

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

The Paper's First Ever Telethon Is Almost Here!



TIM TIMMONS
Two Cents

What started as a wild idea is almost here.

The little paper that could may be the only paper in the country to try a telethon. I'm not sure what that says about us, but hey, let's go with something good.

Actually, let me start by clearing up a few misconceptions. This is not, let me repeat, NOT a charity fundraiser. The Paper is a for-profit business, just like the radio station and the grocery store and the auto mechanic . . . well, you get the idea. If we don't make enough money to pay our bills, and our employees and our vendors, well, believe me when I tell you, you wouldn't be reading these scribbles today.

No, this isn't a charity. But we thought this telethon idea might have positive impacts for:

- A. The community
 - B. The sponsors
 - C. The participants
 - D. And oh yeah, us
- Here's the how's, why's and wherefores.



Steve Trent

First, we are selling sponsorships. We believe that advertising, like anything, is best when it stays fresh and new and creative. Anything that does that tends to get noticed, and well, advertising – in order for it to work – needs to be noticed. Besides, our cousins in the radio biz have been selling sponsorships of various programs – high school football and basketball games come to mind – since back when Paul Harvey's went through puberty.

And if you run a business and would like to get in on the act . . . just let me know. The more the merrier.

Those sponsorships take care of B and D from above list.

And before I go any further, let me say a word or six about one of the sponsors –

Cornerstone Masonic Event Center. We are so excited to be there, and those good folks could not be nicer to work with. Our community is truly lucky to have such a great facility right in the middle of beautiful downtown Crawfordsville.

As for item A, the community, well heck, you know. That's what we do. The Paper is well on track to donate more than \$120,000 in our community stewardship program. We give away ads to churches and various non-profits all the time. Do we do that so said advertisers will spend money with us? Of course not. It's simply the right thing to do. And sadly, that used to be a fairly common practice among community newspapers . . . and just isn't anymore. Trust me, I am back on the Hoosier

Want TO GO?

Who: Your favorite Montgomery County Daily
What: The first-ever newspaper telethon in Montgomery County history
When: Tuesday, July 18, 7 a.m. to 7 p.m.
Where: The beautiful Masonic Cornerstone Event Center (and streaming live at www.thepaper24-7.com and on YouTube)
Why: Tune in and find out!

State Press Association board (for the third or fourth time) and the unhappy truth is that there aren't that many locally owned newspapers left. Out-of-state companies own most of the dailies in Indiana. Hey, there's nothing wrong with other states. But companies a few hundred miles away don't tend to embrace this community very much. What's the old saying? Charity begins at home.

This telethon will help the community in several ways. First, it is a different way of sharing news. Who knows if it will become more than a one-time event, but for 12 hours next Tuesday, you can get a live update by just tuning in. Second, we are going to offer existing and brand-new customers one heck of a deal on subscriptions for our Online Edition. (And yes, I know . . . a lot of you who were getting ready to write checks for your annual subscription just decided to put that on hold to see what said offer is. That's OK, I'd do the same.)

And lastly, the participants. Truth to tell, we did not

get as many acts as we had hoped for. Heck, I was really rooting for a juggler, a magician, bagpipes and at least one comedian. Sorry to say, none of those have signed up yet . . . but there is still time. I've got my fingers crossed.

But of the participants who have signed up – maybe this will be the break they need to get noticed? Of course, the biggest act is Steve Trent – and he certainly doesn't need our help to be noticed. Steve is one of the most talented guys I know and the only question about his music is why hasn't there been a No. 1 country single yet?

Still, maybe the right person at the right time will be watching – and someone will become a star . . . and they can say it all began right here.

What will Tuesday bring? No idea, but I'm excited to find out!

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 timmons@thepaper24-7.com.

TODAY'S QUOTE

"Why are we giving money to countries that hate America? They should be able to hate us for free."
Sen. John Kennedy

TODAY'S JOKE

Grumpy old men – can't live with 'em, can't shoot 'em.

TODAY'S VERSE

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

TODAY'S HEALTH TIP

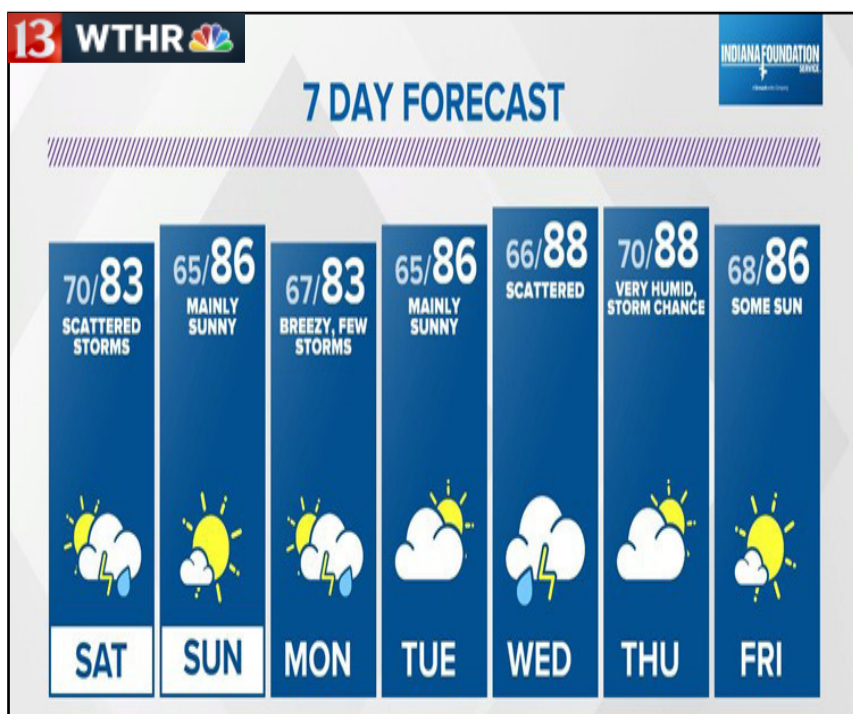
A recent study found formula-fed infants who start on solids prior to four months of age are six times more likely to develop obesity by age three.

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

Just a couple more days to The Paper's first-ever big telethon! Can't wait!



HONEST HOOSIER



Author of "Little Orphant Annie" had his home right here in Hancock County!

I ndiana

Facts & Fun



Number %00 ÷ Stumpers

1. What is the population of Hancock County? \geq
2. What city is Hancock County's county seat? \leq
3. Who was the first signer of the Declaration of Independence? \geq
4. When was Hancock County founded? \leq

Answers: 1. 70,002 2. Greenfield 3. John Hancock 4. 1828

Did You Know?

- Hancock County was founded in 1828 and was named after John Hancock, president of the Continental Congress.
- The county seat of Hancock County is Greenfield.
- Hancock County has a population of 70,002.
- Hancock County is included in the Indianapolis-Carmel-Anderson Metropolitan Statistical Area.
- Famous poet James Whitcomb Riley was born and raised in Greenfield.

Got Words?

Thousands of people visit James Whitcomb Riley's childhood home every year. Why do you think people are so interested in the birthplaces of famous figures?

Word Scrambler

Unscramble the words below!

1. CKNACHO
2. LEDERIGEFN
3. CNSGREOS
4. NENIENEDDPEC
5. TWMHCBOI

Answers: 1. Hancock 2. Greenfield 3. Congress 4. Independence 5. Whitcomb

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Indiana the Strong

Sunday, July 16, 2023

B1

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Amplified Sciences Receives \$400,000 NCI Grant To Improve Early Detection Of Pancreatic Cancer

Health care providers and their patients could know with greater confidence whether pancreatic cysts are benign or potentially malignant, and if surgery is required to remove them, by using a new diagnostic test currently in development.

Amplified Sciences, a clinical-stage life sciences diagnostic company that licenses Purdue University innovations, has received a Phase I Small Business Innovation Research, or SBIR, grant of approximately \$400,000 from the National Cancer Institute (NCI) to develop the test. The company focuses on accurately detecting and categorically assessing the risks of debilitating diseases.

CEO Diana Caldwell said the incidental detection rate of cystic pancreatic lesions has increased significantly due to the aging population and advances in clinical imaging technologies. However, there is a lack of definitive diagnostics to accurately assess if a cyst is benign or potentially malignant.

"Health care professionals need better tools to help them manage these patients and identify individuals most at risk for pancreatic cancer," Caldwell said. "Pancreatic cysts are a window to early detection and represent an important risk factor in identifying pancreatic cancer early."

Caldwell said clinicians must balance the risk of missing a potentially malignant cyst with taking unnecessary surgical action to remove a benign cyst. She said retrospective studies have found almost one-fourth of surgeries to remove pancreatic cysts



Photo courtesy of Purdue Research Foundation

Purdue University researcher V. Jo Davisson and CEO Diana Caldwell are the founders of Amplified Sciences, a clinical-stage life sciences diagnostic company that focuses on accurately detecting and categorically assessing the risks of debilitating diseases. The National Cancer Institute has awarded Amplified Sciences a grant of approximately \$400,000 to develop a test to determine if pancreatic cysts are benign or potentially malignant.

are unwarranted.

"However, previous studies have also revealed that when clinicians use a wait-and-see approach to monitor the development of pancreatic cancer, up to a quarter of patients receive surgery too late," Caldwell said. "The dual-edged nature of this process highlights the need for better early-stage diagnostic tools."

Caldwell said the NCI grant will help fund important technical and clinical validation milestones, including the procurement of banked patient samples and clinical trials.

The company's pancreatic cancer diagnostic products are based on technology invented by V. Jo Davisson, professor of medicinal chemistry and

molecular pharmacology in Purdue University's College of Pharmacy and a faculty member of the Purdue Institute for Drug Discovery. Davisson serves as the chief scientific officer of Amplified Sciences.

"This award recognizes the strength of our scientific team, the potential of our chemistry platform and the National Institutes of Health's interest in supporting early-stage diagnostics in this disease state," Davisson said.

The state of Indiana is also supportive of start-ups earning SBIR grants. Through a program managed by Elevate Ventures, the company is eligible for a Phase I grant match of up to \$50,000.

Amplified Sciences licenses Davisson's intellec-

tual property through the Purdue Research Foundation Office of Technology Commercialization.

About Amplified Sciences

Amplified Sciences is a clinical-stage life science diagnostics startup focused on detecting and preempting the risks of debilitating diseases, thus providing health providers the ability to treat patients earlier with better outcomes. The company's ultrasensitive chemistry platform leverages technology licensed from Purdue University, and its headquarters is in West Lafayette, Indiana. Their lead assay has published clinical evidence in pancreatic cancer. To learn more about Amplified Sciences, visit amplified-sciences.com.

Duke Energy Foundation Gives More Than \$200,000 To Hunger Relief Programs In Indiana Communities

The Duke Energy Foundation is awarding more than \$200,000 in grants to local food pantries and community organizations to feed Hoosier families in need. The grants will support the purchase of canned goods, fresh produce and essential supplies to address food insecurity across the company's Indiana service territory.

"Too many Hoosiers struggle with economic instability and food insecurity," said Stan Pinegar, president of Duke Energy Indiana. "When people don't have enough food to meet their needs or are uncertain of where their next meal might come from, it weighs heavily on families and communities. With these funds, we hope to curb the number of Indiana families experiencing hunger and support local organizations extending a helping hand to their neighbors in need."

The Center for Lay Ministries is the recipient of a \$6,000 Duke Energy Foundation grant to support Clark County, Ind., residents who struggle with food insecurity. Each month, the nonprofit organization provides food for more than 1,100 individuals and their families.

"These funds will allow us to meet the increased needs of local families this summer while kids are home from school and food costs are rising," said Kara Brown, executive director of the Center for Lay Ministries. "The support of partners like Duke Energy is instrumental in helping us continue to serve our clients with compassion, dignity and respect."

Grants were awarded to the following organizations:

- Anchor House (Jackson County) – \$5,000
- Center for Lay Ministries (Clark County) – \$6,000
- Clay County YMCA (Clay County) – \$7,000
- Food Finders Food Bank (Benton, Carroll, Cass, Fountain, Fulton, Howard, Miami, Montgomery, Tippecanoe, Tip-ton and Warren counties) – \$29,000

- Gleaners Food Bank of Indiana (Statewide) – \$10,000

- Good Samaritan Network of Hamilton County (Hamilton County) – \$10,000

- Hendricks County Food Pantry Coalition (Hendricks County) – \$5,000

- Henry County Community Foundation (Henry County) – \$5,000

- Hoosier Hills Food Bank (Brown, Lawrence, Martin, Monroe, Orange and Owen counties) – \$22,000

- Hope Center (Fayette County) – \$5,000

- Hope Southern Indiana (Floyd County) – \$6,000

- Knox County United Way (Knox County) – \$12,000

- The Princeton Salvation Army (Gibson County) – \$10,000

- Putnam County Emergency Food Pantry (Putnam County) – \$5,000

- The Rescue Mission (Huntington, Kosciusko and Whitley counties) – \$5,000

- The Salvation Army of Southern Indiana (Clark, Crawford, Floyd, Harrison, Scott and Washington counties) – \$10,000

- Second Harvest Food Bank of East Central Indiana (Blackford, Delaware, Grant, Henry, Jay, Madison, Randolph and Wabash counties) – \$3,000

- Shelby County Boys & Girls Club (Shelby County) – \$10,000

- South Madison Community Food Pantry (Madison County) – \$2,500

- United Way of Bartholomew County (Bartholomew County) – \$12,000

- United Way of Clinton County (Clinton County) – \$7,000

- West Vigo Community Center (Vigo County) – \$5,000

- Western Indiana Community Foundation (Vermillion County) – \$5,000

- Westfield Washington Schools (Hamilton County) – \$15,000

- YMCA of Morgan County (Morgan County) – \$7,000

Indiana Launches South Korea Office In Support Of Increased Relationships With Future-Focused Korean Industries

Indiana Secretary of Commerce Brad Chambers announced this week the opening of a new Indiana Economic Development Corporation (IEDC) office in Seoul to build on the growing industry ties and economic momentum between Indiana and South Korea. The office, which officially opened July 1, marks the IEDC's second new office expansion this year and its eighth international office, reinforcing the state's commitment to global engagement.

"Indiana's new Seoul office underscores the importance of the state's deepening relationships with Korean companies and their increased interest in a dynamic Hoosier workforce and economy," said Sec. Chambers. "With over \$6 billion of recently announced capital investment from Korean companies and their JV partners, an IEDC office in Korea is a further commitment to building high-tech, future-focused investments and job opportunities to the Hoosier state. After visiting with government and industry leaders in Seoul twice over the past

year, I'm confident that Indiana and South Korea share similar visions for our futures and that investing in our growing partnership will deliver mutually beneficial results in industry and innovation."

The IEDC's Seoul office, which will be managed by Narai Kim and Max Kim, will focus on attracting new foreign direct investment in future-focused sectors, such as energy, mobility, hard tech, advanced manufacturing and life sciences, and building on the industry and innovation partnerships between Indiana and South Korea. The Seoul office will be led by director Narai, a 15-year veteran in international business-to-business, business-to-government and government-to-government projects in the advanced manufacturing sector. She has experience collaborating with governmental organizations around the world to support the technology transfer and licensing programs with a focus on the battery, materials and aerospace sectors. Narai

will be joined by manager Max whose background stems from the manufacturing and energy sector with experience in market research and project management for global companies.

