

# SUNDAY

# The Paper

## OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

# The Paper Of Montgomery County Presents The First-ever Newspaper Telethon

## There Are Still Openings Available For Acts

The Paper of Montgomery County, the only locally owned media outlet in Montgomery County, is at it again. Through almost two decades of innovation, thousands and thousands of stories and growth, The Paper has another new local event – the first-ever newspaper telethon in Montgomery County history!

The telethon will take place from on Tuesday, July 18 at the beautiful Masonic Cornerstone Grand Hall & Event Center. There will be local acts, musical talent, media personalities, interviews and more.

The goal of the telethon is to sell subscription.

“We have shown we are nothing if not creative and innovative,” Board Chair and former Senator Phil Boots said. “I’m very proud of our staff for coming up with this and we’re really looking forward to putting on a great show for the community.”

Headlining the talent portion of the telethon will be the wonderfully talented Steve Trent. Steve has played to packed houses from Indiana to Nashville, Tenn. and was the very first musical artist The Paper approached when beginning to line up the show.

Other acts are being set up now, but there is room for you.

“We have openings for all sorts of local talent,” Paper



Steve Trent

Publisher Tim Timmons said. “When we started our little-newspaper-that-could almost 20 years ago, no one gave us a chance. We put out that first edition and crossed our fingers and prayed. Here we are now and we’d like to give other talented performers that same opportunity.”

Timmons said that they are looking for local people who want to perform in front of the camera.

“We’ll be streaming this live online as well as have the doors open for people to walk in and catch some of the show,” he said. “We’d love to book magicians, singers, musicians and more. If someone has a talent they want to showcase, let us know.”

Emmy-award winner Mike Haynes, a Denver, Colo. TV personality and former Crawfordsville resident, has agreed to emcee the event. In



Mike Haynes

addition, Timmons said there will be other surprise guests.

The Paper has always been one of the leaders in the state and nation for newspaper innovation. It was one of the first papers to convert to postal delivery. It also was one of the very first newspapers to create an Online Edition – and has watched that grow to the vast majority of subscribers. The Paper has created multiple local community events and helped raise thousands of dollars for local charities.

“We’ve always tried to be a good neighbor and partner in the community,” Boots said. “That’s what local newspapers used to do before they were purchased by out-of-state owners. This is just another example of trying to bring that back.”

So far, musicians and local personalities are on tap.

### Want TO GO?

Tuesday, July 18 at 7 a.m. - 7 p.m. at the Masonic Cornerstone Grand Hall & Event Center located at 221 S. Washington St. Crawfordsville, IN 47933.

Join online or in-person!

### Want TO PERFORM?

Email Tim Timmons at [ttimmons@thepaper24-7.com](mailto:ttimmons@thepaper24-7.com) or drop off a demo tape or note of interest about your act and contact info at The Paper's office at 127 E. Main St.

Timmons said there is room for more musicians, singers, magicians, stand-up comics

... “If you have a stage talent,” we’ve got a place for you,” Timmons said. To sign up, just e-mail Timmons ([ttimmons@thepaper24-7.com](mailto:ttimmons@thepaper24-7.com)) or drop off a demo tape or note of interest with details about your act and contact info at The Paper’s offices at 127 E. Main St.

Timmons also said there are still some corporate sponsorships left. Interested? Contact him at the above e-mail.

The show gets started at 7 a.m. and wraps up 12 hours later. Emmy-winner Mike Haynes is flying in from Colorado to handle the emcee duties.

The goal of the event is to sell Online Edition subscriptions, but Timmons said that if the event grows, it may include other community goals as well.

### TODAY'S QUOTE

“There are no hopeless situations; there are only people who have grown hopeless about them.”  
-Clare Boothe Luce

### TODAY'S JOKE

What do patriotic monkeys sing?  
The Star-Spangled Banana!

### TODAY'S VERSE

1 Corinthians 15:58 Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord.

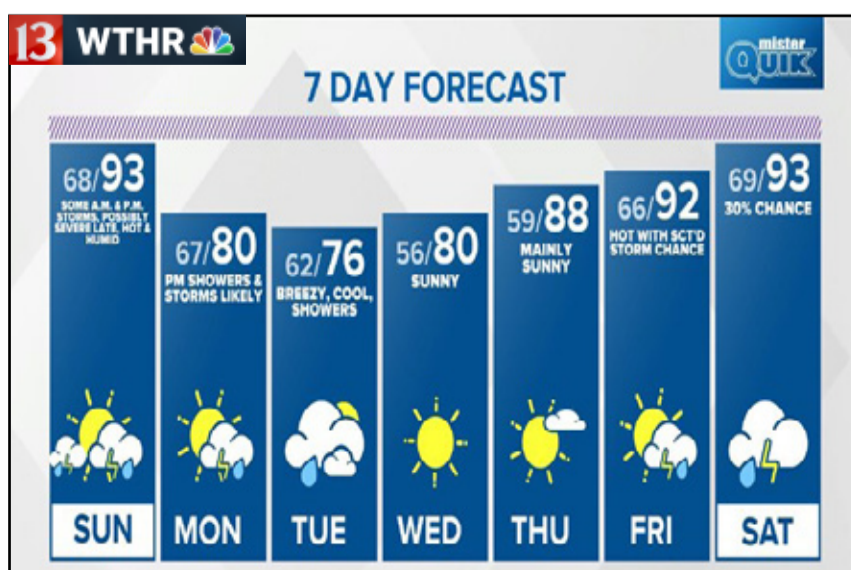
### TODAY'S HEALTH TIP

Remove ticks by grasping them with tweezers as close to the skin surface as possible. 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

We remember former cartoonist and Crawfordsville Mayor Dave Gerard on what would have been his 114th birthday.



HONEST HOOSIER



Boy, they sure do grow up fast!

**I**ndiana

**F**acts **&** **F**un



29  
Hamilton

**Number %00 Stumpers**

1. What two lakes are located in Hamilton County?  
≥
2. How old is Hamilton County?  
≤
3. What city was named the best place to live in 2017?  
≥
4. Who was Hamilton County named after?  
≤

Answers: 1. Geist and Morse 2. 196 Years 3. Fishers 4. Alexander Hamilton

**Did You Know?**

- Hamilton County was founded in 1823 and was named after Alexander Hamilton, the first secretary of Treasury.
- Noblesville, the county seat, has a total population of 61,882.
- The city of Fishers was named the best place to live by Forbes in 2017.
- Hamilton County is one of the fastest-growing counties in the United States.
- The county boasts two man-made lakes, Geist and Morse, that make it a popular spot for boating, fishing, and waterfront living.

**Got Words?**

Hamilton County was once known for agriculture but now has three of the state's largest cities. How do you think this rise in population affects the community?

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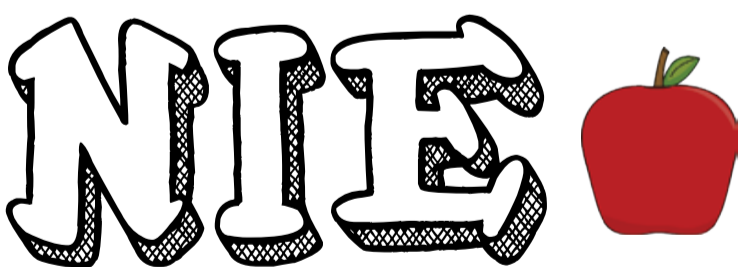
**Word Scrambler**

Unscramble the words below!

1. AMOHTLNI
2. SEHIFRS
3. IEELOSBNLLV
4. TNRARFTEWO
5. RYTAEE SCR

Answers: 1. Hamilton 2. Fishers 3. Noblesville 4. Waterfront 5. Secretary

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## Two Wabash College Students Earn International Fellowships

Two current or former Wabash College students have accepted international fellowships to Latvia and Germany.

Paul Haesemeyer '21 earned a Fulbright open study/research award to Latvia, while Ethan Brown '24 claimed a Benjamin A. Gilman Scholarship to study in Germany.



Paul Haesemeyer

Haesemeyer will be based in Riga, Latvia, with the goal of completing a book that explores the histories, traditions, and people involved with Latvian knitting. The book, "Adišanas stast," will feature knitting patterns inspired by interviews with local craftspeople. He will work closely with the Latvian National Centre for Culture to spotlight knitting's place in Latvia's culture and its impact as both craft and art.

A native of Billings, Montana, Haesemeyer majored in theater and minored in art. He was a member of Phi Delta Theta fraternity and found his home at Wabash working in the costume shop. He was involved in many Wabash College Theater Productions onstage and behind-the-scenes, as well as the Glee Club and Knitting Club. He received the Celebration of Research, Scholarship, and Creativity Award for The Haze Collection, a line of clothing he designed and created, as well as the Kenneth W. Kloth Design and Technical Theater Award.

During his collegiate career, Haesemeyer interned at the Williamstown Theater Festival, the Metropolitan Opera,

and New Light Theater Project. After graduation, he apprenticed at the Santa Fe Opera in the costume shop. For the last two seasons, Haesemeyer has worked for the Alabama Shakespeare Festival in Montgomery, Alabama. Recently, knitting patterns he designed were published in Vogue Knitting and in Radām, a Latvian knitting magazine.

"Paul is a rising star in the worlds of knitting and costume design," said Susan Albrecht, Wabash College Fellowship Advisor. "When he decided to pursue this Fulbright Study/Research award, I was over the moon. I knew that he had an amazing vision for the project, and his talent is undeniable. The Latvian cultural emphasis on storytelling through knitting, especially with mittens, was tailor-made for Paul's talents. It seems appropriate that Paul is Wabash's very first creative arts Fulbright award recipient."

Previously, he made immersion trips to New York City, Taiwan, and the Czech Republic.

"Winning a Fulbright feels incredible," said Haesemeyer. "I am excited to pursue knitting full-time and provide an



Ethan Brown

exciting opportunity to knit, write, and explore. Knitting brings people together and I can't wait to see where it will lead me."

An English and German double major from Gary, Indiana, Ethan Brown is a member of the Wabash Pep Band and has previously completed an immersion experience to Heidelberg, Germany, in May 2023.

"A Gilman Scholarship is a big deal," said Brown. "In a competitive process, it's a surprise to find out that you've won and it is a wonderful opportunity. I look forward to living with a host family and the program's excursion to Berlin. I also hope to visit the town of Ansbach, Germany, just southwest of Nuremberg, where my grandfather was stationed during the Vietnam War."

While abroad with the Gilman program, Brown will be based in Heidelberg, Germany.

"Ethan's application was very strong, and I was thrilled he received this recognition," said Albrecht. "He was already in Germany with a Wabash immersion course and Gilman funding made it possible for him to extend this first-ever international experience with

a summer study abroad program. This extended study has made it possible for Ethan to add German as a second major, which was a wonderful bonus."

The Fulbright open study/research award program allows recipients to design their own projects and work with mentors at foreign universities, non-profits, cultural organizations, or other research institutes. The study/research awards are available in approximately 140 countries.

Administered by the Institute of International Education on behalf of the U.S. Department of State's Bureau of Educational and Cultural Affairs and funded by Congress, the purpose of the Gilman International Scholarship program is to encourage participation in study abroad programs for under-represented students, particularly those who are studying in under-represented areas of the world and/or under-represented languages.

Haesemeyer and Brown are among the many Wabash men who have earned highly competitive fellowships in the last decade, including the Rhodes, Marshall, Truman, Obama Voyager, Yenching, Goldwater, and Point Foundation Flagship Scholarships. Additionally, Wabash students have earned the Center for the Study of Presidency and Congress' Presidential Fellowship, U.K. Fulbright Summer Institute placement, and NCAA Postgraduate Scholarships, to go with 27 Fulbrights and 26 Gilman Scholarships.



## Duke Energy Indiana Commits To Purchase Up To 199 Megawatts Of Solar Power

Duke Energy is expanding its Indiana solar energy resources. The company has signed an agreement with renewable energy developer Ranger Power for up to 199 megawatts of solar power to serve the equivalent of roughly 35,000 homes.

The company has filed a request with the Indiana Utility Regulatory Commission to approve the agreement. Pending regulatory approval, the energy generated from Ranger Power's Speedway Solar facility will be sold to the company under a 20-year power purchase agreement.

"The emission-free solar power that this new facility generates will help us continue to diversify our generation resources and make meaningful progress toward a cleaner energy future," said Stan Pinegar, president of Duke Energy Indiana.

Construction on the 1,700-acre facility located south of Gwynneville, Ind., began in March

2023. It's expected to reach commercial operation by September 2025.

"We are thrilled to bring this significant investment in clean energy to Shelby County and the state of Indiana," said Adam Cohen, CEO of Ranger Power. "Speedway Solar will deliver significant economic and environmental benefits for decades to come — powering businesses and homes in Indiana."

Under the company's most recent Indiana Integrated Resource Plan, Duke Energy is proposing to add 2,218 megawatts of solar power, 450 megawatts of solar with energy storage and 6,200 megawatts of wind energy. These new investments in renewable energy are in addition to the continuing operation of the company's Crane solar plant in southern Indiana, the recent expansion of its Markland hydroelectric plant and additional solar and wind power the company purchases.

## Leadership Change For Office Of Medicaid Policy And Planning

Indiana Medicaid Director Allison Taylor will be resigning later this summer after serving eight years with the Indiana Family and Social Services Administration, including six years leading the Office of Medicaid Policy and Planning through historic changes and events.

"Allison has led Medicaid through its most transformative time," FSSA Secretary Dr. Dan Rusyniak said. "The positive impact she has made will benefit Hoosiers for decades to come. We will miss her."

Taylor first served as general counsel of FSSA and then became Indiana Medicaid director in 2017. During her tenure, she was also selected among her peers nationwide to serve as president of the National Association of Medicaid Directors.

"Allison served with great distinction as president of the NAMD Board of Directors, elevating states' best practices and liaising with federal partners," said Kate McEvoy, NAMD executive director.

"The Indiana Medicaid team is unlike any in this nation, moving mountains to serve Hoosiers, and I will enthusiastically work to ensure a smooth and successful transition,"

Taylor said. "This work has been the honor of a lifetime."

Among the Office of Medicaid Policy and Planning's achievements under Taylor's leadership:

- Indiana received a first-of-its-kind 10-year renewal for the Healthy Indiana Plan

- A multi-pronged effort was launched to reform long-term services and supports founded on industry-leading Medicare integration

- Telehealth services were expanded for Hoosiers

- A Medicaid provider reimbursement rate matrix was established to ensure a sustainable, predictable reimbursement structure going forward

- Substance use disorder and serious mental illness treatments were expanded and a continuum built for better behavioral care delivery

- Indiana became a national leader in managed care alignment, compliance and oversight

"We focus every day on serving Hoosiers and helping them live their best lives, in fully integrated communities," Taylor said. "During the pandemic, Medicaid flexed and did what it does best — served individuals and communities in need."

The executive director of the National Association of Medicaid Directors commended Taylor's service.

"Allison served with great distinction as president of the NAMD Board of Directors, elevating states' best practices and liaising with federal partners," Kate McEvoy said.

Dr. Rusyniak also announced that Cora Steinmetz will be the next director of Indiana Medicaid. Steinmetz and Taylor will work closely during the weeks ahead to ensure a smooth transition later this summer for employees and all initiatives underway.

"No leader is better positioned to continue this important work than Cora Steinmetz," Dr. Rusyniak said. "Her knowledge of Medicaid finance, policy and regulation combined with her communication and team management skills will assure that the critical work we are doing seamlessly continues."

Steinmetz has been Gov. Holcomb's senior operations director for health-related state agencies, including FSSA, Department of Child Services and Indiana Department of Health, since 2021. She has been deeply involved in developing policy and

strategy and guiding the state's work related to the Governor's Public Health Commission, the long-term services and supports reform, the delivery of mental health services and the evolution of early childhood learning services.

"I am deeply grateful for my time in Governor Holcomb's office and the faith he and Dr. Rusyniak are placing in me as I move into the Medicaid director role," Steinmetz said. "Over the last two years, I have been fortunate to work side-by-side with the Medicaid team and other agency leaders on a number of key health strategies and initiatives. This has given me a firsthand view of the incredible impact this team has on our state and I look forward to continuing the important work underway."

Steinmetz, a licensed attorney, previously worked as a program director for government programs and revenue cycle compliance for Indiana University Health and was an attorney for the Indiana Department of Revenue and the Bureau of Motor Vehicles. She is also a board member for Music for All, a national organization focused on music education.

## Indiana Land Use Summit To Address Rural Development Trends

Local government employees, plan commission members and conservation agencies are encouraged to join Purdue Extension and the Indiana State Department of Agriculture (ISDA) for the 2023 Indiana Land Use Summit.

This year's Indiana Land Use Summit will be held at the Hendricks County Fairgrounds on Aug. 30 from 9 a.m. to 2 p.m. ET. The morning session features a policy update panel with state Rep. Kendall Culp from District 16, which includes portions of Jasper, Pulaski, Starke and White counties, as well as representatives from ISDA, The Nature Conservancy and the Indiana Chapter of the American Planning Association.

"The 2023 Indiana Land Use Summit topics reflect important issues in rural development trends based on feedback from plan commissions and

land use practitioners across the state," explains Kara Salazar, assistant program leader for Purdue Extension Community Development.

Breakout sessions cover topics of housing and planning, tools and process to improve planning and zoning, and planning for rural development trends. American Farmland Trust will present during an afternoon session.

"Topics surrounding land use continue to shift and change," said Katie Nelson, deputy director of ISDA. "The Indiana Land Use Summit is a great place to learn about the most recent issues and discuss them with decision-makers across the state."

Register online by Aug. 16. Lunch will be provided, catered by Juniper Spoon. For more information, contact Kara Salazar at salazark@purdue.edu.

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### Drone Imagery Analysis To Help Increase Soybean Yield In Wake Of Climate Change



Photo courtesy of Purdue Agricultural Communications

Katy Rainey reviews drone imagery of her soybean yield trials with student Vincent Seal at the Indiana Corn and Soybean Innovation Center.



Photo courtesy of Purdue Agricultural Communications

From left, Keith Cherkauer, Purdue professor of agricultural and biological engineering; Michael Montgomery, an undergraduate in Purdue Polytechnic Institute's School of Aviation and Transportation Technology; and Kevin Lee, a PhD candidate in agricultural and biological engineering, prepare a drone for test flights at the Purdue University Agronomy Center for Research and Education.



Photo courtesy of Purdue Agricultural Communications

Katy Rainey, professor of agronomy, plants her soybean breeding nurseries at the Purdue University Agronomy Center for Research and Education.

In recent years, Purdue University's Katy Rainey and Keith Cherkauer have worked to predict soybean biomass from drone imagery in Indiana.

"We're now expanding that capability to all the public soybean breeding programs in the region," said Rainey, professor of agronomy, who also directs the Purdue Soybean Center. Soon, she and Cherkauer will begin receiving drone imagery collected on a panel of 1,200 soybean varieties that breeders have planted in 11 states across the U.S. north-central region.

"Here at Purdue, we'll do all the processing and modification of the images to predict biomass," she said. The effort is part of the SOYGEN3

(Science Optimized Yield Gains across ENvironments) project. Consisting of eight universities, including Purdue, SOYGEN3 has more than \$900,000 in funding from the North Central Soybean Research Program.

"The overarching goal in this experiment is to develop methods and models for selecting soybeans that will be high yielding in future extreme environments under climate-change scenarios," Rainey said. "We know that the future environments we're going to grow soybean in are different from the ones we have now because climate is changing. We're getting more extreme weather, as well, from climate change."

The project exploits software, called Plot Phenix, which rapidly converts aerial crop photographs into useful information for plant breeding, crop modeling and precision agriculture. Rainey and Cherkauer, professor of agricultural and biological engineering, and Purdue PhD alumnus Anthony Hearst, CEO of Progeny Drone Inc., patented Plot Phenix in 2022.

