

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Feast On Ring-Sized Learning Adventures



Photo courtesy of The Carnegie Museum of Montgomery County

Travel back in time to a magical medieval village filled with opportunities for problem-solving, storytelling, and imaginative play in The Amazing Castle at the Carnegie Museum this summer!

Serve a magical feast in the Great Hall, entertain the royals with a puppet show, dress up and role-play as lords, ladies, and castle villagers, and more!

A magical adventure awaits! Open for play through Sept. 16, 2023.

Explore the Carnegie Museum with the Summer at the Museum program! Children, ages 4 to 12 are encouraged to join for the

15th annual Summer at the Museum program at the Carnegie Museum. The program runs through Aug. 5, 2023.

Multiple visits to the Museum over the summer will allow kids to complete activities and earn prizes. Activities will vary by age, with some different activities for younger and older kids. All answers can be found in the Museum, and staff are always available to give hints and/or explanations. Summer at the Museum activities include scavenger hunts, science experiments, crafts, puzzles, and much more. Our current exhibits The Amazing Castle and Crinoids of Montgomery County are featured

in this year's program.

Groups and individuals can contact the Carnegie Museum at 765-362-4618 for more information or to book a tour or field trip. Both Summer at the Museum and admission to the Carnegie Museum are free.

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

TODAY'S QUOTE

"You can't turn back the clock. But you can wind it up again."
Bonnie Prudden

TODAY'S JOKE

The boss looked into buying a pet turtle. He went to the pet store and the clerk asked if he wanted hardbacks. The boss said, yes, and they have little heads, too!

TODAY'S VERSE

Isaiah 55:12 For ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands.

TODAY'S HEALTH TIP

Remove ticks by grasping them with tweezers as close to the skin surface as possible. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.



HONEST HOOSIER

Our first ever telethon is a little over a week away! Can't wait!



13 WTHR
7 DAY FORECAST
QUIZ

61/82 CLEARING	64/88 SUNNY AND HOT	65/90 SUNNY AND HOT	68/88 HUMID, STORMS LATE DAY	70/85 HUMID, STORM CHANCE	72/87 HUMID, STORM CHANCE	68/88 ISOLATED STORM CHANCE
SUN	MON	TUE	WED	THU	FRI	SAT

HONEST HOOSIER



When I was a kid New Castle was the biggest gym in the state.

I ndiana



Facts & Fun



Number Stumpers

1. How many people in the county do not live in New Castle?
≥
2. How old is Henry County?
≤
3. What percentage of the county is made up of water?
≥
4. What is the population density of the county?
≤

Answers: 1. About 31,348 People 2. 197 Years 3. Around 0.75% 4. 125/ sq. mi.

Did You Know?

- Henry County was founded in 1822 and named for Patrick Henry.
- New Castle, the county seat, is 7.38 square miles and has 18,114 residents.
- The county contains 2.96 square miles of water.
- New Castle is home to the Indiana Basketball Hall of Fame and the largest high school fieldhouse in the world.
- The county is 394.83 square miles and has a population of 49,462 residents.

Got Words?

New Castle is home to the Indiana Basketball Hall of Fame and the largest high school fieldhouse in the world which has a capacity of 9,325 people. What positive and negative influences do you think sports have on communities?

Word Scrambler

Unscramble the words below!

1. AKLBATLSBE
2. RNEHY CUNOYT
3. ILSFUHEEOD
4. ATCPKRI NYERH
5. EWN ATLSEC

Answers: 1. Basketball 2. Henry County 3. Fieldhouse 4. Patrick Henry 5. New Castle

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

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Photo courtesy of Purdue Agricultural Communications

The U.S. Department of Agriculture has announced plans to strengthen the substantiation of animal-raising claims on food labels, including those related to free-range chickens.

Food Labels Offer Consumer Choices But Also Confusion About Animal Welfare

Animal-based food products often come packaged in a wide array of information labels, including organic, natural, grass-fed, humanely raised and pasture-raised. "There's some confusion about food labels related to animal welfare," said Purdue University's Marisa Erasmus, associate professor of animal sciences and a specialist in animal behavior and welfare. "It's typically up to the consumer to do their homework and figure out what these different claims mean. Labels do provide consumers with a choice because, in theory, you can choose products that align with your personal and social values." Erasmus' comments follow the U.S. Department of Agriculture's newly launched effort to strengthen the validity of animal-raising claims. Erasmus and her colleagues will be watching to see what additional documentation animal food producers will need to provide regarding food label claims. In general, she noted, producers need to submit certain claims about their food products to the USDA's Food Safety and Inspection Service for approval. The FSIS

regulates certain food labels and claims on meat and poultry products. Some claims require that producers submit documentation before approval is granted. "One point of confusion is which claims are associated with animal welfare certification organizations that use third-party verification," Erasmus said. "Producers that work with one of these organizations can put the latter's seal on their products to indicate that the animals were raised according to certain standards. Typically, those standards are intended to offer higher animal welfare than what you would see with a conventional product. But a lot of consumers don't necessarily know what these different seals mean. And the absence of a label claim does not mean that food animals were raised inhumanely." Other labels have more to do with how people perceive the health benefits of a product and do not relate as much to the animal's welfare. "We definitely want to make sustainable, healthy choices," Erasmus said. "But just because an animal product has an organic label on it doesn't always mean that animal

had a better life than an animal that wasn't raised organically." The USDA regulates organics through the National Organic Program, which offers a label distinct from those provided by other sources. The idea of "no antibiotics added" is another claim that can cause confusion. "This label is confusing because antibiotics are occasionally used to treat live animals or prevent illness, but antibiotics are not added to meat products." If animals are given antibiotics at some point in their lives, then there is a mandatory withdrawal period. That period allows the antibiotics to pass from the animal's system before any products are created from that animal. Erasmus and her colleagues work closely with producers in Indiana and across the U.S. to support humane animal production practices and conduct research providing guidelines for animal welfare and management. The Poultry Extension Collaborative provides more details about animal food product labeling in the July 2023 issue of Poultry Press.

Ivy Tech Community College Honors Dr. Christine Herr As Its Statewide Winner Of The Excellence In Dual Credit Instruction President's Award

Ivy Tech Community College honored Dr. Christine Herr of Hagerstown, Indiana as its Statewide Winner of the Excellence in Dual Credit Instruction President's Award, the highest honor for Ivy Tech dual credit faculty. Winners from the College's 19 campuses were also recognized at a special ceremony in June in Indianapolis. "Dual credit faculty provide students with skills, knowledge, and competencies aligned with clear career pathways and seamless college transfer," said Ivy Tech President Sue Ellspermann. "Dual credit programming taught by credentialed high school faculty is of tremendous value to our students and our state. By helping students earn post-secondary credentials while in high school, we're accelerating Indiana's economic growth and Hoosier prosperity."

The Statewide Winner for the Excellence in Dual Credit Instruction President's Award is a competitive selection process determined by the College's K-14 Awards and Summit Planning Sub-Committee, an extension of the K-14 Academic Advisory Committee. The Committee is comprised of six Ivy Tech Community College program chairs who represent different Ivy Tech campuses and disciplines.

The winner is chosen based on specific award criteria, including their use of creative and/or innovative instructional techniques, engaging students in active learning, retaining students over the course of the semester, mastering and applying methods and techniques of excellence in instruction, and more. "I am blessed to have two careers in my lifetime that have allowed me to live in a small rural town and work with amazing people promoting agriculture, and I am honored to accept this reward," said Statewide Winner of the Excellence in Dual Credit Instruction President's Award, Dr. Christine Herr. "This event recog-

nizes phenomenal teachers each year who use their gifts to plant seeds and nurture students on a daily basis, helping them grow and leave the classroom a better person." Ivy Tech Richmond's Director of K-14 Initiatives Melissa Kircher Smith, and Agriculture Program Chair Allison Steele, nominated Dr. Herr for the award. "Dr. Herr's natural passion for encouraging students to appreciate the learning process, combined with her ability to tap into her own education and experience as a veterinarian, make her agriculture and chemistry dual credit classes rigorous, yet enjoyable. It's not unusual to find students checking the garden, performing an experiment, or dancing in the classroom during a visit!" wrote Kircher Smith.

"Our dual credit faculty go above and beyond to ensure our students receive the best value for their education and pair that with innovative approaches to ensure the possibility of a post-secondary credential," said Interim Vice President of K-14 and Strategic Initiatives, Monica Hingst. "This award recognizes instructors who best demonstrate excellence in instruction and exemplifies the mission of Ivy Tech."

The Excellence in Dual Credit Instruction President's Award is modeled after the College's President's Award to recognize College faculty and adjunct faculty members from Ivy Tech locations throughout the state.

A full list of the statewide honorees is included below.

- Anderson: Leah Perry, Science Mount Vernon High School
- Bloomington: Elbert "Buddy" Hart, Design, Lost River Career Cooperation
- Columbus: Robin Perry, Business, Seymour High School
- Evansville: Glenn Goffinet, Automotive & Advanced Manufacturing, Tell City Jr./Sr. High School
- Fort Wayne/Warsaw: Ashley Johnson, Entrepreneurship, DeKalb High School
- Hamilton County: Kim Kaiser, Business & Marketing, Hamilton

- Heights High School
- Indianapolis: Rene Walker, Health Sciences, Pike Career and STEM Center
- Kokomo: Amy Lancaster, English, Peru High School
- Lafayette: Melissa Colonis, Math, Lafayette-Jefferson High School
- Lake County: Dawn Combis, Entrepreneurship, Lake Central High School
- Lawrenceburg/Batesville: Colleen Tincher, Foreign Language, Spanish, Franklin County High School
- Madison: emeka Koren, Science, Madison Consolidated High School
- Marion: Michelle Harrold, Math, Madison Grant High School
- Muncie/Henry County: John Thompson, Chemistry, New Castle High School
- Richmond: Dr. Christine Herr, Chemistry & Agriculture, Hagerstown High School
- Sellersburg: Michael Day, Mathematics, Silver Creek High School
- South Bend/Elkhart: Dee Dee Gerber, English, Mishawaka High School
- Terre Haute: Samantha Woodard, English, Parke Heritage High School
- Valparaiso: Laci Earle, Business, Washington Township High School

About Ivy Tech Community College

Ivy Tech Community College is Indiana's largest public postsecondary institution and the nation's largest singly accredited statewide community college system, accredited by the Higher Learning Commission. Ivy Tech has campuses throughout Indiana and also serves thousands of students annually online. It serves as the state's engine of workforce development, offering associate degrees, short-term certificate programs, industry certifications, and training that aligns to the needs of the community. The College provides seamless transfer to other colleges and universities in Indiana, as well as out of state, for a more affordable route to a Bachelor's degree. Follow Ivy Tech on Facebook, Twitter, Instagram, and LinkedIn for the most up-to-date information.

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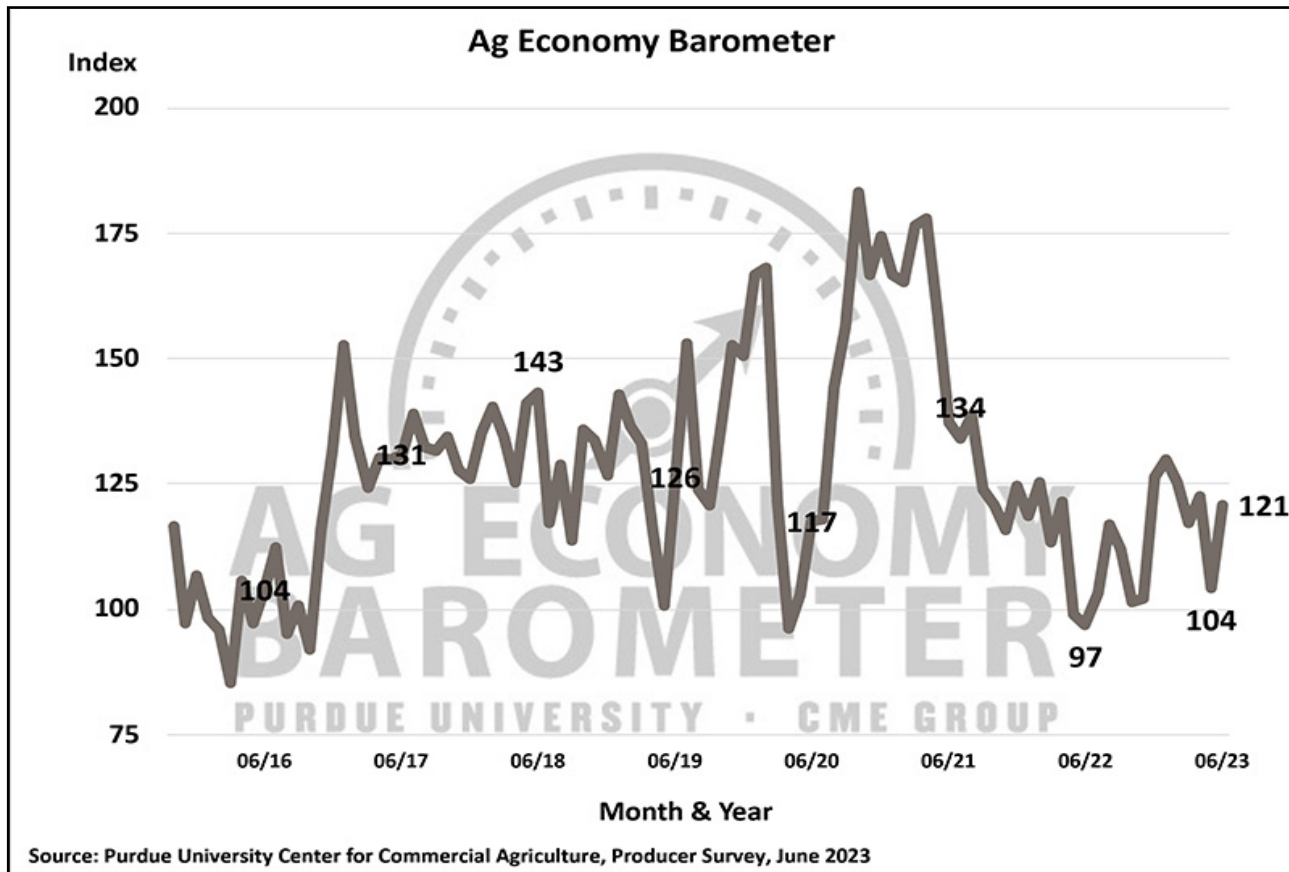


Photo courtesy of Purdue/CME Group Ag Economy Barometer/James Mintert

Farmer sentiment rebounds on more optimistic view of future

Farmer Sentiment Rebounds On More Optimistic View Of Future

The Purdue University/CME Group Ag Economy Barometer index improved in June, rising 17 points to a reading of 121. The upswing in sentiment was driven by producers' more optimistic view of the future; however, their perception of current conditions remained unchanged from May. The Index of Future Expectations rose 25 points to a reading of 123, while the Index of Current Conditions held flat at a reading of 116 in June. The Ag Economy Barometer is calculated each month from 400 U.S. agricultural producers' responses to a telephone survey. This month's survey was conducted June 12-16.

