy peanut butter
- 1/3 cup hot water
- 1/4 cup soy cooking cream
- 1 tablespoon soy sauce
- 12 sheets rice paper (22-centimeter diameter)
- 2 tablespoons chopped, roasted peanuts

Peel sweetpotatoes and cut into 1-centimeter thick strips.

In skillet, heat olive oil. Fry sweetpotato strips 3-4 minutes, turning occasionally; sprinkle with sesame seeds, deglaze with maple syrup and boil down briefly. Season with salt and pepper, to taste, and let cool.

Wash celery and red pepper; cut into strips. Mix peanut butter with water, cream and soy sauce.

Let rice paper sheets swell according to package instructions.

Spread strips of sweetpotato, celery and red pepper on top half of one sheet rice paper. Drizzle with sauce. Fold lower half over strips then edges.

Repeat with remaining rice paper sheets and ingredients. Sprinkle summer rolls with chopped peanuts. Serve with remaining sauce.



Photo courtesy of Healthy Family Project

Protein Packed Sausage Breakfast Muffins

- Protein Packed Sausage Breakfast Muffins**
- cheddar cheese
- 1 cup protein pancake mix
- Recipe courtesy of Healthy Family Project
- Nonstick cooking spray
- 1 sweet onion, diced
- 1 pound turkey sausage
- 4 eggs
- 1/2 cup shredded

until no longer pink. Remove from heat. In large mixing bowl, lightly beat eggs. Add shredded cheese, pancake mix and cooked sausage; mix well. Fill prepared muffin cups about 3/4 full with mixture. Bake 18-20 minutes, or until golden brown on top.



Photo courtesy of Healthy Family Project

Savory English Muffins

- Savory English Muffins**
- Recipe courtesy of Healthy Family Project
- English muffins
- guacamole
- cherry tomatoes
- 1 tablespoon cilantro,
- finely chopped
- 1 tablespoon light cream cheese
- 1 tablespoon crumbled turkey sausage, sauteed
- 1 egg
- 1 tablespoon basil, finely chopped
- 1 tablespoon balsamic glaze

Toast English muffins and top with desired combinations of toppings, such as: guacamole, tomatoes and cilantro; cream cheese, tomatoes and turkey sausage; or egg, tomatoes, basil and balsamic glaze.

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Managing The Heat Of Hot Peppers



MELINDA MYERS
Columnist



Photo courtesy of All-America Selections

Roulette peppers have the citrusy flavor of habaneros but not the heat.

Don't worry if the rest of your family does not appreciate the spicy heat your favorite hot peppers add to entrees, beverages and desserts. Proper pepper selection, care and preparation can help you turn down the heat as needed.

Hot peppers' spicy heat is measured in Scoville Heat Units named for Wilbur Scoville. The level of heat was originally determined by a panel of individual tasters. Chili peppers were ground and added to a sugar-water solution. The solution was continually diluted until the panelist found the solution no longer burned their mouth. Each pepper was assigned a number based on the amount of sugar-water solution needed to reach that point. Today a more accurate less subjective high-performance liquid chromatography method can be used for measuring the pungency of hot peppers.

Poblano and Siracha rate between 1,000 to 2,500, jalapenos up to 8,000, cayenne can peak at 50,000, habaneros up to 350,000 and one of the

hottest, the ghost pepper, at as much as 2,200,000 units. If you like the citrusy flavor of habaneros but not the heat, try the All-America Selections winner Roulette.

Ornamental peppers are edible as well as pretty. Most rate anywhere from 10,000 to 50,000 Scoville units. Chilly Chili ornamental pepper produces an abundance of attractive yellow, orange and red upright fruit on 10 to 12" plants. As the name suggests, they have almost no heat. Mix with flowers for decorative displays in containers and garden beds.

Peppers grow and produce best when day temperatures are 70° to 80° F and night temperatures are 60° to 70° F. Cold, heat and drought are the most common cause of blossom drop, misshapen fruit, and a poor harvest.

Use a hand pruner or garden snips to harvest peppers without damaging the plants. Harvest most hot peppers when fully mature and red for the strongest flavor.

Green chili and jalapeno peppers are harvested when green. And some like jalapeno, habanero and Anaheim, are hot whether harvested when green or red. When your summer is filled with long hot days hot peppers tend to be even hotter.

Avoid hot surprises when cooking by labeling hot peppers when growing, harvesting and storing them. Many sweet and hot pepper varieties look similar and confusing the two could be unpleasant. Just keep a glass of milk handy in case you need to neutralize the sting.

Turn down the heat, if needed or desired, when preparing your favorite recipes. Since most of the capsaicin, which gives hot peppers their heat, is in the white membrane that houses the seeds, just remove this and the seeds if you want the flavor with less heat.

Wear rubber gloves and avoid touching your face and eyes when working with hot peppers

as they can burn. Wash your hands, utensils and cutting boards when finished.

Turn a portion of your pepper harvest into pickled peppers for the hot pickle fans in the family to enjoy throughout the winter. The key to success and safety is using a tested recipe that contains the right amount of ingredients and processing it properly. Check University or other vetted sources for safe recipes and processing guidelines.

Try some of these strategies and mention the many health benefits to encourage reluctant eaters to try hot peppers. Although hot peppers and spicy food can add to the pain and irritation of ulcers, they do not cause them contrary to some of the hot pepper myths. They do, however, provide gastric relief, kill cancer cells, prevent sinus infection, reduce inflammation, and even burn fat. Over time you may be able to turn up the heat on your favorite recipes for all to enjoy.

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" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www.MelindaMyers.com.



Photo courtesy of iBulb

More Color In Your Home With Summer Flowers!

From hot-pink dahlia to warm-orange gladioli. With summer flowers, it's easy to fill your home with color. It instantly brightens the atmosphere – and your mood!

Fresh & sparkling
Summer bloomers, like lilies, dahlias, gladioli, and calla, come in many beautiful colors. They are all equally fresh and sparkling, as if they had absorbed all the sunlight they could. Bring a radiant bunch of summer bulb flowers into your home to brighten up your entire interior. How is that for a nice welcome home!

Colorful living
The varied offer of summer flowers encourages you to play with color, so that your interior never looks the same. You could make a statement with hot-pink dahlias for example, and next time, opt for soft pastels: a summery-sweet mix of soft yellow and pastel pink lilies and gladioli. Plenty of summer bloomers are available now. You can keep varying with

them until autumn! For bouquet inspiration, visit www.ilsaysays.com.

A few tips to enjoy your summer bloomers for longer:

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

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

Regularly fill up the water in the vase.

Flower idea!

Dig out your favorite small vases and put one or two cheerful summer bloomers in each vase, for example, a mix of compact dahlias and tall calla and gladioli. You can play with colors to your heart's content. If you prefer a quiet atmosphere, stick to a single hue, or ton-sur-ton.

Tip! If you want to spread the joy, why not present someone with a cheerful, unexpected summer bouquet? Summer bloomers are also the perfect gift after a house move: instant atmosphere for the new house!

How Climate Change Impacts Birds, Their Feeding Habits And How To Help From Home

(Joan Casanova) Bird feeding is a common practice in the United States, with more than 59 million Americans participating, according to the U.S. Fish & Wildlife Service. In addition to providing aesthetic and recreational benefits, bird feeding can have positive impacts on bird populations.

According to the National Audubon Society, birds provide important ecosystem services, such as pollination, pest control and seed dispersal. In fact, around 87% of flowering plants rely on animal pollinators, including birds, to reproduce and grow, according to a study published in "Science." Birds also consume fruits and berries then spread the seeds, which helps maintain biodiversity and promotes the growth of new plants.

Considered good indicators of the health of the ecosystem, changes in bird populations and behaviors can signal changes in the environment, such as pollution, habitat loss and climate change. As temperatures, weather patterns and ecosystems change, it can affect the availability of food for birds, which may alter their behavior.

Feeding birds can be a beneficial practice that helps them cope with climate change. Consider these benefits:

*** Supplemental Food:** Bird feeders provide a supplemental source of food for birds when natural food sources may be scarce due to prolonged droughts or severe storms. Bird feeding can help birds maintain energy levels, especially during breeding or migration when nutritional needs are higher.

*** Range Shifts:** Climate change can cause shifts in the distribution and abundance of bird species. Feeders can serve as "refuges" for birds, providing



Photo courtesy of Cole's Wild Bird Products

reliable food sources as they move in search of suitable habitats.

*** Behavioral Adaptations:** Some species may alter their feeding behaviors due to changes in timing of insects hatching or plants flowering, which can affect the availability of natural food sources. Bird feeders can help bridge these gaps, providing a stable source of food when traditional sources are disrupted.

Feeders
To attract more birds this season, it's important to offer quality feed in a variety of bird feeder types placed at different heights.