"I'm interested in water use, the effects of environments, and the ability to measure and simulate soybean across large areas," said Cherkauer, who also directs the Indiana Water Resources Research Center. "Having locations that are farther apart increases the likelihood that we will have a range of environmental conditions."

Minnesota soybean breeders and farmers plant different genetic stock than those in Indiana, for example, which requires more heat-resistant varieties. But even areas that share the same annual average precipitation could experience dramatically different years.

"We could have drought here in Indiana, and eastern Kansas could be having a normal year. Having access to so many locations that could be

experiencing average weather conditions and drier conditions allows us to stretch the image analysis and the models we're building beyond what we do right now," Cherkauer said.

Eastern Kansas gets about the same precipitation as Indiana, Illinois and Missouri. But western Kansas receives about half as much precipitation. It resembles central-western Nebraska, the Dakotas and western Minnesota in that regard.

"Indiana is almost entirely rain-fed except for seed production and production in the sandy soils. Illinois is going to be similar. As you get into Iowa, they're starting to see a bit more irrigation," Cherkauer said.

Cherkauer is a co-founder of GRYFN, a Purdue-affiliated company that has provided a new drone for the project with funding from the departments of Agronomy and Agricultural and Biological Engineering and the College of Agriculture. Calibration flights for the new platform have already begun at Purdue's Agronomy Center for Research and Education, a 1,600-acre farm facility located seven miles northwest of campus.

The SOYGEN3 collaboration will fly drones that collect imagery

in red, green and blue (RGB, or true color, the type captured by regular cameras).

"SOYGEN3 is about starting with relatively inexpensive cameras and hardware systems at a variety of locations," Cherkauer said. But the Purdue drone also will carry multispectral and thermal cameras, yielding better data sets that could lead to recommendations for their SOYGEN3 partners.

Such data could help the U.S. maintain its position as the world's leading soybean producer. Revenues in 2022 topped \$66 billion. This includes more than \$34 billion in exports, according to the USDA's Foreign Agricultural Service.

"It's a unique crop because it is very important to future protein food security," said Rainey, who was featured prominently in the latest cover story of Seed World magazine. Yet soybean uses are mostly industrial, meaning that people consume only a small percentage of its production.

"You might occasionally eat a traditional soy food like tofu or edamame. But for the most part, 95% of soybeans globally are fed to chickens and pigs and are the basis of that food chain," Rainey said.

To maintain soybean's burgeoning production, researchers will need a more finessed understanding of how weather and climate affect yield in a range of environments involving genetic variation. Breeders would then be able to select soybean varieties more strategically.

"The genetic variation is key because the most obvious way that breeders or breeding organizations in the private sector would use the data that we produce would be in what's known as genomic prediction," Rainey explained.

Given enough data over the entire soybean genome, genomic prediction allows breeders to create a statistical model that predicts yield for 10,000 untested lines.

"But the genomic prediction models need to be calibrated to environments and have more information in them than what's currently in there," Rainey said. Also needed is a model that includes biomass predictions. Such models are based on drone imagery and genetics.

"In my lab, we work on combining that information. We're just about the only ones to do that across the public and the private sector in soybean," she said.

### Lt. Gov. Crouch, OCRA Announce Six Communities To Receive Over \$312K In Federal Planning Grants

Lt. Gov. Suzanne Crouch and the Indiana Office of Community and Rural Affairs today announced six Indiana communities will receive \$312,640 in Planning Grants through the Community Development Block Grant program. The communities will use the funds to develop plans for the implementation of community and economic development projects.

"Developing our communities immediately correlates with economic development across Indiana," said Lt. Gov. Suzanne Crouch, Indiana's Secretary of Agriculture and Rural Development. "I am pleased that we are able to invest in more Hoosier communities through these planning grants."

The Planning Grant program strives to encourage communities to plan for long-term community development with the aid of subject matter experts

and community input. The applications being funded this quarter address utilities, public facilities and comprehensive planning efforts.

"Planning with the help of experts and community input helps ensure success," said Denny Spinner, executive director of OCRA. "Congratulations to the six towns awarded, they are a great example for Hoosier communities looking toward long-term community development planning."

Water Infrastructure grants allow communities to complete a holistic study of potential issues and opportunities across their drinking, wastewater and stormwater infrastructure. By completing this planning, communities will be able to make decisions regarding their most urgent water needs while understanding how each system works in context with other utility systems.

Water Infrastructure

planning grants are awarded to three communities:

- The Town of Redkey is awarded \$81,000;
- The Town of Galveston is awarded \$58,320; and
- The Town of Windfall is awarded \$58,320.

Comprehensive Planning grants are designed to aid communities in evaluating assets and identifying opportunities to address current needs in the following areas: land use, government capacity, public services, placemaking, economic development, housing, transportation, agriculture, natural resources, broadband access and historic resources.

Comprehensive Planning grants are awarded to two communities:

- The Town of Flora is awarded \$50,000; and
- The Town of Hebron is awarded \$45,000.

Public Facilities Feasibility Study grants are designed to aid commu-

nities in assessing public facilities' existing conditions, needs, vision for future state and use of the facility to operationalize and implement options from the plan. Eligible facilities include fire stations, senior centers, libraries, childcare centers, community centers, facilities for special needs groups, youth centers, and museums and performance spaces that open doors to knowledge and ideas, culture and enjoyment.

One Public Facilities Feasibility Study grant is awarded to the Town of Liberty for \$20,000.

Funding for OCRA's CDBG programs originates from the U.S. Department of Housing and Urban Development's Community Development Block Grant program and is administered for the State of Indiana by OCRA. For more information, visit [in.gov/ocra/cdbg/](http://in.gov/ocra/cdbg/).

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Photo courtesy of Purdue Agricultural Communications

**Purdue University researchers will study the effects of dietary nontherapeutic antibiotics in beef cattle with a grant from the U.S. Department of Agriculture's National Institute of Food and Agriculture.**



Photo courtesy of Purdue Agricultural Communications

**Nonpathogenic factors that influence thyroid hormones in pigs are the focus of a Purdue University research project funded by the U.S. Department of Agriculture's National Institute of Food and Agriculture.**

## Purdue Receives \$1.4 Million For Cattle And Swine Research Projects



The U.S. Department of Agriculture's National Institute of Food and Agriculture has awarded three grants totaling more than \$1.4 million for research on health issues in cattle and swine. The projects are among \$13 million in investments that NIFA recently announced for its Animal Nutrition, Growth and Lactation Program.

Jon Schoonmaker, associate professor of animal sciences, and six colleagues received a four-year, \$650,000 grant to learn more about the dietary nontherapeutic antibiotics on intestinal microbial populations, the metabolites the microbes produce, and how the latter impact the intestinal health of cattle.

Jonathan Pasternak and John Radcliffe in the Department of Animal Sciences received a three-year, \$510,000 grant to understand the nonpathogenic factors that influence thyroid hormones in pigs.

Rafael Neves, assistant professor in the Department of Veterinary Clinical Sciences, and three colleagues received a two-year, \$300,000 grant to identify the relationship of skeletal muscle metabolism with ketosis, a well-known metabolic



Photo courtesy of Purdue Agricultural Communications

**A grant from the U.S. Department of Agriculture's National Institute of Food and Agriculture is supporting research into the relationship between skeletal muscle metabolism and ketosis, a metabolic disorder in dairy cows.**

disorder that afflicts dairy cows soon after giving birth.

In recent years, Schoonmaker has researched antibiotic alternatives and their effect on beef production and efficiency. Despite the increasing desire for alternatives to antibiotics, scientists know little about how they interact with bacteria and pathogens to alter intestinal function and integrity.

"This new USDA-funded project will allow me to dig more deeply into what makes current antibiotics so effective," he said. "It's important because the use of nontherapeutic antibiotics in livestock nutrition contributes to antibiotic resistance. Livestock producers want to decrease this impact on human health but need effective replacements to continue efficient production."

Schoonmaker's team includes Theresa Casey, associate professor of animal sciences; Timothy Johnson, assistant professor of animal sciences; Rafael Neves of veterinary medicine; Christina Ferreira, metabolomics analyst, Bindley Bioscience Center; Jyothi Thimmapuram, bioinformatics core director; and Bethany Funnell, clinical associate professor of veterinary medicine.

Schoonmaker will oversee the project and coordinate activities at the research farm. Funnell and Neves will monitor antibiotics in the animals. Johnson will evaluate changes in the microbiome, the set of microbes found within the cattle. Ferreira will evaluate changes to the metabolites produced by the intestinal bacteria. Casey and Thimmapuram will determine the effect of

nontherapeutic antibiotics on gene expression in the host animals and link those changes to changes in the microbiome and metabolome, the array of metabolites contained in a biological sample.

Pasternak is especially interested in understanding the cause-and-effect relationship between hormone levels and growth and development. Pasternak's previous work demonstrated pigs' remarkable susceptibility to thyroid hormone suppression after infection with the porcine reproductive and respiratory syndrome virus (PRRSV).

"The physiological stress following PRRSV infection causes 'nonthyroidal illness syndrome,' which has also been observed in humans experiencing severe cases of COVID-19," Pasternak said.

In these follow up stud-

ies Pasternak will examine whether other nonpathogenic physiological stressors, such as weaning or transport, similarly affect the thyroid hormone system in pigs.

"This is important because thyroid hormones are the master regulator of metabolic function," he said. "Our previous work identified a significant correlation between the degree of thyroid suppression and key production parameters, including growth rate. Of course, correlation and causation are not the same thing, so a significant portion of the project is directed at understanding this fundamental relationship."

For this objective, Pasternak will use a model of thyroid hormone suppression developed with support from the AgSEED (Agricultural Science and Extension for Economic Development) program.

Understanding the factors that negatively impact thyroid activity in pigs will help the research team develop management practices or treatments to limit the impact of such disruptions on the production system.

Most of the project will be carried out by Pasternak's lab group, including two new graduate students. Radcliffe will join the University of Kentucky College of Agriculture, Food and Environment, as chair of the Department of Animal and Food Sciences on July 1. He will assist with weaning and shipping stress models, along with experiments to better understand the impact of thyroid suppression on digestive function and gut health.

Neves focuses much of

his research on the origin of metabolic disorders that arise in dairy cows during the period three weeks before and after giving birth. Cows in early lactation undergo a state of negative nutrient balance. Lipokines – lipid-controlling hormones – are key in facilitating metabolic adaptations. The abnormal breakdown of fats can induce systemic inflammation and overwhelm the capacity of the cow's liver to process fatty acids, leading to ketosis.

"Ketosis is a major metabolic disorder of dairy cows and causes \$110 million to \$330 million in annual losses to the dairy industry," Neves said.

And yet, little research has examined the role of skeletal muscle in whole-body energy balance in dairy cows that have recently given birth.

Neves's team includes Shihuan Kang, professor of animal sciences and the Cancer Center Chair in Stem Cell Biology; Amber Jannasch, assistant director of the Metabolite Profiling Facility; Ferreira of the Bindley Bioscience Center; and Thimmapuram of the Bioinformatics Core.

Kuang assisted Neves's lab in isolating bovine embryonic cells that develop into muscle to prove the new study's feasibility. Now they will perform real-time metabolic analysis with special equipment in Kuang's lab. Jannasch and Ferreira will help Neves' group identify the highly diverse types of lipids on a large scale. And Thimmapuram will facilitate the project's transcriptome work – cataloging all of the RNA molecules in a cell.

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# SUNDAY

## In The Kitchen

Sunday, June 25, 2023

C1

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# Cooking Clean

## A reliable energy source can make cooking nutritious meals quick and easy



Chef Dean Sheremet

### FAMILY FEATURES

With many people focused on achieving a cleaner and healthier lifestyle, taking actionable steps such as recycling, using less hot water and eating nutritious foods can help lower your carbon footprint. Another step for a clean lifestyle: cooking with an environmentally friendly, clean energy source like propane.

Propane is already powering more than 12 million homes with reliable energy people can count on. Plus, gas-powered cooktops are preferred by 96% of professional chefs, including nutritionist and chef Dean Sheremet of “My Kitchen Rules,” who partnered with the Propane Education & Research Council (PERC) to educate homeowners on the benefits of cooking with gas.

“There is a lot of misinformation about cooking with gas in the news,” Sheremet said. “It’s important to remember, the act of cooking itself impacts indoor air quality, regardless of the energy that powers the stove. Having a qualified technician install and perform regular service for the stove, maintaining proper ventilation using a hood or opening doors or windows and following common sense safety measures can ensure the safe use of any stove.”

Because ventilation when cooking is key, it’s important to note that cooking with propane results in lower carbon dioxide (CO2) emissions than electric cooking, on average. That’s because more than 60% of electricity production comes from natural gas or coal generation plants, which release more CO2 emissions as part of the generation process.

Beyond the environmental benefits, propane-powered cooking appliances provide convenience, modern design and performance in kitchens, allowing home chefs to prepare healthy meals for their families in a short amount of time. Sheremet values the efficiency of a propane cooktop when creating nutritious meals like Skirt Steak with Salsa Verde and Spaghetti and Clams, which can be whipped up in minutes using a clean energy source.

“Chefs, and parents like me, prefer gas for a variety of reasons,” Sheremet said. “My son, Atlas, is often in the kitchen when I’m cooking, and we know sometimes kids don’t listen when we tell them to not touch a pan or the stove. Propane cooktops allow for greater control of heat levels and their instant flame turnoff capabilities help them cool faster than traditional electric stoves, which can remain dangerously hot for a period after they have been turned off.”

Learn more about cooking with propane and find recipes from Sheremet at [Propane.com/ChefDean](http://Propane.com/ChefDean).

### DO'S AND DON'TS OF COOKING WITH GAS

Cooking with a reliable and environmentally clean energy source like propane can take your home chef skills to the next level. However, there are steps to take to ensure safety while maximizing the benefits of cooking with your gas range.

#### Do:

- Follow the manufacturer’s installation and operating instructions.
- Keep pot handles turned inward to protect against accidents like knocking the pot off the stove or little ones reaching for the handles.
- Keep the range surface clean.
- Keep flammable materials away from burner flames.

#### Don’t:

- Do not cover the oven bottom with foil as it can restrict air circulation.
- Never use gas ranges for space heating.
- Do not allow children to turn burner control knobs.
- Do not leave food unattended on the cooktop.



Spaghetti and Clams

### Spaghetti and Clams

Recipe courtesy of chef Dean Sheremet on behalf of PERC

#### Salt

- 8-12 littleneck or other small clams in shell, scrubbed
- 1/4 pound spaghetti noodles
- 2 tablespoons extra-virgin olive oil
- 1/2-1 garlic clove, minced
- 1/2 dried red chile pepper
- 1/3 cup vermouth or white wine
- 1-2 tablespoons chopped fresh Italian parsley

Bring large pot of lightly salted water to boil. Soak clams in cold water.

Add spaghetti to boiling water and cook until slightly underdone. In large saucepan over medium-low heat, add olive oil, garlic and chile pepper. Sauté gently, reducing heat, if necessary, so garlic does not brown.

Add vermouth and clams; cover. Clams should open in about 2 minutes. Add hot drained pasta, cover and shake pot gently. Simmer 1-2 minutes until spaghetti is cooked to taste.

Discard unopened clams. Add half the parsley and shake pan to distribute evenly. Transfer to plate or bowl and sprinkle with remaining parsley.

### Skirt Steak with Salsa Verde

Recipe courtesy of chef Dean Sheremet on behalf of PERC

- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 thinly sliced scallions
- 3 tablespoons capers, drained and roughly chopped
- 3 garlic cloves, minced
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 1/2 teaspoon black pepper, plus additional, to taste, divided
- 1 1/2 pounds skirt steak
- 2 tablespoons chopped parsley
- 2 tablespoons chopped fresh mint, divided
- 1/4 cup pistachios
- 1 romaine heart
- 1 radicchio
- 1/2 cup crumbled goat cheese

Whisk olive oil, vinegar, scallions, capers, garlic, 1/2 teaspoon salt and 1/2 teaspoon pepper. Pour about 1/3 of dressing (about 1/3 cup) over steak and turn to coat.

Add parsley and 1 tablespoon mint to reserved dressing; stir and set aside until ready to use. Cover and refrigerate steak 30 minutes, or up to 24 hours.

In small sauté pan over medium heat, toast pistachios, tossing often, until golden brown, about 3 minutes. Set aside.

Set grill to medium-high heat or heat grill pan on stovetop over medium-high heat. Grill steak about 5 minutes per side. Transfer to plate and rest 10 minutes.

Cut romaine hearts lengthwise into quarters. Arrange romaine and radicchio in layers on large platter, leaving room on one side for steak. Sprinkle with goat cheese, pistachios and remaining mint.

Slice steak into 3-inch pieces then slice against grain to cut steak into wide strips. Add sliced steak to platter. Drizzle reserved dressing on romaine and steak.



Skirt Steak with Salsa Verde

# SUNDAY

## In The Kitchen

Sunday, June 25, 2023

C2

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## Brighten Your Brunch Spread

### FAMILY FEATURES

A staple of warm weekend days, brunch combines the best flavors of the first two meals of the day. Every great brunch spread complements its savory items with something sweet, something refreshing and a signature beverage, and there's one ingredient that can help cover all of those bases – 100% orange juice.

An option like Florida Orange Juice is not only delicious but delivers a powerful combination of vitamins, minerals and phytonutrients that have associated health benefits. One of nature's nutrient dense foods, one 8-ounce glass of orange juice provides 100% of the recommended daily value of vitamin C and is also a good source of potassium, folate and thiamin, making it a great substitute for sugar-sweetened beverages and simple addition to brunch staples like this Orange Oatmeal.

When combined with a healthy lifestyle, 100% orange juice may also help support a healthy immune system. Orange juice contains beneficial plant compounds, flavonoids and colorful carotenoids to aid in fighting inflammation and cell communication. It is also rich in vitamin C, which helps strengthen immune systems by protecting cells and promoting the production and function of immune cells. Vitamin D, which can be found in fortified juices, also plays an important role in regulating immune response and helps immune cells fight off bacteria and viruses that get into the body.

Since 100% orange juice is naturally almost 90% water, it can help support hydration as it includes several electrolytes like potassium, magnesium and, in fortified juices, calcium, to aid in fluid balance. Combining Florida Orange Juice, watermelon juice and grapefruit juice, this Citrus Watermelonade is a bright, seasonal thirst quencher that is the perfect addition to your drink selection at brunch.

"Maintaining overall wellness and hydration is important as we ease into the warmer months of the year and more time is spent outdoors," said Dr. Rosa Walsh, director of scientific research at the Florida Department of Citrus. "Florida Orange Juice includes many essential vitamins and minerals that aid in hydration, and it is a great complement to water in helping to provide nourishment before, during or after any activity."

For more information and sweet, nutritious brunch recipes, visit [FloridaJuice.com](http://FloridaJuice.com).



Citrus Watermelonade

### Orange Oatmeal

- 1 cup Florida Orange Juice
- 1 1/2 cups water
- 1 cup quick-cooking steel-cut oats
- 1 Florida Orange, peeled and diced
- 1 tablespoon agave nectar or honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt

In medium saucepan over high heat, bring orange juice and water to boil.

Add oats to boiling liquids.

Return to boil then reduce to medium heat and cook, uncovered, 5 minutes, stirring frequently.

Mix in diced orange, agave nectar, cinnamon and salt. Remove pan from heat; let stand 1 minute before serving.



Orange Oatmeal

### Citrus Watermelonade

- 1 cup hot water
- 2 cups sugar
- 6 cups watermelon, seeded, rind removed and cut into 1-inch pieces, divided
- 2 cups Florida Orange Juice
- 1 cup Florida Grapefruit Juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 cups Florida Oranges, cut into 1-inch pieces, peeled
- 1/2 cup mint leaves
- ice, for serving
- Florida Orange Slices, for garnish (optional)

### watermelon chunks, for garnish (optional)

In small saucepan over low heat, combine hot water and sugar; heat until sugar is dissolved. Refrigerate until chilled.