"Optimism about U.S. agriculture's future and a more sanguine interest rate outlook help explain producers' more positive view of the future expressed in June's survey; however current conditions in the farming economy continue to present a challenge for some producers," said James Mintert, the barometer's principal investigator and director of Purdue University's Center for Commercial Agriculture. "This month four out of 10 producers stated that their financial situation has deteriorated compared to a year ago."

To better understand the large month-to-month swing in producers' expectations for the future, responses between the May and June surveys were compared. In June, 20% of respondents said they expected their financial condition to improve over the next year, compared to just 13% who said that in May. Meanwhile, only 32% expect their farm's financial sit-

uation to decline over the upcoming year, compared to 44% who responded that way in May. Producers' improved perspective on the future was not focused solely on their own farms, but extended to all of U.S. agriculture. The percentage of producers expecting good times for U.S. agriculture in the next five years rose 8 points to 33%, while the percentage of producers expecting bad times fell 3 points to 41%.

The Farm Financial Performance Index also rose this month, up 10 points from May, and was likely a result of a late-May to early-June rally in harvest-time prices for corn and soybeans, as well as optimism toward positive returns for cattle producers. In June, 50% of respondents said they expect "good times" for livestock producers in the next five years, up from 37% in May. Optimism about positive returns for cattle producers, especially cow-calf operations, was likely a key factor behind the positive livestock outlook.

The Farm Capital Investment Index rose five points in June to a reading of 42; however, nearly 75% of respondents still feel now is a bad time to make large investments in their farming operation. Respondents in June cited rising interest rates (35% of respondents) and increasing prices for equipment and new construction (37% of respondents) as key reasons for viewing now as a bad time for investments.

Producers were more optimistic about farmland values in June as both the short and long-run farmland value indices rose. The short-term

index, which asks producers about their outlook over the next 12 months, jumped 16 points to a reading of 126, its highest reading since last November. Meanwhile, the long-term index, which asks producers to look ahead five years, rose a more modest 6 points to a reading of 151, pushing that index up to its highest level since February 2022. Additionally, 43% of producers in the June survey think interest rates have peaked, and nearly a quarter of survey respondents expect to see lower interest rates within the next year.

This month's survey also included a question targeted toward corn and soybean producers regarding their expectations for farmland cash rental rates in 2024. Twenty-five percent of the corn/soybean producers in this month's survey said they expect 2024 cash rental rates in their area to rise above 2023's rates. Of those respondents who said they expect rental rates to rise, nearly one-third (32%) said they expect 2024 rental rates to increase up to 5%, while nearly half (49%) look for rates to rise from 5% to 10%, when compared to 2023.

This month's survey included questions to learn more about producers' thoughts on the passage of a new farm bill. Among corn and soybean producers, the Crop Insurance title and the Commodity title remain the two most important farm bill components. When asked about expectations for PLC reference prices for corn and soybeans, half of corn and soybean producers said they expect Congress to raise prices for both.

In response to the recent Supreme Court ruling, which upheld California's Proposition 12 mandating housing standards for hogs processed into pork that will be sold in that state, all survey respondents were asked about the likelihood Congress would overturn the proposition as part of a new farm bill. Producers were split in their response to this question, with 36% stating it's either somewhat or very unlikely that Congress will try to overturn the proposition, and 25% stating it is at least somewhat likely Congress will take on Proposition 12 in new farm bill legislation.

Read the full Ag Economy Barometer report at <https://purdue.ag/ag-barometer>. The site also offers additional resources – such as past reports, charts and survey methodology – and a form to sign up for monthly barometer email updates and webinars.

Each month, the Purdue Center for Commercial Agriculture provides a short video analysis of the barometer results, available at <https://purdue.ag/barometervideo>. For more information, check out the Purdue Commercial AgCast podcast available at <https://purdue.ag/agcast>, which includes a detailed breakdown of each month's barometer and a discussion of recent agricultural news that affects farmers.

The Ag Economy Barometer, Index of Current Conditions and Index of Future Expectations are available on the Bloomberg Terminal under the following ticker symbols: AGECCBA-RO, AGECCURC and AGECCFTX.

IDDC Launches Initiative, 'Military Monuments And Museums In Indiana'

At the backdrop of the Indiana War Memorial, Lt. Gov. Suzanne Crouch and the Indiana Destination Development Corporation (IDDC) launched a new initiative: 'Military Monuments and Museums IN Indiana,' powered by Luke Family of Brands.

"The Military Monuments and Museums IN Indiana initiative is a comprehensive program that encompasses war memorials, historical markers, museums and other distinctive locations that showcase the rich military history of the great state of Indiana," said Lt. Gov. Crouch, Indiana's Secretary of Agriculture and Rural Development. "This initiative is creating a network of information and immersive opportunities that unites all regions of Indiana."

Veterans Memorial Plaza

IDDC collaborated with various organizations across Indiana to promote the state's military history, including the Indiana National Guard, Indiana Historical Society, Indiana Historical Bureau, Indiana War Memorials and more. These partnerships demonstrate Indiana's collective dedication to preserving its military heritage.

Grissom Air Museum

"We have a unique

opportunity to spearhead a statewide program dedicated to educating and informing Hoosiers and visitors about the abundance of military history in Indiana," said Elaine Bedel, IDDC Secretary and Chief Executive Officer. "We encourage you to participate in the Military Monuments and Museums IN Indiana initiative after its launch to show your support."

The Military Monuments and Museums IN Indiana initiative has a dedicated microsite on VisitIndiana.com/military where people can learn about Indiana's military history and numerous locations around the state that showcase it. The wide range of information on the microsite would not be possible without the statewide effort made by IDDC partners and Luke Family of Brands.

"We are proud and humbled to be a part of celebrating the great State of Indiana's military history," said Tom Collins II, Luke Family of Brands President and Owner. "Thank you for all of our active military and veterans for your service to defend our nation and freedom!"

Indiana Military Museum

Follow Visit Indiana on social media at @VisitIndiana on Facebook, Instagram and Twitter.

Thanks for reading The Paper!

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Photo courtesy of Purdue University

Grain bins at Purdue University Agronomy Center for Research and Education, 2017. The number of reported injuries and fatalities in agricultural confined spaces rose between 2021 and 2022, according to the latest report released by Purdue's Agricultural Safety and Health Program.

Increase In Fatalities And Injuries From Agricultural Confined Spaces Highlights Need For Effective Management And Training

Last year saw a roughly 40 percent increase in the number of reported cases involving agricultural confined spaces, according to the 2022 Summary of U.S. Agricultural Confined Space-Related Injuries and Fatalities recently released by the Purdue University Agricultural Safety and Health Program in the Department of Agricultural and Biological Engineering.

The annual, widely used summary documents the previous year's frequency and causes of confined space and grain entrapment incidents in the agricultural industry and provides a historical analysis of agricultural confined space hazards.

The authors of the summary are Yuan-Hsin Cheng, agricultural safety and health researcher; Mahmoud Nour, postdoctoral researcher in Agricultural and Biological Engineering; Bill Field and Kingsly Ambrose,

professors of agricultural and biological engineering; and Edward Sheldon, research associate, Agricultural Safety and Health Program.

In 2022, the summary reported no fewer than 83 cases – 24 fatal and 59 nonfatal cases – involving agricultural confined spaces. This represents a 40.7% increase over the 59 cases in 2021. The authors explain that there are limitations in data collection as not every case may be reported. As a result, these numbers are approximate.

In addition, of the total number of confinement cases, 42 grain-related entrapments represented a 44.8% increase over 2021. This was the highest number of reported grain entrapments in over a decade. According to the authors, grain entrapments are the most common type of agricultural confined space incident.

"In the summary, an

issue we try to point out is the role of out-of-condition grain in grain entrapments," Sheldon says. "Many entrapments result from someone entering a bin or structure to break loose clumped, spoiled grain. Keep the grain in good condition to eliminate the need to enter the bin."

Of 41 non-grain-related cases, incidents involved livestock waste handling facilities, entanglements inside confined spaces, falls from confined space structures and grain dust explosions or fires.

Iowa reported the most agricultural confinement cases, at 24, and grain entrapment cases at nine. One female case was documented, which occurred inside a cotton module builder.

Sheldon says, "As shown in the annual summary, incidents involving confined spaces in agriculture continue to result in a significant number of

injuries and fatalities in agricultural workplaces throughout the country."

He adds, "We strongly encourage farmers and agribusiness employers to recognize the hazards presented by confined spaces such as grain bins, silos and manure storage facilities, and use best management practices and effective training programs to keep their families and employees safe."

Sheldon urges farmers and agribusiness employers to utilize the educational resources outlined in the summary, pointing them to other programs like Gearing Up for Safety, also from Purdue's Department of Agricultural and Biological Engineering. This program offers a youth-oriented curriculum, also related to the hazards associated with agricultural confined spaces.

To access the full report, contact Sheldon at ejsheldo@purdue.edu.

DNR

Indiana Department
of Natural Resources

Reserved Hunt Applications Open

Hunters can apply for a variety of reserved hunts at on.IN.gov/reserved-hunt.

The online method is the only way to apply for the hunts listed below. No late entries will be accepted. Applicants must possess a hunting license that is valid for the hunt for which they apply.

The Indiana Private Lands Access (IPLA) program has switched to reserved hunts and is no longer available through the self-service sign-in system. IPLA hunt applications and information are at on.IN.gov/reserved-hunt.

Applications must be submitted by 11:59 p.m. ET on Aug. 6:

Dove Hunts: Applicants may select the desired date and property. Due to inclement spring weather, other crops may have been planted in place of or along with sunflowers. Participating properties include J. E. Roush Lake, Wilbur Wright, Kingsbury, Kankakee, Atterbury, Pigeon River, Glendale, Goose Pond, and Jasper-Pulaski Fish & Wildlife Areas (FWAs).

Muscatatuck National Wildlife Refuge (NWR) Youth Deer Hunt: Muscatatuck NWR will host one reserved firearms deer hunt for youth.

Big Oaks National Wildlife Refuge Deer Hunts: Big Oaks NWR will host archery, muzzleloader, and firearms hunts.

IPLA Hunts: IPLA will offer reserved hunts for squirrel, archery deer, youth deer, teal, and early goose on private lands.

Hunters will be selected through a random computerized drawing. Applicants can view draw results online within two weeks after the application period closes. An email will be sent to all applicants when draws have been completed.

Please note that only one application per hunt is allowed. No changes can be made once an application is submitted.

Visit on.IN.gov/reservedhunt to apply for and learn about other exclusive hunting opportunities.

To view all DNR news releases, please see dnr.IN.gov.

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

POWER FAMILY FAVORITES

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FAMILY FEATURES

Soaking up some sun and sharing a meal with family and friends brings people together, especially when favorite recipes are on the table. Whether there's a cause for celebration or a gathering of loved ones is simply overdue, serving up delicious dishes is a sure bet to get everyone involved.

These flavorful Mexinit Dip, Beef and Peanut Empanadas with Chimichurri, Asian Peanut Slaw and Peanut Butter Banana Pops recipes are ideal for the whole family. Starting with a spicy dip best paired with corn chips or crackers, hungry guests can work their way up to the main course of savory empanadas served alongside a tangy Asian slaw. Finally, kids and adults alike can cap off the celebration with a sweet, fruity dessert.

Leaning into a versatile ingredient like peanuts, which make all these dishes possible, can take your gatherings to the next level. They complement a wide range of recipes from appetizers and snacks to main courses and desserts.

Plus, they contain 26% protein and fulfill approximately 30% of a 4-6-year-old's and 26% of a 7-10-year-old's recommended daily allowance per serving, making them a kid-favorite source of energy. They contain six essential vitamins – vitamin E, folate, riboflavin, thiamin, niacin and vitamin B6 – and seven essential minerals – phosphorus, iron, magnesium, potassium, zinc, copper and calcium.