Traditional tube feeders are basic, all-purpose, must-have feeders that work well for finches, nuthatches and other small birds that cling. Made with state-of-the-art materials to prevent warping and discoloration, Cole's Terrific Tube Feeder features a quick-clean removable base.

Simply push a button and the bottom of the feeder comes off for easy access. Rinse well with soapy water, submerge in a 9-1 water-bleach solution, rinse and dry.

Then reattach the bottom; there's no disassembly or assembly of multiple parts necessary. Regular cleaning of feeders is essential, preventing mold, germs and disease.

Another option, bowl feeders, can serve not only seeds, but also dried mealworms, fruit and suet in cake or kibble form. For example, Cole's Bountiful Bowl Feeder comes with an adjustable dome cover you can raise or lower to protect from rain and prevent larger birds and squirrels from getting to the food.

Popular Foods
In addition to feeders, offering a variety of foods is vital for inviting different species to your backyard.

*** Birdseed:** Not all birdseed is created equal. Look for quality blends without filler seeds like red millet and oats. All-natural seed, containing no chemicals or mineral oil, is safe and more appealing to birds. Consider researched, specially formulated options like all-natural black oil sunflower, Cole's "Hot Meats" (sunflower meats infused with habanero chile peppers) or Special

Feeder blend, which is packed with black oil sunflower, sunflower meats, black striped sunflower, raw peanuts, safflower and pecans.

*** Dried Mealworms:** Full of energy, essential nutrients, fats and proteins, mealworms are a preferred food for adult songbirds. Dried mealworms are easy to feed, less messy and lack the "ick" factor of live worms.

*** Fresh Fruit:** Apple and orange halves and chunks of banana are favorites for orioles and tanagers.

*** No-Melt Suet:** Perfect for insect-eating birds, high-fat food provides abundant calories and rich nutrition.

Don't forget, birds need water just as much as humans. Drinking water helps regulate body processes, improves metabolism and maintains health. Birds also use water for preening and bathing, and on hot days, standing in cool water or taking a quick splash can help them keep cool.

Find more solutions to bring birds to your backyard at ColesWildBird.com.

Flower Trend 2023: Tribute To Nature

We are increasingly experiencing the overwhelming power of nature. Concerns about climate change and its consequences make us increasingly aware that nature is an important part of our lives. We can see this reflected in the design in and around the house. The interior is more robust, more whimsical and, as such, ever more natural.

Creating a natural atmosphere

Flowers in a bouquet form an airy ensemble with different shapes and colors. Paired with natural-looking vases and accessories, flowers are used in a whimsical and natural way. Flowers are combined with dead as well as living materials. Natural and harmonious colors such as earthy and green tones are preva-

lent, complemented with subtle white, lilac, and natural tones, all while preserving the natural atmosphere.

Shapes, materials and designs

Accessories have rough and organic shapes, inspired by natural features, such as rock, stone, and boulder forms. This gives them a natural or handmade look. The materials used are as natural or recycled as possible and are always environmentally conscious in nature. Needless to say, the organic forms and the environmentally friendly use of materials are accompanied by a natural and balanced use of color. The designs that are used often consist of natural structures, embossing, whimsical stripes, and gradient or overflow effects.

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Garden Growing Basics For Beginners Just Starting

(Family Features) Growing your own produce is an all-around smart practice, from the money you'll save at the grocery store to the contributions you can make toward a cleaner planet.

Maintaining a garden takes some effort, but it's a project even a beginner can tackle with ease. Consider these tips to start growing your at-home garden:

1. Select a perfect spot. You'll want to place your garden in an area where you see it often so you're reminded to weed and care for it regularly. Find a flat area you can access easily, where erosion and other pitfalls (including hungry wildlife) won't be a problem.

2. Choose between ground and containers. There are pros and cons to gardening in containers vs. the ground, and there's no universal right choice. Rather, the best garden depends on your goals and preferences. A ground garden usually offers more space and may provide a better growth environment for roots. However, a container garden is often

easier to maintain and may be all you need if you wish to grow just a few plants.

3. Understand the importance of quality soil. You may think any dirt will do, but keep in mind the soil you plant in will be the primary source of nutrients for your produce. Not only that, but quality soil provides stability so plants can root firmly and grow healthy and sturdy to support their bounty. Quality soil also allows for ample drainage. Organic matter like compost, leaf mold or aged manure all help improve soil quality.

4. Keep water close. Lugging water can quickly eliminate the pleasure of tending your garden, so be sure you're situated near a hose. You'll know it's time to water when the soil is dry about an inch below the surface.

5. Plan for plenty of sun. A bright, sunny spot is a must, since most vegetables, herbs and fruits depend on six or more hours of sun every day. Remember the sun's path changes throughout the year, and as trees and foliage grow, they may

produce more shade with each growing season.

6. Consider what you'll grow. Starting with veggies you know you like is a smart starting point since you'll be pouring sweat equity into making them grow. Over time, you might add new varieties, but early on, keep your focus on foods you know you like so you can see a meaningful return and avoid waste. You'll also need to consider what you can grow to maturity within your area's growing season. If necessary, you might want to start transplants you can nurture indoors before moving them outside when the temperatures allow.

7. Plant according to a calendar. Knowing how long it takes different foods to mature will help you create a planting calendar. You don't want to harvest everything at once, and if you stagger planting and replant what you can, you'll have a garden that produces food for your family for a longer period of time.

Find more helpful tips for managing your home and garden at eLivingtoday.com.



Photo courtesy of Unsplash

5 Garage Safety Tips

(Family Features) When you throw open the windows, you'll likely be spending more time with the garage door open, too. Make access to your outdoor equipment safer with these tips to get your garage ready for the warmer months.

Organizing clutter is part of the process, but warmer weather can also serve as a reminder to make sure your garage equipment and features are secure and functioning properly.

* Your garage floor tends to capture grime and grit from the outdoors, especially where your car sits. Take time to thoroughly sweep and mop, but also take stock of the floor's condition for any chips or other

damage that may grow worse over time and pose a risk for tripping or other safety issues.

* Check your garage door performance. Ensure doors are rolling smoothly with no hitches. If you do happen to notice any abnormalities, it's a good time to investigate. In some cases, a little grease or a minor adjustment is all you need to get things back on track.

* Don't forget to check your garage door sensors, too. Warmer weather means animals and children (and their toys) are more likely to find themselves in an automated door's path when it begins to lower. Ensure sensors are operating properly to prevent injury

or property damage.

* Verify all outlets, lights and other electrical features are in proper operating condition and all wires are intact and free of damage or fraying.

* Ensure any poisonous materials, such as paint, garden pesticides, cleaners and automotive fluids, are safely stored out of reach of pets and children that may have increased access to the garage during warmer months. Also check for spills or leaks of any potentially hazardous or flammable materials.

Taking time to safety-proof your garage can provide your family months of stress-free use. Find more tips for getting your garage in order at eLivingtoday.com.

Keep Pets Safe In The Garden

(Family Features) If you have pets that enjoy spending time outdoors, it's important to make sure your yard is a safe place for them to be.

Consider these hazards that can negatively impact the well-being of your furry friends.

Poisonous Plants - Some common plants can be dangerous for animals, causing anything from mild oral irritations and upset stomachs to cardiovascular damage and even death. For example, these are some of the toxic plants the American Society for the Prevention of Cruelty to Animals (ASPCA) has identified as harmful for either cats or dogs:

* Aloe - can cause vomiting, diarrhea, tremors, anorexia and depression

* Azalea - can cause vomiting, diarrhea, hypersalivation, weakness, coma, cardiovascular collapse and death

* Burning bush - can cause vomiting, diarrhea, abdominal pain and weakness, as well as heart rhythm abnormalities with large doses

* Caladium - can cause burning and irritation of the mouth, tongue and lips, excessive drooling, vomiting and difficulty swallowing

* Daylilies - can cause kidney failure in cats

* Hibiscus - can cause vomiting, diarrhea, nausea and anorexia

Mulch and Compost - The decomposing elements that make



Photo courtesy of Unsplash

compost good can be bad for pets, according to the National Garden Society. Keep compost in a secure container or fenced off area so pets can't get to it. Cocoa mulch can be a particular problem for dogs. A byproduct of chocolate production, cocoa mulch can cause digestive problems and even seizures in dogs. Shredded pine or cedar mulch is a safer choice.

Fertilizer and Insecticides - The chemicals used to get rid of pests or make your lawn lush can be toxic to pets. Some of the most dangerous pesticides include snail bait with metaldehyde, fly bait with methomyl, systemic insecticides with disyston or disulfoton, mole or gopher bait with zinc phosphide and most forms of rat poison, according to the ASPCA.

Follow all instructions carefully, and store pesticides and fertilizers in a secure area out of the reach of animals.

