

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper



Montgomery County National Night Out A Success!

More than 700 residents of Montgomery County participated in free activities on Tuesday at the tenth National Night Out event at Milligan Park.

National Night Out was a completely free event, and was designed to heighten crime and drug prevention awareness and strengthen police-community partnerships. Locally, it also gives parents a free night out with their children to enjoy activities and be together. It also allows local organizations and agencies the opportunity to share their information.

Firefly Family and Children Alliance, Drug Free Montgomery County Coalition, Valero Renewable Fuels, and the Montgomery County Youth Service sponsored the event. Valero provided all of the hot dogs, buns, condiments, and volunteers to cook and

serve the food "This night was successful because of the community," Montgomery County Youth Service Bureau Executive Director Karen Branch said. "We want to thank the Crawfordsville Parks and Recreation Department, sheriff's department, police force, fire department, and all the organizations who participated."

"They all helped us bring Montgomery County a fun and safe family night that has become a tradition," Branch said.

Agencies and organizations that participated in the event included the Crawfordsville Police Department, Montgomery County Sheriff Department, Crawfordsville Fire Department, Paramedics, Prevent Child Abuse Council, Family Crisis Shelter, Depart-

ment of Child Services, Valley Professionals Community Health Center, Montgomery County Health Department, Recovery Coalition, Valley Oaks Health, Girl Scouts, Montgomery County Dispatch, Firefly Children and family Alliance, Crawfordsville Public Library, Steve Trent, First Assembly Church, CAPWI Head Start, Montgomery County Child Support Enforcement, Indiana Youth Group, FISH Food Pantry, Sylvia's Child Advocacy Center, Pam's Promise, Indiana Foster Care, and Foster Care Select, WCDQ, and the Montgomery County Youth Service Bureau.

During the event, the community enjoyed dinner, a bounce house and inflated obstacle course, caricaturists, Silly Safari, games and activities, give-a-ways, music, and many raffle prizes.



Photos courtesy of MCYSB

TODAY'S QUOTE

"Let God's promises shine on your problems."
Corrie ten Boom

TODAY'S JOKE

Why are elephants so wrinkly?
Because they are really tough to iron!

TODAY'S VERSE

John 1:1-5 In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not.

TODAY'S HEALTH TIP

You can't spread poison ivy from skin-to-skin contact after you have washed with soap and water. 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

Wouldn't it be nice if more of us got back to making the sabbath holy again?



13 WTHR
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7 DAY FORECAST

70/86 AFTERNOON THUNDERSTORMS & SEVERE!	71/87 MUGGY, SCTD STORMS, SOME SEVERE!	68/80 SHOWERS & STORMS LIKELY	63/83 LESS HUMID, SLIGHT P.M. CHANCE	62/85 MAINLY SUNNY	68/84 HUMID, SHOWERS & STORMS	68/84 MAINLY CLOUDY
SAT	SUN	MON	TUE	WED	THU	FRI

HONEST HOOSIER



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

I & Indiana Facts Fun



Number Stumpers

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

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

Did You Know?

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

Got Words?

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

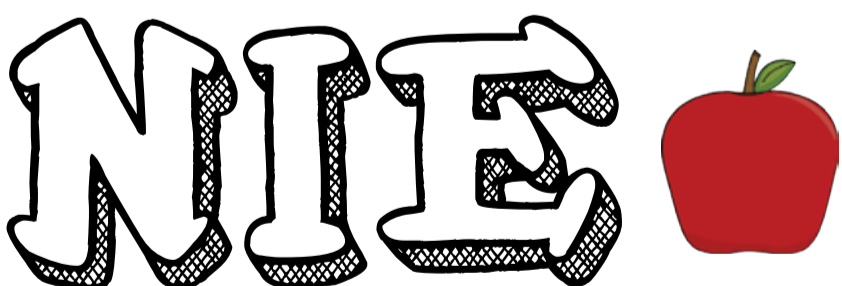
Word Scrambler

Unscramble the words below!