Today's news builds on the growing economic relationship between Indiana and South Korea, following two state-led economic development trips to Korea within the last year. In August 2022, Gov. Holcomb and Sec. Chambers traveled to Seoul to target opportunities for investment in energy and electric vehicles, and in March 2023, Sec. Chambers led a delegation to Seoul to participate in the InterBattery Conference – Korea's leading battery exhibition. Indiana was one of eight states invited by the U.S. Embassy in Seoul to exhibit within the conference's U.S. pavilion.

Indiana is home to 14 South Korea-based companies – a number that continues to grow with recent investment announcements from companies like Jaewon Industrial, which is establishing its first U.S. location in Kokomo to

support chemical recycling for lithium-ion battery manufacturers; Soulbrain MI, a tier one supplier for the EV industry that is investing \$76.5 million to establish operations in Kokomo; and Samsung SDI, which is investing in two major joint ventures to build new EV battery manufacturing facilities with Stellantis in Kokomo and with General Motors in New Carlisle. Additionally, South Korea hosts operations of six Indiana-based businesses.

At the IEDC, Narai and Max join a robust team of business developers in Indiana and globally, focused on creating the economy of the future in Indiana by advancing high-tech sectors, such as agbiosciences, industry 4.0, life sciences, semiconductor fabrication and design, and electric vehicles. In 2022, the IEDC secured \$22.2 billion in new industry investments, including \$15.5 billion from companies establishing new operations – either as a startup company or as an established business investing in Indiana for the first time.

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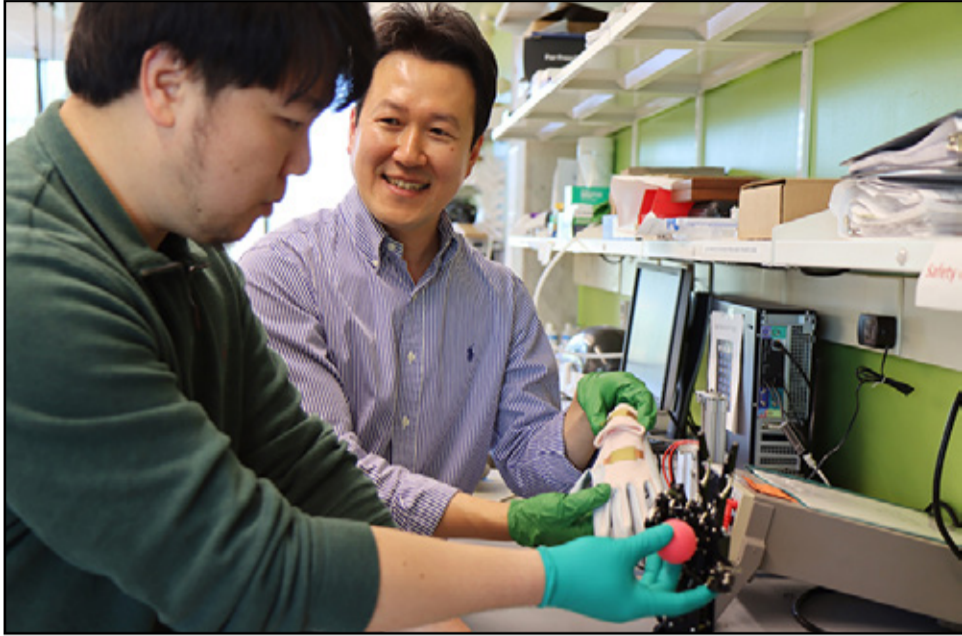


Photo courtesy of Purdue University

Using a robotic hand, Jinwook Baek (left), postdoctoral research assistant, and Sunghwan Lee, assistant professor of engineering technology at Purdue, examine how a flexible and wearable sensor could be used to monitor health information and manipulate a small object.

Purdue Researchers Fabricate Sensors With Potential Health-Monitoring Applications Onto Ready-Made Wearables

A patent-pending method developed by Purdue University researchers brings the public one step closer to clothes with wearable electronics that don't affect the wearer's comfort. The method also simplifies the manufacturing process and boosts sensing capability.

Wearable electronics that monitor bioinformation like blood pressure, body temperature and respiratory patterns have become prominent in research. Traditional wearable devices such as health-monitoring systems, however, are hard and inflexible, which makes them difficult to wear for extended periods of time.

Furthermore, fabricating wearable sensors onto clothing creates different sets of problems, said Sunghwan Lee, assistant professor of engineering technology in the Purdue Polytechnic Institute. Traditional sensors eliminate fabric breathability, or the circulation of air from the inside to the outside. Breathability allows vapor moisture to diffuse, which prevents people from overheating and keeps them comfortable.

"This is significant especially when sensors have military or medical assistive rehabilitation applications," Lee said. "People need to wear these electronics for long periods of time. It isn't convenient to replace them in the middle of a rehab session or military exercise.

"These limitations are caused by the traditional method to fabricate sensors on clothing. It relies on either brittle and inflexible inorganic materials, which lack longer-cycle stability, or liquid-phase processing, which is unable to create conformal coating on fabrics and hence makes it difficult to secure the required breathability."

Lee and his team have used a technique called oxidative chemical vapor deposition, or oCVD, to form highly conducting and mechanically flexible polymer films conformally coated on every thread

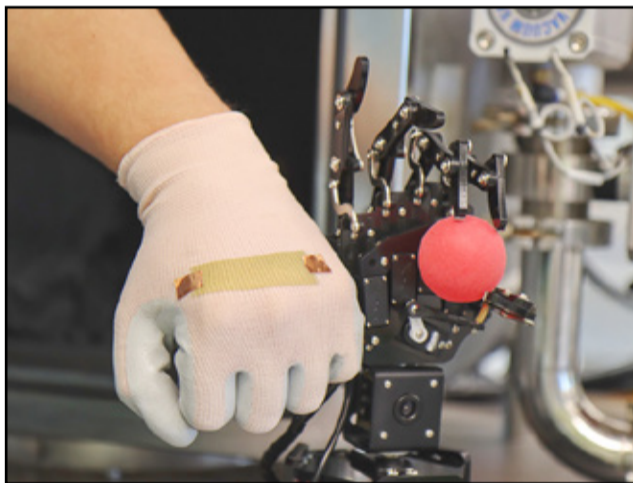


Photo courtesy of Purdue University

Purdue researcher Sunghwan Lee and his research team are developing breathable health-monitoring sensors that can be embedded directly into wearable fabric gloves. In this prototype, sensor strips are embedded in the fabric above the knuckles and on the wrist below the palm. Researchers use the robot arm to mimic everyday activities and object manipulation with tactile sensors.

of fabric. It controls the thickness of the polymer layer, called PEDOT, while maintaining the fabric's breathability and flexibility.

Lee and his team demonstrated the method by directly depositing and patterning the PEDOT layer on commercially available disposable gloves and masks to create blood pressure- and respiratory rate-monitoring sensors. The team confirmed the mechanical flexibility of the conformally vapor-printed PEDOT layer through cyclic bending tests on fabric samples coated with various thicknesses of the films at different temperatures.

"Samples were bent 180 degrees to generate high stress and strain on the fabrics. Their electrical conductivity was measured every cycle," Lee said. "The deposited layer was shown to maintain its conductive performance consistently for more than 100 bending cycles. This exemplifies excellent mechanical flexibility and resilience to bending and strain that typical wearable fabrics undergo."

A breathability test determined that the fabric's air permeability was not compromised by the coated PEDOT film. There was a negligible difference in breathability between bare fabric and

an oCVD PEDOT-coated fabric; there also was no clear difference between oCVD PEDOT-coated fabrics of varying thicknesses.

"This consistent high breathability indicates the enhanced versatility of oCVD PEDOT for wearable devices, as film thickness can be adjusted per application without having to consider the effect on breathability," Lee said.

A manuscript about Lee's research was published in the October 2021 issue of the peer-reviewed journal Science Advances. He disclosed the innovation to the Purdue Research Foundation Office of Technology Commercialization, which has applied for patent protection on the intellectual property. Industry partners interested in further developing the technology for the marketplace should contact Will Buchanan, wdbuchanan@prf.org, about 2021-LEE-69500.

Lee said the next steps to develop the process are packaging and pairing through Bluetooth to wirelessly monitor health information during everyday activities without a medical expert's assistance.

Lee's research was supported by the Purdue Polytechnic Institute's Realizing the Digital Enterprise program.

Purdue University Ascends To The Top 10 Of The Global University Visibility Rankings



Purdue University has once again attained international acclaim, earning a top-10 spot among the most prominent and recognized universities worldwide in the Global University Visibility (GUV) rankings.

In the rankings, conducted by the Washington, D.C.-based firm American Caldwell, Purdue is the only university from the state of Indiana to make the list, coming in at No. 3 among U.S. public universities and No. 10 globally, and ahead of institutions such as the University of Cambridge, Yale University and UCLA. The rankings track the annual visibility of each university through a variety of metrics to compile an overall score, providing a comprehensive measure of a university's prominence within a 12-month period. One hundred universities were listed.

"This latest affirmation of Purdue's renowned reputation worldwide should not come as a surprise to anyone," said Purdue President Mung Chiang. "It is exciting for Purdue to be recognized for excellence at scale, as we continue to strive to be the most consequential public university in creating, disseminating and deploying knowledge in areas making the most

significant difference in society."

The top-10 GUV rankings placement is the latest among the multitude of national and global recognitions Purdue University has compiled in recent months. Last week, Purdue earned a top-10 among U.S. public universities in QS (Quacquarelli Symonds) world rankings. Purdue also was ranked in the top 10 public institutions in the 2022 Wall Street Journal/Times Higher Education rankings. As a top-10 Most Innovative school nationally for five years running (U.S. News & World Report) and a top-four in patents received in the U.S., numerous Purdue academic programs – including two colleges – consistently rank among the nation's best. Purdue has also been selected in both the last two years by Fast Company magazine as a Brand That Matters, and made Fast Company's list of the world's most innovative companies (No. 16 – ahead of the likes of NASA and the Walt Disney Co. – and the only university listed).

In a new year with a new leader in President Chiang, Purdue has continued to collect significant accolades while also riding the momentum of the Daniels decade under former President Mitchell E. Daniels, Jr. Under Daniels, the university transformed higher education's landscape and demonstrated the vital role universities can play in fostering economic development and success at the local, state, national and global level.

"First, our global visibility no doubt benefited greatly from President

Emeritus Mitch Daniels' leadership during the last decade. From there, with a terrific product, we work to enchant audiences with amazing stories about real people at Purdue University persistently pursuing and delivering practical solutions to today's toughest challenges," said Ethan Braden, executive vice president and chief marketing and communications officer at Purdue University. "Our marketing and communications team and community are excellent and expert at telling the stories that speak to the heart of Purdue's brand, helping Purdue earn this distinguished placement in the GUV rankings."

The Global University Visibility (GUV) ranking provide a new perspective, acknowledging that public visibility is intrinsically linked to the prestige and prominence of a university, a connection previously unaddressed by traditional metrics. The GUV ranking incorporates six key indicators, including the frequency and quality of universities' media appearances, the online footprint, social media following, public interest level, web citations, and website visitors. By placing emphasis on these factors, the GUV ranking aspires to offer a more comprehensive evaluation of a university's global visibility. Purdue University earned strong marks in all categories, including nearly 15 million visits to Purdue.edu – the seventh most website visitors of any university – leading to its impressive placement among the world's most recognized institutions.

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B3

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Food Insecurity Rate Hits 17% For The Second Time In 18 Months

Reported food insecurity has reached 17%, matching the rate last reached in March 2022, according to the June Consumer Food Insights Report. The new report also includes consumer changes in food spending as a result of a hypothetical recession and sentiments on artificial intelligence.

The survey-based report out of Purdue University's Center for Food Demand Analysis and Sustainability assesses food spending, consumer satisfaction and values, support of agricultural and food policies, and trust in information sources. Purdue experts conduct and evaluate the survey, which includes 1,200 consumers across the U.S.

"Overall, there continues to be a similar narrative of extended upward pressure on food prices as we try to discern whether this stress has led to a tipping point where consumers are struggling to buy the foods that they want," said Jayson Lusk, the head and Distinguished Professor of Agricultural Economics at Purdue, who leads the center.

"The 17% food insecurity rate is up from 14% just two months ago, which is not necessarily far outside of the normal variation we have measured. However, this increase could be concerning given the sum of external pressures being exerted on more vulnerable consumers," Lusk said.

He noted that pandemic-related boosts to the Supplemental Nutrition Assistance Program (SNAP) ended in March. The insecurity rise could be a lag from households adjusting to this policy change.

In the event of a recession, consumers report that they would cut back most on steak, pork and dining out. These results align with what Lusk would expect to occur if incomes fell.

"Discretionary spending on eating out will go first if consumers have to face a recession. Then people will cut back on more expensive items that they can easily substitute in their diets. Steak and bacon, for example," Lusk said. "It is interesting to see that the items with a large share of 'does not apply' are also largely items that will be cut back the most as many people are already choosing to forgo them."

Additional key results include:

- Reported food spending has risen by 2.1% from last June, which is much less than the 6.7% government estimate of food inflation.

- Households making less than \$50,000 annually are buying groceries online at a higher rate than other households.

- The report noted that the pandemic opened the online option to SNAP recipients, which evidently remains a key tool for a range of shoppers.

- Households making more than \$100,000 annually are slightly greater risk-takers, which is reflected by a higher willingness to eat unwashed fruits and undercooked meat.

- Consumers largely have positive or neutral feelings about applying artificial intelligence (AI) in the food and agriculture sectors.

"The artificial intelligence questions are much more speculative since there are not yet widely known examples of AI being used across the food system," said Sam Polzin, a food and agriculture survey scientist for the center and co-author of the report. "People really do not have enough information about AI to have thoughtful positions, as seen in the large share of indifference."

Surprisingly to Polzin, 50% of consumers said they would be OK with AI helping them make food choices, which is generally considered a

personal decision. "This proportion might be indicative of how eager people are to make the 'best' choices," Polzin said.

According to the U.S. Bureau of Labor Statistics, annual inflation for food-at-home fell below inflation for food-away-from-home (FAFH) this spring, he noted. This poses the question: Will consumers continue to spend at faster rates on dining out?

"The highest earners are driving a larger share of the increase in FAFH spending and have no clear reason to slow down. We will keep track of whether two different patterns emerge in which higher-income households continue to thrive while lower-income households might be forced to pull back," Polzin said.

The report's results about food behaviors align with other research showing that high-wage consumers take higher risks than those earning less. "The fact that higher earners report eating unwashed fruits, undercooked meat and raw dough slightly more often could reflect this risk-taking," Polzin said.

Other reported food behaviors are fairly expected. High-income households, for example, will choose premium local and organic products more often than lower-income households. They also often have more resources to track and understand food labeling or follow recycling and composting practices.

Lusk further discusses the report in his blog.

The Center for Food Demand Analysis and Sustainability is part of Purdue's Next Moves in agriculture and food systems and uses innovative data analysis shared through user-friendly platforms to improve the food system. In addition to the Consumer Food Insights Report, the center offers a portfolio of online dashboards.

Preventing Traffic Accidents To The Moon And Back

With dozens of missions headed to the space between Earth and the moon over the next 10 years, there's bound to be traffic.

To prevent those spacecraft from running into each other, Purdue University engineer Carolin Frueh is investigating how to observe and keep track of all human-made objects and predict the impact of their potential damage in this Earth-moon neighborhood, called the cislunar region.

According to Frueh, a Purdue associate professor of aeronautics and astronautics, the reality is that solutions for space traffic in the cislunar region will be moving targets. The methods she is developing are intended to adapt to this region as traffic changes.

"There will never actually be a final answer to a space traffic management problem because as the commercial sector grows and the capabilities and types of vehicles that you have change, the problem will evolve, too," she said. "So when we think about the techniques that we want to use, we also have to be sure that what we have in mind can evolve over time."