In blender, puree 4 cups watermelon until smooth.

In large pitcher, stir watermelon juice, chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice until combined.

Add remaining watermelon pieces, orange pieces and mint leaves; refrigerate 2-3 hours until well chilled.

Serve over ice in glasses. Garnish with orange slices and watermelon chunks, if desired.

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# SUNDAY

## In The Kitchen

Sunday, June 25, 2023

C3

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## A Full, Fresh Menu Fit for a Brunch Feast



Savory Cheese Balls

### FAMILY FEATURES

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

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

Find more brunch inspiration by visiting [Culinary.net](http://Culinary.net).

### A Savory Way to Start the Celebration

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

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

To find more recipes fit for brunch, visit [Culinary.net](http://Culinary.net).

### Savory Cheese Balls

Servings: 6-12

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

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

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

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

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

In third small bowl, combine cranberries and pecans.

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

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



Lemon Blueberry Trifle

### Finish Brunch with a Light, Layered Treat

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

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

Find more dessert recipes fit for brunch and other favorite occasions at [DominoSugar.com](http://DominoSugar.com).

### Lemon Blueberry Trifle

Prep time: 45 minutes

Servings: 8-10

#### Lemon Curd:

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

#### Whipped Cream:

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

#### Trifle:

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

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

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

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

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

Decorate trifle with lemon slices, fresh blueberries and mint.

### Say Goodbye to Basic Brunch

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

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

Visit [Culinary.net](http://Culinary.net) to find more brunch recipes.

### Easy Brunch Quiche

Serves: 12

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

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

Heat oven to 350 F.

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

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

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

In pie shells, divide drained bacon mixture evenly. Divide broccoli mixture evenly and pour over bacon mixture. Sprinkle remaining cheese over both pies. Bake 40 minutes.

Cool at least 12 minutes before serving.

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



Easy Brunch Quiche



# SUNDAY

## In The Kitchen

Sunday, June 25, 2023

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# EAT THE RAINBOW

### FAMILY FEATURES

Focusing your menus on health-conscious recipes that look as good as they make you feel is key to making positive lifestyle changes. Adding big flavors that satisfy cravings to easy, go-to recipes can be a big step toward reaching health goals throughout the year.

“Eating the rainbow” refers to adding fruits and veggies of varying colors to your diet, such as red tomatoes and beets, green cucumbers and avocados, orange carrots and pumpkins and beyond. Complementing fresh produce with the nutritional benefits of tuna and salmon – like heart-healthy omega-3 fatty acids, protein, vitamin D and potassium – can take your meal planning one step further.

Whether you’re commemorating a special occasion, hosting a gathering of friends and family or simply enjoying a night in, good food shouldn’t mean ditching good eating habits. With new packaging but a continued focus on flavor, wild-caught Low-Sodium Pink Salmon from Chicken of the Sea is a perfect complement to vibrant, rainbow-inspired recipes.

Try these Salmon Chili Bites for a quick and delicious snack option. They can easily be doubled, tripled or more for a party appetizer. Feature the recipe with a “rainbow” of veggies, crackers, meats and cheeses on a charcuterie board for a crowd favorite that can satisfy guests with big, bold flavor.

Ditch boring salads and find joy in food while maintaining healthy eating goals by upping your salad game. Say goodbye to bland, boring greens and enjoy salads with your favorite toppings, like a colorful combination of protein-packed tuna and fiber-rich veggies in this Mediterranean Tuna Salad, which is completed with a bright dressing and topped with feta cheese and parsley.

For more than 100 years, Chicken of the Sea has provided fresh, tasty seafood straight from the ocean, so whether you’re reaching for wild-caught tuna for this homemade salad or another option like salmon or sardines, you can enjoy a high-quality product that’s delicious on its own or used to elevate favorite recipes.

To find more health-focused snacks, appetizers, meals and more, visit [chickenofthesea.com](http://chickenofthesea.com).

Pair seafood and seasonal produce for colorful, healthy recipes



Mediterranean Tuna Salad

### Mediterranean Tuna Salad

Prep time: 20 minutes  
Servings: 1-2

#### Dressing:

- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon dried oregano

#### Salad:

- 1 can (5 ounces) Chicken of the Sea Chunk Light Tuna, drained
- 1 cup halved cherry tomatoes
- 1/3 cup sliced Kalamata olives
- 1 cup chopped English cucumber (about 1/2 cucumber)
- 1/4 cup feta
- 1 tablespoon minced parsley
- pita chips (optional)
- crackers (optional)

To make dressing: In large bowl, whisk lemon juice, olive oil and oregano.

To make salad: In dressing bowl, add tuna, tomatoes, olives and cucumber. Gently toss to cover salad with dressing then top with feta and parsley.

Serve with pita chips or crackers, if desired.



Salmon Chili Bites

### Salmon Chili Bites

Prep time: 15 minutes  
Servings: 2

- 2 pouches (2.5 ounces each) Chicken of the Sea Low Sodium Wild-Caught Alaska Pink Salmon
- 1 tablespoon chili crisp
- 2 teaspoons rice wine vinegar
- 1 teaspoon toasted sesame oil
- 2 bell peppers, cored and cut into 2-inch squares

- 1 green onion, thinly sliced
- minced cilantro
- black sesame seeds

In bowl, combine salmon, chili crisp, vinegar and sesame oil.

To serve, top each bell pepper square with some salmon, green onion, cilantro and sesame seeds. If leftover pieces of bell pepper remain, chop and add as additional garnish.

Note: If serving with cheese plate, place salmon mixture in small bowl and garnish with green onion and sesame seeds.

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# SUNDAY

## In The Kitchen

Sunday, June 25, 2023

C5

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## A Heart-Healthy Family Meal

(Family Features) Making small changes to focus on your health, like following a healthy eating plan, can make a big difference in protecting your heart.

Developed by the National Heart, Lung, and Blood Institute, Dietary Approaches to Stop Hypertension (DASH) is a flexible and balanced eating plan that helps create a heart-healthy eating style for life. It requires no special foods, and instead provides daily and weekly

nutritional goals to help lower two major risk factors for heart disease: high blood pressure and high LDL (bad) cholesterol.

As an added bonus, sharing DASH-friendly meals with your loved ones can help take the guesswork out of putting nutritious dinners on your family's table. For example, this easy and delicious Turkey and Beef Meatballs with Whole-Wheat Spaghetti recipe is one the entire family can help prepare.

In addition to a following a healthy eating plan, other self-care habits like taking time daily to destress, being more physically active and getting enough quality sleep can all benefit your heart. It's also important to know what your blood pressure, cholesterol and blood sugar levels are and what a healthy weight is for you.

Learn more about the DASH eating plan and find recipes at [nhlbi.nih.gov/DASH](http://nhlbi.nih.gov/DASH).



Photo courtesy of EnvyApple.com

### Brunch Board with a Twist

## Bring Brunch Favorites To The Table

(Family Features) Few things go together like the weekend and brunch. Whether that means gathering with family, friends or a combination of both, it's the perfect time to slow down and bring your loved ones together for a lighthearted meal.

Catering to a variety of different palates requires a diverse menu of dishes ranging from fresh fruit and baked goods to proteins and more. A key ingredient to bring any spread together: Envy apples, which are a natural cross between Braeburn

and Royal Gala apples.

With their beautifully balanced sweetness, uplifting fresh aroma, delightfully satisfying crunch and bright red skin that sometimes features a golden blush, they can be served fresh or paired with other brunch favorites in shareable dishes like the Brunch Board with a Twist. Plus, their naturally white flesh doesn't brown as quickly as other apples, making them easy to savor while enjoying time with loved ones.

Find sweet brunch recipe inspiration at [EnvyApple.com](http://EnvyApple.com).

ple.com.

### Brunch Board with a Twist

2 Envy Apples, sliced  
boiled eggs, halved  
cooked bacon  
bananas, sliced  
berries  
miniature pancakes  
edible flowers, for garnish  
2-3 Envy Apples, for garnish

On breakfast platter, artfully arrange sliced apple, halved boiled eggs, bacon, bananas, berries and pancakes. Garnish with edible flowers and whole apples.



Photo and recipe courtesy of the National Heart, Lung, and Blood Institute

### Turkey and Beef Meatballs with Whole-Wheat Spaghetti

Prep time: 20 minutes  
Cook time: 20 minutes  
Servings: 4

3 quarts water  
8 ounces dry whole-wheat spaghetti  
2 cups chunky tomato sauce  
4 teaspoons grated Parmesan cheese  
1 tablespoon fresh basil, rinsed, dried and chopped

**Turkey Meatballs:**  
6 ounces 99% lean ground turkey  
1/4 cup whole-wheat breadcrumbs  
2 tablespoons fat-free evaporated milk  
1 tablespoon grated Parmesan cheese  
1/2 tablespoon fresh chives, rinsed, dried and chopped  
1/2 tablespoon fresh parsley, rinsed, dried and chopped

**Beef Meatballs:**  
6 ounces 93% lean ground beef  
1/4 cup whole-wheat breadcrumbs  
2 tablespoons fat-free evaporated milk  
1 tablespoon grated Parmesan cheese  
1/2 tablespoon fresh chives, rinsed, dried and chopped  
1/2 tablespoon fresh parsley, rinsed, dried and chopped

Preheat oven to 400 F. In 4-quart saucepan over high heat, bring water to boil.

Add pasta and cook according to package directions. Drain and set aside.

To make turkey meatballs: In bowl, combine ground turkey, breadcrumbs, evaporated milk, Parmesan cheese, chives and parsley; mix well. Measure 1 1/2 table-

spoons turkey mixture and roll into ball using hands. Place meatball on nonstick baking sheet. Repeat until eight turkey meatballs are made.

To make beef meatballs: In separate bowl, combine ground beef, breadcrumbs, evaporated milk, Parmesan cheese, chives and parsley; mix well. Measure 1 1/2 tablespoons beef mixture and roll into ball using hands. Place meatball on nonstick baking sheet. Repeat until eight beef meatballs are made.

Bake meatballs 10 minutes until minimum internal temperature of 165 F is reached.

Warm sauce, if necessary.

To serve: Serve four meatballs with 3/4 cup pasta, 1/2 cup sauce, 1 teaspoon Parmesan cheese and 1 pinch basil per portion.

## Tips To Encourage Picky Eaters

(Culinary.net) Feeding an entire family can be difficult enough on its own with busy evenings full of hustle and bustle. One additional factor that can cause even more headaches is dealing with a picky eater, especially a child whose preferred menu ranges from hot dogs to candy.

If you're looking to widen the palate of your picky eater (or eaters), consider these tips to start down a path toward a more expansive slate of family meals.

### Start Slow

Loading up your little ones' plates with steamed veggies and sauteed fish may be a surefire way to send them to the pantry for a less nutritious snack. Instead, try combining personal favorites with small portions of foods you'd like to introduce, such as chicken nuggets alongside green beans or

topping pizza with black olives.

### Don't Force It

While it can be frustrating to constantly hear "no" to fruits and veggies, forcing them upon children may turn them away for good. In addition, a struggle over eating certain foods may create a constant sense of frustration around mealtime, which may only decrease a child's desire to expand his or her horizons.

### Create a Fun Experience

Remember not every meal has to include something new. On occasion, mix up mealtime by serving your children's favorites, even if it's as simple as a hamburger or as creative as breakfast for dinner.

### Bring Your Sidekicks to the Store

Introducing your children to the place your family's food comes from

may help them feel more comfortable with new flavors. Plus, by letting them in on the shopping process, you can have some help choosing foods they're more likely to be willing to try.

### Let Children Help Cook

Much like choosing their own ingredients increases the likelihood they'll try something new, perhaps becoming part of the cooking process can help children see how a meal comes together. It doesn't have to be a gourmet experience - simply seasoning roasted asparagus with salt and olive oil, for example, can introduce your up-and-coming chefs to the kitchen while helping make the cooking (and eating) process a fun adventure.

For more food tips and kid-friendly recipes, visit [Culinary.net](http://Culinary.net).

## A Tasty Meal For A Healthy Summer

(Family Features) As you plan your summer fun, think also about adopting healthy habits that can help keep your blood pressure under control. When your blood pressure is consistently high - a condition called hypertension - blood flows through arteries at higher-than-normal pressures. This can cause serious health problems not just for your heart, but also for your blood vessels, kidneys, eyes and brain.

Hypertension affects women and men of all ages but making small lifestyle changes can go a long way toward prevention. Start with updating your summer menu with delicious, heart-healthy recipes, like Hawaiian Huli Huli Chicken.

Following a heart-healthy eating plan, such as the Dietary Approaches to Stop Hypertension (DASH), which emphasizes vegetables, fruits,

whole grains, fish, poultry, beans, nuts, low-fat dairy and healthy oils, can help keep your blood pressure in a healthy range. Developed through research by the National Heart, Lung, and Blood Institute (NHLBI), DASH focuses on reducing sodium and limiting foods that are high in saturated fat, including fatty meats, full-fat dairy and tropical oils.

Along with adding healthy recipes to your summer menu, NHLBI's The Heart Truth program encourages these healthy habits that can help you control blood pressure:

Move more: Aim for at least 150 minutes (2 1/2 hours) of physical activity each week. Try keeping yourself on pace each week by shooting for 30 daily minutes of activity over five days.

Aim for a healthy weight: Research shows adults with overweight and obesity can lower

their blood pressure by losing just 3-5% of their weight. Ask a friend or family member to join a weight loss program with you; social support can help you both stay motivated.

Manage stress: Reduce stress - which can increase blood pressure - with meditation, relaxing activities or support from a counselor or online group.

Quit smoking: Smoking damages your heart and blood vessels. Call 1-800-QUIT-NOW or find other resources available online.

Get your summer off to a heart-healthy start by talking to your health care provider about your blood pressure numbers and what they mean. To learn more about heart health and blood pressure, visit [hearttruth.gov](http://hearttruth.gov) and find DASH-friendly recipes at [healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov).



Photo and recipe courtesy of the National Heart, Lung, and Blood Institute

### Hawaiian Huli Huli Chicken

Prep time: 10 minutes  
Cook time: 30 minutes  
Servings: 4

**Sauce:**  
2 tablespoons ketchup  
2 tablespoons light soy sauce  
2 tablespoons honey  
2 teaspoons orange juice  
1 teaspoon garlic (about 1 clove), minced  
1 teaspoon ginger, minced

12 ounces boneless, skinless chicken breast (about 2 large breasts), cut

into 1-inch cubes (about 24 cubes)  
1 cup fresh pineapple, diced (about 24 pieces)  
8 wooden skewers (6 inches each), soaked in water

To make sauce: Combine ketchup, soy sauce, honey, orange juice, garlic and ginger; mix well. Separate into two bowls and set aside.

Preheat grill to medium-high heat. Preheat oven to 350 F. Alternately thread three

chicken cubes and three pineapple chunks on each skewer.

Grill skewers 3-5 minutes on each side. Brush or spoon sauce from one bowl onto chicken and pineapple every other minute. Discard remaining sauce from first bowl.

To prevent chicken from drying out, finish cooking to minimum internal temperature of 165 F in oven. Using clean brush or spoon, coat with sauce from remaining bowl before serving.

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THE PAPER

# SUNDAY

## In The Kitchen

Sunday, June 25, 2023

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

## It's BBQ Season, Do You Know Where Your Beef Came From?

(StatePoint) As barbecue season heats up, you may be wondering how to square your love for T-bone steaks and spareribs with your concern for the environment. The good news? Science is delivering new, game-changing solutions to tackle the environmental footprint of the beef and livestock industries.

**The Problem**  
Approximately 9 million dairy cows, 90 million beef cattle, 60 million swine and billions of poultry in the United States produce more than 100 times more organic waste than humans; but where human waste makes its way to a septic tank or sewage treatment plant, livestock waste is usually spread untreated on the ground as fertilizer.

While this practice has short-term agricultural benefits, it's ultimately a major contributor to a number of environmental and health issues. Phosphorous, nitrogen (mostly as ammonia), pathogens and bacteria from manure run off the soil and pollute waterways. This nutrient runoff fuels increasingly toxic algae blooms in fresh, estuary and coastal salt waters, creating areas where most

aquatic species can't survive. What's more, the highly mobile and volatile nitrogen from ammonia in animal waste can become airborne, a difficult and expensive to control problem that poses significant health risks to humans.

Finally, the 1.5 billion tons of manure generated in the United States annually also plays a major role in climate change. Manure emits carbon dioxide, methane and nitrous oxide, all of which are potent greenhouse gases.

**New Solutions**  
An advanced livestock waste collection, treatment and recycling system from Bion Environmental Technologies Inc. is transforming manure from a liability to an asset. It starts with an innovative barn design that houses the livestock, collects waste, and feeds the treatment system on a continual basis. This patented technology not only provides comprehensive waste treatment that neutralizes pathogens, bacteria and ammonia and minimizes greenhouse gas emissions, but also produces superior organic, and climate- and water-smart, fertilizers

with a low carbon footprint, as well as generates clean water and renewable natural gas.

Typical beef production uses an extraordinary amount of water, particularly from crops for feed. With Bion, 30% of the waste stream is processed into recycled, clean water. And, thanks to precise application of organic and climate-smart fertilizers produced by the system, the resulting soil is healthier with a better balance of nutrients. In short, more abundant crops are produced, less water is used and greenhouse gas emissions are reduced.

Along with environmental stewardship and resource efficiency at the forefront of the technology's design, experts have been retained to ensure that animal accommodations, hygiene, care and feeding are all optimized for animal health and welfare. To learn more, visit [bionenviro.com](http://bionenviro.com).

"Today's consumers want sustainable, transparent and 'better for you' food," says Bill O'Neill, Bion's CEO. "Through innovation, we are bringing real beef to tables that is both sustainable and ethical."



Photo courtesy of Culinary.net.

Coconut Key Lime Cream Pie

## The Perfect Summertime Pie

(Culinary.net) Summer is the time to relax, refresh and indulge in sweet and heavenly treats. While you're lounging poolside and watching the kids play, enjoy a cool, creamy and absolutely divine dessert that's perfect on a hot day.

This luscious Coconut Key Lime Cream Pie has a smooth texture with toasted shredded coconut on top. It's sweet, but not too sweet, and will leave your taste buds wanting more as soon as you take your first bite.

Fresh out of the refrigerator, it's ideal for everyone to share on those days when it's just too warm outside to not have a chilled snack.

Also topped with lime zest and maraschino cherries, visually this pie is a winner with fun pops of color that will leave your mouth watering.

To make this cool, creamy creation, add vanilla wafers to a blender to make crumbs. Add melted butter and blend. Add crumb mixture to the bottom of a pie pan and press against the sides. Refrigerate to make crust.

In another large bowl, beat cream cheese, condensed milk and coconut extract.

In a different large bowl, beat whipping

cream until it starts to thicken. Add powdered sugar and lime juice. Reserve 1 cup of the whipped topping.

Add lime juice, coconut flakes and the reserved whipped topping to the cream cheese mixture then stir to combine.

Add cream cheese mixture to the pie crust and smooth it out. Top with whipped topping then garnish with toasted coconut, lime zest and maraschino cherries.

It's the perfect pie to enjoy whether you're outside enjoying some sunshine or inside, taking a break from the summer fun. After being chilled, all of the flavors combine to leave you with a delicious, one of a kind treat.

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

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

### Coconut Key Lime Cream Pie

Servings: 6-8

- 1 package (11 ounces) vanilla wafers
- 1/3 cup butter, melted
- 2 cups heavy whipping cream
- 1/4 cup confectioners' sugar
- 1/2 cup Key lime juice,

- divided
- 1 package (8 ounces) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 1 teaspoon coconut extract
- 1 cup shredded coconut
- 1/4 cup toasted shredded coconut
- lime zest
- maraschino cherries

In blender, pulse vanilla wafers into crumbs. Add melted butter and pulse until combined. Press crumbs into bottom and up sides of greased 9 1/2-inch deep-dish pie plate. Refrigerate 30 minutes.