Fleas and Ticks - In addition to using appropriate flea and tick prevention methods such as collars and sprays, make sure your yard isn't a welcoming environment for these pests. Keep the lawn trimmed and remove brush and detritus, where fleas and ticks often lurk. Fleas can cause hair loss, scabs, excessive scratching, tapeworms and anemia. Ticks can do all of that, plus bring you and your family in contact with diseases like Rocky Mountain spotted fever and Lyme disease.

Find more tips for keeping pets safe in your yard at eLivingtoday.com.

Introducing Kids To Gardening

(Family Features) Warmer months are likely to have the whole family eager to dive into outdoor activities. This year, as you tackle the garden, find ways to get the youngest family members in on the action, too.

Not only is gardening an activity you can enjoy together, there are numerous ways to incorporate age-appropriate, teachable moments from counting and colors to responsible care of living things.

Creating a positive first experience with gardening can start with this simple advice:

* Dedicate a spot for a junior garden, which allows you to instill a sense of pride and ownership in the little gardener while protecting your own garden areas from ambitious young hands.

* Provide appropriate tools in child sizes. Just as you would teach a child the finer points of baseball using a bat and glove, demonstrate the joys of gardening with tools such as a rake, hoe and trowel, all of which can be found in sizes more manageable for little helpers.

* Let the kids choose what to plant. Whether flowers or food plants,

allow children to make their own decisions (within reason) about what they would like to grow. This can help them engage in the magic of watching items they selected emerge from the ground and grow into their finished forms.

* Encourage exposure to unfamiliar plants that entice the senses with appealing smells and flavors. Herbs such as chives, mint and basil are good choices, or consider edible flowers such as pansies or violets.

* Set an example for your child to imitate by giving regular and proper care to your own garden.

Remember to bring the lesson full circle by enjoying the bounty of your garden together, whether it's a small hand-cut bouquet or a meal featuring your child's fresh-grown produce. Find more tips for gardening with your kids at eLivingtoday.com.



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THE PAPER

SUNDAY

Business

Notes and

NEWS

Sunday, May 14, 2023

F1

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Photo courtesy of Purdue University

Amit Varma, Purdue's Karl H. Kettelhut Professor of Civil Engineering and director of Bowen Laboratory, was part of the Purdue research to establish SpeedCore, an award-winning construction system.

High-Rise Structure Efficiency, Completion Time Look Different Thanks To Speedcore Composite Modules



Varma dating back to his doctoral degree, which was based on columns using the same steel and concrete composite system.

"You could say that it was the little brother of the steel and concrete composite SpeedCore wall system. I always felt that it was an amazing idea, and it's time would come someday," said Varma, director of Purdue's Robert L. and Terry L. Bowen Laboratory for Large-Scale Civil Engineering Research.

SpeedCore essentially resembles a concrete sandwich, with parallel steel plates connected by metal rods in the space between the plates. The steel modules can be fabricated off site and brought into any construction layout and connected as needed. Concrete is then poured into the space between the steel plates, making the composite steel-concrete-steel sandwich system.

The earliest work on SpeedCore was in 2006 and funded at Purdue. At the time, Varma said an application for the construction process hadn't been realized. Klemencic and Varma's involvement brought potential use of SpeedCore into the realm of high-rise structures with early plans to use it on the planned 58-story Rainier Square building.

Varma worked extensively at Purdue to research some of the major safety aspects SpeedCore deals with at the central core of a high-rise

building. High winds and earthquakes can cause varying levels of swaying that require a solid interior core to maintain the building's safety.

"In addition to earthquake resistance, we also have looked at the fire resistance of this system because of the steel plates," Varma said. "There's always the question of what fire is going to do to such a construction. So we've done actual testing and analysis and developed earthquake-resistant and fire-resistant design equations for the system as well.

"The behavior of steel structures under fire can be improved drastically by having a composite structure like SpeedCore because concrete does not heat up as fast. It creates a heat sink, and it provides stiffness to the steel structure. So composite construction like this is another way to get good fire resistance for a building."

Varma received several awards, including the 2021 T.R. Higgins Lectureship Award from the American Institute of Steel Construction (AISC), for his work on SpeedCore. Varma and his graduate students have published numerous journal articles and recently authored a Design Guide, published by AISC in 2023 for the SpeedCore systems.

There are additional plans for high-rise buildings using SpeedCore this year and in the future.

Grant Funding Available To Boost Recycling Markets, Manufacturing Capacity And Job Creation

The Indiana Department of Environmental Management (IDEM) today announced the availability of grant funding for recycling projects from the Recycling Market Development Program. Eligible candidates may seek a grant ranging from \$50,000 to \$500,000. Proposals are being accepted now through June 21, 2023.

Public and private businesses, local government, solid waste management districts, and nonprofit organizations located and doing business in Indiana are eligible to submit proposals for funding. Proposals must show a need, an increase in recyclable material collection or consumption, a reduction in municipal solid waste shipped for final disposal, or improved partnerships with communities, including economic impacts and increased public awareness of recycling opportunities through tangible outreach and education efforts.

Projects should demonstrate sustainability and an understanding of the changing economy for recyclers and look at where monies can be used most effectively to increase statewide

recycling. Final funding determinations will be made this fall. To apply, visit idem.IN.gov/recycle/2358.htm. For additional information, please contact 800-988-7901 or RMDPGrants@idem.IN.gov.

About the Recycling Market Development Program

The Recycling Market Development Program operates under the Recycling Market Development Board as established by IC 4-23-5.5. The grant money for the program comes from the Recycling Promotion and Assistance Fund, an account generated by a per-ton fee on solid waste disposed at Indiana landfills. The fund supports source reduction, reuse, recycling and composting to prevent solid waste from permanent disposal.

About IDEM

IDEM (idem.IN.gov) implements federal and state regulations regarding the environment. Through compliance assistance, incentive programs and educational outreach, the agency encourages and aids businesses and citizens in protecting Hoosiers and our environment.

Purdue's eXcellence In Manufacturing And Operations Initiative Meets The Moment

As the U.S. experiences a resurgence of manufacturing and operations, Purdue University is providing a big lead. The university's efforts in such areas as semiconductors, aerospace, defense, biomanufacturing for agriculture and transportation figure prominently in bringing jobs and needed technology back to America and in defining the future through excellence in manufacturing and operations.

The Purdue College of Engineering and its campus partners are drawing on a long history of excellence in manufacturing and operations research, education and innovation in announcing the eXcellence in Manufacturing and Operations (XMO) Purdue Engineering Initiative (PEI).

"In making decisions at Purdue, we like to ask how they will maximize our positive impact on society through education, research and advancing our state and nation," said Arvind Raman, the John A.

Edwardson Dean of the College of Engineering and Robert V. Adams Professor in Mechanical Engineering. "This initiative provides another important arena in which we can help deliver tremendous benefits to the American people, our economy and our society. Reshoring and reimagining manufacturing for the 21st century is crucial to our future as a country, and we are proud to do our part in the revitalization of American manufacturing might."

The initiative will build a community of faculty, students and industries at the intersection of physical, digital and sustainable manufacturing. Manufacturing talent and workforce creation will be one of the strong components of the PEI, enhancing training of the new workforce and empowering existing workers through retraining in the ecosystem of small, midsize and large companies that constitute Purdue's industrial base.

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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

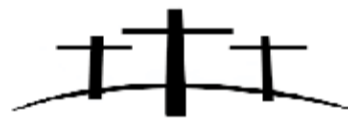
Sunday Worship 10:00 AM

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.



First Baptist Church

CRAWFORDSVILLE, INDIANA

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

You can watch us on YouTube and Facebook
Watch Sunday Mornings

YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

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

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What Older Adults Should Know After A Doctor's Visit

(StatePoint) You know how important regular check-ups are and that consulting your healthcare provider when you have a concern is smart. But what happens after the visit is just as essential to maintaining good health.

Unfortunately, some people don't follow their provider's advice. Maybe they don't take their prescriptions as written or forego recommended preventive screenings and immunizations. This can be costly, both for individuals and the health care system. Case in point: More than 125,000 people die each year because of prescription medication non-adherence, according to the National Council for Patient Information and Education.

Following a doctor's recommended care plan can be challenging, according to Dr. J.B. Sobel, chief medical officer with Cigna Healthcare's Medicare business. There are multiple reasons why older patients can have difficulty following their provider's instructions – including managing multiple medications at different times of day – or trouble accessing or affording care.

Thankfully, there are some processes and re-

sources that can help you faithfully follow your healthcare provider's advice.

Get organized. More than half of adults 65 and older take four or more prescription drugs, according to the Kaiser Family Foundation. With more medications, it can be difficult to know what to take, when to take it, and in what dosage. A low-cost pill organizer, available at drug stores and retail outlets, can help you stay organized. You may also want to automate your medication by taking it at the same time every day if directions allow that. The key is to find a system that works for you and stick with it.

Communicate with your provider or pharmacist. If your medication doesn't seem to be working or is causing undesirable side effects, talk to your doctor or pharmacist about adjusting your dosage or switching to an alternative. Likewise, discuss any concerns about screenings or tests with your provider.

