

# SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

## Living Local 2023 Farmers' Market



Photos courtesy of Kelsey Curran

Support local at the 2023 Farmers' Market in beautiful historic downtown Crawfordsville! On the right is Market Manager Lisa Lynch. If you are a vendor and interested in renting a stall, the application can be downloaded on their website or you can contact Lisa at [mrs\\_lynch@live.com](mailto:mrs_lynch@live.com) or (765) 350-0686. Make sure to follow the Crawfordsville Farmers' Market on Facebook and Instagram to see pictures and updates!



Tammy Williams - Elderberry Everything



Jamie Smith - Fall Creek Farm



Stacie Cook (left) and Annie Clark (right) - Mea Sculpa



Taylor Ratcliff (left) and Abigail Grissom (right) - The Lowe Farm



Christy and Michael Demoret - Turning Leaves Farm



Lee Douma - Leaning Locust

➔ See FARMERS' Page A2

### ➔ TODAY'S QUOTE

"When your friends begin to flatter you on how young you look, it's a sure sign you're getting old."  
Mark Twain

### ➔ TODAY'S JOKE

A horse walks into a bar and the bartender nods and says "Hey."  
The horse says "Sure."

### ➔ TODAY'S VERSE

Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

### ➔ TODAY'S HEALTH TIP

Are you having trouble remembering things? Perhaps you're not getting enough sleep. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at [www.thepaper24-7.com](http://www.thepaper24-7.com).



### ➔ HONEST HOOSIER

A week away from the Greatest Spectacle in Racing - which is not to be confused with the race I make several times a night from the bed to the bathroom.



## FARMERS' From Page A1



Mary Moore - Made by Mary Moore



Melissa Young - Three Shepard's

Photos courtesy of Kelsey Curran



Jazzmine Navarre - The Navarre Homestead



Darlene Dusek - Walnut Fork Crafts



Jennifer Forney - Forney Acres



Sharon Young - Thyme 4 All Seasons



Michelle Cleek - MFM My Friend Michelle



Lee Mitchell - Mitchell's Produce

HONEST HOOSIER



The Mississinewa River is a great float!

# Indiana

# Facts & Fun



## 27 Grant

### Number % Stumpers

1. How many people in the county do not live in Marion?  $\geq$
2. How old is Grant County?  $\leq$
3. What percentage of the county land is taken up by Marion?  $\geq$
4. What is the population density of the county?  $\leq$

Answers: 1. About 40,113 People 2. 188 Years 3. Around 168 / sq mi 4. 3.8%

## Did You Know?

- Grant County was founded in 1831 and named after Samuel and Moses Grant.
- Marion, the county seat, has a population of 29,948 residents and is 15.66 square miles.
- The Mississinewa River flows through parts of the county.
- Marion is home to Indiana Wesleyan University, the largest evangelical Christian University in the Midwest.
- The county is 414.9 square miles and has a population of 70,061 residents.

## Got Words?

Indiana Wesleyan University plays a critical role in the county and attracts people from all over the world. How do you think colleges, specifically those with a religious affiliation, impact the community they reside in?

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## Word Scrambler

Unscramble the words below!

1. GECLOLE
2. SMSNWAESIIS RVIER
3. NIARMO
4. AGNVLIECLEA
5. NGRTA TYNCUO

Answers: 1. College 2. Mississinewa River 3. Marion 4. Evangelical 5. Grant County

# Indiana Facts & Fun Is Presented This Week By: Newspapers In Education

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# SUNDAY

## Indiana the Strong

Sunday, May 21, 2023

B1

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Photo courtesy of Purdue Agricultural Communications photo

The Purdue-led Integrated Midwest Partnerships for Actionable Climate Tools and Training (IMPACT2) project will explore how farmers might diversify their crop production as a hedge against projected lower corn yields in the wake of climate change.

## Purdue-Led USDA Project Aims To Double Impact Of Climate-Smart Corn Belt Agriculture



Purdue University is leading a \$1.5 million partnership with the U.S. Department of Agriculture's Midwest Climate Hub to help a highly diverse group of farmers and landowners in Indiana, Illinois and Iowa learn what practices will help them elude the worst effects of climate change.

The project, titled Integrated Midwest Partnerships for Actionable Climate Tools and Training (IMPACT2), is funded by the USDA's National Institute of Food and Agriculture. Purdue's partners in the project are Iowa State University, the University of Illinois Urbana-Champaign and the University of Nebraska-Lincoln.

IMPACT2 will complement the Purdue-led, USDA-funded \$10 million Diverse Corn Belt Project, which was launched in 2021. That project explores how diversifying crop production will make farms and farmers in the Midwest more resilient to the impacts of climate change and other challenges facing farming.

"Projections show that corn won't do as well in a changing climate," said IMPACT2 co-leader Linda Prokopy, professor and head of the Department of Horticulture and Landscape Architecture in Purdue's College of Agriculture. "It

doesn't yield as well as temperatures increase."

The changing climate also will bring more extreme weather. Midwest agriculture thus faces near- and long-term issues, said IMPACT2 co-leader Dennis Today, who directs USDA's Midwest Climate Hub. Adapting to the currently changing climate is the near-term issue.

"Agriculture can adapt, but we want to help adapt even more quickly to the changing conditions," Today said.

The long-term issue is to figure out how to limit further problems.

"We call that the mitigation part," he said. "Agriculture has an ability to sequester greenhouse gases to make itself further resilient to coming climate changes. How then do we prepare for, help mitigate and reduce some of the potential longer-term issues?"

A major project goal is addressing these issues by reaching and serving a widely diverse audience across the Corn Belt.

"Historically, the USDA and others working in agriculture have focused their efforts on conventional row-crop farmers, but there are numerous types of farmers out there that we need to work with, including urban farmers and small-scale horticultural farmers," Prokopy said.

These diverse audiences include long-time and beginning farmers who operate large or small farms devoted to corn, soybeans or vegetables.

"We're going to make sure that our materials work for the full gamut of farmers out there," Today said. "Even people who aren't farming but who are thinking, 'Maybe I can acquire

some land. What should I grow? How should I farm it?' We're trying to get to people early so as they're entering agriculture, they're doing the right things."

The IMPACT2 team will offer some scenario-based activities to these diverse stakeholders in Indiana, Illinois and Iowa to help them envision a different future.

"What does that look like? And what support from Extension do they need? What type of information do they need to help answer questions that those scenarios bring up?" Prokopy said.

The team aims to reach at least 2,000 stakeholders via an online portal and deliver training to 500 or more farmer producers and landowners.

Many of the Impact2 team worked together on the Useful to Usable (U2U) project from 2012 to 2018. The group includes a mix of social scientists, climatologists and experts from other fields.

"In the U2U project we developed decision-support tools for corn farmers to help them adapt to climate change," Prokopy said. As the team introduced the tools in public meetings, they also gathered data from the users about their likes and dislikes.

"That project was so successful, the tools are still being used," she said.

The Iowa State project co-leader, rural sociologist J. Arbuckle, conducts an annual survey of Iowa farmers.

"A lot of what motivates farmers is not economic in nature," Prokopy said. "Farmers are very much motivated by their values, by social norms, by culture. Without bringing

in social scientists, it's hard to understand those influences, which makes it hard to figure out how to communicate effectively."

University of Nebraska-Lincoln's IMPACT2 co-leaders Deb Bathke and Tonya Haigh and their colleagues at UNL's National Drought Mitigation Center have developed scenarios that help people prepare for climate extremes such as drought.

"We'll modify their drought scenarios looking more broadly at climate-change impacts," Prokopy said. "Precipitation is expected to increase in the Midwest, but timing and amounts are likely to change, which could lead to more regular spring planting delays and drier mid-summer issues."

Co-leading the project for University of Illinois Urbana-Champaign are Trent Ford, the Illinois state climatologist, and Duane Friend, state master naturalist and climate change specialist at Illinois Extension.

And bringing additional expertise are Purdue co-leaders Beth Hall, Indiana state climatologist; Melissa Widhalm and Austin Pearson of the Midwest Regional Climate Center; and Aaron Thompson, associate professor of horticulture and landscape architecture. Project co-leaders from Purdue Extension are conservation agronomist Hans Schmitz and beginning farmers coordinator Amy Thompson.

"Amy's role will be helping us connect to the more diverse farmers that are harder for us to access," Prokopy said. "She has a lot of connections, experience and trust with that community. We're hoping to build on that."

## Drivers Reminded To Buckle Up During Click It Or Ticket Campaign



The Indiana Criminal Justice Institute (ICJI) is urging people to buckle up ahead of the summer holidays.

Starting May 22, state and local law enforcement agencies are teaming together to increase patrols as part of the national "Click it or Ticket" high-visibility enforcement event. The overtime patrols are funded by the National Highway Traffic Safety Administration (NHTSA) with grants administered by ICJI.

Officers will be out in full force leading up to the Memorial Day holiday to make sure drivers and passengers are buckled up and children are properly secured. Their goal is to reduce the number of traffic injuries and fatalities from lack of seat belt use.

Data from the Indiana Criminal Justice Institute (ICJI) shows that unbuckled motorists make up almost 40% of all passenger vehicle deaths in the state. Since the "Click It or Ticket" initiative began more than 20 years ago, seat belt use has gone up over 30% in Indiana to 93%, which remains higher than the national average of 91.6%.

Despite making progress and advances in vehicle safety, in 2022, 236 unbuckled vehicle occupants lost their lives on Indiana roads – the third highest in the past decade. Young drivers, especially males, were the most likely to speed and the least likely to be buckled during a crash.

Nationally, there were 11,813 unbuckled vehicle occupants killed in crashes.

"These numbers are not just statistics, they represent real people and families that have been forever changed by the tragedy of a traffic crash," said Devon McDonald, ICJI Executive Director. "Many of the people we lost would still be alive today had they made the decision to buckle up. Seat belts make a difference. They save lives."

Research has repeatedly demonstrated the safety benefits of seat belts and the dangerous

consequences when people choose not to use them. Buckling up can reduce the risk of injury or death in a crash by up to 65%. Without a seat belt fastened, people can be ejected from a vehicle and killed, and that risk increases if the driver is speeding or impaired.

Tragically, vehicle collisions continue to be a leading cause of death for children ages 1 to 13, and NHTSA data shows that approximately 46% of all car seats are being used incorrectly. Parents and caregivers who do not buckle up are more likely to have kids who are improperly restrained.

"The loss of a child due to inadequate vehicle safety measures is a tragedy. However, it is also preventable," said Jim Bryan, ICJI Traffic Safety Director. "We owe it to our children to prioritize their safety and take every necessary precaution when it comes to their well-being."

Indiana law requires the driver and all passengers to buckle up. Children under age eight must be properly restrained in a child car seat or booster seat according to the child restraint system manufacturer's instructions.

During the campaign, participating law enforcement agencies will be taking a no-excuses approach to seat belt law enforcement, writing citations day and night. Drivers can be cited for lack of seat belt use, as well as for each unbuckled passenger under the age of 16.

The NHTSA reports that in 2021, 57% of passenger vehicle occupants killed at night (6 p.m. - 5:59 a.m.) were not wearing a seatbelt. That's why one focus of the campaign is nighttime enforcement.

"It doesn't matter what time of day it is, what type of vehicle you're driving or the type of road you're driving on, the best way to stay safe in case of a vehicle crash is to wear your seat belt," said McDonald.

Parents and caregivers are encouraged to make sure children are in the right car seat and that it's used correctly and properly installed. Resources can be found at [www.nhtsa.gov/TheRightSeat](http://www.nhtsa.gov/TheRightSeat). To schedule an appointment with a certified car seat safety technician at one of Indiana's 100 fitting stations, visit [on.in.gov/SafeKids](http://on.in.gov/SafeKids).

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B2

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## Indiana Museum Named The 64th Best Thing To Do In The USA

Travel Lemming, an online guide with 10 million readers, ranks Children's Museum of Indianapolis #64 on its summer list of 150 best things to do in the USA. The annual project highlights hidden gems and emphasizes human-curated recommendations over AI chatbots.

Denver (May 16, 2023) - Children's Museum of Indianapolis ranks #64 among the 150 best things to do in the United States this summer by Travel Lemming. The annual list aims to help Americans discover unique and diverse attractions around the country and in their own backyards.

Children's Museum of Indianapolis is the single Indiana attraction to make the list of 150 top things to do, alongside diverse attractions including a Bavarian Village in Washington and a 1,214-acre tiger sanctuary in Colorado.

The article touts the Children's Museum of Indianapolis as a place where, "Life-size dinosaur models literally burst out of the building, a preview to what you're about to see." It notes

that the museum is the world's largest children's museum and also overviews space exploration, Egyptian history, American pop culture, and more.

Travel Lemming writer Nilani Thiyagarajah further explains her nomination of the museum, "I never get tired of visiting the Children's Museum of Indianapolis—there's always something new to learn! You are sure to find an exhibit or activity here that can captivate you for hours."

The top ten entries on Travel Lemming's list are:

- The Wild Animal Sanctuary (Keenesburg, Colorado) - an open air sanctuary home to rescued animals, including 39 tigers once owned by Tiger King's Joe Exotic and 9 lions airlifted from Ukraine.
- Leavenworth (Washington) - a Bavarian-themed town offering a taste of Germany in the Cascade Mountains.
- Valley of Fire State Park (Nevada) - a 46,000 acre crimson oasis of desert outcroppings, petroglyphs, and petrified forests.
- Pilsen (Chicago, Il-

linois) - a culturally-rich Latino neighborhood featuring vibrant art, music, and mouthwatering food.