In large bowl, beat whipping cream until it thickens. Add confectioners' sugar and 1 tablespoon lime juice; beat until stiff peaks form. Remove 1 cup; set aside.

In separate large bowl, beat cream cheese until smooth. Add sweetened condensed milk and coconut extract; beat until blended. Add remaining lime juice and shredded coconut; stir until combined. Add reserved whipped cream. Stir until combined. Pour into crust.

Refrigerate 4 hours. Before serving, garnish with toasted coconut, lime zest and maraschino cherries.



Photo courtesy of BeefLovingTexans.com

Beef and Blue Cheese-Stuffed Mushrooms

## Entertain In Style This Summer With This Savory Appetizer

(Family Features) Welcoming friends, family and neighbors for celebrations of all kinds demands delicious hors d'oeuvres for making guests feel right at home. Next time you invite loved ones for a special get-together, you can beef up the menu with a tasty appetizer that's as easy to make as it is to enjoy.

Loaded with savory flavor and perfect for feeding a crowd, these Beef and Blue Cheese-Stuffed Mushrooms from Beef Loving Texans offer a simple yet mouthwatering way to entertain in style. Just prepare button mushrooms by removing the stems then fill the caps with a ground beef-

based mixture of minced mushroom stems, blue cheese, breadcrumbs, green onions and steak seasoning for a party-worthy platter.

Visit [BeefLovingTexans.com](http://BeefLovingTexans.com) to find more recipes for home entertaining and beyond.

### Beef and Blue Cheese-Stuffed Mushrooms

Recipe courtesy of Beef Loving Texans  
Total time: 50 minutes  
Servings: 40

- 2 packages (8 ounces each) button mushrooms
- 1/4 teaspoon salt
- 1/2 pound ground beef
- 1/3 cup blue cheese
- 1/4 cup whole-wheat breadcrumbs

- 3 tablespoons green onions
- 1/2 teaspoon steak seasoning blend
- chives (optional)

Preheat oven to 375 F. Remove stems from mushrooms; reserve. Season mushroom caps with salt; set aside. Mince stems to yield 1/2 cup; discard remaining stems.

Combine ground beef, minced stems, blue cheese, breadcrumbs, green onions and steak seasoning. Spoon beef mixture evenly into mushrooms.

Place stuffed mushrooms on rack in broiler pan. Bake 15-20 minutes. Sprinkle with chives, if desired.

## Are You Vegan Curious? Here's How To Get Started

(StatePoint) Following a vegan diet doesn't just reduce one's impact on the environment, it's associated with a range of health benefits, making it no surprise that a plant-based food movement is on the rise.

"With more than 100,000 internet searches per month for 'vegan recipes' and 'vegetarian recipes,' it's clear there is high demand for plant-based meals," says Chef Fred Scarpulla, chief culinary officer at Amy's Kitchen, an organic and vegetarian food company.

A recent national survey commissioned by Amy's Kitchen and conducted by Atomik Research finds that 52% of Americans are vegan-curious, and men are even more inquisitive, with nearly 3 in 5 revealing an interest in cutting out animal products.

Every individual may have their own unique reasons, but the survey revealed Americans' most common motivators for purchasing or eating plant-based foods were their health (55%), a desire to protect the environment (34%) and a preferred taste of plant-based ingredients (28%). No matter why you're considering a vegan lifestyle, actually adopting one is not always easy. In fact, 72% of parents in households with dietary restrictions say finding prepared foods that meet their family's

needs is very or extremely challenging.

"Cutting down on meat and incorporating more plant-based foods into your diet doesn't have to be complicated or restrictive," says Chef Fred.

Whether you're transitioning to a vegan diet, incorporating meatless Mondays into your routine or simply curious about meatless cooking, Chef Fred offers the following tips to help you get started:

- Don't restrict yourself: While going vegan may sound like it's all about cutting foods out, it's actually an opportunity to explore new flavors and ingredients you may not have tried before, and to indulge in vegan-friendly cuisines from around the world, such as Indian food and Thai food. Plus, these days, vegan alternatives to a number of favorite comfort foods, like enchiladas, pizza and even mac and cheese, abound.

- Keep it simple: As you build your repertoire of go-to vegan meals, take a mental inventory of your family's favorite dishes. Many of them may already be vegan, or able to be made vegan with a few tweaks. Also, be sure to check out online resources offering vegan meal plans, which can help ensure your overall diet is balanced, satisfying and delicious.

- Look for shortcuts:

Creating meals from scratch is not always possible for busy families. In fact, 56% of Americans want shortcuts to plant-based meals. Luckily, there are a growing number of convenient vegan meal options available. Amy's Kitchen, for example, is founded on the principle that everyone should be able to enjoy a delicious, convenient meal, even those with dietary restrictions, which is why they don't use meat, peanuts, fish, shellfish or eggs in any of their recipes, and why they offer gluten-free and kosher options.

The brand, which works with farmers using organic and regenerative farming practices to lessen its impact on the planet, has an expanding vegan menu that includes snacks, breakfast, lunch and dinner options, making it easy to ensure your diet aligns with your values and your desire to eat healthfully.

- Get creative: To reduce prep work, follow recipes that start with already prepared vegan foods. Visit [amys.com/eating-well/recipes](http://amys.com/eating-well/recipes) to access Amy's Kitchen's library of healthy vegan recipes.

"Whether you choose to go fully vegan or simply want to incorporate more plants into your diet, rely on solutions that make it easy, convenient and delicious," says Chef Fred.

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# In The Home

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## Plan And Plant A Hummingbird Garden



**MELINDA MYERS**  
Columnist

Whether you are making some late additions to your gardens or planning for the future include some hummingbird-favorite plants. Select plants and create combinations to attract and support them with a season-long supply of nectar.

Hummingbirds consume an average of two to three times their weight in nectar each day. Providing feeders and an abundance of flowers throughout the season will support the hummingbirds and help attract them to your gardens. Keep this in mind as you add plants to your landscape.

Shrubs like azalea, lilac, weigela, button-bush, and Rose-of-Sharon provide shelter for birds and nectar-filled flowers for hummingbirds and other pollinators to enjoy. The North American native honeysuckle vine adds vertical interest and hummingbird appeal even in small spaces. Major Wheeler is a cultivar of the native honeysuckle vine that blooms all summer and is more resistant to powdery mildew. Watch as the hummingbirds munch on any aphids that attack this plant. They are great pest managers to have in the



Photo courtesy of MelindaMyers.com

**A hummingbird dining on the nectar of phlox.**

garden. Another native vine, the trumpet vine, is a vigorous grower that can be trained into a small tree or onto a trellis. This plant will send out suckers requiring some regular maintenance. Be patient as it can take several years for this vine to begin flowering. Avoid overfertilization which results in an even bigger plant and no flowers.

Shorter vines, like the hummingbird's favorite cardinal vine, make excellent thrillers in containers. Train them onto a decorative support and grow them in their own pot or combine them with other annuals. Include perennials for added seasonal beauty and nectar. Early blooming lungwort is shade tolerant and provides some of the earliest nectar for these winged beauties. Leave the white or lavender flowers on your hostas for the hummingbirds. This popular shade-tolerant plant is often overlooked for its hummingbird appeal.

Garden phlox and bee balm are both humming-

bird favorites that add color and nectar to the summer garden. Look for powdery mildew-resistant varieties or plant them among other tall plants to hide any discolored foliage that may occur. North American native anise hyssop and liatris are two more favorites you may want to include.

Fill vacant spots in the garden, containers, or hanging baskets with annuals known to attract hummingbirds. Fuchsias, begonias, and impatiens are perfect for shady locations. Cupneas are often sold under the common names, tiny mice and cigar plant, and prefer a sunnier location. The taller blue horizon ageratum, geranium, bidens, tall verbena, and petunias grow well in gardens and containers.

Both perennial and annual salvias attract hummingbirds. Place a pot or two of Black and Blue, Black and Bloom, and Wendy's Wish near your windows, so you can enjoy the frequent visits of your resident hummingbirds.

Add one or more

feeders to your landscape. Provide space between the feeders as hummingbirds are territorial. Make sure there is cover within 10 to 15 feet. Fill the container with a 1-part sugar to 4-part water solution. Replace the mixture and clean the feeders every few days. This provides additional food for the hummingbirds and viewing opportunities for you.

It may take a couple of years for the hummingbirds to find your nectar-filled garden. In the meantime, you will enjoy the flowers and other pollinators that stop by to dine.

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

## Purchasing A Portable AC? Keep These Tips In Mind

(StatePoint) With scorching summer temperatures here, a cautionary tale unfolds for those in search of a portable AC unit to beat the heat. Enticing promises and clever marketing tactics make it easy to fall prey to the pitfalls that await unsuspecting buyers. Here's how to be a savvy shopper:

- **Ratings:** Be aware that a higher advertised BTU rating doesn't always guarantee a cooler paradise. Crafty sellers may advertise more BTUs than the product's actual performance, but buyers beware. The truth lies in making sure you are matching the Department of Energy's (DOE) BTU rating to your room's square footage according to the DOE guidelines. When shopping online or in-store, be sure to check the fine print for the certified DOE rated BTU level for correct coverage — and if you don't see this information listed, stay away! A free online BTU calculator can help you choose wisely.

- **Certification:** Manufacturers are quick to parade their products with proclamations of excellence. Don't let smooth talkers lure you in with mere claims and great prices. Insist on reviewing the product's energy guide for the actual BTU rating. Also, make sure the portable AC you are interested in is authenticated by credible third-party organizations. This indicates it has met or exceeded performance standards.

- **Type:** Before making a decision between

window ACs or portable units, determine which type best suits your needs and the room before making a purchase. As a general rule, portable units can be easier to install and more versatile.

- **Noise:** Whether you're sensitive to noise or simply don't prefer to hear the sound of a motor running, check the unit's decibel (dB) rating. It's one easy-to-ignore specification that can make a huge difference. The good news? Cool interiors and ultra-quiet performance can co-exist, if you shop around.

In addition to purchasing a great portable AC unit, proper maintenance can help ensure it runs smoothly and efficiently. Periodically remove the filter from the unit and dust it, and clean debris from inside the unit with compressed air. A few lifestyle changes can also contribute to a cooler, more comfortable home. These changes include avoiding the stove and oven on super-hot days, planting shade-bearing trees or bushes outside windows, and swapping out incandescent bulbs for energy efficient LEDs.

Navigating a sea of misleading product claims can be exhausting, particularly when it comes to buying the equipment you need to keep your home and family comfortable in extreme weather. However, when it comes to a cool home, you don't have to sweat it. A bit of research can help you achieve optimal comfort this summer.

## Don't Let Battery Chargers Ignite A Disaster: Top Fire Prevention Tips

(StatePoint) According to the National Fire Protection Association, local U.S. fire departments responded to an estimated 1.35 million fires in 2021 — an average of every 23 seconds. These fires resulted in 3,800 civilian deaths and 14,700 reported civilian injuries, but the devastation didn't stop there. They also resulted in an estimated \$15.9 billion in property damage loss.

Fires can affect not just the health and safety of family, friends and community, but also take a major financial toll on homeowners and businesses. The International Code Council's 2023 Building Safety Month campaign focuses on general building safety awareness, including how to recognize and practice fire prevention strategies and be aware of potential risks in your home or business.

Potential Dangers of Lithium-Ion Batteries and Chargers

Over the years, lithium-ion batteries and chargers have caused many fires with sometimes devastating consequences. Found within common household products such as electronic toys, small and large appliances, headphones, cellphones, laptops and more, their popularity has grown

thanks to their high-energy density and longer lifespan. But with this growth comes the need to learn how to properly handle these products.

Below are actionable steps and fire prevention tips from Beth Tubbs, chief fire protection engineer for the Code Council, to help ensure lithium-ion batteries and chargers are used and stored safely. These are general safety tips, so you will need to refer to each device's owner manual for specific safety and maintenance instructions.

**Buyer Beware:** Only purchase an appliance or device with a lithium-ion battery and charger from reputable manufacturers to ensure it's designed, manufactured, tested and maintained according to applicable safety standards. This is a critical first step in battery fire prevention.

Use an Approved Battery Charger. Correctly: When charging a lithium-ion battery, use a proper charger that is manufacturer-approved or listed as acceptable on the device. Lithium-ion batteries are highly sensitive to charging conditions and using an incorrect charger, or using it incorrectly, can result in the battery overcharging. When a

battery overcharges, it can overheat, catch fire and, in the worst-case scenario, explode.

Never charge lithium-ion batteries when you aren't home to supervise it. If a potentially dangerous situation does arise, you can act quickly to rectify it by unplugging the battery, using a portable fire extinguisher or calling your local fire department for help. When charging appliances, such as micro-mobility devices (scooters and e-bikes), plug them directly into the electrical receptacle, not through multiplug adaptors or extension cords.

Follow the manufacturer's guidelines, including the recommended charge time. This will increase the safety and performance of your battery.

**Location, Location, Location:** When it comes to safety, where you use a lithium-ion battery device or charger is extremely important.

Because these batteries can pose a significant fire risk, it is crucial that they aren't located in front of an exit or escape route. If the battery is mishandled or exposed to extreme conditions and a fire erupts, you will need an unobstructed escape route.

Store batteries in a cool, dry environment to main-

tain their performance and safety. It is recommended to store batteries indoors, away from direct sunlight, excess heat, combustibles and potentially flammable substances.

Follow Maintenance Guidelines: Reputable manufacturers provide instructions on how to best maintain the performance and safety of their batteries, often found online or in the device or appliance's maintenance guide.

Some common maintenance tips include:

- Regularly inspecting the battery and charger for visible damage
- Routinely checking the battery's charge status
- Observing and noting the runtime of your battery (and any changes in this time)

- Disconnecting the battery from the charger once it reaches full capacity.

Resources for Fire Prevention

Lithium-ion battery fires can start in a matter of seconds; it's important to use them safely.

The Code Council's Building Safety Month website has several resources to help you understand and implement key fire prevention measures and protect your home or business. Access these resources by visiting [iccsafe.org](http://iccsafe.org).

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## In The Home

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## Tips For Avoiding Bug Bites This Summer

(StatePoint) Bug bites are not just a nuisance, they can cause discomfort and even pose health risks for some.

“Mosquitoes that may carry Zika, Chikungunya, Dengue fever and West Nile virus are always out in full force during the summer months and new evidence suggests that tick populations are growing, expanding their geographic ranges and carrying additional pathogens,” says Daniel Perry, entomologist at Zevo, a maker of pest control products that are made to bother bugs, not people.

From beach barbecues to walks in the woods, here’s how to safeguard yourself against ticks and mosquitoes, so you can stay bug-free this summer for whatever takes you outside.

• **Beat backyard bugs:** Eliminate standing water to prevent mosquitoes from using your backyard as a breeding ground in areas where you entertain and dine. Keeping your lawn and weeds in check is a useful step for managing ticks.

• **Take safer walks:** Whether you’re picnicking in the park, walking

the dog, working in the garden or hiking in the woods, it’s important to be mindful of ticks, which can transmit Lyme and other diseases. When possible, avoid contact with tall grass and brush, which is where ticks reside. Always be sure to launder your outdoor gear shortly after use. Take a shower soon after getting home, being sure to inspect your body (and your dog’s!) for ticks. If you do spot a tick, follow proper protocol for removal, using clean tweezers and removing fully, without squeezing or twisting the tick.

• **Protect your skin:** “No matter what your outdoor plans entail, bug spray products applied beforehand are your best bet for complete protection against mosquitoes and ticks, and of course, the diseases they harbor and transmit,” says Perry.

The new line-up of Zevo On-Body Mosquito + Tick Repellents are odorless and non-greasy, unlike traditional insect repellents, and provide complete, feel-good protection for the entire family for up to 8 hours. Whether you’re at a

garden-style wedding or hiking a mountain trail, you can be comfortable and protected from bugs with this innovative formula. The active ingredient in these products is inspired from a naturally-occurring amino acid and doesn’t leave your skin feeling sticky, which is a big bonus when you’re spending all day outside or even just 30 minutes! It’s available as an aerosol spray, a pump spray, and a lotion, which allows for easy, mess-free application before you go outside.

• **Camp smart:** Before departing for a camping trip, check your tent for small holes and repair or replace as needed. Select a campsite away from standing water, and zip up your tent whenever you’re not actively entering or exiting it. These measures will help you feel comfortable and protected from bugs on your next trip.

Don’t let the bugs bug you this summer. From sporting events to evenings on the patio, a few precautions can help ensure your comfort and protection from those pesky pests.

## Do You Want A More Organized Kitchen?

(StatePoint) Better organization in the kitchen means spending less time searching for the right ingredient or tool so you can have more time for savoring meals with family and friends, and more time for personal pursuits.

Whether you’re throwing together weekday lunches for the kids or hosting an elegant dinner party, here are some tips to keep your kitchen -- and meal prep -- organized.

• **Declutter**  
Do you feel like you’re constantly battling clutter? Not only can clutter make you feel less comfortable, it can impact your efficiency. Take some time to sort through those areas of your kitchen that tend to collect unused food products, such as the pantry, the refrigerator door and the back of the fridge. You’ll be surprised how long certain items have been sitting there. Toss anything that has expired, and donate anything unopened and in good condition that you can’t or won’t use to a food pantry. Transferring items such as grains, sugar and flour to labeled containers of the same size makes for more uniform storage that can help you maximize shelving. You might also consider alphabetizing spices so they are easier to find and grab when

you need them.

• **Upgrade Your Fridge**  
Trading in your refrigerator for a newer model can be a game changer, and not just because modern appliances tend to be more energy efficient. Today’s refrigerators can also be a world apart in functionality and organization, offering you more storage space, greater control and even the ability to multitask.

For example, a sleek French door refrigerator from Midea, the MRQ22D7AST, boasts a drawer with its own temperature control that can be adjusted via a smartphone app, so you can stay on top of meal planning while on the go, and ensure foods are stored at their ideal temperatures. For example, if you know you’re coming home from the supermarket with meat or seafood, you can turn the temperature down to 30 degrees. Or, if you want to uncork a perfectly chilled bottle of wine that evening, you can turn the temperature up to 41 degrees. This particular fridge also features three cooling zones with multiple evaporators that manage humidity and air transition between the fridge and freezer, keeping food fresher longer and ice odor-free. Plus, a unique glide-out tray, provides easy storage and access to party platters, cakes and

other large items, making hosting a breeze. Additional features like a deli net, retractable shelf and dual icemaker represent some of the best of what you can expect of today’s refrigerators.

• **Improve Go-To Tools**

Coordinated, efficient meal prep relies on your go-to tools being in good working order. To that end, a knife sharpener can make a useful addition to your kitchen, whether you opt for a simple sharpening stone or an electric model with different settings. If you’re low on counter space or would prefer having this task handled professionally, check your local hardware store. Many provide this service at an affordable cost. Other small items, such as can openers, zesters and peelers, are all prone to rust, which can make them difficult to wield over time. Likewise, plastic spatulas can become cracked and damaged with use and wooden spoons can become splintered. Assess these items and replace them as needed with new tools that offer a better grip and smoother operation.

With a few small tweaks and updates, your kitchen and all the items within it big and small, can make your life easier, more organized and more convenient.

## How To Improve Safety And Sustainability In The Home

(StatePoint) You may not realize it, but building safety has a huge impact on our everyday lives.

According to InjuryFacts.NSC.org, about 16 out of 100 people were injured in a home or community venue in 2021. The leading causes that contribute to these injuries, such as drowning, fire smoke, and general home maintenance, can be prevented by acting ahead of time.

