

# SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

## Have A Happy And Safe Fourth Of July!

### Check out some local Fourth of July events or take a trip out of town for some family fun this weekend

#### New Richmond

New Richmond Park  
Noon to Dusk

Schedule of events:

- 7 a.m. – 9 a.m. - Breakfast served by local Masonic Lodge
- 10 a.m. – 4 p.m. - Cruise In & Ride In
- 10 a.m. – End - Food Vendors available for all
- 1 p.m. – Dark - Bounce houses & games
- 4 p.m. – Dusk - Bingo with Marvin Swick
- 5:30 p.m. - 9:30 p.m. - Live music featuring Triple Threat
- 7 p.m. – 7:30 p.m. - Fly over
- 9:30 p.m. - National Anthem/God Bless the USA, etc.
- 9:45 p.m. - Fireworks

Fun for all!

- Games
- Obstacle courses
- Bingo
- Bounce houses
- Ponies
- Slides
- More inflatables
- Prizes & gas cards

For more information please email [clark@tctc.com](mailto:clark@tctc.com)

#### Crawfordsville

Freedom Festival at Milligan Park  
7 p.m. - 10 p.m.

- Food Vendors
- Bounce houses
- Face painting
- Zipline
- Slides



#### Firework Safety Tips

- Only use fireworks outdoors in a clear area
- Do not experiment with homemade fireworks
- Ensure you have a bucket of water nearby
- Do not smoke or drink alcohol while lighting fireworks
- Do not give fireworks to small children
- Always follow instructions on the package
- Use extreme caution when lighting fireworks in the wind
- Light only one firework at a time
- Never point or throw fireworks or sparklers at anyone.

Here is a list of events happening outside of Montgomery County:

- 4th at the Falls: Pendleton Sports Complex, 615 Falls Park Drive, Pendleton.
- Boone County 4th of July Fireworks Show: Lebanon Middle School, 1810 N. Grant St., Lebanon.
- CarmelFest: Carmel Ice Skadium, 1040 Third Ave. SW, Carmel.
- CERA Sports Park and Campground July 4th Weekend: 3989 S. Bartholomew County Road 525 East, Columbus.
- City of Lawrence 4th Fest: Lawrence Community Park, 5301 N. Franklin Road, Lawrence.
- Connersville 4th of July Celebration: Roberts Park, 2900 Park Road, Connersville.
- Dirt Track Racing: Hornet Special & 4th of July Fireworks: Paragon Speedway, 8486 W. Old State Road 67, Paragon.
- Double Trouble 4th of July Firework Watch Party: Downtown Olly's, 822 N. Illinois St., Indianapolis.
- Downtown Indy Fourth Fest: American Legion Mall, 500 N. Meridian St., Indianapolis. Viewing areas include Indiana War Memorial grounds and American Legion Mall.
- Firecracker Festival: 100 E. Cross St., Edinburgh.
- Fireworks on the Levee: Downtown Muncie, 120 W. Charles St., Muncie.
- Fishers Parks: Nickel Plate District, 6 Municipal Drive; Cyntheanne Park, 12383 Cyntheanne Road; and Geist Reservoir Marina, 11695 Fall Creek Road, Fishers.
- Food Trucks & Fireworks 2023: Danville Community High School, 100 Warrior Way, Danville.
- Fourth of July Parade and Fireworks Festival: Forest Park, 701 Cicero Road, Noblesville.
- Greentown Lions Club Fireworks: Howard County Fairgrounds, 790 N. Meridian St., Greentown.
- Hagerstown Fireworks: Hagerstown Airport, 999 S. Washington St., Hagerstown.
- Hummel Park July 4th Fireworks Extravaganza: Guilford Township Hummel Park, 1500 S. Center St., Plainfield.
- Independence Day at Minnetrista: Minnetrista Museum & Gardens, 1200 N. Minnetrista Parkway, Muncie.
- Independence Day Celebration: Fairbanks Park, 1100 Girl Scout Lane, Terre Haute.
- Indiana Beach 4th of July Fireworks: Lake Shaffer Boardwalk, 5224 E. Indiana Beach Road, Monticello.
- Jay County/Portland July 4th Fireworks: Jay County Fairgrounds: 806 E. Votaw St., Portland.
- Lights Over Morse Lake: 697 W. Jackson St., Cicero.
- Martinsville 4th of July Celebration: Jimmy Nash City Park, 360 N. Home Avenue, Martinsville.
- Memphis Redbirds vs. Indianapolis Indians: Victory Field, 501 W. Maryland St., Indianapolis.
- Mooresville 4th of July Celebration: Pioneer Park, 1101 N. Indianapolis Road, Mooresville.
- New Richmond 4th of July Celebration: New Richmond Park, 300 Prairie St., New Richmond.
- Pittsboro Freedom Celebration: Scamahorn Park, 80 N. Meridian St., Pittsboro.
- Stars and Stripes Celebration: Riehle Plaza and John T. Myers Pedestrian Bridge over Wabash River, 200 N. Second St., Lafayette.
- Taste Of The USA 4th Of July Celebration: Skyline Club, 1 American Square (36th floor), Indianapolis.
- Town of Summitville 4th of July Fireworks Celebration: Summitville Elementary School, 405 E. Mill St., Summitville.
- Westfield Rocks the 4th: Grand Park Sports Campus, 19000 Grand Park Blvd., Westfield.

#### TODAY'S QUOTE

*"Liberties aren't given, they are taken."  
Aldous Huxley*

#### TODAY'S JOKE

*What does the Statue of Liberty stand for?  
She's a statue dummy, she can't sit down.*

#### TODAY'S VERSE

*Romans 8:38 - 39 "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow - not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below - indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord." (NLT)*

#### TODAY'S HEALTH TIP

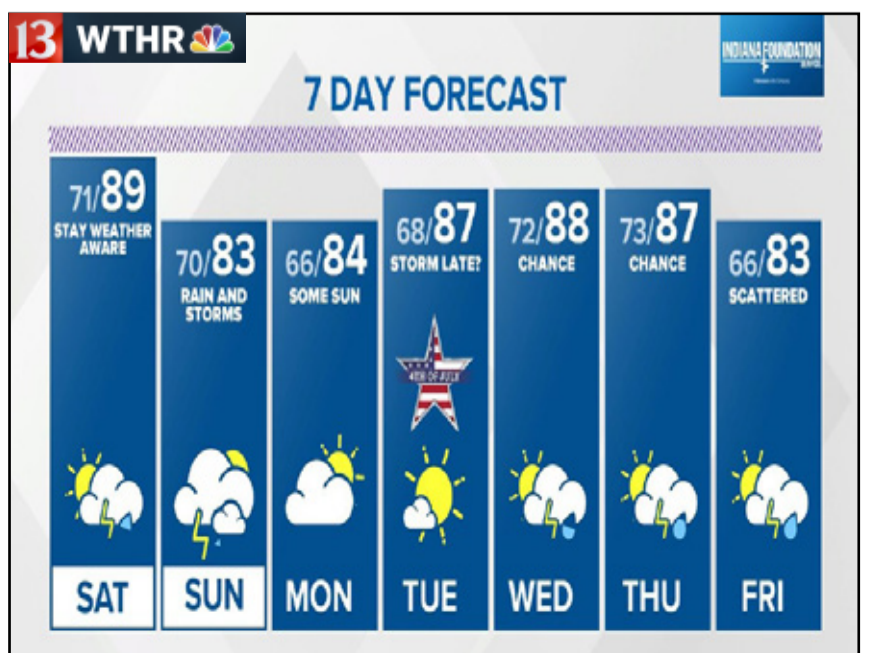
Mosquito repellants containing DEET are the most effective and are safe for anyone those older than two months.

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

*It's July 2, do you know where your country is? And speaking of knowing where something is, you won't see me again until Wednesday. The Paper is taking a break Monday and Tuesday so the employees - the real heroes of the company - can get a little time off to celebrate!*





ONEST HOOSIER



This county is pretty close to home!

# I Indiana

# H&F acts fun



## 32 Hendricks

### Number %00 ÷ Stumpers

## Did You Know?

- Hendricks County is the third largest county in Indiana.
- The county seat is Danville.
- Hendricks County was named after Indiana Governor William Hendricks in 1824.
- Hendricks County is the second fastest-growing county in Indiana.
- Additional cities in this county include Avon, Brownsburg, Pittsboro, and Plainfield.

1. What city is the county seat?  
≥
2. When was Hendricks County founded?  
≤
3. Who was Hendricks County named after?  
≥
4. Hendricks County is the \_\_\_\_ largest county in Indiana.  
≤

%00 ÷  
Answers: 1. Danville 2. 1824  
3. Governor William Hendricks 4. third

## Got Words?

Hendricks County is one of the fastest-growing counties in Indiana. What sort of impact do you think large population growth will have on a community?

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## Word Scrambler

Unscramble the words below!

1. VDLAIELN
2. DSICERH NK
3. IIWMLAL
4. ITRPOSOTB
5. RWRBUSGOBN

Answers: 1. Danville 2. Hendricks 3. William  
4. Brownsburg 5. Pittsboro

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# SUNDAY

## Indiana the Strong

Sunday, July 2, 2023

B1

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## F.C. Tucker West Central Celebrates Top Realtors: John Downey And Katie Viers Recognized For Outstanding Performance

F.C. Tucker West Central, a leading real estate company in Central Indiana, is proud to celebrate the accomplishments of two of its standout realtors: John Downey and Katie Viers. John was honored as Sales Agent of the Month for May, while Katie earned the title of May's Listing Agent of the Month, recognizing both for their exceptional performance and dedication.

A life-long resident of Montgomery County, John Downey has over a decade's experience in real estate, having closed 58 transactions totaling over \$11.4 million in sales volume in 2022 alone. John's commitment to excellence and remarkable customer service has made him an invaluable part of the F.C. Tucker West Central team. His achievements exemplify the dedication and hard work that sets F.C. Tucker West Central apart in the local real estate industry.



John Downey

Similarly, Katie Viers, a proud Crawfordsville transplant, has carved out a niche for herself in the real estate industry over the past four years. Katie is dedicated to helping clients make Crawfordsville their home, just as she did. With three children, Katie understands the importance of finding the perfect family home and is committed to continually educating herself on the latest market trends to best serve her clients. Her outstanding performance in May earned her the coveted title of Listing Agent of the Month.



Katie Viers

"Chad Hess, Broker/Owner at F.C. Tucker West Central, said, "John and Katie's exceptional performance underlines their dedication to our clients and showcases their deep understanding of the local Montgomery County real estate market. It's more important than ever for consumers to use the knowledge and expertise of local REALTORS® when buying and selling their homes. We're proud of John and Katie's achievements and the high standards they set." For all your real estate needs, talk to John today at 765-230-6335

or visit his website at TalkToTucker.com/John.Downey. Likewise, reach out to Katie at 219-776-5120 or browse listings at TalkToTucker.com/Katie.Viers.

About F.C. Tucker West Central: F.C. Tucker West Central is a premier real estate company and has been helping serve the real estate needs in west central Indiana for the last 17 years. The local real estate market is seeing a reduced number of homes for sale with an influx of pre-approved ready to go buyers, if you have been thinking about selling now is a great time to contact your F.C. Tucker West Central REALTOR® for a free Comparative Market Analysis (CMA) on your home. F.C. Tucker West Central has offices in Crawfordsville and Covington. To buy or sell a home in our area, please call 765-362-4700 to speak with one of our 16 experienced realtors.



## Duke Energy Foundation Adds \$100,000 To Assist Indiana Families Struggling To Pay Their Energy Bills

The Duke Energy Foundation is dedicating an additional \$100,000 in financial assistance to Indiana customers who may be struggling to pay their energy bills this summer. The funding is made possible through the company's Share the Light Fund, which helps individuals and families in need.

"The summer months can mean high temperatures and energy use," said Stan Pinegar, president of Duke Energy Indiana. "The financial assistance we offer through the Share the Light Fund helps connect customers in need to resources to help pay their electric bills as they use more power to cool their homes."

Duke Energy works with the Indiana Community Action Association to distribute funds to qualifying customers to help pay energy bills, deposits and reconnection/connection charges. Customers can receive up to a \$300 credit annually on their account. Individuals should contact their local community action agency

to see if they are eligible.

Duke Energy offers a number of tools and resources to help customers take control of their energy use – and save money – while trying to stay cool. Energy and bill management programs, including Budget Billing and Usage Alerts, inform customers when their bills may be higher than normal so they can make adjustments. The company also has a host of energy efficiency programs, including free home energy assessments. To learn more about these programs, visit duke-energy.com/HereToHelp.

### Duke Energy Foundation

The Duke Energy Foundation provides philanthropic support to meet the needs of communities where Duke Energy customers live and work. The Foundation contributes more than \$2 million annually in charitable gifts to Indiana and is funded by Duke Energy shareholders. More information about the Foundation can be found at duke-energy.com/Foundation.

## Franciscan Health Donates Office, Property To Habitat For Humanity



With an eye toward expanding its mission of building affordable housing, Habitat for Humanity of Lafayette has accepted a donation of property and office space from Franciscan Health.

The property at 920 N. 14th Street at the Franciscan Health Lafayette Central building in Lafayette was donated on May 31 after approval of the transfer by Bishop Timothy Doherty of the Diocese of Lafayette-in-Indiana and Fran-

ciscan Health's executive committee.

The official donation followed a one-year lease of the property to the organization to make sure the space would be appropriate for its long-term needs. Habitat for Humanity Executive Director Bob Anderson first toured the property in August 2021 with Franciscan Health Western Indiana Vice President of Administrative Services Sister Aline Shultz, OSF, to discuss the possibility

of using the office space. "At the time our offices were in three different building locations, and this simply wasn't the best scenario for a team that must work together," Anderson said. "The new office space has allowed our Habitat team to be more efficient, and because of that, we are able to better impact our community with affordable housing. We are a growing team, so the extra offices allow for our team to grow under one roof."

Franciscan Health Western Indiana President and CEO Terry Wilson said, "Franciscan is always happy to apply our resources in the communities we serve, especially in the neighborhood around our Central Campus where our Sisters started their healthcare ministry in 1876. Hab-

itat is a wonderful asset in this community, and many others, and a great fit with our Franciscan mission."

Anderson says the location allows greater visibility in the Lincoln neighborhood, where four projects are underway. "Our Habitat affiliate covers six counties but most of our work happens in Tippecanoe. We are so thankful to Sister Aline and all those at Franciscan for their generosity. The impact of this facility will pay it forward for many years to come as Habitat for Humanity makes an impact on affordable housing. We believe that everyone should have a decent place to live, and this gift of an office space will help us as we continue to deliver on that vision," he said.

## ICON Co-Directors Mou, Sundaram To Lead Saab-ONR Project Aimed At Enhancing Battlespace Threat Awareness


The Office of Naval Research (ONR) has selected Purdue University to partner with Saab on the development of next-wave artificial intelligence capabilities to increase battlespace situational awareness by automatically detecting and characterizing threats in complex environments.

The Threat and Situational Understanding with Networked-Online Machine Intelligence (TSUNOMI) program will capitalize on Saab's growing presence in West Lafayette, leveraging its advanced manufacturing

facility and engineering resources. While the technologies developed through TSUNOMI are first intended for transition to a naval unmanned surface vessel, they are extensible to other markets, such as military radar systems and commercial airport applications that are complementary to Saab's growing portfolio in the United States.


The total grant from ONR to Saab is approximately \$13 million, of which an anticipated \$4.3 million will filter to Purdue as a four-year subcontract through Saab.

# CASEY WILLIAMS




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# SUNDAY

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Photo courtesy of Purdue University Agricultural Communications

**Purdue field day attendees observe different techniques of turf and landscape care.**

## Green Industry Trade Show And Research Tours At Purdue Turf And Landscape Field Day

Purdue University's Turf and Landscape Field Day will take place Tuesday, July 18, from 8 a.m. to 3 p.m., at the William H. Daniel Turfgrass Research and Diagnostic Center. Research tours, info sessions and a trade show will comprise the annual one-day event.