Often referred to as "nutrition in a nutshell," there's a good chance your peanut supply came from the United States' leading grower: Georgia. With approximately 4,000 active peanut farmers, the state produces 52% of the country's peanuts.

To find more family-friendly recipe ideas powered by peanuts, visit GAPeanuts.com.

Mexinit Dip

Recipe courtesy of the Georgia Peanut Commission

Yield: 4 cups

- 1 can (11 1/2 ounces) condensed bean with bacon soup
- 1 cup shredded cheddar cheese
- 1 can (10 ounces) tomatoes and green chiles
- 2 tablespoons finely chopped onion
- 1 tablespoon hot chili powder
- 1/2 cup peanut butter
- corn chips or crackers

In 2-quart microwave-safe container, combine soup, cheddar cheese, tomatoes and green chiles, onion, chili powder and peanut butter. Cover with glass or plastic lid.

Microwave on high 2 1/2 minutes; stir. Microwave 2 1/2 minutes, or until cheese is melted.

Stir before serving with corn chips or crackers.



Beef and Peanut Empanadas with Chimichurri

Recipe courtesy of "Set the Table" on behalf of the Georgia Peanut Commission

Yield: 30-40 small empanadas

Spicy Beef and Peanut Empanadas:

- 2 tablespoons olive oil
- 1 small yellow onion, chopped
- 1 teaspoon red pepper flakes
- 1 large garlic clove, minced
- 1/3 cup golden raisins
- 1/2 cup raw Georgia Peanuts
- 2 tablespoons pickled jalapenos, chopped
- 1 pound ground beef
- 1 tablespoon Worcestershire sauce
- 1 tablespoon water, plus additional for sealing dough
- salt, to taste
- pepper, to taste
- 2 packages pie crust
- 1 egg white, in small bowl

Chimichurri:

- 1/3 cup flat leaf parsley
- 1 teaspoon dried oregano
- 3 garlic cloves, peeled and roughly chopped
- 1/4 cup red wine vinegar
- 1 tablespoon red pepper flakes
- 1/2 cup olive oil
- salt, to taste
- pepper, to taste

To make spicy beef and peanut empanadas: In large skillet over medium-high heat, heat olive oil. Add onion, red pepper flakes, garlic, raisins, peanuts and jalapenos. Cook until onion and garlic are soft and fragrant. Add ground beef and brown thoroughly. Stir in Worcestershire sauce and 1 tablespoon water. Cook 2-3 minutes, stirring to prevent burning. Season with salt and pepper, to taste; transfer filling to large bowl and cool.

Preheat oven to 375 F.

Unroll pie crusts on lightly floured work surface. Using round cutter at least 3 inches in diameter, cut out rounds.

Using rolling pin, roll out edges of each circle, leaving center of circle at its original thickness.

Holding one round of dough in palm of hand, scoop about 1 tablespoon filling into center. Using fingertip, line edge of dough with water, fold into half moon shape and pinch to seal. For extra ease, use fork.

Place filled empanadas on parchment-lined baking sheet and brush tops with egg white.

Bake 20-25 minutes on upper rack.

To make chimichurri: In blender or food processor, pulse parsley, oregano, garlic, red wine vinegar, red pepper flakes and olive oil 2-3 times. Season with salt and pepper, to taste, and serve in small bowl for dipping.

Asian Peanut Slaw

Recipe courtesy of the Georgia Peanut Commission

- 1 can (11 ounces) mandarin oranges
- 1/4 cup Asian sesame dressing
- 2 tablespoons creamy peanut butter
- 1/4 teaspoon crushed red pepper
- 1/2 cup coarsely chopped dry roasted peanuts
- 1 bag (16 ounces) three-colored deli slaw mix
- chow mein noodles

Drain juice from mandarin oranges into mixing bowl and reserve oranges.

In bowl with juice, add dressing, peanut butter and red pepper; whisk until well blended. Add peanuts, oranges and coleslaw mix; toss until thoroughly coated.

Garnish with chow mein noodles before serving.



Peanut Butter Banana Pops

Recipe courtesy of registered dietitian Annessa Chumbley on behalf of the Georgia Peanut Commission

Yield: 8 pops

Craft sticks

- 4 firm, ripe bananas, peeled and halved crosswise
- 1 cup melted chocolate wafers
- 1/2 cup finely chopped peanuts

Toppings:

- unsweetened coconut flakes (optional)
- chopped dried pineapple (optional)
- chopped dried strawberries (optional)
- melted peanut butter chips (optional)

Insert one craft stick into each banana half. Place eight banana pops in single layer on small tray covered with parchment paper. Place tray in freezer at least 4 hours or overnight.

Pour melted chocolate into bowl. Dip each frozen banana into bowl, turning to coat. Lay chocolate-covered bananas back on parchment paper. Sprinkle with chopped peanuts. Sprinkle with coconut flakes, pineapple and strawberries, if desired. Drizzle with melted peanut butter chips, if desired.

Serve or wrap individually in plastic wrap and store in freezer.

SUNDAY

In The Kitchen

Sunday, July 9, 2023

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

How to Enjoy *Fresh Maine Lobster* this Season

Tips and tricks from a 4th-generation lobster family

FAMILY FEATURES

As people look to change what's on their plates, it can be tough to know where to begin. From social media-inspired recipes to trendy menu offerings, there are many options.

That's why restaurant owners Katie and Thom Werner are recommending a staple that's sustainable, fresh and versatile: Lobster. The Werners own the popular Island Lobster Co. restaurant in Peaks Island, Maine where Thom works as a commercial fisherman and supplies most of the lobster served.

The Werner family is well versed in the iconic Maine Lobster fishery, coming from a long line of generational fishing families, with Thom having fished since he was 6 years old. They know lobster can be intimidating for home cooks, but as people familiar with the product, they emphasize lobster is

easy to prep, delicious and supports communities up and down the coast.

"Lobsters are always sustainably harvested and handled with care by the fishery," Katie said. "It's so important to know where your food comes from and with local lobster, it's something you can feel great about enjoying that also directly benefits so many families like ours."

For those looking to enjoy a simple and classic version of lobster, the Werners recommend a tried and true method.

"Steamed with some melted butter is always perfect," Thom said. "You can't beat the sweet, succulent flavors of fresh lobster with that punch of salty butter."

For those looking for a fresh twist, Katie suggests trying her favorite recipe at Island Lobster Co.: the BLT Lobster Roll.

"It's a savory and sweet combination of crispy bacon, juicy tomatoes and tender lobster meat, all served on a buttery roll," she said. "It's a great way to enjoy sustainable trap-to-table fare."

No matter what recipe people go with, the Werner family hopes everyone can partake in enjoying a staple of their heritage.

"To me, Maine Lobster is a taste of home," Thom said. "I've always enjoyed it with friends and family. Now I get to share that legacy with my own kids and our community at the restaurant. I feel incredibly lucky, and I hope everyone – whether you're a Mainer or on the opposite side of the country – can enjoy it as a celebration of such an iconic industry."

To learn more about the Werners' story, find recipes and look for ways to support the industry, visit lobsterfrommaine.com.



BLT Lobster Roll

Recipe courtesy of the Werner family of Island Lobster Co. on behalf of the Maine Lobster Marketing Collaborative
Yield: 1 roll

- 3 slices bacon
- 1/4 pound fresh lobster meat (or meat from 1-pound lobster)
- 1 tablespoon butter
- 1 brioche bun, halved
- 1 tablespoon mayonnaise
- 3 tomato slices
- 1 large leaf romaine lettuce or butter lettuce

Preheat oven to 400 F. Line baking sheet with parchment paper and arrange bacon slices on top. Cook 10-15 minutes, or until desired crispiness.

Prepare large pot with 2 inches of salted water and bring to rolling boil. Add lobster and steam 12 minutes. Halfway through, lift lid carefully and shift lobster to cook evenly.

Break down lobster and remove meat from shell, yielding about 4 ounces of cooked meat. Chop meat into bite-size pieces.

In large skillet or griddle over medium heat, warm butter to coat pan.

Place both pieces of bun cut sides down on pan and cook about 30 seconds until golden. Remove buns from pan and set aside.

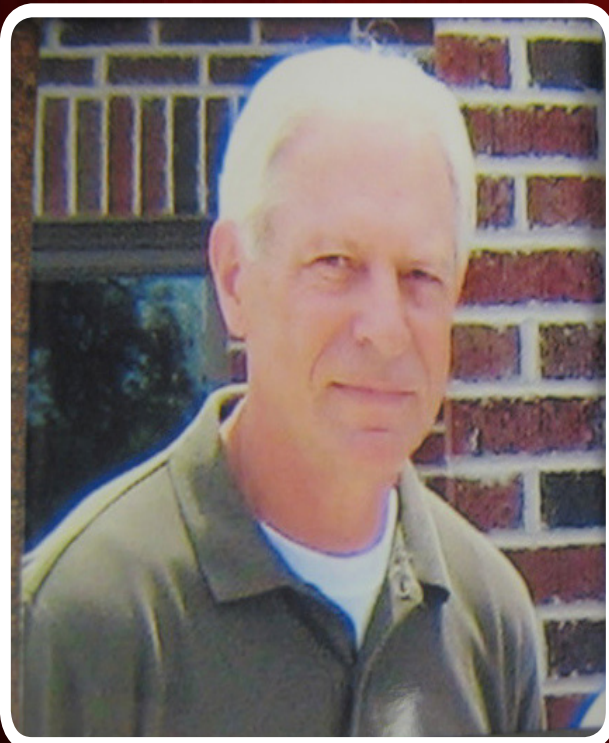
In bowl, toss chopped lobster meat with mayonnaise and set aside.

Assemble cooked bacon, tomato, lettuce and lobster mix on toasted bun.



Thom and Katie Werner

BUTCH DALE



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

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Raspberry Streusel Muffins

Go Whole Grain for a Healthy Heart

FAMILY FEATURES

Eating healthy is a priority for many Americans but knowing where to start and with what foods may be a little trickier. One way to level up the nutritional value of your meals is to better understand whole grains and why they are important for a heart-healthy diet.

As a key feature of heart-healthy diets, whole grains like sorghum, oatmeal and brown rice are rich sources of dietary fiber, may improve blood cholesterol levels and provide nutrients that help

the body form new cells, regulate the thyroid and maintain a healthy immune system.

However, according to a survey by The Harris Poll on behalf of the American Heart Association, U.S. adults are least knowledgeable about refined vs. whole grains compared to other foods like fruits, vegetables and proteins. Also, when asked to identify whole grains and refined grains, most adults incorrectly believe multi-grain bread is a whole grain and only 17% believe sorghum is an example of a whole grain when

it is, in fact, a nutritious whole-grain option.

If you're looking to try more whole grains, sorghum is a primary ingredient in these heart-healthy recipes for Pancakes with Blueberry Vanilla Sauce, Raspberry Streusel Muffins and Garden Vegetable Stir-Fried Sorghum. These flavorful dishes can be part of an overall healthy diet as recommended by the American Heart Association's Healthy for Good initiative, supported by the Sorghum Checkoff.

Find more heart-healthy meal ideas at Heart.org/healthyforgood.

Raspberry Streusel Muffins

Recipe courtesy of the American Heart Association and Sorghum Checkoff
Servings: 12 (1 muffin per serving)

Muffins:

- Nonstick cooking spray
- 1 1/2 cups whole grain sorghum flour
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 3/4 cup low-fat buttermilk
- 1/3 cup firmly packed light brown sugar
- 3 large egg whites
- 1/4 cup canola or corn oil
- 2 teaspoons grated lemon zest
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen unsweetened raspberries, thawed if frozen

Streusel:

- 2 tablespoons whole grain sorghum flour
- 2 tablespoons light brown sugar
- 2 tablespoons uncooked quick-cooking rolled oats
- 2 tablespoons chopped pecans
- 2 tablespoons light tub margarine
- 1/2 teaspoon ground cinnamon

To make muffins: Preheat oven to 400 F. Lightly spray 12-cup muffin pan with nonstick cooking spray.

In large bowl, stir sorghum flour, cinnamon and baking soda.

In medium bowl, whisk buttermilk, brown sugar, egg whites, oil, lemon zest and vanilla. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing. Spoon batter into muffin cups. Top each muffin with raspberries.

To make streusel: In small bowl, stir sorghum flour, brown sugar, oats, pecans, margarine and cinnamon to reach texture of coarse crumbs. Sprinkle over muffins, gently pushing into batter. Bake 16 minutes, or until wooden toothpick inserted in center comes out clean. The USDA recommends cooking egg dishes to 160 F.

Transfer pan to cooling rack. Let stand 5 minutes. Carefully transfer muffins to rack. Let cool completely, about 20 minutes.



Pancakes with Blueberry Vanilla Sauce

Pancakes with Blueberry Vanilla Sauce

Recipe courtesy of the American Heart Association and Sorghum Checkoff
Servings: 4 (2 pancakes, 1/4 cup sauce and 2 tablespoons yogurt per serving)

Sauce:

- 2 teaspoons cornstarch
- 1/3 cup water
- 1 cup blueberries
- 1 tablespoon sugar
- 1 1/2 teaspoons vanilla extract

Pancakes:

- 1/2 cup quick-cooking rolled oats
- 1/2 cup whole grain sorghum flour
- 1 1/2 tablespoons firmly packed light brown sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 cup fat-free milk
- 1/2 cup unsweetened applesauce
- 1 large egg
- 1 tablespoon canola or corn oil

Topping:

- 1/2 cup fat-free plain Greek yogurt

To make sauce: Put cornstarch in medium saucepan. Add water, stirring to dissolve. Stir in blueberries and sugar. Bring to boil over medium-high heat. Boil 1-2 minutes, or until sauce thickens slightly. Remove from heat. Stir in vanilla. Cover to keep warm. Set aside.