The economic potential of cislunar space is estimated to be more than \$30 billion over a 20-year period, taking into account government investment, demand for space telecommunications services and other factors.

At 238,900 miles, the distance between the Earth and the moon is 18 times longer than the Great Wall of China. That might seem like enough room for spacecraft to move around without hitting each other, but the cislunar region is far less understood than near-Earth orbits, which extend 24,000 miles beyond Earth's surface up to a "sweet spot" called the geosynchronous region that enables satellites to keep pace with Earth's rotation. Near-Earth orbits are home to most satellites. Famous residents of that area include the Hubble Space Telescope and International Space Station.

Even with more knowledge of near-Earth orbits, approximately 130

million pieces of space debris surround Earth. Much of this debris has broken off satellites that exploded or collided with other objects. Debris has already made it to the moon: A rogue rocket booster crashed onto the lunar surface last March.

To address forthcoming traffic in cislunar space, Frueh has been pulling from her research on how spacecraft become debris. She works with space agencies around the world to improve databases of space objects.

Doing the same for cislunar space will be difficult without being able to see as much of that larger region. For near-Earth orbits, telescopes in space and to a limited extent telescopes on Earth are among the "traffic cameras" for satellites.

But there aren't any telescopes in the cislunar region because there isn't much satellite activity to observe yet. Space-based telescopes would be better at tracking cislunar satellites when more of them populate that area because ground-based telescopes can only detect a satellite of interest in cislunar space if the satellite, moon and Earth are aligned exactly right.

Together with her student, Surabhi Bhadauria, Frueh is developing a way to create "visibility maps" that would show the best regions telescopes should use to find and track human-made objects in cislunar space — including active satellites, dead satellites and fragments of satellites.

Compared to other approaches, these maps better address a big challenge with surveilling the cislunar region: space is always changing. The constantly moving positions of the Earth, moon and sun affect what a telescope observes at any given moment and which orbits it can use to see spacecraft well. Current mapping methods must re-run a model for each condition that would affect a telescope's orbit and overall viewing geometry at each instance in time, which is computationally intensive.

Frueh's visibility maps run on models that more quickly and comprehensively indicate where

telescopes should go to observe as much of the cislunar region as possible. The maps allow for seeing more of a region by averaging out all the orbits a telescope might use rather than integrating each orbit change over time like other mapping methods have to do.

Frueh's method also doesn't require any additional computational time to show which satellites can be observed under which conditions from various locations.

"It's like planning a road trip. Right now, we have identified points of interest in the cislunar region to observe with telescopes, but we haven't found the route yet for putting the telescopes there," Frueh said.

Even when telescopes are eventually put into the cislunar region, satellites will likely just look like white dots or streaks in the images these telescopes capture. But Frueh is used to gleaning meaningful information from these shapes in telescope images of satellites in near-Earth orbits. She's working on a method that would allow researchers and mission planners to discern the orbits that a satellite is using to do its mission. The method would be designed to work under a range of scenarios — even when very little is known about the satellite.

Since it's inevitable that traffic accidents will happen in cislunar space, Frueh also is thinking ahead on how to estimate the damage an accident could cause. If a collision or explosion happens, where do all the pieces end up?

Her research indicates that pieces from a fragmented satellite can travel long distances in a relatively short amount of time. She and her student, Ariel Black, recently presented a study at the 2023 AAS/AIAA Space Flight Mechanics Meeting showing these pieces can travel effortlessly all the way back to Earth from deeper into cislunar space.

"We are laying the foundations that we believe will shape how space traffic management problems are addressed in the cislunar region," Frueh said.

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SUNDAY

In The Kitchen

Sunday, July 16, 2023

C1

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Flavorful Grape Recipes

to Take Summer Gatherings to the Next Level

FAMILY FEATURES

Summertime celebrations with friends, family and neighbors are a perfect way to enjoy the sunshine, warm weather and camaraderie. To satisfy a hungry crowd, though, you'll need recipes fit for the occasion.

Turn to a versatile signature ingredient like Grapes from California, which can be used in dishes of all kinds from refreshing salads and entrees to flavorful condiments and sweet desserts. Grapes are crisp, juicy and sweet, making them a fantastic addition of flavor and texture for a wide range of recipes. Whether fresh, sauteed, roasted, grilled or even pickled, grapes make it easy to take meals to the next level.

For example, you can start the festivities with grapes as an easy, portable and healthy snack perfect for summer days or use them as a juicy addition to this all-in-one Honey-Lime Quinoa and Grape Salad that's ideal as a light appetizer or a meal all on its own. Follow it up (or pair it) with a summertime staple – hot dogs – given a sweet-tart twist from pickled grape relish that takes these Sweet and Tangy Pickled Grape Hot Dogs to new heights.

Dessert can't be much easier than Creamy Vegan Grape Ice Cream as a dairy-free alternative to traditional summer sweets. Oat coffee creamer and pureed grapes are all you need to create this delicious frozen treat. Simply freezing whole grapes also makes for an easy and healthy frozen dessert.

Visit GrapesFromCalifornia.com to discover more summer entertaining inspiration.

Honey-Lime Quinoa and Grape Salad

Prep time: 15 minutes, plus at least 1 hour chill time
Cook time: 22 minutes
Servings: 6 (1 1/3 cups per serving)

Lime Vinaigrette:

- 1/2 cup extra-virgin olive oil
- 1/3 cup lime juice
- 2 tablespoons honey
- 3/4 teaspoon sea salt
- freshly ground pepper, to taste

Salad:

- 1 1/2 cups quinoa
- 2 cups vegetable broth
- 2 cups halved Grapes from California
- 1/2 cup minced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons minced jalapeno pepper
- 1 large firm, ripe avocado, peeled, pitted and cut into bite-size pieces
- 1/2 cup chopped peanuts (optional)

To make lime vinaigrette: In medium bowl, whisk olive oil, lime juice, honey, sea salt and pepper, to taste.

To make salad: In fine mesh strainer, rinse quinoa; drain well. In medium saucepan, bring broth and quinoa to boil; reduce heat and simmer, covered, 12 minutes. Remove from heat and let stand 10 minutes then fluff with fork and let cool. Transfer to large bowl.

Pour vinaigrette over quinoa; stir well to coat. Add grapes, onion, cilantro and jalapeno pepper; cover and chill at least 1 hour.

Lightly stir in avocado and transfer to decorative bowl. Sprinkle with nuts, if desired.

Notes: Salad may be prepared and refrigerated up to 2 days ahead without avocado and peanuts. Add avocado and peanuts just before serving.

Nutritional information per serving: 520 calories; 10 g protein; 52 g carbohydrates; 32 g fat (55% calories from fat); 4 1/2 g saturated fat (8% calories from saturated fat); 0 mg cholesterol; 490 mg sodium; 7 g fiber.



Sweet and Tangy Pickled Grape Dogs

Prep time: 15 minutes, plus 1 hour marinating time
Cook time: 5 minutes
Servings: 8 (1/4 cup relish per serving)

- 1/2 teaspoon mustard seeds
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon black peppercorns
- 1/2 cup wine vinegar
- 1/4 cup packed brown sugar
- 2 1/4 cups quartered or coarsely chopped Grapes from California (red, green, black or combination)
- 1/4 cup thinly sliced red onion
- 8 turkey or chicken hot dogs
- 8 hot dog buns, lightly toasted

Place mustard seeds, coriander seeds and black peppercorns in small resealable bag. Using meat mallet or rolling pin, crush seeds and peppercorns.

In small saucepan, stir vinegar, sugar, seeds and peppercorns; bring to boil. Remove from heat and stir to dissolve sugar; let cool. Stir in grapes and onion; set aside to cool and marinate 1 hour, stirring occasionally.

Heat grill to medium heat.

Grill hot dogs 5 minutes, turning occasionally, or until charred and heated through.

Place hot dogs in buns. Using slotted spoon, top with pickled grapes.

Nutritional information per serving: 280 calories; 10 g protein; 39 g carbohydrates; 10 g fat (32% calories from fat); 2 g saturated fat (6% calories from saturated fat); 35 mg cholesterol; 630 mg sodium; 1 g fiber.

Creamy Vegan Grape Ice Cream

Prep time: 20 minutes
Cook time: 10-15 minutes
Servings: 8 (1/2 cup per serving)

- 1 pound stemmed black Grapes from California
- 12 ounces vanilla oat coffee creamer, well chilled
- 12 ounces unsweetened oat coffee creamer, well chilled

In high-speed blender, puree grapes until smooth. Transfer to medium saucepan and bring to simmer. Reduce heat to low and cook 10-15 minutes, or until reduced to 1 cup. Cover and refrigerate until well chilled.

Stir creamer into pureed grapes and pour into bowl of ice cream maker. Freeze according to manufacturer's directions. Transfer to freezer-safe container; cover and freeze until firm.

Substitution: For lighter color, use 3/4 pound black grapes and 1/4 pound red.

Note: Make sure ice cream maker bowl is well chilled or frozen before making ice cream.

Nutritional information per serving: 140 calories; 0 g protein; 22 g carbohydrates; 6 g fat (39% calories from fat); 0 g saturated fat; 0 mg cholesterol; 45 mg sodium; 1 g fiber.



SUNDAY

In The Kitchen

Sunday, July 16, 2023

C2

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Make Mornings a Breeze with Time-Saving Breakfasts

FAMILY FEATURES

Mornings can be hectic enough with wake-up calls, preparing for work, getting the kids ready and so many other daily tasks. Add in the need (or desire, at least) for a nutritious breakfast, and starting a new day can feel downright exhausting.

Make your mornings easier with delicious, better-for-you meals you can make ahead of time using simple ingredients like Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. You don't have to know how to pronounce quinoa to enjoy its light, nutty flavor packed with protein and all nine essential amino acids.

As a good source of fiber, it's a perfect solution composed of a medley of red, black and white quinoa that can make these Ham, Cheese and Zucchini Breakfast Cups a breeze. They're an ideal on-the-go solution for weekday breakfast bites that fit your busy schedule.

Cook up a batch as part of your Sunday meal prep and enjoy a week's worth of tasty, simple cups for the entire family. Once the combination of green onions, cheddar, ham, quinoa and more have been cooked and cooled, they can be refrigerated for up to 1 week.

For a creamier, fruity, dairy-free option, these Quinoa Overnight Oats make for a satisfying breakfast you can grab from the fridge and take to the office. Loaded with whole grains, bananas, blueberries and pomegranate, they'll provide the energy you need to get through the day while saving time in the morning.

These tasty treats can also last up to 1 week in the refrigerator, but remember to wait to add any crunchy toppings, honey or syrup until you're ready to enjoy so those favorite ingredients stay fresh longer. Another pro tip: Once you're done preparing your sweet, nutritious breakfast for the week ahead, divide evenly into four resealable to-go containers to make weekday mornings as easy as possible.

To find more weekday morning solutions using easy-to-make whole grains, visit SuccessRice.com.



Quinoa Overnight Oats

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 4

- 1 bag Success Tri-Color Quinoa
- 2 cups almond milk
- 1 cup quick-rolled oats
- 2 bananas, mashed
- 1/2 teaspoon ground cinnamon
- 1 cup fresh blueberries
- 1/2 cup pomegranate seeds

Prepare quinoa according to package directions. Let cool completely.

In large bowl, combine almond milk, oats, bananas and cinnamon. Stir in quinoa and blueberries.

Cover and refrigerate overnight. Divide among four serving bowls and garnish with pomegranate seeds.

Tips: For added sweetness, drizzle with honey, maple syrup or agave syrup, to taste. For a grab-and-go breakfast, combine overnight oats mixture and divide in resealable, single-serving jars or containers. Seal and refrigerate overnight.

Ham, Cheese and Zucchini Breakfast Cups

Prep time: 15 minutes
Cook time: 25 minutes
Servings: 12

- 1 bag Success Tri-Color Quinoa
- nonstick cooking spray
- 1 cup shredded cheddar cheese
- 1 cup shredded zucchini
- 1/2 cup diced ham
- 2 eggs
- 1/4 cup egg white
- 1/4 cup sliced green onion
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Prepare quinoa according to package directions. Preheat oven to 350 F. Coat 12-cup muffin tin with nonstick cooking spray.

In large bowl, combine shredded cheddar cheese, shredded zucchini, diced ham, eggs, egg white, sliced green onion, salt and black pepper. Mix well. Spoon batter into prepared muffin tin.

Bake 25 minutes. Cool 5 minutes then remove to wire rack to cool completely.

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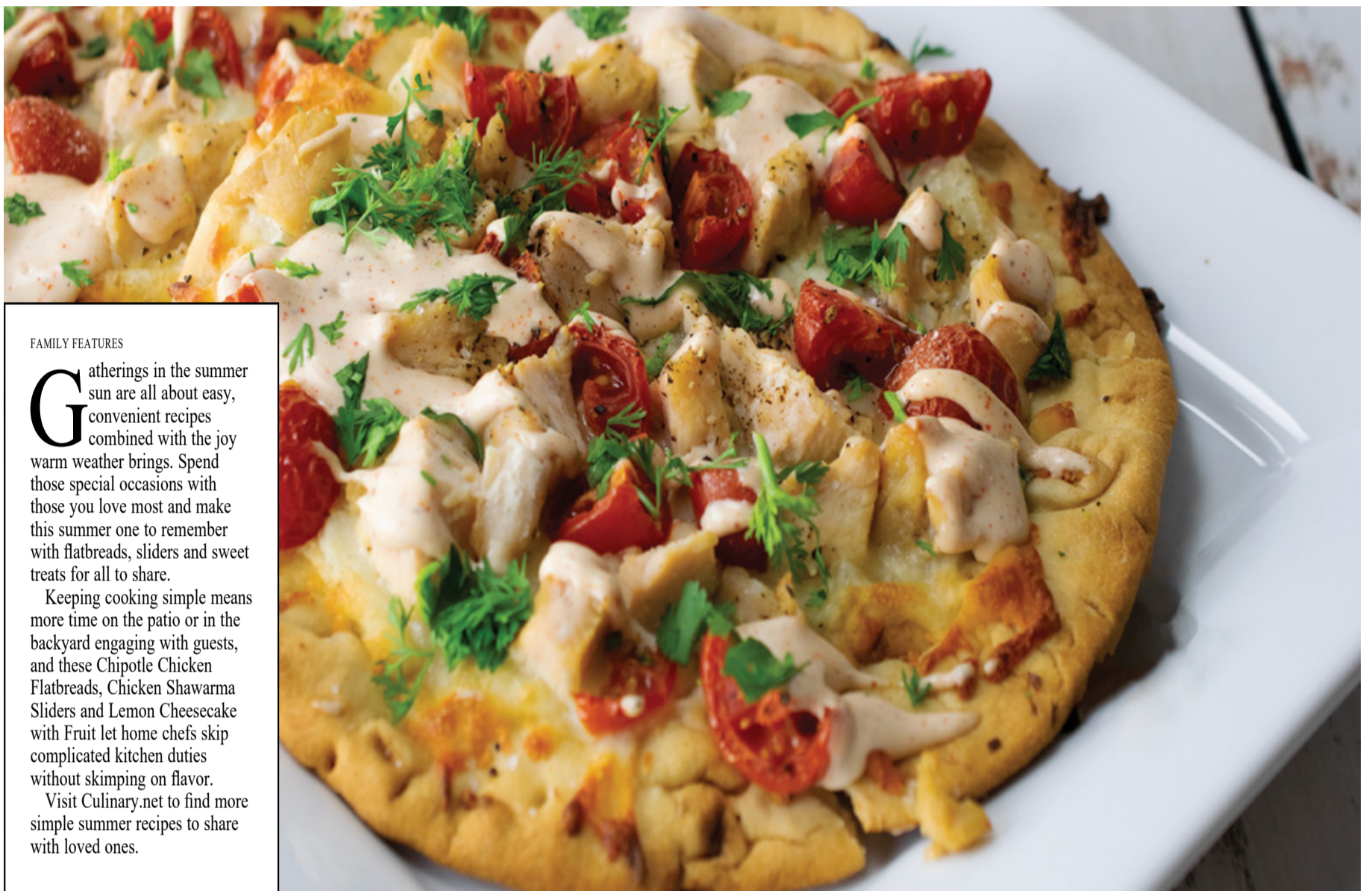
In The Kitchen

Sunday, July 16, 2023

C3

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Fresh Summer Flavors Fit for the Patio



Chipotle Chicken Flatbreads

FAMILY FEATURES

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

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

Visit Culinary.net to find more simple summer recipes to share with loved ones.