"The 2023 field day will feature 18 faculty, staff and graduate students from Purdue featuring research, best management practices and pests of concern," said Kyle Daniel, Purdue Extension specialist. "In

addition to morning presentations, there will be four afternoon workshops that include turfgrass health, weed identification and control, getting started with using UAVs (drones), and a tour of the Purdue Arboretum discussing opportunities and challenges of native plantings."

A trade show with over 40 exhibitors displaying equipment, turf and landscape products will also be included in the day's activities.

The William H. Daniel Turfgrass Research

and Diagnostic Center is located at 1340 Cherry Lane, West Lafayette. Registration begins at 8 a.m. ET the day of the event, and a Women of the Green Industry tour will occur at 3:30 p.m. after the field day concludes.

More information, including preregistration instructions for attendees and exhibitors, pricing, and directions, can be found at [https://www.mrtf.org/event/turf-and-landscape-field-day/?event\\_date=2023-07-18](https://www.mrtf.org/event/turf-and-landscape-field-day/?event_date=2023-07-18).

## Pittsboro Teen Selected As Second Runner-Up In National Scholarship Competition

On Saturday, June 24, Madison Parker of Pittsboro, Ind., was selected as the second runner-up in the Distinguished Young Women National Finals competition and was presented with a cash scholarship of \$15,000. Parker earned preliminary competition awards in the fitness category for \$1,000 in additional cash scholarships.

Following a selection process that began in her home state of Indiana, Parker began preparing for the 66th annual scholarship competition. The competition was held at the Mobile Civic Center in Mobile, Ala. Thursday, June 22 was the first night of preliminary competition and Friday, June 23 was the second night of preliminary competition.

Parker is a graduate of Tri-West Hendricks High School. In the fall, she

will attend the Rose Hulman Institute of Technology with plans to become a biomedical engineer. She is the daughter of Lori and William Parker.

Carrington Hodge of Helena, Ala., was selected as the Distinguished Young Woman of America for 2023 and presented with a \$40,000 cash scholarship. Maggie Haimelin of Tennessee was selected as first runner-up and Megan Tandar of Utah was selected as third runner-up. \$155,000 in total cash scholarships was awarded during the three-day competition.

About Distinguished Young Women

Founded in 1958, Distinguished Young Women is a free program that encourages participants to reach their full individual potential. Our mission is to empower young women by providing over

\$1 billion in scholarship opportunities, connecting with a nationwide network of women, developing their self-confidence, and participating in our Life Skills Workshops that prepare them for success after high school. National sponsors include Barbara Barrington Jones Family Foundation, Mobile County, City of Mobile, Alabama Power Foundation, Master Boat Builders, Gant Travel Management, Regions Financial Corporation, John Cauley Jeweler, Jostens, and Alabama Media Group.

For more information about Distinguished Young Women, contact Tara Lawson, National Headquarters Marketing and Communications Director, at 251-438-3621 or [Tara@DistinguishedYW.org](mailto:Tara@DistinguishedYW.org) or visit [www.DistinguishedYW.org](http://www.DistinguishedYW.org).

## Purdue Scores Top 10 Among U.S. Public Universities In QS World Rankings



The QS (Quacquarelli Symonds) World University rankings, released Tuesday (June 27), lists Purdue as the No. 27-ranked university in the U.S., No. 10 among U.S. publics. The public institution ranking is up three spots from last year. Purdue is also back in the global top-100 list among 1,500 universities around the world, jumping 30 spots from last year.

Now in its 20th year,

the QS World University rankings introduced three new metrics to determine its list: sustainability, employment outcomes and international research network. The methodology also includes academic reputation; employer reputation; faculty/student ratio; and other measures of undergraduate, graduate and research excellence.

"Excellence at Scale is Purdue's signature, and the latest worldwide ranking is another reflection of the combined reputation and metrics that put Purdue in the top 10 among U.S. public universities," said Purdue president Mung Chiang. "While all rankings are partial and noisy, we appreciate the hard work by our colleagues and students that distinguishes Purdue in

the top 100 in the world."

A top-10 Most Innovative school nationally for five years running (U.S. News & World Report) and a top-4 in patents received in the U.S., Purdue has numerous academic programs – including two colleges – consistently rank among the nation's best. Purdue has also been selected in both the last two years by Fast Company magazine as a Brand That Matters, and made Fast Company's list of the world's most innovative companies (No. 16 – ahead of the likes of NASA and the Walt Disney Co. – and the only university listed).

The QS World University Rankings 2024 features 1,499 institutions – including 199 in the United States – across 104 locations.

## Hoosiers Can Expect Increased Grocery Prices Ahead Of The Fourth Of July

Hoosiers can't seem to escape rising food prices. Indiana Farm Bureau's annual summer cookout market basket, featuring some of America's summertime staples, revealed Hoosiers are paying an average of \$69.47 for a cookout feeding 10 people this summer, or \$6.95 per person – an 8% increase compared to last year. That's similar to the United States Department of Agriculture's Food Price Outlook for grocery store food purchases, which increased 5.8% this past May compared to this time last year.

Indiana's market basket price is approximately 3% more, or 18 cents more, than the U.S. average price of \$6.77 per person. This is the first time since 2019 that the total Indiana market basket price came in above the U.S. average. Additionally, the Indiana price is up 5%, or 34 cents more, than the average price for the Midwest region of \$6.61 per person.

"We are still seeing food inflation throughout the whole supermarket, specifically with items that require more processing, labor and transportation," said INFB Chief Economist Dr. Todd Davis. "This impacts items like cookies and chips that are non-perishable with no urgency to sell by a strict deadline, meaning grocery stores don't need to discount to move inventory."

The total market basket price of \$69.47 includes

ground beef, cheese, hamburger buns, pork chops, chicken breasts, pork and beans, potato salad, strawberries, chips, ice cream, cookies and lemonade.

All items on the shopping list are more expensive in Indiana than last year, except cheese and pork chops, which were relatively unchanged. Many items were less than the national average, including ice cream, strawberries, pork and beans, hamburger buns, lemonade and potato salad. The items that came in significantly above the U.S. average were chocolate chip cookies, chicken breasts and chips.

While food prices have increased, so have input prices for the farmers growing that food. Drought in the west and Midwest has significantly impacted feeding costs for livestock, which has increased consumer prices for meat as well.

According to the USDA, just 14 cents of every retail food dollar can be attributed to farm production, after accounting for input costs. Using this figure, the farmer's share of this \$69.47 market basket would be less than \$10. The rest is for food processing, packaging, transportation, wholesale and retail distribution, and food service preparation.

"Like consumers, farmers are price takers, not price makers," said Isabella Chism, INFB 2nd vice president. "While

food prices are increasing, the amount farmers are being paid doesn't cover the sharp increase in their input expense. When our crops or animals are ready to sell, we have to sell at the current commodity price."

"This year's summer cookout market basket reflects what Hoosiers are seeing when they go to their local grocery stores," Chism explained. "Farmers are consumers too, and we experience the price increase at the grocery store as well as on the farm."

The INFB summer cookout market basket survey was conducted in early June by volunteer shoppers across the state who collected prices on specific food items from one of their local grocery stores. Volunteer shoppers were asked to look for the best possible prices, without taking advantage of special promotional coupons or purchase deals.

"This survey was conducted before many stores offer Fourth of July sales, so if you go to the grocery store now you are likely to see slightly reduced prices than what this market basket shows," noted Dr. Davis.

Indiana's survey was completed in conjunction with a national survey administered by the American Farm Bureau Federation. More details about AFBF's national summer cookout market basket results can be found at [fb.org](http://fb.org).

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# SUNDAY

## In The Kitchen

Sunday, July 2, 2023

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

# FAMILY FUN

## with a POP

### KID-FRIENDLY SNACKS AND TREATS PERFECT FOR SHARING

#### FAMILY FEATURES

When hunger strikes and family fun calls for a snack to keep the excitement going, take your kiddos to the kitchen to whip up a tasty treat for all to enjoy. Whether you're celebrating a special occasion or watching favorite movies, turn to an ingredient like popcorn that encourages creativity. Plus, it's a delicious way for adults to turn back the clock and recreate childhood memories while making new ones with the family.

Consider these popcorn-inspired snacks to serve during your next adventure:

- Take yourself back in time to your own childhood with a classic pairing that never goes out of style: Peanut Butter and Jelly Popcorn. This version offers a fun way to jazz up popcorn for kids and adults alike with a sprinkling of strawberries and dried cranberries on top for added nutrition.
- When it's time for a little fun in the sun or a trip to the park, sweeten up the celebration with this Graham Cracker Picnic Mix that's a flavorful, kid-favorite combination of popcorn, bear-shaped graham crackers, marshmallows, fudge-covered pretzels and miniature cookies.
- Pizza is hard to beat as a snacking solution the whole family can enjoy, and this Grab and Go Pizza Popcorn is no exception. Ready in just minutes by mixing popcorn, Parmesan cheese and seasonings, little ones can help prepare a batch quickly before heading out the door.
- Colorful and fun, these Minty Green Popcorn Clusters are simple to make and a perfect treat to share. Just melt together marshmallows, butter, salt, green food coloring and peppermint extract before tossing with popcorn and green candy-coated chocolates

To find more family-friendly snack time favorites, visit [Popcorn.org](http://Popcorn.org).



#### Peanut Butter and Jelly Popcorn

Servings: 4-6

- 8 cups popcorn
- 2 tablespoons raspberry jam
- 1/2 cup white chocolate chips
- 3 tablespoons smooth natural peanut butter
- 1/4 cup freeze-dried strawberries
- 1/4 cup dried cranberries

In large bowl, stir popcorn and jam until evenly coated. Transfer to parchment paper-lined baking sheet.

In small heatproof bowl over small saucepan of barely simmering water, add white chocolate chips and peanut butter. Cook, stirring occasionally, 3-5 minutes, or until smooth and melted.

Drizzle peanut butter mixture over popcorn mixture. Sprinkle with strawberries and cranberries.

Refrigerate 10 minutes, or until peanut butter mixture is set; break into pieces to serve. Store in airtight container in refrigerator up to 1 week.



#### Graham Cracker Picnic Mix

Yield: About 12 cups

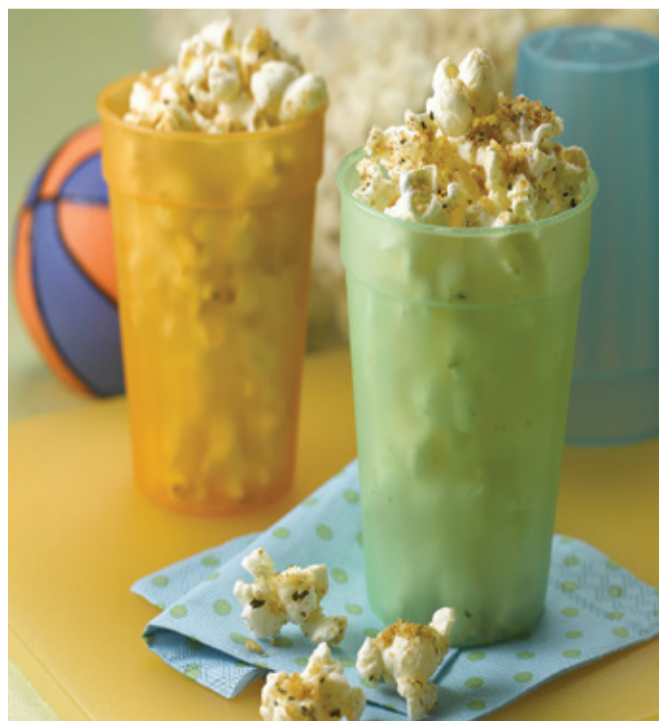
- 1/4 cup vegetable oil
- 1/4 cup sugar
- 5-6 drops pink neon liquid food color or desired color
- 1/2 cup unpopped popcorn kernels
- 1 package mini pastel marshmallows
- 1 cup bear-shaped graham crackers
- 1 package white fudge-covered pretzels
- 1 cup mini cookies

In large pot over medium heat, stir oil, sugar and food coloring.

Stir in popcorn kernels; cover. Cook until popcorn begins to pop. Shake pot over heat until popping slows.

Remove pan from heat and pour popcorn into large bowl.

Add marshmallows, graham crackers, pretzels and cookies then toss lightly



#### Grab and Go Pizza Popcorn

Yield: 6 quarts

- 6 quarts popped popcorn
- olive oil cooking spray
- 1 cup grated Parmesan cheese
- 2 teaspoons garlic salt
- 2 teaspoons paprika
- 1 tablespoon Italian seasoning

Place popcorn in large, sealable plastic container or 2 1/2-gallon plastic sealable bag.

Spray popcorn lightly with cooking spray.

Sprinkle cheese, garlic salt, paprika and Italian seasoning over popcorn and shake to distribute evenly.

To serve, scoop popcorn into reusable plastic cups.



#### Minty Green Popcorn Clusters

Yield: 32 clusters

- 12 cups unsalted, unbuttered, popped popcorn
- 4 cups mini marshmallows
- 2 tablespoons butter or light olive oil
- 1/2 teaspoon salt
- 1 tablespoon green food coloring
- 1/4 teaspoon peppermint extract
- 1 cup green candy-coated chocolate candies

Place popcorn in large mixing bowl.

In saucepan over medium heat, melt marshmallows, butter and salt, stirring occasionally, until smooth. Remove from heat; stir in food coloring and peppermint extract.

Toss marshmallow mixture with popcorn; cool 2-3 minutes, or until cool enough to handle. Toss with chocolate candies.

Shape 3 tablespoons of popcorn mixture into small cluster; repeat with remaining popcorn mixture. Place on wax paper-lined baking sheet; cool completely.



# SUNDAY

## In The Kitchen

Sunday, July 2, 2023

C2

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

## Elevate SUMMER ENTERTAINING with an Enjoyable Crunch

### FAMILY FEATURES

As families and friends gather on patios and decks to enjoy the warmth of summer and meals fresh off the grill, many are searching for that perfect ingredient that can complement salads, appetizers, main courses, desserts and more.

This year, you can turn to pecans to elevate meals and give your guests something to rave about. Iconic for their flavor versatility – shining in a wide range of profiles from sweet and spicy to salty, smoky and savory – they're a tasty addition for favorite summertime recipes.

From an enjoyable crunch to comforting creaminess and a satisfying chew,

pecans deliver a perfect bite and texture. These Grilled Pork Chops with Peach Pecan Salsa, for example, are loaded with fresh flavors for an easy, nutritious warm-weather meal.

Taste is just the beginning – pecans also pack a nutritious punch with a unique mix of health-promoting nutrients and bioactive compounds. Known for their rich, buttery consistency and naturally sweet taste, pecans have a longstanding tradition as a nut topping. They're sprinkled atop this Spiced Pecan Grilled Peach Salad with Goat Cheese for a refreshing seasonal salad with a nutty crunch.

To find more recipes that take summer entertaining to the next level, visit [EatPecans.com](http://EatPecans.com).



### Spiced Pecan Grilled Peach Salad with Goat Cheese

Prep time: 5 minutes  
Cook time: 50 minutes  
Servings: 4

#### Spiced Pecans:

- 1 large egg white
- 3 tablespoons dark brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 2 cups pecan halves

#### Salad:

- 1/4 cup, plus 2 teaspoons, extra-virgin olive oil or pecan oil, divided
- 1/4 cup white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/8 teaspoon kosher salt pepper, to taste
- 2 large peaches, halved and pits removed
- 6 cups mixed baby greens (such as arugula, spring mix and spinach)
- 4 ounces soft goat cheese

To make spiced pecans: Preheat oven to 275 F. Line rimmed baking sheet with parchment paper and set aside.

In medium bowl, whisk egg white, brown sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated in mixture. Spread in single layer on prepared baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

To make salad: Heat grill to medium-high heat.

In small bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper, to taste. Set aside.