- Luray Caverns (Virginia) - a 400 million-year-old network of caverns, home to the biggest musical instrument in the world.

- Sensorio (Paso Robles, California) - a whimsical lightshow installation featuring 100,000 stemmed spheres.

- New Jersey Lottery Festival of Ballooning (Readington, New Jersey) - a festival featuring 100 colorful hot air balloons from July 28-30.

- Brewery Hopping (Asheville, North Carolina) - an everyday activity available in America's "Beer City."

- Dead Horse Point State Park (Utah) - an overlooked state park featuring 16.6 miles of singletrack mountain biking trails.

- Olympia (Washington) - an underrated state capital home to a vibrant artistic community and nearby natural attractions.

The full list of 150 best things to do can be found at: <https://travelling.com/best-things-to-do-in-usa-2023/>.

Each year, Travel Lemming's team of two dozen writers and editors handpicks the list, with the goal of highlighting the USA's many hidden gems.

Abigail Bliss, Editor at Travel Lemming commented: "Many believe that international travel is key to experiencing different cuisines, art, history, and ways of life. But each region of the US emanates a unique culture and is rich in new experiences—which are often more economical and easily accessible."

"These activities are based on expert travelers' first-hand human experiences. AI-generated suggestions can't replace the authentic advice of locals who have eaten at these restaurants, felt the energy of these festivals, and seen America's magnificence."

Travel Lemming is an online travel guide with more than 10 million annual readers. It publishes guides written by local and expert travelers who have first-hand experience in destinations across the United States and the world.

## Registration Now Open For Upcoming Purdue Small Farm Education Field Day



Visit the Purdue Student Farm and connect with other small farmers to learn about topics like drip irrigation, organic pesticide options, high tunnel production, raised garden beds and post-harvest food safety. The Small Farm Education Field Day, presented by the Purdue Student Farm and the Department of Horticulture and Landscape Architecture, will be Thursday, July 27, from 9 a.m. to 1:30 p.m.

Topics will include:

- High tunnel table grape production
- High tunnel pepper production and variety selection
- Growing grains on the small farm - dry edible bean variety trial
- Predator-prey dynamics in high tunnel crop

production

- Biorational pesticide efficacy for controlling caterpillars and flea beetles in crucifer crop production

- Black soldier fly composting and two-spotted spider mites on cucumbers

- Raised garden beds for vegetable production

- Postharvest food safety demonstration

- Silage tarps and their potential uses on small farms

- Choosing fertilizer injectors for drip irrigation for small plots

The Purdue Student Farm is located at 1491 Cherry Lane, West Lafayette. Registration for the event is \$25. Purdue students can register for free by requesting a discount code from Lori Jolly-Brown (ljollybr@purdue.edu).

The EMT Food Truck will be on-site for attendees to purchase lunch and snacks. The Kona Ice truck will be on-site with one free Kona ice cup for each attendee compliments of Purdue Extension and Purdue Horticulture and Landscape Architecture.

## Purdue University Fire Department Recognizes Local Lafayette Business

The Purdue University Fire Department (PUFD) presented Jerry O'Bryan, owner of Nine Irish Brothers, with a personalized helmet May 4 for his support of the Shop with a Firefighter event throughout the years.

In 2010, O'Bryan worked with a friend, who was assistant chief at the time, to set up fundraising efforts at his restaurant to help kick off the inaugural shopping event.

"The fundraising event we hold at our restaurant in West Lafayette continues to be successful year after year," O'Bryan said. "We set up signs so our customers know and understand the cause. It always occurs around the holidays, so people really tend to celebrate the spirit of giving."

Each year, the fire department partners with Big Brothers Big Sisters of Greater Lafayette for the shopping event. The department also partners with the Purdue softball team for help with shopping. Eligible children and their families join a firefighter and a player to shop at Meijer in West Lafayette and select clothes, toys and other



Photo courtesy of Administrative Operations Communications

**Adam Bordner (right), firefighter and paramedic with the Purdue University Fire Department, presented Jerry O'Bryan, owner of Nine Irish Brothers, with a personalized helmet May 4 for his support of the Shop with a Firefighter event.**

items they may need or want but cannot otherwise afford.

"We are fortunate enough to help around 25-30 children each year," said Adam Bordner, firefighter and paramedic. "That's largely in part due to Jerry's generosity and his willingness to support this

program. It's definitely become a tradition within the department, and we plan to continue it for the foreseeable future."

The Nine Irish Brothers fundraiser usually takes place in November, with the shopping event in December.

PUFD is part of the Administrative Opera-

tions organization. Administrative Operations supports the university through safe, reliable and transformative services. Giving back to the local community with the annual Shop with a Firefighter event is just one way the organization continues to power Purdue.

## Indiana Chamber Seeks Community Of The Year Nominations



The award will be presented at the Indiana Chamber's 34th Annual Awards Dinner - the state's largest yearly gathering of business leaders and elected

officials. The event will be presented in partnership with Anthem Blue Cross and Blue Shield on November 14 in downtown Indianapolis. The winning community will be announced in late summer or early fall.

Communities selected for the honor receive a pre-event press conference, recognition and a video tribute at the Indiana Chamber dinner and are featured in a cover story for BizVoice®, Indiana's leading statewide business magazine.

Cities can apply at [www.indianachamber.com/community](http://www.indianachamber.com/community). All entries must be received by June 2.

The previous five Indiana Chamber Community of the Year recipients are Columbus, Greater Lafayette, Fort Wayne, Plymouth and Jasper.

Attention mayors and local officials: It's your time to tout all the great things happening in your areas. Right now, the Indiana Chamber of Commerce is accepting nominations for the 2023 NextEra Energy Resources Community of the Year Award.

This annual honor goes to a deserving Hoosier community for significant contributions to its local business climate and overall image during the past year.

"It will be exciting to once again honor a community that's taking charge in promoting prosperity and enhancing the quality of life of its residents," says Indiana Chamber President and CEO Kevin Brinegar. "I'm always amazed to see the different strategies used, many of which can be replicated by others."

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# SUNDAY

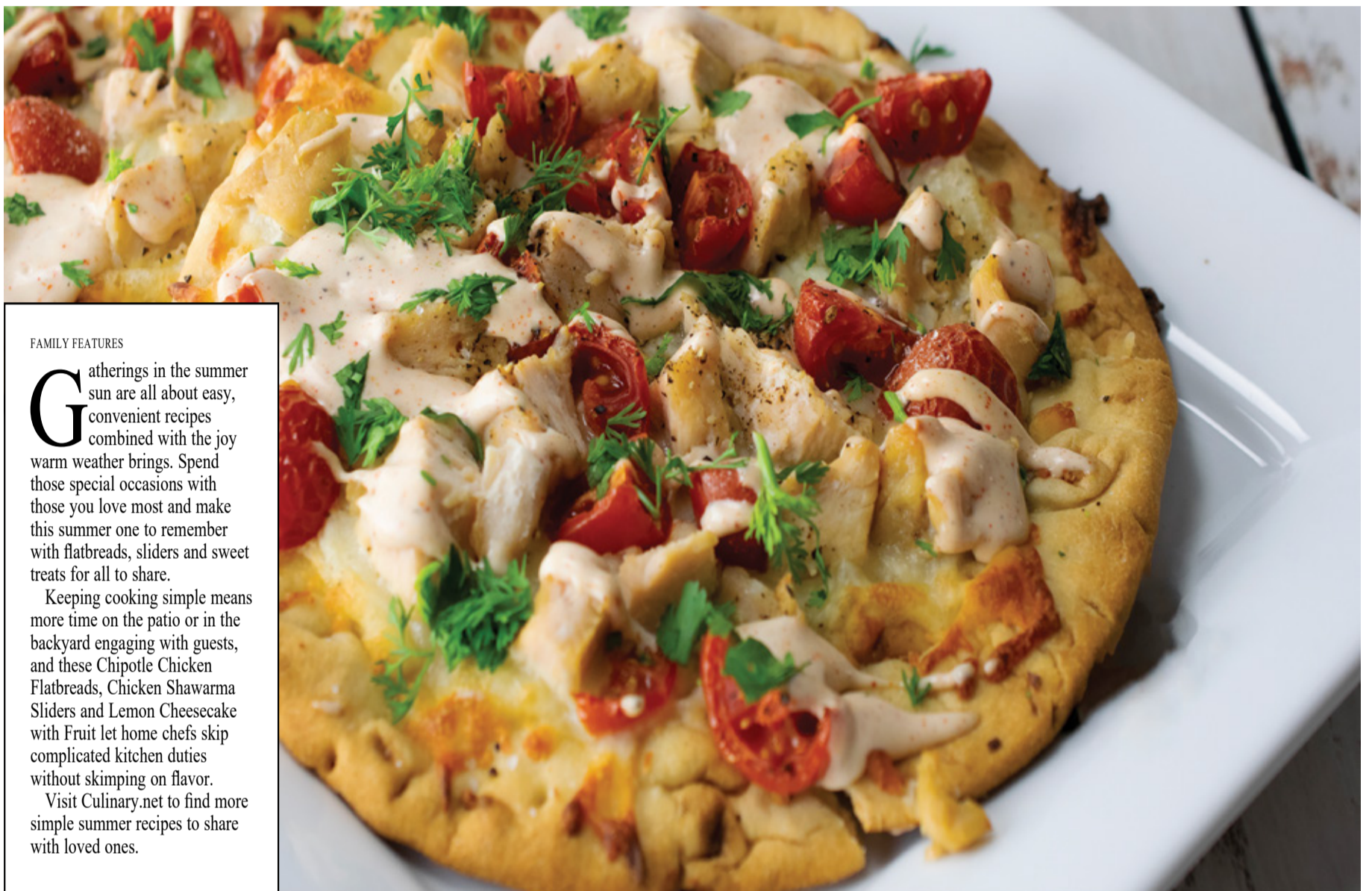
## In The Kitchen

Sunday, May 21, 2023

C1

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

# Fresh Summer Flavors Fit for the Patio



Chipotle Chicken Flatbreads

#### FAMILY FEATURES

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

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

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

### Summery Flatbreads for Family and Friends

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

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

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

#### Chipotle Chicken Flatbreads

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

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

Preheat oven to 375 F.

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

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.



Chicken Shawarma Sliders

### Shareable Sliders for a Nutritious Summer Meal

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

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

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

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

#### Chicken Shawarma Sliders

Recipe courtesy of eMeals Registered Dietitian Rachel West

Prep time: 25 minutes

Cook time: 10 minutes

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

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

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

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

Serve chicken on buns with hummus, lettuce and onion.



Lemon Cheesecake with Fruit

### Unforgettable Fruity Flavor

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

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

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

#### Lemon Cheesecake with Fruit

Servings: 6-8

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

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

Preheat oven to 350 F.

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

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

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

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

# SUNDAY

## In The Kitchen

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

## 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](http://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!

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The Paper  
OF MONTGOMERY COUNTY

# SUNDAY

## In The Kitchen

Sunday, May 21, 2023

C3

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



Greek-Style Flank Steak with Tangy Yogurt Sauce

Photos courtesy of Getty Images

## Prioritize Heart Health with a Balanced Eating Plan

### FAMILY FEATURES

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

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

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

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

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

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

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

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

Prep time: 25 minutes

Cook time: 25 minutes

Servings: 4

#### Marinade:

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

#### Yogurt Sauce:

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

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

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

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

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

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

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

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

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

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

Prep time: 20 minutes

Cook time: 15 minutes

Servings: 4

#### Salmon:

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

#### Vegetables:

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

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

Preheat oven to 350 F.

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

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

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

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

Serve one piece of salmon with 1 cup vegetables.



Teriyaki-Glazed Salmon with Stir-Fried Vegetables



Baked Pork Chops with Apple Cranberry Sauce

### Baked Pork Chops with Apple Cranberry Sauce

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

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

#### Pork Chops:

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

#### Sauce:

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

Preheat oven to 350 F.

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

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

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

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

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

Peel orange and cut into eight sections.

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



# SUNDAY

## In The Kitchen

Sunday, May 21, 2023

C4

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

## Savor Spring Flavor with Fresh Seafood Recipes

### FAMILY FEATURES

**F**resh, flavorful ingredients take springtime meals to another level, and it's hard to top seafood as a seasonal favorite. Skip the wait at restaurants and instead create your own savory seafood dishes by taking advantage of easy-to-make recipes.

While takeout may be an easy option, the satisfaction of enjoying a delicious, home-cooked meal like Shrimp Pad Thai with Jasmine Rice can make you feel like you're enjoying a restaurant-quality dinner. Next time you're craving Asian cuisine, swap out traditional rice noodles for this version with Jasmine rice as an aromatic, quick-cooking solution for your own spin on a classic.

Take the guesswork out of cooking rice with an option like Success Boil-In-Bag Rice, which offers a heat safe, BPA-free and FDA-approved solution for fluffy, flavorful rice that cooks up perfectly. The high-quality grains are quick, easy, mess-free and ready in 10 minutes, so you can enjoy hassle-free dishes such as Successful Crab and Rice Cakes.