To make pancakes: In medium bowl, stir oats, sorghum flour, brown sugar, baking powder and cinnamon.

In small bowl, whisk milk, applesauce, egg and oil. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing.

Heat nonstick griddle over medium heat. Test temperature by sprinkling drops of water on griddle. Griddle is ready when water evaporates quickly.

Pour 1/4 cup batter for each pancake on griddle. Cook 2-3 minutes, or until tiny bubbles appear on surface and bottoms are golden brown. Flip pancakes. Cook 1-2 minutes, or until cooked through and golden brown on bottoms. The USDA recommends cooking egg dishes to 160 F.

Transfer pancakes to plates. Spoon sauce over pancakes. Top each serving with 2 tablespoons yogurt.

Garden Vegetable Stir-Fried Sorghum

Recipe courtesy of the American Heart Association and Sorghum Checkoff
Servings: 4 (1 1/2 cups per serving)

- 1 cup uncooked whole-grain sorghum
- 2 teaspoons toasted sesame oil
- 2 medium garlic cloves, minced
- 1 teaspoon gingerroot, peeled and minced
- 1 cup fresh or frozen broccoli florets, chopped, thawed if frozen
- 1 cup snow peas, trimmed and halved
- 1/2 cup carrot strips, sliced into matchsticks
- 1/2 cup red bell pepper, diced
- 1/2 cup button mushrooms, thinly sliced
- 1/2 cup frozen shelled edamame, thawed
- 2 large eggs
- 2 tablespoons low-sodium soy sauce, divided
- 1/2 cup water chestnuts, rinsed and drained
- 1/4 cup green onions, diagonally sliced

Prepare sorghum using package directions, omitting salt. Once cooked, spread sorghum in

even layer on rimmed baking sheet or 13-by-9-by-2-inch baking dish. Let stand 5-10 minutes at room temperature. Refrigerate, uncovered, 20 minutes, or until cool.

In large nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook garlic and gingerroot 30 seconds, stirring frequently. Increase heat to medium-high. Cook broccoli, snow peas, carrots, bell pepper, mushrooms and edamame 10-12 minutes, or until vegetables are tender-crisp, stirring frequently.

In small bowl, using fork, beat eggs and 1 tablespoon soy sauce.

Reduce heat to medium. Stir water chestnuts and sorghum into vegetable mixture. Push mixture to sides of skillet. Pour egg mixture into center of skillet. Using heatproof rubber scraper, stir 1-2 minutes, or until partially set.

Stir vegetable mixture into partially cooked egg mixture. Cook 1 minute, or until eggs are cooked through and sorghum is heated through, stirring constantly. The USDA recommends cooking egg dishes to 160 F.

Remove from heat. Stir in remaining soy sauce. Sprinkle with green onions.



Garden Vegetable Stir-Fried Sorghum

SUNDAY

In The Kitchen

Sunday, July 9, 2023

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Highly Rated Diets to Support Heart Health

FAMILY FEATURES

Eating healthy is an important goal for people looking to maintain or improve their physical health, particularly as it relates to the heart. With often conflicting information available online and via social media, it may be difficult or downright confusing to find the eating plan for you.

To help navigate the maze of information – and misinformation – experts assessed and scored the heart healthiness of several popular diets. Each diet was evaluated against the American Heart Association’s guidance for a heart-healthy eating pattern, which emphasizes eating a variety of vegetables and fruits, whole grains, lean proteins (including fish, low- or non-fat dairy and plant proteins), non-tropical plant oils and minimally processed foods; avoiding added sugars, salt and alcohol; and sticking to this guidance even when you’re eating away from home.

Diets received a rating between 0-100 and were ranked in tiers, with the resulting analysis published as an American Heart Association scientific statement in the journal “Circulation.”

“If implemented as intended, the top-tier dietary patterns align best with key features of heart-healthy eating and may be adapted to respect cultural practices, food preferences and budgets to enable people to eat this way for the long term,” said Christopher D. Gardner, Ph.D., FAHA, chair of the scientific statement writing committee and the Rehnberg Farquhar Professor of Medicine at Stanford University.



Photos courtesy of Getty Images



Tier 1: Highest-Rated Eating Plans (scores higher than 85)
The four patterns with the highest ratings align best with heart-healthy guidance, are flexible and provide an array of healthy foods to choose from.

- **DASH** – With a perfect score by meeting all guidance, an eating pattern similar to the Dietary Approaches to Stop Hypertension plan emphasizes vegetables, fruits, whole grains, legumes, nuts, seeds, low-fat dairy, lean meats, poultry, fish and non-tropical oils. Nordic and Baltic diets are also examples of this eating pattern, which is low in salt, added sugar, alcohol, tropical oils and processed foods.
- **Mediterranean** – This pattern limits dairy while emphasizing fruit, vegetables, whole grains, legumes, nuts, seeds, fatty fish and extra-virgin olive oil. Because it includes moderate alcohol drinking, rather than avoiding or limiting consumption, it scored a few points lower than DASH.
- **Vegetarian/Pescatarian** – A plant-based eating pattern that includes fish.
- **Vegetarian/Ovo/Lacto** – Plant-based eating patterns that include eggs (ovo-vegetarian), dairy (lacto-vegetarian) or both (ovo-lacto vegetarian).

Tier 2: Vegan and Low-Fat Diets (scores 75-85)

These eating patterns mostly align with heart-healthy criteria and emphasize important food groups but fell short of reaching the top tier due to limitations.

- **Vegan** – A plant-based eating pattern that includes no animal products. Restrictions in this plan may make it more difficult to follow long term or when dining out. Following a vegan eating pattern increases the risk of some nutrient deficiencies, which may be overcome by supplements or fortified foods.
- **Low Fat** – A diet that limits fat intake to less than 30% of total calories, including the volumetrics eating plan and therapeutic lifestyle change plan. These types of plans often treat all fats equally while the American Heart Association’s guidance suggests replacing saturated fats with healthier fats such as monounsaturated and polyunsaturated fats. Those who follow low-fat diets may overconsume less healthy sources of carbohydrates, such as added sugars and refined grains. However, these factors may be overcome with proper counseling and education from a health professional.

To find the full results and learn more about heart-healthy eating, visit Heart.org.

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Still Time To Plant And Enjoy Beets



MELINDA MYERS
Columnist

Beets are one vegetable you can purchase most months of the year but those you grow yourself taste the best. The good news is there is still time to grow your own this season.

These flavorful vegetables contain fiber, vitamins A and C, calcium, potassium, phosphorous, and more iron than most vegetables. Betalain, the antioxidant and pigment in beets, can be used as a natural red dye and food coloring. In fact, it inspired the saying “red as a beet” and was used to provide that color in makeup.

Beets tolerate warm temperatures but germinate best during cooler weather. Plant seeds ½ inch deep and one to three inches apart every three to four weeks for a continuous harvest. Make your last planting about eight to ten weeks before the first fall frost.

Beet seeds are a cluster of seeds. Remove all but one seedling in the cluster soon after the seedlings appear. You will also need to remove any excess seedlings to provide the remaining seedlings the space they need to



Photo courtesy of MelindaMyers.com

Beets can be harvested in about 50 to 60 days.

grow and reach full size. Take the sting out of this task by thinking of thinning as a form of harvesting. Use the beet greens removed during thinning as sprouts on sandwiches, salads, and in stir-fries, and other dishes.

Reduce the amount of thinning needed with the help of seed tapes. The seeds are secured onto biodegradable tapes at the proper spacing. Just dig a shallow furrow, lay in the tape, and cover it with soil at the proper planting depth. You'll spend a little more money on seed tapes but save lots of time.

Make sure your plantings receive sufficient moisture throughout the growing season. The flavor is best during cooler weather. All leaves and no edible roots may be a problem you have experienced when growing beets, radishes, and carrots. Thinning and growing root vegetables

in well-drained fertile soil at the proper spacing is key to growing success. Improve heavy clay soils by working several inches of organic matter into the top 8 to 12 inches of soil. If this hasn't worked in the past, try growing your beets in containers filled with a quality potting mix.

Harvest beets in about 50 to 60 days when the roots are 1 to 1.5" in diameter. Pull or carefully dig the beets with a garden fork or shovel. Place the shovel several inches away from the root crops. Push it straight into the soil to avoid damaging the roots. Wiggle the shovel to loosen the soil and tilt to lift the beets free.

Trim the leaves back to an inch and leave the taproot intact. Rinse off the soil and allow the beets to dry before storing them in a perforated plastic bag in the refrigerator. Wash, and further

trim your beets as needed right before using them. Minimize scraping, cutting, and slicing that will increase the loss of vitamins and flavor.

Most garden centers and mail-order catalogs still have beet seeds available for purchase. You'll find red, purple, golden, and even white beets to grow and enjoy. Select the variety that best suits your gardening and cooking needs.

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

4 Factors To Consider When Determining How Much Home You Can Afford

(StatePoint) Figuring out how much home you can afford is one of the most important questions you'll need to answer before you begin house hunting. But as home prices and interest rates have increased in the past few years, you may be wondering how your buying power has changed.

To get a rough estimate of what you can afford, most lenders suggest you spend no more than 28% of your monthly income — before taxes are taken out — on your mortgage payment, which includes principal, interest, taxes and insurance. In addition to having a firm grip on your income and expenses, it's important to understand the role the following factors play in how much home you can afford:

Your Credit

Lenders look closely at your credit score when determining whether you qualify for a loan. Generally, the higher your credit score the more options will be available to you, including better loan terms and a lower interest rate. Because of the large role credit plays in the homebuying process, make sure you understand how your credit score is compiled, how to get a copy of your credit report and how to build strong credit.

Current Mortgage Rates

It's important to watch mortgage rates carefully, because when rates are lower you may be able to afford a larger mortgage. Although 26 million mortgage-ready potential homebuyers had the capacity to afford a \$400,000 mortgage at a 3% interest rate, the total falls by 3 to 4 million with each percentage point gain, according to Freddie Mac research. In short, a small increase in rates can make a home that was once affordable, unaffordable.

Bear in mind that similar borrowers may receive notably different rates based on the lender, so you may want to shop around to increase your buying power. In fact, you can potentially save \$600-\$1,200 annually by

applying for mortgages from multiple lenders, according to Freddie Mac.

Your Down Payment

Typically, homebuyers need to make a down payment of at least 3%, and generally between 5% and 20%, of their home's purchase price to qualify for a mortgage. That means as home prices go up, so do down payment requirements. Talk to your lender about all the down payment options available and explore assistance programs.

Each year, many state, county and city governments provide financial assistance for people in their communities who are well-qualified and ready for homeownership. Requirements vary, but if you are eligible you could receive down payment assistance ranging from a few thousand dollars to larger amounts, depending on your needs, your qualifications and where the home is located. Additionally, many programs specifically benefit veterans, Native communities and workers employed in education, health care, law enforcement and firefighting. Your lender or housing counselor should be able to point you in the right direction of these programs.

Fees and Other Closing Costs

Don't forget that when you get a mortgage, you'll need to pay closing costs, which likely include an appraisal fee, credit report fee, tax services fee and more. These costs will generally run between 2% and 5% of your purchase price.

To crunch the numbers, start by using Freddie Mac's Homebuying Budget Calculator, then learn more about the homebuying process with Freddie Mac's CreditSmart. Visit creditsmart.freddie.com to get started.

If you think you're ready for homeownership, you'll want to work closely with your lender to determine what you can comfortably afford. It's their job to cover all bases so that your final number is within your means and aligns with your financial goals.

How To Build A Firewood Rack For Your Backyard

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

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

manufacturer of lawn care equipment.

That's the idea behind this "Done-In-A-Weekend Project" from Exmark:

- Tool List
 - Miter saw
 - Eye and ear protection
 - Gloves
 - Tape measure
 - Level
 - Pencil
- Cut List
 - Large Rack
 - (2) 10-foot 2x4s (pressure treated)
 - (2) 8-foot landscape timbers (pressure treated)
 - (3) standard cinder blocks
 - Small Rack
 - (2) 10-foot 2x4s (pressure treated)
 - (2) standard cinder blocks
- Build Steps
 1. Measure, mark, and

cut your 2x4s into 5-foot pieces.

2. For the smaller rack, lay the two cinderblocks side by side, holes up.

For the larger rack, place two of the cinderblocks at either end of the length of the landscape timber, holes up. Place the third cinderblock in the middle of the other two to work as support.

3. For the larger rack, lay the two lawn timber planks across the cinderblocks and then check to ensure they're level.

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

5. To ensure the securi-

ty of your build, resituate the two lawn timbers so they're as tightly placed against the 2x4 planks as possible.

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

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

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8 Ways to Make Your Pet Feel Like Part of the Family

FAMILY FEATURES

It's said that pets can be people's best friends, but the relationships between people and their four-legged friends often run even deeper. In fact, many consider pets to be an integral part of their families.

From eating and playing together to matching outfits and more, consider these practical ways to make dogs and cats feel like they're important members of your household so you can become two peas in a pod.

Play Often

Playtime is an easy (and fun) way to bond with pets, whether your furry friends prefer fetch, tug-of-war or any other game that keeps you both active. On top of the emotional benefits, it can help keep them in better physical shape – you might even be able to get a little exercise, too.