Brush cut sides of peach halves with remaining olive oil and grill until grill lines appear and peaches become tender, 3-5 minutes. Remove peaches and cut into slices.

Divide greens among four plates. Top with grilled peach slices and goat cheese. Divide 1 cup spiced pecans evenly among salads and reserve remaining cup for snacking. Drizzle each salad with vinaigrette.



### Grilled Pork Chops with Peach Pecan Salsa

Cook time: 25 minutes  
Servings: 4

- 4 boneless pork loin chops (each 1-inch thick)
- 3/4 teaspoon, plus 1/8 teaspoon, kosher salt, divided
- freshly ground black pepper, to taste
- 2 medium peaches, diced
- 2/3 cup raw pecan pieces
- 2 tablespoons red onion, diced
- 2 tablespoons chopped fresh basil
- 1 teaspoon minced jalapeno pepper
- 2 teaspoons lime juice

Season pork chops with 3/4 teaspoon salt and black pepper, to taste.

Heat grill or grill pan to medium-high heat.

Grill pork chops until browned, about 5 minutes. Flip and cook 5-6 minutes until food thermometer inserted in center registers 135 F.

Transfer to plate and rest at least 5 minutes until internal temperature rises to 145-160 F.

Gently stir peaches, pecans, onion, basil, jalapeno, lime juice and remaining salt.

Add salsa on top of each pork chop with remaining salsa on side.

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# SUNDAY

## In The Kitchen

Sunday, July 2, 2023

C3

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Feta Roasted Salmon and Tomatoes

## A Mission for Nutrition

### Accomplish health goals with better-for-you family meals

**FAMILY FEATURES**

Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in these recipes from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in Feta Roasted Salmon and Tomatoes and 15-Minute Weeknight Pasta provide vitamin B12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones. Meanwhile, the homemade yogurt sauce served alongside these Grilled Chicken Gyros provides protein and zinc.

To find more nutritious meal ideas to fuel your family's health goals, visit [MilkMeansMore.org](http://MilkMeansMore.org).

#### Feta Roasted Salmon and Tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

**Nonstick cooking spray**

**3 cups halved cherry tomatoes**

**2 teaspoons olive oil**

**1 teaspoon minced garlic**

**1/2 teaspoon dried oregano or dried dill weed**

**1/4 teaspoon salt**

**1/2 teaspoon coarsely ground black pepper, divided**

**1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces**

**1 cup (4 ounces) crumbled feta cheese**

Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.

In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.

Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.

Place salmon on serving plates. Spoon tomato mixture over top.

#### Grilled Chicken Gyros

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More

Prep time: 30 minutes, plus 30 minutes chill time

Cook time: 20 minutes

Servings: 8

**Chicken:**

**3 tablespoons unsalted butter, melted**

**2 tablespoons chopped fresh dill**

**1 tablespoon chopped fresh oregano**

**2 cloves garlic, peeled and minced**

**3 tablespoons freshly squeezed lemon juice**

**1 teaspoon kosher salt**

**1/2 teaspoon black pepper**

**2 pounds boneless, skinless chicken breasts**

**Yogurt Sauce:**

**1 1/2 cups plain, whole-milk yogurt**

**1 1/2 tablespoons freshly squeezed lemon juice**

**1/2 cup diced cucumber**

**2 tablespoons chopped fresh dill**

**1 clove garlic, peeled and minced**

**1/4 teaspoon kosher salt**

**1/8 teaspoon black pepper**

**3-4 small loaves whole-wheat pita bread, halved lengthwise**

**1 cup thinly sliced tomatoes**

**1/2 cup thinly sliced red onion**

To make chicken: Place melted butter, dill, oregano, garlic, lemon juice, salt and pepper in gallon-size zip-top freezer bag. Seal bag and shake contents to combine. Add chicken. Seal bag, pressing air out of bag. Shake chicken to coat with marinade. Refrigerate chicken in marinade 30 minutes.

To make yogurt sauce: Stir yogurt, lemon juice, diced cucumber, dill, garlic, salt and pepper. Cover sauce and refrigerate.

Heat grill to medium heat. Grill chicken over direct heat, about 10 minutes per side, until cooked through. Transfer chicken to cutting board and rest 10 minutes. Thinly slice chicken across grain.

Serve chicken on pita bread with tomatoes, red onion and yogurt sauce.



15-Minute Weeknight Pasta

#### 15-Minute Weeknight Pasta

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 6

**6 quarts water**

**16 ounces linguine or penne pasta**

**2 tablespoons unsalted butter**

**1/2 cup thinly sliced onion**

**1 cup thinly sliced carrots**

**1 cup thinly sliced sweet bell pepper**

**1/2 cup grape tomatoes, halved**

**1 teaspoon kosher salt**

**1/4 teaspoon black pepper**

**2 cloves garlic, peeled and minced**

**1 cup reserved pasta water**

**1 teaspoon finely grated lemon zest**

**1/2 cup smoked provolone cheese, shredded**

**1/4 cup chopped fresh parsley (optional)**

**Parmesan cheese (optional)**

Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.

In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Sauté vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.

Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.

Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired.



Grilled Chicken Gyros



# SUNDAY

## In The Kitchen

Sunday, July 2, 2023

C2

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## Sweeten Up Family Favorites with Fresh, Delicious Fruit

### FAMILY FEATURES

When your family's favorite dishes inevitably grow tired, a touch of sweetness may be all you need to freshen up the flavor of classic recipes. Keep tried-and-true dinners on the table with a simple addition that complements the tastes you know and love: fresh fruit.

With its craveable texture and crunch, balanced sweetness and beautiful golden red color, an option like Envy Apples can be enjoyed as part of delicious meals. While they're often best served fresh or paired with cheese boards, sandwiches or mocktails, their sweetness also plays up when combined with pasta, shrimp, Parmesan, toasted almonds and more in this Apples and Pesto Farfalle.

To change up Taco Tuesday, bite into these Crisp Apple Tacos and believe in the uplifting aroma and flavor of apples as an invitation to savor those small moments around the family table. It can be your ultimate apple experience and introduce loved ones to new ways to rethink their favorite weekly meals.

Plus, because Envy Apple slices naturally stay white longer than other varieties, they maintain their beauty while you cook so finished dishes look as delicious as they taste.

To find more ways to sweeten up family meals, visit [EnvyApple.com](http://EnvyApple.com).

### Crisp Apple Tacos

- 2 Envy Apples
- 1/2 pound pork tenderloin
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 rosemary sprigs
- 1/2 cup shredded carrots
- 1/2 cup shredded red cabbage
- 1 cup shredded green cabbage
- 4 tablespoons honey
- 1 cup mayonnaise
- 1 tablespoon mustard
- 1 tablespoon white vinegar
- salt, to taste
- pepper, to taste
- 12 tortillas
- 2 tablespoons sour cream
- 1 lime, cut into wedges

Slice half of one apple into thick wedges; reserve. Slice remaining half into thin sticks; reserve.

Slice second apple into thin wedges; reserve.

Cut pork crosswise into 1-inch round medallions. Coat pork medallions with olive oil, salt and pepper then add to saucepan over medium heat. Add thick apple wedges to saucepan.

Add rosemary to saucepan and cook 2-3 minutes. Flip pork and cook 2-3 minutes until pork is slightly golden and cooked through.

Let pork rest 3 minutes then slice into strips.

In serving bowl, toss thin apple sticks, carrots, red cabbage and green cabbage. Mix honey, mayonnaise, mustard and vinegar. Add salt and pepper, to taste.

Mix dressing and cabbage; refrigerate at least 1 hour prior to serving.

Top tortillas with pork, slaw, sour cream and squeezes of lime. Top with thin apple wedges.



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Apples and Pesto Farfalle

### Apples and Pesto Farfalle

- 1 pound farfalle pasta
- 3 1/2 teaspoons kosher salt, plus additional for cooking pasta, divided
- 1/3 cup extra-virgin olive oil, plus additional for cooking pasta, to taste, divided
- 1 bunch parsley leaves
- 1 cup toasted almonds
- 1 cup shredded Parmesan
- 2 tablespoons lemon juice
- 30 turns fresh cracked pepper
- 2 cups cooked peas
- 2 Envy Apples, diced
- 1 bunch chives, thinly sliced
- 1 block Parmesan

- 20 shrimp
- 2 tablespoons canola oil
- 1 1/2 teaspoons coarse pepper

Cook pasta in salted boiling water until just tender. Drain and toss gently with olive oil, to taste, then set aside.

In food processor, pulse parsley leaves, almonds, shredded Parmesan, 2 teaspoons kosher salt, lemon juice and cracked pepper. Once pulsed, turn processor on high and drizzle in 1/3 cup olive oil until well incorporated.

Toss pasta with fresh pesto until well coated. Fold in peas, apples and chives. Using peeler, shave thin slices off Parmesan block over pasta for garnish.

Preheat grill or grill pan over high heat.

Toss shrimp in canola oil, 1 1/2 teaspoons salt and coarse pepper. Grill 2 minutes on each side, or until charred slightly. Spread evenly over pasta and serve.



Crisp Apple Tacos



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# SUNDAY

## In The Kitchen

Sunday, July 2, 2023

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## A Fruity Sprinkle Surprise

(Culinary.net) To kids, birthday parties are a big deal and only happen once a year. From the decorations to their friends and all the sweet, delicious treats to devour, it can be an overwhelming amount of excitement and awe.

They receive gifts, get to have fun with their friends and family, and get to snack on treats they typically don't have on a regular basis. This is part of what makes birthdays so fun.

It can be a lot of pressure for parents, though. You want everything to be perfect and fall in line with expectations, especially when it comes to the

food and treats served to everyone that day.

At the next party you're hosting, try this delightful Fruity Sprinkles Smoothie that fits the theme for nearly any colorful birthday bash.

It's made with frozen blueberries, frozen strawberries and frozen mango for a healthier alternative to sugar-filled birthday cake. Topped with fluffy, fun whipped cream and mini sprinkles, it still provides a sweet, festive treat. Plus, this smoothie can be made in a matter of minutes using only one kitchen appliance for easy clean up.

To make it, blend frozen

blueberries, frozen strawberries, frozen mango, milk and yogurt until well combined.

Pour the mixture into four smoothie glasses and garnish each with whipped cream and sprinkles to add some extra color.

It's that easy to make and even better to enjoy while watching your kid make wonderful memories with friends and family.

Find more fun celebration recipes at Culinary.net.

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



Photo courtesy of Culinary.net.

### Caramel Sticky Rolls

## A Straightforward Weekend Breakfast

(Culinary.net) There are no alarms set and you are cuddled up in bed after a good night's sleep. It's late morning and there is nowhere to go, no rushing around to do. No school bus, no work to be done, just relaxing at home with loved ones. However, breakfast is calling your name.

Your stomach rumbles as your stumble toward the kitchen. You need something quick and effortless. The kids will be up soon and you know food will be on their minds.

When you're in a pinch, there is nearly nothing better to make than something sweet and filling for a weekend family breakfast.

Try these simple and delicious Caramel Sticky

Rolls for an easy breakfast for all. The rolls are fluffy, a little crunchy and drizzled with caramel topping. Next time you slept in a little too late or your family wants something more than the daily norm for breakfast, try this scrumptious and tasty recipe.

Your family will love it and don't be surprised if you get a request or two for this breakfast again.

Find more quick weekend recipes at Culinary.net.

### Caramel Sticky Rolls

Servings: 9

Nonstick cooking spray  
flour, for rolling pastry  
1 frozen puff pastry,  
thawed  
caramel sauce, divided  
1/2 cup walnuts,  
chopped

powdered sugar

Heat oven to 400 F. Spray muffin tin with nonstick cooking spray.

Sprinkle flour on work surface. Flatten pastry sheet and roll into rectangle.

Drizzle caramel sauce over pastry and spread within 1/2 inch of edges.

Sprinkle chopped walnuts over caramel sauce.

Starting on short end, evenly roll pastry with filling to other end.

Cut pastry into nine pieces. Place pastries cut side up into muffin cups.

Bake 22 minutes, or until golden brown. Immediately remove from pan to wire rack. Let cool 10 minutes. Drizzle with additional caramel sauce and dust with powdered sugar.



Photo and recipe courtesy of Culinary.net.

### Fruity Sprinkles Smoothie

#### Fruity Sprinkles Smoothie

Servings: 4

1 cup frozen blueberries  
2 cups frozen strawber-

ries  
1 cup frozen mango  
1 1/2 cups milk  
1 carton (6 ounces)  
vanilla yogurt  
whipped cream  
sprinkles

In blender, blend blueberries, strawberries, mango, milk and yogurt until combined.

Pour smoothie into four glasses. Garnish with whipped cream and sprinkles.

## Five Strategies For Proper Ventilation While Cooking

(Family Features) There's a reason 96% of professional chefs love cooking with gas. Propane-powered cooking appliances offer greater control of heat levels, a modern design and excellent performance in any kitchen - from starter homes to high-end custom projects.

On average, propane-powered appliances are better for the environment as they generate fewer greenhouse gas emissions than electric ranges. That's because more than 60% of electricity production comes from natural gas or coal

generation plants, which release more carbon dioxide emissions.

There's been a lot of misinformation about cooking with gas. The act of cooking reduces indoor air quality, regardless of the energy powering the stove. Ventilation when cooking is key, as is the energy source you choose to power kitchen appliances. However, there are steps you can take to improve indoor air quality when creating meals.

Consider these tips from the experts at Propane Education & Research Council for proper ventilation in your

kitchen.

\* If you have an exhaust fan or range hood, use it every time you cook no matter what cooking equipment you're using.

\* Open doors and windows if you don't have an exhaust fan or range hood.

\* Clean your cooktop after each use to remove food particles.

\* Use the right cooking oil at the right temperature.

\* Engage a qualified technician to install and perform regular service of the stove.

Find more information at [Propane.com/chefdean](http://Propane.com/chefdean).



Photo and recipe courtesy of becomingness.com

### Citrus, Mango and Pineapple Salsa

## A Delicious Fresh Summer Salsa

(Culinary.net) It's time to kick off summer with a bang. With exciting summer events like baseball, sunbathing and barbecues filling social calendars, comes a whole new array of fresh, sunny day snacks just waiting to be devoured.

If you're in the mood for something sweet with a hint of spice, try this Citrus, Mango and Pineapple Salsa. It features fresh, fruity flavors from the pineapple, mango, lemon and lime plus a surprising bite of jalapeno. It's the perfect balance of sweet and zesty.

This light, warm weather appetizer is perfect for pool parties or dining al fresco. A fresh twist on

traditional salsa, this recipe will have people lining up for a second scoop to help beat the heat.

Enjoy it with tortilla chips or as a topping on your favorite tacos to add a little sweetness to a traditionally savory meal.

For more fresh summertime recipes, visit Culinary.net.

### Citrus, Mango and Pineapple Salsa

Recipe adapted from becomingness.com

1 1/4 cup fresh pineapple, diced  
1 1/4 cup fresh mango, diced  
2 tomatoes  
1/2 red onion, diced  
1 jalapeno, finely

chopped  
1 tablespoon coriander  
2 tablespoons lime juice  
1 tablespoon lemon juice  
sea salt, to taste  
fresh cracked pepper, to taste  
tortilla chips, for serving

In large bowl, combine pineapple, mango, tomato, onion, jalapeno, coriander, lime juice, lemon juice and salt and pepper, to taste. With rubber spatula, mix all ingredients together.

Taste and season with additional salt and pepper, if desired.

Serve with tortilla chips.

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# SUNDAY

## In The Kitchen

Sunday, July 2, 2023

C6

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## Steps For Better Meal Prep

(Culinary.net) Eating healthier and saving time around the house are common goals for many families, and there's one solution that can help attain both: meal-prepping. By planning and preparing meals in advance of each week, you can practice better portion control while creating free time for normally hectic mornings, afternoons and evenings.