As the leading global source of model codes, standards and building safety solutions, the Code Council is passionate about educating homeowners on fire safety, home maintenance and sustainability practices. Here are some safety tips from the Code Council to help prevent accidents and keep your family and community safe:

• **Fire Safety Tips:**

- Put a smoke alarm on every level of your home, outside each sleeping area and inside every bedroom. Test each smoke alarm regularly and replace it every 10 years.
- Install home fire sprinklers. They are relatively affordable and can increase property value and lower insurance rates.
- Make an escape plan with a meeting place outside so everyone knows how to get out fast.
- Keep anything that can burn at least three feet away from portable heaters.
- Keep all items that

can burn away from your home. Remember to clean leaves from your gutters and clear dead leaves and branches from shrubs and trees surrounding your home.

• **Home Maintenance Tips:**

- Never overload electrical cords or power strips.
  - Don’t use appliances that have damaged cords.
  - For mold prevention, watch for leaky pipes, condensation and wet spots, and fix sources of moisture problems as soon as possible.
  - Keep in mind that there are several materials and items that should never be flushed down the toilet, including medication, disposable wipes, coffee grounds and more.
  - To prevent your pipes from freezing in the winter, drain water from the swimming pool and water sprinkler supply lines following the manufacturer’s or installer’s directions.
  - Make sure all pedestrian gates in the barrier fence of your swimming pool are self-closing and self-latching.
- According to the Center for Climate and Energy Solutions, the average U.S. family can spend \$2,000 a year on energy bills. This means that reducing your home energy use is the single most effective way to save money and reduce your home’s contribution to greenhouse gasses. The

Code Council recognizes that for many people, it’s unclear where to start, and suggests the following tips to help communities forge a path forward.

• **Energy and Sustainability Tips:**

- Install water-saving shower heads and low-flow faucet aerators and use your water meter to check for hidden water leaks. These steps can improve water conservation.
  - To prevent stormwater runoff pollution, never dump anything down storm drains.
  - Change the filters in your home’s heating and cooling system regularly to increase energy efficiency.
  - Replace your light bulbs with LEDs, which use up to 90% less energy and last up to 25 times longer than traditional incandescent bulbs.
  - Build green and design your home with materials that are easily recyclable, reusable, renewable, durable, affordable and low maintenance.
  - Build a rain garden to capture roof drainage and divert it to your garden or landscaping to recycle non-potable water. Be sure to check your local rules on rainwater harvesting prior to installation.
- For more information, check out the Code Council’s Safety Tool Kits and additional resources at [iccsafe.org](http://iccsafe.org).

## How To Build A Firewood Rack For Your Backyard This Summer

(StatePoint) If you’re like many outdoor enthusiasts, the warm months mean fun bonfire parties with sing-a-longs, scary stories and s’mores, right in your backyard. But having a wood-burning firepit requires having a dedicated place to store firewood.

“A firewood rack is not only important for an organized yard, it protects your fuel source from moisture, making for less smoke and more efficient burning. While it might seem like a complicated build, it can be a simple, easy and quick weekend DIY project that will greatly improve your backyard experience,” says Jamie Briggs, director of marketing at Exmark, a leading manufacturer of lawn care equipment.

That’s the idea behind this “Done-In-A-Weekend Project” from Exmark:

- **Tool List**
- Miter saw
- Eye and ear protection
- Gloves

- Tape measure
- Level
- Pencil
- **Cut List**
- **Large Rack**
- (2) 10-foot 2x4s (pressure treated)
- (2) 8-foot landscape timbers (pressure treated)
- (3) standard cinder blocks
- **Small Rack**
- (2) 10-foot 2x4s (pressure treated)
- (2) standard cinder blocks

• **Build Steps**

1. Measure, mark, and cut your 2x4s into 5-foot pieces.
2. For the smaller rack, lay the two cinderblocks side by side, holes up. For the larger rack, place two of the cinderblocks at either end of the length of the landscape timber, holes up. Place the third cinderblock in the middle of the other two to work as support.
3. For the larger rack, lay the two lawn timber planks across the cinderblocks and then check to ensure they’re level.

4. For the smaller rack, turn the 2x4s so the wide sides are facing inwards. For the larger rack, place the cut 2x4 pieces into the holes of the cinderblocks, small sides facing inwards.

5. To ensure the security of your build, resituate the two lawn timbers so they’re as tightly placed against the 2x4 planks as possible.

6. Load up your wood! To view the full video tutorial, visit Exmark’s Backyard Life site at <https://backyard.exmark.com>, a multimedia destination that provides homeowners with everything from grilling tips and design projects to gardening and lawn care advice.

“Our firewood rack gives you plenty of storage so you can keep your bonfire blazing for an entire party. It’s also one of the simplest builds we’ve ever done, and you’ll be able to make quick work of it over your weekend downtime,” says Briggs.



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# SUNDAY

## Business

Notes and

# NEWS DAY

Sunday, June 25, 2023

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## Purdue University, High Alpha Partner To House Programs In Downtown Indianapolis

As part of Purdue University in Indianapolis, Executive Education programs from the Mitchell E. Daniels, Jr. School of Business and some Purdue Innovates programs will be housed at High Alpha in the burgeoning Bottleworks District of Indianapolis. Thursday's (June 22) announcement builds on Purdue's commitment announced last week to expand the university's academic and research excellence to the state capital while investing in and partnering with the city to create new knowledge, build startups and connect talents with industry.

"Purdue University in Indianapolis is excited to have this new physical location and strategic partnership with High Alpha, the most amazing startup ecosystem in our state," said Purdue President Mung Chiang. "Multiple opportunities for Boilermakers will bloom in the Bottleworks District, starting with DSB Executive Education and Purdue Innovates programs."

Students and faculty in the Mitchell E. Daniels, Jr. School of Business Executive Education programs and Purdue Innovates will have proximity to High Alpha and its portfolio companies, tapping into a wealth of experiential learning opportunities. With excellence at scale, the reimagined Mitchell E. Daniels, Jr. School of Business positions Purdue to become a world leader in business education and a top 10 business school, with goals of bringing discoveries to the marketplace and scaling up innovations.

Those are also prime objectives for Purdue Innovates, which was formed in April in partnership with the Purdue Research Foundation. Building on world-renowned strengths in innovation by its faculty, staff, students and alumni, Purdue Innovates has created a comprehensive system to streamline access and strengthen support to both technology commercialization resources, such as intellectual property licensing and protection, and startup support resources, including programs and funds to launch, scale and invest in Purdue-connected startups in one cohesive structure. In Indianapolis, students and faculty from both programs will have opportunities for integration, collaborative research, experiential learning and participation in venture startups.



Photo courtesy of High Alpha

**The High Alpha space in the Bottleworks District in downtown Indianapolis will house the Mitchell E. Daniels, Jr. School of Business Executive Education programs and some Purdue Innovates programs, with the potential for other Purdue programs in West Lafayette and Indianapolis to take advantage of the space.**

"Dynamic discovery and innovation is happening every day in Indianapolis, and High Alpha is at the heart of it," said Dan Hasler, chief operating officer of Purdue University in Indianapolis. "Connecting our Purdue University students and faculty to this space creates invaluable experiential learning opportunities that will make for education and research experiences that are truly unique."

Brooke Beier, senior vice president of Purdue Innovates, said, "This opportunity for an additional location in the heart of Indianapolis allows Purdue Innovates to leverage the vast Boilermaker network and tap into a vibrant ecosystem of research, resources and expertise. We can establish a strong pipeline of talent to and from the capital city while empowering innovators to transform intellectual property into thriving commercial ventures and positioning entrepreneurs for rapid advancement and success."

High Alpha is a leading venture studio that conceives, launches and scales next-generation business-to-business software. Founded in 2015 by tech veterans Scott Dorsey, Eric Tobias, Kristian Andersen and Mike Fitzgerald, the Indianapolis-based firm pioneered the venture studio model. Since its inception, High Alpha has built a world-class team of over 50 builders and operators, co-founded 40-plus startups,

backed over 80 founders, and is transforming the venture-building industry. The High Alpha space in the Bottleworks District serves not only partners like Purdue University and High Alpha's portfolio companies, but also the broader tech ecosystem of central Indiana.

"We are thrilled to expand our network of partnerships by welcoming Purdue University into the Bottleworks District," Andersen said. "Purdue is already a national leader in operating at the intersection of technology, education and entrepreneurship. We're confident this partnership will create even more opportunity for Purdue's students and alumni, High Alpha, and the entire city of Indianapolis."

This move aligns Purdue University, a top 10 public university and one of the world's most innovative institutions, with High Alpha, a world-class venture builder. By creating space for Purdue programs at High Alpha headquarters, Purdue continues to fulfill its promise to significantly grow innovation and the tech-driven economy in central Indiana. Collaborations like this with High Alpha and the recent partnership renewal with Taiwan Semiconductor Manufacturing Co. show Purdue's commitment to advancing the frontiers of knowledge and cultivating the next generation of innovators and leaders by fostering environments where academia and industry converge.

## Mercury Broadband To Invest \$2 Million In New Crawfordsville Service Center

Garrett Wiseman, Co-Founder and Chief Executive of Mercury Broadband announced today the company plans to offer state-of-the-art Broadband Services to 17,000 residential households and businesses.

"We are excited to enter this new phase of expansion with the City of Crawfordsville and are looking forward to advancing broadband Internet to rural and under-served communities across Montgomery County and the State of Indiana," said Mr. Wiseman. "We are committed to providing affordable services and providing a positive impact in the communities we serve."

Mercury Broadband has entered into a purchase agreement for approximately five acres of property located on Industrial Boulevard in Crawfordsville, Indiana. The Service Center is to be approximately 12,000 square feet with office and warehouse space. As a part of the decision-making process, Mercury Broadband will seek a tax abatement incentive from the City of Crawfordsville for their development. Pending city approval of property tax abatement, construction on the new site is expected to be completed in mid-2024. Beginning in 2024, Mercury will establish a temporary facility while construction of the Service Center begins. Mercury is estimated to employ approximately 30 employees.

"We are excited to welcome Mercury Broadband to our community and are very pleased that they have chosen to locate their new service center

in Crawfordsville. Mercury will be creating high-quality employment opportunities in the growing tech sector, while increasing connectivity options for residents and businesses in this region of Indiana," said Crawfordsville Mayor Todd Barton. "We've worked hard to attract Mercury to our community, and the types of jobs created by this investment fit perfectly within our strategy to further diversify the types of employment opportunities available locally."

Customers will be able to purchase services next year in the first and second quarters. Customers in the area are encouraged to visit the company website at [www.mercurybroadband.com](http://www.mercurybroadband.com) and follow Mercury Broadband on Facebook and Instagram for updates on the launch of services in these areas. You can also contact the company toll-free at 1-800-354-4915 for more information.

About Mercury Broadband  
Mercury Broadband is a leading provider of high-speed Internet and digital phone services for homes and businesses across select rural markets in the Midwest. The company was founded in Topeka, K.S., after recognizing a need for broadband services in these underserved markets. A hybrid approach to serving these "last mile" customers was developed by extending high-capacity fiber optic networks with the range, reliability, and flexibility of carrier-class wireless technologies to provide next-generation services to customers.

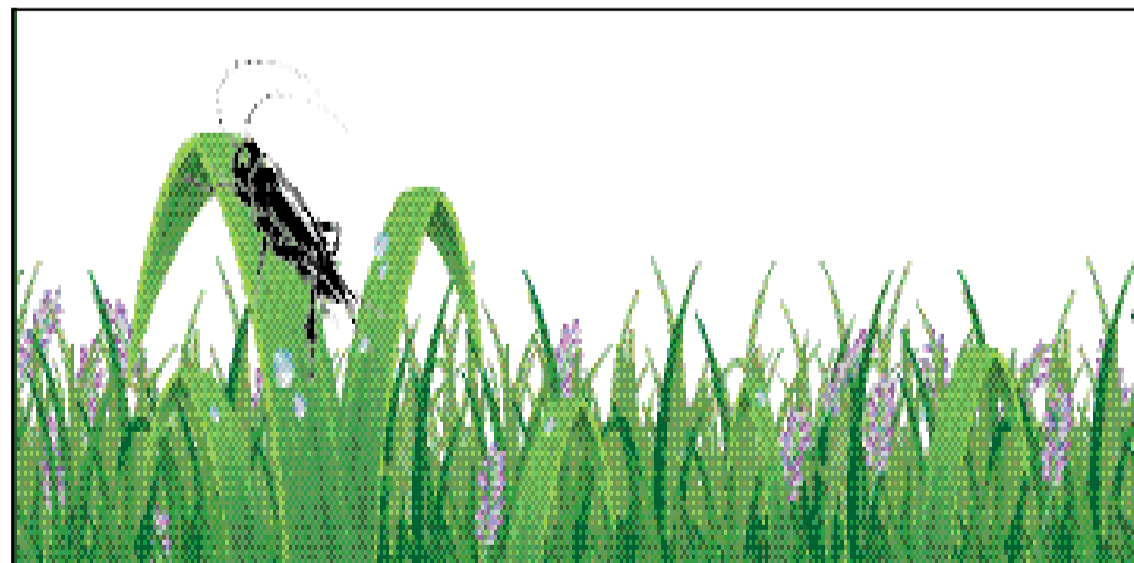
## JD Power Ranks Erie Insurance #1 In Property Claims Satisfaction

According to the J.D. Power & Associates 2023 U.S. Property Claims Satisfaction Study released earlier this year, Erie Insurance has topped the list in customer satisfaction with Property Claims Experience. Derrick Clore, President of Clore Insurance Group with offices in Crawfordsville, Carmel and Brazil Indiana said "This is real affirmation of what we see and say every day. When it comes to delivering on a promise, there is no better insurance carrier than Erie Derrick Clore Insurance. And, after all, isn't that what you're really buying with insurance, President, Clore Insurance a promise that the company will deliver in your time of need. We're proud



Derrick Clore

of Erie's competitive pricing and superior coverage options but this study proves they're the best at the most important part of the business, taking care of clients when it counts."



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# SUNDAY Business Notes and NEWS DAY

Sunday, June 25, 2023

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## Purdue Global's Organizational Management Program Equips Employees For New Leadership, Managerial Roles

Jeffery Bonnewell had worked supervisory and management roles within manufacturing since 2017. Good jobs, indeed. Yet he'd soon realize he had hit a career plateau. He wanted more and knew he had it in him.

That's when he turned to Purdue Global, Purdue's online university for working adults, and specifically to its organizational management program. It provided just the boost he desired.

As Bonnewell was earning his Bachelor of Science in organizational management, he landed a new position as a manufacturing quality engineer at Dorel Juvenile Group, a leading car seat manufacturer in Indiana.

The organizational management program is designed to help workers who have skills transferable to other jobs or positions, including operations, management, franchising, accounting and inventory management. It helped get Bonnewell where he wanted to go.

"I was taking things I was learning through the courses, texts and my professors, and I was using that in my day-to-day role with my company," Bonnewell said. "I believe those skills helped me to get where I am now."

Bonnewell, of Greensburg, Indiana, believes the degree program was a "perfect fit" for him, as he has a passion for people, mentoring and coaching.

He is not alone. Others have seen the payoff from the program as well, such as recent graduate Kathy Whelan of Perry Hall, Maryland.

Whelan, who serves as a medical student coordinator at MedStar Health, a large health care provider in Maryland and the Washington, D.C., region, wanted to finish her degree.

A Purdue Global advisor talked to her about her goals, what she wanted to do as she finished up her degree program and what she needed to complete



Photo courtesy of Purdue Global

**Jeffery Bonnewell with his wife, Courtney, and son, Mason, at Purdue Global's May 6 commencement.**

the program. Many of her previous credits transferred over to Purdue Global, and Whelan was able to complete the program in 15 months. She participated in the May 2023 commencement and also has placed her diploma on display at her office.

"This may help me advance into better positions, such as management," Whelan said. "I had really great professors. They were able to help me apply the concepts to the real world." "Their life experiences and the fact they work in the professional field really helps enhance the education for the student."

The organizational management degree program through the Purdue Global School of Business and Information Technology launched following the start of the COVID-19 pandemic in 2020, as many sectors of the economy suffered huge job losses. More than 400 students have enrolled in the program, with more than 60 students graduating since its inception.

Purdue Global administrators and faculty members, including Jennifer

Lasater, vice president of student and career advancement, looked for ways to create a program that could help workers who lost their jobs and were looking for retraining or a new career path.

"There are people with top skills such as management, leadership, operations, sales, communication, customer service and scheduling who have spent a good amount of time in their jobs but without a lot of upward mobility," Lasater said.

The job market in many categories is looking for general management roles. Employers are traditionally looking for skilled workers with previous experience, and many of them require a bachelor's degree. While some workers can't leave their current job, they could pursue additional education that would help them upskill.

"We've seen outcomes in many different environments and industries. This degree is what Purdue Global is all about: recognizing the skills and experience that our adult learners possess, educating them on the skills they need, and helping them to advance in their careers," Lasater said.



Photo courtesy of Purdue University

**Purdue President Mung Chiang, left, and Rick Cassidy, chairman of TSMC Arizona, met Monday (June 19) for a signing ceremony in the Indianapolis Bottleworks District. Purdue and TSMC extended an ongoing semiconductor partnership, expanding their collaborative scope through additional workforce development and research programs through 2031.**

## Purdue, TSMC Extend Partnership On Semiconductor Research And Workforce Development

Purdue University continues to advance semiconductor workforce development by renewing a strong partnership between industry leader Taiwan Semiconductor Manufacturing Co. and the university's Center for Secure Microelectronics Ecosystem.

The renewal of TSMC's membership in CSME represents the desire by both sides to expand their collaborative scope through additional workforce development and research programs through 2031. CSME started in 2021 as a first-of-its-kind global partnership of academia; industry, including TSMC; and government to advance research and workforce development in designing secure microelectronics.

The just-signed memorandum of understanding is the latest in a series of recent Purdue partnerships that expand the university's global reach in the semiconductor industry, including three transformative agreements signed in May.

"As America's leading semiconductor university in workforce, research and industry partnership, Purdue is excited to renew, update and expand the collaboration with TSMC, especially in light of the recently announced joint activities with key engineering universities in Taiwan in this area," Purdue President Mung Chiang said. "This is now the fourth global partnership in less than two months—including Belgium, India and Japan—that Purdue has formed to enhance our commitment to the semiconductor ecosystem."

Chiang was joined by Rick Cassidy, chairman of TSMC Arizona, on Monday (June 19) for the agreement signing in the Bottleworks District in Indianapolis, where Purdue is announcing a physical presence in the High Alpha building as part of the new Purdue University in Indianap-

olis with programs such as the semiconductor degrees.

"At TSMC, we firmly believe that investing in talent is the key to sustainable growth and innovation in the semiconductor industry," Cassidy said. "This partnership with Purdue University is a testament to our shared commitment to advancing the frontiers of knowledge and driving progress in STEM. Through this collaboration, we aim to cultivate the next generation of innovators and leaders by fostering an environment where academia and industry converge."

As part of the partnership extension, TSMC and Purdue will work in tandem on additional educational and research projects. Additional workforce development activities, graduate fellowships and research assistantships are included in the new agreement.

From the beginning, the aim of CSME was to help ensure a secure supply of semiconductor chips and related products and tools, from the foundry to the packaged system, based on a zero-trust model.

The agreement is the latest as part of the Semiconductors@Purdue initiative, which addresses research and workforce and economic development. TSMC is one of the world's largest semiconductor contract manufacturers.

Global connections to advance semiconductor research and workforce development are a persistent pursuit at Purdue, which has established a number of international partnerships since May.

On May 21 Chiang signed a landmark international agreement during the G-7 summit in Hiroshima, Japan. The agreement advances Purdue's efforts in semiconductor production by partnering with Micron, Tokyo Electron and other educational institutions

in the U.S. and Japan to establish the UPWARDS Network for workforce advancement and research and development in semiconductors.