These crispy crab cakes come together easily and are served with a zesty, homemade aioli that tastes just like you're on the coast. If you're new to making crab cakes, it's simpler than it may seem – just cook rice beforehand so it can cool then mix in beaten eggs, seafood and seasonings. Refrigerating and resting the mixture helps it hold together before frying to a mouthwatering golden brown for a delicious appetizer, snack or side dish.

Visit [SuccessRice.com](http://SuccessRice.com) to find more springtime meal ideas.

### Successful Crab and Rice Cakes

Prep time: 20 minutes

Cook time: 20 minutes

Servings: 4

#### Crab Cakes:

- 1 bag Success Brown Rice
- 2 eggs
- 1 pound lump crabmeat
- 2 tablespoons seafood seasoning
- 2 tablespoons olive oil

#### Aioli:

- 1/3 cup mayonnaise
- 1 teaspoon minced garlic
- 1 lemon, zest and juice only
- lemon wedges (optional)

To make crab cakes: Prepare rice according to package directions. Allow to cool.

In medium bowl, beat eggs lightly. Stir in rice, crabmeat and seafood seasoning; mix well. Refrigerate 5 minutes. Shape mixture into eight patties.

In large, nonstick skillet over medium heat, heat oil. Working in batches, carefully place patties in skillet. Cook 5 minutes on each side, or until golden brown. Transfer to paper towel-lined plate.

To make aioli: Stir together mayonnaise, garlic, lemon zest and lemon juice.

Serve aioli with crab cakes and garnish with lemon wedges, if desired.



Shrimp Pad Thai with Jasmine Rice



Successful Crab and Rice Cakes

### Shrimp Pad Thai with Jasmine Rice

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Jasmine Rice
- 3 tablespoons light brown sugar
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 2 tablespoons soy sauce
- 1 tablespoon chili garlic sauce
- 2 tablespoons canola oil, divided
- 1 egg, lightly beaten
- 1 pound medium shrimp, peeled and deveined
- 1 tablespoon minced garlic
- 3 green onions, thinly sliced
- 1 cup bean sprouts
- 1/4 cup fresh cilantro leaves, chopped

- 2 tablespoons dry roasted peanuts, chopped
- 4 lime wedges

Prepare rice according to package directions. Set aside.

In small bowl, combine brown sugar, fish sauce, lime juice, soy sauce and chili garlic sauce. Set aside.

In large wok or skillet over high heat, heat 1/2 tablespoon oil. Quickly scramble egg. Remove from pan and reserve.

Add remaining oil to wok over high heat. Add shrimp and garlic; stir-fry 5 minutes, or until shrimp are cooked. Add reserved sauce and rice; stir-fry 2 minutes. Add green onions and reserved egg; toss to combine.

Divide pad Thai between four bowls. Top each with bean sprouts, cilantro and peanuts. Serve with lime wedges.

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# SUNDAY

## In The Home

Sunday, May 21, 2023

D1

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## Keep Plants Thriving Despite The Heat Of The Summer



**MELINDA MYERS**  
Columnist

Last year's record-high temperatures across much of the country took a toll on gardens and landscapes. Once again, above-normal summer temperatures are in the forecast for many regions of the country. Adjusting how you manage your gardens and landscape can help plants thrive as temperatures rise.

Water plants thoroughly to promote deep drought-tolerant roots that help boost the plants' pest resistance. Wait until the top few inches of soil are crumbly and moist before watering most plants. Newly planted perennials, trees, and shrubs need more attention and water than drought-tolerant plants or established ones with more robust root systems that are better able to absorb more moisture. During extended dry periods, even drought-tolerant and established plants may need supplemental water.

Water early in the day to reduce water lost to evaporation. Avoid late evening watering that leaves foliage wet at night, increasing the risk of disease.

Apply water directly to the soil above the plant roots using soaker hoses or drip irrigation whenever possible. Water is applied where needed



Photo courtesy of MelindaMyers.com

**Provide heat-stressed plants in containers relief by moving them into the shade during heat waves.**

and the slow, steady flow of water is better able to infiltrate the soil and moisten the roots with less runoff.

Check soil moisture daily in container gardens and several times a week for raised beds. Both dry out more quickly than in-ground gardens and need to be watered more often. Save time and water by incorporating Wild Valley Farms' wool pellets into the growing mixes. This sustainable product is made from wool waste. University research found it reduced watering by up to 25% and increased air space in the soil, promoting healthy plant growth.

Further conserve water by spreading a two- to three-inch layer of shredded leaves, evergreen needles, or shredded bark mulch over the

soil in garden beds and around trees and shrubs. Mulching conserves moisture, keeps roots cooler and moist, and suppresses weeds. As the organic mulch decomposes, it adds nutrients and organic matter to the soil. Just pull the mulch away from tree trunks, shrub stems, and the crowns of other plants to avoid rot.

Include plants that are more tolerant of the weather conditions in your area. Those that tolerate both heat and cold extremes will thrive with less care once established.

Incorporate organic matter like compost into the soil. It helps the soil accept and retain water so you will need to water less often. It also adds nutrients to the soil so over time you will need to fertilize less often.

Use a low-nitrogen, slow-release fertilizer if your garden plants need a nutrient boost. These types of fertilizers release small amounts of nutrients over an extended period. The low level of nitrogen reduces the risk of damaging heat-stressed plants.

Remove weeds from garden beds and borders as soon as they appear. These "plants out of place" steal water and nutrients from your desirable garden plants. Plus, many harbor insects and diseases that are harmful to your garden plants.

Provide stressed plants with a bit of shade from the hot afternoon sun. Container gardens can be moved to a more suitable spot during heat waves. Add a bit of temporary shade to garden plants that are struggling to survive in the blazing hot sun. A strategically placed chair, lattice, or umbrella may be all that is needed. As temperatures drop, you can move plants back in place and remove the temporary shade.

Your garden will greatly benefit from these changes to your summer garden care.

*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 radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Wild Valley Farms for her expertise to write this article. Myers' website is www.MelindaMyers.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.



Photo courtesy of Verde 'Perennial Power'

## Attract Backyard Birds With The Right Seeds

(Family Features) While almost all bird seed may look pretty much the same to you, it doesn't to the birds you're feeding. Knowing what kinds of seeds different birds like can help you attract a variety of fine feathered friends to your feeders.

Consider these popular seed types and the common backyard birds they attract:

**Sunflower** - Black sunflower seeds attract blue jays, goldfinches, woodpeckers, purple finches, chickadees, titmice and nuthatches. Striped sunflower seeds appeal to chickadees, doves, grosbeaks, northern cardinals, nuthatches, titmice and woodpeckers. Sunflower hearts (also known as "hulled sunflower" and "sunflower chips") attract chickadees, common redpolls, juncos, doves, finches, goldfinches, grosbeaks, nuthatches, pine siskins, titmice and woodpeckers.

**Nyjer** - These lightweight, tiny seeds are a favorite of goldfinches. Put nyjer seeds in a hanging feeder with tiny holes so the small seeds won't get blown away. Nyjer also attracts redpolls, juncos, doves,



Photo courtesy of Unsplash

indigo bunting and pine siskin.

**Safflower** - These white seeds are slightly smaller than black sunflower seeds. Because they are bitter, grackles, blue jays, starlings - and squirrels - don't like them. However, they do attract doves, purple finches, chickadees, titmice and downy woodpeckers.

**White millet** - Good for scattering on the ground, white millet

attracts ground feeders such as juncos, sparrows, indigo buntings, towhees and mourning doves.

**Cracked corn** - Popular with ground feeders, cracked corn appeals to doves, crows, jays, sparrows, juncos and towhees. Avoid getting finely cracked corn as it's vulnerable to rot and can quickly turn to mush.

When choosing a bird seed mix, pay attention to the ingredients list on

the package. Bird seed is required by law to list ingredients in order of content. Some cheaper mixes have filler seeds such as wheat, red milo, red millet or "assorted grain products." Most backyard birds won't eat those, and your seed mix could end up wasted on the ground.

Learn more about making your backyard an oasis for birds of all kinds at eLivingtoday.com.

## Campanula: So Many Flowers!

Campanula is an easy-going plant that flowers profusely with cheerful bell flowers. It's a must-have for your garden! Here is another advantage: Campanula is a perennial, so you will be able to enjoy a sea of flowers year after year.

**Blue flowers**

If you love having blue flowers in your garden, Campanula is the perfect plant for you. This perennial comes in gorgeous shades of blue: from light blue and soft lilac to an intense blue-purple. There are also beautiful white and soft-pink varieties. Choose your favorite color, or combine different colors for a fresh, summery style.

From ground cover to tall upright plant

Campanula can be used in different areas in your garden. Tall varieties will look great in your border. Low-growing (creeping) varieties, such as blue Campanula poscharskyana, are suitable as ground cover. You could plant them at the front of the border, in a façade garden and around trees, for exam-

ple. You can also grow them in pots or to cover a wall. The latter produces a delightful effect: when the plant starts to bloom, a blue sea of flowers will cascade over the edge.

Flowers for bees

Campanula is also known as bellflower. The name refers to the flower shape. The flower size varies considerably: from small dainty bells to large sturdy ones. Bees and bumblebees absolutely love these bellflowers. A real feast for the eyes!

Tips & facts!

Campanula likes a sunny spot, but partial shade is also an option. The more sun, the more flowers!

If you have planted the bell flowers in pots, make sure to water them regularly.

You can also pick some flowers to put in a vase in the summertime. Combine Campanula with other summer picking flowers, such as yarrow (Achillea) and purple coneflower (Echinacea).

Visit www.perennial-power.eu for more information about perennials.



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# SUNDAY

## In The Home

Sunday, May 21, 2023

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## Building Your Dream Home Anytime, Anywhere



Photo courtesy of Laury Glenn and Paragon Building Group

## 5 TIPS TO CREATE A COMFORTABLE FOREVER HOME

### FAMILY FEATURES

For most homebuyers, their dream homes are not something they're likely to find already on the market. With a unique vision of your dream home's look, location and features, building a custom home is generally the easiest way to make that dream a reality.

To keep things moving as smoothly as possible amid what can be a complicated process, consider these tips as you embark on the journey.

#### Set a Realistic Budget

You'll need to start by determining how much you can spend on your house. Typically, the cost of building a home is around \$100-\$200 per square foot, according to research from HomeAdvisor. You'll also need to account for the lot price as well as design fees, taxes, permits, materials and labor. Materials and labor should make up about 75% of the total amount spent, but it's wise to build in a buffer for price changes and overages. While building your budget, consider what items and features are "must-haves" and things that should only be included if your budget allows.



Matt Blashaw

#### Identify the Perfect Location

Think about where you'd like to live and research comparable lots and properties in those areas, which can give you a better idea of costs. Because the features of many dream homes require a wider footprint, you may need to build outside of city limits, which can make natural gas more difficult to access. Consider propane instead, which can do everything natural gas can and go where natural gas cannot or where it is cost prohibitive to run a natural gas line. Propane also reduces dependence on the electrical grid, and a propane standby generator can safeguard your family if there is a power outage.

"As a real estate agent and builder, I have the pleasure of helping families select their dream homes," said Matt Blashaw, residential contractor, licensed real estate agent and host of HGTV's "Build it Forward." "The homes we design and build are frequently in propane country, or off the natural gas grid. Propane makes it possible to build an affordable and comfortable, high-performing indoor living spaces and dynamic outdoor entertaining areas."

#### Keep Universal Design Principles in Mind

Many homebuyers want to ensure their space is accessible to family members and guests both now and for decades to come. As the housing market slows and mortgage rates rise, buyers may look to incorporate features that allow them to age in place. Incorporating principles of universal design – the ability of a space to be understood, accessed and used by people regardless of their age or ability – can make it possible to still enjoy your home even if mobility, vision or other challenges arise as you age.

For example, the entryway could have a ramp or sloped concrete walkway leading to a front door wide enough to accommodate a wheelchair with a barrier-free threshold. Inside, wider hallways and doorways, strategic lighting and appliances installed at lower heights are mainstays of universal design. Counters of varying heights, drop-down cabinet racks and roll-under sinks in kitchens and zero-entry showers, slip-resistant flooring and grab bars in bathrooms offer enhanced accessibility.

#### Consider Alternative Energy Sources

With today's electric grid, more than two-thirds of the energy is wasted; it never reaches homes. Unlike electricity, propane is stored in a large tank either above or below ground on the property. A 500-gallon tank can hold enough propane to meet the annual energy needs of an average single-family home – enough to power major systems in a home.

Propane pairs well with other energy sources, including grid electricity and on-site solar, which makes it a viable option for dual-energy homes. Like natural gas, propane can power major appliances such as your furnace, water heater, clothes dryer, fireplace, range and standby generator. Often, propane works more efficiently with fewer greenhouse gas emissions than electricity, meaning your home is cleaner for the environment.

Propane can even power a whole-home standby generator, which is often a big selling point. When a homeowner purchases a standby generator, a licensed electrician installs the unit outside the home and wires it to the home's circuit breaker. When a power outage occurs, the generator automatically senses the disruption of service and starts the generator's engine, which then delivers power to the home. From the warm, comfortable heat of a propane furnace to the peace of mind offered by a propane standby generator, many homeowners trust propane to provide a safe, efficient, whole-home energy solution.