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

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

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SUNDAY

Indiana the Strong

Sunday, Aug. 6, 2023

B1

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Anu Awarded \$200,000 Grant To Mass Manufacture Its Aeroponic Seed Pods That Grow Produce In Controlled Environments

A startup company founded by Purdue University alumni has received funding from the state of Indiana to advance the manufacture of its products.

Heliponix LLC, doing business as anu™ (previously gropod®), has received a \$200,000 Indiana Manufacturing Readiness Grants (MRG) award to mass manufacture its aeroponic seed pod consumables.

Manufacturing Readiness Grants are provided by the Indiana Economic Development Corp. and administered by Conexus Indiana and the Next Level Manufacturing Institute. They are available to Indiana manufacturers willing to make capital investments to integrate smart technologies and processes that improve capacity, productivity and competitiveness. Launched in 2020, the MRG program has supported tech-enabled investment in smart manufacturing all around the state.

Anu, founded by Purdue Polytechnic Institute alumni Scott Massey and Ivan Ball, sells a smart garden appliance. The small, fully automated, in-home greenhouse grows daily servings of produce from subscription seed pods.

Aeroponics is a form of hydroponics, or growing plants without soil. Massey said the pods empower consumers to grow fresh, high-quality produce including most leafy green vegetables, culinary herbs, ornamental/flowering plants and an increasing number of fruiting plant varieties such as peppers, tomatoes and more in a controlled environment.

“Our cultivation chambers use deep-learning, computer-vision



Photo courtesy of Indiana Economic Development Corp.

Scott Massey, founder and CEO at anu, holds a sunflower cultivated in one of the company's seed pods. The company has received a \$200,000 Indiana Manufacturing Readiness Grants award to mass manufacture its aeroponic seed pod consumables. The grants are provided by the Indiana Economic Development Corp. and administered by Conexus Indiana and the Next Level Manufacturing Institute.

algorithms to produce higher yields than other controlled-environment agriculture technology,” Massey said. “The chambers consume less energy and more than 95 percent less water than conventional field farming. With zero use of pesticides or preservatives, they represent an environmentally friendly solution for year-round accelerated growing.”

Massey said the funding will allow anu to scale a sustainable platform for consumers by supplying growers with recurring seed pod subscriptions.

“This funding has dramatically increased our ability to manufacture these seed pods, but in a volume that will quickly outpace the collective yields of the largest farms in the world,” Massey said. “It further accelerates our pursuit to collectively become the largest farm in the world without owning any land.”

Mitch Landess, vice president of innovation and digital transformation at Conexus Indiana, said

manufacturing entrepreneurship, especially when it involves technology, is vital for Indiana.

“Small firms founded and led by entrepreneurs that leverage the resources around them and form credible partnerships are interesting to the Manufacturing Readiness Grants program,” Landess said. “The mix of intellectual property, local venture capital, Small Business Innovation Research funding and participation of larger manufacturing partners made it easy to support anu’s investment in production technology.”

Conexus Indiana recently named Massey to the Conexus Indiana Rising 30 Class of 2023, which recognizes distinguished advanced manufacturing and logistics professionals under the age of 30.

Massey said he and his colleagues at anu appreciate support from Conexus for the Rising 30 recognition and from the IEDC for the \$200,000 Manufacturing Readiness

Grants award.

“It was only a few years ago that I was a Purdue University student with an idea and the drive to bring it to the market — to empower everyone to grow their own produce. Conexus has done a phenomenal job extending these resources and recognition to make this idea a reality as we continue growing our highly experienced team, creating jobs and attracting more talent to the great state of Indiana,” Massey said.

“Indiana’s support for small businesses is not just unparalleled, but Indiana’s long-standing history of advanced manufacturing has resulted in it being the best possible headquarter base for us.”

Anu received a \$100,000 investment from the Ag-Celerator Fund, co-founded by the Purdue Research Foundation and Purdue’s College of Agriculture. It also has received Phase I and Phase II SBIR grants from the National Science Foundation and matching funds from Elevate Ventures.