Having a good rapport with your doctor helps. Take notes at your appointment or bring a loved one with you to help with questions. And don't be afraid to ask if there's anything you

don't understand.

Connect your providers. Make sure your various doctors share information. For example, if you have an unexpected hospital visit, notify your primary care provider so they can review any new medications or diagnoses from the hospital and help you fit them into your current care plan. This can also help protect you from unnecessary or duplicate procedures.

Find alternative access to care. If you have difficulty getting around or live far from where care is rendered, there are programs to help. Your provider may offer virtual visits. You may be able to have prescriptions safely delivered to your home in a 90-day supply, perhaps at a lower cost, and with reminders for refills. If you have a Medicare Advantage plan, you may be eligible for rides to your provider or pharmacy at no extra cost. Learn more about Cigna Healthcare's Medicare Advantage plans at www.cigna.com/medicare.

Seek help with costs. "Extra Help" is a federal program providing prescription drug cost support to those who qualify. Many pharmaceutical manufacturers

help customers afford medications. You could also ask your healthcare provider about generic medications, which typically cost less but are equally effective.

Medicare and Medicare Advantage plans pay for many preventive procedures with no extra cost to you.

"If keeping up with your health care feels overwhelming, please don't get discouraged," said Dr. Sobel, who oversees a team of clinicians that contact Cigna Healthcare's Medicare Advantage customers whose prescriptions have lapsed or not been refilled. "Seek help from a doctor, a pharmacy or a loved one. They want to help you. Keep in mind that it's easier to maintain good health than it is to recapture your health following a preventable crisis."

The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

Advocating For Mental Health As A Universal Child Right

(Family Features) Mental health and psychological well-being are essential for children, adolescents and communities to thrive. With crises in locations such as Ukraine, Syria, Turkey and Afghanistan, the mental health and well-being of children and young people around the world are causes for concern.

Globally, more than 1 in 7 adolescents ages 10-19 live with mental health conditions, according to UNICEF. Children and youth globally, including those in the United States, face challenges bridging the gap in terms of mental health needs and proper access to quality services.

The COVID-19 pandemic coupled with school closures and disruptions in learning impacted nearly 1.6 billion children globally. Anxiety, depression and other mental health conditions actively threaten children's ability to be healthy and happy. Addressing key mental health and psychosocial issues to support their development can allow them to meaningfully participate in society. Together, UNICEF

and UNICEF USA are advocating on a local, national and global scale to provide children with the tools they need to support mental health. On a global level, the organizations are calling on Congress to pass the Mental Health in International Development and Humanitarian Settings (MINDS) Act, the first federal legislation that addresses mental health and psychosocial support through U.S. foreign assistance. It focuses primarily on populations with increased risk factors for developing mental health disorders including children and caretakers in crisis-affected communities, gender-based violence survivors, displaced populations and more.

Raising awareness, engaging youth and sharing resources to support parents, adolescents and children are core ways to address the current state of global mental health. To learn more about how you can support these efforts and call on elected officials to prioritize mental health services for children and caregivers in U.S. foreign assistance, visit act.unicefusa.org/MINDSAct or text "MINDS" to 52886.

Time To Talk Sun And Water Safety



JOHN R. ROBERTS, M.D.
Montgomery Medicine

We finally getting a taste of some warm weather which means it's time to starting thinking about summer activities. Most people enjoy some time in the sun. Whether it's lounging by the water, participating in sports, or working outdoors, we all get our fair share of sun every summer. This week, I want to briefly review some sun and water safety tips.

Sun and water safety are key things to be aware of as you venture outdoors. Everyone knows you can get a burn if you're out in the sun too long. However, many people don't realize that you can still get a burn in the shade or on a cloudy day. Ultraviolet (UV) rays come in two forms: UVA and UVB. UVA accelerates aging of the skin, while both UVA and UVB can cause skin cancer.

Sunscreen lotions work by absorbing the UV rays before they penetrate your skin and cause damage. They can be effective, but only if used properly. Dermatologists will all tell you it's safer and more effective to use physical blocking agents like

sun-protective clothing and wide-brimmed hats.

Sunscreens are rated using the "SPF" scale. Don't bother with lotions with an SPF below 15. An SPF of 15 hypothetically allows you to stay in the sun 15 times longer before you burn. However, the effectiveness does not last near that long since the lotion usually wears off from sweating, swimming, or friction. Sunscreens should be applied liberally before going out in the sun (at least 2-3 Tablespoons per application). They also need to be re-applied at least every two hours. It's important to get a broad-spectrum lotion that absorbs UVA and UVB. You should also use lip balm containing sunscreen.

There was a study in the 21 January 2020 Journal of the American Medical Association (JAMA) that raised concern about four chemicals found in sunscreens: avobenzene, oxybenzone, ecamsule, and octocrylene. The chemicals, particularly oxybenzone, were found in the blood of the 24 study participants after applying the agents to 75 percent of their bodies four times a day for 4 days. The amounts applied in the study were about twice what would be considered normal in the real world. The FDA is requiring safety testing to determine if the increased levels have any adverse health effects. Current thinking is that the risk of sun damage to the skin is much higher than adverse health effects from these chemicals in

the bloodstream.

Try to stay out of the sun between the hours of 10 a.m. and 4 p.m. when the intensity of ultraviolet radiation is highest. Sunburns suffered in childhood are a major risk factor for skin cancer later in life, so model good behavior and teach your kids the importance of protecting themselves. Regular use of sunscreen in kids can lower their risk of skin cancer by up to 75 percent.

Don't forget your sunglasses! While most folks apply sunscreen to their skin, they forget to protect their eyes. Ultraviolet radiation can cause damage to the lenses in your eyes leading to clouded vision from cataracts. Be sure and read the tag on the glasses to make sure they're rated to block 99 to 100 percent of both UVA and UVB rays. Wraparound glasses are the most effective.

If you're in the sun, water often isn't too far away. An estimated 260 children under age five drown each year in residential swimming pools and spas. Another 3,000 are treated in emergency rooms for submersion accidents that often lead to permanent brain damage. Drowning is the number one cause of death in children under 5 in the United States.

If you have young children, you must NEVER leave them alone near a pool or in the care of an older child. It only takes a brief lapse in supervision to lead to tragedy. Although most communities require only an automatic pool cover for safety

purposes, you should also include a fence around the pool that has self-closing gates that is at least four feet high. If your kids are visiting a friend's pool, make sure the adults understand your kids are not to be left alone near the water. While swim lessons are advisable, they do not decrease the risk of drowning in kids under four. Flotation devices and swim lessons are NOT a substitute for adult supervision.

You should keep rescue equipment near your pool including a life preserver and shepherd's hook. Have a cell phone or portable phone by the pool so you don't have to go inside and leave kids unattended. Know CPR and consider taking a lifesaving class if you own a pool.

When boating, skiing or tubing, always wear a personal flotation device (life jacket) approved by the U.S. Coast Guard. Alcohol and boating can be a lethal combination - half of all drownings are caused by boating accidents involving alcohol. If you must rescue someone in the water, don't become a victim yourself. Remember the saying, "reach, throw, row, go." Try to first reach the person with an object. If you can't, throw something to them or maneuver a boat to them. Finally, as an absolute last resort, enter the water to try and reach them.

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

What To Know About The Future Of Cancer Treatment

(StatePoint) For many patients, initial cancer treatments are not enough, and residual cancer cells that survive these treatments can cause relapse. But new research is seeking to harness the immune system to target residual disease, thereby helping patients avoid relapses and live longer.

"Using a novel mechanism of action that directly targets the cancerous cells, we are hoping to enhance the ability of NK cells – that is natural killer cells – to eliminate residual disease," says RJ Tesi, MD, CEO of INmune Bio Inc., (NASDAQ: INMB), a clinical stage immuno-oncology company. "NK cells are part of our innate immune system and are essential for survival. In addition to directly killing infected cells and cancer cells, NK cells facilitate crosstalk between the innate and adaptive immune system."

As Dr. Tesi goes on to explain, NK cells play a critical role in killing cancer cells that remain after such treatments as surgery, radiation, and chemotherapy. While modern cancer therapies

can effectively eliminate most cancer in a patient, to eliminate all cancer cells, the patient's immune system needs to do its part and kill the residual disease. When cancer cells evade NK cells by making themselves effectively invisible, the immune system can't identify them and therefore can't kill them. This failure of the immune system to eliminate residual disease is the cause of cancer relapse.

INKmune, INmune Bio Inc.'s lead product, activates resting NK cells into a primed state to kill cancer. Currently in clinical trials, this therapy is already showing promising results. INKmune-primed NK cells have demonstrated an ability to kill several types of cancer cells. To learn more, visit inmunebio.com.