Feed Human-Grade Food

Sharing a meal with people is a common way to connect, and that same connection can be made with pets. Feeding them at the same time you sit down for a meal can create a special bond. Though it's tempting to feed them off your plate, consider a human grade food option like Freshly Crafted from Full Moon Pet. Created for pet parents who seek homemade quality ingredients free from additives or preservatives, this fresh frozen food includes 100% human-grade ingredients like real USDA chicken breast and blueberries, meaning it looks, smells and tastes just like food you would cook in your own kitchen while providing complete nutritional benefits pets need to thrive.

With flavors including Homestead Turkey, Ranch-Raised Beef and Free-Range Chicken, these curated meals promote skin and coat health, support immune health and encourage muscle growth.

Set Up a Special Space

Just like humans, pets need a little quiet time now and then. Creating an area they can retreat to with a bed, blankets and favorite toys offers a "safe space" where they can be comfortable. Plus, it's a perfect spot for them to nap when you're away and the house is empty.

Schedule Regular Wellness Visits

The veterinarian's office may not be your furry friend's favorite hangout, but scheduling regular checkups is an important part of owning pets. A balanced, quality diet can reduce trips to the vet to just essential visits – often annually or bi-annually – and help your pets live happy and healthy lives.

Show Affection

Belly rubs, freshly brushed coats and simply spending time together are all effective ways to show pets your affection. Another way to share your love is to reward dogs with their favorite treats like Full Moon Chicken Jerky, which is a high-protein, meaty treat made with few ingredients, including USDA chicken breast, so you can feel good about providing your pets with a treat that tastes good and is good for them.

Take Pets on Vacation

Skip the anxiety of leaving pets behind during your next trip by letting them join in on the fun. Exploring the world together is an exciting way to bond as you can visit new places, find dog parks and discover pet-friendly restaurants. If it's your pet's first road trip, consider a shorter excursion to ensure he or she is comfortable in the car, and make sure to bring all the essentials like food, water, bowls, bedding, toys and medications.



Wear Matching Clothes

When you're dressed to feel your best, you're likely to feel more confident in yourself. Provide that same feeling of satisfaction to pets by dressing them in the same clothes you plan to wear for a walk around the block or a trip to the dog park. Next time there's a family photo session, plan to include furry friends in matching outfits so everyone can be dressed to impress.

Celebrate Special Occasions

Birthdays, "gotcha days" or holidays are perfect moments for celebrating your bond with your pets. Make the day extra special by indulging in favorites like going for a walk, heading to the dog park, gifting a new toy, enjoying specialty treats and more.

To find more ways to bond with your pets, visit FullMoonPet.com.

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SUNDAY

Business

Notes and

NEWS DAY

Sunday, July 9, 2023

F1

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

6 Success Tips for Young Professionals

FAMILY FEATURES

Starting your career can be both an exciting time and a daunting experience. While there's no secret formula to becoming successful in the workplace, there are steps you can take and skills you can build during the early stages of your career that can help you move toward your long-term goals.

Many young professionals face unique challenges, but with the right guidance and advice those obstacles may lead to opportunities for personal and professional development. Passionate about mentoring young professionals and sharing her methods for success, Morgan DeBaun, founder and CEO of digital media and technology company Blavity, partnered with Sharpie – makers of a wide selection of permanent markers, pens, highlighters and more for the classroom, office and home – to share these tips.

Be proactive: Take initiative and identify areas you can contribute beyond your assigned tasks. Instead of waiting to be asked to do something, draft an email, spreadsheet or project board that could benefit the team. Showing a willingness to go above and beyond may lead to additional projects or responsibilities being sent your way in the future.

Write everything down: Putting your dreams and goals to paper can help you commit to them, track progress and stay on course to achieve them. Additionally, particularly in meetings, your brain is processing new information, ways of thinking and operational systems all while you are trying to come across as engaged and personable. Jotting down key action items and learnings along the way can save you later. Being an active listener and note-taker can increase your ability to retain information and contribute to your team.

Featuring no-smear, no-bleed technology with best-in-class ink, an option like the Sharpie S•Gel pen promises exceptionally smooth writing experiences. To put her best work forward, DeBaun uses the Medium Point (.7mm) White Barrel. The high-performance gel pen enhances handwriting with its sleek, professional look and offers a variety of ink colors, barrel styles and points to choose from, making it a must-have for professionals looking to make a statement.



Identify useful productivity tools: Look for tools and programs that can help make you more productive and successful then leverage them in your personal workflow. Whether it's an email scheduling tool, calendar software or favorite writing utensil, ensure you are taking advantage of things that can help you succeed.

Develop and strengthen your organizational skills: Regardless of what role you are in, being systemized and structured in the way you work can help keep you on track as you grow in your career. Whether it's a smartphone app, old-fashioned to-do lists on paper or desktop reminders on your computer, find a system that works for you and stick with it – refining the approach as you go – for best results. For example, with a variety of available ink colors, the Sharpie S•Gel can make it simple to color code calendars and to-do lists, which can make prioritizing tasks a cinch.

Embrace teamwork and learn from your peers: Across your company, you are likely working with bright, talented people who may have completely different skill sets and ways of working and thinking than you. Set up 15-20-minute virtual coffee chats to meet people not on your team during your first 90 days as a way to connect with your coworkers and learn more about not only them but the company and its environment as a whole.

Say yes to opportunities: Whether it is a work event, new project, meeting or class, take advantage of prospects presented to you. Taking advantage of opportunities to network, learn and grow in your career can help lead you on the trajectory you are aiming for.

Find the must-have tools to set your career on the right path at Sharpie.com.

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Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

*a small church
with a big heart!*

Dr. Curtis Brouwer, Pastor
765-918-4949



Woodland Heights Christian Church

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

Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

A family for everyone



Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

*Pastor Steve Lee and his wife, Tamara,
invite you all to their spirit-filled church*

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

300 S. Third Street • New Market
(765) 866-0421
Dr. Gary Snowden, Minister

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

nmcc@sbcglobal.net • newmarketcc.org
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*We Exist to Worship God,
Love One Another &
Reach Out to Our Neighbors*



*Helping
people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



NORTH CORNERSTONE CHURCH

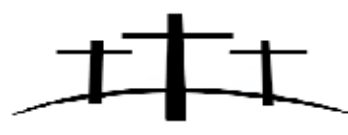
Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

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



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

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

ladogachristianchurch@gmail.com

www.ladogacc.com



HOPE CHAPEL

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

Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



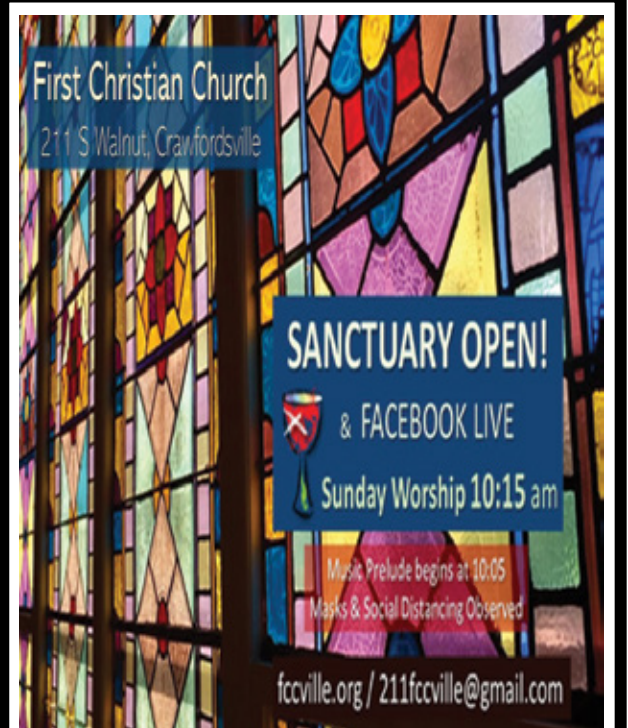
FIRST UNITED METHODIST CHURCH

Follow in The Sun

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

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

All are welcome to join and
all are loved by God



Faith Baptist Church

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

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

Where church is still church
Worship Hymns
Bible Preaching



EAST SIDE BAPTIST CHURCH

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

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through truth and love



Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

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



Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington
765-794-4716

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

You can find us on Youtube and Facebook

CHRIST'S UNITED METHODIST CHURCH

909 E. Main St., Crawfordsville
Coffee Fellowship @10:45 a.m.

Worship @ 11 a.m.

Dr. David Boyd

A community still committed to the UMC

765-362-2383
christsumc@mymetronet.net

View live and archived services on our FB page



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.
New phone #: 765-918-0438
New Pastor: Paul Morrison
- Congregational Christian Church of Darlington*
101 Academy St, P.O. Box 7
794-4716
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.
Sunday Bible Study: 6 p.m.
Wed. Prayer: 5:30 p.m. - 7 p.m., Wed Bible Study 7 p.m.
Kingdom Seekers Youth Group (alternate Sundays)
Pastor Seth Stultz
- Darlington Christian Church*
Main and Washington streets
794-4558
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
- First Christian Church (Disciples of Christ)*
- 211 S. Walnut St.
362-4812
SUNDAY: 9:22 a.m. Contemporary
Café worship
9:30 a.m. Adult Sunday School
10:40 a.m. Traditional Worship
WEDNESDAY: 5-7 a.m. Logos Youth
Dinner & Program
Pastor: Rev. Daria Goodrich
- Ladoga Christian Church*
124 W. Elm St.
942-2019
Sunday School: 9 a.m.
Worship: 10 a.m.; 6 p.m.
- Love Outreach Christian Church*
611 Garden St.
362-6240
Worship: 10 a.m.
Wednesday: 7 p.m.
Pastors Rob and Donna Joy Hughes
- New Hope Chapel of Wingate*
275-2304
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Bible Study: 6:30 p.m., Wed.
Youth Group: 5:30 p.m., Wed.
Homework Class: 4:30 p.m. Wed & Thurs.
Champs Youth Program: 5:30 p.m. Wed.
Adult Bible Class: 6:30 p.m. Wed.
Pastor Duane Mycroft
- New Hope Christian Church*
2746 US 231 South
362-0098
newhopefortoday.org
Worship and Sunday School at 9 a.m. & 10:30 a.m.
- New Market Christian Church*
300 S. Third St.
866-0421
Sunday School: 9 a.m.
Worship: 10 a.m.
Wednesday evening: Bible Study 6:15, 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
Pastor Andy Schindler
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 9, 2023

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Foot And Ankle Safety Tips For The Summer Months

(StatePoint) From the beach to the backyard, taking care of your feet and ankles in summer is essential.

"Nothing ruins summer fun faster than a problem with your feet. However, a few smart precautions can help keep you healthy and safe," says Gretchen Lawrence, DPM, AACFAS, a board-certified foot and ankle surgeon and an associate member of the American College of Foot and Ankle Surgeons (ACFAS).

To help you understand some of the most common summer risks to feet and how to avoid them, ACFAS is sharing these insights:

- **Puncture wounds:** Millions of Americans go barefoot every summer, and thousands will sustain cuts and puncture wounds. To prevent injury and infection, wear shoes whenever possible and get vaccinated against tetanus. If you do get a puncture wound, see a foot and ankle surgeon within 24 hours and don't swim until it's healed. Bacteria in oceans and lakes can cause infection.

- **Pool problems:** Always wear flip flops or other footwear in locker rooms and on pool decks to prevent contact with bacteria and viruses that can cause athlete's foot, plantar warts and other problems.

- **Sun damage and skin cancer:** Don't overlook your feet during your sun protection routine. Feet get sunburned too, and melanoma on the foot

or ankle is more likely to be misdiagnosed than on any other part of the body. A study published in "The Journal of Foot & Ankle Surgery" reported the overall survival rate for melanoma of the foot or ankle is just 52%, in sharp contrast to the 85% survival rate for melanomas on other areas of the body. Apply sunscreen to the tops and bottoms of feet and limit sun exposure. Dr. Lawrence notes, "If you spot abnormal moles or pigmented skin, including under toenails, visit a foot and ankle surgeon. Early detection and treatment could save your life."

- **Pains and sprains:** Summer sports can lead to arch pain, heel pain, ankle sprains and other injuries. Proper footwear with heel cushioning and arch support is essential, particularly on uneven surfaces, such as sandy beaches or hiking trails. If injury occurs, use the RICE approach: rest, ice, compression and elevation to ease pain and swelling. Any injury that doesn't resolve within a few days should be examined by a foot and ankle surgeon.

- **Mower risks:** Some 25,000 Americans sustain injuries from power mowers annually, according to the U.S. Consumer Products Safety Commission. Many of these injuries are preventable. Always cut the grass in protective shoes or work boots and keep children away during this chore. Never mow a wet lawn or

pull the mower backward, and always mow across slopes, not up or down them.

- **Travel concerns:** Sitting for long stretches can increase the risk of dangerous blood clots. "Whether road tripping or flying, regularly stretch your legs and pump your feet to circulate blood. Wearing compression socks for longer travel is also a good idea," says Dr. Lawrence.

- **Diabetes complications:** If you have diabetes, prolonged hot and humid weather can lead to numerous foot woes. Any type of skin break has the potential to get infected if it isn't noticed right away, and exposure can cause dry, cracking skin. Inspect your feet daily and wear closed shoes whenever possible. Swelling is another hot-weather risk, potentially making shoes fit tighter which can cause blisters. Compression stockings may not sound appealing in hot temperatures, but they can reduce swelling and help prevent poor circulation. Finally, never go barefoot in summer. Impaired nerve sensation can make it hard to detect just how hot surfaces are. Just a few minutes walking barefoot on pavement to grab the newspaper can cause third-degree burns.