Summery Flatbreads for Family and Friends

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

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

For more summer recipe ideas, visit Culinary.net.

Chipotle Chicken Flatbreads

Recipe adapted from butteryourbiscuit.com

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

Preheat oven to 375 F.

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

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.



Chicken Shawarma Sliders

Shareable Sliders for a Nutritious Summer Meal

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

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

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

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats.

Chicken Shawarma Sliders

Recipe courtesy of eMeals Registered Dietitian Rachel West

Prep time: 25 minutes

Cook time: 10 minutes

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

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

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

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

Serve chicken on buns with hummus, lettuce and onion.



Lemon Cheesecake with Fruit

Unforgettable Fruity Flavor

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

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

Find more sweet summer desserts at Culinary.net.

Lemon Cheesecake with Fruit

Servings: 6-8

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

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

Preheat oven to 350 F.

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

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

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

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

SUNDAY

In The Kitchen

Sunday, July 16, 2023

C4

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Turn to Whole Grains for a Nutritional Boost



FAMILY FEATURES

Nutritious eating, including smarter snacking, is an important way to protect your heart and maintain overall health and wellness. While many people understand the basics of healthy eating – avoiding too many sugary treats, for example – some are confused about important food categories that can impact nutrition.

According to a survey conducted 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 food categories like fruits, vegetables and proteins. Whole grains are, in fact, a key feature of the Association's recommendations for a heart-healthy diet.

There are two types of grain products: whole grains, which contain the entire grain, and refined grains, which have been milled into a finer texture like flour or meal. Most adults, according to the survey, are able to distinguish whole vs. refined grains. However, there are a few misperceptions.

Most incorrectly believe multi-grain bread is a whole grain. Additionally, only 17% believe sorghum is an example of a whole grain when it is, in fact, a whole grain option. 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.

These sweet, chewy Date Nut Granola Bars from the American Heart Association's Healthy for Good initiative, supported by the Sorghum Checkoff, are a perfect go-to snack for enjoying throughout the week. Popped sorghum adds a surprise ingredient for crunchy texture while dry-roasted oats and nuts provide a delicious, toasted flavor.

To discover more whole-grain recipes that can support a healthy heart, visit Heart.org/healthyforgood.

Date Nut Granola Bars

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

Nonstick cooking spray

- 1 1/2 cups rolled oats
- 1/4 cup almond slices or whole almonds, coarsely chopped
- 1/4 cup shelled pistachios, coarsely chopped
- 1 cup pitted dates
- 1/2 cup unsweetened dried cranberries
- 1/4 cup uncooked whole-grain sorghum
- 1/4 cup honey
- 1/4 cup low-sodium peanut butter
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt

Preheat oven to 350 F.

Line bottom and sides of 8-inch square baking pan with plastic wrap or parchment paper. Lightly spray with nonstick cooking spray.

On large baking sheet, spread oats, almonds and pistachios in single layer. Bake 10-15 minutes, or until lightly brown, stirring occasionally. Let cool slightly.

In food processor or blender, process dates and cranberries 1-1 1/2 minutes, or until chopped and clumpy. Transfer to large bowl.

Put 2 tablespoons sorghum in silicone microwaveable bowl or clean, brown paper bag. If using microwaveable bowl, cover with lid. If using paper bag, roll shut and place on microwaveable dinner plate with fold facing down. Microwave on high 2 minutes, or until there are more than 10 seconds between pops. Repeat with

remaining sorghum, microwaving 1 1/2 minutes, or until more than 10 seconds between pops.

Stir popped sorghum, oats, almonds and pistachios into date mixture.

In small saucepan over low heat, heat honey and peanut butter 5 minutes, or until peanut butter is smooth and mixture is warmed, stirring occasionally. Remove from heat. Stir in vanilla and salt.

Pour peanut butter mixture over date mixture, stirring to break into small clumps. Transfer half to baking pan. Using bottom of drinking glass or fingers lightly sprayed with nonstick cooking spray, press down firmly to flatten and pack tightly so clumps adhere to each other. Repeat with remaining half. Freeze, covered, about 1 hour, to firm.

Place cutting board over pan. Turn pan over. Discard plastic wrap. Using knife, cut into 12 bars. Refrigerate leftovers in airtight container up to 1 week.



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SUNDAY

In The
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Sunday, July 16, 2023

D1

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Summer Bouquets From The Garden



MELINDA MYERS
Columnist

Make every day and summer gatherings special with the help of garden-fresh flower arrangements. You will be sure to generate smiles from family members and guests when including fresh flowers on the dinner table and other spaces in your home.

Gather your flowers in the morning after the dew has dried whenever possible. The temperatures are cool, and the plants are hydrated. The evening is the next best time. But don't hesitate to harvest flowers right before guests arrive or when picking vegetables for the evening meal. The flowers may not last as long, but you will be able to enjoy them for that dinner or special event and a few more days.

Use a pair of sharp snips or bypass pruners to make the cut above a set of healthy leaves or back to an adjoining branch. Keep in mind the more flowers you harvest, the more flowers produced on annuals and some perennial plants.

Remove the lower leaves and immediately place the flowers in a bucket of water. Consider taking a bucket of water to the garden to keep the flowers fresh and hydrated while you're busy collecting. Let the flowers stand in a cool place, out of direct sunlight, in tepid water for several hours or better yet overnight.

Recut the stems at a 45° angle when assembling the flower arrangements. This prevents them from



Photo courtesy of MelindaMyers.com

Before placing cut flowers in a vase, cut the stems at a 45-degree angle and remove the lower leaves so they are not submerged in the water.

sitting flat on the bottom of the vase and exposes more of the surface area to the water. Remove any additional leaves that will be submerged in water. Leaves covered by water tend to turn slimy, increasing the risk of bacterial growth that decreases the life of your cut flowers.

Always use a clean vase and fresh water to maximize your cut flowers' vase life. Add a floral preservative to the water to further extend their longevity. Check the water level often, ensuring the cut ends are always covered with water. Change the water often to keep your flowers looking their best for as long as possible.

Since different flowers last in an arrangement for different lengths of time consider reworking your arrangements by removing flowers as they fade. This keeps it interesting while extending your enjoyment.

Start with a walk through your landscape looking for potential flowers and foliage to use in arrangements. Follow the general guidelines for harvesting and care to maximize the flowers' vase life.

You may find a few summer bloomers do best when harvested at a particular stage of flowering. Wait for zinnias and marigold flowers to be fully open to harvest them.

Pick dahlias when the flowers are half or fully open. The back petals should be firm, not soft and limp, and stay attached when rubbing your hand over the back of the flower. Some gardeners set dahlias in warm (160 to 180°F) water with a preservative for one hour before arranging them. Others dip the stems in boiling water for 7 to 10 seconds, then cool water for a few hours.

Extend the vase life of hydrangeas by soaking the flowers, stem up and flowers down, in cold water for 1 hour. Allow them to drip dry then recut the stem and place in warm water overnight. Or dip the cut end in alum before placing it in the vase.

Look for greenery growing in the garden. Herbs, canna, hosta, lady's mantle, papyrus, as well as deciduous and evergreen shrubs are great options. Don't overlook the plants growing indoors. Prayer plants, monstera, ferns, and ivies add texture while high-

lighting the blooms.

When in doubt try including different flowers and greenery. Keep track of what works and how long they last. You may discover some new favorites.

Cutting and arranging flowers is a fun way to exercise your creativity and bring the beauty of your garden indoors. If the selection of flowers is limited in your garden, strike up a trade with fellow gardeners. Each of you can share what's blooming in your landscape throughout the growing season.

For tips on growing your own cut flowers, check out my Grow Your Own Flowers for Bouquets handout.

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.

6 Backyarding Renovation Mistakes To Avoid

Summer and backyarding – the act of taking our indoor life outside – go hand in hand. This time of year especially, the backyard beckons for entertaining, working, exercising, relaxing, and reconnecting. But those looking to make improvements to their family yard for even more backyarding fun this summer need to avoid some common backyard renovation mistakes.

"Mulligan the TurfMutt and I recently moved into a new home and we were reminded about some of the backyard renovation pitfalls that can be easy to fall into," said Kris Kiser, President & CEO of the TurfMutt Foundation, which encourages people to care for and use their outdoor spaces. "By keeping a few basic principles in mind when embarking on backyard improvements, families can set themselves up for backyard fun this summer and beyond."

Here are the top backyarding renovation mistakes to avoid, according to the TurfMutt Foundation:

- Not considering your yard's full potential. Your yard has the ability to safely and comfortably accommodate a range of functions for your family. From outdoor officing to al fresco dining and offering a place for kids to learn and grow as well as work out their wiggles – your backyard has unlimited potential to expand your home's living space.

- Planting fake grass. Plastic grass offers none of the life-giving benefits of real grass – such as oxygen production, carbon sequestration, urban heat dissipation, or air pollution reduction. Real grass offers all these benefits, and it is easier on feet and paws. Also, real grass is a natural air conditioner!

- Forgetting the "right plant, right place" rule. This is the "Golden Rule" of backyarding, but it's more than just knowing which plants will thrive in sunny spots versus shaded areas. Selecting the right plants for your micro-climate and lifestyle will result in a living landscape that requires minimal upkeep on your part while offering maximum environmental benefits.

- Not treating your yard like part of the connected ecosystem. Your yard links with other community green spaces to provide food and shelter for pollinators, such as birds, bees, butterflies, bats, and other creatures. Support pollinators and wildlife by planting a healthy balance of grasses, flowers, shrubs, and trees that thrive in your yard's conditions and bloom at different times throughout

the year.

- Not utilizing community green spaces. Think of community parks, dog parks, green belts, and school yards as an expansion of your own backyard square footage. Not only do these community areas provide a change of scenery from your own backyard, they are particularly beneficial for those with little to no backyard space of their own.

- Failing to keep safety in mind. Outdoor power equipment makes big backyarding projects easier, but it is critical to keep safety in mind. Read your owner's manual and follow all manufacturer's guidelines. Do not disable or alter any of the safety features. Always keep pets and children away from machinery during operation, and do not let children on or near lawn mowers at any time.

For more information, sign up for Mutt Mail, a monthly e-newsletter with backyarding tips and all the news from the TurfMutt Foundation here. To learn more about creating the yard of your dreams, visit TurfMutt.com. Look for Mulligan the TurfMutt on the CBS Lucky Dog television show. Here is a link to download the International Backyarding Fact Book, to learn why spending time in our yards and community parks is good for us... and the planet.

About TurfMutt

TurfMutt was created by the Outdoor Power Equipment Institute's (OPEI) TurfMutt Foundation and has reached more than 70 million children, educators and families since 2009. Through education partners such as Weekly Reader, Discovery Education and Scholastic, TurfMutt has taught students and teachers how to "save the planet, one yard at a time." Today, TurfMutt is an official USGBC® Education Partner and part of their global LEARNING LAB. TurfMutt has been an education resource at the U.S. Department of Education's Green Ribbon Schools, the U.S. Department of Energy, the U.S. Environmental Protection Agency, Green Apple, the Center for Green Schools, the Outdoors Alliance for Kids, the National Energy Education Development (NEED) project, Climate Change Live, Petfinder and the U.S. Fish and Wildlife Service. In 2017, the TurfMutt animated video series won the coveted Cynopsis Kids Imagination Award for Best Interstitial Series. TurfMutt's personal, home habitat was featured in the 2017-2020 Wildlife Habitat Council calendars. More information at www.TurfMutt.com.

Budget-Friendly Outdoor Projects For Any DIYer

(StatePoint) Want to transform your outdoor space while saving money? There are plenty of hands-on projects you can do yourself to eliminate expensive labor costs. The following ideas can be tailored to your budget and personal preferences:

Install a Party Pad

Make your backyard more fun and functional with a low-maintenance patio for entertaining and relaxing. Based on your budget and experience level, there are a variety of styles and materials to choose from, such as brick, concrete and stone. You'll also need gravel to create a sturdy foundation.

If you're building on an existing lawn, clear out the grass and dirt first and dig an area deep enough, so the new surface will be even with the ground. Once you've prepped the ground and poured the gravel, use sand to hold the blocks in place and fill any gaps between the blocks once the layout is complete. Search online for step-by-step installa-

tion instructions and use a project calculator to determine the cost.

Increase Seating Capacity

A built-in seating wall near a fire pit, pool or patio offers more places to lounge and adds depth to the space. There are plenty of DIY-friendly materials to build with, including interlocking concrete blocks, which won't need to be recut and are heavy enough to stay in place without cement, or larger, flat stones that look more natural and can be laid in various ways.

If you use concrete blocks, add capstones as top piece to give the design a finished look. Watch tutorials online before starting the project for inspiration and to ensure you complete all the necessary steps.

Repair Over Replace

Fix up something old to make it new. If you have an above-ground pool or spa with a slow leak, easily repair it with the highly-rated T-Rex Waterproof Tape. The tape has a waterproof

backing enhanced with R-Flex Technology for greater durability. It's also UV-resistant, can stretch up to 700% of its original length and is strong enough to be used underwater.

Locate the leak and then measure and cut a piece of tape with scissors (this tape is too tough to tear by hand). Remove the liner from the back and apply it to the crack to form a leak-proof seal. Press down firmly and smooth any creases by hand.

Hide Outdoor Eyesores

A privacy screen is an easy project for beginner DIYers and will hide unsightly air conditioning units, garbage bins and utility boxes. You'll need weather-resistant wood slats, like cedar wood, fence posts, a drill, screws and paint or stain.

Use your "eyesore" to determine how tall to make the screen. Then, anchor fence posts into the ground and drill your first slat about an inch above the ground.

Continue adding boards all the way up. For air conditioning units, leave space between each slat to ensure proper air circulation. Add a finish—dark for a modern style or clear for a natural look—and enjoy.

Give it a Glow

Use lighting to give your backyard a bistro-like atmosphere. Rather than using a drill to hang solar or string lights, use transparent, double-sided T-Rex Clear Mounting Tape to permanently and discreetly decorate.

Whether placing the lights across wooden beams or on brick or vinyl fencing, make sure the surface is clean and dry before applying the tape. Stick one side to the surface and the other to mount the lights. The adhesive will build over time, achieving full strength after a 24-hour period.

Once you tackle these budget-friendly DIY projects, you'll be ready to relax in your outdoor oasis.

Buy. Sell. Rent. Lease.



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In The Home

Sunday, July 16, 2023

D2

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5 STEPS FOR SAFE FUN IN THE SUMMER SUN



Photos courtesy of Getty Images

FAMILY FEATURES

With an abundance of activities available throughout the summer months, from swimming and hiking to organized sports and spontaneous backyard games, the sunshine leads to fun almost everywhere you look. It's important to keep in mind a few safety precautions to help enjoy those moments to the fullest, whether your family's excitement takes place near the water, at the ballpark or around the neighborhood.