Higher Education Commission Announces Launch Of My College Core

The Indiana Commission for Higher Education announced today the launch of a new planning tool for the Indiana College Core. The site, My College Core, allows students, families and school counselors to access information regarding college-level coursework, including dual credit, dual enrollment, Advanced Placement (AP) and College-Level Examination Program (CLEP).

Students who utilize the tool can build plans that are specific to the college-level coursework offered at their high school. The tool also allows students to communicate their plans with parents/guardians and school counselors. As students complete coursework they can track their progress toward completing the Indiana College Core certificate.

Implemented in 2012, the Indiana College Core is a block of 30-credit hours of college-level general education coursework that applies seamlessly to all Indiana public institutions and some private institutions and is made up of six competency areas. The certificate allows high school students to earn a full year of general education credits for little to no cost.

The Indiana College Core is central to the Commission’s goal of increasing the college-going rate and college completion. Students who earn the Indiana College Core in high school are more likely to graduate from college on time or early. Recent data show nearly 2,100 high school students earned the Indiana College Core in 2021 and about 90 percent of those students went on to attend college. Currently, 222 of high schools offer the Indiana College Core, up from 141 last year and 84 in the previous year. The Commission has set a goal to have over 500 high schools in the state offer the certificate by the end of 2026.

“The drive to expand the Indiana College Core was inspired by the high college-going rate for students who complete the program and the significant cost savings the program provides to students and families,” said Indiana Commissioner for Higher Education Chris Lowery. “I extend my gratitude to the high schools that are participating in this initiative and to our higher education institutions for supporting this important work.”

Indiana’s higher

education institutions are integral in carrying out the Indiana College Core. Institutions have an agreement with participating Indiana high schools to deliver the Indiana College Core to students through dual credit opportunities. Ball State University, Indiana University Bloomington, Indiana University East, Indiana University Kokomo, Indiana University Northwest, Indiana University South Bend, Indiana University Southeast, Ivy Tech Community College, Purdue University Fort Wayne, Purdue University Northwest, the University of Southern Indiana, and Vincennes University all award the Indiana College Core certificate in high school.

“The Indiana College Core is the best value in higher education,” Ivy Tech President Sue Ellspermann said. “With My College Core, parents and students can be intentional about the credits a student earns while in high school, leading to a quality credential before students graduate high school.”

The University of Indianapolis is the first private institution to commit to accepting the Indiana College Core as the 30-credit hour block. Additionally, the Center of Excellence in Leadership of Learning (CELL) at the University of Indianapolis supports schools in developing course plans, selecting college providers, credentialing dual credit teachers, and ensuring first-generation, low-income, and minority students have equal access to the Indiana College Core.

For more information about the Indiana College Core, including a map of high school delivery sites and their corresponding campus partners, and other resources for high schools, visit MyCollegeCore.org.

About the Indiana Commission for Higher Education

Created in 1971, the Indiana Commission for Higher Education plans, coordinates and defines Indiana’s postsecondary education system to align higher learning with the needs of students and the state. The Commission also administers Indiana’s financial aid programs, including the 21st Century Scholars early college promise scholarship, which celebrated 30 years in 2020. Learn more about the Commission’s Reaching Higher in a State of Change strategic plan at www.in.gov/che.

Interpretive Naturalist Reunion Is Aug. 27

Indiana State Parks’ interpretive naturalist-guides who link park guests to the nature, culture, and services located at Indiana’s state park properties—are this year celebrating the 100th anniversary of their important work.

As part of the year-long celebration of this milestone, an interpreters

reunion will be held at McCormick’s Creek State Park on Sunday, Aug. 27, from 10 a.m. to 3 p.m.

All former Indiana state park interpretive naturalists, whether full-time, part-time, or seasonal, are invited, along with one guest each.