Consider these tips to start your meal-prepping process:

1. Include the whole family. By letting everybody in on meal-prepping, you're helping ensure everyone is satisfied with the breakfasts, lunches, dinners and snacks that become your end results. Even if you only plan to work in

advance on lunches, for instance, loved ones will likely enjoy the process more if all are pleased with the meals they enjoy later.

2. Plan the meals. Once the whole gang is included and on-board, start brainstorming the recipes and dishes you'd like to make. Try starting with just one course at first - lunch is likely to be the easiest - to help keep meal-prepping simple at the start.

3. Buy ingredients in bulk. Whether your grocery shopping takes place over the weekend or on a free weeknight, purchasing ingredients and supplies in bulk - without overbuying perishables like fruits and veggies - can help make sure you have everything you need

once it's time to build the meals themselves.

4. Head to the kitchen. Pick one day each week when you can plan to spend ample time in the kitchen making your meals. Use cooking techniques that are less hands-on, like baking or slow-cooking, as often as possible so you can multi-task throughout.

5. Sort and divide. Using quality food containers to keep your meals as fresh as possible, start splitting up servings in ways that fuel you and family while instituting improved portion control. By sorting out specific meals ahead of time, you can begin creating better eating habits.

Visit [Culinary.net](http://Culinary.net) for more kitchen tips and tricks.



Photo courtesy of MilkMeansMore.

**Cheesecake Ice Cream with Fruit Swirls**

## Dish Out Happiness With A Classic Dessert

(Family Features) Spending precious moments enjoying outdoor meals with family and friends is part of what makes warm weather get-togethers so special. Take those al fresco occasions to the next level with a favorite dessert: ice cream.

Homemade ice cream is a hallmark of many family events from birthday celebrations and pool parties to warm weather holidays spent basking in the sunshine. Completely customizable with an array of fruits or other tasty mix-ins plus toppings of your choice, it's a perfect way to put a grin on loved ones' faces.

At your next outdoor event, try an option like Cheesecake Ice Cream with Fruit Swirls from Milk Means More. It's a simple solution you can make a couple days in advance with your favorite

fruit flavor such as blueberry, raspberry, cherry, strawberry, peach or apricot. Plus, this recipe serves a crowd, making it perfect for serving up smiles.

Visit [MilkMeansMore.org](http://MilkMeansMore.org) for more delicious dessert ideas.

### **Cheesecake Ice Cream with Fruit Swirls**

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More

Prep time: 15 minutes  
Servings: 12

12 ounces cream cheese, cut into cubes  
3/4 cup sugar  
1 cup sour cream  
3/4 cup half-and-half  
2 teaspoons vanilla  
1 1/4 teaspoons lemon juice, divided  
1 dash salt  
1/3 cup blueberry, raspberry, cherry, strawberry, peach or apricot fruit spread

In large mixer bowl of electric mixer, beat cream cheese and sugar on medium speed until fluffy. Add sour cream, half-and-half, vanilla, 1 teaspoon lemon juice and salt. Beat on low speed until combined then beat on medium speed until smooth. Cover and refrigerate 2-24 hours, or until cold.

Pour cream cheese mixture into 1 1/2-quart ice cream freezer. Freeze according to manufacturer's directions.

In small bowl, stir fruit spread and remaining lemon juice.

Spoon about one-third of ice cream into 2-quart food storage container. Spoon about half of fruit spread mixture in dollops over ice cream. Repeat layers. Top with remaining ice cream. Cover and freeze 4-24 hours.

To serve, scoop ice cream into dessert dishes.



Photo courtesy of BeefLovingTexans.com

**Easy Brunch Quiche**

## Say Goodbye To Basic Brunch

(Culinary.net) The same old brunch menu week after week can become tiresome and dull. It's bland, boring and your tastebuds get used to the same flavors repeatedly.

It's time to add something new to the table with fresh ingredients and simple instructions to enhance your weekend spread.

Try this recipe for an 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.

With a range of ingredients from broccoli to bacon, this quiche is a brunch hero. While baking, the cheese gets all melty, and with every bite the mushrooms add texture and earthy flavor. The ingredients combine together to make something warm, hearty and

fresh.

Find more brunch recipes and cooking ideas at [Culinary.net](http://Culinary.net).

### **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.

Allow to 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.



Photo courtesy of MilkMeansMore.

**Energy Bites**

## Simple, Sweet Energy Bites

(Culinary.net) Having enough energy and fuel to make it through a long day can be challenging. No matter if you're a stay-at-home parent, corporate worker or small business owner, having a high energy level that lasts throughout the day is important for both you and those around you.

Having enough energy helps you stay alert and attentive to what is going on around you, whether that's cleaning up after your little ones or filing a report your boss asked for.

When it comes to snacking during the day, these delicious, mouth-watering Energy Bites can give you the boost you need. They are made with creamy peanut butter and honey to curb your sweet cravings but still provide plenty of texture with shredded

coconut and raw oats.

They are a perfect snack time nosh, rolled into simple balls, that can help you finish the task at hand.

Not only can they be that 2 p.m. pick-me-up, they are also simple to make and simply delightful to eat. You can store them in the refrigerator in a container for anytime snacking. Plus, the recipe makes 20 servings, which means it's easy to prep your snacks for the entire week ahead of time.

Stop settling at snack time for stale crackers or high-calorie dips. Eating something that can make your body feel good and energize you for the rest of the day keeps you prepared for what's to come.

Find more snack 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.

### **Energy Bites** Servings: 20

1/2 cup creamy peanut butter  
1/3 cup honey  
1 teaspoon vanilla extract  
1 cup raw oats  
1/2 cup sweetened shredded coconut  
1/2 cup flaxseed meal  
6 tablespoons mini chocolate chips

In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.

Add oats, coconut, flaxseed meal and chocolate chips. Mix until combined.

Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.

# KAREN ZACH



Each week Karen Zach pores over page after page after page of historical records just so she can bring the readers of The Paper of Montgomery County the absolute latest . . . well, it's historical, so it's not exactly . . . so she can bring you the most up-to-date . . . oh, you know what we mean!

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# SUNDAY

## In The Home

# DAY

Sunday, July 2, 2023

D1

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## Dealing With Tree Surface Roots



**MELINDA MYERS**  
Columnist

Roots erupting through the soil surface that extend beyond the tree trunk are known as surface roots. This is a normal part of aging for shallow-rooted trees. The aging roots increase in circumference just like the tree's branches and trunk. As they thicken, the upper portion of the roots appear above the soil surface.

These irritate gardeners when trying to grow and mow the grass under the tree. It is important not to bury, cut, dig up, or shave off these important roots. Covering or damaging the roots creates entryways for insects and diseases to enter and damage or even kill your tree.

Mulch is a simple solution. Use a 2-to-3-inch layer on the soil surrounding the tree. Pull the mulch away from the tree trunk to avoid insect, disease, and rodent problems. Create a mulch ring as large as possible. This eliminates the need to hand trim grass near the tree and makes mowing easier. Mulch is also better for the tree than grass growing up to the trunk. The grass is a big competitor for water and



Photo courtesy of MelindaMyers.com

**Surface roots erupt through the soil surface and extend beyond the tree trunk.**

Reduce ongoing maintenance with the help of newspaper or cardboard. Start by edging the bed to disconnect the grass and weeds under the tree from the surrounding plants that can serve as their life support.

Now cut the grass and weeds as short as possible being careful not to harm the surface roots. Cover the area to be mulched with newspaper or cardboard. This creates a temporary but extra layer of mulch that helps kill the grass. The paper will eventually break down and improve the soil below. Cover this with a 2- to 3-inch layer of shredded bark or wood chips for years of weed control.

Consider shade-tolerant perennials and groundcovers if mulched beds do not fit your design style. These plants will eliminate the need to mow over surface roots,

add seasonal interest, and they do not compete with the trees like lawn grass. Barrenwort, Canadian ginger, hostas, Variegated Solomon seal, coral bells, foam flower, Bergenia, and Siberian bugloss are a few to consider. Make sure the plants you select are suited to your growing conditions and your garden design.

Use caution when planting under mature trees. Avoid deep tilling that can damage, not only the surface roots but also the fine feeder roots that absorb water and nutrients. Instead, dig relatively small holes between major roots and allow the plants to fill in the area.

Mulch the soil surface with leaves, evergreen needles, or other organic mulch to conserve moisture and improve the soil as they decompose. Water thoroughly once plants are in the ground and often enough to keep the roots slightly moist throughout the summer.

## Shoe Storage Solutions

(Family Features) Under the couch, near the entry of almost every door and randomly scattered throughout your home, shoes can be one of the most difficult wardrobe staples to keep organized.

After assessing your space and the number of shoes you own, consider these storage tips to make containing your favorite footwear a breeze.

### Chic shelving

An old bookshelf is a perfect shoe organizer for those who have homes with walk-in closets or enjoy displaying their favorite pairs out in the open. Bookshelves with varying depths make it easy to group by height of shoe type - tall boots on one level, short flats and low-top sneakers on the next and so on.

### Baby shoe solutions

A visit to your local hobby store can solve your baby and toddler shoe storage woes. The pegs on a simple, wooden thread rack make for easy, space-saving places to hang adorable little shoes. These wall-mounted racks are also easy to paint to match any toddler room's

decor.

**Rustic and repurposed**  
For those with an admiration for a rustic look, find a warehouse pallet. The large wooden frames have slots spaced for various types of footwear. Rest it against the wall for a simple worn-in organizer.

### Climbing shoes

A brightly painted ladder resting on the wall is a unique way to show off some of your prettiest pumps and peep-toes. Simply let the heels dangle off each rung of the ladder for a storage solution that doubles as artwork.

### Basic storage makeover

If you have a basic, two-tiered shoe rack, step out of the norm and turn that white or wooden rack into a colorful display that complements your decor. With just a brush and a can of your favorite paint hue, simple racks can be transformed into vibrant pieces of furniture.

For more organization tips to help avoid a heaping pile of sneakers at the bottom of the closet or a mismatched mess of shoes under the bed, visit eLivingtoday.com.

## Making Your Home Safe For Baby

(Family Features) Your little one's on-the-go adventures mark a huge milestone for his or her development and your family. Before you allow your baby to trek freely from room to room, get your home ready for a child on the move with these safety steps and precautions:

### Prepare before the birth

First-time parents are likely to embark upon a new life filled with late nights, sleep deprivation and a world of stresses they've never experienced or considered. Prepare your home before the baby is born to avoid the panic of waiting until the last minute.

### Tour like your tot

The first step toward ensuring your home is ready for a mobile child is to see the world from the same level. Take a crawling tour around your home to see things that may be in the way or discover hazardous items that are within easy reach. Use all of your senses to assess any potential dangers.

### Latch it up

Protect your little one from sharp objects and heavy items by installing child protection latches on all cabinets and drawers. For an added layer of protection, keep any sharp

objects and harmful chemicals in high places only adults can reach.

### Evaluate leaning objects

Bookshelves, bedside tables and the items placed on them, such as television sets and other large appliances, can be a threat to the safety of a small child trying to pull him or herself up and balance on two feet. Ensure these items are properly secured or keep them put away unless in use to avoid them being pulled on top of your child.

### Other safety measures

To properly prepare your home for a mobile child, don't forget to take steps such as:

- \* Covering electrical outlets with safety plugs
  - \* Placing safety gates at the top and bottom of staircases
  - \* Installing fireplace screens
  - \* Adding foam padding to sharp furniture corners and edges
  - \* Placing a soft cover over the bathtub waterspout
  - \* Removing blinds with looped cords or installing safety tassels and cord stops
  - \* Stocking your first aid kit
  - \* Putting non-slip pads under rugs
- Find more tips to child-proof your home at eLivingtoday.com.

## Demystifying Insurance To Ensure You Are Getting The Proper Coverage

(Family Features) Home and auto insurance are among the things many people buy but hope to never use. Proper coverage provides peace of mind that an accident, weather event, natural disaster or unexpected injury or illness won't cause financial ruin. However, many Americans are uninsured, underinsured or paying too much for coverage.

Data from the Insurance Research Council cited by the National Association of Insurance Commissioners shows 12.6% of U.S. motorists are uninsured - approximately 1 in 8 cars on the road. For uninsured drivers, plus those involved in accidents with them, fender benders or worse can result in out-of-pocket costs.

Homeowners need to be properly insured, as well. According to the National Centers for Environmental Information, the U.S. has experienced more than 350 weather events or natural disasters since 1980 that have caused more than \$1 billion in damage. Even small thunderstorms can send tree branches into homes, causing thousands of dollars in damage. For home and auto insurance, consumers should be sure their policies cover replacement and repair costs at today's

market rates in addition to liability coverage for personal injury and other damages.

Insurance helps bridge these gaps, but it's common for people to renew policies without checking them. Because insurance policies are often seen as complex and confusing, that may prevent people from purchasing proper coverage.

A 2022 survey from realtor.com found only 56% of homeowners knew what to look for in their homeowners insurance policy when they bought their homes, and 15% didn't have any idea what to check. In addition, Forbes Advisor reported 40% of drivers believe they had coverage that doesn't even exist.

Consider these challenges consumers face when shopping for and comparing insurance policies and providers:

1. Industry Jargon and Lingo - When you visit a website or talk to an insurance agent, you may feel like you're speaking a different language with terms like "deductible," "premium," "co-pay," "additional insured," "aggregate limit" and "co-insurance."

2. Bait and Switch - Insurance carriers sometimes advertise low rates, but your rate may be high-

er than expected when you apply, often with no explanation.

3. Fine Print - "Sorry, that's not covered." These can be chilling words to hear when you're hoping your insurance policy comes through for you in a time of need. An explanation may be deep within the policy, but you may need a magnifying glass to find it.

4. Transparency - Many decisions that affect rates and coverage may seem to be done behind a curtain, such as rates in comparison to neighbors, remodeling impacts on rates, rate changes based on age and more.

5. Apples to Oranges - With many moving parts within the average policy, it can be difficult to compare rates and coverage.

Improved technology is helping solve some of these issues and deliver an improved experience. A decade ago, the only way to compare insurance rates was to make phone calls, meet with agents and read brochures. Even with the internet, you still need to visit multiple websites and take notes, often entering the same personal information time and time again.

Today, insurance marketplaces, like the flagship platform from Guaranteed Rate Insurance, make it

easy to compare multiple carriers, all at once, with a single application. Customers enter basic information to receive quotes for home and auto insurance coverage from more than 50 top-rated carriers, allowing for a quick, side-by-side comparison of coverage options.

"The primary benefit insurance delivers is peace of mind," said Jeff Wingate, executive vice president and head of insurance for Guaranteed Rate. "If the relationship between an insurance provider and customer begins with stress, confusion and frustration, the provider isn't delivering the desired service. That's why we made it easy for consumers to make informed decisions about rates and coverage from trusted and reliable providers."

Life insurance, umbrella, jewelry, flood, pet, landlord and earthquake policies are among the other coverage options available for comparison. Coverage benefits are easy to read with clearly explained terminology and experienced agents standing by to answer questions or assist with purchasing a policy.

To find more information and explore the insurance marketplace, visit rate.com/insurance.



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# SUNDAY

## Business

Notes and

# NEWS DAY

Sunday, July 2, 2023

F1

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## Investing In Nature Improves The Economy While Boosting Equity



Photo courtesy of Purdue Agricultural Communications

**Tom Hertel, Distinguished Professor of Agricultural Economics, along with Uris Lantz Baldos and Erwin Corong of the Center for Global Trade Analysis, are among the co-authors of a study that links the value of nature to economic growth.**

Current trends in environmental degradation will lead to large economic losses in the coming decades, hitting the poorest countries hardest, according to a new study led by Purdue University and the University of Minnesota. The study also finds that investing in nature can turn those losses into gains.

The findings, published in Proceedings of the National Academy of Sciences, develop a novel, global Earth-economy model to capture interactions between the economy and the environment. Crucially, these interactions include how nature benefits humans by pollinating crops, providing timber, storing carbon and providing catch for marine fisheries, and how those benefits affect the economy overall.