Consider this advice from the experts at the American Heart Association for a safe summer.

Stay Hydrated

Hot and humid months lead to more outdoor activities where the warm temperatures may lead to sweating and loss of fluids and electrolytes. Keeping the body hydrated is important for optimal functioning, especially in the heat. Be sure to drink plenty of water by bringing refillable water bottles and containers when summer calls for fun on the go. In addition to drinking plenty of water, you can supplement intake by eating foods with high water content like melons, lettuce and cucumbers. Be aware of the signs and symptoms of mild dehydration, including a dry or sticky mouth, headache, muscle cramps, fatigue or decreased urination. More severe cases may include nausea or vomiting, confusion, dizziness, rapid or irregular heartbeat, rapid breathing, seizures or unconsciousness.

Keep Skin Healthy

Taking steps to protect skin starts before you ever step into the sun, as it may be easy to get caught up in the joys of summer and forget about those damaging rays. Avoiding time spent outdoors in the midday hours helps limit exposure, but it also may not be realistic for busy families with sporting events, pool dates and more. Wearing sunscreen can help reduce the risk of sunburn, skin cancer and early onset of wrinkles; experts recommend using SPF 30 or higher at least 30 minutes before heading into the sun and reapplying at least every two hours throughout long days outdoors. Also consider wearing clothing that protects skin, such as sunglasses, a large-brimmed hat and light, long-sleeved shirts and pants.

Learn CPR

With summer comes rest, relaxation and fun, but it can also bring increased risk with more time spent in the heat and around water. An average of 33 drownings occur in the U.S. each day, according to the Centers for Disease Control and Prevention, with one-third of them proving fatal. Knowing CPR – cardiopulmonary resuscitation – could be the key to saving someone from cardiac arrest or drowning. If performed immediately, it can double or triple a cardiac arrest victim's chance of survival, according to the American Heart Association. However, only



about 40% of people who experience out-of-hospital cardiac arrest receive help before professionals arrive.

Because about 72% of out-of-hospital cardiac arrests happen in homes, you will likely be trying to save the life of someone you love – a family member, spouse, parent or friend – if called upon to perform CPR. Call 9-1-1, or send someone to do so, then push hard and fast in the center of the person's chest until medical assistance arrives. Use an AED, if available, following the prompts. If you have been trained, have a pocket mask and are willing and able, give breaths as they are important for children and in situations like drowning. You can learn more about Hands-Only CPR and conventional CPR through resources provided due to the national support of Elevance Health Foundation.

Practice Safe Swimming

Splashing and swimming in a favorite pool, lake, river or ocean provides memories for a lifetime, but it can also be dangerous without the proper precautions. One of the most important steps is to ensure children know how to swim and understand it's not OK to

swim alone, even for adults. Wearing life jackets can prevent accidents whether you're on a boat or in the water and designating an undistracted "water watcher" can help identify a dangerous situation before it develops.

Secure the Pool

Even when it's not in use, a pool can be a hazard, particularly for families with young children who may be tempted to play while adults aren't around. Installing fencing with self-closing gates at least 4 feet high around backyard pools can help separate playful children from dangerous situations. Additionally, be sure to stow away pool noodles, toys, floaties and other accessories once pool time is over to keep them out of sight and out of mind; these symbols of fun can cause temptation for little ones and lead them toward the water when there's no supervision.

Find more ways to keep your family safe this summer by visiting heart.org.

Signs of Heat Stress

When those bright, sunny summer days call you and your loved ones outside, keep in mind these signs of heat illnesses like cramps, exhaustion or heat stroke. Even on days when it doesn't seem extreme, heat and humidity can take their toll. If you experience any of these symptoms, find shade, take a break and drink water to cool your body temperature. However, if symptoms continue and worsen or do not improve with hydration and cooling, seek medical attention.

- Muscle pain, cramps or spasms
- Heavy sweating or loss of sweating
- Paleness
- Dizziness
- Headache
- Nausea or vomiting
- Confusion
- Fainting or unconsciousness
- High body temperature (greater than 100 F) with dry skin
- Rapid pulse

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Business

Notes and

NEWS

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F1

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Photo courtesy of Getty Images

5 Tips to Improve Small Business Productivity

FAMILY FEATURES

Businesses that run efficiently often find continued, long-term success. However, running a small business comes with a multitude of challenges that can hinder productivity.

Between hiring employees, managing payroll, handling customer relations, delivering products, meeting with staff and other tasks, it's important to take steps to help your business work smarter, not harder, while maintaining productivity. More efficient workdays mean more projects or tasks can be completed, giving you an advantage in a competitive marketplace.

To help improve productivity and create a more efficient work environment, consider these tips from the experts at Pitney Bowes, a global shipping and mailing company that has worked for more than 100 years to provide technology, logistics, financial services and solutions that help enterprises thrive and small business owners operate right from their homes including the PitneyShip Cube, which simplifies shipping packages and e-commerce orders while saving time and space.

Set Goals

Setting goals for your operation is vital to building a productive business and ensuring your employees understand your vision and how they can actively contribute to the company's success. Whether you're a startup or an established business with multiple employees, set realistic, well-defined goals that are in line with your business strategy, like investing in office tools and solutions that can help you discover efficiencies. Periodically revisit those goals to ensure you're on track to meet them and make any adjustments as necessary. For example, working from home may provide an opportunity to save on rent and enable you to allocate those savings toward upgraded office equipment.

Delegate Less Critical Responsibilities

Remember, you can't do it all by yourself. In the same way it's important to prioritize your list of tasks, delegation is key to improving productivity. Passing on some of the work, such as designing email templates, writing blog posts, creating white papers and more, to your employees allows you to maximize your limited

time. Think through additional ways for others to lessen the load, like using a cloud-based shipping solution to streamline the process and ensure alignment in task sharing. Even if you're a solo entrepreneur, look at what tasks you may be able to outsource to a third-party vendor to free up some of your time.

Simplify Shipping

If your business sells a product, shipping may be a time-consuming, expensive part of your operation. Leave the post office behind and save valuable time with an option like the PitneyShip Cube, an all-in-one, Wi-Fi-enabled thermal shipping label printer with a built-in scale. It includes companion software and can integrate with your current online store to automatically import order details then easily print the shipping labels and postage. You can weigh packages, compare discounted shipping rates and automatically share tracking notifications via email.

"One of the biggest barriers for small businesses are shipping costs," said Shemin Nurmohamed, president, sending technology solutions, Pitney Bowes. "Our goal is to allow clients to take advantage of what larger shippers get in terms of discounts while saving them the critical time they need to work on their core businesses. With the PitneyShip Cube, the first shipping label printer of its kind with a built-in scale and companion software, users are able to ship faster and smarter. This product is ideal for both e-commerce and office shippers looking to save time and space by streamlining their processes and eliminating unnecessary equipment. Plus, it can save users money as it provides a discount of 3 cents on First Class stamps, up to 89% on USPS Priority Mail and up to 82% off UPS standard rates."

By completing all the necessary tasks beforehand, you'll skip the post office line and allow yourself to focus on more profitable endeavors. You can also track parcels throughout their shipping journey with data that can be shared with customers for a smooth shipping experience.

Streamline Software

A quick and easy way to increase productivity and efficiency is taking advantage of technology like software as a service platforms. Particularly true in this age of hybrid and remote workers, cloud-based communications software can keep



Visit PitneyBowes.com

your team members on the same page, regardless of their location, to help your company keep up with important information such as ever-changing carrier rates to quickly identify the best shipping and fulfillment options. With available platforms that combine team messaging, video conferencing, task management, file sharing and storage, it can be simple to stay connected with your employees. Additional cloud-based software for everything from payroll to word processing and graphic design is also readily available to help further streamline your business's technology. Knowledge is power and combining all this information in one place can give you greater control over your organization as a whole.

Learn from Your Customers

When looking for ways to improve, start by asking your customers for honest feedback. Creating customer satisfaction surveys provides you with a fresh perspective while giving customers a voice so they can feel valued. Plus, it can help you build a rapport with customers as they know their voices are heard while you discover what's working, what isn't and ways you can improve the business.

Find more solutions for improving your productivity and efficiency in the workplace at pitneybowes.com.

SUNDAY

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Notes and

NEWS

Sunday, July 16, 2023

F2

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Luddy School Partnership With NSWC Crane, IEDC To Address Microelectronics Workforce Needs

A new initiative at the Indiana University Luddy School of Informatics, Computing and Engineering will give students the opportunity to build and test microelectronics in extreme environments — training them for in-demand jobs while addressing critical defense and space industry needs. The project, “A Workforce Ecosystem for Strategic Radiation Hardening by Design,” is supported by a \$5 million grant from NSWC Crane and additional support from the Indiana Economic Development Corp. It will prioritize the development of student talent in Indiana and the Ohio River Valley.

The initiative is part of the Department of Defense’s Scalable Asymmetric Lifecycle Engagement program, which aims to create a workforce pipeline for highly trained microelectronics engineers and experts. A White House review of supply chains found the U.S. share of global semiconductor production dropped from 37 percent in 1990 to 12 percent in 2021, and it’s expected to continue declining without the expansion of domestic talent.

“Because of growing industry need and demand, opportunities for students in the field of microelectronics are staggering,”

said Joanna Millunchick, dean of the Luddy School. “Collaborations like this one between our faculty and colleagues at Crane and IEDC are essential to ensuring that Indiana is a leader in such a critical sector. This initiative, combined with our new degree programs in nanotechnology and microelectronics, will prepare our students for in-demand jobs while addressing crucial talent needs of industry and government partners who are ready to hire a highly trained workforce.”

Led by associate professor Daniel Loveless and assistant professor Andrew Lukefahr, both in the Luddy School’s Department of Intelligent Systems Engineering, the initiative will focus on the research and design of microelectronics that can function when exposed to high levels of radiation — including those designed for use in space.

“Electronics in space or defense environments are exposed to extreme conditions that consumer electronics are not exposed to — operation in a vacuum environment or exposure to ionizing radiation that can degrade the performance of electronics materials,” Loveless said. “There is a large risk associated with relying on technology not designed for these extreme condi-

tions.” In addition to defense applications, radiation-hardened microelectronics are in increased demand because of the success of the commercial space sector.

Loveless and Lukefahr will lead research activities that include the modeling and simulation of radiation effects and the design of radiation-hardened technologies. Performing the tests requires special facilities, so a key aspect of the initiative is training students on how to use the facilities and conduct radiation tests.

In partnership with the IU Center for Exploration of Energy and Matter, researchers will also develop new experimental capabilities and facilities for radiation hardening. They will work with the Paul H. O’Neill School of Public and Environmental Affairs to establish a community of policy and practice to lower the barriers for entry into the field.

“We will have a cohesive, well-rounded program that will bring together the latest technologies and experts in the field to interface with our students,” Lukefahr said.

The initiative will also create a new center at IU that will bring together researchers focusing on the areas of microelectronics and radiation hardening.

Jim Bullard Appointed Inaugural Dean At Purdue’s Daniels School Of Business

The longest serving sitting president of Federal Reserve Banks and one of the nation’s foremost economists and respected scholar-leaders has been chosen to lead the continued transformation of the reimagined Mitchell E. Daniels, Jr. School of Business (DSB) at Purdue University. James “Jim” Bullard on Thursday (July 13) was named the inaugural Dr. Samuel R. Allen Dean of the Daniels School of Business with a start date of Aug. 15.

Bullard, who spent the last 15 years as the sitting president and chief executive officer of the Federal Reserve Bank of St. Louis, has earned significant praise and accolades for his long-standing leadership and innovative thinking as part of the Federal Open Market Committee (FOMC) in guiding the direction of U.S. monetary policy.

A noted economist and scholar, Bullard had been the longest-serving Federal Reserve Bank president in the country and ranked as the seventh-most influential economist in the world in 2014. His scholarly impact has been based on research-based thinking and intellectual openness to new theories and explanations. That has allowed Bullard to be an early voice for economic change, helping the Federal Reserve deftly navigate complex economic landscapes such as the COVID-19 pandemic and the financial crisis during his tenure.

“Dr. Bullard has been an extraordinary leader for our country and will be a transformational leader of Purdue’s Daniels School of Business. His track record has the perfect combination of national impact, scholarly excellence, and innovative leadership through 15 years as President of the St. Louis Federal Reserve Bank,” said Purdue President Mung Chiang. “Today’s exciting recruitment is a singular, extraordinary moment for the future of DSB and the tech-driven, free-market economy.”

Before becoming president in 2008, Bullard served in various roles at the Federal Reserve Bank of St. Louis, starting in 1990 as an economist in the research division and later serving as vice president and deputy director of research for monetary analysis. For the last 15 years, Bullard has directed the activities of the Federal Reserve’s Eighth District, which branches into several states, including an extensive portion of southern Indiana. While serving on the Federal Reserve’s Open Market Committee, Macroeconomic Advisers named Bullard the FOMC’s second biggest mover of markets in 2010 behind Chairman Ben Bernanke and the biggest mover of markets in 2011 and 2013.

To further reflect and to maximize the impact of Dr. Bullard’s unique, national leadership experience, he is also appointed as Special Advisor to the President of the university, reporting to President Chiang is that capacity.

“I am humbled and beyond thrilled to be asked to lead the Daniels School of Business, named for one of the most influential fiscal leaders of our time,” Bullard said. “Purdue is known around the world for forward-thinking innovation. I will work to foster that spirit, and I think I can bring some

real-world experience to pass on to the next generation of business leaders and innovators. I share Purdue’s vision to build toward the economies of the future, and I can’t wait to get started.”

Bullard will be charged with inspiring, further developing and implementing Purdue’s reimagined approach to a top-ranked business school across undergraduate, graduate, executive and research programs, preparing tomorrow’s business leaders and entrepreneurs in the Mitchell E. Daniels, Jr. School of Business that is grounded in the principles of free enterprise, free market economy in generating opportunities and prosperity, and in the hallmarks of a well-rounded Purdue education and with a particular emphasis on tech-driven, analytics-based business success. Aspired to become a top 10 business school in the country, the Daniels School of Business will extend Purdue’s longstanding mission to provide affordable and accessible education at the highest quality, and the primary thought leader between the coasts as a top public research university.

“Jim’s experience base, credentials and perspective are exactly the right match to enhance scholarly excellence and develop globally leading thinkers at our Mitchell E. Daniels, Jr. School of Business,” said Patrick J. Wolfe, provost and executive vice president for academic affairs and diversity at Purdue. “His visionary leadership will take the Daniels School of Business to new heights while building on current Purdue strengths and deepening the impact of our other two key strategic priorities: Purdue Computes and Purdue University in Indianapolis. I am extremely grateful to our Transition Steering Committee and to all who contributed to this search and its stellar outcome.”

Following an extensive, international search since December 2022, with multiple extremely qualified candidates, Bullard earned a unanimous vote from the Transition Steering Committee (TSC), co-chaired by Gary Lehman, vice chair of the Purdue University Board of Trustees, and Kevin Mumford, the Kozuch Director of the Purdue University Research Center in Economics and professor of economics, and consisting of faculty and alumni representatives. That recommendation was accepted by President Chiang and Provost Wolfe, officially appointing Bullard as the leader to chart the future of business education and research at Purdue University.

“We are thrilled to have Jim Bullard leading the transformation of the Daniels School of Business,” Lehman said. “We evaluated many fantastic candidates during this process, but Dr. Bullard’s exemplary record as a scholar and business leader cemented him as our top choice.”