#### Build a Team of Experts

Hiring the right people can make the process of turning your dream into reality go much smoother. Start by researching reputable builders, paying special attention to the types of homes they build to find a style that matches what you're looking for as well as price ranges for past homes they've built. Consider how long the builders have been in business and if they're licensed and insured.

Depending on your builder's capabilities, you may also need to hire an architect or designer. In addition to your real estate agent to assist with purchasing the lot and selling your previous home, you may need assistance from other professionals, such as a real estate attorney, landscape architect and propane supplier. A local propane supplier can work with the builder to install a properly sized propane storage tank either above or below ground and connect appliances.

Find more ideas for building your dream home at Propane.com.



Photo courtesy of Laury Glenn and Paragon Building Group

## Propane-Powered Appliances

You may be surprised to learn propane can power major appliances, which can increase the value of a home because of their high performance, efficiency and reduced dependence on the electrical grid.

#### Furnace

A propane-powered furnace has a 50% longer lifespan than an electric heat pump, reducing its overall lifetime costs. Propane-powered residential furnaces also emit up to 50% fewer greenhouse gas emissions than electric furnaces and 12% fewer greenhouse gas emissions than furnaces running on oil-based fuels.

#### Boiler

Propane boilers have an expected lifespan of up to 30 years, but many can last longer if serviced and maintained properly. High-efficiency propane boilers offer performance, space savings and versatility as well as a significant reduction in carbon dioxide emissions compared to those fueled by heating oil.

#### Standby Generator

Propane standby generators supply supplemental electricity in as little as 10 seconds after an outage. Plus, propane doesn't degrade over time, unlike diesel or gasoline, making it an ideal standby power fuel.

#### Clothes Dryer

Propane-powered clothes dryers generate up to 42% fewer greenhouse gas emissions compared to electric dryers. They also dry clothes faster, which can reduce energy use and cost.

#### Range

With up to 15% fewer greenhouse gas emissions compared to electric ranges, propane-powered ranges also allow for greater control of heat levels. Plus, their instant flame turnoff capabilities help them cool faster.

#### Tankless Water Heater

Propane tankless water heaters have the lowest annual cost of ownership in mixed and cold United States climates when compared with electric water heaters, heat pump water heaters and oil-fueled water heaters. They also only heat water when it is needed, reducing standby losses that come with storage tank water heaters.

# SUNDAY Business Notes and NEWS DAY

Sunday, May 21, 2023

F1

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## Optimism Prevails Among Minority Business Owners, Survey Shows

(StatePoint) Even as minority business owners face new economic challenges, including supply chain disruptions and inflation, results from PNC's recent Economic Outlook survey show an impressive resiliency and positive mindset among these business leaders, according to Marshalynd Odneal, national sales executive for Minority Business at PNC Bank.

According to PNC's survey, more than two-thirds (68%) of minority business owners feel highly optimistic about the prospects of their own company in the next six months, compared to just 60% of non-minority-owned businesses.

While business owners as a whole remain cautious about the national economy, the gap between optimism among minority business owners for their own company versus the broader U.S. economy is 40 percentage points, significantly higher than the 31-point difference among non-minority owners.

"I have no doubt that minority business owners who were able to manage through the pandemic had to make unprecedented decisions related to staffing, business models and pricing. In doing so, they faced a Goliath – and won. It's unsurprising that their mindset about the future of their businesses, despite current economic challenges, is optimistic," Odneal said.

According to PNC's survey, 65% of Black- and Hispanic-owned business owners stated they have a business plan suited to the current direction of the economy, significantly more than non-minority owned businesses (55%). This highlights the importance of access to crucial resources for these business owners. The survey reinforces this point, showing that 86% of Black- and Hispanic-owned businesses interacted with or leveraged resources from the Small Business Association (SBA), a local chamber of commerce or a community economic development organization. Only 69% of non-minority business owners reported doing the same.

"The truth is that the unique financial challenges minority-owned businesses have long faced were amplified during the pandemic. As a result, more minority business owners are now seeking Minority Business Enterprise (MBE) certification, which is also an important and needed resource," Odneal said. Businesses that become MBE-certified gain exclusive access to premium networking events, affordable consulting services and technology programs, among other benefits, according to the National Minority Supplier Development Council.

"Our survey revealed that 87% of Black-owned businesses are now MBE-certified,

up from 69% last year. Three-quarters of Hispanic-owned business are MBE-certified, compared to 67% last year. Of MBE-certified businesses, 80% of Black- and 84% of Hispanic-owned businesses said that certification has been a helpful business development tool," Odneal said.

PNC has taken significant steps in doing more for minority-owned businesses and providing necessary resources to help them overcome roadblocks.

As a part of its Small Business organization, PNC's Minority Business Development Group's mission is to deliver solutions and resources that foster financial wellness for small businesses within diverse communities. They've been able to do this, in part, through the PNC-Certified Minority Business Advocate initiative, a voluntary advocacy program that helps PNC employees understand the challenges facing minority-owned business owners.

"If the optimism of these entrepreneurs is realized and the U.S. business landscape prospers further down the road, minority business supporters must continue to execute against their mission and accelerate their efforts. The outlook is bright, but we must continue to do our part to advocate for these entrepreneurs and help their communities thrive," Odneal said.

## Indiana's April 2023 Employment Report



Indiana's unemployment rate in April stands at 3.0%, according to the Indiana Department of Workforce Development. By comparison, the national unemployment rate for April stands at 3.4%.

In addition, Indiana's labor force participation rate increased to 63.6% for April, remaining above the national rate of 62.6%. Indiana's total labor force, which includes both Hoosiers employed and those seeking employment, stands at 3,423,506 - an increase of 7,080 from the previous month.

Private sector employment in Indiana increased by 14,200 jobs over the last month, translating to a gain of 76,500 jobs from this time last year. Indiana's April private employment stands at 2,845,100. This is a new private employment peak for the state. Industries that experienced job increases in April included:

- Private Educational and Health Services (+4,100);
- Leisure and Hospitality (+3,800);
- Professional and Business Services (+3,500);
- Financial Activities (+1,500);
- Trade, Transportation and Utilities (+1,300); and
- Manufacturing (+300).

As of May 17, 2023, there were 126,185 open job postings throughout the state. In April, 14,211 unemployment insurance claims were filed in Indiana.

Individuals looking for work, training or career information are encouraged to visit [in.gov/dwd/job-seekers](http://in.gov/dwd/job-seekers).

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May 1-15	\$52.68
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June 1-15	\$46.10
June 16-30	\$42.81
July 1-15	\$39.52
July 1-31	\$36.23
Aug. 1-15	\$32.94
Aug. 16-31	\$29.65
Sept. 1-15	\$26.36
Sept. 16-30	\$23.07
Oct. 1-15	\$19.78
Oct. 16-31	\$16.49
Nov. 1-15	\$13.20
Nov. 16-30	\$9.91
Dec. 1-15	\$6.62
Dec. 16-31	\$3.33

\*Subscriptions expire 12-31-23

## 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

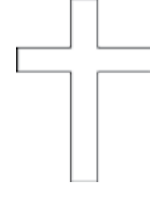
### Weekly Sunday Schedule:

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

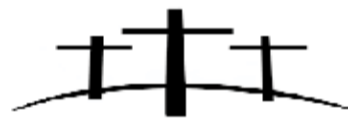
**Sunday Worship 10:00 AM**

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**

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**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](http://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

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

## Health and WELLNESS

Sunday, May 21, 2023

H1

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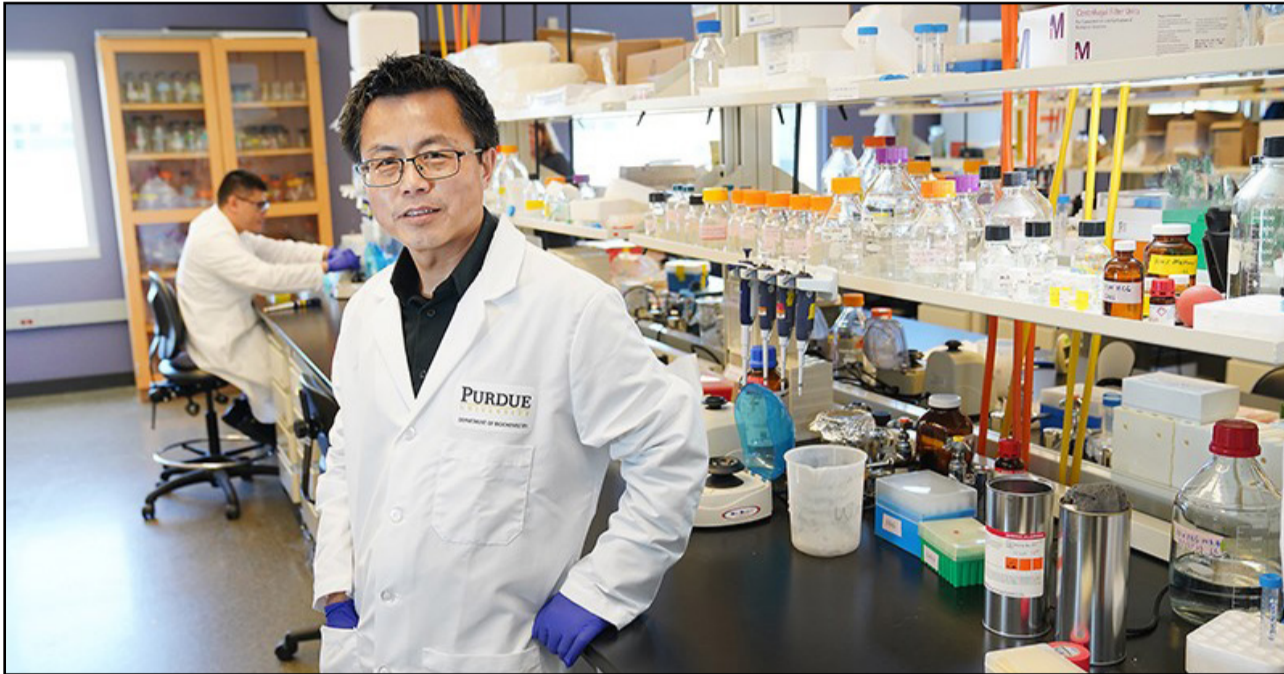


Photo courtesy of Purdue University Agricultural Communications

**W. Andy Tao, professor of biochemistry at Purdue, led a team with Anton Iliuk of Purdue spinoff Tymora Analytical Operations to apply the company's EVtrap technology to early testing for neurodegenerative diseases and cancer.**

## New Liquid Biopsy Method Offers Potential For Noninvasive Parkinson's Disease Testing

A team led by researchers at Purdue University and Purdue spinoff company Tymora Analytical Operations has developed a technique that may reveal signs of Parkinson's disease in urine samples.

The technique gives researchers a chance to see if LRRK2 (leucine-rich repeat kinase 2) proteins, which are linked to Parkinson's disease, and their downstream pathways are altered in samples from Parkinson's patients. The method could eventually lead to widespread non-invasive testing for other neurodegenerative conditions as well as cancer.

"We believe this is a logical and rational approach to move forward for diagnosing Parkinson's disease," said W. Andy Tao, professor of biochemistry at Purdue. "Diagnosis for this type of neurodegenerative disease is difficult." Cognitive and movement testing can take a year or more to confirm the diagnosis, so molecular tests for early diagnosis and intervention can help people with Parkinson's faster, he explained.

Tao and eight co-authors from Purdue, Tymora, The Michael J. Fox Foundation for Parkinson's Research, and Columbia University published their findings in the *Communications Medicine* journal.

"It's going to be a big new area in diagnostic development," predicted co-author Anton Iliuk, Tymora's president and chief technology officer, "especially for neurodegenerative diseases and cancer."

Parkinson's disease alone affects an estimated 1% of the over-60 population. Up to a million Americans live with the disease, while 90,000 new cases are diagnosed each year.

The paper's co-authors include Marco Hadisurya, a doctoral student in biochemistry; Kananart Kuwarananchaoen, a doctoral student in electrical and computer engineering; Xiaofeng Wu, who received his doctorate in chemistry at Purdue in 2022; Li Li, Tymora Analytical Operations; Zheng-Chi Lee, West Lafayette Junior/Senior High

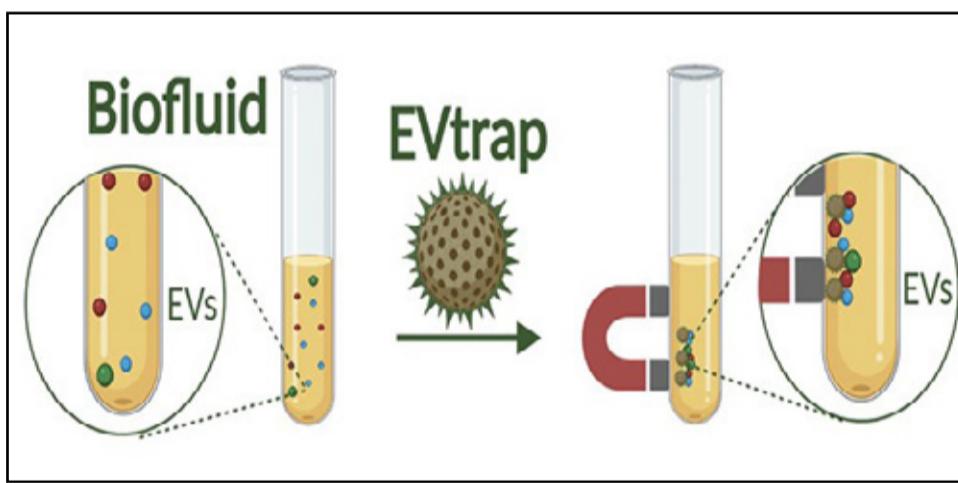


Photo courtesy of Tymora Analytical Operations

**The EVtrap technology uses magnetic beads to rapidly isolate and identify large quantities of proteins from extracellular vesicles, which cells use in their molecular delivery systems.**

School; Roy Alcalay, MD, Columbia University; and Shalini Padmanabhan from The Michael J. Fox Foundation, which funded the work.