“Traditional economic models almost completely neglect the fact that the economy relies on nature,” said study co-author Thomas Hertel, Distinguished Professor of Agricultural Economics at Purdue. “This new study required a detailed understanding of how and

where land use patterns change as a result of economic activity, with enough spatial detail to understand the environmental consequences of these changes.”

The study was led by Justin Johnson of the University of Minnesota. Along with Hertel, co-authors include Purdue’s Uris Lantz Baldos and Erwin Corong, both of the Center for Global Trade Analysis, as well as Steve Polasky, co-leader of Global to Local Analysis of Systems Sustainability (GLASSNET), and other collaborators at the University of Minnesota, the World Bank and Canada’s University of Victoria.

The researchers combined multiple models to achieve their results. One was Purdue’s Global Trade Analysis Project (GTAP) model, which performs quantitative analyses on a wide range of interconnected international economic issues.

The other suite of models, called Integrated Valuation of Ecosystem Services and Tradeoffs (InVEST), was developed at Stanford University’s

Pollination Impact on Crop Yield

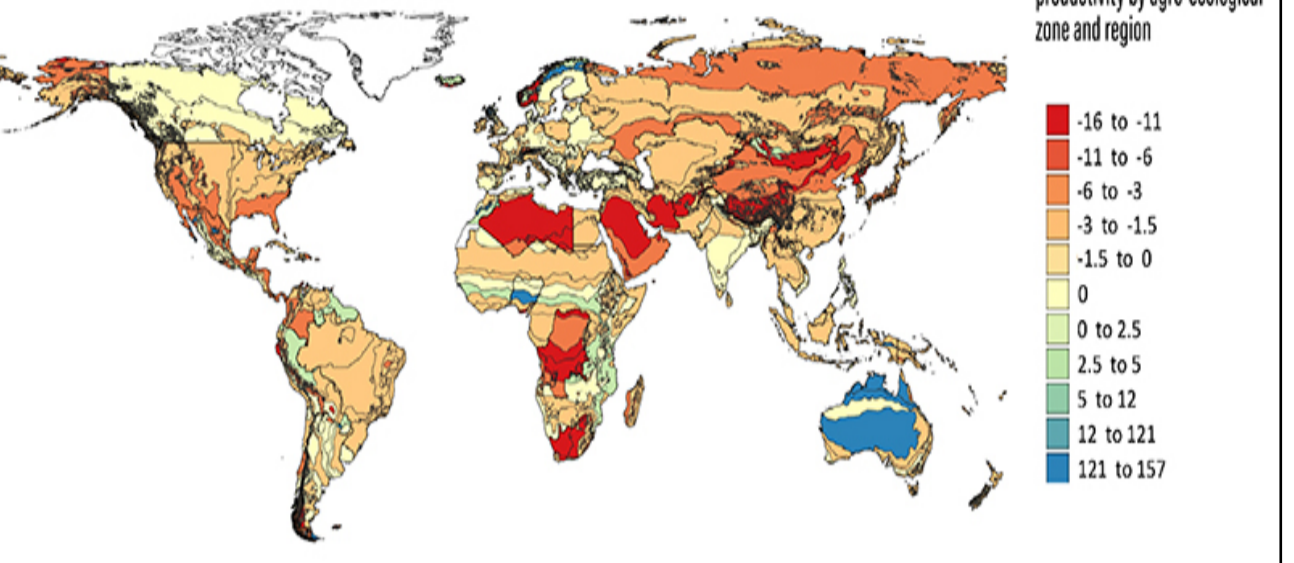


Photo by Sumil Thakrar, University of Minnesota

**Insect pollination is one of many economic services that nature provides. This world map shows the impact of pollination on crop yield. Pollination impact is highest in the blue and green areas and lowest in the red and orange areas.**

Natural Capital Project. GTAP and InVEST are both widely used globally by government policy-makers, nongovernmental organizations and the private sector.

“We have long thought of the economy and the environment as working against each other,” said the study’s lead author, Johnson, assistant professor of applied economics at the University of Minnesota. “Investing in nature does not stifle the economy; it boosts the economy. But it has been difficult to model those interactions until recently.”

Hertel founded GTAP 30 years ago. GTAP has since grown into a global network of 26,000 members who contribute data and expertise from 160 countries and regions. Purdue’s GTAP economists assemble and connect the data to various modeling frameworks. Economic flows are categorized into 65 sectors: 20 in agriculture and food, 25 in manufac-

turing, and 20 in services.

“The database now covers 98% of global gross domestic product in great detail,” Hertel said. And the database links agriculture and many other aspects of national and global economies. “That’s important for the kind of study we have here,” he said.

The integrated GTAP-InVEST model expands upon similar policy-related work published by the World Wildlife Fund in 2020 and the World Bank in 2021.

“We hope to make this kind of analysis a standard tool in a policymaker’s toolbox,” Johnson said.

The new study examined policy options for investing in nature, including removing agricultural subsidies, financing research into improving crop yields, and international payments for wealthy countries to poorer countries to support conservation. The policies resulted in annual gains of \$100 million to

\$350 million in 2014 U.S. dollars. The largest percentage increases in GDP occurred in low-income countries.

Continued trends in environmental degradation, by contrast, would result in \$75 billion in losses annually. This included low-income countries suffering 0.2% losses in GDP every year. These results highlight how public goods and services provided by the environment are often the most important for the world’s poorest, who have less access to alternative options in a degrading environment. Investing in nature thus tends to make the world more equitable, the researchers said.

The study was funded by Purdue, the University of Minnesota and the National Science Foundation and exemplifies what the two universities strive to achieve in their GLASSNET project. The Purdue-based GLASSNET is an international network of networks devoted to sustainability analysis.

“One theme behind GLASSNET is this idea of global to local to global,” Hertel said. “It’s bridging the global with the local because all sustainability issues are ultimately very local.”

If pollinating insects, for example, can no longer reach crops in certain areas, reduced yields result. That, in turn, reduces profits, showing the link between nature and the economy, Hertel said.

The new research looked at only a small subset of the ways that the economy and the environment interact, yet still found strikingly large effects. Hertel and his colleagues expect an entire line of research to continue developing along these lines.

“We would like to broaden GLASSNET coverage of ecosystem services,” he said. “There are many important services nature provides that aren’t quantified here – groundwater, for example. There’s a lot more to be done.”

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## Hickory Bible Church

104 Wabash • New Richmond

### Sunday Services:

**Breakfast and Bible - 9:30**

**Church - 10:30**

*a small church  
with a big heart!*

Dr. Curtis Brouwer, Pastor  
765-918-4949



## Woodland Heights Christian Church

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

### Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

*"Know Jesus and Make Him Known"*



## Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

*Traditional and Contemporary*



### Service times:

10:02 am on Sundays

Wednesday night prayer meeting  
at 6:30 pm.

vinechurchlife.org

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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,  
invite you all to their spirit-filled church*

### Services

Sunday at 2 pm

Wednesday Evening Bible Study  
7 pm

Saturday evening  
(speaking spanish service)  
at 7 pm



## NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

*"Making the World a Better Place"*



## New Market Christian Church

300 S. Third Street • New Market  
(765) 866-0421

Dr. Gary Snowden, Minister

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

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Love One Another &  
Reach Out to Our Neighbors*



*Helping  
people to  
follow Jesus  
and love  
everybody!*

2746 S US Highway 231  
Crawfordsville

### Services:

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

*Both services are streamed*



## NORTH CORNERSTONE CHURCH

**Sunday Worship 10:00 AM**

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

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



## Liberty Chapel Church

*Phil 4:13*

### Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana  
Program  
6 pm-8 pm



**Church Service at 10 am**

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

ladogachristianchurch@gmail.com

www.ladogacc.com



## HOPE CHAPEL

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

### Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



## Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

### Services

Sunday at 10 am

**Tuesday Prayer Meeting**

6 pm - 7 pm

**Thursday Bible Study**

6:30 pm - 8 pm



## Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

*Romans 15:13*

**Follow us on Facebook**

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



## Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



## FIRST UNITED METHODIST CHURCH

*Follow in The Sun*

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

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

All are welcome to join and  
all are loved by God





## Faith Baptist Church

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

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

*Where church is still church*  
*Worship Hymns*  
*Bible Preaching*




## EAST SIDE BAPTIST CHURCH

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

**Services:**  
**Sunday School at 9 am**  
**Church at 10 am**

*Help and hope through truth and love*



## Crossroads Community Church of the Nazarene

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

**WEDNESDAY**  
**6:00 PM: Mid-week Service**

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



## Congregational Christian Church

*"Be a blessing and be blessed"*

101 Academy Street • Darlington  
765-794-4716

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

You can find us on Youtube and Facebook



## Christ's United Methodist Church

Dr. David Boyd

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

909 E Main Street • Crawfordsville  
765-362-2383  
christsumc@mymetronet.net

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



## First Baptist Church

CRAWFORDSVILLE, INDIANA

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

*You can watch us on YouTube and Facebook*  
*Watch Sunday Mornings*

### YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

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



# SUNDAY

## Health and WELLNESS

Sunday, July 2, 2023

H1

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Photo courtesy of Chamber of Commerce

The Franciscan ExpressCare clinic is located at 1640 Crawfordsville Square Drive, Suite 100, in Crawfordsville. You are welcome to call them at 765-362-6374 or visit their clinic for immediate assistance 8 a.m. - 5 p.m. Monday through Friday.

## Chamber Of Commerce Holds Ribbon Cutting For Franciscan ExpressCare

The Crawfordsville / Montgomery County Chamber of Commerce celebrated with Franciscan Health of Crawfordsville for the grand opening of their new ExpressCare clinic. For 145 years, Franciscan has cared for everyone that walks through their doors. They want to continue to be able to help improve the health of persons and communities.

This is the first Franciscan ExpressCare clinic

in Montgomery County and the 13th Franciscan urgent care in Indiana. This clinic is bringing 12 new jobs to the community while offering a more cost-effective and convenient option for the treatment of minor illnesses and injuries. Franciscan ExpressCare is strictly a walk-in clinic, but you can also reserve a time online. Virtual visits are also accepted on weekdays 8 a.m. - 8 p.m. and on weekends 10 a.m.

- 6 p.m.  
The Franciscan ExpressCare clinic is located at 1640 Crawfordsville Square Drive, Suite 100, in Crawfordsville. You are welcome to call them at 765-362-6374 or visit their clinic for immediate assistance 8 a.m. - 5 p.m. Monday through Friday. For additional information regarding the chamber, visit the website at [crawfordsvillechamber.com](http://crawfordsvillechamber.com) or contact us at 765-362-6800.

## Medicaid And CHIP Help Families Access Mental Health Services For Kids

(StatePoint) The state of mental health among youth continues to be of public concern. According to the latest Centers for Disease Control and Prevention Youth Risk Behavior Survey, youth mental health problems have increased significantly over the past decade, reaching an all-time high.

For instance, from 2011 to 2021, the rate of female high school students saying they feel sad or hopeless increased from 36% to 57%; for male students this rate increased from 21% to 29%.

Stressors at school, home or elsewhere can cause mental health disorders to arise, leading to negative impacts on how children learn and build relationships with others. If your child may need mental health support and doesn't currently have health coverage, you have options. Free or low-cost coverage through Medicaid and the Children's Health Insurance Program (CHIP) offers many benefits, including doctor's visits, prescriptions, emergencies and the coverage of behavioral health services, including mental health services through pediatricians, mental health professionals, local community providers and organizations, as well as school systems. People who are pregnant or postpartum may also be eligible for

this health coverage and mental and behavioral health services.

Who qualifies for Medicaid or CHIP? Eligibility varies by state and is determined by how many people are in a household and household income. For instance, in most states, a family of four with household income up to \$60,000 per year may qualify for Medicaid, CHIP or both. To learn more about state-specific options, visit [InsureKidsNow.gov](http://InsureKidsNow.gov) or call 1-877-KIDS-NOW. Enrollment is open year-round.

What if my child currently has Medicaid or CHIP coverage? Medicaid and CHIP coverage must be renewed annually. If you or your children have Medicaid or CHIP, it's time to pay attention to your health coverage. Keep an eye on the mail for renewal information from your state. When it comes, complete the forms and send them back right away. Failure or delay in responding can result in you losing coverage, even if you are eligible for Medicaid and CHIP. If you have lost coverage, go to [HealthCare.gov](http://HealthCare.gov) to find quality plans and help paying costs.

What types of services are covered through Medicaid and CHIP? To help care for all parts of a child's health, Medicaid and CHIP also cover

routine health care visits, like preventive care, dental and vision checkups, specialist visits, physical, speech and occupational therapies, and emergency services. These programs also cover a wide range of mental health and substance use services such as counseling, peer support services, inpatient psychiatric services and case management services for needed medical, educational and social services. Services are covered through Medicaid for children and teens up to age 21 and through CHIP up to age 19.

States have flexibility to determine if services may be delivered using telehealth. These services are necessary to prevent, diagnose and treat a broad range of mental health symptoms and disorders, as well as substance use disorders.

Caring for mental health is caring for overall health. Early detection and intervention of mental health and substance use issues is crucial to the overall health of kids, teens and people during and after pregnancy, and may reduce or eliminate the effects of a condition if detected and treated early. Take the time today to explore coverage options through Medicaid and CHIP.

Information provided by the U.S. Department of Health & Human Services

## Looking Out for Your Lungs

(Family Features) The lungs are the centerpiece of your respiratory system. When you inhale, air enters your lungs and oxygen from that air moves to your blood. At the same time, carbon dioxide, a waste gas, moves from your blood to the lungs and gets exhaled. This process is essential to life.

Millions of Americans are living with lung diseases such as chronic obstructive pulmonary disease (COPD) and asthma, which make breathing difficult and can lead to other related problems.

To help protect your lungs from injury or disease, consider these tips from experts at the National Heart, Lung, and Blood Institute:

- \* Limit exposure to air pollution. You may be exposed to more pollutants indoors than outdoors. Ventilate indoor spaces and clean often to prevent buildup of mold and dust.

- Avoid cleaning products and air fresheners with strong odors. If you're exposed to pollutants at work, use protective gear. Be sure to check the Air Quality Index before taking part in outdoor activities.

- \* Be physically active. Exercise helps make your lungs stronger and lowers your risk of lung injury or disease. Aim for at least 2 1/2 hours each week, alternating between moderate activities like brisk walking and vigorous activities like running.

- \* Aim for a healthy weight. Losing just 5-10% of extra weight can help improve overall health. To get and stay motivated, consider setting specific and realistic goals, exercising with a friend, tracking your progress and celebrating when you meet your goals.

- \* Quit smoking (or don't start). Quitting smoking offers many

health benefits, including reducing the risk of developing COPD and other conditions as well as reducing lung infections, asthma symptoms and breathing problems. Avoiding secondhand smoke reduces those risks, too, so steer clear of areas where smoking is allowed and ask loved ones who smoke not to do it around you.

- \* Get regular check-ups and keep vaccines up to date. Regular exams can help spot problems early. Talk to your health care provider about any breathing problems you may be experiencing as well as what to do to quit smoking, create healthy eating and exercise plans and get vaccinated for flu, pneumonia and COVID-19.

Visit [nhlbi.nih.gov/BreatheBetter](http://nhlbi.nih.gov/BreatheBetter) to learn more about lung health and steps you can take to keep your lungs healthy.

## How Wildfires Contaminate Drinking Water

As wildfire season continues, a Purdue University professor is sharing his expertise on how fire damage can impact drinking water.

Andrew Whelton, a Purdue professor of civil engineering and environmental and ecological engineering, has traveled numerous times to the sites of wildfires, where he and his students collect water samples to help guide a community on the best way to restore its water systems.

- \* This research is expected to lead to the first national recommendations on the roles and responsibilities of utilities and federal and state agencies for addressing drinking water contamination caused by wildfires. Later this year, the recommendations will be published as a "concept of operations

plan" written by Whelton and funded by the Water Research Foundation.