Launched in February, the Mitchell E. Daniels, Jr. School of Business has pursued three prongs in its execution: recruiting talents, securing resources, and developing strategies. In terms of resources, the Board of Trustees announced internal investments, such as 50 new tenure-track faculty positions and additional lines for other type of faculty

and fellow appointments, as well as a campaign for DSB with a \$200M target.

The campaign has generated momentum within months, including multiple significant gifts. The Dean and Barbara White Family Foundation gave \$50 million to establish the Bruce White Undergraduate Institute inside the school. Honoring Bruce White (M ’75), the founder and chairman of White Lodging, a former member of the Purdue Board of Trustees and one of the most prominent Boilermakers, the Bruce White Undergraduate Institute serves as a flagship of DSB, alongside and parallel to the long-standing Krannert Graduate Institute. In April, longtime Purdue University benefactors Norman (LA ’65, MA ’66, HDR ’95) and Karen (EDU ’65) Blake committed \$10 million toward the creation of an ethics center within the Daniels School of Business. Another \$10 million commitment from Gerald (CE ’64, MS ’71) and Nanette Lyles pledged unrestricted support for the Daniels School of Business. Marshall (MS ’77) and Susan Larsen provided the \$10 million gift to create the Larsen Leadership Academy in the School. Tom Howatt (M ’72, MS ’73) pledged a significant gift on Purdue Day of Giving in April. These and other generous gifts, coupled with Purdue’s own hefty investment for facility expansion and talent recruiting, has underlined the university’s commitment to making the Daniels School of Business the foremost business schools in the nation for a tech-driven, free market economy, through new academic programs, innovative learning opportunities and top-notch faculty recruits with excellence at scale.

“As an innovative thinker and transformative business leader himself, there is no one better than Jim Bullard to lead the way for the Mitchell E. Daniels, Jr. School of Business,” said Mike Berghoff, chair of Purdue’s Board of Trustees. “This decision is yet another step toward creating a business school that is world-renowned and universally respected.”

During his time as an academic economist and financial policy scholar, Bullard’s research has appeared in premier journals, including the American Economic Review; the Journal of Monetary Economics; Macroeconomic Dynamics; and the Journal of Money, Credit and Banking. Bullard served as an honorary professor of economics at Washington University in St. Louis, where he also sat on the advisory council of the economics department as well as several advisory boards. The St. Louis Post-Dispatch named him the Top Workplace Leader among the region’s large employers as part of its 2018 Top Workplace Awards. Active in the community, Bullard has served on the board of directors of Concordance Academy of Leadership in St. Louis and was formerly the board chair of the United Way U.S.A. He is co-editor of the Journal of Economic Dynamics and Control, a member of the editorial advisory board of the National Institute Economic Review and a member of the Central Bank Research Association’s senior council.

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Crawfordsville

Services:

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

Both services are streamed



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



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

Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



FIRST UNITED METHODIST CHURCH

Follow in The Sun

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

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

All are welcome to join and
all are loved by God



Faith Baptist Church

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

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

Where church is still church
Worship Hymns
Bible Preaching




EAST SIDE BAPTIST CHURCH

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

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through truth and love



Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

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



Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington
765-794-4716

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

You can find us on Youtube and Facebook



Christ's United Methodist Church

Dr. David Boyd

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

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

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



First Baptist Church

CRAWFORDSVILLE, INDIANA

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

You can watch us on YouTube and Facebook
Watch Sunday Mornings

YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

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

SUNDAY

Health *and* WELLNESS

Sunday, July 16, 2023

H1

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

GO BEYOND QUICK FIXES

WITH LONG-TERM ALLERGY RELIEF OPTIONS



Photos courtesy of Getty Images

4 TIPS TO TACKLE AND ALLEVIATE SYMPTOMS FOR LASTING RELIEF OPTIONS

FAMILY FEATURES

Warmer weather means flowers and trees are blooming, but for the millions of Americans who suffer from seasonal allergies, it also means coughing, sneezing, itchy eyes, congestion and other symptoms aren't far behind.

Allergies, defined by the Asthma and Allergy Foundation of America (AAFA) as an immune reaction to a foreign substance, or allergen, can develop after an allergen is ingested, inhaled, injected or touched. About one-quarter (25.7%) of adults suffer from seasonal allergies, according to the Centers for Disease Control and Prevention, which are commonly caused by grass, tree and weed pollens.

When allergies act up, many people reach for medications like antihistamines, decongestants and other over-the-counter (OTC) medicines for quick, yet temporary, symptom relief. While symptoms may subside, there are side effects to prolonged use of OTC medicines such as dry mouth, drowsiness and blurred vision, among others.

Innovative alternatives, such as allergy immunotherapy, are now available from the convenience of a patient's home. This treatment offers more effective long-term relief compared to antihistamine pills, which only mask symptoms temporarily. Sublingual immunotherapy is an effective option for people who don't want the inconvenience or safety risk associated with allergy shots.

"More than 120 million people in the U.S. suffer from allergies and their related diseases, making it the most prevalent chronic illness facing our nation," said Dr. Ken Chahine, Ph.D., J.D., founding CEO of Nectar Life Sciences. "Nectar's mission is to empower consumers with breakthrough solutions that can put an end to allergies and, in turn, build healthier, more productive communities."

To help combat symptoms this allergy season, which will be longer and more intense due to climate change, according to the AAFA, consider these tips for long-lasting symptom relief.

Recognize Allergy Symptoms

Although seasonal allergies typically affect the nose, eyes, mouth and sinuses, the symptoms and triggers can vary among individuals. While itching in the roof of the mouth, hives and watery eyes are considered classic allergy symptoms, others may resemble signs of illness or infection, such as coughing, sneezing, congestion, body aches, pain or a stuffy or runny nose. If these symptoms persist for a week or two, it is possible you are reacting to seasonal allergens. Conversely, if you experience symptoms throughout the year, they might be caused by common allergens found in homes and workplaces, such as dust, mold or pet dander.

Reduce Exposure to Allergens Outdoors

The best way to avoid allergy symptoms is by eliminating or reducing exposure to triggers. In the case of seasonal allergies, the primary trigger is typically pollen. This may require staying indoor

on dry and windy days or choosing to go outside later in the day when pollen counts are generally lower. Before heading outside, check pollen forecasts and current levels in the area.

Rainfall helps clear pollen from the air, making rainy or cloudy days ideal for outdoor activities. However, many outdoor activities rely on clear and sunny weather. In such situations, taking additional precautions becomes necessary. For instance, try wearing a face mask while performing outdoor chores like mowing, gardening or pulling weeds, which can stir up allergens. It's also important to refrain from hanging laundry outside, as pollen tends to adhere to linens and clothing. People should promptly remove clothes after being outside and take a bath to rinse off any pollen from the skin and hair. Bringing allergens indoors, especially onto bedding, can worsen symptoms or prolong their duration. Additionally, closing doors and windows when pollen counts are high is advisable.

Look for Long-Term Symptom Relief

While allergen avoidance and OTC medications like antihistamines and decongestants can be effective, they may not work for everyone. For those seeking an alternative to antihistamines, allergy immunotherapy offers a viable option. With more than 100 years of clinical practice, allergy immunotherapy has shown it can improve long-term quality of life. The concept behind this therapy is to regularly expose the body to the allergen, gradually building immunity and reducing sensitivity, ultimately leading to fewer or even no allergy symptoms.

Sublingual immunotherapy is an innovative form of immunotherapy that is common in Europe and is now available in the U.S. It involves taking two drops per day of a personalized prescription under the tongue to achieve the same long-term relief that allergy shots can provide. Allergy care platform Nectar offers a comprehensive allergy treatment program that can be conducted from the comfort of a patient's home. The program begins with an at-home allergy test, which is Clinical Laboratory Improvement Amendments-certified and covers a wide range of indoor and outdoor allergens. After carefully reviewing the test results and taking into account the patient's clinical history and geographic location, a licensed provider determines the most suitable treatment option. The personalized prescription is then delivered to the patient every three months. Over time, as the body builds tolerance to the allergens, symptoms generally diminish and fade away.

"Sublingual immunotherapy allergy drops have been used and studied extensively in Europe for more than 30 years but have only

recently started to gain popularity in the U.S.," said Dr. Shyam Joshi, MD, board certified allergist and immunologist and chief medical officer at Nectar Life Sciences. "Our allergy drops are unique from most others in the U.S. market because the allergen concentrations we use are higher than other allergy drops, which, based on scores of clinical studies conducted both in Europe and the U.S., are necessary to achieve clinical benefits and long-term relief."

Keep Indoor Air Clean

To maintain allergen-free indoor spaces, it is advisable to refrain from opening windows in the house or car when pollen counts are high. However, there are other measures you can take to minimize exposure indoors. Utilizing an air conditioner equipped with high-efficiency filters and adhering to regular maintenance schedules for heating and cooling systems are effective strategies. Additionally, frequent dusting of countertops, shelves and tables is recommended, along with cleaning carpets using a vacuum cleaner equipped with a high-efficiency particulate air (HEPA) filter. Using a dehumidifier can help maintain dry indoor air and reduce the risk of mold growth. Furthermore, consider installing portable air purifiers with built-in HEPA filters in bedrooms or frequently occupied rooms throughout the home.

To learn more or access online resources that can help you fight allergies, such as the Help Center and Learning Hub, visit MyNectar.com.



SUNDAY

Voice *of our* PEOPLE

Sunday, July 16, 2023

11

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

Time To Meet Frank Raredon



KAREN ZACH
Around The County

I “met” this fellow when I was researching for the March Montgomery Memories as he was an inventor of sorts. Thus, since I didn’t use him for that, I thought I’d do some more research and do an ATC article.

Then came the surprises, the first being he was extremely hard to research because his name was spelled so many ways. Frank Raredon was often found with the same first name (a few times as his given name, Francis) but also as Raridon, Rardon, Rairdin, Reardon and oh, my the list went on. As I perused various articles discovering other big surprises in regards to our fellow, Frank, I quickly exposed that he would have fit perfectly in to our recent Bad Boys, Bad Girls Montgomery Memories! So read on!

Before I get into that, let me tell ya’ about his inventions which was the original purpose for checking him out. One was a self-winding clock; an imperial automatic union for steam heaters to replace stoves in passenger cars as well as an automatic draw bar for railroads. He was applying for a patent for an automatic nut and bolt lock which was said to be quite superior to other such devices when he fell into my knowledge. So, Frank was either intelligent, creative, mechanical, pure lucky or all of the above.

Definitely, he carried much luck in his life as it seemed each time he got himself into some nutty trouble he would wiggle his way into good graces. Frank’s marriage couldn’t be found but he and wife, Mary Jane (Jennie) Harvey were living in Fountain County in the 1880 census (Van Buren Twp) with their first child, Orpha (Oafy). Of course, the 1890 census was burned and in 1889, their children (no names or even a number mentioned) were removed from “Frank Raredon’s filthy den,” and sent to the Orphan’s Home.

The year 1890 brought some interesting tides flowing into Frank Raredon’s life, one being

his wife left him. He went to Steele’s where she worked, drew a knife and threatened to kill her. When Scott Steele got between them to save Jennie, Frank began slashing at Steele, cutting him badly in several places before he was assisted by others in “overpowering the brute.” Frank was arrested for attempted murder.

Again, in Oct 1893, Frank was being bad when he got Willis Crouch, a young man, soused at Annabel’s Saloon near the Monon depot. When Willis awoke he was missing his nice silver watch and \$3 he had in his pocket. Frank had the watch in his possession but said Crouch had pawned it to him for \$2.50 and as for the \$3, Frank said Willis hadn’t had that much money for years. At Frank’s trial he borrowed a wad of chew from one of the jurors and shortly thereafter was acquitted. Actually not sure what nationality Raredon is but I’d say Frank sure had the luck of the Irish.

On 31 July 1894, Jennie Harvey Rariden married Boaz Ellis (both divorced) in the Methodist Church, he 44, she 43, by Rev. HA Tucker. Cost \$2. Immediately, the newlyweds headed to St. Louis for their wedding trip and possibly where he would work. The Daily Journal (13 Aug 1894) referred to her as the “famous Mrs. Rariden,” but did not explain that further.

At any rate, a few days after her mother’s marriage, Oafy killed herself. She had been her usually happy self, made sure the breakfast dishes had been done and disappeared. It was assumed she had gone to church which was her usual Sunday morning routine; however, when she didn’t come to the noon meal someone went to check. Oafy had taken a wine glass full of powerful carbolic acid that the coroner and two local doctors in a postmortem exam noted the first touch of the poison on her throat immediately killed her. Many said she was spurned by the young saloon owner, Ora Pickett, who firmly denied it, saying he only knew her as a boarder at Steele’s, nothing more, nothing less and he desired that local papers stop defaming him and a wonderful young lady, Oafy.

Momma Rariden did not return from her honeymoon to her daughter’s funeral but Frank did indeed attend, quietly mourning for his daughter. He and Jennie had at least two other children and guessing possibly more. Oddly, their son, William born 23 Jan 1883, married, a laborer, killed himself just a day before his 29th

birthday by drinking a large dose of carbolic acid. Then, the last child I found of theirs was Laura Lutisha born in Waynetown 12 August 1889. She married a bit late in life (age 35) to William E. Burkhardt. One exciting item here is that she lived to be 85.

Early on, many times when a man or woman was leaning toward insanity, the person would be put in the pits (of despair, as I call it) at the poor farm, put in jail or when an opening be put in the state insane asylum. Yet as early as 1892 Frank was provoking B. Harrison and was just fined. We know what he tried to do to his wife, and several other fractions. In 1896, everything did seem to point to insanity as he sent out threatening letters to Orpheus M. Gregg (owner of our Match Factory) as well as Theodore Ristine, lawyer (and Supreme Justice) and Judge Harney whom he felt had wronged him ... in some way! This particular group of letters were threats because he wanted his children back (but most grown at this point).

In May 1896, Frank yelled, “Clear the track! I’ve killed two men in my life and going to kill TH Ristine this evening.” Policeman Bannister came up behind him seized him by the throat and started him to jail. Peacefully he went until the corner of Washington and Market. Rariden suddenly pulled a pair of brass knuckles and attacked Bannister with great bluntness. Bannister was ready and bonked a good blow on Frank’s head. When they got Frank to the jail he was found with a pair of heavy knucks and a murderous looking 32-revolver. He stayed in a few days to detox and then given a 35-day jail sentence; but when he promised to “get out of Dodge” (C’ville in this case) the authorities relented and made a deal with him to leave and stay away from town or he’d be sent to prison. They even gave him a free ticket to Danville, Ill where he felt he could get a job

Seems he may have done just that as in July 1906, he was killed on the electric line between Danville and Champagne, Ill. His body was returned to Montgomery County and was buried in Darlington so that he could finally Rest In Peace!

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.

Fun Times At The Barn!



BUTCH DALE
Columnist

Like many of you Montgomery county baby boomers, I grew up on a farm. It was owned by Damon “Skeet” and Bernice Wray, who lived in Darlington. Skeet was a barber and also owned the cigar store/pool room on Main street. His wife Bernice was a homemaker who was quite active in several ladies’ social groups. Dad farmed the 140 acres on “halves” and raised livestock, and we lived in the old farmhouse rent free.