The project began several years ago after Padmanabhan read some of Iliuk and Tao's work on the EVtrap (Extracellular Vesicles total recovery and purification) method for urinary analysis and proposed a collaboration.

"When I reviewed the data from their previous publication," Padmanabhan said, "it was interesting to note the expression of an important Parkinson's disease-linked protein, LRRK2. This piqued my interest since this approach provided us with an opportunity to determine if LRRK2 proteins or the downstream pathways they impact are actually altered in urinary samples from Parkinson's patients who harbor a mutation in the gene."

In 2017, Tao led a team that developed a blood test that could feasibly detect breast cancer. In that work, Tao and his colleagues compared samples taken from breast cancer patients and a healthy control group.

"We identified phosphorylated proteins, which are a typical hallmark of cancers," Tao said. And within those proteins, the team found extracellular vesicles, small packages that cells use as their molecular delivery system. The finding demonstrated that a blood sample yielding phosphoproteins could serve as a potential marker for early cancer diagnosis or for monitor-

ing disease progression.

The team was able to rapidly isolate the vesicles from urine samples, using the EVtrap method developed by Tymora.

"We have used the method for a number of indications, primarily focusing on different cancers for biomarker discovery and validation," said Iliuk, who received his doctorate in biochemistry at Purdue in 2011. Iliuk and Tao co-founded Tymora Analytical, which specializes in technology and services for detecting disease biomarkers in biofluids.

"This kind of analysis opens a new frontier in noninvasive diagnostics development. It's showing that biomarkers previously thought to be undetectable have become uncovered and do a really good job of differentiating disease from non-disease state," Iliuk said. "It's not obvious that urine would be a source of brain-based chemicals or signatures, but it is. These EVs can penetrate the blood-brain barrier quite easily."

After export from the brain into the bloodstream, they become concentrated or filtered into urine. But sampling such biomarkers from the brain via spinal tap is a highly invasive procedure.

"Especially for early diagnosis that is not the preferred sampling method," Tao said. Urine samples contain proteins that could be disease markers, but many perform house-keeping functions that are unrelated to disease.

"Extracellular vesicles provide a way to focus on

disease markers because they are released by certain types of cells," he said.

Among the many ways to study the impact of LRRK2 is to track its biological pathway, which can be done by analyzing urine, blood and cerebrospinal fluid. The EVtrap method provided an easy way to track changes in urine, which is collected for many clinical studies.

The LRRK2 Biobanking Study at Columbia University has a large bank of urine samples available for meaningful Parkinson's disease research. Columbia University co-author Alcalay, who provided many of the samples, also helped correlate EVtrap data with the clinical data. For the Communication Medicine study, the team studied samples from people with and without the LRRK2 gene mutation, and patients with and without the disease.

Padmanabhan noted, "This study also highlighted that changes in urinary proteins could serve as a proxy for changes in protein signatures that occur in brain diseases like Parkinson's disease."

The study follows a 2021 paper published in the journal *EMBO Molecular Medicine* by an international team of researchers showing a connection between LRRK2 and brain proteins in urine samples. That study, led by Matthias Mann of Germany's Max Planck Institute of Biochemistry, included Padmanabhan and Columbia University's Alcalay as co-authors.

## Useful Tips On Battling Hair Loss

(StatePoint) Women spend up to 40% of their life in menopause and, by 2025, 1.1 billion women worldwide will be going through this transition. Menopause often brings disruptive symptoms that can impact all aspects of life, from family to work. Hot flashes and trouble sleeping are often experienced during menopause and those signs can also be accompanied by under-discussed symptoms, like hair thinning.

"Hair thickness naturally decreases with age. When you add hormonal changes during menopause on top of that, many women become concerned with their hair health – from how fast it grows to how thick the hair strands are," says author and renowned natural physician, Dr. Fred Pescatore.

If you are going through menopause and you notice your hair is thinner, you're not alone. Studies show more than half of women over age 50 will experience thinning hair and one reason may be declining estrogen (hormone) levels that are associated with menopause.

"Changes in hair health and appearance can take an emotional toll on many women, often leading to lower levels of self-esteem. My patients come to me confused, looking for solutions that are effective with minimal side effects. I direct them to lifestyle adjustments, along with a unique, science-backed natural ingredient called

Pycnogenol French maritime pine bark extract."

Promising support from a natural ingredient

Pycnogenol is a natural supplement from the bark of the maritime pine tree that grows along the coast of southwest France. For decades, studies have shown its benefits for skin health and menopause. Now, new research finds it also significantly increases hair density in menopausal women.

"I've recommended Pycnogenol to my patients for years as a natural ingredient for menopause and beauty support, and as an important building block of overall wellness since it acts as an antioxidant, circulation booster and natural anti-inflammatory," says Dr. Pescatore. "This new study demonstrates an exciting additional benefit of Pycnogenol. After just two months, hair density in menopausal women increased by 30%. It is simple, safe and effective."

For more information, visit <https://www.pycnogenol.com/home/>.

Hydrate, massage, and a balanced diet

There are other simple lifestyle adjustments that can help as well. Dr. Pescatore suggests, "Drink plenty of water throughout the day to help your scalp stay hydrated. Massage your scalp daily to enhance circulation. Eat a balanced diet to ensure you are getting the nutrients your hair follicles need, including vitamin B6, folic acid and vitamin B12."

## Self-Care Tips For Moms And Caretakers

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

Here are three ways to practice self-care:

1. Get some rest: We live in a goal-oriented society where the value of rest and relaxation is not always emphasized. Whether it's a spa day with your best friend or curling up with a good book at home, be sure your schedule includes adequate time to recharge your batteries.

2. Take care of your smile: One of the best ways to foster self-confidence is with a clean, healthy smile. In fact, a 2020 Cigna Dental Report found that smile satisfaction is one of the top three drivers of self-confidence among U.S. adults. Give yourself the gift of innovative brushing technology. The iO Series 5 Rechargeable Electric Toothbrush from Oral-B, for example, allows you to personalize your brushing experience with its five smart modes: daily clean, intense, whitening, sensitive and super sensitive. No ordinary toothbrush, this one is designed to help you brush

smarter and more safely.

To help protect gums, a smart pressure sensor displays a red light when you're brushing too hard and a green light when you're brushing just right, and its dentist-inspired round brush head cleans with micro-vibrations and oscillating action. Plus, a connected app tracks brushing behavior to ensure you're targeting all six zones of your mouth, and a vibrating timer lets you know when you've brushed for the dentist-recommended 2 minutes.

3. Take care of your mind: So much of motherhood is ensuring everyone has what they need, and often, your own needs can fall by the wayside. There are many ways to take time to check in with yourself though. You could buy yourself a beautiful journal and jot thoughts down for a few minutes each evening or check out apps like Headspace, which can help get you started on a meditation practice. Even a 10 or 15 minute walk at lunchtime can be a powerful mood-booster and an opportunity to reflect. You might also consider taking up a hobby that offers the chance for self-expression, such as painting, poetry, music or crafting.

When it comes to parents and caretakers, the importance of self-care can't be overstated. Kick-off new routines that boost your self-confidence and your well-being.

# SUNDAY

## Voice of our PEOPLE

Sunday, May 21, 2023

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## The Freedman Family Of Crawfordsville



**KAREN ZACH**  
Around The County

When I think of the Freedman family of Crawfordsville, giving comes to mind, charitable in various capacities of life. My first introduction to the family came many moons ago when I was Children's Librarian at Crawfordsville District Public Library and was doing a series on our local children's authors. After a wonderful half hour interview on the phone to Beatrice (Freedman) Schenck DeRegniers, I fell in love with not only her books but her whole family as well. Some of her work centered around her memories growing up in our fair city and certainly, Beatrice gave from her heart.

I wrote about her father, Harry, a Crimean-born tailor first with a shop in Lafayette, then moving to Crawfordsville where he owned a clothing store. Another word for this family would have to include adventure as Harry at age 17 left his homeland and with three neighboring families

came to America. In 1909, he married Sophia Feinstein and their home here was at 10 Mills Place. They were both philanthropic, Harry one of the founders of the Community Chest, active with the Montgomery County Tuberculosis Association, Boy Scouts, Chamber of Commerce, American Red Cross. His obituary stated, "In his many years as a citizen of Crawfordsville, your name has become a symbol of help to those in need. You have given much of your time, energy and personal finances to humanitarian causes. This you have done from the heart - sincerely and cheerfully - always with the highest integrity and without publicity or acclaim." Sophia was an impressive artist and sculptor besides being an amazing cook (her apple strudel to die for and she loved to share with the neighbors). Harry (and Sophia) are buried in the Jewish cemetery in Lafayette.

Harry and Sophia's three children grew-up here. You know Bea now and there was Lillian who married Abe A. Goldman who has a wonderful story of his own and produced the only Freedman grandchildren, Steve and Kathy. By the way, think this Stephen is the one who had an interesting career as well, being a periodontist (Star Democrat 7 Feb 2021) where he collected and used antique newspapers to tell about a particular theme (Titanic, Wild West, Civil War). Now, in the other two articles on the Freedman family I wrote, I breezed

over probably the most interesting of them all, their son and last child, Daniel X, middle name Xander, but mainly called Danny (and thanks to Paul, my genealogy/history buddy for the reminder that Daniel Xander Freedman would make a good article - and indeed he deserves one so here ya' go!).

At Lafayette Home Hospital, Dr. D.C. McClelland delivered (17 August 1921) Daniel Xander Freedman whose parents, Harry and Sophia (Feinstein) lived at 324 S. 6th Street in Lafayette. Several biographical listings for Dan Freedman have him born in Crawfordsville, but he was indeed born in Lafayette. He spent some time at private schools (particularly Lake Forest Academy), but also attended CHS for awhile, as well where he was active in public speaking and entertaining, being marked as the "Groucho Marx of CHS," and when he was a Senior his middle name was "finally revealed - it's Xander!" Oh, and Dan carried Groucho with him throughout his whole life as he was quite a talented musician and loved to entertain by singing Marx's "Lydia, the Tattooed Lady."

Dan was little, but mighty, being but 5'2" weighing just 120 pounds, having dark complexion, dark eyes and hair. When he joined the service, he was listed as an actor having two years of college. On his draft card, it notes "X - initial only" but we know that wasn't correct, either. Leaving his studies at Harvard, Dan joined

the infantry in WWII, but received a back injury. Then, he volunteered as a "military clinical psychologist," working with hundreds of brain injured soldiers which convinced him that "extensive research was needed on brain functions." (Oliver, Myrna. LA Times Sat 5 June 1993 p 22). Oliver said that Dan became interested in the human brain at the mere age of 12 due to reading, The Human Mind, by Karl Menninger. Seems each place he turned there was much more to learn!

Toward the end of the war, he married (20 March 1945) in Alabama Mary Neidigh whom he had met in Indiana, becoming friends and confidants, then his wife for 48 years. Although no children of their own, Dan loved children and wanted them all to be the best they could be. He returned to Harvard and graduated, then went on to Yale School of Medicine for 20 years where he became professor of Psychiatry (Lafayette J-C 26 Oct 1983 p 19). Besides here, he was at the University of Chicago (Chairman of the Department of Psychiatry), then on to his last place (UCLA - Prof of Psychiatry and Pharmacology) where his research continued in how drugs entwined with mental patients, having been the very first to link drugs (such as LSD) and the brain hormone serotonin. (White Plains NY Sun June 6, 1993). Same article noted that Dan was a believer in exhaustive investigation and that his

belief in 1970 was that Ritalin and Dexidrene were "probably effective" to treating a child; however another several years of research was still needed to determine such.

This man was amazing in so many ways (holder of more than a dozen national and international awards); published 15 books and over 200 articles on topics of concerns in psychiatry. He served for many years as the chief editor of the American Medical Association's Archives of General Psychiatry which became one of the chief scientific journals ever. President of the American Psychiatric Association, American College of Neuropsychopharmacology and many such advisory positions were in his repertoire. His approach to working with various brain disorders, functions and the like was quite unique for the time. One-on-one and get to know the patient well. For instance, he might just show-up in a classroom or a home to see how a patient interacted with others, and many noted that they were "rightful heirs of Dr. Dan's" (obit). Bless this adventurous man for giving of himself and his knowledge to the psychiatric world!