- \* Whelton also provides assistance from afar to communities experiencing post-wildfire drinking water contamination and regularly speaks with disaster response groups across the world to increase awareness of the problem.

- \* This spring, Whelton traveled to Europe, where he met with public health groups and researchers who were seeking to better understand drinking water contamination after witnessing Europe's second worst wildfire season last year.

- \* Whelton and his students have published several milestone papers since testing water samples from the sites of the most destructive wildfires in California and Colorado over the past few

years. These studies provided some of the earliest evidence suggesting that chemicals called volatile organic compounds enter drinking water when wildfires degrade plastic pipes. Whelton's research group also was the first to publish on how wildfires contaminate private drinking water wells, a study his team conducted based on samples from Colorado's 2021 Marshall Fire.

- \* The team recently published a paper with findings on how benzene, a chemical leached from heat-degraded pipes, contaminates water softeners. Other upcoming papers look at how wildfire contamination affects plastics used for soda fountains and appliances.

- \* Watch a video of Whelton explaining his expertise and research on YouTube.

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# SUNDAY

## Health and WELLNESS

Sunday, July 2, 2023

H2

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## 3 Healthy Habits to Protect Your Skin

### FAMILY FEATURES

As the first line of defense against the outside world, skin is the body's largest organ and takes on an important role in maintaining overall health. While products like sunscreen and moisturizer can help skin thrive, healthy skin starts from within where food and beverage choices can play a key role.

One example is grapes: Emerging research suggests consuming grapes may help protect healthy skin even when exposed to UV light, which is known to be damaging. A study published in the journal "Antioxidants," in which people consumed 2 1/4 cups of grapes every day for two weeks, showed increased resistance to sunburn and reduced markers of UV damage at the cellular level.

This study reinforced previous and similar findings published in the "Journal of the American Academy of Dermatology." Grapes are also a hydrating food with 82% water content; hydration is essential to healthy skin.

To take care of your skin, consider these skin-friendly health tips.

### Protect Skin While Outdoors

While perhaps an obvious step to some, one of the most direct ways you can protect skin is by applying sunscreen – most experts recommend 30 SPF or higher – before heading outdoors and reapplying every 1-2 hours. Additionally, consider wearing protective clothing, such as a hat large enough to shade your face and neck. If you plan to spend extended time in the sun, opt for a lightweight, long-sleeve shirt and pants for maximum skin coverage.

### Fill Your Plate with Healthy, Hydrating Foods

Nutritious foods, including fruits and vegetables, can play an important role in achieving an overall balanced diet with adequate hydration. Enjoying the goodness of fresh or frozen Grapes from California can provide extra hydration and a boost of beneficial antioxidants and other polyphenols that help protect the health and function of the body's cells, including those in the skin.

Drink water throughout the day, and for added flavor, infuse with fruits like frozen grapes. Simply rinse, pat dry, remove from the stems and freeze the grapes for 2 hours in a single layer on a sheet pan for flavorful ice cube replacements.

For an easy, refreshing way to add grapes to your menu and stay hydrated on warm days, try this Frosty Grape Hibiscus Slush for a subtly sweet, fruity tea in frozen form.

### Manage Stress

Whether it's caused by a lengthy to-do list or general anxieties, stress can negatively impact skin health while even exacerbating certain conditions. Managing stress can offer a reprieve in multiple ways, including encouraging healthier skin. Some simple ways to relieve stress include exercising, getting enough sleep, lightening or limiting your workload, scaling back on to-do lists and making time for things you enjoy.

Visit [GrapesFromCalifornia.com](http://GrapesFromCalifornia.com) for more information on grapes and health and delicious recipes.



### Frosty Grape Hibiscus Slush

Prep time: 15 minutes, plus freezing overnight  
Servings: 6 (1 cup each)

- 9 hibiscus tea bags
- 6 cups boiling water
- 3 cups Grapes from California puree (green, red, black or mixture)
- 4 1/2 tablespoons frozen lemonade concentrate, thawed
- 1 1/2 tablespoons lime juice (optional)

Steep tea bags in boiling water. Remove tea bags and stir in grape puree, lemonade concentrate and lime juice, if desired.

Pour into ice cube trays and freeze overnight until firm.

In blender, blend until slushy, stirring as needed.

Notes: If no ice cube trays, freeze mixture in large container about 1 1/2 inches deep. Let soften slightly then break into pieces with knife before blending and serving.

Nutritional information per serving: 80 calories; 1 g protein; 21 g carbohydrates; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 0 mg sodium; 1 g fiber.

# DR. JOHN ROBERTS



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

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



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# SUNDAY

## Voice of our PEOPLE

Sunday, July 2, 2023

11

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## Meet Milton Byron Waugh

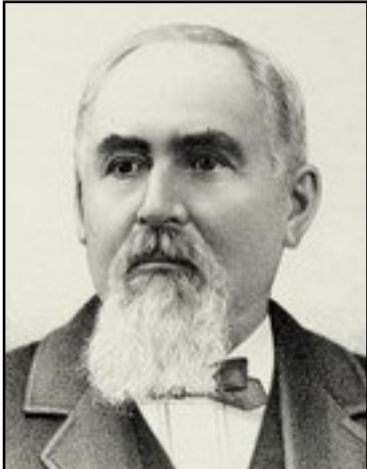


**KAREN ZACH**  
Around The County

While researching for the September Montgomery Memories, I found 5-6 men who were interesting but didn't quite fit into one of our topics, thus I decided my favorite (love his unusual name) would be our subject for the Around The County Article this week. Enjoy learning about Milton Byron Waugh from the Darlington area of our county.

Milt was born in this county on the 11th of February in 1837 and died here 20 October 1904, the son of Milo (from Ross County, Ohio) and Elizabeth (Kious) Waugh, a native of Fayette County, Ohio. Milton was married (13 August 1857 in Clinton County) to Sarah Saulsbery who was the mother of their seven children. At a reasonable length of time after Sarah's death (30 August 1892), Milton married Margaret Herron 18 Oct 1894 (MoCo of course). He and Sarah lived together for about 35 years as she was a fairly young 55 at her death (obit). Well loved, her funeral was huge with over 175 buggies going to the Plainview Cemetery near Colfax for her burial (as more than one obit states) but instead they are buried together in Oak Hill but still the 175 buggies went that way instead (or he later moved her)! The second wife (Margaret Herron who was about his age and I believe had not been married until that time) is buried there, as well.

So, with a wife, and son, James Milo, he joined up at the first call for soldiers of the Civil War. First was Co K, 11th Infantry which were known as the Indiana Zouaves for six-months. When their time was up, several reupped for three years with the group when it was reorganized. Not sure how quickly but a bit later, he joined Co B 116th Indiana Infantry that group being in a few good tiffs (Walker's Ford; Blue Springs; Tazewell) losing one in battle and 64 by disease. He returned to the family farm and got to work, raising crops but his specialty was



Clydesdale horses and Shorthorn cattle.

Not exactly sure when Milton and second wife moved to Crawfordsville but Milt in 1894 had a large amount of wheat stolen (evidently by Daniel White of the Darlington area, too), as it seemed White felt it was easier to let the other guy do the work but he could reap the rewards. In the fall of 1895 White's father-in-law (Almond Davis) took his name off of White's recognizance bond and was planning on letting him rot in jail as he felt the man's quilt. That may have been when and the reason why Milt moved into C'ville (definitely about that time as he and 2nd wife were to "reside among us upon their return from their wedding tour through California" – Review 10 Nov 1894 p2) originally planned for mid-March but was not until May but in March, he did send home a huge box of fruits, shells, stalactites and quite a "nice lot of goodies and relics." For sure, it didn't take Milton long to wrack-up many friends as he appears as the city treasurer in the 1900 census having been elected two years before. Think they had been living in "Maggie's" home on Washington Street.

Milt was involved with various farmers' groups, being president of the board of directors at the end of the 20th century of the Farmers' Mutual Insurance Company of FoCo and MoCo and had served in that position several times, determined to make it the ideal insurance for the farmer.

Milton loved his children, four daughters and three sons. Milt's father Milo passed away in May 1859 and his son whom he named James Milo was born less than two months later. He helped Milton deal with that loss as a bright, fun little one. James graduated from Purdue and made a successful career of engineering. John M. born 20 Nov 1861 in the Colfax-area farm and died in Colfax on the 4th of July in 1942. He

married Sarah Jane Clouser and they were parents of I believe, two children, Lloyd and Maude. The first daughter was Emma O. born 14 Oct 1863 (if one was smart in math you could probably figure when Milton was home from the service) married Fielden Rice (one daughter Clare) and passed away in Dec 1922 – buried Darlington IOOF. Next was a daughter Mollie b Sept 14, 1865, married John D. Shriver, a farmer and stock raiser with a 200-acre farm in Tippecanoe. Next was Martha whom they called Mattie (April 5, 1867) who married William Fisher also a farmer of the township. Clara Belle was next born 11 April 1869 married on Valentine's Day, 1889 to William M. Reeves a local lawyer. Lastly was Frank William born 13 March 1872 and married Eleanor Stuckey. A prominent farmer, active in the Masonic Lodge, like his parents he was an avid member of the Colfax Methodist Church. He was father of two daughters (Aver and Alva). May be more grands but these are the ones I caught.

Milt was fairly involved in politics way back in the 1870s. In 1874 he helped to create the Reform group in the area. He was elected secretary of their county convention. One of the speakers noted that both the Republican and Democratic party were composed of rings and cliques and weren't working for the better of the citizens of the country. John Mitchell noted that he was a Republican and knew that they had strong principles and believed in what they portored – temperance; people against monopolies; free schools; then said, "For years to come the contest will be between the Republican and Democratic parties and there is no room for a third party." That said, I returned to the happenings of 2023.

Well, I loved Milton Byron Waugh's name and am impressed with the man. One good looking fellow (see photo from FindA-Grave added by Sandra Lennox), he was also generous, smart, religious, active for his community, and was one to be looked up to in each aspect of his life! Bless ya' Milton Byron!

*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.*

## A Magical Day That Butch Will Always Remember



**BUTCH DALE**  
Columnist

On a hot afternoon in the summer of 1956, my Dad drove me to the Darlington baseball diamond to sign me up for Farm League baseball. At the age of seven, I knew very little about the game, and when long-time coach Marion "Runt" Maxwell asked me what position I played, I replied in no uncertain terms, "I bat!" Both of them got a pretty good laugh out of that, but I soon learned there was a lot more to the game than just batting.

During the next two years, I practiced at school and home, playing catch and practicing my batting with friends and neighbors. I also loved to pitch and often just threw at a circle drawn on the side of our barn. In the fall of 1957, the Milwaukee Braves won the World Series, with players such as Warren Spahn, Hank Aaron, Eddie Mathews, and Lew Burdette, and they subsequently became my favorite team. I also admired star players such as Ernie Banks, Mickey Mantle, and Willie Mays...just to name a few. It was about this time that I also started collecting Topps baseball cards, which cost 5 cents a pack.

In 1961 when I was 12 years old, one of Dad's friends, Eugene "Beane" Hampton, the Darlington postmaster, asked Dad if he would like to go see a Cubs baseball game at Wrigley Field in Chicago. Beane was a fanatical Cubs fan, and his team was playing against the Milwaukee Braves. He was taking his son, Bill, and he told Dad that my brother Gary and me were welcome to come along if we wanted to. Did we ever...we couldn't wait!

On that day, we all packed into Beane's car for the two and a half hour ride to Chicago. We three boys took our baseball mitts in the hope of catching a foul ball or home run as a souvenir. There was a large crowd on that sunny afternoon as we climbed the stairs to reach our seat on the second floor balcony. The Braves were practicing on the field, and the first player I spied was my hero...Eddie Mathews, taking grounders at third base. My heart was

pounding as I watched Hank Aaron, Felix Mantilla, Joe Adcock, Joe Torre, and Roy McMillan practicing before my very eyes...and then out came the Cubs players...Ernie Banks, Richie Ashburn, Billy Williams, Don Zimmer, and the others. I honestly could not believe I was actually at a major league baseball game!

I was so mesmerized that afternoon that I didn't pay much attention to the score. But I remember that Don Zimmer fouled off a pitch which came in my direction. We were sitting right at the edge of the balcony. I stuck out my baseball mitt to try to catch the ball, but the man sitting next to me caught it...DANG! I also remember that Warren Spahn, one of my favorite pitchers, won the game and also hit a line-drive home run! I wanted to be like him!

On the return trip back home, I couldn't wait to tell all of my friends about my adventures at Wrigley Field. I tried to imitate Warren Spahn's pitching style, and I practiced my batting to emulate Eddie Mathews, Ernie Banks, and Hank Aaron. I was going to be in the major leagues when I grew up!

But alas, it was not to be. I did play Pony League and high school baseball. I was never a consistent batter, but I did manage to hit a few home runs through the years. I became a fairly decent pitcher and actually threw a couple of no-hitters in high school. I believe I could possibly have played college ball; however, I was married and had to work when I was attending Purdue and never gave baseball a try.

After attending that Braves-Cubs game in 1961, I wanted desperately to see another major league game...perhaps the New York Yankees vs. Baltimore Orioles...two more of my favorite teams. But it was never to be. Farming in the early 1960s was not profitable. Dad took two other part-time jobs just to make ends meet, and tickets for a major league game were out of the question. I understood. Anyway...I had seen my heroes in person that summer. I loved it...and I have never forgotten that day. Two of my boys have taken me to see a couple of major league games in the past few years. I told them that if I make it to Heaven some day, I hope God has some major league baseball games up there for me to watch every now and then!

*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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# America Turns 237 This Year, But . . .



**TIM TIMMONS**  
Two Cents

Next week we'll be waving sparklers, rocking the red, white and blue and in general partying like it's 1999.

Except it's not. Things were a lot better in 1999.

I've been writing these Happy Birthday America columns for some time, dating back to the 1980s. For the first time in four decades, I am no longer confident in whether or not the Republic will survive. Whether it's internal or external, we are setting ourselves up for a fall – and no one seems to care.

Before you go blaming it on Biden, hold fast. The Republicans are just as much at fault. I mean c'mon – last week they brought up the tired and now over-used line about impeachment.

Really? Hate to tell you this, but we're doing a pretty

poor job of keeping it. Since the Democrats used it to torpedo Trump, the Republicans have been chomping at the bit to get even. Kind of feels like the cacophony from the backseat of the station wagon on the family vacation . . .

"He touched me."  
"Did not."  
"Did too."  
"Mom!"

Far too many politicians – regardless of the flavor – seem to be in this for one thing . . . themselves. And the country, full of people asking what their country can do for them, rather than what they can do for their country, doesn't give a tinker's dam. We're too busy debating why grown men can parade around in dresses, why guns are the problem instead of the idiots pulling the triggers and how the woke culture is giving the common sense crowd nightmares.

You've all heard this story. Ben Franklin comes waltzing out of the convention and is asked whether we have a republic or a monarchy – to which Gentle Ben says "A republic, if you can keep it."

Hate to tell you this, but we're doing a pretty

poor job of keeping it.

Thing is, I love this land – and so do many of you – and so do many folks you and I might disagree with. Sure, there's a crowd that doesn't, but it's not going to do much good finger pointing today. If we are to survive – and there's no law that says we have to – we better find some common ground, or at the very least agree to disagree – and find a way for us all to live with that instead of gearing up for a fight.

Why?  
Married?

Think of it like a terrible, terrible fight with your spouse – a fight that goes about as bad as it can and then one of you wins and the other loses.

How's that working out for the one on the short end?

A school teacher once told me that honors and advanced classes were created not just to help the best and brightest, but to ensure that the students who struggled the most – you know, my group – didn't get left behind. Teachers at all levels could concentrate on helping students succeed, and grow, and advance.

That's kind of the way

our country used to be.

We clearly valued the best and brightest – setting them up as role models, putting them in positions of leadership . . . But now it's gone the other way. We almost shun the best and brightest. If someone does everything right and builds a good future for themselves, they become the enemy. Doesn't matter if it's as simple as diet and taking care of themselves (body shaming) or if they build a business and wealth, they are no longer to be looked up to, to be a shining example.