On the farm there were two large barns, and during most of the year I think I may have spent more time in those barns than in our house. I believe the barn on the south side of the farm lot was very old, as it was constructed with heavy wooden pegged beams. I was told that it may have been a stagecoach stopping station on the old Lafayette-Jamestown Pike. Dad used two ends to store machinery, but the main section housed a grain bin and our pigs. I was never a fan of taking care of pigs, as my job was to clean out the manure and dirt that accumulated inside. After finishing, I often choked on the dust and ended up with a sinus infection, but the pay was good... a quarter for a half day’s work! But the worst job for me was when Dad and his uncles castrated the male pigs. I can still see those pigs squirming and hear their squeals as they met their fate. My job was to pour iodine on the razor cuts. I hated it...and NO “mountain oyster” supper for me either!

Dad told me one day that since I was good helper, I could make a clubhouse out of a small feed room in the front of the barn. I fixed it all up and made a sign... “The Captain Hook Club.” The barn roof was slanted in back, and by climbing on top of a feeder, I managed to get up on the roof. Many times I took my B-B rifle up there and shot at long catalpa seeds hanging from a nearby tree... or more often than not, just sat at the very top, hanging on to a lightning rod, gazing out over the countryside.

A second barn was located west of our house, and it was used for cows and to store grain. On the left side were stanchions for our four milk cows, and on the right side was a pen for feeder calves. The back section had three bins for oats, wheat, and ear corn. The roof was rather steep, so I couldn’t climb on top, but the barn was great for baseball

practice. I spent hours throwing my baseball at a circle I had drawn on the north side of the barn, and I also threw the ball on the roof and let it roll down so I could practice my catching. Who says you need a partner? Dad hung a basketball goal on the south side, and my brother and I spent hours and hours playing basketball... even though the “court” was a chicken lot. Dodging chickens, corncocks, and chicken droppings, while dribbling and shooting, takes great skill!

But the most fun we had was up in the second story haymow, where Dad had stored hundreds of bales of hay and straw. We built tunnels, sometimes three layers deep, and hideouts... and used flashlights as we crawled through the maze. Hanging from the roof was a large hay rope, which was fun to swing out on... just like Tarzan! Unfortunately, one afternoon, I landed on a nail sticking up from an old board, with the nail going through my shoe and foot... not good! That’s when I discovered what a tetanus shot was all about.

On the south side of the haymow was an open window which was directly above the basketball goal, so of course it was only natural to see if we could drop the ball from the window and make a basket. Dad had also shown us how to make an “Indian dart” by placing three feathers in the large end of a corn cob, and then sticking a nail in the narrow end. When thrown, the dart would spin and stick in the ground when tossed from the haymow window to our hand drawn target... and yes, we occasionally tried to hit an unsuspecting chicken, but thank God we missed every time!

It seems that many kids today enjoy spending their free time by watching TV, playing video games, spending time on a computer, or talking on their phones. Very few kids even grow up on a farm nowadays. And many of the “old-style barns” are gone, replaced by modern steel equipment sheds... with no haymows... kind of sad in a way, but I guess that’s progress.

In thinking back to my childhood days on the farm, I guess my favorite memory is just sitting up there in the haymow on a rainy day, reading my favorite book from the library and listening to the rain falling on the tin roof.

And when lightning struck close, I felt safe and secure in my favorite place on the farm... the old red barn. Our old house and the barns are no longer there, but when I drive down that road today, those pleasant memories come back... and I can’t help but smile.

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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13

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Ask Rusty – My State Pension Eliminated My Social Security Survivor Benefit

Dear Rusty: My husband of 21 years died in January 2022 at the age of 70. We were both retired at the time of his death, and they immediately stopped his Social Security payments. After many calls to Social Security asking why I was not receiving his benefits, I was finally told since I have my own pension from the State of Ohio that I would receive none of my husband's Social Security.

I cannot see why my OH retirement has anything to do with my husband's Social Security. I do get a small payment from SS based on my past earnings before I worked for the State of Ohio. Is there any chance of fighting this since we were married when they took money from his earnings for SS? If I wanted to write to an elected official to see if these rules could be changed, who would I write to or call? **Signed:**

Upset Widow

Dear Upset Widow: Unfortunately, your entitlement to a Social Security survivor benefit from your husband is affected by a provision known as the Government Pension Offset, or "GPO," which affects any surviving spouse with a federal, state, or local government pension earned without contributing to the Social Security program. Ohio is one of 26 states which have opted not to participate in Social Security, thus exempting state employees from paying Social Security taxes on their earnings. The OH state pension which resulted from your state employment means that any Social Security benefits earned outside of your state employment are reduced. The GPO reduction to your survivor benefit is severe – a reduction by 2/3rds of the amount of your Ohio state pension, which can - and



ASK RUSTY
Social Security Advisor

often does - completely eliminate any SS survivor benefit you might otherwise be entitled to.

For clarity, the monthly SS payment your husband was receiving at his death stops automatically. At that point, your eligibility for additional SS benefits from your husband was assessed and, because of the GPO, Social Security offset your potential survivor benefit from your husband by 2/3rds of your Ohio state pension, which apparently eliminated your survivor benefit. As unfair as this may seem

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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to you, note that the same thing happens to any surviving spouse who also has their own earned SS retirement benefit – their personal SS retirement benefit offsets their SS survivor benefit, so a spouse with a regular SS retirement benefit higher than their deceased spouse's benefit gets no surviving spouse benefit.

FYI, the State of Ohio has an obligation to make clear that by not paying into Social Security your future SS spousal/survivor benefits are affected. Without knowing how

that was presented to you during your OH state employment, here's a quote from Ohio's Public Employee Retirement System (OPERS) website: "If you are eligible for Social Security benefits and are receiving a retirement benefit from OPERS, your Social Security benefits may be affected by the Government Pension Offset or the Windfall Elimination Provision. The Government Pension Offset may also affect you if you are eligible for Social Security benefits through your spouse. The

Windfall Elimination Provision may affect you if you qualify for Social Security benefits due to your own work history."

In any case, you are certainly not alone in your feelings about how your Social Security benefits have been affected by the GPO. This provision was enacted in 1983 and has been challenged in just about every Congressional session since that time, without success. In fact, there is a legislative bill active in the current Congress – H.R. 82 – The Social Security Fairness Act - which was introduced on the House floor in January and "referred to committee" for consideration. Like all preceding WEP/GPO reform bills, this one sits idle in Committee. If you wish to add your voice to those who oppose the GPO, you should contact your Congressional Representative to solicit action on H.R. 82.

Butch Says To Relax . . . You Have Finally Arrived!



BUTCH DALE
Columnist

I can't believe it. I just CANNOT believe it! I will soon be 75 years old. Three quarters of a century. My Lord, wasn't it just last week that I pitched a game for the good ol' Darlington Indians?...

that I enjoyed a sawdust sundae at Arthur Friend's drug store?...that I drove up north in Dad's old station wagon for a date with a cute gal from Clarks Hill? Did those things really happen 59 years ago? Well, numbers don't lie...(except in the last Presidential election)...so I guess it's true.

I must now face the fact that I have reached "old-timer" status. Perhaps some of you are in the same category. But wait. Don't despair. Don't become depressed. Don't sit around and sulk. There are many benefits to reaching "old age" and beyond...for instance:

1. No one can tell you anything because you have already done everything and know all the answers.
2. You don't need to impress people because you don't give a hoot what they think.
3. You don't have to lie about your age because sometimes you can't even remember it.
4. You can wear what-

ever you want because young people expect you to dress goofy anyway. Who said white loafers, giant gold medallion necklaces, leisure suits, platform shoes, and poodle skirts are out of fashion?

5. You can stay up as late as you want, and sleep whenever you feel like it...even when driving.

6. You can read a good book, drink a little wine, put on a party hat, blow your kazoo, give your soulmate a kiss, and go to bed at 10pm on New Year's Eve.

7. And...you can take your time when it comes to the romance department. After all, it may take a few minutes for those pills to work.

8. You can keep your math skills sharp by counting all of your prescription pills each morning and before bedtime.

9. You can do anything on the spur of the moment, and if your kids don't like it, tell them to mind their own business or you won't leave them anything in your will.

10. You can tell your family that you are going to buy a little moped or motorized scooter chair...but then go out and buy a Harley Davidson and a Corvette...Whoopee!

11. You can drive 30 mph down the middle of the road and make fifty cars back up behind you...and then you can look in the rearview mirror and smile.

12. You can order all of the stupid things you see on TV commercials..."My Pillow," "Super Beet" gummies, "Beach Blanket Bingo" DVD, "Neckline

Slimmer," "Wax Vac Ear Cleaner," and the "Donald Trump Chia-Pet." Go ahead...use your kids' Visa card!

12. You can grab a bottle of whiskey and go to a Kid Rock concert. Since you paid for your kids' college, they can bail you out of jail.

13. If some whipper-snapper tries to inform you that you don't know what you're talking about, you can tell him that you have forgotten more than he will ever know.

14. If a criminal approaches you with a gun and tries to rob you, hand over a quarter, give him a big hug, and tell him to go ahead and shoot.

15. If there is someone who did you wrong in the past, you can tell them that you forgive them and want to be their new friend. If they reject your offer, you can say, "Well, thanks...I never liked you anyway."

16. You can spoil your grandkids and tell them all of the stupid things their parents did...and then send them back home.

17. And finally...you can sit in your favorite easy chair after the evening meal, have a cup of coffee, read the paper, thank the Lord for all of your life's blessings...and then plan all of the fun activities, good deeds, and crazy things you can do tomorrow!

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.



RANDALL FRANKS
Southern Style Columnist

From my earliest memories of music emanating from our mahogany cabinet phonograph, there was always an album or two from one of gospel music's longest running acts – the Chuck Wagon Gang. Their sound and history were unique; growing in much the same way other acts did from the Depression era, radio stations, churches, schoolhouses, county fairs and everything in between. The group originally made up of members of the Texas Carter family, not the Appalachian one that went by that name, although Dad Carter was from Kentucky.

The group has seen many personnel changes over the years — its sound and devotion to old-fashioned gospel has remained much the same. I was privileged as I came up in gospel music to appear with members of the original group as well as subsequent configurations. It was always a joy to share the stage with them, no matter when, where or who.

Their greatest significance is that the band provides an important link between country music and traditional sacred songs of the South. This music has moved Johnny Cash, Merle Haggard,

Charlie Daniels, and generations of gospel singers and open-eared listeners. For more than 80 years, the Chuck Wagon Gang has offered hope and harmony, faith and family and is now in its third generation.

Their latest release Come Go with Me is all new for Mountain Home Music Company and it features a variety of both old and new songs all bearing the signature sound that has sustained the group for an unprecedented career that's now lasted nearly 90 years.

Produced by Jeremy Stephens, leader of the popular bluegrass revivalist band, High Fidelity, and a former member of the Chuck Wagon Gang himself, Come Go With Me makes a compelling case for the timelessness of the group's sound.

Indeed, at a time when the listening audience's appetite for the down-to-earth resonance of acoustic sounds, the sturdy simplicity of traditional styles and the abiding warmth of sincere gospel sentiments has never been larger, the elemental approach embodied in this down-to-earth yet well-crafted collection has never been more appealing.

With Stephens on board not only as producer, but also as instrumentalist alongside studio wizard David Johnson and award-winning bassist Mike Bub, they serve up a set that embraces continuity through a seamless blend of material that, whether old or new, sounds tailor-made for their old-school approach.

Bookended by new songs — the closing "Our

Sins Are Washed Away" even comes straight from the pen of the group's leader, Shaye Smith — the Chuck Wagon Gang visit classics like "I Dreamed About Heaven Last Night" and Dottie Rambo's thoughtful "For What Earthly Reason" and recent arrivals like "The Mighty Word of God" and the bluegrass-flavored "I Will Not Cry Today," presenting each in an arrangement that faithfully reflects the essence of the sound first brought to the world three generations ago, yet infuses it with new energy.

"We have an interesting variety of selections on Come Go With Me," Smith said. "Maybe for the first time ever, there are as many brand new songs as recognizable favorites. But even these old favorites are new for the gang. I believe there is something for everyone within this album and we've been anticipating its release with great excitement!"

Learn more about the Chuck Wagon Gang by visiting <https://thechuckwagongang.net/>.

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

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14

Leo Morris: Rest In Peace



Leo Morris

Leo Morris, columnist for The Indiana Policy Review these last six years, died last week the owner of a distinguished 50-year career in journalism, most of it with the Fort Wayne News-Sentinel. His honors included the Hoosier Press Association's award for Best Editorial Writer and being named a finalist in editorial writing by the Pulitzer Prize committee.

There was talk of giving him a Sagamore but the talk came back that he might refuse it. He was cantankerous that way knowing too well the character of some who had won it.

Surprisingly for an introverted writer with a down-home look, Leo was regularly asked to be a television guest and had developed an admirable speaking style thanks to the Toastmasters (an editor forced him to join as a condition of employment). He was said to be a good dancer.

He leaves a huge hole in what he termed his "so-called" profession. It can be said that Morris was

the last real journalist left in Indiana. He grew up in newsrooms where facts were hung on a frame of "who, what, when, where, why and how" and left there to dry without embellishment. He was a master copy editor who came of age on desks where breath-pause commas were excoriated in bloodily fought rewrites.

He was a journalist's journalist, a wordsmith. Born to a coal-mining family in eastern Kentucky, Leo, whose opinion was sought by governors, had a right to tell a rags-to-riches story. But he was careful to give the credit to his hard-working parents who when the mines closed eschewed welfare and packed up their children for an unfamiliar life, in an unfamiliar city, in an unfamiliar state.

Beginning his education waiting for the library buses that visited the small towns of rural Kentucky, his range of knowledge and breadth of reading were unmatched.

Those who treasured Leo knew him to be jarringly honest. That

may be a great journalistic attribute but one can imagine that it shortens one's list of friends. That honesty would hit like an anchor thrown overboard. The conversation would stop, we would be forced to back up and think about what we had just said.

A friend tells an anecdote that well describes this experience. A professor returned his student's paper with the admonition, "Perhaps you need to read your words aloud, slowly and calmly, and then tell me what you think of them."

Leo's death leaves us adrift. We have nobody to read our words back to us. The staff and readership of The Indiana Policy Review already miss him greatly as does his weekly bridge club, two institutions where the conversation is in need of his constant monitoring.

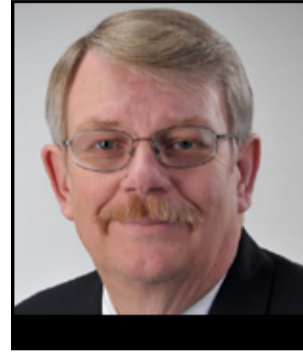
This last year, Leo helped found a small group of friends dedicated to trying to find the truth about various and troubling things. Leo was its leader, fashioning the rules of discussion on the Socratic Method, that is, the presumption that wisdom begins with the realization that you know nothing at all.

Leo thought of himself that way. His writing, though, gave him away. You can honor his memory by visiting our website at www.inpolicy.org and searching for the keyword "Morris."

There is a wealth of wisdom there from a man you can think of as your dear, dear friend. — tcl

P.S. Please know that Leo took the above picture himself and much preferred it over more formal portraits in our files.

Major League Baseball, If You Can Afford It



MARK FRANKE
Guest Columnist

Now that the patriotic observances are past, it's time to turn to another pillar of Americanism—baseball.

Despite the combined efforts of the Commissioner, the club owners and the players union to price Major League Baseball (MLB) games beyond the financial wherewithal of middle-class Americans, there are those idealists like me who just won't give up on our national game.

I grew up with baseball, its being the only sport in those halcyon days that had organized competition in the summer. That was important only because my love of baseball had been nurtured every weekend by the Saturday Game of the Week with Buddy Blattner, Pee Wee Reese and Dizzy Dean.