"Chemotherapy and radiotherapy reduce the tumor burden, but are not always curative alone," says Dr. Tesi. "To eradicate the disease and turn cancer relapsers into survivors, we also need an effective immune response to control residual cancer cells left behind after primary treatment."

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Photos courtesy of Getty Images

Selecting a Health Care Provider

Resources to guide your selection

FAMILY FEATURES

Getting health care for yourself or a loved one is a big responsibility, especially if you're just getting started with Medicare or have changes in your life, such as a new diagnosis of a condition or disease. It can be overwhelming if you need services like nursing home care, have to find a new doctor or get home health care.

Using online tools like "Find Care Providers" on Medicare.gov can make it easier to make comparisons and help choose doctors, hospitals, nursing homes and more for you or the person you are helping provide care to. Consider these benefits of using the comparison tools to narrow your options.

A Resource for Research

The website provides a simple search and compare experience that allows you to find providers near you. Simply put in a ZIP code and the type of provider to receive a list of providers, their contact information and a map of locations. The information even includes "star ratings" and services provided. The tool can be used to find all sorts of providers, including doctors, hospitals, home health care agencies, skilled nursing facilities, rehabilitation providers, hospice and dialysis facilities.

For example, two sisters needed to find a nursing home that was right for their father. This proved to be a difficult, emotional decision. They didn't know what nursing homes were in the area where he lives, so they entered his ZIP code and searched for nursing homes. They then received a list of each one in his area, complete with ratings as well as staffing data and inspection reports.

Using a laptop, desktop, tablet or mobile device, you can see how patients rate their care experiences at the hospitals in your area and find home health agencies that offer the services you might need, like nursing care, physical therapy and occupational therapy.

Contact information for local inpatient rehabilitation facilities or long-term care hospitals is available, as well as hospice quality care ratings and specific care details, such as which dialysis facilities offer home dialysis training.

Finding Health Care Services

Many factors influence who you trust with your health care. In some cases, family, caregivers or friends may offer referrals to a doctor or medical

facility based on their own experiences, and that can be a helpful guide.

Whether you have referrals or are starting from scratch, you can compare health care providers near you using the Medicare.gov tool, pinpointing which category of services you need, whether it's doctors and clinicians, hospitals, hospice and home health agencies, dialysis facilities, inpatient rehabilitation centers or nursing homes.

In addition to searching by your location using your address or a combination of city, state or ZIP code, you can search by provider type and keyword to generate a list of providers that could fit your needs.

Finding a Doctor Who Fits

When you're looking for a new doctor and not sure where to start, the tool makes it quick and easy to find and compare doctors in your area. You can find contact information, practice locations, specialty and hospital affiliation as well as hospital ratings.

Selecting the "compare" button allows you to compare up to three different health care providers at once. When you're ready to schedule a visit with a new provider, be sure to take time during your scheduling call to verify general information, like the office location, whether the office is accepting new patients with Medicare and whether you need a referral to be treated.

Comparing Nursing Homes

Whether you're planning ahead or need to make an unexpected decision, there's a lot to think about when choosing the right nursing home for you or someone else. Many family members and caregivers prioritize location so they're able to check in and visit frequently, but there are many other important factors you may want to consider, too.

The comparison tool at Medicare.gov provides filtering options that allow you to personalize your results by sifting through the criteria that matter most to you, such as inspection results, number of beds, staffing data and more.

You'll be able to check out the nursing home's overall "star ratings." The information can serve as a guide of a provider's track record to help assist you with finding a home that best suits the person's needs.

Visit Medicare.gov/care-compare to access the tool and find health care providers and services in your area that fit your needs.

Paid for by the U.S. Department of Health & Human Services.



Caregiver Guide

Making decisions as a caregiver can be challenging but taking advantage of available resources can help you feel more confident in your choices.

For example, Medicare.gov allows you to find information about health care providers, hospitals, nursing homes, hospice, home health agencies, dialysis facilities, inpatient rehab and long-term care hospitals near you. The website also provides quality ratings, so you can see the provider or facility's history of service, among other details that help you make the most informed decision on behalf of the person you're helping.

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Time To Meet This Wonderful Gal, Phebe



KAREN ZACH
Around The County

Decided it was time for a lady and was just perusing my database when I discovered that this gal was one of 18 children (can you imagine) so thinking she'd make a great topic for the ATC article this week, off I went on the quest! A few of her brothers and sisters (Mary, Derrick, Warren, Benjamin, and Tom LaBaw) passed young. Derrick died on the first day of the battle of Stone River, in Tennessee on the last day of the year in 1862. Right afterward, Ben died in Bowling Green, Kentucky 4 Jan 1863 of lung fever. Others lived long lives, her half brother, Alonzo being 90 and others in their 70s and such.

So, meet Phebe Jane LaBaw, named for her mother which was good since Phebe was the third and last daughter born to her mother, Phebe Crane LaBaw before Phebe Crane passed away (after two more

boys, dying not long after giving birth to Elijah) 24 April 1852 having just turned 40. Benjamin Butler LaBaw her father remarried Elizabeth Ann Smith just a few months after Phebe's death. She must have passed away as he married again in 1862, then died five years thereafter.

Benjamin Butler farmed in Shawnee Township but several of his children lived in Montgomery County, Phebe Jane herself buried in Waynetown Masonic. He also had property in Warren County that he left to his last wife and her son, Elmer, as well as the household goods mentioned as hers at their marriage. His home farm in Fountain was given to Thomas A's children as he preceded his father. To: Phebe Jane, John, Elijah, Alonzo, Elizabeth Ellen and Melissa Alice received his library, household goods and the like. Loved that son Lewis had planted 13 acres of wheat and he "should have those profits." Horses his son John could select, as well as the milch (milk) cows, heifers, hogs and chickens that Ben had on the place. Ben did not wish a sale of anything he had owned. He gave Sarah \$500 and the same to Jonathan, and although the will is badly smudged looks like Lewis also received 160 acres of land in Vermilion, Illinois. Also, Ben desired anything else to be "divided between all my chil-

dren." (Fountain County Will found on Ancestry). His son Simon was guardian for (Phebe) Jane, John, Eliza, Alonzo, Ellen and Alice and he was also one of the executors.

Born June 5, 1848 in Fountain County Phebe fell in love and married Daniel Burton Zeigler September 14 in 1867. He may have been in the Civil War (perfect age born 25 Feb 1840) but only one with a name similar I found was one born, lived and died in Ohio; oddly, his wife was Phebe but started her widow's pension three years before our Dan died, so don't feel confident with that! Sadly, Dan passed away on Christmas morning in 1883. Phoebe never remarried, raising their four young children on her own and outliving Dan going on 41 years. He had several brothers and sisters and the family arrived in Fountain County in April 1829. Believe Phebe mainly lived on the old Zeigler homestead for much of the years but spent a year in Kansas likely at her son's. Yet, much of her time was just a mile or so from where she was born.

A definite soldier was on the Tappan line. Momma Phebe's parents were Jonathan Crane and Keziah Tappan, whose grandfather was James Tappan (mother Nancy Dunham). The family was proud (several in DAR as well as SAR) that James Tappan (1750-1809)

born and died in Woodbridge, NJ served as a Pvt under Jacob TenEyck in Colonel Frederick Frelinghuysen's 1st regiment of the Somerset County, NJ Militia, a true Patriot.

Phebe and Dan had a son, Daniel Burton, Jr., who married a local girl, Elmdale-born Mattie Perlin Utterback (20 August 1883). Their married life began here in Indiana, but they lived several other places until finally landing in Pratt, Kansas. They too had four children: Robert Earnest, Cecil Edwin, Erma

Pauline and John Lawrence (her obit). At age 12, Mattie joined the Elmdale Methodist Church, remaining in that denomination until her death at the young age of slightly over 40 and a half years. Dan and Mattie neither were joiners of clubs, much preferring to be at home where they enjoyed working and building the character of their children. 1924 would have to have been a rough year for Dan, losing his mother in January and wife in April. Buried together in Greenlawn Cemetery at Pratt.

Another of the Zeigler children was Sarah who was eight in the 1880 census, thus born about 1872, but I found nothing on her after that and Ancestry sent me all over the place for the oldest (son, Harley born about 1868) but it was the wrong Harley Zeigler. Only thing I know for sure about him

is that in 1924 when his mother passed away he was in Evansville.

The other one, Cora stayed here in Montgomery County. In 1920 just four years before Phebe passed, she lived with Cora and her husband, James Rivers. They were parents of Ruth and Raymond (at least) who had such a sad ending, having been on his tractor on his farm near Pittsboro (May 1967) when his clothes caught on fire and he died from the burns the next day. Three others were born to Phebe: Clara who married Charles Moore and passed away fairly young December 11, 1915 and Robert and Mary both died of diphtheria in October of 1877 he age seven; she just three.