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

Aging Gracefully At Home

(Family Features) While aging is inevitable, it doesn't mean you can't do so with grace and style. For many seniors hoping to look and feel their best, there are plenty of options, from the clothing they wear to products they use every day. Choosing more 'stylish' safety accessories is one way to go.

To improve quality of life and inspire confidence, Medline, a leading provider of consumer medical products, teamed up with Martha Stewart to introduce the Martha Stewart Home Comfort Care Collection. The line of design-inspired safety and mobility products combines sophisticated design and dependability to help those who use them look and feel their best.

"We are excited to enter into this unique partnership," said Dawn Freitag, Medline senior marketing manager. "Martha Stewart's signature style has always set the standard for better, more enjoyable living and this line of mobility and bath safety

products is no exception. We believe these fashionable, modern designs along with our top-rated quality and value pricing will help seniors live their happiest, healthiest lives with exceptional safety, security and style."

Consider these supportive care products to maximize style and safety, and find the full collection by visiting athome.medline.com.

Around the Home

The right mobility aid can help you navigate your home. One option, the Adjustable Rolling Walker, combines a chic, sporty checked pattern with renowned functional features to help you easily stand and walk safely and independently. Its smooth-rolling, all-terrain wheels make it easy to get around in or outside of your home while push-down, locking brakes are ready for a rest stop at any time. Plus, it easily folds for travel and storage, and features under-seat storage and adjustable easy-grip handles for a custom fit and fashionable function.

For the Bathroom

The most essential purpose of bathroom safety aids is to prevent falls on wet, slippery surfaces. Beyond securely-attached bath mats and grab bars, the Martha Stewart Euro-Style Shower Chair allows you to sit while showering for extra peace of mind. With built-in handgrips and a backrest for comfort, the rust-resistant chair also features adjustable, push-button height settings to improve stability and built-in Microban protection to resist mold and mildew.

In the Bedroom

There are numerous products designed to maximize rest, relaxation and safety in and around your bed. To help you get in and out of bed, an Adjustable Bed Assist Bar slides around the side of the mattress - without floor legs that may pose a tripping hazard - to offer support. With a stylish faux woodgrain bag design and neutral color, the bar seamlessly blends in with bedding and linens to provide both function and flair.

New Resources For Those That Are Living With COPD

(StatePoint) Chronic obstructive pulmonary disease (COPD), a long-term lung disease that includes bronchitis and emphysema, is a leading cause of disability and death in the United States. More than 12.5 million people have been diagnosed, but millions more may have the disease without even knowing it.

Given the tremendous impact COPD has on individuals, it's no surprise that it is a significant healthcare burden in the United States. In 2019 alone, there were close to 1,320,000 emergency department visits due to COPD and close to 536,000 hospitalizations. The total economic cost of COPD in this country is close to \$50 billion

each year.

COPD can impact all aspects of one's life, making basic household and personal care tasks difficult. However, there are numerous actions a person with COPD can take to feel better and reduce the disease's impact.

Those who are newly diagnosed with COPD often have many questions about what they can do to feel better. With this in mind, the American Lung Association has launched COPD Basics, a one-hour online course that is free and open to all. Designed to improve COPD care, the course is meant for people living with COPD, their families and healthcare professionals, such as nurses, physicians and respiratory therapists.

The COPD Basics course will teach participants about COPD risk factors and prevention; recognizing the symptoms and diagnosing COPD; maintaining a high quality of life while living with a chronic disease, and the latest treatments and medications. Healthcare professionals who complete the course may be eligible to receive continuing education credits or contact hours. If you or a family member has recently been diagnosed with COPD, take the COPD Basics course at Lung.org/COPD-Basics.

There is currently no cure for COPD, but new resources can help those living with the disease manage their condition.



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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 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 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

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Photos courtesy of Getty Images

5 Lifestyle Changes to Help Combat Incontinence

FAMILY FEATURES

Sometimes living a healthy lifestyle can feel like an impossible task when combined with all your other responsibilities like working a full-time job, taking care of family and friends or spending time in the gym. Add dealing with an underlying health condition and it may seem almost overwhelming.

For example, a condition such as urinary incontinence is a common problem that is often difficult to manage and can range from a light leak while coughing or sneezing to even greater loss of bladder control.

In fact, almost two-thirds of U.S. women over the age of 20 will experience leaking, according to the experts at *FitRight Fresh Start*. While stress, aging and obesity can cause incontinence, certain health events unique to women such as pregnancy, childbirth and menopause can also cause problems with the muscles and nerves that help control your bladder.

Consider these healthy lifestyle changes to help combat issues like urinary incontinence:

Focus on Fluid Intake

While it may seem counterintuitive when dealing with certain conditions, it's important to hydrate appropriately. In fact, drinking too infrequently can cause other issues like dehydration. To avoid frequent or urgent needs to urinate, the Mayo Clinic recommends drinking smaller amounts throughout the day, such as 16 ounces with each meal and 8 ounces between meals. If you find yourself waking multiple times at night to urinate, try drinking more of your fluids in the morning and afternoon rather than evening, and avoid alcohol and beverages with caffeine like coffee, tea and soda.

Make Dietary Modifications

The things you eat can have an impact on your condition – both positively and negatively. For example, alcohol, spicy foods, chocolate, artificial sweeteners, caffeinated, carbonated and citrus beverages; and high-acid foods, like citrus and tomatoes, may contribute to bladder irritation, according to the National Institutes of Health. On the other hand, consider incorporating more of these foods considered good for bladder health:

- Blueberries
- Green beans
- Cauliflower
- Winter squash
- Sea bass
- Eggs or egg whites
- Whole grains
- Nuts

Manage Bladder Leaks

Changing day-to-day habits may improve bladder control, but for those living with leaks, it's important to manage the condition rather than letting it disrupt your life or define you. One way to do that is choosing products that allow you to live your life to the fullest.

For example, created for women by women, *FitRight Fresh Start* offers a range of options including discreet underwear, surface protectors, liners and pads that fit close to your body and smoothly under your clothes – all available in a variety of sizes and styles – deliver one-of-a-kind wetness and odor control and uncompromising personal care. The proven power of *Arm and Hammer* Baking Soda helps fight odor faster and longer, and ultra-advanced materials instantly absorb and trap moisture to keep you feeling dry and confident all day long. Additionally, they're built for maximum comfort for discreet use whether you're staying on the couch or heading out on the town, and the 100% breathable materials enriched with vitamin E help soften and protect sensitive skin.

Maintain a Healthy Weight and Stay Active

Two factors that have been shown to be part of nearly every healthy lifestyle include overall body strength and weight loss, which can be improved by increasing physical activity. Seek out exercises you enjoy so you can get physical while having fun. Aim for 30 minutes daily of low-impact activities such as brisk walking, biking or swimming.

Stop Smoking

As a habit that can be detrimental to overall health, smokers are also more likely to suffer more severe symptoms from a variety of conditions, according to the Mayo Clinic. For instance, heavy smokers may also develop a chronic cough, which could cause pressure on the bladder, further aggravating urinary incontinence.

Find more savvy tips to slow urinary incontinence at FitRightFreshStart.com.



FRESH STRATEGIES

FRESH FACTS ABOUT BLADDER LEAKS

WHO LEAKS A LITTLE?

A lot of us in the U.S. Nearly two-thirds of women over 20 deal with bladder leakage—that's 78 million of us!

1 in 3 women experience urinary incontinence (UI) almost every day.¹

28 million women experience moderate or severe urinary incontinence.¹

LEAKAGE HAPPENS FOR ALL KINDS OF REASONS

Stress incontinence is the most common type of bladder leak and the one most likely to affect younger women.²

TYPICAL TRIGGERS*

- 99%
Coughing or sneezing
- 88%
Laughing
- 81%
Exercise

Urge incontinence is a strong, sudden need to urinate without delay, leading to leaks and accidents.¹

Nearly a third of women have experienced the urge!¹

Tell yourself

"Does being dehydrated, humorless and inactive sound like any way to live?"

Ask Yourself

"No leaky bladder is going to define or confine me. I'm finding my Fresh Start!"

DO Stay hydrated and healthy

DON'T Limit liquid intake

DO Live life fully

DON'T Hover next to bathrooms

DO Keep moving

DON'T Skip the gym

DO Laugh a lot

DON'T Skip comedy clubs

DO Use the best protection

DON'T Make do with period pads

© Source: University of Michigan Health. © Source: University of Michigan Health/Johns Hopkins. © Source: US Department of Health & Human Services, Office of Women's Health. © Source: Healthline. © Source: Paper Direct.

FitRightFreshStart.com © 2022 Medline Industries, LP

Understanding Urinary Incontinence

If you're experiencing bladder leaks, dealing with them and the frustrations they bring shouldn't keep you from freely living your full, multifaceted life. Designed for women by women, *FitRight Fresh Start* offers this information to help you learn about leaks and understand what's happening to give you the power to keep bladder leaks from disrupting or defining your life.

Common Kinds of Urinary Incontinence

- **Strong urges:** That overwhelming need to use the restroom right away is known as urge incontinence, which frequently involves some level of unwelcome, involuntary leakage.
- **Stress and pressure:** This is the type of incontinence many people experience and hate when they leak a little (or sometimes a lot) simply because a tiny sneeze or good laugh put extra pressure on the bladder. Jumping and heavy lifting are also causes.
- **Ongoing overflow:** If it feels like your bladder is never completely empty and you feel a slow, continuous drip, you're experience overflow incontinence.

Common Causes of Urinary Incontinence

- **Motherhood:** Carrying a bundle of joy inside your body for nine months then giving birth is bound to put pressure on your pelvic floor muscles, which don't always bounce back, especially after multiple births.
- **Menopause:** Leaks can begin in perimenopause, before you actually stop having periods, usually in your 40s or 50s. As hormones shift, lower estrogen levels can lead to less elastic, weaker pelvic floor muscles.
- **Medical issues:** Health conditions like diabetes, nerve or joint conditions, urinary tract infections and obesity can cause bladder leaks, too, as well as physical limitations that inhibit your ability to make it to the bathroom in time.

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All About Byron Price



KAREN ZACH
Around The County

Always fascinated with newspapermen, I ran into this one the other day and thought, "He would be great to share with my readers." Hope you enjoy!

Meet Byron Price, who was born 25 March 1891 in Topeka, Indiana and has such a wonderful story about how he became interested in what would become his life-long career and work that began at about ten years old when he became a newspaperman, publishing a paper centered upon the happenings of the family farm. Everyone enjoyed the humor, statistics and such written in pencil on used wrapping paper, until the boy started telling secrets on his sisters and this was his first brush with censorship as his father (John and mother, Emmeline Barnes) put a stop to the creative little issues.

Byron was a farm boy where he did much hard work (plowing, planting, milking...). He attended a country school in LaGrange County where he learned the basics, then graduated from Topeka, HS. Each day, he hitched his horse to a two-wheel cart and headed to learn. He kept that love of newspapering alive being the editor of the Topeka HS "Index."

His appetite for learning never seemed to stop. He headed to Crawfordsville, Indiana to Wabash College where he began his four years there, buffed from farm work, determined to complete college with a good standing, a way with words, but barely a nickel in his pocket. (Indianapolis Star 3 Jan 1937 p 39). Immediately, he got a job with the Journal, writing a column (as well as one for the Indianapolis Star) about college life and happenings. Oh and he edited the twice-a-week Bachelor for two years. Impressive! But, wait! He also got a job with the Journal delivering the newspapers his articles were in. Wait! While delivering the papers, he stopped at three homes (Peck, Merrill and Voorhees) and fired-up their



furnaces each morning. Wait! In the evenings during his time at Wabash, he worked behind the counter and on weekends, cooked at the Ben Hur Dairy Lunch café. Yet, there is more as he swept the floors of several local businesses, including Otto's Jewelry store. Then in his junior and senior years, he served as secretary to President (George) MacKintosh. Dr. Mac was pleased to hire a student; however, Byron was lacking shorthand and his typing skills left something to be desired. This young man was amazing! He attended night school at the Crawfordsville Business College which would serve to be helpful in his chosen career in life and got him his job with President Mac! He lived at the Merrill home most of his college days. A member of the Phi Delta Theta fraternity, he was also in a literary society group and in Feb 1911 (Greencastle Herald 25th p 2) he was the representative from Wabash in the State Oratorical Contest. Natural Forces in the Development of World Peace was his topic and he won! Ironically, it was the only first win for the Giants in 27 years, President MacIntosh himself winning the honor in 1884. (Greencastle Herald). Unbelievable that he was so involved in all these activities, yet still found time to be active in YMCA plus he had such high grades he was awarded the Phi Beta Kappa Key. (Greencastle Herald).

Lawyering was his chosen field, and after leaving Wabash, he was offered a teaching job and planned on doing that while studying to become an attorney. However, during that summer he worked in the United Press Bureau at Chicago. Newspaper work was his love forever after! Next, he took a position with the Associated Press. 1914 brought him a summer job on the AP Washington Bureau staff assigned to the Senate, White House, State Department. From this job, he took a leave of absence to go to the service where he was an In-

fantry Captain (Co F 52nd Inf). On his WWII Army card he was described as being 5'10", with blonde hair, gray eyes and weighing 190# with ruddy complexion. Upon his return he went back to Washington and was involved with interesting assignments, including traveling with President Wilson, followed Harding's "Front Porch Campaign", (Indy Star 3 Jan 1937), covered the Leo Fran murder case; attended the 1930 naval conference in London; plus 11 Republican and Democratic National Conventions while working in many AP cities (New Orleans, Washington, NY and Atlanta mainly).