Even more important was my weekly trip, 25 cents allowance in hand, to the neighborhood convenience store to buy several pieces of the worst bubblegum ever but each coming with a handful of player cards. Collecting baseball cards was a young boy's *raison d'être*.

My son has taken over the baseball collecting franchise in our family, having started as a teenager. My collecting has been limited to cards of the Fort Wayne TinCaps, a High A level team that sees me in the stands for nearly every home game. Fortunately I can buy that season's complete set in the team store at the stadium, sans bubblegum.

I am not quite ready to give up on the major leagues but they are cer-

tainly trying my patience. Even though I pay an annual fee in excess of \$100 to watch every MLB game, I find it frustrating with all the special deals they are making with streaming services for exclusive broadcast rights that include blacking those games out.

I don't begrudge someone's maximizing income if the market bears, but part of that market is my pocketbook which is under increasing strain. A friend, who sits across the aisle from me at the TinCaps, is a diehard Cincinnati Reds fan.

Some games are not televised locally due to these special deals. Fort Wayne is considered a "local" market for the Reds (and Tigers and White Sox and Cubs) so we are blacked out on MLB and now occasionally on the local cable channel as well.

And so I get most of my baseball fix in downtown Fort Wayne watching young players pursuing their dreams. It is pleasing to watch these players develop over the season. The bittersweet part of watching a talented young player perform well is that eventually he will be promoted to AA. But that is the point of the minor leagues.

What is especially irritating about my hometown team is its affiliation with the San Diego Padres, a team I have absolutely no interest in following. Maybe that is OK for me as the Padres use talented minor leaguers primarily as trade fodder as they pursue an illusive World Series championship by dumping hundreds of millions on superstars. How is that working out for them? Check the standings.

We, the season ticket holders, try to follow TinCaps alumni even though very few play for the Padres. One local favorite, nicknamed "Goldilocks" by a beer vendor for his long hair, is a starting outfielder for the Pittsburgh Pirates. The

publicity department of the TinCaps used to show a pre-game video about former TinCaps now playing in the major leagues called "From the 260 (the telephone area code) to the Show." They don't do that anymore, perhaps because there are so few Padres to highlight?

I will confess to a strong bias on this. First, I am an American League fan. Second, I don't acknowledge the legitimacy of any team that did not exist in 1951 or that has changed cities since 1959. Don't ask me why those dates but note that they bookend the greatest decade in my lifetime.

To affirm me in my prejudice, I just read six books about baseball in the 1950's. Roger Kahn's "The Boys of Summer" was not one of them but it probably deserves a reread. Baseball then was almost exclusively a New York City affair, with nine of ten World Series boasting one or both teams from there. I became a Yankees fan back then due to the TV and newspaper coverage they received and remain stubbornly loyal to this day.

Regardless of what MLB is doing to baseball to make it unaffordable, I can still go to my hometown minor league ballpark 60 plus times every summer. I arrive at least 30 minutes before game time and walk the concourse. I know most of the ushers and other game day staff, and it is interesting to hear what gossip is going around. And that is what it is—gossip—the ushers having no better insight than I. I guess none of us has a seat in the boardroom . . . probably because the only boardroom that matters these days is at MLB HQ in Manhattan.

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

Don't Be Surprised By Alligators, Sharks And Hot Weather



GLENN MOLLETTE
Guest Columnist

We recently heard the tragic news of a senior lady who was killed by an alligator in South Carolina. There have been a couple of golf courses I would have enjoyed playing in southern South Carolina, but alligator warning signs were posted everywhere.

I can't figure out the fun of playing golf in an area where I have to worry about alligators. This goes for walking the dog or doing anything. Alligators are dangerous and will kill you. Being attacked by an alligator in areas where they live should not be surprising. If you get close to one you are risking losing a leg or your life. Be warned, alligators are dangerous and if you are in an area where they fill up the lakes and ponds then be very, very cautious.

Once again, we are hearing that sharks live in

the ocean. There has been a lot of buzz this summer about shark sightings. They've been seen off the New Jersey shore and a large number of sharks were near the pier at Pensacola Beach, Florida last week. I've been on that beach numerous times in three or four feet of water. I know what you are thinking, "Sharks can be in shallow water too." I understand and I don't get in the gulf water that much. However, it only takes one bite to hurt or kill you.

We have to keep in mind that sharks live in the ocean. They are not far away from you regardless of which beach you are enjoying. Yet, we all are alarmed by the news whenever sharks are sighted, in the ocean.

Tragically, people have died this summer from triple digit heat. We keep hearing news about it being hot. It's July. July never misses a chance to be hot, really hot. We had triple digit heat every summer when I was a kid. We really noticed it too because we didn't have air conditioning. We still have hot weather in the mid-west but we have air conditioning. So, it's not that big of a deal.

We are all sorry to hear about people who have

lost their lives due to the heat. All we had was a fan when I was a kid. In the summer I would typically go to bed very warm and sometimes even sweating. It wasn't much fun but we didn't have a choice back then. We had some shade trees and a creek that us kids would get in to play. That's all we had. We had plenty of triple digit days too.

Please don't leave your kids or animals in the car. Elderly people need to be out before the hottest part of the day. This means early in the morning.

High school football coaches should not be practicing in triple digit weather. Every summer a high school kid dies practicing in this hot weather.

Alligators, sharks and hot weather should not be surprising. Being careful about each of the three would be wise for us all.

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

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Native Art And Cultures Celebrated At 31st Annual Eiteljorg Indian Market And Festival

The 31st annual Eiteljorg Museum Indian Market and Festival was celebrated June 24-25, with more than 4,000 guests enjoying performances and shopping for exquisite art from 122 Native artists from 60 cultures across the U.S. and Canada. This was one of the largest groups of artists to participate in Indian Market and Festival in a decade, cementing the market's reputation nationally and regionally as one of the major cultural events in downtown Indianapolis each summer.

Artists showed and sold works from multiple disciplines, including jewelry, pottery, basketry, beadwork, carvings, paintings, weavings and cultural items. Visitors could engage with the artists at their booths inside the Eiteljorg Museum and on the grounds, purchase their art and enjoy music, dance and cultural performances during the weekend. The Indiana Corn Marketing Council and Indiana Soybean Alliance were the 2023 presenting sponsors of Indian Market and Festival.

"The 31st annual Eiteljorg Indian Market and Festival was an amazing celebration of Native arts and cultures, featuring some longtime artists whom experienced collectors consistently seek out each year, as well as some exciting young artists who represent the future of the market," Eiteljorg President and CEO Kathryn Haigh said. "The Eiteljorg staff, volunteers and Board members went the extra mile to make the event a positive experience for artists as well as returning market-goers and first-time guests."

Many artists entered their works into a juried competition. A panel of three experts in Native art judged the competition, through which \$38,000 in cash prizes were awarded, along with ribbons. The museum presented awards for Best of Show and other categories June 24 during the Market Morning Breakfast, held under the Eiteljorg's outdoor shade structure, The Sails, with artists and the market's most loyal supporters as guests.

The annual Harrison Eiteljorg Purchase Award is presented for works the museum acquires during Indian Market to

add to the its permanent collections. This year, two artists received the purchase award: Kelly Church (Gun Lake Tribe) for a basket titled When the Stars & Dawn Collide, and Aydrian James Day (Anishinaabe / Hochunk / Lakota) for a beadwork piece titled Aadizookewin the Storyteller. Aydrian is the first artist in the youth division to win an Eiteljorg purchase award.

This year, the artist whose work won the Margot L. Eccles Best of Show Award received a \$7,500 cash prize: Glenda McKay (Ingalik-Athabaskan), for a doll she created out of natural materials, including seal fur, mammoth ivory, whale baleen and stone, titled Let Me Tell You a Story. Supported by The Margot L. Eccles Arts & Culture Fund (a fund of the Central Indiana Community Foundation), the Best of Show award is named for the late Margot Eccles, a civic leader, philanthropist, art collector, Eiteljorg Board member and past chair of Indian Market and Festival, who brought passion, vision and generosity to the annual event.

Here are other annual awards presented at the 31st annual Eiteljorg Indian Market and Festival:

- The Helen Cox Kersting Award is given to an artist whose work exemplifies the highest quality of execution and innovation within a traditional Native art medium. This year's award, which carries a \$1,000 prize, went to Raynard Scott (Diné [Navajo]) for a mixed-media piece, Dine-tah-Poly.

- The Margot L. Eccles Youth Award encourages the next generation of young artists ages 17 and younger. Thirteen-year-old Aydrian James Day (Anishinaabe / Hochunk / Lakota) of Suttons Bay, Michigan, won for his beadwork piece, Aadizookewin the Storyteller, which also received one of the Harrison Eiteljorg Purchase Awards.

The Friends of Indian Market and Festival sponsored the awards, which included cash prizes for the best entry in each division, as well as for 1st, 2nd and 3rd place entries in multiple categories comprising a division. The 2023 Indian Market and Festival Best of Division award recipients

in each category are:

- Paintings, Drawings, Prints, Photography and Prints: David Martin (Pokagon Potawatomi) of South Bend, Indiana, for his painting Clarence White, Pokagon Elder.

- Sculpture: David Farnham (Onondaga) of Ohsweken, Ontario, Canada, for Owl Spirit.

- Carvings and Dolls: Glenda McKay (Ingalik-Athabaskan) of Galipolis, Ohio, for Let Me Tell You a Story, the piece which also won the Best of Show Award.

- Jewelry: Tonya June Rafael (Navajo) of Thoreau, New Mexico, for Purse with chain-linked strap.

- Pottery: Crystal Hanna (Cherokee Nation) of Tulsa, Oklahoma, for Mississippi Bat Bowl.

- Basketry: Kelly Church (Gun Lake Tribe) of Hopkins, Michigan, for When the Stars & Dawn Collide, which also won one of the Harrison Eiteljorg Purchase Awards.

- Weavings and Textiles: Leah Mata Fragua (Northern Chumash) of Jemez Pueblo, New Mexico, for 1.6 Degrees.

- Cultural Items: Glenda McKay (Ingalik-Athabaskan) for Beauty from Within.

- Beadwork: Salisha Old Bull (Salish / Crow) of Arlee, Montana, for a cradleboard titled The Matriarch.

- Innovative Arts: Raynard Scott (Diné [Navajo]) of Sanders, Arizona, for Dinetah-Poly, which also won the Kersting award.

The signature image for the 31st annual Indian Market and Festival depicts a quillwork and beadwork bag, created by artist Monica Jo Raphael (Anishinaabe / Sičąŋŋu Lakota), titled Nuh-Mah-Nuh Daawina Akiin (Homelands of the Comanche People). The image appeared on commemorative Indian Market and Festival T-shirts and tote bags. Images of the winning artworks in all categories are at this link:

<https://tinyurl.com/yck-us2mx>.

This year was the final Indian Market and Festival during the tenure of Eiteljorg President and CEO Emeritus John Vanausdall, who retired June 30 after nearly 27 years at the museum. "To see Indian Market and Festival grow and improve each

year has been remarkable, and we have cherished our friendships with the Native artists and performers," Vanausdall said. "Indian Market and Festival has raised the profile of Native art across the region, and working with the staff, volunteers and Board in presenting the market each year is one of the highlights of my time at the museum."

In addition to presenting sponsors the Indiana Corn Marketing Council and Indiana Soybean Alliance, the 31st annual Indian Market and Festival was sponsored by the Margot L. Eccles Arts and Culture Fund, a CICF fund; Raymond James and Associates in Indiana; OneAmerica; and the Penrod Society.

Two longtime Indian Market and Festival artists who died in the past year were remembered during the Market Morning Breakfast on June 24. Shirley M. Brauker (Little River Band of Odawa), who died last Nov. 22 at age 72, was renowned for her Woodland-style carved-and-cut-out pottery technique. She participated in every market from 1993 to 2022. Benjamin Harjo Jr. (Seminole / Absentee Shawnee), who died May 20 at age 77, was a painter and printmaker. His artwork Coyote and the Hummer was the signature image for the 9th Indian Market and Festival in 2001.

First held in 1993, the Eiteljorg Indian Market and Festival has grown into one of the top Native art markets in the nation. Artists must be enrolled members of a federally or state-recognized tribe or members of a First Nation to participate in the market; and their entries must be in compliance with the Indian Arts and Crafts Act, handmade within the past two years, and available for purchase during the market.

About the Eiteljorg
A cultural pillar for 34 years in downtown Indianapolis' scenic White River State Park, the Eiteljorg Museum seeks to inspire an appreciation and understanding of the arts, histories and cultures of the Native peoples of North America and of the American West by telling amazing stories. Located on the Central Canal at 500 West Washington St., the Eiteljorg is a 501c3 nonprofit organization.

Indiana State Fair Unveils Additional NEW Exhibits

The Indiana State Fair today rolled out further details on new experiences guests can expect when visiting the great Indiana State Fair, happening July 28 - Aug. 20 (Fair is closed Mondays and Tuesdays).

The Fair announced basketball theme exhibits and events earlier this month, and now adds many more NEW, fun events fairgoers can look forward to only at the 2023 Indiana State Fair.

- Illuminate! Don't miss the debut of Illuminate!, a custom light show full of oversized lanterns is sure to immerse fairgoers of all ages into a world of wonder in ways that may surprise even the most illuminated! Nestled within Expo Hall, this new exhibit is FREE with paid Fair admission. Experience this spectacular display of lights through the first two weeks of the Fair! July 28-Aug 6, 9AM-9PM: Expo Hall

- Cornhole Tournament pres. by Scorebox21 - Get your tossin' arm ready! Please join us for our FIRST Indiana State Fair Cornhole Tournament on July 29! Sign up for your chance at a \$2,000 prize. July 29, 1PM: Purdue Extension Building

- Otter Adventure - Come take a splash with this interactive, up-close-and-personal show with the sweetest creatures on the Fairgrounds! Slide in to the MHS Family Fun Park August 2-20 at 11AM, 2PM and 5PM to catch Otter Adventure. Aug 2-20 (times vary): MHS Family Fun Park

- Swifty Swine Racing Pigs - You can't see pigs fly but you can see them RACE! You haven't lived until you've seen these racing pigs compete for the grand prize, an Oreo cookie! Check out the races on the east end of the Hoosier Lottery Grandstand every Friday through Sunday at 11:30AM, 12:30PM,

3PM, 6PM and 7:30PM! Dates and Times Vary: Main Street

- Xpogo: Extreme Stunt Team - You won't want to miss The Xpogo Stunt Team- competitors on two seasons of America's Got Talent! Jumping over 9 feet in the air on next generations pogo sticks while throwing down flips and incredible tricks, Xpogo will THRILL you 'til the final bounce. Catch their performances every day of the Fair in The Backyard!

- Daily (times vary): The Backyard & Hoopfest

- Parakeet Encounter - Get up close and personal with friendly parakeets at the State Fair! Bring the whole family to experience a delightful encounter with these colorful birds. The Parakeet Encounter is located just west of the Indiana Young Farmers Building. Daily 9AM-8PM: DNR Building

- The Rope Warrior - The Rope Warrior has been performing his interactive and visually entertaining jump rope show all over the world for the last 25 years. Career highlights include: Performances for Boris Yeltsin in Russia, and for Presidents Clinton and Bush at their inaugurations. He has made over 100 national television appearances and currently holds three world records. Dates and Times Vary: Main Street

- Indiana Musician Showcase - Enjoy the music of local Indiana musicians performing around the State Fairgrounds in many locations! Stop by The Backyard, Wine Garden and The Taproom.

- The Mercantile - Enjoy a new shopping district you won't want to miss!

Please note: The Indiana State Fair will be closed Mondays and Tuesdays throughout the Fair.

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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

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

Notice:

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

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