Chiang signed another agreement to become the flagship academic partner and collaborator with the government of India. As part of the partnership signed on May 9, Purdue is a key collaborator with India and the India Semiconductor Mission in skilled workforce development and joint research and innovation in the burgeoning fields of semiconductors and microelectronics.

In addition, Purdue, the state of Indiana and the Indiana Economic Development Corp. announced a partnership on May 3 with imec, a Belgium-based semiconductor research and development firm. The trans-Atlantic partnership focuses on bringing together world-class expertise and state-of-the-art technology with the exchange of students, faculty and professionals among Purdue, the state of Indiana and Belgium to foster further collaborative research and innovation capacity.

Since 2022 investments in the future workforce and semiconductor research have also drawn innovative neighbors to Purdue. U.S.-owned semiconductor manufacturer SkyWater Technology and Taiwan's MediaTek Inc., the world's fourth-largest chip designer by revenue, have each in the last year announced partnerships with Purdue.

Purdue's Semiconductor Degrees Program addresses the needs of the commercial semiconductor industry by working in close collaboration with 27 senior leaders of the semiconductor industry. The program is a model curriculum to address the critical shortage of talent faced by the U.S. semiconductor industry.

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## Hickory Bible Church

104 Wabash • New Richmond

### Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

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765-918-4949



## Woodland Heights Christian Church

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

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

Visit us online at WHCC.ORG

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

*"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

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## 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,  
invites 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

nmccc@sbcglobal.net • newmarketcc.org

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Reach Out to Our Neighbors*



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people to  
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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

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212 E. Wabash Avenue  
Crawfordsville  
(765) 362-4817  
www.cvfumc.org

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

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all are loved by God







**Faith Baptist Church**  
1113 S 200 W • Crawfordsville  
(765) 866-1273 • faithbaptistcv.com

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

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Sunday School at 9 am  
Church at 10 am

Help and hope through  
truth and love



**Crossroads Community Church of the Nazarene**

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

WEDNESDAY  
6:00 PM: Mid-week Service

117 E State Road 234 • Ladoga  
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**Congregational Christian Church**  
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Sunday School for all ages 9:30am  
Worship 10:30am

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and Facebook



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View archived only services  
at christsumc.org >video>livestream.



**First Baptist Church**  
CRAWFORDSVILLE, INDIANA

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

You can watch us on YouTube and Facebook  
Watch Sunday Mornings

## YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

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

# SUNDAY Health and WELLNESS

Sunday, June 25, 2023

H1

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

## Breaking The Stigma And Promoting Healing

As we observe Men's Mental Health Month this June, it is crucial to confront the pervasive barriers that hinder men from seeking essential mental health treatment and support. Two distinguished mental health professionals who are leading the charge in dismantling the stigma surrounding men's mental health and promoting healing in this often-neglected realm. Psychotherapist Duygu Balan and board-certified psychiatrist Dr. Yener Balan are the co-authors of, *Re-Write: A Trauma Workbook of Creative Writing and Recovery in Our New Normal*, and would love to offer insights into the unique challenges men face in addressing their mental health.

Dr. Yener Balan emphasizes the urgency of the issue, stating, "In the realm of mental health, men are alarmingly prone to disregard their well-being, perpetuating a concerning trend. Surpassing their female counterparts, men are consistently less inclined to seek assistance when battling depression, overwhelming life circumstances, and substance use. This persistent reluctance stems from deeply ingrained social norms that encourage men to downplay their symptoms and keep their struggles concealed."

To combat this critical issue, we must collectively foster a culture of acceptance and support. It is imperative to challenge societal expectations and promote open dialogue, empowering men to prioritize their mental health without fear of judgment or stigma. Raising awareness about available resources and

destigmatizing professional help plays a pivotal role in encouraging men to seek the assistance they deserve.

Duygu and Dr. Balan are available for interviews, expert commentary, and guest articles, poised to shed light on the pressing matters surrounding men's mental health. They can delve into topics such as:

- **Breaking the Silence: Exploring the societal barriers that prevent men from seeking mental health treatment and fostering an environment of understanding and acceptance.**

- **Navigating Masculinity and Mental Health: Examining the unique challenges men face due to societal expectations and how it affects their mental well-being.**

- **Healing through Connection: Highlighting the transformative power of peer support and community engagement in overcoming mental health challenges.**

- **Nurturing Resilience: Unveiling evidence-based strategies for men to build resilience, enhance emotional well-being, and navigate life's adversities.**

- **The Role of Professional Help: Demystifying misconceptions surrounding therapy and counseling, emphasizing the importance of seeking qualified mental health support.**

About Duygu Balan and Dr. Yener Balan:

Author and psychotherapist specializing in intergenerational trauma, Duygu Balan, LPCC developed her expertise in intergenerational trauma while working as a clinical counselor in New York City treating patients on society's margins. A

licensed psychotherapist, she is the co-author of *Re-Write: A Trauma Workbook of Creative Writing and Recovery in Our New Normal* and a contributor to the best-selling medical textbook, *Big Book of Emergency Department Psychiatry: A Guide to Patient Centered Operational Improvement*. Born in Germany and raised in Istanbul, Duygu's upbringing provides her with a fresh perspective on how to navigate tension between cultures; adverse childhood experiences; and attachment wounding through hope and resilience. She is based in the San Francisco Bay Area.

Author and health-care executive Yener Balan, MD, DFAPA is a board-certified psychiatrist and bestselling author of *Re-Write: A Trauma Workbook of Creative Writing and Recovery in Our New Normal* and *Big Book of Emergency Department Psychiatry*. He is a distinguished fellow of the American Psychiatric Association, and currently is the vice president of behavioral health and medical specialty services for a major health care organization.

Yener has extensive years of experience working in high volume emergency departments, is an expert in hospital operations including work in the emergency room, health care business and management, and has given lectures and workshops worldwide. Yener was born and raised in New York City, and while he still misses the East Coast, has made a home for himself in the San Francisco Bay Area where he lives with his wife and 11-year-old son.

## Cool Off And Get Fit – A Pool Workout

Looking for a new way of getting in a great cardio and strength workout? Look no further than your backyard or community pool.

TOPS Club, Inc. (Take Off Pounds SensiblySM), the nonprofit weight-loss support organization, with a "Real People. Real Weight Loss.®" philosophy, is a proponent of exercising in water, as it is not only fun, but also is easy on the joints because the buoyance of water supports your body. Plus, water provides 360-degree natural resistance, so your muscles are engaged more fully, working harder vs. dry land, a calorie burner booster.

If it's been a while since you've entered a pool, start with easier moves first, and as you get more confident in your water abilities, work up to the more challenging exercises.

The water moves described below are informational and may not suit an individual's health situation. Always check with your doctor or healthcare provider before beginning a new program.

**Water Walking, Jogging, or Marching**

Walk your way into waist-high or chest-high water. Walk 10-20 steps forward and then the same distance backward. You can intensify the workout by gently jogging instead of walking. Switch between jogging for 30 seconds and walking for 30 seconds. Aim for a five-minute workout. You can also march in place, swinging your arms by your sides. If you get winded, take a break, and then start marching again.

For a bigger challenge, walk in deeper water, which will increase resistance. Begin walking for a minute or two and rest for a minute. You can build

your time as your fitness level rises.

**Full body lunge and stretch**

Stand in waist-deep water with your feet under your hips and arms at your side. Step your right foot forward and lower your left knee toward the bottom of the pool. Then return to the original position. Repeat the sequence using your left foot. Try for 8 to 10 times with each leg. This exercise builds flexibility and strength in arms, shoulders, front and back of thighs, and rear muscles.

**Sidestepping**

Face the pool wall and stand upright. Take sideways steps, keeping the body and toes facing the wall. Take 10 to 20 steps and then return.

**The Bicycle**

Stand in chest deep water. With your back toward the side of the pool, bend your arms and rest your elbows on the deck or gutter to help stabilize your body. While standing, begin bending your knees to pedal an imaginary bike. Aim for 10 reps, but once you feel exhausted, rest for up to three minutes.

In addition to helping you burn calories, the movement helps strengthen and tone your legs, shoulders, and core.

**The Noodle Plank**

Remain in the shallow end of the pool. Using both hands, hold the water noodle close to your chest with your arms partially bent. Push your feet off the pool bottom and allow your extended legs to float upward to the water surface behind you. Hold the plank position as long as you can. Only use flutter kicks when it is necessary to remain horizontal. This exercise helps build your core strength, tightens abs, and improves flexibility.

A variation is to hold the noodle with both hands shoulder length apart. With your toes on the pool floor, straighten your elbows and lean forward to submerge the noodle in front of you. Your body should be straight and diagonal to the pool floor. Hold the position as long as you can and then repeat several times.

About TOPS®

TOPS Club Inc. (Take Off Pounds Sensibly) is the original weight-loss support and wellness education organization. Founded in 1948, TOPS is the only nonprofit, non-commercial weight-loss organization of its kind. TOPS promotes successful weight management with a "Real People. Real Weight Loss.®" philosophy that combines support from others at weekly chapter meetings, healthy eating, regular exercise, and wellness information.

Today there are about 65,000 members, including men, women, and international members who join chapter meetings online, with thousands of chapters in all 50 states and Canada. TOPS also has an online program for people who might prefer that model or who live too far to attend in-person chapter meetings. Online resources include, news and information from the health and inspirational community, meal planning ideas, workouts, chapter resources and more.

Visitors are welcome to attend their first TOPS meeting free of charge. Membership is affordable, starting at \$49 per year in the U.S. and \$59 annually in Canada, plus nominal chapter fees. Join TOPS, visit [www.tops.org](http://www.tops.org), or call 800-932-8677 to learn more about TOPS and to find a local chapter.

## How A Nursing Career In Home Healthcare Can Help Expand Health Care Access

(StatePoint) For those who are in hospice, recovering from an injury or illness, or who have long-term disabilities, home healthcare can be an ideal solution. It delivers cost-effective, high-quality care in the setting where patients most often want to be -- home. Unfortunately, access to this important service varies by region, with particular shortages in rural areas, often where the need is highest. Industry experts say that nurses who make the switch to treating patients at home can help close the gap.

"I've seen firsthand how home healthcare is so often the best choice for patients, translating to better adherence to care management plans and an improved quality of life," says Jennifer Sheets, president and chief executive officer of Interim HealthCare, Inc., a nurse with real-world experience herself, and a nationally recognized leader and advocate for continued funding for

home healthcare.

Whether you're still in nursing school or a seasoned professional, here are some of the top reasons to consider a career in home healthcare:

**Career Consistency**

A career in home healthcare can be a seamless transition for nurses of all specializations, experiences and backgrounds. While many home healthcare patients are older adults, home healthcare actually offers the full continuum of care, and is designed for patients of all ages with a range of chronic and acute conditions. What's more, home healthcare careers can deliver benefits like good work-life balance, flexible hours you can set yourself, rewarding assignments and competitive pay.

**Big Impact**

The last few years have put unbearable pressure on nurses everywhere, making it difficult to provide the personalized care patients deserve. The care delivered in patients' homes however, empow-

ers nurses to make a true impact on health outcomes. And it goes beyond that. In areas of the country where there are home healthcare shortages, patients and their families are often faced with tough decisions and difficult circumstances, including extended hospital stays. Home nurses can alleviate strain on the healthcare systems of under-served communities by improving access to at-home care.

Major providers of home healthcare are actively hiring nurses right now, including Interim HealthCare, which has locally-owned and operated franchises nationwide. To learn more about home care careers, visit [careers.interimhealthcare.com](http://careers.interimhealthcare.com).

"More nurses working in home healthcare means better access for patients who could benefit from care at home," says Sheets. "If you've thought about a career pivot, this is one change that can improve lives and help communities."

**Do you still like the feel of holding a newspaper in your hands?**

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# SUNDAY

## Health and WELLNESS

Sunday, June 18, 2023

H2

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## You Need To Know The Early Warning Signs Of COPD

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

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

### Early Warning Signs of COPD

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

### Risk Factors and Diag-

nosis

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

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

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

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

### Lifestyle Changes

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

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

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

## Pain In Your Foot Or Ankle? It Could Be Arthritis

(StatePoint) Arthritis in the feet and ankles can produce swelling and pain, deformity, loss of joint function and loss of mobility. Whereas previous generations had to accept this as a normal part of aging, an explosion of new therapies and surgical treatments is offering patients today both hope and relief. For best results however, foot and ankle surgeons urge early intervention.

"When it comes to arthritis, it's important not to tough out symptoms or bear the pain," says Danielle Butto, DPM, FACFAS, a foot and ankle surgeon and Fellow member of the American College of Foot and Ankle Surgeons (ACFAS). "Earlier treatment is not just about alleviating symptoms sooner. In many cases, we can even slow the progression of the symptoms, and use less invasive procedures to treat the condition than we would otherwise."

Understanding the early warning signs of arthritis, the progression of different forms of the disease and the new treatments available are important for getting the proper treatment and managing your symptoms.

### Osteoarthritis

Osteoarthritis is a degenerative condition characterized by the breakdown and eventual loss of cartilage in the joints.

One common area where osteoarthritis occurs is the big toe. The big toe makes it possible for you to walk and run upright, absorbing

forces equal to nearly twice your body weight when walking. With all it endures, it's no surprise that overuse can erode cartilage, causing serious pain and even physical deformities. Nevertheless, many people confuse big toe arthritis, also known as hallux rigidus, with bunions.

Early signs of hallux rigidus include pain and stiffness during use, or during cold, damp weather, difficulty with activities like running and squatting, and swelling and inflammation around the joint. Additional symptoms may develop over time, including pain during rest, bone spurs, limping, and dull pain in the hip, knee or lower back due to changes in gait.

If you notice any of these symptoms, see a foot and ankle surgeon. Conservative treatments like shoe modifications, orthotic devices and physical therapy, may prevent or postpone the need for surgery. If you have mid-to-end-stage arthritis in your foot or ankle, you may require next steps, such as ground-breaking cartilage regeneration treatment, implant surgery or the surgical removal of damaged cartilage and spurs, all of which have quick recovery periods.

"People with this disorder tend to suffer much longer than they need to," says Dr. Butto. "They're often pleasantly surprised when they find out their problem can be fixed."

Rheumatoid Arthritis  
Rheumatoid arthritis

(RA) is a disease in which certain cells of the immune system malfunction and attack healthy joints. Foot problems caused by RA commonly occur in the ball of the foot near the toes, although RA can also affect other areas of the foot and ankle. The most common signs and symptoms are pain, swelling, joint stiffness and difficulty walking, as well as a range of deformities, including rheumatoid nodules, dislocated toe joints, hammertoes, bunions, heel pain, Achilles tendon pain and flatfoot ankle pain.

As part of a team that includes a primary doctor or rheumatologist, your foot and ankle surgeon will develop a treatment plan aimed at relieving associated pain, which may include orthotic devices, accommodative shoes, aspiration of fluid build-up and steroid injections. When RA produces foot pain and deformities not relieved through other treatments, surgery may be required.

"Listening to your body and seeing a foot and ankle surgeon are so important. With today's scientific advances, treatment can reduce pain and restore you to your previous mobility, strength and functionality," says Dr. Butto.

For more information on foot and ankle arthritis or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

## Sunscreen Is A Great Start To Skin Protection But Don't Stop There

(StatePoint) The warm weather months serve as an important reminder that the choices you make can help you keep your skin healthy and reduce your risk of developing skin cancer. Experts say that your routine can and should go beyond simply wearing sunscreen.

"Taking care of your skin is absolutely essential no matter your age, skin color, or what time of year it is," says New York City dermatologist, Dr. Rachel Nazarian.

"Shielding your skin from damage from the sun and other sources of free radical production will not only help you look and feel your best in the years ahead, it will ultimately help prevent skin cancer."

As you hit up the pool, the beach, the backyard and more this season, here are four skin protection tips to keep in mind:

1. Do the basics. Use a broad-spectrum sunscreen daily. It's one of the most basic steps you can take to protect your skin. Be diligent about application and reapply as needed throughout the day, fol-

lowing the directions of the product you're using.

2. Go above and beyond. UV rays from sun exposure are a major cause of skin cancer because they produce free radicals. The good news? You can neutralize their negative effects with a daily supplement that has antioxidant properties, such as Heliocare Daily Use Antioxidant Formula. Each dose of Heliocare -- a dermatologist-recommended, natural daily supplement -- has 240mg of Fernblock PLE technology, an exclusive extract with antioxidant properties from the Polypodium Leucotomos plant. Studies have shown that Polypodium Leucotomos helps to counteract free radicals and decrease their damaging effects.

"Taking a supplement such as Heliocare is a great idea, because unlike sunscreen, it doesn't wash away," says Dr. Nazarian. "Incorporating it into your morning routine along with your SPF can help you start the day with peace of mind."

3. Reduce exposure.

You can greatly reduce your sun exposure by choosing to be in the shade while you're outdoors, and by wearing a hat and protective clothing. These days, there are special UPF fabrics to consider that offer UV protection. Simply wearing long, loose-fitting clothing that covers your arms and legs can also make a big difference in keeping you cool and protected.

4. Don't wait. Finally, don't wait for a special occasion such as a beach or pool day to take precautions. Exposure to the sun and other damaging elements happens all the time, even when you're indoors. So be sure to protect your skin from the inside out every day, this season, and beyond.

To learn more and to access additional skin care information, visit heliocare.com.

As you enjoy a season of sun, take care of your long-term health and wellness. Adopt a skin protection regimen and be sure to keep it up all year long.

## Wear Contacts? Here Are 5 Tips To Elevate Your Routine

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

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

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

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

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

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

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

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

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

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

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# SUNDAY

## Voice *of our* PEOPLE

Sunday, June 25, 2023

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## Meet Wm. P. Goben



**KAREN ZACH**  
Around The County

The Goben family in Montgomery County began in 1829 when Jesse J. Goben entered land in Walnut Township. For a couple of years in his native Kentucky he worked hard raising tobacco, saved the money and walked to Crawfordsville to enter his land at just age 21. In his own words, "I raised my cabin, hewed puncheons and floored it, built the chimney up to the mantel and prepared the small sticks for running the flue." Cabin complete, it was back to Shelby County to marry his beloved (married 56 years at her death) Arminta Goben, age 18. In the dead of winter (mid December) they made their way back to their MoCo abode (she on the back of their one horse, he walking through slush and mud) and parented 14 children, some passing young or at birth, basically nine growing up. His story of how he became a minister is amazing and how he preached to himself as he worked out in his fields. Thus, it culminated with him being deathly sick, no doctor being able to figure out his malady. Arminta saw a doctor in a dream and Jesse was hauled to Crawfordsville to see Dr. Benage (Arminta recognized him from her vision) – within 48 hours Rev. Jesse was as good as new and preaching away. (Chapman Brothers Portrait & Biographical ... p 345). The couple were amazing singers and led revivals in song many times over.

Jesse Goben was the son of James and Elizabeth (Kline) Goben, James the son of William "Billy" Goben who was said to have been a native of Ireland. In 1776 Billy married Rebecca Brandy of Dutch descent. Billy was a Revolutionary Soldier. Jesse received his name from his mother, Minty's father, Jesse Leonard Plunkett.

One of Jesse and Arminta's five sons to grow to adulthood is my subject today, although mention of the others will likely crop-up as well. William P. Goben was born right here in MoCo on the 20th of May in 1849 and passed away 15 February 1926. As with some of his brothers, he probably went to Wesley Academy near Waynetown. Overall, he was a carpenter but did some farming and other such work and toward the end of his years, he and wife owned a boarding house. The carpentry helped



the most, I guess as in April of 1892, he (and some of his brothers which I could never pinpoint but I'm guessing Jesse and Matthias VanCleave, possibly John L., but John has a story of his own about that time and depending on which paper and who you probably would have talked to whether he did all the shenanigans he was accused of doing is questionable; however, since there were large discrepancies when he was county treasurer and again as county auditor, who knows?) John and MV also liked to race and purchase horses, plus they both moved to Illinois not long after the troubles. Ohhhh, hmmm!!