Instead, under the concept of inclusion, we put others on the pedestal. We no longer aim high. We don't want to offend anyone, so we've lowered our standards. Greatly.

We celebrate spending more than we earn – following our government's lead. We completely devalue life, whether it's in a womb or on a street waiting to be gunned down. We pooh-pooh law and order,

going so far as to make things legal that just a few years ago were unthinkable. We have thrown away decades of improving relations –

between races, between sexes, between lifestyles – and drawn harsh lines that clearly leave deep, deep divisions.

For what?  
Are we a better country on the cusp of birthday 237 than we were say at 220? 225? 200? I think we all know the answer to that.

Let's be clear though. The answer is still inclusion. It always has been. We need to embrace our fellow citizens, regardless of our differences. We simply need to stop cramming those differences down throats that don't want to be crammed.

We need to do that because America has given us so much. So very much . . . and it all started with a small group saying they were fed up.

Sound familiar?  
Again, how?

Where do we go from here? Armed rebellion sure isn't the answer. Do you want to be the guy bringing a gun to an F-16 fight? The answer can't be violence. It has to be much smarter than that. It has to effect real change.

We have to.

Our current model is unsustainable. It's not sustainable internally.

We're going broke. Parts of our society – our brothers and sisters – hate each other. It's not sustainable externally. Did you hear the news that China is looking to establish a military presence in Cuba? In 1962, the idea of the Russians doing that with nuclear missiles brought the world to the brink of unthinkable war. How well will you sleep with China 90 miles from our border?

Like my friend John Hammer said, we're fixing to come up a bad cloud. Whether it us, wokeism, Biden, Trump, the Chinese, Russians . . . we need to find some answers . . . and quickly.

Next week, we turn 237. Does anyone believe that unless something changes America won't last another 237? Even 7? If not, then the overriding question is this: When are we going to do something about it?

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

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## Ask Rusty – About Income Tax on Social Security Benefits

**Dear Rusty:** I just started receiving my Social Security in February of 2023. I am also working part time at a company 24 hours a week. My question is... I feel like I missed something when I signed up for Social Security because they are not taking any taxes out. What did I miss? How do I go about fixing it so I don't get hit at the end of the year? They are taking taxes out of my paycheck now, do they still take it out of my Social Security because I am working? Please help if I am not doing something right. Signed: *Conscientious Senior*

**Dear Conscientious:** Unfortunately, when the Social Security Administration processes your application for benefits, they don't usually inform you that your Social Security benefits may become part of your taxable income. I expect that's because your benefits only "may"

become taxable – they do not definitely become taxable, because Social Security benefits are taxed only if you exceed a certain income threshold.

The thresholds at which Social Security benefits become part of your taxable income are different depending on your income tax filing status – those who file as an individual have a different threshold from those who file as "married – filing jointly." And to further complicate matters there is more than one threshold for both individuals and joint filers. Here's how it works:

- If you file your income tax as an individual and your "combined income" from all sources is more than \$25,000, then 50% of the Social Security benefits you received during the tax year becomes part of your overall taxable income at your particular IRS tax rate. But if your combined income as an individual tax filer is more than



**ASK RUSTY**  
Social Security Advisor

\$34,000 then up to 85% of the SS benefits you received during the tax becomes part of your overall taxable income.

- If your income tax filing status is "married – filing jointly" the thresholds are higher – if your combined income from all sources as a married couple exceeds \$32,000 then 50% of the Social Security benefits you received during the tax year becomes part of your taxable income. But if your combined income as a married couple exceeds \$44,000 then up to 85% of your SS benefits re-

### Social Security Matters

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

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ceived during the tax year are taxable.

"Combined income" is also known as your "Modified Adjusted Gross Income" or "MAGI." Your MAGI is your Adjusted Gross Income on your tax return, plus 50% of the Social Security benefits you received during the tax year, plus any non-taxable interest or untaxed foreign income you had (note that withdrawals from a Roth IRA are not included). If your "MAGI" exceeds the above thresholds, some of your Social Security benefits are

taxable; if you are under the first threshold for your IRS filing status they are not.

Social Security doesn't automatically withhold taxes from your monthly benefits, and the FICA tax being withheld from your earnings are not used for that purpose. Everyone who works and earns must pay SS tax on their earnings, which are mandatory contributions supporting the federal Social Security program. But that FICA payroll tax has nothing to do with income tax on your Social Security benefits. If you

are working 24 hours per week and also collecting Social Security benefits, you will likely exceed the threshold for your tax filing status, which means that at least some of your 2023 benefits will become taxable. That could, as you suspect, result in a surprise "hit" when you file next year's income tax return. Nevertheless, fixing this is quite easy:

Download IRS form W-4V from the IRS website here: [www.irs.gov/pub/irs-pdf/fw4v.pdf](http://www.irs.gov/pub/irs-pdf/fw4v.pdf). You will be able to choose the percentage of your Social Security benefits you wish to have withheld for income tax purposes. Complete the form and mail it to your local Social Security office (get the mailing address here: [www.ssa.gov/locator](http://www.ssa.gov/locator)). Social Security will then start withholding income tax from your monthly Social Security benefit payment, which will mitigate any additional tax due when you file your 2023 tax return next year.

## Butch Thinks It's Time To Take The Dog On A Walk



**BUTCH DALE**  
Columnist

Do you enjoy watching the national news on TV?...Yes, that's what I thought you'd say. Each time I switch on the news, it's the same story lines... political turmoil...the war in Ukraine...rampant crime...illegal immigration...rising interest rates...racial complaints...transsexual/LGBTQ controversies...failure of schools...and on and on and on. And to top it off, the major network news anchors are ALL biased in how they report the news. Where is Walter Cronkite? We need him back...NOW. The local news on Indy channels isn't much better. If there are NO murders in Indianapolis, then THAT

would be news!

Folks, listening to the national news is not going to get any better anytime soon. We are going to be inundated with politics and the 2024 Presidential election for another year and a half. Same old faces. Same old liberal vs. conservative arguments... set in concrete. Ninety-nine percent losers one and all. Trump or Biden? Forget both of them. They had their chance. Their time is over. And the national news channels? They aren't going to change. They use controversy to purposely manipulate your thinking and attract more viewers.

In the past, when I came home from work and had eaten supper, I sat down and turned on the local news channels. Later on I often watched the national news...CNN and Fox. Not any more. If you are sick and tired of biased, angry, argumentative politicians and news anchors, try my new routine...

Turn the TV off. Remain calm. Take a deep

breath. Go for a walk...a long walk...WITH YOUR DOG. Your dog loves you. He has no political opinions. He will not lie. He will not cheat. He will not hurt you. He is always in a good mood. He is always glad to see you. He does not consider himself a victim to be pitied. When you return from your walk, give Fido a treat. He will smile and lick you on the face. Yes, I know...he may have just licked his rear end...but oh well. Settle back in your easy chair with a cup of coffee and a good book...your dog by your side. No politicians, no news anchors, no crybaby victims, no arguments, no controversy.

Just you and your dog...peace and quiet. Ah yes...all is right with the world...

*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.*

## The Closet Door Seems Smaller



**RANDALL FRANKS**  
Southern Style Columnist

I don't know about you, but I am sure aliens have been in my closet.

No other explanation can be conducive to my temperamental feelings.

I went in the other day preparing for a trip. I began by pulling out a few of my favorite standbys and when I slipped them on and they no longer went around my waist.

I figure some alien beamed in, liked them, wore them to some event, then had them dry cleaned before returning them to their usual hanging place. It must have been the dry cleaning that shrank the pants. I can't understand why the jacket remained the same size.

When thinking of an alternative explanation, perhaps my leprechauns, who store all the family

gold that I have yet to find, decided to practice tailoring.

They have been cutting down my best pieces using the excess materials for outfits of their own.

They don't always wear green you know. That's just a legend for the March 17th.

They sew so well, they make it look just like when it was made but it's just smaller.

I know, I know, aliens, leprechauns, seem a bit far-fetched.

But if it isn't those two things that would mean my waist is bigger than it was just a few months ago when I wore them last.

I have continued my regular routine

That may be possible. Possibly, I have taken something that makes me retain water.

I know I am not eating anymore than usual – my usual two-to-three helpings at meals. I exaggerate their only one, just on big plates. Yeah, it must be retaining water. I can fix that by drinking more water so my body will release all it's holding.

So, either it's the aliens, the leprechauns, or my

closet is full of water. Wait a minute that would make it a water closet, oops, that's a whole 'nother room in the house. I guess I mean my body is full of water and maybe a little fat that settled in for a visit.

If it's the third, I guess I will need to up my game a bit with some extra exercise, maybe I will look in to whatever will keep the aliens and leprechauns out of my closet, just in case it's the first two.

I am to be back in those pieces again soon, so I hope the leprechauns didn't cut too much out of them.

*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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## Gender: The Triumph Of Error



**MARK FRANKE**  
Guest Columnist

How did we ever get to this point? And so quickly?

I routinely try to ignore national news channels but admit to scanning a daily feed of headlines. What I am seeing beggars credulity. One of the top news stories is gender affirmation/gender reassignment/gender whatever issues among young children. Young children?

The battle lines are clearly demarcated. In numerous locales parents are pitted against teachers and school administrators over what the children will be taught and whether parents should be kept in the dark. This is not a condemnation of all schools and all teachers, but there are way too many incidents to dismiss it as an aberration. At least I know of no such controversy in my corner of Indiana and my conceit is that sanity will continue to reign in the Midwest.

So why is this question even on the table? Whose children are they?

The home has been the structural foundation of our civilization and most others. Parents are the pillars of the home with the nurturing function incumbent in such a role. What gratifies parents more than watching the young persons they love most mature into responsible adults?

I hardly believe that all parents are perfect; I certainly have not been. Yet each parenting failure can lead to a useful lesson for both parent and child. No one wants to make the same mistakes his parents made during his childhood. We strive to be better grandparents than we were parents. Such is

the strength and weakness of human nature, when tempered by an attitude of forgiveness.

Given that, how much influence and control do we as parents wish to default to the state and its school system?

I like the response of Gomez Addams from "The Addams Family" television show to the truant officer's complaint that his children were not in school. "Ridiculous. Why have children just to get rid of them? I'm opposed to the whole nonsense."

The significant increase in home-schooling and enrollment in private and parochial schools suggests that there are a lot of Gomez Addamses out there. Parents are doing what Americans do when they disagree with prevailing conditions; they vote with their feet.

Who could have foreseen this?

A 19th-century theologian, Charles Porterfield Krauth, advanced a theory of how doctrinal error enters the church. It is a three-stage process. First, the error simply asks to be tolerated, a belief or practice held in private but free of condemnation or persecution by the orthodox. Once toleration is established, the error demands equality, viewed as equally valid and as true as orthodox doctrine. Finally, error supererogates a position of superiority, in which it condemns and persecutes that which has been accepted doctrine for centuries.

Notice how everything has been stood on its head. Wrong is right and right is wrong.

It is not simply a matter of denying all universal truth; it is a newly established universal truth that brooks no questioning. The putative persecuted have become the persecutors. Welcome to our brave new world where natural law is not only irrelevant, it is proscribed from the public square.

Krauth's interest was doctrinal, reflective of the church's confession. He has proven right as nearly all fundamental Christian doctrine has become chal-

lengeable if it fails muster with our upside-down cultural norms. The profane trumps the sacred.

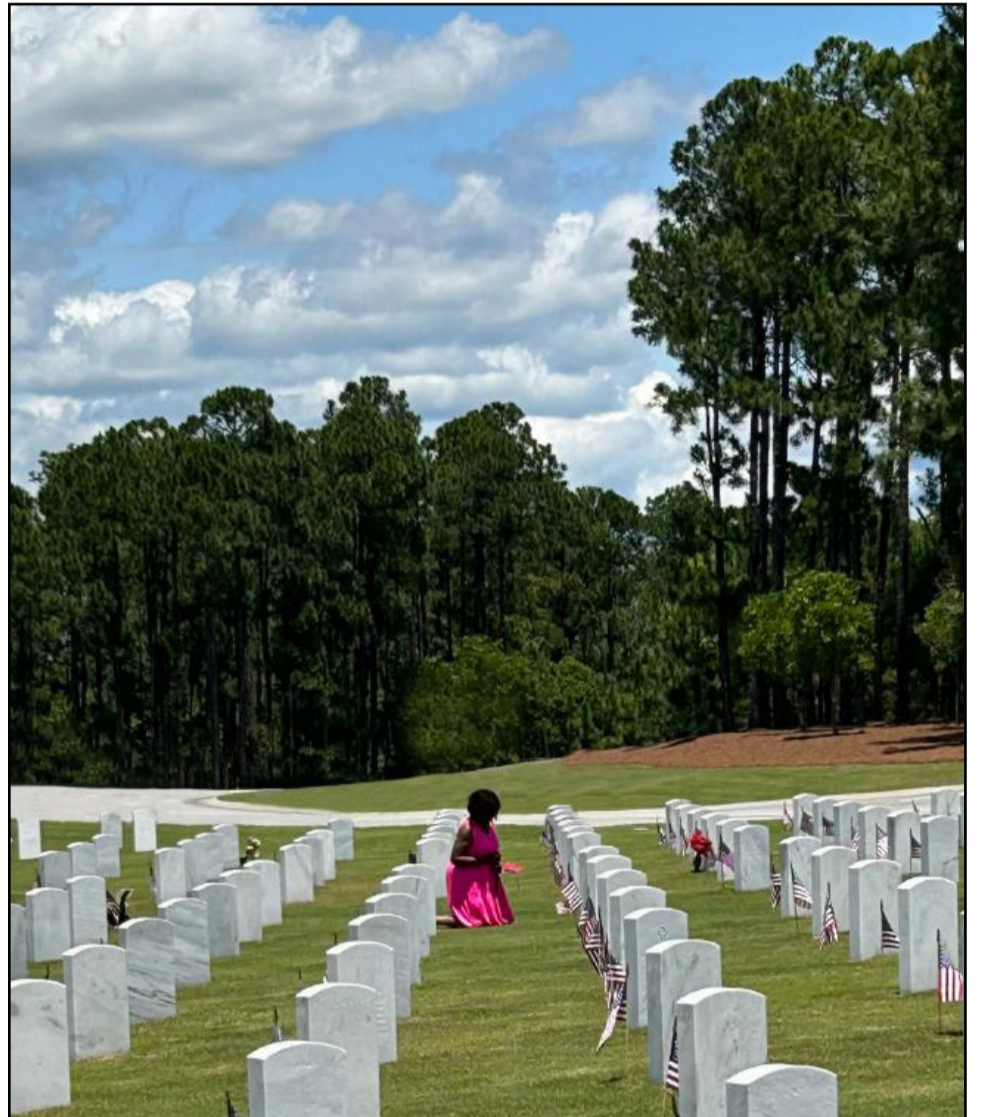
Disney's film "Fantasia" has a wonderful illustration of how this relationship is supposed to work in its segment set to "Night on Bald Mountain." The animation behind the orchestral music shows all sorts of demons running amok in the world at least until a church bell rings and a procession of the faithful walk to worship by candlelight. The demons decamp.

It is now "Fantasia" in reverse. Krauth never could have envisioned how his theory would dominate secular culture less than two centuries later. My parents, teenagers during the Depression, could not have seen this coming. I can scarcely credit it myself, especially given the warp speed of this moral inversion. It goes way beyond Hegel's dialectic. No synthesis has evolved. Instead antithesis becomes thesis and accepts no challenges. The dialectic door is slammed shut. Krauth eclipses Hegel.

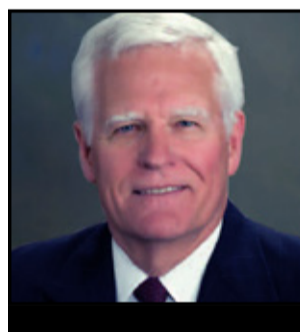
So I ask the question again? Whose children are they? How can anyone argue that the state's interest supersedes the rights . . . and duties . . . of parents? Those who do must live in the world of "Animal Farm" or "The Village of the Damned" where children are controlled by others than their parents. Parents are irrelevant and even potential obstructionists if they were to be allowed influence with their own children.