With the Associated Press for 29 years, President Roosevelt chose Byron Price as the Director of Censorship during WWII. Although he accepted the job, he owned serious misgivings about the whole affair. "The word censorship arouses instant resentment, distrust and fear among free men," he noted. Yet, he forged ahead and did an amazing job with the distinct purpose "of keeping dangerous information from the enemy." His staff was between 12-14,000 workers who examined letters, cables, radiograms, films, monitored overseas telephone calls and checked documents carried by foreign travelers. (Jacobs, Harvey. Indianapolis News 5 Sept 1981 p 4).

In 1920, he was married to Priscilla Alden Brown on the 3rd of April at the 5th Avenue Presbyterian Church in NY city. She was a direct descendant of John and Priscilla Alden and active in various related groups but her big thrill was to christen the ship, Priscilla Alden when it was launched in 1943 at Fairfield, Maryland. She passed away in 1978 after having been married to Byron for 58 years; he died 6 August 1981 at age 90 in their final home in Caroline Village, (a retirement community in Hendersonville, NC) after wrapping-up his career as assistant secretary-general of the United Nations, a true "American," who loved his country immensely and who was a Montgomery Countian briefly - glad we got him for a few years, at least!

Thanks to the Indianapolis News Wed 5 May 1948 p 11 for the photo

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.

Great School Memories From Tom Thompson



BUTCH DALE
Columnist

NOTE: In 1988 I wrote a book about the history of Darlington School, and I interviewed several former students. The following was written by Tom Thompson, who graduated from DHS in 1950 and taught and coached for 34 years in the Crawfordsville schools. He passed away in 2017 at the age of 85.)

"Darlington School holds many wonderful memories for me. In grade school, all of my teachers—Mae Hunt, Lola Rankin, Lucille Cox, Alberta Royer, Mid Edwards, and Raymond Brown—were good teachers and disciplinarians. And I'll tell you, you did not want to go to the cloak room with Brownie! In the first grade, I remember being sent out into the hall, along with Ed Butler, Lyle Lidikay, and John Marshall, for putting pencils in our ears and up our noses. In fourth grade, we finally got Albert Parker to play with us, and then he broke his arm at recess! And watching Barry Booher break teacher Ed Miller's glasses in a softball game... I never saw a kid hate to go inside after recess as on that day. Ed let him live, by the way. And if you wanted basketball time in the gym, you saw how fast you could get your gym shoes on and get in line.

This era was a proud and happy time because World War II was coming to an end. I remember going to Crawfordsville the night the war was over and seeing the victory celebration. This was quite a sight to see from the eyes of an eighth grader. One of the things I remember well was being able to walk to school with Sam Thompson and Charlie McCafferty... they were four years older than me, and this was my first sex education... just kidding! I also found out there were other people going to school with me besides boys. My first hay ride, my first kiss, my first show date, my first

crush on an older woman (still in high school)... what a great time! I got high on just being alive. I wouldn't have needed drugs even if they had been around.

I didn't miss many varsity games when I was in junior high. My Dad hauled me and anyone else who wanted to go as far as an "A" gasoline card would take us. I think we cheated and used a little farm gas for this patriotic adventure. I had watched guys like Mutt Warren, Bill Dale, and Bill Stewart when I was in grade school, then I would pick out the players who I wanted to copy... also players like Bob Gooding and Charlie Arvin of Waveland, and Charles McCafferty of Darlington.

There were many funny incidents in our class, but I'll only mention a couple. Watching Leonard "Couch" Davenport to his thing in class was great... this guy was world class pantomime. The expression on Don Goldsby's face as he was escorted to the cloak room by Brownie... Bill Tinchler trying to order drinks sent up to our room on our Senior trip... Our trip—what a joyful enlightenment!

In trying to think of the worst moments, I'm sure there were some. I imagine that my folks closed their eyes to some of the things I did, but time has graciously faded the memory of anything that I thought was really bad. If I'm labeled a sentimental, then I plead guilty.

I've always felt that I got a good basic education by going to Darlington. The teacher to student ratio was much better than it is now, and the teacher-parent relationship was close. Today that does not exist. From the first grade to Senior class, we were our own miniature community. This opportunity of closeness has been a part of our heritage which the following generations will miss out on.

Darlington School was a comfortable place which I liked going to. I knew each day it had something to give me, and it was up to me to receive it. I am far richer because of all the lifelong friends I made in the twelve years that I attended DHS."

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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There Are Some Choices That Last An Eternity



TIM TIMMONS
Two Cents

Getting older changes things, doesn't it? (Yup, that was rhetorical.) When I was younger, I used to look forward to Saturdays. When I was really young, it meant no school, sleeping in, Saturday morning cartoons and in general playing all day. A few years after that, there was softball tournaments, golf outings and hanging out with buddies. Then came family outings, taking the girls to the zoo, amusement parks, state parks and so on.

Now? Well, one of the great things about Saturdays is a quiet office and a chance to catch up on all the stuff that I didn't have time to get to during the

week. I wonder exactly when a happy Saturday went from play to work? I wonder what that says about me? Maybe I should quit wondering? But then I realized that my wandering mind was getting in the way of me getting anything done so I turned back to my desk and –

AAAGGH!
John Hammer, the incredibly massive John Hammer was standing in my door. I hadn't heard him come in. Had no idea he was there or how long he had been. All I knew was he scared the living bejeezus out of me.

"Lord, John! You do realize that one day you are going to give me a heart attack, don't you?" I managed – trying to get my breathing back to normal. It's not that I'm afraid of the man they call Hammer – well, mostly. It's just that he always does this. It's like being in your house and you turn around and your spouse is right there. It gives you a start.

If you aren't familiar

with him, John is an incredibly large man. His calloused hands are the size of baseball mitts and the result of decades of honest, hard work. His neck is twice the size of mine and the skin is the texture of rough, yet worn-out leather. When he talks, which isn't all that often, his gravelly voice sounds like it's been drug over two miles of bad country roads. And if there is anyone who loves his country more, I haven't met them yet.

"Well, since it appears the EMTs aren't necessary, what can I do for you, John?"

"You know I don't wear my religion on my sleeve," he began, a little quieter than usual.

"Sure."
"But Timmons, I swear, there is evil in this world."

I smiled. "John, there's always been evil. Look at Sodom and –"

"I know that," he snapped. "I'm not saying there has never been, but Timmons, I swear there's stuff going on that is get-

ting worse by the day."

"What do you mean?"
"Well, we know that politicians lie," he said. "Nothing new with that. But the level they're doing it now is pretty unbelievable."

"I don't know John, do you remember Richard Nixon?"

"It's not just that," he said in a tone that clearly said I wasn't catching on. "Look at the violence in the world today. Indianapolis has turned into, well, I don't know what. And that shooting in Nashville, Tenn. That shooter went in and targeted Christian kids."

"Look, John, you can't take one isolated incident and –"

"Isolated?" Hammer boomed. "Isolated? Have you not been paying attention, Timmons? There's been more criminal acts against churches in the last few years than ever, and 2023 is even worse."

Hammer was referring to a report I read from the Family Research Council that documented more

than 400 incidents against churches from 2018 to 2022. Things like bomb threats, arson and vandalism. According to the study, 2023 is on track to be the worst year yet.

"And we're fighting about putting sexually explicit books in school libraries, Timmons... SCHOOL LIBRARIES! And good people, people who are smart and seem to mean well, are screaming that those who don't want the books in front of school kids are like the Nazis, that they're banning books. Hell, Timmons. Books like that have been available in our public libraries for a long time and no one has suggested getting rid of them. There's no banning of books here. It's just plain common sense that you don't put that stuff in front of kids."

"Look, John, I get it. There's a debate –"

"There shouldn't be, Timmons," he shot back. "The point is that the world has changed and now people are saying that kids, little kids and

kids in general, should be exposed to things that not too damn long ago would have been called pornographic."

Hammer paused. He almost seemed out of breath.

"I'll tell you this, Timmons. There's something at work in the world today. You can call it good and evil on a God-kind-of-scale or you can call it whatever you want. I'm not smart enough to know the answer. But I do know this. In my heart I believe it's time to think about what we believe and start making some choices."

"What kind of choices, John?"

"The kind that last an eternity."

With that, the Hammer walked away. But his words stayed.

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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Sunday, July 9, 2023

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Ask Rusty – Why Can't I Collect Survivor Benefits From My Deceased Wife?

Dear Rusty: I am a 62 year old widower that is still working full time. While my late spouse was in hospice, I was able to get her to apply for Social Security disability and she received one payment before she passed away two years ago. I was told that I could collect a survivor benefit, so I called my local Social Security office, but they told me that I could not collect any type of benefits from my wife and that all the money she paid into SS for all of those years was basically gone for good. Would you please advise what I can do and if this is true? I was also told that Social Security's agents will do everything they can to avoid paying out benefits. Signed: *Frustrated Widower*

Dear Frustrated Widower: I suspect that

the reason Social Security said you were not eligible for benefits as a widower is because you are working full time. At age 62, you are subject to Social Security's "earnings test" which limits how much you can earn while collecting early Social Security benefits. The 2023 earnings limit is \$21,240 and, if that is exceeded, SS will take away \$1 in benefits for every \$2 you are over the limit. If your earnings are high enough, that could make you temporarily ineligible to collect benefits until 1) your earnings are less, or 2) you reach your full retirement age (FRA) when the earnings test no longer applies.

Assuming you have not yet claimed your personal SS retirement benefit, you are still eligible to collect a survivor benefit from your wife when your earnings are less or after you



ASK RUSTY
Social Security Advisor

reach your full retirement age. One strategy you may wish to consider, if you plan to keep working full time, is to wait and claim only your surviving spouse benefit at your FRA (67), thus allowing your personal SS retirement benefit to continue growing until you are 70 when your personal SS retirement benefit will be about 75% more than it would be now. Although your survivor benefit reaches maximum at

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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

your FRA, your personal benefit doesn't reach maximum until age 70, so it's possible to collect your smaller survivor benefit from your wife first and claim your higher personal benefit later.

You were apparently given some confusing information when you contacted Social Security. If you haven't already claimed your own SS retirement benefit, you are still eligible for a surviving spouse benefit

from your wife but likely cannot collect a widower benefit at this time because you're working full time. However, that doesn't mean you can never collect a survivor benefit; only that you can't collect it at this time because of the "earnings test." The earnings test goes away when you reach age 67, so you can claim only your survivor benefit at that time (or before if you no longer work full time) and allow

your personal SS retirement benefit to continue to grow (to age 70 if you like).

From our experience with the Social Security Administration, the skill level of SSA representatives varies but we have never suspected their goal was trying to avoid paying benefits due. Nevertheless, depending on the agent you spoke with, the information provided may have been less clear about the best claiming strategy for you - which is why the AMAC Foundation's Social Security Advisory Service exists. Our advisors are all highly experienced and strive to provide you with complete and clear information which enables you to make an informed choice about how and when to claim the Social Security benefits you are entitled to. I hope we have succeeded.

Butch Remembers Going To Vacation Bible School



BUTCH DALE
Columnist

According to my folks, I was a little "ornery" as a toddler, so when I turned four years old, my Dad started taking me to Sunday School at the Methodist church in Darlington. They felt it was important for us kids to attend Sunday School or church to gain a basic Christian education. At that time in the 1950s, most all of the parents, including those who did not attend church, felt the same way.

During the summers, the three Darlington churches combined to sponsor a one-week long Vacation Bible School. The three ministers organized VBS, and they were assisted by church members and local schoolteachers. A variety of activities were held each day, and attendance often reached upwards of one hundred children of all ages...from kindergarten to high school. I always

looked forward to Vacation Bible School, and I had great teachers such as Mary Price and Marian Doubet. In 1957, my class made a scrapbook of prayers, poems, quotes, and Bible passages...and I still have that scrapbook today!

But times have changed. Church and Sunday School attendance has been in decline for many years. Our town and township still has a population of around two thousand, but the number of kids who attend Sunday School and Vacation Bible School is much lower than in the past. With the proliferation of various activities for kids nowadays...sports, school activities, swimming, camps, etc., many families have decided to put church activities on the back burner, and a Christian upbringing for their children is not a priority anymore. As a police officer, I often saw the results.

Now I'm not saying that going to church automatically insures that a child will grow up to be a good and kind human being. I have arrested adults who never missed a Sunday church service. Some people put on a good show. And I know several

outstanding kind-hearted people who never went to church in their lives. But for the most part, children who have some religious training have a much better chance to become responsible adults who care about others and will make the right choices.

In my 1957 Vacation Bible School scrapbook, I have the following quote from John Wesley, one of the founders of the Methodist religion:

"Do all the good you can...In all the ways you can...At all the places you can...At all the times you can...To all the people you can...As long as ever you can."

And another part of my little scrapbook says: "It's not so much the world outside that makes us sigh or smile; It's more the thoughts within our hearts that makes life seem worthwhile."

I'm glad my folks took me to Sunday School and Vacation Bible School. It was a special time in my life that I will always remember.

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history.

A Bluegrass Era Nearing Its End



RANDALL FRANKS
Southern Style Columnist

When I reflect upon my life, some of my greatest joy came upon the grounds and on stages of bluegrass festivals across the country.

My youthful days brought a desire to through an instrument in the car, a tent, sleeping back and enough clothes and food to get by while I took in day and evening shows and late night jam sessions.