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

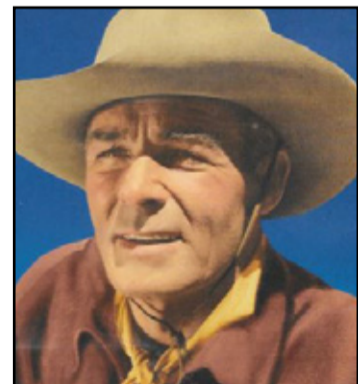
## Butch Wonders What Ever Happened To Randolph Scott?



**BUTCH DALE**  
Columnist

Like many of you "Baby Boomers," I spent many hours at the movies in the 1950s. Charlie Marshall owned the Sunshine Theater in Darlington. A ticket was 25 cents and buttered popcorn a dime... cheap entertainment for a 9-year old on a Saturday night in 1957. The majority of movies were not Academy award winners, but rather low cost production "B" flicks...a few horror movies, a few love stories...and a treasure trove of the most popular...the westerns.

These western cowboy "B" movies perhaps lacked substance and imagination, and the dialogue and plots never deviated much, but to us kids the action and characters were great! The men were men, and they were our heroes. The women were ladies and most of the time they were portrayed as the local school teacher, bar hostess, rancher's daughter, or Indian maiden. Unlike the movies of today, there was absolutely no sex, perversion, gore, sadism, or senseless violence. There were "good guys" and "bad guys." The true history of the American West may have been distorted, but these movies were



Randolph Scott

more of a morality play with lots of action. Evil appeared and threatened the good guys, but in the end it was good that always conquered evil. My friends and I identified with the good guys...their stereotypes, hopes, fears, and characters. I wanted to be a "good guy cowboy" when I grew up!

There were many western cowboy stars in the 1950s... Roy Rogers, Gene Autry, Joel McCrea, and Audie Murphy... just to name a few. Many are of the opinion that John Wayne was tops, and it's hard to disagree that that, but my favorite movie cowboy was Randolph Scott, who appeared in over 100 westerns during his acting career. He just seemed like a REAL honest-to-goodness cowboy! He did what he had to do to fight the bad guys... with his fists, with his gun, with his horse...using skill, common sense, cunning, and bravery...and I loved it! When Dad bought our first TV set in the early 1950s, I watched such shows as Hopalong Cassidy, Gunsmoke, Wyatt Earp, Bat Masterson, The Cisco Kid, Tales of Wells Fargo, The Lone Ranger, and many others, but the Randolph Scott movies at the theater were always the best because they seemed more realistic.

Well, the critics were never impressed with these 1950s western movies and cowboy stars, but they sure beat the idiotic, extremely violent, curse-filled, and sexually explicit movies of today. To a wide-eyed kid of the fifties who attended Sunday school, looked up to his parents, admired his teachers, and believed in right and wrong...these 1950s westerns were in line with my thinking. A "good guy" must always keep his word. He must always be truthful. He must not curse. He must respect women and be kind to children. He must work hard and be resourceful. He must be loyal to his friends, to his family, to his community, and to his country. He must always help people in distress. And he must only use his fists and his gun as a last resort to fight evil and protect the innocent. That's the cowboy way.

I can identify with Toby Keith's country western song, "Should've Been a Cowboy." Well, it didn't pan out that way, but the "cowboy good guy" thinking must have been ingrained deeply in my mind. During most of my life I was a teacher, police officer, and county Sheriff. Thank you, Randolph Scott. Now I am a librarian. If I pack my old police revolver and ride my granddaughter's horse to the library each day, then perhaps I can be just like my hero. The main problem though...is that I am starting to look more like a famous cowboy sidekick... Gabby Hayes!

*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.*

## A Community Of Discipline



**RANDALL FRANKS**  
Southern Style Columns

If you are of earlier generations, then you may have lived in a time when your parents actually disciplined you.

I know in my case, there were a few "Go to your room," when I misbehaved. Of course, our rooms didn't have TV's, computers or other electronics. I did have a radio in there and some books and of course toys to play with, so it wasn't so bad.

But usually, if my mother at some point in the day had said that to me. I also knew come 4:30 p.m. when my father came home, he would call me out and depending on the severity of my offense, I could here the sound of his belt being pulled from his pants at a high rate of speed. Then my posterior would receive reinforcement of the reason I shouldn't have done whatever I did.

Of course, there were other types of punishments, extra chores, loss of allowance, grounding, removal of participation in some special event I was looking forward to doing.

As my behavior moved throughout the neighborhood, there was a team of mothers who kept a close eye on my friends and I as we played. We had no boundaries, yards where we were welcome, woods, streets, and creeks were all among our sphere of activity

Every single house we passed had at least one adult that knew one of us, if not all by name. If any of us got out of line in public, the telephone lines would begin humming as calls began going house to house until it reached the appropriate parent. Then we would hear in the distance our name ring out. And usually not just our first name but our first, middle and last name was being yelled out by someone's mother or father. Then we would hear our co-pa-

triot's chiding us because they knew we were about to get it as we got on our bike and peddled or ran off towards our house.

And even beyond a mother's and father's discipline, they shared that authority with anyone within whose care we were placed. Aunts, uncles and grandparents were automatic, we got whatever their children got if we were out of line.

This was also true when we went to spend time at a friend's home. Before that occurred, my folks meet the parents and soon had made a decision whether I would be allowed to spend time under their roof. If I was, I also knew that my folks had given them a blanket notice, if he gets out of line, punish him as you would your own. I can say, I always felt like all the parents' home I stayed in, I was treated as one of their children.

Of course, as I grew I understood that there was an expectation of behavior in public, or when staying with someone else. If I had acted out to the point my parents would be told, I would not only see retribution with my guest guardians, but I would definitely see worse once I returned home.

This certainly made me and any of my fellow youth more likely not to be a problem.

If we embarrassed our folks in public, say at a store, church or some other public place by "pitching a fit" or not doing what we were told. It is safe to say that retribution was swift, we would be picked up by an arm, an ear or whatever was closest to grab and escorted to a less public place or outside where our posterior would meet with an attitude adjustment. We would then be returned to whence we came, perhaps with a few tears on our cheeks but in a much better and more respectful mood.

I can safely say that as I grew, that discipline shaped me into the respectful, law abiding adult that I am. It also placed within me a deep appreciation for what my parents and various temporary parents did to teach me how to carry myself and participate in the greater society.

While I remember the lessons taught, you know, I don't remember any pain, or frustrations experienced during those moments of intense fellowship.

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# SUNDAY

# PEOPLE

# DAY

## Voice *of our* PEOPLE

Sunday, May 21, 2023

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# Timmons Wages Battle Between Good, Evil



**TIM TIMMONS**  
Two Cents

Like a lot of you, I'm at the age where sleeping through the night is an elusive commodity. It's not that I have trouble falling asleep. I'm usually lucky that way. It's just I don't stay asleep.

The biggest issue is going to the bathroom. On a good night, that may only happen once or twice. On others, well, I've lost count.

And far too many times, when I wake up - whether it's 2 in the morning or 5, I can't go back to sleep. I just can't. Most of my work days then start before the sun comes up for that very reason.

A few years ago I was interviewing former Crawfordsville mayor (and football coach) Glenn Knecht. He was in his 80s and had some health issues. After a coughing spell he looked at me and paraphrased the old Bette Davis line, getting old is not for sissies.

Amen, brother.

So it was the other day that I opened my eyes and was surprised to see the bedroom wasn't dark. I looked at my watch and it said 6:58 - and even though my bladder was screaming at me to hurry along, I stayed in bed for two more minutes . . . just so I could say I didn't get up until 7.

Hey, we take little victories where we can get them.

But this victory was tainted. I did not go to bed at the normal 8 or 9 the night before and stay there all night. Not at all. For this night, you see, was marred by an intruder sneaking into our bedroom well after midnight. My wife let out a small shriek that woke me up and to our horror, we found ourselves staring at the trespasser - a bat.

Before you pooh-pooh our

terror, let's take three facts into consideration.

- Bats can transmit rabies - and should one bite you and get away, rabies shots are next.

- According to the CDC, bats are the leading cause of rabies deaths in the U.S.

- Bats can turn into vampires.

OK, OK, maybe the last one isn't so much a fact, but hey, it's a weird world out there today. You can't be too careful.

This is the third time a bat has gotten in and, I'm not sure how, but it has been my job to get the creepy things out.

Did I mention the vampire thing?

Listen, you might be laughing, but I spent hours upon hours in the Diana Theater watching Christopher Lee, Bela Lugosi, Peter Cushing and others transform from a creepy flying thing into creepy standing things. And it was always the poor schmuck who laughed it off that got killed first.

No one can accuse me of not learning a thing or two growing up.

I shook the cobwebs off, grabbed a broom and started flailing away. I managed to get the thing out of our bedroom and into the living room. The only problem was the ceilings are higher out there - and the . . . danged thing landed on the wall near the ceiling - far out of my reach. (As if further proof was needed to prove it is an unholy creature from hell - it sat on a vertical wall. I mean c'mon, it has little claws, fur, flies and can sit on a wall.)

I was going to try to throw a pillow at it, but my wife reminded me that whether I hit it or not, the pillow would likely hit the TV.

Just as we were debating the accuracy of my pillow throwing, the bat swooped off the wall and flew straight at my face. For a brief moment, we were eye to eye, locked in mortal combat. He knew the broom meant his death and I knew he wanted to bite into my jugular and cause mine.

It's that moment where men's souls are tried and found equal to the task at hand, or wanting.

I dropped the broom and

dove behind the couch.

Bat 1, Tim 0.

So went our struggle until finally, the broom and bat connected. I didn't kill it - stun was more likely. With thick fireplace gloves on, I scooped him up and threw him outside where he flew up into a tree - no doubt ready to pounce upon his next unwitting victim.

Of course I couldn't go back to sleep right away. Who could? The adrenaline of the war between good and evil we just waged was pumping through my veins. I decided to read - and realized the book on my nightstand was by Stephen King.

Not a help.

I finally did get back to sleep and remained there until 7 a.m. I did not get up once during that period. So all in all, sleeping in until 7? The bat might've been worth it.

*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](mailto:ttimmons@thepaper24-7.com).*

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# SUNDAY

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Sunday, May 21, 2023

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## Ask Rusty – I’m Concerned About Social Security Solvency

**Dear Rusty:** I retired at age 58. My husband and I worked 40 years of employment each. I had a 401K only... no other benefits. We saved, we invested through our financial advisor and have done okay watching our investments grow (except for the last 3 years). Neither my husband nor I have taken Social Security; we were both waiting until age 70 to get full benefits. Do you think this is still wise? I'm concerned there will not be any funds in 5 years when we both turn 70. *Signed: Concerned Senior*

**Dear Concerned Senior:** Your question relates to Social Security solvency, no doubt inspired by the recent spate of media discussion on this topic. Most articles I've read promote a "doomsday" scenario and, in fairness, Social Security's financial issues are serious. The latest

report from the Trustees of Social Security warned Congress that the reserves now held in Social Security's Trust Fund (which enable full benefits to be paid) will be depleted as early as 2033. What you may not know is that this is not new news - the Trustees have sounded the same warning for decades to multiple Congresses which have neglected to enact corrective measures. And, unfortunately, they are likely to continue to drag their feet for a while because the reform needed is not politically palatable and the impact is still a few years away.

Nevertheless, although Social Security's looming financial issues are serious, they are not fatal. Congress already knows how to fix Social Security's financial issues - they just currently lack the bipartisan spirit and political will needed to do so. The clock, however, is ticking and



**ASK RUSTY**  
Social Security Advisor

Congress will be forced to act soon, which we are confident will happen before the Trust Funds run dry. What motivates most politicians is getting reelected and allowing an across the board cut to all Social Security recipients (which would happen if the Trust Fund reserves were depleted) would be political suicide. Therefore, I'm confident that reform will occur in time, and I don't suggest changing your Social Security claiming strategy over worries about Social Security's solvency. Let me further allay

### Social Security Matters

by AMAC Certified Social Security Advisor  
**Russell Gloor**

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your fears by explaining what would hypothetically happen in the worst case scenario (if Congress doesn't act and Trust Funds are depleted). If that were to occur, when the reserves are depleted in about 2033 everyone would face an across the board benefit cut. Social Security can't go bankrupt because there would still be about 175 million workers contributing to the program but, since Social Security (by law) can only pay benefits from revenue received, everyone's benefit would be reduced

by about 23% (according to the Trustees). Every beneficiary would still get benefits, but only to the extent available from income received. Which brings me to your specific question - whether it is still wise to wait until age 70 to claim (or to claim your benefits now). Ask yourself this question: which would result in a larger monthly payment, a 23% cut to your age 70 SS payment amount, or a 23% cut to your current benefit amount? The answer, of course, is that your monthly payment would

be more if you stay with your current strategy and wait until age 70 to claim (a plan which I assume you developed considering your current financial needs as well as your life expectancy, both of which are very important to that decision).

Again, I do not believe the worst case scenario will happen. Congress already knows how to restore Social Security to full solvency, and they will almost certainly act in time to avoid an across the board cut to everyone's benefit. The Association of Mature American Citizens (AMAC) has proposed legislation which would restore the Social Security program to full solvency for generations without raising payroll taxes, a summary of which you are welcome to review here: [www.amac.us/social-security](http://www.amac.us/social-security). AMAC has provided this proposal to various members of Congress for consideration.