McCormick’s Creek was the first Indiana state park

to have a nature guide, as it was called back in 1923. The event will include storytelling and time for catching up, along with various programs throughout the day. Lunch will be provided to registrants, who are encouraged to bring photographs, mementos, and stories to share.

Participants and their

guests are asked to RSVP by emailing Amanda Anez at aanez@dnr.IN.gov by Aug. 20. The park’s Canyon Inn has reserved a block of rooms for this event. Registrants who want to stay at the inn should request the required group code to reserve a room from the block when emailing their RSVP.



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Researchers Discover Young Hellbender In Blue River

Biologists with the Indiana Department of Natural Resources (DNR) and Purdue University recently documented a very young hellbender salamander, a gilled larva, in the Blue River while conducting routine surveys in south-central Indiana. This discovery is significant because over the past three to four decades, only adult hellbenders have been documented in the Blue River. The presence of a young salamander suggests that conservation efforts and rearing programs are accomplishing their goals for the recovery of this endangered species. Hellbenders

The hellbender (*Cryptobranchus alleganiensis*) is a large, fully aquatic salamander. Hellbenders do not reach sexual maturity until they are 7-8 years old and require specific habitats to thrive and reproduce. Their decline statewide has been documented as far back as the early-to-mid 1900s as a result of habitat loss and poor water quality. Hellbenders play an important role in aquatic ecosystems and are indicators of clean water.

"Finding hellbender larvae is a huge benchmark of the program's success," said DNR's Nate Engbrecht, the state herpetologist. "It tells us that there has been suc-

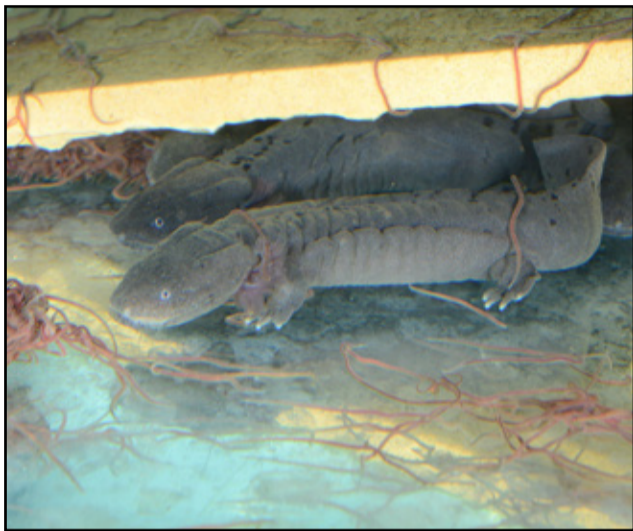


Photo courtesy of Indiana Department of Natural Resources

The hellbender (*Cryptobranchus alleganiensis*) is a large, fully aquatic salamander.

cessful breeding, hatching, and recruitment in the wild. It's a wonderful sign that captive-reared and released hellbenders are doing what we want them to do at this site."

The Indiana Hellbender Partnership is a collaboration between the Indiana DNR and Purdue University with funding support from the Indiana DNR Nongame Wildlife Fund, U.S. Fish & Wildlife Service, and partners in local governments, universities, non-governmental organizations, and zoos that are working to recover the state-endangered hellbender. Developed over 15 years, the Indiana Hellbender Partnership is the largest and most comprehensive group working to recover

an imperiled amphibian in Indiana.

Since 2017, Purdue University's Help the Hellbender Lab and its conservation partners have reared and released nearly 500 juvenile hellbenders into the Blue River. Lab director Rod Williams says, "This finding, the result of nearly two decades of collective effort, signifies a milestone for our conservation program. While we have much left to do, we have evidence our approach is working."

In the event anglers accidentally hook a hellbender, they are reminded to cut the line and let the salamander go unharmed.