The people attending, the performers became my family. I once compared the experience to living in Mayberry. We had a small town that each weekend moved to a new location with many of the same lovable characters making up our world.

All we did circled around a group of established and much loved performers whose talents surpassed all we knew and who could keep us mesmerized again and again as they flowed onto the stage and sang the songs that touched our hearts. The first generation of those performers were the kings and queens of our world. As fans we shared their lives in ways no other music industry ever afforded. We actually came to know them, their families, we often shared meals and laughed around the record tables to endless stories.

Most of that first generation has stepped off the stage. In recent weeks, the heavenly bluegrass band expanded by two more mandolin players and lead singers whose sound and songs were known around the world. First, Jesse McReynolds of Jim & Jesse and the Virginia Boys. His career spanned from 1947 until 2023. He and his late brother Jim joined the Grand Ole Opry in 1964. Their career was infused by breaking mu-

sical barriers and taking their unique bluegrass style across genres. They turned heads in the 1960s dedicating an entire album to the songs of Chuck Berry in bluegrass style. Johnny B. Goode became a career-long fan favorite. Jesse could as easily play with a Rock and Roll star as a Jazz virtuoso innovating his instrument with two distinct approaches including split-stringing and cross-picking. Both of which made him the envy of every player and an inspiration for generations.

He and his brother created bluegrass hits such as "Cotton Mill Man," "Paradise," "Sweet Little Miss Blue Eyes," "Hard Hearted," "Pardon Me," "Border Ride" while adding hundreds of songs to America's music catalog.

Of course, with their distinguished career came International Bluegrass Music Hall of Fame induction, America's highest musical award - National Heritage Fellowship, Grammy nominations, and countless other awards.

I first saw them as a youth at one of those festivals, and I was blessed to have them both as mentors in my life and career. I appeared both as a Virginia Boy and as a guest star on the Jim and Jesse Show. I slept in their bus and Jesse's house many times. No bluegrass legend invested more in my life than Jesse. He and Jim were my family, so with Jesse's passing I lost an adopted father in many respects. But the world lost a vital link to a generation of music performance which will never be again.

Another legendary figure, who I was also blessed to be friends with who died four days after Jesse was Bobby Osborne. Beginning as part of the Hall of Fame Lonesome Pine Fiddlers in 1949, he and his brother Sonny - The Osborne Brothers, also joined the Opry in 1964. Before that they performed with the Stanley Brothers, Red Allen, Jimmy Martin and others. Their vocal blends combined with the coordination of their banjo and mandolin talents endeared them to worldwide

audiences. Their albums were an annual feast of what was going to be the next hot song heard in jam sessions. On stage, they were unmatched in their ability to entertain. If you are from America, you probably heard their big hit "Rocky Top," which they popularized. Bobby could sing "Ruby, Are You Made At Your Man" with a voice so high he could catch the birds in flight above the stage he was singing upon. They also added hundreds of stylistic performances to the American songbook - "Big Spike Hammer," "I'll Be Alright Tomorrow," "Up This Heal and Down," "Pain In My Heart," "Me and My Old Banjo" and others.

They also were International Bluegrass Hall of Fame inductees. Among their awards were major ones in both country and bluegrass and they also received the National Heritage Fellowship Award. I was honored to feature The Osborne Brothers on shows I produced. I will add my sorrow among the many fans who will miss Bobby. There are only a handful of the first generation performers remaining. These were the last two among the Opry family, which added to their legacy. I wish I could once again throw my fiddle in the back of the station wagon and head down some old dirt road to a pasture by a creek where in front of a stage thousands were gathered around to hear Jim & Jesse and the Osborne Brothers and so many other legends once more. We sure were blessed to have known 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 Music City Murder Mystery." He is a syndicated columnist for <http://randallfranks.com/> and can be reached at rfrankscatoosa@gmail.com.



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Life Coaching Is Often Missing



GLENN MOLLETTE
Guest Columnist

What is next for you? Are you making plans for furthering your education?

Are you interviewing for employment? Are you debating about your career path? What type of occupation will be fulfilling and pay the salary you want to earn? Possibly you are making plans to get married? You may be wondering about the best strategies for buying a house or saving for retirement.

Consider talking to people who are doing what you want to do.

Life coaching and mentoring are sadly missing today. It's missing in our schools, churches and even worse, our families. Young people are desperate for the wisdom of senior Americans but most of the time think they know everything. We all thought we knew everything when we were young. Looking back, we

now realize how little we really knew.

Throughout life we are typically stuck with figuring it out by ourselves. We made the choice to make our own decisions. When we make our own decisions then we can't blame anybody but ourselves. However, education is expensive. Learning the hard way is never fun. You have heard people say, "Let him figure it out. He'll learn." This is typically true, but if your grandchild is about to pick up a poisonous snake, would you just stand back and let the child learn? Would you not care enough to snatch the child away from the snake? Of course, you would save your child. You can't save everybody, but when you can, then why not do what you hope someone would do for you?

If you consider yourself a young adult then you need to interview some older people. You need to ask questions about their vocations, businesses, and whatever path they have walked. How did they do what they have done? What would they do over? What would they never do again? What would be their advice to you about life in general, money, marriage, faith, church, raising kids and anything else. You might

be surprised at what you will learn.

Most older people think no one wants to hear their opinion and too often it's true. Sadly, years of life experiences, worth more than money could ever buy, are never utilized.

Every high school and church should have an occasional life coaching day. A day when some of the community sages are invited to sit and field questions from small groups and even talk one on one.

You may not always hear what you want to hear. Sometimes the truth is surprising. Always keep in mind that the truth will set you free. Proverbs 19:20 says, "Listen to advice and accept discipline, and at the end you will be counted among the wise."

Keep in mind that advice giving should always be done in love and gentleness.

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

CENTER for RURAL AFFAIRS

Bill In Congress Would Support Beginning Farmers And Ranchers

By Kate Hansen, senior policy associate, Center for Rural Affairs

In the years ahead, U.S. agriculture as we know it will be shaped by transitions. Recent figures show that 34% of our nation's farmers and ranchers are above the age of 65, and only 8% are younger than 35. Supporting the next generation of agricultural producers will be crucial to keeping people on the land, ensuring rural communities are vibrant, and strengthening our food system.

For beginning farmers and ranchers to be successful, they must be able to manage risk. One of the tools available to them is crop insurance, a series of federal programs that protect in the case of crop, livestock, or revenue loss.

A bill recently introduced in Congress by

Iowa Rep. Randy Feenstra and Minnesota Rep. Angie Craig, the Crop Insurance for Future Farmers Act, would support beginning producers by making changes to how they are defined and assisted.

Most U.S. Department of Agriculture (USDA) agencies offer unique support to producers with less than 10 years of experience.

Yet, the agency that administers federal crop insurance caps beginning producers at five years of experience. This cuts the benefits available to them—such as waived administrative fees and the ability to build on crop records from a previous operator—in half.

Rep. Feenstra and Rep. Craig's proposal would bring the crop insurance definition for beginning farmers and ranchers to 10 years, in line with other USDA programs.

It would also increase subsidy assistance for a producer's first few crop years. This means they would pay less for insurance coverage as they work to become profitable.

Sponsored by both a Republican and a Democrat, the changes prove agreeable on both sides of the political aisle. As members of Congress draft the farm bill, they should prioritize the next generation by including provisions of the Crop Insurance for Future Farmers Act.

Established in 1973, the Center for Rural Affairs is a private, non-profit organization working to strengthen small businesses, family farms and ranches, and rural communities through action oriented programs addressing social, economic, and environmental issues.

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OFFICE AND DATA MANAGER FOR HEDS

Wabash College is searching for a temporary, part-time Office and Data Manager for HEDS. Housed at the College, HEDS is a nonprofit organization of more than 200 colleges and universities committed to sharing data, knowledge, and expertise to advance undergraduate liberal arts education, inclusive excellence, and student success. You can learn more about HEDS at: <https://www.hedsconsortium.org>

This person will support the work of the HEDS directors to implement the HEDS mission and assist with the HEDS institutional data exchanges. The position would end on December 31, 2023.

To learn more about the details of the position and how to apply, please visit the College's hiring website at www.wabash.edu/ employment. Review of applications will begin immediately and continue until the position is filled.

Wabash College, a liberal arts college for men, seeks faculty and staff who are committed to providing quality engagement with students, high levels of academic challenge and support, and meaningful experiences that prepare students for life and leadership among diverse populations around the globe. Wabash is an equal opportunity employer and welcomes applications from persons of all backgrounds.

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Find Adventure And Fun In The Natural State

(StatePoint) Love hiking in the great outdoors? Enjoy authentic, local cuisine? Get a thrill hurtling down mountain biking trails? Whatever sort of adventure you're craving, Arkansas, also known as "The Natural State," is a great destination to consider.

"With wide-open landscapes, an abundance of natural resources, and friendly hospitality, an Arkansas trip is unlike any other," says Shealyn Sowers, chief of communications, Arkansas Department of Parks, Heritage and Tourism.

As Sowers points out, Arkansas is known as The Natural State for a reason. Hiking, floating, fishing, hunting and cycling are just a few of the many outdoor activity options available, along with golf, ATVing and even hang gliding. You can even take a back-country aviation adventure and literally camp next door to your plane.

Arkansas is home to some of the best mountain biking trails on the planet, not to mention the first national river (Buffalo National River) and the first unit in the National Park System

(Hot Springs National Park).

If your choice of adventure is more urban than outdoors, check out Bentonville, which is home to one of the finest American art museums in the nation, Crystal Bridges Museum of American Art. The capital city of Little Rock offers art and museums, along with unique dining and cultural experiences. New this year, the Arkansas Museum of Fine Arts recently reopened in Little Rock following an almost four-year renovation and reimagining. The museum's art collection spans the 1300s to present day, with 14,000 works.

What else does Arkansas offer?

You can dig for diamonds and keep what you find at Crater of Diamonds State Park in Murfreesboro.

Tour one of only two purse museums in the world at ESSE Purse Museum in Little Rock.

And enjoy James Beard Award-winning cuisine at Jones Bar-B-Q Diner in Marianna and Lassis Inn in Little Rock.

Arkansas also celebrates its native sons Johnny Cash and Bill

Clinton, and you can visit sites that recognize their contributions to American culture and history. In Dyess, tour the Johnny Cash Boyhood Home and in Little Rock, explore the William J. Clinton Presidential Library and Museum.

You'll also find plenty of inexpensive family activities, including in Arkansas State Parks, which are completely free to enter. This year marks the 100-year anniversary of the founding of Arkansas State Parks, and you can find activities and events commemorating the occasion throughout the year. Pick up your free passport at an Arkansas State Park visitor center and begin recording your travels. All 52 state parks are free to enter and offer diverse experiences. Whether you're a history buff, love to hike, paddle, bike, wildlife watch, fish, kick back and relax, or all of the above, there is a state park for you.

For more trip ideas and inspiration, visit www.arkansas.com.

"There's no doubt you'll find plenty to do in The Natural State," says Sowers. "We can't wait to see you!"

5 Ways To Live Your Best Travel Life This Summer

(Statepoint) Summer travel is heating up despite packed airports, crowded destinations and rising prices. In fact, 80% of Americans are planning to travel as much or more than they did last summer, according to a new Harris Poll survey from T-Mobile.

No matter where you're going, here's how to watch your wallet while making the most of your adventures.

Plan Ahead: With international travel restrictions lifted, global bookings have surged by over 200% compared to last year, according to AAA. And some of the most popular destinations searched for on Google Flights for this summer are London, Cancun, Paris and Rome. If you're planning to travel internationally and need a passport, estimated processing times are 11 to 13 weeks instead of the usual 8 to 10 due to an uptick in applications and demand. So, get going!

Be Flexible: If you can avoid traveling during peak summer travel season from mid-June through August, try booking during the "shoulder

season," which is the time just before and after. For this summer, travel experts recommend booking travel in September to reduce cost.

Stay Connected: Reliable wireless when traveling is no longer a luxury, but an absolute necessity, with 95% of American travelers in the T-Mobile survey saying it's a travel essential. Some phone plans — like the new Go5G Plus from T-Mobile — give customers built-in travel benefits and coverage that works the minute you arrive. With free in-flight Wi-Fi and free high-speed data in more than 215 countries — the journey is seamless from start to finish and all included in the price of your monthly plan. To learn more about T-Mobile's travel benefits and their new Go5G plans, visit t-mobile.com/cell-phone-plans.

Pack Smart: An estimated 2.2 million bags were lost or mishandled on U.S. airlines in 2022, an increase from 1.4 million in 2021, according to the 2022 Air Travel Consumer Report. If you're nervous about

checking your luggage, place an Apple AirTag in your bag or luggage to know where it is at all times. Some bags, like T-Mobile's limited edition Un-carrier On, even come packed with the tech you need to ensure a smooth trip, including a power bank and smart tag device.

Use Points: According to T-Mobile's Harris Poll survey, nearly half (47%) of summer travelers used miles, points or rewards to book their summer travel this year and nearly two-thirds of all travelers (66%) rely on discounts and deals when booking travel accommodations. Certain credit cards give you points or miles to use for future travel when you sign up. If you're a T-Mobile customer, you can save up to 40% on select hotels and car rentals by booking through T-Mobile TRAVEL from Priceline. Most bookings come with free, flexible cancellations so you can plan with peace of mind.

Americans are eager to travel this summer, and with a little planning, nothing should get in the way of some much-deserved R&R.

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*Subscriptions expire 12-31-23



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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