## Butch Munches On Candy And Watches The World Go By . . .



**BUTCH DALE**  
Columnist

When I was eleven years old in 1959, I was really raking in the dough. During the summer, in between baseball practices and games, I mowed seven yards in town with Dad's push mower...each one taking about an hour...for \$1.00 per yard. One widow lady gave me an extra 25 cents if I swept her walk and went inside and had iced tea and cookies with her when I was finished. Hey, no problem! I also sold quart-size jars of honey in town for my neighbor, and for each \$1.00 jar sold, I received 50 cents. Of course good ol' Dad gave me pocket change every once in a while for helping him on the farm...cleaning out the barns, feeding the animals, and as a reward for not causing him any major headaches that particular week. At the height of my 1959 summer working stint, I was hauling in \$10 to \$12 a week...a downright fortune for a 5th grade whippersnapper!

I stashed the loot in a secret hiding place in my upstairs bedroom under a loose floorboard. However, at that age my motto was "spend it while you have it." So the big question before each trip to town was, "What can I buy today?" I did make a few large purchases...a Rawlings Warren Spahn autographed leather baseball mitt (\$4.00), a Milwaukee Braves cap (\$2.50), and an entire box (20 packs) of Topps baseball cards (\$1.00)...Yes, they were only a nickel a pack...and no, I did NOT get a Mickey Mantle card in the entire box...very disheartening!

Most of my money was spent on goodies from the drug store, grocery store,

and pool room. (Yes, little kids could go into the pool room, but until we were at least 13 years old, we were not allowed in the back room where the men played poker... and occasionally let out a few swear words. Although the pool room had candy and ice cream, I usually purchased a nickel's worth of Spanish peanuts from the vending machine, and a bottle of Nehi orange pop from the old water-filled Coca-Cola cooler, and then sat and watched the older men and high school boys play 8-ball and rotation pool.

Rentschler's Regal grocery also had candy and frozen ice cream treats, but my big purchase there was usually a bottle of ice-cold Choc-ola from the vending machine out front...and I LOVED that drink! At only 10 cents a bottle, I could easily chug two or three of those on a hot afternoon. But of course, my favorite place to go was the drug store, at that time operated by Arthur and Pauline Friend (and later owned by Gene "Slick" and Mary Ellen "Pee Wee" Harmon).

The drug store carried Glovers ice cream (made in Frankfort), a fountain drink assortment, and an amazing assortment of candy. Ice cream was a nickel per dip, candy bars were a nickel, and fountain drinks were a dime. My normal purchase was a cherry phosphate ("red river") drink, a sawdust sundae (two dips of vanilla ice cream topped with powdered malted milk), a candy bar, and a pack of Topps baseball cards (containing a stick of gum). I could then sit on the "liars bench" out front, look at my baseball cards, talk with my friends, and watch the world go by.

The drug store always kept up with the newest candy crazes, and for those of you who were kids in the 1950s, you might remember...atomic fireballs, pixie sticks, satellite wafers, candy cigarettes and bubble gum cigars, Nik-I-Nip (wax bottles with flavored sug-

ar drink), candy necklaces, chocolate coins (with gold wrappers), hot tamales, fizzies, PEZ dispensers, Mamba fruit chews, marshmallow cones, fruit slices, Bit-o-honey, Laffy Taffy, and whistle pops... just to name a few, in addition to all of the earlier candy bars which had been around for years...a sugar-lover's dream come true!

Once in a blue moon, I would accompany my folks on a 45-minute drive to Crawfordsville on Old State Road 47 in our God-forsaken pink and white 1955 Buick Special so Mom could do a little shopping in the big-time stores, while Dad sipped coffee at the Silver Shanty. In addition to visiting the Sportsman's Shop (to drool over the sporting goods equipment) and Dellekamps (to place our feet in the shoe X-ray machine), we also always made a beeline to the G.C. Murphy candy counter, which housed bulk candy. Fifteen cents could buy a big bag full, but it was usually gone by the time we reached home!

Alas, those days of 5 and 10 cent candy bars, ice cream, and fountain drinks are gone. The drug store, pool room, and grocery are no more. And the kids today don't have to work to earn money... they receive an allowance. No more

sidewalk benches to relax and watch the world go by either...So what can they do for fun?... That's right...stay at home, watch TV, play video games...and text... Whoopee. I think that in today's hectic and fast-paced world, every little town needs an old-fashioned drug store, with a bench out front...so a kid can sit and talk with his friends, lick his cone, munch on candy...and just be a kid...don't you?

*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.*

## Stop The Invasion Before The Ship Sinks



**GLENN MOLLETTE**  
Guest Columnist

Your three-bedroom house might accommodate 10 to 12 guests on holiday weekends, but it's not easy. Even if you have two bathrooms then shower time has to be coordinated. You enjoy the gathering but after a couple of days you are ready to resume normalcy. America may never resume normalcy. We are now living our new normal.

Millions of people are invading America. They are entering the country anyway they can cross the border. They are paying life savings to thugs to help them navigate the long trips from Central and South America. Some are being used by the Mexican cartel to transport dangerous drugs such as fentanyl into our country. We don't know who these people are. Many are surely people who just want a better life. How many of these people will come to America to steal, traffic drugs, work for the Mex-

ican cartel and terrorize our country? Who knows because we don't know anything about these people.

Our cities and towns are becoming flooded with people who are hungry. They have serious medical needs. They need shelter. They have children who need schools. They need clothes. They need money. Our government has a 32 trillion-dollar debt. The answer has always been to raise the debt limit and borrow more money. Now we are hearing about the potential of the government defaulting which will only wreck our economy, retirement checks, military, stock market and much more. Adding millions of people to our country is only pushing our country into third world status. Poverty, homelessness and people begging for help every day on American streets is only going to grow. I used to love walking on Michigan Ave in Chicago but now such a casual walk is difficult as you have to face an onslaught of hurting, begging people. The same is true for so many other American cities and it's growing.

Your community is not immune. They have to go somewhere. They will sleep on the steps of your church, your city park, your courthouse and maybe your yard. What will you be able to

do about it?

Congress and President Joe Biden must wake up and take a break from their lives of luxury and fix this problem. Washington D.C. has a growing homeless problem. You now have to look over your shoulder and hold on to your wallet if you try to take a casual stroll in DC. Surely, our government sees this problem right in their own faces? Not really, they hide in their gated townhouses or Arlington residences and ignore America's new normal. Their main priority is reelection, not our problems.

It's time to call for a moratorium on all Southern border entries. We need at least a year to assess and process the masses of people who have already crossed into our borders.

Regardless of the size of any ship it has a limited capacity before it sinks.

*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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# SUNDAY

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## Racism? A Tale Of Four Crimes



**RICHARD MOSS**  
Guest Columnist

Tyre Nichols was a 29-year-old black man who died three days after five black police officers beat him brutally for suspected reckless driving in the city of Memphis. Ben Crump, a high-profile attorney, who has represented the families of Trayvon Martin, Michael Brown, George Floyd and others, was also representing the family of Tyre Nichols. In his comments, Crump implied that race was a factor. But how could that be? Blacks attacked a black.

It is worth comparing how cops treated George Floyd in Minneapolis. There were four officers, two white, one Asian, one black. Floyd resisted arrest. The officers struggled to get him in the back of the car. He did not cooperate. He then left the vehicle on the other side. Because he had difficulty breathing, he asked the cops if he could get on the ground. The cops did not throw him to the ground. None of them used racial slurs or abused him in anyway. He died because he had overdosed on fentanyl. His blood fentanyl level was 11ng/ml, nearly four times the lethal dose. It was not the knee on the back of the neck. The cops used standard protocols in subduing Floyd. They called the ambulance and helped Floyd after the medical team arrived.

The five black officers approached Tyre Nichols differently. They screamed at him and shoved him. When he ran away that infuriated the officers. But he may have had good reasons. It was not so much that he was resisting arrest, but that he feared the cops, which turned out to be correct.

The Tyre Nichol's case did not create anywhere near the national outrage that you had with George Floyd even though in this case the police behaved far worse than the officers in the Floyd case. The reason is that the police on the case were the wrong race. They were not white and so did not fit the desired narrative. And that's where the racism comes in. It is not in the police departments; it is in the media and in our dominant institutions. Not only is the media biased against whites, they are also biased against police.

There was another case of bigoted media coverage of the police. This was an incident that occurred in California. The individual who died was Anthony Lowe Houston,

a 36-year-old black man. The Houston story was unique in that he's a double amputee. He was in a wheelchair and the police shot him to death. He lost both of his legs from the knee down because of a previous altercation with police in Texas. The news stories all say the police shot him while he was running away. The implication was that the police had no reason to shoot him, and that he wasn't a threat. But when you look at the circumstances, it's not that straightforward.

First, the police were arresting him because earlier he stabbed somebody in the chest with a 12-inch butcher knife. The person he stabbed was Hispanic. It was difficult to find this information because again it disturbed the approved narrative of white racism and instead demonstrated black violence against another "protected" minority. The man has been identified as Ramiro. He is a warehouse worker and a father of four and didn't know Anthony Lowe. He reported that Lowe pushed himself out of his wheelchair and came running up on his knees and shoved a knife into his side just below the armpit, puncturing his lungs. He almost died and was in surgery for four hours. A police officer saved his life by applying pressure to the wound and reassuring him while they were waiting for an ambulance.

So, a police officer saved a man's life, and no one in the media mentioned that. They were more concerned about those officers who took somebody else's life. Again, the life they took was an individual who attempted to murder Ramiro. His motivation for killing a complete stranger was unknown. That doesn't justify the police shooting him, but other things may have.

First, the police received a call that a man in a wheelchair just stabbed somebody. They saw the wheelchair and the man. Furthermore, he runs away, while brandishing a 12-inch butcher knife, which he's already stabbed one person with. His action and words at the time were threatening to the police. The police ordered him to stop and drop the knife. He continued to run. He threatened to throw the knife at the police. So, they shot him. All the coverage, however, is of the mistakes the police made. But Lowe resisted arrest, stabbed someone he never met, and did not drop a deadly weapon when ordered to do so.

Another story also illustrates the hypocrisy of the media and the racist crowd. It involved a cyclist, in California, who was hit by a car and died. He didn't die as a result of being hit by the car however. He died because the man

driving the car got out of it after he ran into him and stabbed him to death. He was a 58-year-old doctor named Michael Mamnone, a married father of two. He worked in the trauma department in an emergency room. Mamnone was white; the one who violently murdered him was black, a 39-year-old man named Vanroy Evan Smith.

There had been no prior contact between them. The final twist in this matter is that while Smith was stabbing Manning to death, a bystander reported that he was shouting about "white privilege."

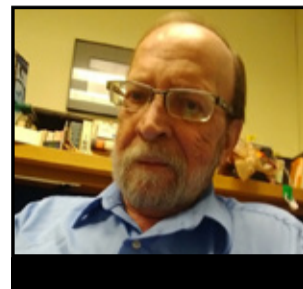
This story was not covered at all in the national news. But what if the doctor riding the bicycle happened to be black and the man driving the car was white; and if witnesses reported that as this white man was violently murdering the black cyclist, he was screaming racial slurs. It would have been a national story. But because the race of the murderer and the victim do not fit the narrative, there was silence. It was not a story the media wanted to tell. They are looking for examples that prove the narrative they want, of whites killing blacks or police killing blacks and whenever they find one it becomes a major story.

There are many news stories of racist policemen and non-policemen killing blacks because those are the stories the media want to tell. But there are many examples of blacks killing whites or Hispanics or blacks killing blacks that do not make the news. When the only killing appearing on the news are whites killing blacks, or police killing blacks, it creates the perception that it is open season on blacks. This is what the media want people to think. They want to create the impression that we have a problem with systemic racism in America and with racist police.

The reason they want to blame "racism" for the many problems afflicting the black community is to deflect from the actual reason. It's not racism, it's government. It is the welfare state. It is the Democrat party and its failed liberal policies, which have ruined the lives of many blacks. The Left fears that if blacks discover the reason for their problems, they might become independent and vote Republican. Sixty years of "Great Society" have inflicted enormous damage on blacks. It is not "systemic racism," "racist police" or the "legacy" of slavery that has harmed blacks, but the legacy of liberalism.

*Dr. Richard Moss, a physician in the town of Jasper in Dubois County, is the author of "A Surgeon's Odyssey" and "Matilda's Triumph" available on amazon.com. Contact him on Facebook, Twitter and Instagram.*

## The Governor Gets A Raise



**LEO MORRIS**  
Guest Columnist

People keep saying government should be run like a business.

If you are one of them, consider this option. If your company needed a new president, which would you prefer: an outsider with demonstrable management skills but no knowledge of your product, service or customer base; or the best candidate from within the company, one with a proven track record in every department?

I've been around enough poorly run companies to know it really isn't, but the answer should be obvious. If you can't promote from within, you've been doing something wrong.

I ask the question because I realize I've been part of the "throw the bums out" movement for most of my journalistic career. I could probably find scores of editorials and columns in which I've written along the lines of "the problem with career politicians" and "the evils of politics as a profession" and "we need to drain the swamp."