We are in danger of no longer living in the "land of the free." It's time to remember that we also live in the "home of the brave" and just say no to this statist, anti-liberty trend. Our children and grandchildren deserve nothing less from us.

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



## A Last Look Back At Memorial Day 2023



**CHARLIE FARRELL**  
Guest Columnist

The annual event is something I look forward to and attend faithfully . . . until this year. I fell asleep at the switch and missed it. Wish I could blame it on old age, sickness, more important family matters or car problems. I simply had an attack of temporary incompetence, which seems to be happening more frequently.

To assuage my guilty conscience, Susan and I went to the event venue later in the day. Susan drove slowly around on a beautiful late spring/early summer day. Near the end of our route, to my right about 40 feet away was a woman.

You are probably thinking, "So, according to the 2020 census there are about 156 million women in America."

She was 75 years old, give or take. We are narrowing it down a little as the census says again there are more than 5 million females in this cohort.

Still? . . . She was dressed in her Sunday best. We are really narrowing it down

now as how many women are dressed in their Sunday best at 2:00 pm on a Monday?

But here is the fact that separates her from the rest: She is kneeling on the ground, by herself, not a soul within 50 yards, in what surely was a farmer's field not all that many years ago. We slowly passed her and turned right toward the main highway.

But something about her intrigued me. I asked Susan to pull over and stop, that I wanted to take a picture, as if we hadn't taken enough already.

I took her picture and walked toward her. She sat down on the ground, barefooted. She had her back to me and was staring straight ahead with the rest of the world tuned out.

I walked around in front of her. She had a melancholy, peaceful face, but gave me a friendly smile.

I asked, "Is that your husband or son?" She warmly replied, "My husband."

His name was Willie and the tombstone said he was born in February 1944, 10 months older than me. He was in the Army and served in Vietnam.

She handed me her cell phone and asked me to take a picture so she could send it to "our children."

I wanted to know more about her, her husband, his service to our country, and her children, but I did not want to intrude

on what was a special but surely sad time for her to reflect on her husband, his service, and his sacrifice.

I was at a loss for words so I wished her well and left . . . a gracious, beautiful 75 year-old, dressed in her finest, sitting on the ground, next to her husband in the National Cemetery at Fort Jackson, South Carolina on Memorial Day, Monday, May 29, 2023.

This brief encounter changed me. Although Memorial Day is a day for remembering the brave men and women who lost their lives in service to our country, it is also about those who were left behind — Moms, Dads, brothers, sisters, extended family and friends. But most of all the spouses and children, some not even born, who will pay a price for the rest of their lives.

In a strange twist of fate, I'm glad I missed the ceremony.

*Charlie Farrell is a banking and finance graduate of the University of South Carolina where he played basketball for Coach Frank McGuire. He flew jet fighters (F-4, A-4, A-7, F-16) with the Marine Corps and SC Air National Guard. In 1980 he formed The Farrell Group, specializing in programs to develop leadership skills. Repeat clients include 3M, Mayo Clinic, Federal Reserve Bank, Ocean Spray Cranberry, and Michelin. He travels extensively, having visited all fifty states and thirty foreign countries.*

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# SUNDAY

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*Play*

Sunday, July 2, 2023

J1

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## Indiana State Fair Unveils Full Court Press For 2023 BASKETBALL Theme Programming Plans

The Indiana State Fair announced earlier this week, 18 days full of basketball inspired entertainment plans in support of its 2023 theme of BASKETBALL, in partnership with Pacers Sports & Entertainment.

The 2023 theme was announced last winter on the basketball court at Governor Holcomb's residence along with representatives for the Indiana State Fair, Pacers Sports & Entertainment and more. At that time it was also revealed that the theme will be activated through multiple interactive experiences and exhibits paying homage to Indiana's rich basketball legacy.

The Indiana State Fair proudly unveiled plans for custom experiences guests can expect when they arrive at the 166th Indiana State Fair, including:

- HOOPFEST Outdoor Amusement Park
  - o Including full size regulation court with tournaments, kids camps, coaches chats, etc
- Pacers Sports & Entertainment Immersive Exhibit
  - Land of Legends: Indiana's Basketball Legacy, in partnership with Indiana Basketball Hall of Fame
  - Space Ham: An Aug-

mented Reality Experience

- 1951 Chevy, Gene Hackman's car from movie HOOSIERS on display
  - 18 Basketball Stories curated for 18 days of the Indiana State Fair
  - Celebrating the people, the places and the purpose of the Game!
  - The Evolution of the Game Exhibit
  - The 6th Man Exhibit: Agriculture & Basketball
  - Hoosier Hardwood Photo Project: A Journey to Indiana's Historical High School Gyms
  - From Trees to Tip-Off Attraction: Indiana Hardwoods & the Game
  - Chuck Taylor and Indiana Basketball Exhibit with the Indiana Historical Society
  - Cultural art installations celebrations basketball
  - Including sneaker & custom Backboard Art installation
  - and much more
- "Indiana is truly the state that grew the game, and we are excited to celebrate our unmatched basketball history with Hoosiers this summer at our beloved State Fair," said Rick Fuson, Pacers Sports & Entertainment Chief Executive Officer.
- The Indiana State Fair is rooted in celebrating all things Indiana Ag-

riculture, including the history of why the game of basketball grew here in Indiana. The game was affordable, and the playing season was based around the farmers' planting and harvest season in the late 1800s. After each harvest, farm kids could play basketball, and then when the season ended in March, they could go back to the fields for planting.

Basketball also has a rich history at the Fairgrounds where the iconic Indiana Farmers Coliseum has played host to high school championships, the ABA Pacers, All-Star Games and more. Currently, the Indiana Farmers Coliseum is home of the Horizon League Basketball Championships and IUPUI Men's Basketball.

The Indiana State Fairgrounds first opened in 1892 – the same year basketball was introduced in Indiana – two great Hoosier traditions that have stood the test of time.

To view all theme related Basketball experiences please visit:

<https://www.indianastatefair.com/p/state-fair/entertainment/celebrating-basketball>

About the Indiana State Fair  
The Indiana State

## Badlands Off Road Park

Badlands Offroad Park hosting the first-ever content creator event, Badlands Bash, taking place Saturday, July 1, 2023. Let the badassery begin! The potential social reach for this event is huge.

The goal of the event is for big-name social media influencers in the off-roading community (and beyond!) to create content to share with their millions of fans. Generating limitless value before, during, and after the event. The influencers, their fans, and the Badlands nation come together for a huge, one-day event featuring live entertainment, meet and greets, vendor booths, and much more. Dustin Jones, Can-Am Ambassador, will be giving the Dustin Jones Experience. He will be doing guided rides scheduled throughout the day, so please sign-up ASAP! There will also be a lucky winner who will win the VIP Experience on our SXS track with Dustin!!!

To add to this excitement, there will be Rock Crawl Events for all led by Rockstar Garage and WDTO, When in Doubt Throttle Out. Rockstar Garage will be leading the advanced truck and SUV Rock Crawl and a novice truck/SUV guided Rock Crawl as well. WDTO Offroad will be leading the advanced side by side Rock Crawl.

In addition, there will be a Long Jump Event with different trophy classes for the

top 3 furthest distance jumps. UTV Outlaws will be having a Dirt Drag competition for non turbo, Turbo, and Youth classes. . . trophies will be given for this as well. There will be the Beat Pete Serpentine Time Attack contest featuring Pete Hager! Trophy Classes for this will include Fastest Overall SXS and Fastest Overall ATV. There is also room for members of the public to meet and ride with the creators. All event goers are encouraged to take and share media helping the reach of an engagement grow even bigger.

Headlining on the mainstage, a truly iconic '90s Alt-Rock band, EVERCLEAR. Best know for hits like "Santa Monica" and "Father of Mine." Opening for EVERCLEAR is, Lit, whose mega-hit "My Own Worst Enemy" is one of the most broadcasted, covered, karaoke'd, recognizable rock hits of the last 20 years and won them a Billboard Music Award for Modern Rock Song of the Year.

Tickets for the event are on sale now and available at [www.badlandsbash.com](http://www.badlandsbash.com). Riding passes for Badlands Off Road Park and Parking Passes for the concert are also available.

Lodging options are available by contacting Off the Trail Vacation Rentals & Campground. For machine (ATV) rentals contact Adventure Rentals in Attica, Indiana.

## Planning A California Road Trip Adventure This Summer

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

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

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



Photo courtesy of Visit California

with convenient access to every corner of the California Road Trip Republic."

The guide's cover star, Dwyane Wade, a three-time NBA champion, dad and owner of Napa Valley winery Wade Cellars, moved to Los Angeles after his retire-

ment in 2019. Wade said California granted him a soulful landscape and much-needed quiet time.

"I like to find moments where no one can expect anything of me and California allows me to have those moments," Wade said. "I'll drive to the beach and walk next

to the water. I'll drive all over to find those moments to connect with myself... I get my energy from that."

While California's world-renowned coastline provides a dramatic backdrop, adventures can be found in every region of the Golden State. Fea-

tured drives take travelers to both cities and classic small towns, family attractions and far-reaching, otherworldly landscapes. A few sample road trip itineraries include:

- \* "Animals, Desert and Offbeat Art" combines kid-friendly experiences like LEGOLAND Cali-

fornia and the San Diego Zoo Safari Park with the rich arts culture and stargazing opportunities in Borrego Springs.

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

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

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

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

To order a guide, go to [VisitCalifornia.com/Travel-Guides](http://VisitCalifornia.com/Travel-Guides).



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# Travel *or stay! and* Play **SUNDAY**

Sunday, July 2, 2023

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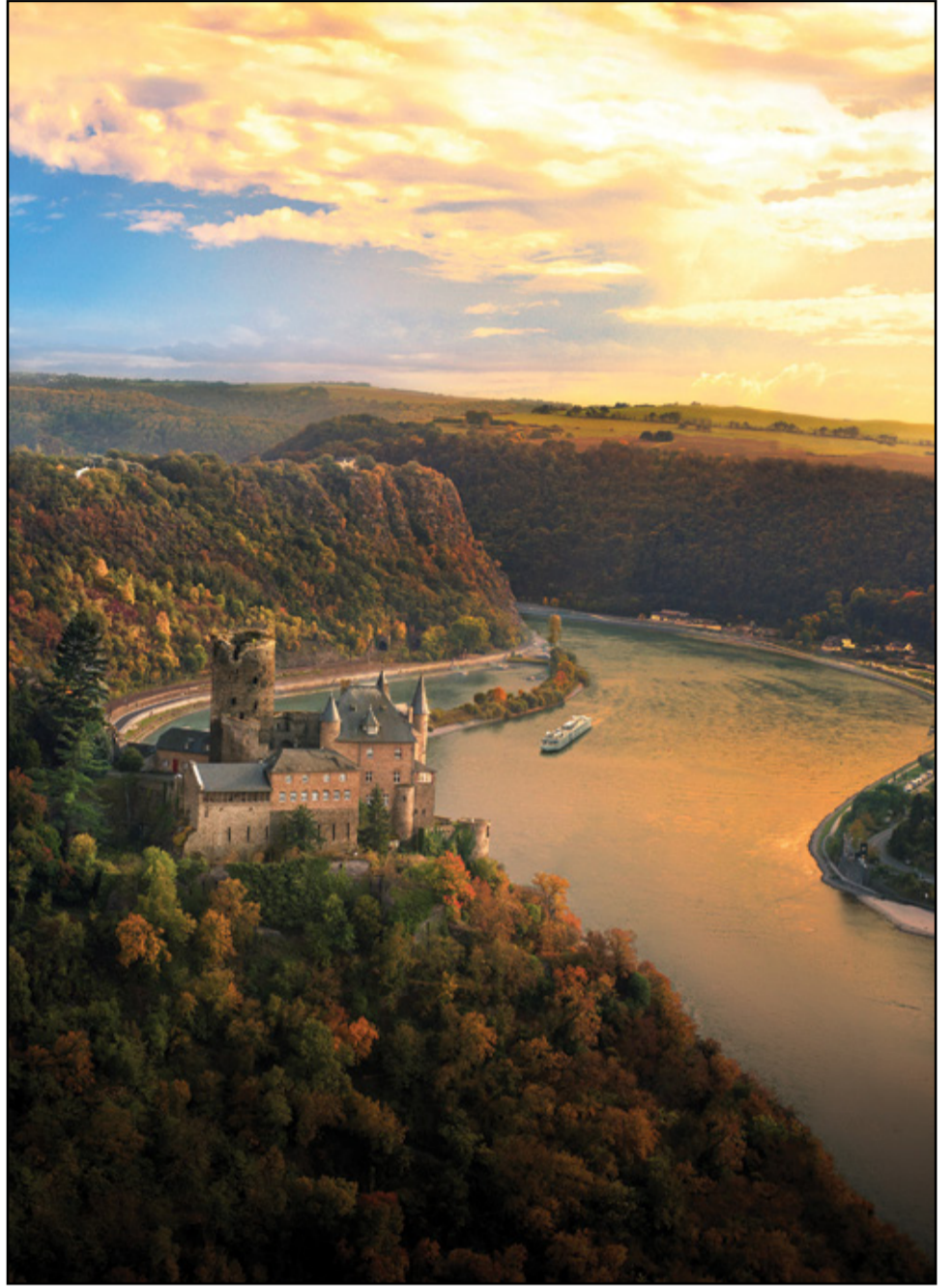


Photo courtesy of viking.com.

## Beautiful River Cruises Offer Exploration, Comfort

(Family Features) Travel for pure enjoyment is on the rise, so this may be your year to plan the ultimate dream vacation.

According to Sports and Leisure Research, 80% of people surveyed believe a vacation does wonders for mental health and travel is a top spending priority in the coming year. The survey indicated travelers want to immerse themselves in unique experiences, including new cultures, foods and people.

For those who delight in exploring entire regions,

one downfall can be the burden of packing and unpacking at each new destination. Taking your accommodations with you is a practical alternative for curious travelers.

River voyages, for example, allow travelers to unpack once and visit multiple destinations in one seamless journey, from major European cities to quaint towns and villages. These destination-focused journeys offer experienced travelers the opportunity to explore science, history and cuisine with culturally en-

riching itineraries on the world's great waterways.

If an intimate, relaxed journey is your ideal getaway, you may want to consider the revolutionary Viking Longships. These state-of-the-art river ships are engineered with guests' comfort and exploration in mind.

Sailing Europe's storied rivers, the award-winning fleet of identical longships showcase innovative engineering, streamlined Scandinavian design and understated elegance. River ships are also small enough - hosting 190

guests - to dock in the heart of popular destinations, making it easy to explore.

The voyages range from 8-23 days with itineraries featuring Europe's Rhine, Main, Danube, Seine, Rhône, Douro, Moselle, Elbe, Dordogne, Garonne and Gironde Rivers.

Known as travel experiences for "The Thinking Person," each Viking journey includes a shore excursion in every port and an onboard and onshore enrichment program that provides deep immersion in the destination through

performances of music and art, cooking demonstrations, informative port talks and carefully selected guest lecturers. Enjoy shore excursions that provide historical tours and visits to unique haunts where you can experience some of the local culture, regional foods and everyday life.

On a Viking Longship, you can expect to relax in spacious public areas, including wide-open sun decks with ever-changing views. The ships feature spacious staterooms in a variety of categories,

including true two-room suites with full-size verandas.

Additional ship highlights include alfresco dining on an indoor-outdoor terrace and onboard amenities including a restaurant, bar, lounge and library. Inclusive fares that cover your port taxes and fees also mean you can enjoy beer, wine and soft drinks with onboard lunch and dinner; specialty coffees, teas; bottled water; ground transfers; and more.

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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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