At Phebe's death there were 17 grandchildren and two greats. A member of Snyder's Chapel United Brethren Church, her last words, "Everything is all right now!" Her obit noted that she was "a woman of untiring industry, strict business integrity and one whose social and moral life was above reproach!" Sounds like one wonderful gal to me!

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@sbcbglobal.net.

A Visit Back In Time To The Cox Cafe



BUTCH DALE
Columnist

It seems that in today's world the vast majority of dining establishments are large corporate franchises, none of which are located in small towns. But in the good old days, just about every little town had at least one family owned restaurant. My hometown of Darlington had a restaurant on Main street from the 1920s up until the early 1990s, and the most popular one was the Cox Cafe, which was started up by Cecil "Singer" Cox and his brother Kenneth Cox in 1930. It was certainly one of the busiest and most interesting business establishments in town. Four people who kept this cafe even more exciting were the four daughters of Cecil and Mabel Cox...Marta Cox Jeffries, Judy Cox Marquez, Jane Cox Stewart, and Margaret Cox Wray. As teenagers these girls could always find a way to liven things up!

The Cox Cafe was located in the Chambers Hotel building in the center of town. To attract visitors during the Great Depression years, prices were kept low. Hot dog and hamburgers sandwiches were 5 cents, while ham, pork, and tenderloin sandwiches were 10 cents, as were french fries. A dinner meal, with meat, potatoes, a vegetable, side dish, and drink was 35 cents... or you could order a T-bone steak with french fries, salad,

and a drink for the same price. A piece of homemade pie and fountain drinks were also 5 cents each.

The largest crowds were usually on Saturday nights when there were band concerts on Main street and the Sunshine theater had a feature movie playing. The downtown was packed with townspeople and country folks. The Cox Cafe was so busy serving their regular Saturday night customers that they had a hard time keeping up. The restaurant was also busy on holidays, especially Decoration (Memorial) Day when many people who had moved away came back to visit with their friends and pay respect to those who had passed. Another busy time was during the summer when a carnival set up on Main street for three days of entertainment. During mornings and afternoons, many people would also stop in for a fountain drink or cup of coffee...or purchase candy or tobacco products...and catch up on the latest happenings, and yes...gossip, around town. And the Cox girls just might play a trick or some shenanigan on an unsuspecting customer!

When Kenneth took the job of postmaster, Keith "Skeeter" Cox became a partner and helped out until WWII started. Another brother, Alex Cox, who was a teacher and coach, also helped out. According to Marta, after basketball games, the Darlington coach brought his team to the cafe, and the ball players were allotted a certain amount of money to spend. It seemed they all wanted a milkshake with their sandwich...and that ONE milkshake machine was going nonstop! When Alex coached at Linden, he would also bring his team in for an aftergame treat. It was so crowded that you could barely walk through the cafe...hectic...but fun! Marta also mentioned that there was a jukebox playing, and a

large table in the rear was often converted to a ping pong table!

Well, the Cox family finally gave up the business in 1951, and Clarence and Bertha Greatbach bought the cafe. Their daughter Josephine also ran it for a few years, until it was purchased by Raymon Brown, the Darlington 6th grade teacher, and his wife Grace. There were others who owned the restaurant through the years, such as Kate Newby, Billie Hall, and even two of my aunts, Dora Cohee and Ruth Wells. The work hours were long, and the profits were few, especially as fast food restaurants like McDonalds, Burger Chef, Satellite, and Just-Rite appeared on the scene. When Darlington High School closed in 1971, no more ball teams showed up after the games. And when Darlington grade and middle School closed for good in 1988, that not only doomed the restaurant business, it also doomed almost every other business in town. The cafe, the drug store, the barber shop, the furniture store, the dry goods store, the pool room, the beauty shop, the grocery, and many others...all gone now.

My wife and I eat out just about every weekend in Crawfordsville or Lafayette. The food is always good, and the waitresses are friendly, but I always think about those days when I was a youngster...the people, the camaraderie, the fun times...I had when I visited the restaurant in Darlington. The Cox Cafe and those who came after them...will always be a special memory for me and other Darlington folks. I'll bet many of you also miss your hometown cafe!

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.

I Shouldn't Have Eaten That



RANDALL FRANKS
Southern Style Columns

Do you realize that each of us spend a large portion of our lives either eating, preparing something to eat, going to get something to eat, or thinking about eating.

When you consider the amount of time we dedicate to this practice, you would think we would each be an aficionado on the consumption of food.

We should know what to eat that makes us feel good and what to eat that doesn't.

Sometimes however, we can easily make a few mistakes along the way.

You might decide you going to take in a meal at an all-you-can-eat restaurant.

Next thing you know, you are doing just that.

Eating all the meat, vegetables, deserts that your plate after plate will hold.

You are so full when you are finished you have to loosen your belt in hopes your pants won't pop a button.

On another occasion you are preparing a meal at home, you fill your plate, reach into the fridge and add something that might have been there a little too long for comfort.

You smell it, its OK, so you add it to the dish, only to find the rest of the evening and night, your body is making

you regret they decision that your brain justified earlier.

You have a craving for ice cream. So, off you go to the ice cream shop for a sundae or banana split only to be reminded shortly after consumption that you occasionally suffer from lactose intolerance.

I have always enjoyed my share of deserts - cakes, pies, and brownies, divinity fudge. Peanut butter squares were a holiday treat I could never miss. But wait, I have an allergy to peanuts. But they are so good.

Do you enjoy a good steak? I sure do, but I like mine well done. I like to eat it with a little steak sauce.

You know I can't think of any good reason that I shouldn't eat it. Wait a minute, I promised myself I would eat vegetables.... Well I guess I can put ketchup on it. That's a tomato. Oh no, I just remembered tomatoes are a fruit.

Anyway, I will eat more vegetables tomorrow - potatoes, corn and maybe some craw fish. Oh well, I am allergic to those critters too.

I guess I will find something to eat someday. I'll just keep thinkin' on it until I find something that might satisfy me. I should be a true connoisseur by then.

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

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Slate Of Hate Has It All Wrong Here . . .



TIM TIMMONS
Two Cents

How do you argue with . . . silly . . . illogical . . . nuts? Our world is upside down and I don't know anyone who knows how to get it back.

Case in point: A library allows sexually explicit books of – at best – questionable value and gets ripped for not putting them in the children's section.

In. The. Children's. Section. I couldn't make this crap up if I wanted to – and I sure

don't want to.

Things that used to be common sense are now up for debate. For example.

The governor just signed a new law that – are you ready for this – tells teachers that they may not teach kids in kindergarten through third grade anything about gender roles and sexual orientation.

Kindergarten through third grade!

Kindergarten! Through! Third! Grade!

Isn't it sad we had to have a law to tell us that?

But wait, that's not all.

Another law was passed that stops medical folks from knowingly providing gender transition procedures to a teenager less than 18 years of age; and aiding or abetting another physician or practitioner in the provision of gender transition procedures to a minor.

And folks lost their minds.

The American Civil Liberties Union filed suit. Fans of

the LGBTQ movement called the bill – and others – the slate of hate.

Hang on.

If you are a parent, do you think you should have some say about, oh, I don't know . . . EVERYTHING your child does until they reach 18 years of age? If that's what you believe, then according to some folks, that makes you a bad parent.

Really?

I thought if you didn't have control over your kid until they reach 18 that you were indeed a bad parent . . . and legally irresponsible. Does this mean you should just ignore your 17-year-old during what might be the toughest time of their life? Does this mean you should hand over your kid to a doctor, a school, a friend or whoever just because they have questions / curiosities about sex.

Really? At 17, who among us didn't have trepidations

about sex?

Yet a whole lot of us – from the mainstream media to some in the schools to well-meaning but clearly misguided people – are screaming from the rooftops that we're discriminating against the alternative lifestyle community.

Books are being banned! Lines are being drawn!

Liars and fakers and fears, oh my!

You can't go to the Internet without seeing some story decrying the fact that Indiana will lose untold amounts of money because of our – what did they call it, oh yeah, our slate of hate.

Poppycock.

If a librarian allowed sexually explicit books in the children's section, you would read here that the librarian ought to be fired. Immediately.

This is about protecting children – yet the upside

down world we live in would have you believe this is about

persecution of the LGBTQ community. I will tell you this – most responsible people in that community aren't advocating for sex ed of any kind being taught to small children. It's only the lunatics who have the common sense of a garden hose who are trying to flip the world on its ear.

Not too long ago I wrote a piece on this and said we must stand up and protect the children. I got a lot of hate mail and got called a bunch of not-so-friendly names. That's OK, goes with the territory. What doesn't go is this insanity. Thank you to librarians, teachers, legislators and everyone who are finally standing up and saying enough is enough.

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

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Ask Rusty – Should Octogenarians Tell Social Security They Married?