There is a lot of truth in this point of view. There is a swamp (or, rather, are swamps; there are federal, state and local varieties). Government at all levels is overburdened with people who have made running for office their whole lives, people with no knowledge of and little love for the private sector.

But by focusing too much on that perspective, we've helped create a bizarre situation in which the people seeking elective office must profess a deep animosity for the very thing they are engaged in. Elect me - I'm an outsider, and I'll get in there and break things. I hate politicians as much as you do, so please, please make me your favorite politician.

How odd. It's like looking for an atheist to seek the papacy or asking a high school dropout to be your college presi-

dent.

And an important consideration is being overlooked.

This nation was founded by career politicians.

James Madison, father of the Constitution, first won a seat in the Virginia legislature at 25. John Adams began his political career in 1774. John Jay spent 27 years in public service. Alexander Hamilton got involved in politics almost as soon as he arrived in this country.

Thomas Jefferson, the genius behind the Declaration of Independence, was elected to the Virginia House of Burgesses in 1769 and worked in politics for the next 40 years. Even George Washington, the so-called non-politician of the bunch, won a seat in the Virginia legislature in 1758 at 26 and served there until the Revolution.

"Each of these men," notes Georgia writer Chet Martin, "made public service the purpose of their lives." He quotes Madison's observation from Federalist 62 that wise and just systems require "some stable institution in the government."

Of course, there is one major difference between those career politicians and the ones who walk the halls of power today, a difference the Indiana General Assembly made me think about with its most audacious action in the recently ended session.

In the middle of the night, with no public notice and no discussion, our legislators sneaked through a series of breathtaking raises for the governor and other top elected state officials. The next governor will enjoy a raise of 48 percent, becoming the fifth-highest-paid state chief executive in the nation instead of the 34th. The lieutenant governor gets a whopping 60 percent bump, the attorney general 45 percent, and auditor, treasurer and secretary of state 39 percent each.

Whew. Lawmakers did it the way they did it for a reason. Employees who pilfer from the company's petty cash do not do it in the middle of the day, carrying the loot out for all to see.

My first instinct about the raises was, "Well, there goes the swamp, taking care of its own."

But the longer I thought about it, the more I realized it wasn't just the career-politician angle that bothered me. Which brings us back to the business analogy.

We've all heard stories about innovative startup companies and moribund Big Business corporations. Startups are energized by entrepreneurs with bold ideas and the courage to take risks. Big Businesses are so focused on the bottom line that any change to the status quo frightens them. It's why a company like Apple can come along and eat IBM's lunch in the personal computer market. (Until, of course, the point at which Apple becomes another IBM).

The Founders were like a startup. Though career politicians, they were able to look beyond the system they were in and realize it was lacking. They were bold enough to risk scrapping the Articles of Confederation for the Constitution, and wise enough to consult the great thinkers for ideas - a little Hobbes, a little Montesquieu, a lot of Locke, even a smattering of the misguided Rousseau (much less than the French, thank goodness).

Today's careerists are more like the Big Business functionaries. They can't see beyond the way things are being done to please the customer base. They're afraid of asking hard questions about the status quo, adamantly opposed to thinking boldly and taking risks. They're not even CEO material. They are mediocre middle managers.

So, the problem isn't that we're rewarding career politicians. It's that we are encouraging the wrong kind of career politicians. If we identified and nurtured more of the good ones, we wouldn't feel such a great need for outsiders to come in and start throwing bombs.

Yes, I know, they're few and far between. But that has always been the case. How very lucky we were that one time.

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



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## Historic Paramount Theatre In Central Indiana Expands 2023 Programming With Three Unique Shows

Historic Paramount Theatre In Central Indiana Expands 2023 Programming With Three Unique Shows

The historic Paramount Theatre, alongside 2023 Season Sponsor Community Hospital Anderson, announces today the addition of three incredible performances to its 2023 live entertainment lineup – Cinderella's Tom Keifer, Marshall Charloff and the Purple Xperience, and B – The Underwater Bubble Show.

About these three new shows: Cinderella's Tom Keifer with Special Guest John Corabi – Friday, Aug. 11 at 7:30 p.m.

Most seats available at \$35 and \$49. Limited seating available at \$75 and \$115.

Tom Keifer's story begins as the frontman and guitarist of hard rock heavyweights Cinderella. His signature voice and bluesy songwriting helped sell 15 million records. He transitioned to a successful solo career with his band, and after 10 years, they are embarking on the Live Loud Tour, featuring the hits of Cinderella and new favorites.

Marshall Charloff and The Purple Xperience – Saturday, Oct. 7 at 7:30 p.m.

Most seats available at \$29 and \$39. Limited seating available at \$75.

The Purple Xperience is a five-piece group that presents the greatest and most authentic production of a Prince and The Revolution concert. Lead singer Marshall Charloff recreates the magic of Prince with the fashion, vocals, and even the multi-instrumental talent of the late legend.

B – The Underwater Bubble Show – Thurs-

day, Nov. 9 at 7 p.m.

Most seats available at \$15 and \$32. Limited seating available at \$65.

B – The Underwater Bubble Show is a visual, musical, and emotional show that transports guests into an imaginary underwater world with a real feeling of being submerged in the ocean deep. The show follows Mr. B, a creature of modern habits who discovers an aquarium that appears like magic inside his briefcase and gradually becomes enchanted by the wondrous underwater world of Bubblelandia, full of seahorses, dragon fish, starfish, mermaids, and other creatures. The visually spectacular show incorporates the latest stage technology with lasers, low-ground smoke, and flying foam, stimulating waves and the underwater atmosphere.

Current Paramount Theatre Lineup:

Kenny Wayne Shepherd Band – Sunday, June 4 at 7:30 p.m.

Cinderella's Tom Keifer with Special Guest John Corabi – Friday, Aug. 11 at 7:30 p.m.

Leonid & Friends: The Music of Chicago – Thursday, Sept. 7 at 7:30 p.m.

Whose Live Anyway? – Friday, Sept. 15 at 7:30 p.m.

Mark Lowry – Saturday, Sept. 16 at 7:30 p.m.

Brian Regan – Friday, Oct. 6 at 7:30 p.m.

Marshall Charloff and The Purple Xperience – Saturday, Oct. 7 at 7:30 p.m.

B – The Underwater Bubble Show – Thursday, Nov. 9 at 7:00 p.m.

The Oak Ridge Boys: Down Home Christmas – Saturday, Nov. 25 at 7:30 p.m.

Tickets can be purchased via AndersonPar-

amount.org or by calling the Paramount Box Office at 765.642.1234.

Live shows at the Paramount Theatre are offerings of Honeywell Arts & Entertainment.

About the Anderson Paramount Theatre The Paramount Theatre Centre & Ballroom has been in operation since Aug. 20, 1929.

The Paramount has inspired many spectators with its architecture, entertainment, and history. On behalf of generous local benefactors with an appreciation of history, the theatre continues to shine as brightly on the outside as the stars do inside. The Paramount offers residents and visitors unique entertainment options year-round in partnership with Honeywell Arts & Entertainment. For more information about the Anderson Paramount Theatre, visit AndersonParamount.org.

About Honeywell Arts & Entertainment

Honeywell Arts & Entertainment encompasses the full range of arts opportunities and venues of The Honeywell Foundation, a nonprofit public arts charity in Wabash, Indiana. The organization is dedicated to the enhancement of artistic, social, cultural, and recreational opportunities for all. Offerings take place online and at six venues: the Honeywell Center, Honeywell House, Eagles Theatre, Charley Creek Gardens, Dr. James Ford Historic Home, and the 13-24 Drive In. Programs are made possible by the Indiana Arts Commission and the National Endowment for the Arts: a federal agency, and by generous donors.

For more information about The Honeywell Foundation, visit HoneywellArts.org.

## Planning A California Road Trip

(Family Features) With near-endless sunshine, world-class theme parks and abundant outdoor experiences, California is an ideal destination to embark on an unforgettable adventure.

To make it easy for travelers to plan their trips, the 2023 California Road Trips guide includes 13 action-packed itineraries that begin and end at one of the state's 27 commercial airports, highlighting how easy it is to fly into any region of the Golden State and hit the road.

"California's natural beauty, diverse topography and culturally rich communities are the perfect backdrop for an epic road trip experience," said Caroline Beteta, president and CEO of Visit California, a nonprofit organization that partners with the state's travel industry to develop and maintain marketing programs that keep California top-of-mind as a premier travel destination. "This year's guide showcases how the state's vast network of international and regional airports provide travelers with convenient access

to every corner of the California Road Trip Republic."

The guide's cover star, Dwyane Wade, a three-time NBA champion, dad and owner of Napa Valley winery Wade Cellars, moved to Los Angeles after his retirement in 2019. Wade said California granted him a soulful landscape and much-needed quiet time.

"I like to find moments where no one can expect anything of me and California allows me to have those moments," Wade said. "I'll drive to the beach and walk next to the water. I'll drive all over to find those moments to connect with myself... I get my energy from that."

While California's world-renowned coastline provides a dramatic backdrop, adventures can be found in every region of the Golden State. Featured drives take travelers to both cities and classic small towns, family attractions and far-reaching, otherworldly landscapes. A few sample road trip itineraries include:

\* "Animals, Desert and Offbeat Art"

combines kid-friendly experiences like LEGOLAND California and the San Diego Zoo Safari Park with the rich arts culture and stargazing opportunities in Borrego Springs.

\* "Cactus and Cocktails" explore both the cosmopolitan pleasures of Palm Springs and the rugged sceneries of Joshua Tree National Park and the Mojave National Preserve.

\* "National Park Adventures" is a 412-mile adventure that begins at Fresno Yosemite Airport and explores the wonders of Yosemite, Sequoia and Kings Canyon National Parks.

\* "Road to Gold" is a four-day trek that begins in Sacramento, explores Lake Tahoe and meanders back through Gold Country with photo opportunities at every turn.

\* "Innovation and Agricultural Bounty" features a San Jose-based itinerary that showcases cutting-edge arts, charming seaside villages and bountiful farmlands on a 238-mile journey.

To order a guide, go to VisitCalifornia.com/Travel-Guides.

## How To Get The Most Out Of Your Retirement

(Family Features) Retiring from the workforce provides opportunities you may have been unable to take advantage of during your working years, including discovering new passions and devoting more time to the people you love.

Even though your income might be lower than when you were working full-time, being free of financial burdens like credit card debt or a mortgage may provide extra disposable income that allows you to explore hobbies, develop new skills or focus on spending time living life to the fullest.

In fact, if you're over the age of 62, own a home and have equity in it, you can extend your retirement runway by borrowing against that equity. A home equity conversion mortgage, like those available from Guaranteed Rate, a leader in mortgage lending and digital financial services with more than 850 branches across the United States, can flip the roles of lender and borrower. Homeowners can remain on their property and generate income, provided they own at least 60% of their home's equity and it is FHA eligible.

"These mortgages fit a very specialized segment of the marketplace, but for those seeking financial flexibility, they can

be a game-changer," said Jim Hettinger, executive vice president of operations, Guaranteed Rate. "Equity build-up over time is one of the most compelling reasons to purchase a home. These loans give long-time homeowners a way to enjoy the benefits of that equity in their retirement years - all while retaining ownership and continuing to live in the house they call home."

While this type of loan shares many similarities with home equity loans, the requirements generally allow for more flexible terms for homeowners, who remain responsible for property taxes, home insurance and home maintenance. Over time, the loan balance increases with the understanding the mortgage will one day be paid off, usually by selling the home, providing the homeowner more flexibility and comfort during retirement. Meanwhile, homeowners receive money from their homes in the form of a lump sum payment or line of credit without making monthly mortgage payments.

Consider these ways to take advantage of a home equity conversion mortgage and get the most out of your retirement.

Travel

With minimal limitations on vacation time in retirement, it's possible to get out and explore

both domestically and internationally. With the flexibility to take extended leave, retirees can even enjoy trips dedicated to a specific hobby or pastime, such as golfing, shopping, biking, attending sporting events, appreciating the arts and more. You could also consider purchasing a boat or motorhome to take your exploration to the next level.

Pick Up a New Hobby

With more time now available, it's possible to expand on hobbies you enjoyed while working or pick up an entirely new pursuit altogether. The possibilities are nearly endless, but some options to consider include gardening, dancing, reading, baking, hiking, collecting antiques, restoring furniture, golfing, bird watching, sculpting or wine or beer making, among others.

Learn a New Skill

Devoting time to pick up a new skill can help keep your mind and body sharp. Whether through formal classes or watching videos online to learn, speaking a new language, playing a musical instrument or cooking a new cuisine are popular options for enhancing your skills later in life.

To find more ideas to live better in retirement, or access the free education guide, visit rate.com.

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# Montgomery County's Most Wanted

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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

### Please Read Our Disclaimer:

All warrants are the property of Montgomery County, Indiana. This list of wanted suspects is updated on a daily basis, but all warrants need to be verified through the Montgomery County Sheriff's Office Warrants Division before any action is taken. If you feel a warrant is listed in error, please contact the Montgomery County Sheriff's Office.

### Notice:

If you have information about the whereabouts of any of the listed suspects, please contact the Montgomery County Sheriff's Office at the numbers provided, or contact your local law enforcement agency. The issuance of a warrant by no means indicates that a person is guilty of a crime, only that probable cause exists to believe that person has committed a crime.

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