At any rate, Will was the major force behind the Goben Fire Escape that was patented. Many since the Chicago fires had worked on perfecting fire escapes but this was somewhat unique as it had moveable (all automatic) sections that went down a flight, the person quickly moved to another moveable platform and the first returned to pick up someone else trying to get out. Sounds a bit confusing but it had much praise, many followers and several buyers (especially hotel owners) of the affair (yep, they could use it on all the windows at the same time). Ironically, several companies from Chicago purchased such.

Will P. was first married to Ann Elizabeth "Lizzie" McIntire on 20 October 1881 and their daughter Sally Belle (oops?) was born the next year on the last day of May in my little hometown (had no idea until researching this). She was but 5 years old when her mother passed away. The Review poked a bit of fun (12 Feb 1898) at Sally saying that she visited Linden on Sunday and that she admired gray houses. Evidently her husband Thomas Edean lived in one near there. They married and presented Will P. with two grandsons (Paul William and Edward). Sally lead a pretty long life compared to the other gals in

the families, passing 21 Dec 1958 of lung and colon cancer which she had suffered from for about five years!

Will P. was married again to Dorcas Foster (20 April 1891) at the home of his father's good friend, Matthias VanCleave and they were blessed with one beautiful and vivacious daughter, Jessie Lee (born 17 April 1894) I assume named for Gpa'. Again, Will lost his wife, Jessie her mother and Sally her stepmother as Dorcas died at just 40 Aug 11, 1904.

Guess the third time was the charm as Will married for the third and final time to Martha White McClure who survived him. She lost a son in 1925 (or late 24) living in Washington DC of unknown causes at just 40 years old. That year, Will lost his beloved daughter Jessie who had married Rev. Russell Pittman. They were so happy, married for seven years (she was a wonderful helper and he an admired preacher) and finally expecting their first child, only Jessie developed a poisoning in her stomach and died before giving birth. Think it is neat that the Pittmans and Will and Martha travelled far and wide together before all this happened.

William P. Goben (sometimes spelled Gobin) didn't seem anyway to be a big joiner but upon his death, his obituary was emphatic about making sure the reader realized that Mr. Goben was "widely respected for his honesty, sincerity and deep devotion to his family and friends!" Sounds like Jesse J's (photo of what I imagine Will looks like – Jesse was handsome, huh photo of the Gobens from Cliff Gobin on Ancestry) - clone and that's a good thing all the way around!

*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 Says It All Started With Watching TV



**BUTCH DALE**  
Columnist

Have you ever wondered why you chose the occupation that you work at today? When I graduated from high school in 1966, my goal was to become an electrical engineer. I enjoyed the math and science classes that I took at good ol' Darlington High School. Making good grades always came easy for me, and when I graduated as the class valedictorian, I received a full scholarship to General Motors Institute in Flint, Michigan to earn a degree in electrical engineering. I envisioned my future job to be both challenging and high paying. But after working as an intern in the engineering department at Allisons in the summer of 1966, I started to have second thoughts. And after two weeks at college that fall, I decided that this was not what I wanted to do.

To make a long story short, I enrolled at Purdue and earned both my Bachelor's and Master's degrees in education. I became a teacher at...yep... Darlington Middle School, and I even had a brother and sister in two of my classes that year! Several years later, I attended a class in Criminal Justice, which dealt with law enforcement and the judicial system. When it appeared that my old school was going to close, I started thinking about a change in careers...to law enforcement. I was hired as a Montgomery County deputy sheriff, and after many years on the force, was elected County Sheriff in 1994. But hold on. When my oldest boy started Purdue in 1990 and I needed to earn more money to pay his tuition, I also was hired as the librarian in Darlington. So for many years...now as the father of four children, I worked from 11am to 6pm as a librarian, and then 7pm to 4am as a police officer...often getting no sleep if I had to cover a big case or traffic fatality late at night. It was very hectic to say the least. I retired from the Sheriff's Department in 1997 and returned to teach six more years, while also working part-time as librarian. I also taught college level criminal justice at Ivy Tech for one year. I have had several hobbies through the years, too. I have written four books and hundreds of newspaper columns, and have also painted and drawn over 1000 art pieces. In my "spare time," I have read almost all of the non-fiction and biography books, which number in the thousands, at my library. And to top it off, I received a federal firearms license in 2006, which I still have, and I buy and sell firearms (mostly antique)...over 3000 thus far. At age 74, I can't seem to slow down...and that's good!



I have always wondered why I chose these occupations and hobbies, because I never considered them during my high school days. But recently I read an article in Psychology Today that helps to explain my decisions. According to the article, "like the foundation of a house, our childhood experiences are the foundation on which the rest of our lives are built." Like many of you "baby boomers" who were born after WWII, many of your childhood experiences were affected by what you watched on a new fangled invention...television. As a toddler in the early 1950s, my two favorite TV shows were The Gene Autry (cowboy) Show and Miss Frances' Ding Dong School. This might explain why I eventually became a police officer and teacher. It was part of my basic psychology. My mother also read those Little Golden Books to me hundreds of times. One book in particular was entitled "Teddy Bear of Bumkin Hollow," and in the first paragraph, it read as follows..."Teddy was a little brown bear. He was just about the cutest bear that ever lived in Bumkin Hollow. But he had one very bad habit. No matter what his mama told him to do--he wanted to do just the opposite." Folks, that last sentence described me! She read that book so many times that I had memorized every word by the age of four. She turned the pages, and I recited the words! And guess what? I finally straightened up my behavior, by attending Sunday school, (and with the assistance of Dad's belt on occasion). When I started first grade at the age of five, I was ahead of everyone, and it continued that way for the remainder of my school years. I loved school, especially my 4th grade teacher, Audrey Cox!

If someone had told me during my high school years that I would be a teacher, a police officer, and a librarian, then I would have told them they were crazy! But if you look deep down at my early childhood TV experiences, and with the way I was brought up, plus the fact that my father was class valedictorian, and my mother had artistic talent...so how could it be otherwise? Thanks Gene, Miss Frances, and Mom and Dad...I have loved my life!

*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.*

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# SUNDAY

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# DAY

Sunday, June 25, 2023

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## The Paper's First Ever Telethon About A Month Away



**TIM TIMMONS**  
Two Cents

"Where do you guys get these ideas?"

That's probably the biggest question I've been asked from folks around the community when we talk about The Paper's first-ever telethon.

If you've missed the details so far, it will take place on July 18 at the beautiful Masonic Cornerstone Event Center. It will kick off with the National Anthem (remember how TV used to always sign on with that?)

bright and early at 7 a.m. and go continuously for 12 hours. The telethon will be broadcast live and in living color on the Internet and on our website, www.thepaper24-7.com.

Some of you have pointed out that we've come up with quite a few things in the nearly two decades of service our community. One of the biggest was The Challenge. That was a community promotion that brought leaders and well-known individuals together with the challenge of losing weight. Each participant got people to sponsor them financially and the wonderful Denise Reese at Athena Sports & Fitness supplied the location and trainers. The great Matt Oates at Franciscan Hospital hooked us up with cardiologists and nutritionists. And for 10 long weeks participants sweated, toiled,

dieted and in general, lost weight. The very first year saw TCU's Amy Wells win, and it was so much fun and successful that we did it two more times – and raised more than \$30,000 for the community!

Of course, that's not all.

We were one of the very first papers in the entire nation to create a paid, daily Online Edition – an Edition that today is FAR LARGER than our Print Edition. We were one of the very first to change from independent contractors delivering the paper, to delivery by the U.S. Postal Service – a move that enabled us to not raise subscription rates and one that greatly improved our service. We created the History-Mystery Tour – a one-mile walk around beautiful downtown Crawfordsville where we explore some of the eerie events of Mont-

gomery County's fun and sometimes spooky past. We partnered with the talented Karen Zach and came up with the popular monthly magazine, Montgomery Memories. We've brought you some of the most talented (and award-winning) columnists around . . . and now Montgomery County's first-ever telethon.

But you know all that. After all, we are the only media in Montgomery County that is not owned by an out-of-state entity. Nothing against our newspaper and radio friends, but all their money heads south to other states while all of ours stays invested right here. And that has enabled us to be the community partner you expect. So far this year, we have donated more than \$55,000 in free ads and community support. That is a track record none of our com-

petitors can match.

But let's get back to the telethon. We have scheduled time each hour to bring you different things – some musical acts, some community leaders, some entertainment . . . and those slots are filling up fast. If you would like to take part, let us know . . . fast. What does that look like? Well, think about those old Labor Day Telethons with Jerry Lewis. We'll bring you multiple segments each hour for all 12 and let you enjoy watching some of the great entertainment in Montgomery County. But don't worry, we aren't allowing any blindfolded volunteers spinning on a large wooden board while a masked person throws knives!

So far we have a couple of pretty big names – the extremely talented Steve Trent has agreed to perform. And multiple

Emmy-award winner Mike Haynes is flying in from Colorado to emcee the whole thing. Want to get in on the action? E-mail me at [ttimmons@thepaper24-7.com](mailto:ttimmons@thepaper24-7.com), but hurry!

So that's kind of the whole thing in a nutshell – oh! Where do we come up with these ideas?

Truth to tell, they just pop up. When your goal is to be the biggest and best media partner in the county, it doesn't exactly thrill aforementioned competition. So you best be doing stuff like this and being quick about it. After all, it's harder to hit a moving target!

*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 Voice of our PEOPLE DAY

Sunday, June 25, 2023

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## Ask Rusty – Working Widow Seeks to Maximize Social Security Benefits

**Dear Rusty:** I was widowed years ago and, when I approached age 60, I looked into Social Security survivor benefits based on my late husband's record. He started receiving Social Security shortly before he died at \$1,200 per month. My income at age 60 was \$42,000 and, since Social Security would keep \$1 for every \$2 above the limit (around \$15,000 at that time), I did not apply. Next year I will reach my full retirement age of 66½, but I plan to work until I am 70. Will I be able to receive full survivor benefits next year if I continue to work? I plan to switch to my own Social Security benefit at age 70, which will be higher than my husband received. Since

I am waiting to apply for survivor benefits, will there be an increase in the amount I receive? I am a municipal employee and when I retire, I will collect from the state retirement system. I paid into the state retirement system and also paid Social Security taxes, so will my state pension have any impact on my Social Security? **Signed: Still Working**

**Dear Still Working:** Congratulations on having an excellent strategy for maximizing your survivor benefit as well as your personal SS retirement benefit. Once you reach your full retirement age (FRA) next year, you are no longer subject to Social Security's "earnings test" and can collect Social Security benefits



**ASK RUSTY**  
Social Security Advisor

without those benefits being affected by your work earnings.

Your surviving spouse benefit will be more because you are waiting until your full retirement age to claim it. At your FRA you can claim your full survivor benefit from your deceased husband (without reduction) and collect only that while still allowing your

### Social Security Matters

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

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personal SS retirement benefit to grow to maximum when you are 70. Then, at age 70, you can switch from your smaller survivor benefit to your maximum SS retirement benefit and collect that higher amount for the rest of your life. Essentially, your survivor benefit reaches maximum at your FRA and your personal SS retirement benefit

reaches maximum at age 70.

Note that you should apply for your benefits a couple of months before you wish them to start. For example, if you reach your FRA in May of next year you can apply for your survivor benefit in February or March, specifying that you wish your survivor benefit to begin in May 2024 at

your full retirement age. Just be sure to emphasize that you are applying only for your survivor benefit and wish your personal SS retirement benefit to continue to grow by earning Delayed Retirement Credits (DRCs) until you are 70.

You cannot apply for your survivor benefit online, so you will need to call Social Security, at either the national number (1.800.772.1213) or your local Social Security office, to make an appointment to apply for your benefit as your husband's widow.

And to answer your last question, your state pension won't affect your monthly Social Security payments because you paid Social Security FICA payroll taxes from your municipal earnings.

## Butch Says The Cost Of Having A Child Today Is CRAZY!



**BUTCH DALE**  
Columnist

My wife and I stopped in at Wal-Mart (our home away from home) in Lafayette this past weekend to pick up a few items, and as I proceeded to the grocery section, I noticed an older lady who was pushing her cart down the aisle ahead of me. Although she had her back to me, I recognized her... it was our former doctor's nurse Rosemary, who worked in Dr. Chester Waits' office in Lafayette for many years until he retired in 1986.

Realizing that she likely would not recognize me since we had not seen each other for almost forty years, I introduced myself and called my wife over to see her, and the three of us caught up on the past. Rosemary told us she was now 98 years old. Her husband passed away five years ago at the age of 94, and they had been married 76 years before his passing! She appeared to be in excellent health, and she still lived by herself and even still drove her car. One of the things we talked about were the changes to the medical profession, and the associated costs of having a child. When our oldest son Neil was born in 1971, my wife was in labor for over thirty-one hours, and Dr. Waits had to call in a specialist to deliver him. The delivery

charge was \$50...that's right...FIFTY DOLLARS. With the three days she spent at Home Hospital, the total bill was \$565.

Three years later, in 1974, our daughter Shelle was born at the same hospital. Dr. Waits charged \$75, and with my wife spending three days in the hospital, the total bill was \$725. Our third child, Clark, was born in 1979. Dr. Waits again charged \$75, and the total bill, with a 3-day hospital stay...\$865. Now... fast forward to 1988. Yes, my wife and I were forty years old by then, but strange things can happen. She was pregnant again! Dr. Waits had retired two years earlier, so we had to find another doctor to deliver the baby. My wife was in labor only six hours, and Brett was born without any delivery complications. Our new doctor charged \$800, and the total bill, with my wife spending only two days in the hospital was...\$4400. Holy Cow! Yes, I had to go on the monthly payment plan, and by working overtime as a deputy sheriff as much as possible, had it paid off in a year.

I searched the Internet to see how much it costs today to have a child. The total costs of delivery and hospital stay, with no complications, runs anywhere from \$11,000 to \$18,000...and sometimes as much as \$25,000...unbelievable! Although I realize we should have regular checkups, my wife and I very seldom go to a doctor unless it's an extreme emergency. We were both raised in the "good ol' days" when home remedies were common, and like a cou-

ple of idiots, we usually "doctor" ourselves. A few years ago, I test-fired a very old shotgun. The recoil caused my hand to slip, and the shotgun's hammer ripped open the flesh over my thumb joint, exposing the bone. Not good. But no problem. I poured hydrogen peroxide over the open gash, and held it closed while my wife SUPERGLUED it. Thankfully the wound healed in about two weeks. Of course it could have become infected and caused much worse problems, but I figured I saved about \$3000. I'm a gambler...a DUMB gambler.

My father never went to a doctor in his life. Never had a prescription. Never even took an aspirin. He had a heart attack in the fall of 1990 and never told a soul. He then had a second heart attack in the spring of 1991, and died one month later at the age of 66. Evidently I have inherited some of his traits. If my folks would have had to pay very much when my four siblings and I were born, it is doubtful that we would even be here today.

You know...to be truthful I'm not even certain that my folks are my actual biological parents. Whenever I did something really stupid as a child, my Dad would inform me that possibly a buzzard had laid an egg on a stump, and the sun had hatched me out. Hmmmm....

*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.*

## Touching The Past In The Present



**RANDALL FRANKS**  
Southern Style Columns

Within our lives we often go through experiences that last a few years and pass into the annals of history.

During those years we often make friends and create family-like relationships that during those periods sustain and mean the world to us.

Then one day it all ends and we move on to other frontiers with new worlds to conquer and new friends to make.

Our high school, college or military experiences are often this way, and when we graduate or are discharged we are catapulted out of those environs and those friendships forced to make a new field of play.

After that, these types of situations are more relevant to those people who have jobs that are often project based or simply enjoy moving from job-to-job.

In the last few days I have found myself taken back among friends who at one time were present, but life moved on and so did we.

It was amazing to me how we were able to pick

up on old conversations and shared memories that only we might understand and were able to recall great people who are now gone but remain within our hearts and minds.

While many spend years in one place often working for the same employer, I have spent a lifetime creating short but meaningful experiences working with many amazing people through music entertainment and film and TV. With each opportunity I picked up a circle of friends and created bonds that sometimes amaze even me.

I can gather with someone from one circle laugh and talk about the common memories and personalities that rotated within it, then walk a few feet away talking with another old friend and do the same about another circle.

It is fascinating to me how our minds can compartmentalize our lives so efficiently that we might do that even within the same room.

Though my recent years have limited my contact with those older circles, I found my spirit and my hope for the future reinvigorated based on those shared past moments.

They provided me a window to see into once who I was and whom I still am within.

The smiles, the laughs shared with the great people who once walked beside me and whom now

rest somewhere in the sod reminded me that they still walk in my laughter, in my smiles and in my stories of them. They live as long as I do and someone else from the circle does, so we can encourage each other in those shared moments.

Life is a blessing. Its phases provide us benchmarks upon which we may build a chapter that allows us to grow. As the page is turned and a new chapter is headlined, we from time-to-time enjoy a flashback, but ultimately, it's our job to forge ahead, creating the energy for new circles of influence. Think upon this; one-day two old friends get together to talk about old times. Will your name come up? Will something you did or said be shared with a smile?

Are you creating circles of influence that will last for ages? If not, maybe you should start. Today is a good day for it.

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

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## Don't Vote For A Number



**GLENN MOLLETTE**  
Guest Columnist

Are President Joe Biden and former President Donald Trump too old to be President of the United States?

The answer to this question varies and depends on your perspective.

This perspective hinges on your expectations of America's President. Should he or she be able to run up steps? What about walking down the steps from Airforce One without looking down? This is a good trick.

We have to be careful about hanging a number on the maximum age to serve as President. Eighty may be too old, but maybe it's not. I heard Billy Graham preach when he was 80 and he came on the stage talking and preaching like a dynamo. There was nothing inarticulate or incoherent about him. There are millions of eighty-year-old plus people in this nation who live very active lives

and have a lot to contribute to our country.

However, we have to be realistic there are millions of 80-year-old American's who are barely alive, their health is terrible. Many cannot care for themselves let alone care for a nation. Furthermore, there are also millions of Americans between 36 and 70 who are not mentally or physically healthy enough to hold down the world's number one job.

Each individual must be evaluated by each American. We have to look at all of the candidates circumspectly. Do they have the experience? Do they have the knowledge and skills. Are they articulate. Does the candidate demonstrate leadership skills that we need to lead this country forward to better times? Will the candidate be a strong presence on the world stage and be a peace maker and leader?

Seventy million Americans do not want a President who is going to cut Social Security or Medicare benefits. Millions of Americans over 50 do not want the Social Security retirement age raised from 67 to 70. No one in this age bracket is going to support a candidate who infers either of the changes. The full benefits age should never have been raised from 65

to 67. Millions of Americans will pay into Social Security all their lives but never make it to age 67 and thus never collect a penny. Of course, these people can collect a smaller amount if they want to retire at 62 and live on much less money. This is not a viable option for many.

Don't vote for someone just because they are young and vigorous. Youth is attractive and often charismatic but youth sometimes make mistakes. Don't vote for someone just because they are 80. Hopefully they are wise and very experienced but may be on the verge of becoming too frail. Look at the whole person. Age is a number. Look at what he or she is able to bring to the job and potentially do to help and lead our nation.

It's a big decision and don't make it all about a number.

*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.*

## Newburgh Seminary/Bible College Celebrates 20th Year

By Joseph Menslage

Dr. Glenn Mollette and Newburgh Theological Seminary, Newburgh, Indiana celebrated their 20th anniversary on June 15th. About 500 people from all over the United States and various countries gathered for the school's Commencement service in Evansville, Indiana. One hundred and three graduates received various degrees from Associate to Doctoral level.