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

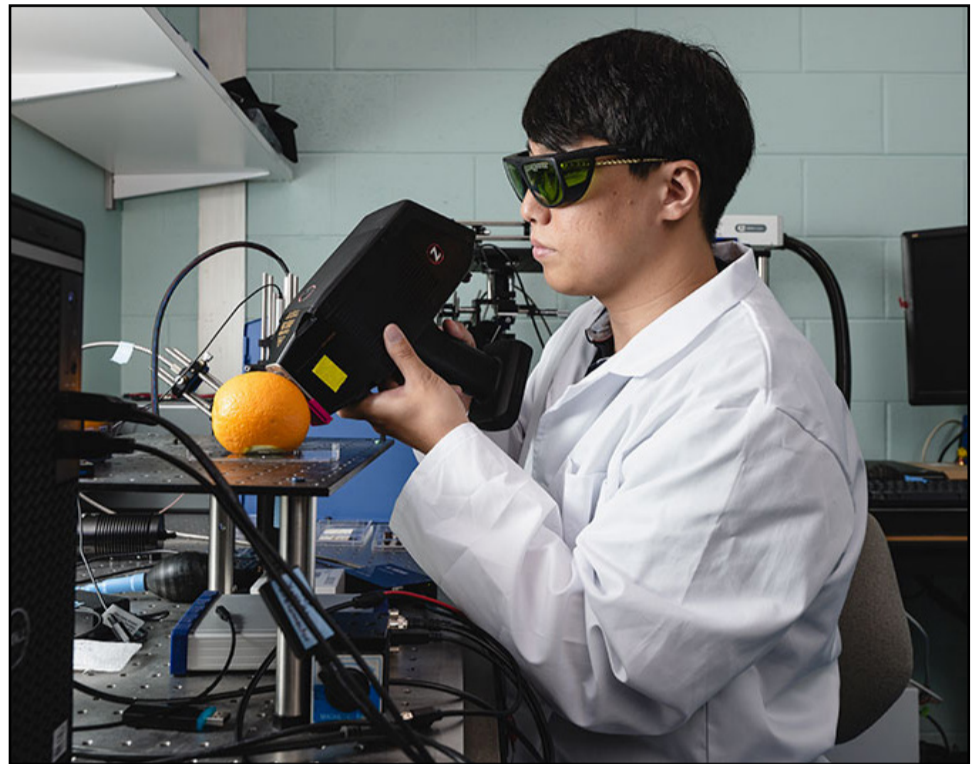


Photo courtesy of Purdue University

Purdue postdoctoral fellow Sungho Shin uses a portable LIBS spectroscopy instrument to collect data from the surface of an orange.

Gourmet Or Imitation? This New Technique Ferrets Out Food Fraud

When you shell out for artisanal food – Swiss Gruyère cheese, organic vanilla extract, Italian prosciutto – did you get what you paid for? With global food fraud estimates as high as \$40 billion a year, it's a question Purdue University researchers are tackling with a food "fingerprint" technique sensitive enough to distinguish between foods made from the same ingredients, but in different locations.

Food fraud, which the U.S. Food and Drug Administration officially terms "economically motivated adulteration," occurs when manufacturers substitute a cheaper ingredient for one that is more valuable, like cutting olive oil with vegetable oil, or bulking saffron with ground plant stems. It's a tough crime to catch as foods can be altered anywhere along a global supply chain. Ensuring authenticity is even more difficult when dishonest purveyors simply swap a similar product for its more expensive counterpart, like Himalayan sea salt, or San Marzano tomatoes.

"Think about the difference between a free-range ham from Portugal, aged in a cave for two years, and a ham you buy at WalMart," said Bartek Rajwa, a research professor of computational life sciences at Purdue University. "They are both pig meat, the same ingredients, but they have a very different taste, smell and texture. To tell them apart, we need a system that can quantitatively analyze those characteristics. It's a big challenge."

Rajwa and his team are developing a patent-pending two-part process to provide information about the atomic composition and chemical structure of a food sample, enough to pinpoint the ingredients, the preparation and, potentially, the point of origin.