Dear Rusty: We were married two years ago at age 78 and 81. Do we need to do anything with Social Security? Signed: *Blissfully Happy*

Dear Blissfully Happy: Congratulations on your fairly recent marriage and, yes, there are some things you should do. Specifically, you should contact Social Security to inform them of your marriage, see whether any additional benefits are available, and to make any changes needed to your contact information. Here are some things to consider:

- If a name change has occurred for one of you, that person should contact Social Security to report the change. A copy of your marriage certificate (and other ID) will be required, and a new

Social Security card will be issued.

- If a change of address has also occurred for one or both of you, that must be reported. It's important that Social Security has the correct mailing address, email, and contact phone number for every beneficiary.

- If there are any other changes to the contact information on file with the Social Security Administration for either of you (e.g., your banking information), the affected person should inform Social Security of the changes needed.

- Social Security will evaluate whether any benefit increase is available as a result of your marriage, which may be the case if one of you is entitled to a "spousal boost" (an additional amount from



ASK RUSTY
Social Security Advisor

the other now that you're married). A spousal boost may be available if one has a monthly Social Security payment which is more than twice the other's benefit. Social Security can answer that question for you when you call.

You can contact either your local Social Security office (find the number at www.ssa.gov/locator) or

Social Security Matters

by AMAC Certified Social Security Advisor

Russell Gloor

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

call the national number at 1.800.772.1213 and tell them you need to inform them of your marriage and update your contact information. If you have (or if you create) an online "my Social Security" account at www.ssa.gov/myaccount, you can initiate changes to your contact information online, but you will need to call Social Security di-

rectly via phone to record your marriage and see if any changes to monthly benefits are available. All of this can likely be done without requiring a visit to your local SS office.

It is very important that Social Security be made aware of your new marital status and to ensure that they have the correct contact information for both of

you. Even if the contact information is unchanged for one of you, the other should contact Social Security as described above to update their contact information and to determine if any changes to monthly benefits are appropriate as a result of your marriage. Doing so now will avoid future issues and will make sure you are both getting the correct monthly Social Security payments as a married couple. And if one of you is entitled to a higher spousal amount, you should ask for the increase to be applied retroactively (SS will pay up to 6 months retroactively). I suggest you call Social Security as soon as possible to inform them of your marriage and make any necessary changes to your contact information.

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, straw-

berry, pumpkin, sugar cream, and rhubarb...all made from scratch, were loaded with it. And I can never remember a time when 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. Grandma 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.

Mother's Day And Your Time



GLENN MOLLETTE
Guest Columnist

You may have lost your mother early in life or never really knew your mother. My two sons were only 17 and 20 when their mother passed at the age of 49 from multiple sclerosis. Mother's Day is a tough day for them and many others around the world. This day may be very difficult for you.

My mother has also passed on but I remember her as one of the hardest working persons I've ever known. On Sunday and often during the week she loved getting dressed up and going to church. One of the greatest enjoyments of her life was singing in a gospel quartet with my dad and another lovely couple.

Eula Hinkle Mollette was just the best mom ever. Yes, I'm prejudiced of course.

Mom helped me with my homework. She

washed and ironed my clothes. She put breakfast on the table for me every morning. She had something for me to eat every day when I came home from school. She read to me when I was a child and took care of me when I was sick. During the summer we would carry water from our nearby creek to wash clothes. Typically, we caught rain water in large tubs to wash our clothes but summer months often brought dry weather. We had lunch together every day during the summer break. Usually, it was a homemade sandwich and sometimes a candy bar from Grandpa Hinkle's grocery store. I once wanted root beer and she said, "You won't like it." I debated that I would but I didn't. I was stuck with the root beer. She never hesitated to set me straight with a peach tree limb across my back side.

If she were alive today, I would try to make up for all the things I didn't do or didn't consider doing. I always had good intentions for all the things I might try to do for mom and dad but they slipped from this life before I had the opportunity.

Missed opportunities happen often to most of

us. We have good intentions but often we don't have the ability to act on those intentions. I'm envious of those who are able to do a lot for their moms and dads and wish that I could have done more.

However, so often what we can do are the simplest things that mean so much. Today, I don't want my family to do anything for me but call me or visit me occasionally. A hug and some shared times are the most meaningful to me. Some good quality time is actually the best gift we can give to mom, dad or anyone.

Our time is fleeting for us all. To be generous with a visit, conversation and sharing of life is probably the most precious gift we can give.

Mother's Day is here. Set aside your best gift – your time.

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

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The Bud Light Hangover

By Dr. Richard D. Kocur

Anheuser-Busch InBev is the world's largest beer company with over 400 global brands. Among these brands is one of America's leading light beers, Bud Light, known for its sophomoric, fun, and outlandish advertising characters like Spuds McKenzie and the Dilly-Dilly knights.

Recently, the beer's executives decided that the best way to communicate the attributes of the product to their target audience of mostly young, blue-collar males was to promote a sponsorship with transgender influencer and activist Dylan Mulvaney. As a result, the Bud Light brand and its parent company Anheuser-Busch are suffering from a hangover that would stop a team of Clydesdales. By disregarding their target consumer and following the well-worn path of woke corporate social activism, the Bud Light brand is experiencing the consequences of placing activist priorities ahead of sound business decisions.

Since the Dylan Mulvaney sponsorship, Anheuser-Busch has lost approximately \$5 billion in market capitalization. In the week ending April 22, the Bud Light brand was down 21% versus the prior year, according to Nielsen IQ. This is on top of a decline of 17% in the previous week.

The question is why did Bud Light management think that an endorsement partnership with a transgender influencer was a good idea? It certainly did not align with those individuals who typically buy Bud Light. Did they not anticipate the polarized public reaction? Have they not seen the business consequences faced by compa-

nies who promoted causes that have nothing to do with the purpose of their business? The root cause of the Bud Light controversy is the cardinal sin of marketing, placing one's own priorities and beliefs over a consideration for the target consumer.

The typical Bud Light consumer would be more likely to attend an NFL game than a Broadway show; more likely to listen to country music than classical; more likely to have attended community college than an Ivy League institution; and more likely to drive a pick-up than an Audi. Bud Light's pricing strategy and advertising tone were well-aligned to this target audience until the brand prioritized social activism and underestimated its consumers.

Alissa Heinerscheid, Bud Light's vice president, is the executive charged with managing the beer's business strategy. She was educated at Harvard and the Wharton School of Business. It is unlikely that the professors and classmates she encountered at either institution were in the Bud Light target audience. In charting the Bud Light brand's direction, Heinerscheid said, "It's like, we need to evolve and elevate this incredibly iconic brand.... It means inclusivity. It means shifting the tone. It means having a campaign that's truly inclusive and feels lighter and brighter and different and appeals to women and to men."

In other words, I know better; never mind what our consumers think or who they are; they just don't know any better yet.

This is not to say that to understand one's consumer audience one needs to be the consumer. This author has several years of business experience

in marketing a product designed to help people stop smoking yet was never a smoker. Regardless of personal beliefs about those who smoke or what might motivate them to quit, business decisions were made based on what the consumer thought.

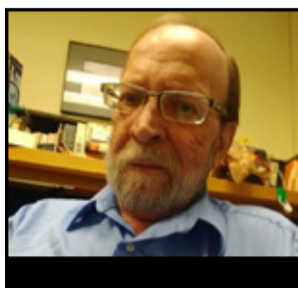
A lack of attention to the attitudes and beliefs of a consumer can set a brand back. Remember New Coke? An outright disregard for the consumer to advance a social, and possibly personal, agenda leads to the type of situation in which Bud Light finds itself.

The beer brand could have learned from the actions of Disney. Disney leapt into social activism with an identical disregard for their target audience of parents and young children with the company's stance on Florida's Parental Rights Bill. The company is still dealing with the fallout of that decision more than a year later.

Business exists to serve its consumers, not to lecture them. Bud Light committed one of the cardinal sins of marketing, failing to keep its consumer at the heart of business decisions. Instead, those leading the beer brand made a business decision based on the arrogance of knowing what was best for their target audience. Making a prideful decision that seeks to impose social values and beliefs on a consumer has lasting consequences. It is likely that Bud Light will be experiencing the hangover of that decision for years to come.

Dr. Richard D. Kocur is an assistant professor of business at Grove City College. He specializes in marketing and business strategy and has over 25 years of experience in the healthcare industry.

Citizen 0; Chicken Police 1



LEO MORRIS
Guest Columnist

I intended to write something pithy about the just-concluded General Assembly session, since it was full of portentous news: a whopping \$44 billion budget; new public health initiatives; an enormous expansion of school choice; last-minute, eye-popping raises for the governor and other top elected state officials; a deep dive into the morass of contentious social issues.

But then the commentary started rolling in, and it seems a consensus of sorts has been reached. The legislature did some good things, but just didn't spend enough money on some things, never mind that this budget was about 16 percent higher than the last one. And, of course, the Republican supermajority catered to its intolerant conservative base by bringing up social issues no one cares about, never mind that the Democrats would have happily introduced legislation from the other side of the culture war had they been in the majority.