President Mollette founded the school in June, 2003. Initially the school was only an idea of offering online theological/ministry training. The first couple of years were very slow with only a few enrollments. The school began to accelerate in 2007 with enrollments coming in from across the United States and other countries. Since 2003 the school has enrolled over 11000 students. Alumni are now in all fifty states and 40 countries.

In 2005 Mollette and Carole Bartley married and later that summer she left her 17-year affiliation with a Cincinnati law firm to work alongside her husband. Over 40 Academic Advisors, administrators, support staff, graders and adjunct faculty now make up the school's team.

"I believed there was a

need for theological/ministry training that could be completed at home," said Mollette. "Our program consists of men and women from 25 to 93 years in age. We have a very diverse student body." He added, "Our program is Christ-centered, flexible and affordable. Most of our students complete the various programs in two years or less but sometimes extend their program another year or two if their life's circumstances change. The students do the programs at their pace and on their schedules."

Newburgh Seminary/College offers degrees in Biblical studies, Ministry, Pastoral Leadership, Organizational Leadership, Christian counseling, Church Growth, Preaching, Master of Divinity, Theology, Creative writing and many more.

Mollette is a native of Eastern, Kentucky. He initially moved to Indiana to serve a church that exploded in growth and went through a couple of expansions. He began preaching when he was 16 and has served as Senior Pastor of numerous churches in Kentucky, Ohio and Indiana. He also spent one year as an Assistant to the President at Georgetown College, Kentucky, taught classes

for Boyce Bible School in Louisville and worked part-time for a couple of other Theological institutions before beginning Newburgh Theological Seminary/Newburgh College of the Bible.

To this date he holds the distinction of being the youngest person elected by acclamation as President of the Kentucky Baptist Convention in 1991. In 1989 he was elected as President of the Kentucky Baptists Pastor's Conference.

In recent years Mollette has authored numerous books including Church Growth 101 and Minister's Guidebook, Insights from a fellow Minister that have been utilized by pastors and church leaders around the world. He can also be heard each weekday on XM 131 satellite radio. His weekly column Uncommon Sense appears in over 600 newspapers and online blogs and websites across the country.

You can learn more about Newburgh Theological Seminary and Newburgh College of the Bible at [www.newburghseminary.com](http://www.newburghseminary.com)

*Joseph Menslage is Publisher of Katy Christian Magazine, Houston, Texas. His email is [joseph@houstonchristianmagazine.com](mailto:joseph@houstonchristianmagazine.com)*

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# SUNDAY

## Travel or stay! and Play

Sunday, June 25, 2023

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## Third Wave Of Hoosier Lottery Free Stage Concerts Announced

Earlier this week, the Indiana State Fair unveiled an additional round of shows for its 2023 list of scheduled concerts as a part of the Hoosier Lottery Free Stage schedule, July 28 through August 20 (Fair is closed Mondays and Tuesdays). The Hoosier Lottery Free Stage has become a summertime staple for concert goers and music lovers. The line-up each year consists of some of music's most legendary and diverse acts and this year is no exception. All shows at the Hoosier Lottery Free Stage are free with paid fair admission and seating is first-come, first-served. All shows start at 7:30 p.m., unless noted otherwise.

\*NEW Shows just announced today for 2023 Hoosier Lottery Free Stage at the Indiana State Fair schedule includes:

- Clint Black - Friday, July 28 (opening day)
- Samantha Fish ft. Jesse Dayton - Saturday, July 29\*
- Peppa Pig Live! Peppa Pig's Adventure - Sunday, July 30 (11am & 2pm)
- Home Free - Sunday, July 30 (7:30pm)
- Keith Sweat - Wednesday, August 2
- Retro Rewind 90's Night featuring DJ Kurt Streblov - Thursday, August 3
- STYX - Friday, August 4
- Quiet Riot - Saturday, August 5\*
- TobyMac - Sunday, August 6
- Three Dog Night - Wednesday, August 9\*
- Gin Blossoms - Friday, August 11
- THE TAYLOR PARTY: TAYLOR SWIFT NIGHT - Saturday, August 12
- Skillet - Sunday, August 13\*
- Happy Together Tour 2023 featuring The Turtles, Little Anthony, Gary Puckett & The Union Gap, The Vogues, The Classics IV, The Cowsills - Wednesday, August 16
- Latino Fest en la Feria del Estado de Indiana presented by Radio Latino 107.1FM con Noel Torres - Thursday, August 17\*
- Buddy Guy: Damn Right Farewell - Friday, August 18
- Breland - Saturday, August 19\*
- Gospel Music Festival featuring CeCe Winans, presented by WTLC AM & FM - Sunday, August 20

As title sponsor of the Free Stage, the Hoosier Lottery is inviting fair-goers 18 or older to enter the free myLOTTERY All-Inclusive Indiana State Fair Prize Package promotion. Six people will win State Fair tickets, parking, Free Stage premium seating, Hoosier Lottery Prize Pack, autographed Indiana Pacers jersey, and Indiana Fever tickets. Enter by signing up to become a myLOTTERY member or confirming your existing account at HoosierLottery.com/StateFair by July 9, 2023. Promotional odds are dependent upon

the number of entries received.

There will be a limited amount of reserved viewing area tickets sold later this summer for these concerts. The 2023 Indiana State Fair is scheduled to open on Friday, July 28 and runs through August 20, when you can enjoy The Greatest 18 Days of Summer at this iconic Hoosier tradition. For more information, please visit [www.indianastatefair.com](http://www.indianastatefair.com) or follow the Indiana State Fair on Facebook, Instagram and Twitter. The Indiana State Fair will be highlighted by its 2023 theme The State That Grew The Game presented by Pacers Sports & Entertainment.

2023 Artist Bios:

**CLINT BLACK:**

It has been three decades since the release of Clint Black's groundbreaking debut album, *Killin' Time*. The genre altering record cemented the Country music icon as one of the truest traditionalists in the game and his widespread influence can still be felt in the works of artists today. Now, the seemingly unstoppable legend is set to release his incredible 12th studio album, *Out of Sane*, dropping on June 19th. Having sold over 20 million records, earning 22 #1 career singles, nearly two dozen gold and platinum awards (U.S. and Canada), a Grammy Award, numerous CMA, ACM and American Music Awards, and being honored with a star on the Hollywood Walk of Fame, Clint Black has had one of the most storied careers in modern music.

**SAMANTHA FISH FT. JESSE DAYTON:**

"Death Wish Blues" is a body of work born from a shared passion for pushing the limits of blues music. As one of the most dynamic forces in the blues world today, Fish has made her name as a multi-award-winning festival headliner who captivates crowds with her explosive yet elegant guitar work, delivering an unbridled form of blues-rock that defies all genre boundaries. Dayton, meanwhile, boasts an extraordinary background that includes recording with the likes of Johnny Cash and Waylon Jennings, touring as a guitarist for seminal punk band X, working with Rob Zombie on the soundtracks for his iconic horror films, and releasing a series of acclaimed solo albums. Produced by the legendary Jon Spencer of Jon Spencer Blues Explosion, "Death Wish Blues" ultimately melds their eclectic sensibilities into a batch of songs both emotionally potent and wildly combustible.

The follow-up to Fish and Dayton's 2022 EP "Stardust Sessions" — a three-song effort featuring covers of classic tracks like Townes Van Zandt's "I'll Be Here In The Morning" — "Death Wish Blues" took shape at Applehead Recording &

Production in Woodstock, a studio situated on a 17-acre farm once home to The Band's Rick Danko. Over the course of 10 frenetic days, the two musicians joined forces with bassist Kendall Wind, keyboardist Mickey Finn, and drummer Aaron Johnston, cutting most of the album live and unleashing a bold collision of blues, soul, punk, funk, and fantastically greasy rock-and-roll. With Fish and Dayton sharing vocal and guitar duties, the sonic power of each track is exponentially magnified by Spencer's production work, endlessly tapping into the rule-breaking ingenuity that's made him a cult hero.

For both Fish and Dayton, the making of "Death Wish Blues" helped fulfill their longtime mission of opening up the blues genre to entirely new audiences.

**PEPPA PIG LIVE!**

**PEPPA PIG'S ADVENTURE:**

Come join Peppa on an exciting camping trip in the woods with George and her school friends, including Pedro Pony, Suzy Sheep and Gerald Giraffe. With lunch boxes packed and Daddy Pig driving the bus, Peppa and friends are excited about their outdoor adventure, full of singing, dancing, games and surprises. Little piggies everywhere will love this 60-minute live musical experience!

**HOME FREE:**

This country a cappella group comprised of vocalists Austin Brown, Rob Lundquist, Adam Rupp, Tim Foust, and Adam Chance has been captivating audiences with their unique sound with live performances since 2007. As the winners of the fourth season of NBC's *The Sing Off*, they released their first major album *Crazy Life* in 2014 and has been releasing original music since, their most recent album, *So Long Dixie*, released in November 2022.

**KEITH SWEAT:**

Keith Sweat is a Harlem-born R&B singer-songwriter who released his debut album, *'Make It Last Forever'*, at the end of 1987. The album sold over three million copies, spawning the hits "I Want Her" (#1 R&B, #5 pop), "Something Just Ain't Right" (#3 R&B), "Make It Last Forever" (#2 R&B), and "Don't Stop Your Love" (#9 R&B). It was followed in June 1990 by *I'll Give All My Love to You*, another million-seller, that featured the hits "Make You Sweat" (#1 R&B, #14 pop), "Merry Go Round" (#2 R&B), "I'll Give All My Love to You" (#1 R&B, #7 pop), and "Your Love - Part 2" (#4 R&B). Sweat's third album was *'Keep It Comin'*, an R&B chart-topper at the end of 1991, whose title track was another #1 R&B hit. In 1994 he returned with *'Get Up on It'*; a self-titled release followed in 1996, and two years later he issued *'Still in the Game'* and *'Didn't See Me Comin'* in fall 2000.

**RETRO REWIND: 90s Night ft. DJ Kurt Streblov:**

DJ Kurt Streblov always brings the party and is one of Indy's favorite DJs and is also the in-house DJ and Host for the Indiana Pacers and Indiana Fever.

**STYX:**

This classic rock band from Chicago, Illinois continues to leave fans in awe with their upbeat tracks and power ballads, infused with familiar sounds of hard rock guitar mixed with elements of international music theatre. Known for classic rock staples like "Lady," "Come Sail Away," and "Renegade," Styx has remained active both in the studio and the road, releasing their latest album "Crash of the Crown" in 2021.

**QUIET RIOT:**

Quiet Riot is a rock & roll quartet that became an overnight sensation after their 1983 smash metal album *Mental Health*. They are the first metal band to top the pop chart at #1 on Billboard's Top 200. Quiet Riot's music and name have been a go-to in pop culture since the 80s, along with a critically acclaimed Quiet Riot documentary, "Well Now You're Here, There's No Way Back," that was recommended by Rolling Stone and spent 2 years in rotation on Showtime.

**TOBYMAC:**

With more than 16 million units in career sales and a whopping seven GRAMMY® Awards, TobyMac's career continues on the fast track. His RIAA Certified Gold studio album, *THIS IS NOT A TEST*, garnered a GRAMMY® Award and Billboard Music Award nomination on top of debuting at No. 4 on the Billboard Top 200. Each of his six studio solo projects have achieved Gold certification, a first for any artist in the history of his label, Capitol Christian Music Group. Among those is his project *EYE ON IT*, which debuted atop the Billboard 200, only the third Christian album ever to do so. *THE ELEMENTS*, his latest GRAMMY®-nominated, a full collection of music, boasted "Everything," "Scars," "Edge of My Seat," "See The Light" and more alongside the chart-topper, RIAA Gold Certified "I just need U." His most recent singles, "21 Years," "Help Is On the Way (Maybe Midnight)," "Promised Land," "The Goodness (feat. Blessing Offor)," "Everything About You (feat. Marlee)" and "Show Up Choose Love (feat. Jon Reddick)," are available wherever you stream music, along with his seventh studio project, *LIFE AFTER DEATH*.

**THREE DOG NIGHT:**

This legendary pop-rock band dominated the charts between 1969 and 1974, with no other group having more top 10 hits. Three Dog Night has maintained and grown their audience, adapting to new music technology and continuing to tour

yearly, giving fans new and old the chance to experience their dynamic performances of their classic hits as well as several new songs. Marking nearly 50 years on the road, Three Dog Night continues to captivate audiences with boundary breaking sounds and nostalgic music from their beginning.

**GIN BLOSSOMS:**

This rock band is a favorite for their jangle-pop sound with hits such as "Allison Road," "Found Out About You," and "Til I Hear It From You," dominating radio and MTV playlists throughout the 90s. They became one of the busiest touring bands in the world in the 2000s, playing close to 150 shows nearly every year. With the fusion of Pop, Melodic Rock, Folk, and Country sounds, Gin Blossoms have sold over 10 million records and remain a high-demand, fan favorite live band.

**THE TAYLOR PARTY: TAYLOR SWIFT NIGHT:**

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Surrounded by Swifties, you'll sing and dance through all her iconic eras. So grab your crown and your crew, and come party, for evermore! We know you polish up real... NICE.

**SKILLET:**

Skillet is a christian rock band that became a sensation with the release of their 2006 album *Comatose*, and 2008 release of *Comatose Comes Alive*, a CD/DVD combo featuring live recordings and footage from the band's concert in Chattanooga, Tennessee. Soon after, their album was certified Gold, and shortly after Platinum. With 11 albums in total, Skillet had a relentless touring schedule, including tours in the U.S and Europe. They continue to captivate audiences with infusions of grunge influences and electronic elements that create a unique live experience.

**HAPPY TOGETHER TOUR:**

The Happy Together Tour 2023 consists of six acts: The Turtles, Little Anthony, Gary Puckett & The Union Gap, The Classics IV, The Vogues and The Cowsills. These artists had their biggest hits in the 60's and 70's and brought timeless sounds and songs like "Happy Together" by the Turtles, one of the most recognizable songs of that time period. These bands combined have multiple No. 1 hits with this tour starting in 1984. Since then the band has consistently knocked out 50 shows a year, making this tour an iconic homage to an era of music that has influenced many of today's artists. The tour

has consisted of several different bands and artists throughout the nearly 40 years it has been running, with the only constant band being The Turtles.

Latino Fest en la Feria del Estado de Indiana presented by Radio Latino 107.1FM ft. Noel Torres:

Noel Torres is a regional Mexican singer-songwriter and accordionist from Sinaloa. Torres has been singing professionally since he was 15 years old, and has made a name for himself with a mix of romantic ballads and powerful corridos. After the release of his third album in 2013, he began touring all over Mexico and Latin America, as well as making stops in the United States. Along with his own music career, Torres appeared as a judge on the talent competition show *Gran Oportunidad* in 2017.

**BUDDY GUY: Damn Right Farewell:**

At age 86, Buddy Guy is a Rock & Roll Hall of Fame inductee, a major influence on rock titans like Jimi Hendrix, Eric Clapton, and Stevie Ray Vaughan, a pioneer of Chicago's fabled West Side sound, and a living link to the city's halcyon days of electric blues. Buddy Guy has received 8 GRAMMY Awards, a 2015 Lifetime Achievement GRAMMY Award, 38 Blues Music Awards (the most any artist has received), the Billboard Magazine Century Award for distinguished artistic achievement, a Kennedy Center Honor, and the Presidential National Medal of Arts. Rolling Stone Magazine ranked him #23 in its "100 Greatest Guitarists of All Time."

**BRELAND:**

Daniel Gerard Breland, known as Breland, is a singer, songwriter, and record producer who rose to prominence with his 2019 debut single, "My Truck." Fans are captivated by Breland's fusion of hip hop and country music, and quickly became a part of the niche country-trap genre. His music has continued to prove his ability to seamlessly blend country, hip hop, R&B, and pop sounds. Breland has worked closely with other country superstars such as Thomas Rhett, Keith Urban, and Sam Hunt. In the same year as his debut album, Breland was nominated for two CMT Music Awards, with three different songs.

**CECE WINANS Gospel Music Festival:**

Gospel superstar CeCe Winans performs as both a solo artist and a duo with her brother BeBe. As one of the most accomplished women in modern music, CeCe Winans is the most-awarded female gospel artist of all time, winning twelve GRAMMY Awards, twenty Dove Awards, and seven Stellar Awards. She's sold more than 5 million albums in the US and topped Gospel, Pop, R&B, and Adult Contemporary charts.





# Travel or stay! and Play

Sunday, June 25, 2023

J2

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## Driving Safe With Furry Friends As Your Passenger

(StatePoint) Summer road trip season is heating up. Whether your vacation plans include national parks, sandy beaches or major metropolises, you may be thinking of bringing the entire family along, even your four-legged companions.

While we love having them near, dogs aren't always safe passengers. A recent poll commissioned by Selective Insurance, a leading home, auto and business insurance carrier, found that in the past 12 months, dogs caused a majority of drivers to be distracted on U.S. roadways.

The study, conducted online by The Harris Poll, found that of licensed drivers who recently (over the last 12 months) drove with their dogs, 91% admitted to interacting with them while driving, including interactions requiring the driver to take their hands off the wheel or eyes off the road, and 48% acknowledged that they are more distracted when their dog is in the vehicle than when it is not.

"We love our dogs. However, some of their behaviors in the car, such as sitting on drivers' laps, jumping between seats, or sticking their heads out the window, divert drivers' attention from operating a vehicle," said Scott Smith, vice president and director of Safety Management at Selective Insurance. "To

help keep our roads safe, drivers need to minimize distractions. That means our beloved pet passengers should be restrained in the back seat, and if they need tending, drivers should first pull over to a safe place."

Some of the more hazardous behaviors that drivers engaged in while recently on the road with their dog include giving them food/treats/water (36%), taking a photo/video of their dog (27%) or holding them in place (23%) while driving. In addition, 40% of drivers who have ever driven with their dog confessed to various reckless driving behaviors as a direct result of having their dog in the vehicle, including swerving out of the lane (11%) and hard braking (13%).

This summer, as you head out with your dog on journeys near and far, help minimize driving distractions in your vehicle with these tips from Selective Insurance:

- Have your dog ride in the back seat and consider using a partition between the front and back seats.

- Use a dog seatbelt, safety harness or anchored crate to prevent distractions and provide your dog with some protection if there is an accident. A significant 70% of licensed drivers who recently drove with their dogs say their dogs were unrestrained in the vehicle. Yet, 82% of driv-

ers who recently drove with their dogs agree that having an unrestrained dog in a moving vehicle can distract the driver. Not using a restraint is risky and could put you in violation of the law. Some states have animal restraint laws for vehicles to help keep drivers safe and focused. However, only 24% of licensed drivers who recently drove with their dogs say they are very familiar with such laws in their state. That's compared to 34% who say they didn't know these laws existed.

- Plan ahead and identify rest stops along your route so you and your dog can take a break. If you need to make an unplanned stop, avoid the side of the road and instead look for a quiet parking lot. Use these occasions to give your dog food, a little exercise and most importantly in summer, plenty of water.

For additional survey findings, along with tips to keep roadways safe and K-9 companions secure, visit [Selective.com](http://Selective.com). For survey methodology, visit [selective.com](http://selective.com).

"More pets in homes, especially with the introduction of the pandemic puppy, means more Americans than ever may be hitting the roads with their pooch on road trips this summer. Drivers should understand the risks associated with taking them along for the ride," said Smith.

## 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 finan-

cial 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](http://rate.com).

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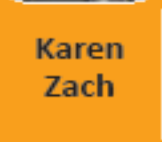
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# Montgomery County's Most Wanted

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.

**DO NOT ATTEMPT TO APPREHEND ANY OF THESE SUSPECTS AS THEY MAY BE ARMED AND DANGEROUS.**

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