No way I could out-ponder all that thoughtful insight, so I was at a loss.

Until I found a story about a minor issue in a small Indiana town, the kind of thing nobody else will be writing about. I will have the wisdom-

from-on-high field all to myself on this one.

A poor schlub in Whiteland - Sawn Butler by name - has been raising chickens in his yard for a year. This violates two provisions of the town code, one that considers a small poultry flock a "nuisance" if it is 200 feet or less from another residence, and one that limits households to three pets (sorry, crazy cat people, you are not welcomed in Whiteland).

Wanting to stay on the right side with officials, Butler asked the Whiteland Town Council to change the law, and three of its five members said they would be in favor. But then they decided to duck the issue - I hesitate to say they chickened out.

They referred the matter to the plan commission, whose members said they weren't in favor and sent it back to council with a "no" recommendation. They said they weren't necessarily opposed to changing the rules in the future but didn't want to now because of the message it might send to scofflaws like Butler.

"Plan commission members worried allowing chickens now would set a precedent that anyone in town can break the rules, and then come to the town council to ask for codes to be changed so they won't be cited," reported the Franklin Daily Journal.

Poor Shawn Butler had run afoul of a version ex-post-facto (after-the-fact) law. In its usual iteration, officials make something illegal that used to be legal and try to punish people who did the something when it was legal. In this version, Butler wanted something illegal made le-

gal and to be forgiven for doing the something when it was illegal.

Which authorities are quite reluctant to do. They might happily try to retroactively make us criminals, but they do not like to give us a break on our past sins.

Except, of course, when they do,

Butler's problem was going it alone instead of getting a bunch of friends to break the law with him.

If you, for example, dodge the draft and flee to Canada, then you can never come home, unless thousands do it, in which case all is forgiven. If you are a foreign national who enters this country without permission, that is illegal, unless millions do it, in which case amnesty will be granted. If a state allows its citizens to smoke marijuana, that is a violation of federal law, unless multiple states do it, in which case the violation will simply be ignored.

There are many other examples of this "safety in numbers" principle, but you get the point. "The law" is flexible, and those who enact and enforce it try always not to be too far ahead of or behind the people the law is supposed to govern.

If I keep that in mind, perhaps I will discover my hidden depths of profundity before the next legislative session.

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.

The Biden Administration Wages A "Concentrated Regulatory And Legislative Assault On The Oil And Gas Industry," Says Tim Stewart

By John Grimaldi

Tim Stewart, president of the U.S. Oil and Gas Association, says it wasn't long ago that America had "global dominance" of the world's energy economy. As he explained it in an interview with Rebecca Weber, CEO of the Association of Mature American Citizens, on her Better For America podcast, up until January 2021, when Joe Biden became president, "the United States was the producer to which OPEC and the other oil and gas producers in the world responded ... now we're walking around, shaking a tin cup [and asking] the Saudis to please give us a little bit more oil."

America's expertise, when it comes to energy production, has been undermined. The administration has replaced professionals "who have oil and gas experience in their portfolios with think-tank activists. And that's why you see this headlong rush into an unproven energy policy which will ultimately cost everybody a lot more money." Stewart pointed out that the Biden administration wasted no time in canceling the Keystone XL pipeline and suspending leases. "And now they're coming down into our personal lives and saying, you can do this and you can't do that. And it's a frightening direction in which we're going right now."

He went on to explain

that the administration has triggered an invasive war that would outlaw fossil fuels such as natural gas. For example, San Francisco is bent on phasing out natural gas furnaces starting in 2027. "We don't have the infrastructure in place and it won't be in place for a long, long time," Stewart noted. He said that despite the fact that the powers that be seek to portray fossil fuel as the enemy, "the reality is natural gas is probably the best bridge fuel you'll ever get if you want to completely decarbonize."

Stewart pointed out, the "Ninth Circuit Court recently overturned Berkeley, California's ban on gas stove infrastructure. They said you can't do that. You don't have the authority to do that. Which is encouraging to me because, if you can win in Berkeley, in the Ninth Circuit, which is the most notoriously liberal court there is, we can win across the country.

Another liberal state, New York State, has also recently passed a statewide ban on natural gas and Stewart suggested that his association will get involved there as well. In fact, he said his Oil and Gas Association has established what he called, a 'Hands Off My Stove Initiative' as an option for people who don't work for our industry, but who want to figure out how to do something. We're gathering people from all across

the country to help local groups fight these local initiatives. We'll team people up with them to keep the communists out of our kitchens.

"I have never in my 30 years seen a more concentrated regulatory and legislative assault on the oil and gas industry like we have seen in the last 18 months. The Biden administration, I think, really is to blame. There is significant overreach right up front. And in doing so, they bought this issue of energy poverty and they put it on their own shoulders. That is the biggest issue and we've been pushing back on them over and over and over again. If I'm a senior living on a fixed income, there are some things I can't control. Nor can I control the price of energy, and that is something that I have to have. And the administration has been very slow and frankly unresponsive and uncaring in terms of what their policies are actually creating. We're being squeezed by a regulatory regime, which is frightening."

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.

By Mark Franke

Every spring I have the opportunity to serve as a judge in the American Legion's national oratorical contest. This contest began in 1938 to encourage knowledge of the Constitution among high school students. Contestants are sponsored by local American Legion posts and compete at ascending levels beginning with the district, zone and state levels. State winners compete at the national level. More than \$200,000 in scholarships are awarded each year across the levels.

The students present a ten-minute oration on a constitutional topic of their choice. Then they are given a topic randomly drawn from a pre-announced list and five minutes to prepare their next speech. Their score for the two speeches is based on their knowledge of the topic, the rhetorical structure of the speech and its persuasiveness, and their presentation style.

Every year I learn something new about the Constitution or at least am reminded of something I have forgotten. This year it was the principle of selective incorporation. I am not ashamed to admit that I had to do some online research afterwards to gain understanding of the doctrine and its application.

The principle originates in the Fourteenth Amendment. This amendment is one of three adopted at the conclusion of the Civil War to abolish slavery and protect newly freed citizens but there is a lot more in this amendment such as due process and equal protection language. It specifically protects property rights and applies individual constitutional rights to the states. Or mostly applies them.

Selective incorporation is a court-developed doctrine that applies single amendments or even portions of an amendment on a case-by-case basis. For us laymen this is a difficult concept

to understand yet there is clear court precedent for it, beginning in 1937. If you are keeping score at home, this is how things stand with the first eight amendments in the Bill of Rights: Four amendments are fully incorporated at the state level, two are partially incorporated and two are not at all.

Make sense? At least the First Amendment, the most important one to my way of thinking, is fully incorporated and the law of the land for the states. In contrast, the Third Amendment prohibiting the quartering of troops in private homes without the owner's permission is not incorporated, perhaps because it has never been an issue requiring court review. Partially incorporated is the Eighth's prohibition of cruel and unusual punishment but not's protection against excessive fines.

There is another side to this constitutional coin: interposition. Its layman's definition is the authority of a state or local governing entity to refuse a federal law or ruling. Nullification is the extreme application of it.

Interposition has not fared well in our history but it has been used. The Virginia and Kentucky resolutions of 1798 stated that the federal Alien and Sedition Acts would not pertain there. More recently, several cities declared they were "sanctuary cities" and refused to assist in enforcement of federal immigration policies and related police actions.

Constitutional scholars can debate the theoretical aspects of this; my focus is on the practical and the question of its usefulness as a tool to get our nation out of its political gridlock. Can either or both be used to return the nation to the federalist principles underlying the Constitution?

Would it help or harm our union if more issues were left to local or state option?

Canada offers a possible

model for this. Its Charter of Rights and Freedoms, adopted in 1982 with its new constitution, includes a "notwithstanding" clause that allows provinces to temporarily suspend federal legislation.

This is not without controversy, however. The Province of Quebec invoked the notwithstanding clause to refuse implementation of Bill 21, which prevents public employees from wearing religious symbols at work. Canadians are divided on this; the majority believe the notwithstanding clause damages national unity. Quebec, the province which has invoked the notwithstanding clause most often, is a cultural, linguistic and religious outlier in Canada so perhaps that provides some insight.

Is full unity the goal of a democratic republic? Is unity more important than the exercise of individual liberty? Can it lead to a tyranny of the majority as current cultural czars impose uniformity even at the cost of religious freedom as in Quebec?

I am a classical liberal with moderate libertarian sympathies so you can guess how I answer the questions above.

And the American Legion's national contest winner? I didn't hear her speech but learned she is from Indianapolis and plans to attend Patrick Henry College in Virginia, an ironic choice given that Henry opposed adoption of the Constitution. His opposition contributed to the promise of a Bill of Rights, subsequently drafted by James Madison.

Or maybe her choice of college is not so ironic. Patrick Henry was one inspiring public speaker.

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

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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

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