Published results from a test using the first step as a standalone method were 99% accurate in distinguishing imitation vanilla flavoring from real

vanilla extract, and about 90% accurate in identifying European cheese branded as "Gruyère" versus a Gruyère-style cheese produced in Wisconsin. Earlier this year, Rajwa presented the more sophisticated two-part process at the Society of Photo-Optical Instrumentation Engineers (SPIE) Sensing for Agriculture and Food Quality and Safety XV conference.

Rajwa, an expert in biological analysis techniques, stumbled upon the field of food authentication as part of his work developing systems to recognize bacterial contamination of foods.

"I started going to food science conferences and listening to leaders in the field, and that's when I realized the scale of the problem," Rajwa said. "We're talking about an enormous criminal enterprise that is almost unnoticed. Most of the time the only harm is that you're paying a premium and getting a product of inferior quality, but there are instances in which it can cause serious harm."

Many spectroscopy methods, including mass spectrometry, fluorescence spectroscopy, and liquid chromatography are used to identify food. However, Rajwa said, none of the existing methods are fool-proof, and most are difficult and expensive, leaving ample room for innovation in the field.

To meet the challenge, Rajwa and Purdue collaborators J. Paul Robinson and Euiwon Bae turned to Laser Induced Breakdown Spectroscopy (LIBS), a method that's well developed for use in material science and metallurgy, but not commonly used in food science. LIBS uses a high-powered laser to create a tiny plume of plasma at the surface of a sample. The intensity of different wavelengths of light emitted by the plasma indicates the type and proportion of elements that make up the ingredients in the sample and even provides some valuable information on its texture. LIBS creates a unique

digital spectrum, which, with a machine-learning approach Rajwa's team developed for the task, is processed into a fingerprint that can be used to verify the identity of the food tested.

In a paper published in *Foods*, the team tested several samples of Alpine-style cheese, coffee, vanilla extract, balsamic vinegar, and spices like nutmeg, pepper, and turmeric. For many foods, the method was highly accurate, even when using an inexpensive portable handheld LIBS instrument. But for more complex foods, like the Alpine-style cheese, Rajwa said, the LIBS spectrum isn't enough.

For additional information that can help verify the origin of even complex foods like cheese and ham, he is working on a second step using Raman spectroscopy, which is capable of identifying specific organic molecules, such as those associated with the presence of pesticides, fungicides or antibiotics in food.

"In a sense, they form this complementary pair; what one cannot detect, the other can," Rajwa said. "LIBS gives you the amount of each atom, and Raman tells you how they are organized."

At the SPIE conference, Rajwa presented data with the two-part method showing improvements in accuracy over LIBS as a standalone method; final results have not yet been published.

This research was funded by the U.S. Department of Agriculture, Agricultural Research Service, under Agreement No. 59-8072-6-001, and with the help of SciAps Inc., which supplied portable LIBS instruments. Rajwa disclosed the innovation to the Purdue Research Foundation Office of Technology Commercialization, which has applied for a patent on the intellectual property. Industry partners interested in further developing the research for the marketplace can contact Dipak Narula at dnarula@prf.org.

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Photo courtesy of NASA

A Purdue University experiment aiming to find out how condensation works in reduced gravity is onboard Northrop Grumman's 19th commercial resupply services mission (NG-19) to the International Space Station for NASA.

Science Enabling Heat And Air Conditioning For Long-Term Space Habitats Is Almost Fully Available

To live on the moon or Mars, humans will need heat and air conditioning that can operate long term in reduced gravity and temperatures hundreds of degrees above or below what we experience on Earth.

Building these systems requires knowing how reduced gravity affects boiling and condensation, which all heating, ventilation and air conditioning systems use to operate in Earth's gravity.

A Purdue University experiment launching Aug. 1 on Northrop Grumman's 19th commercial resupply services mission (NG-19) to the International Space Station for NASA aims to collect data scientists need to answer decades-old questions about how boiling and condensation work in reduced gravity.

"We have developed over a hundred years' worth of understanding of how heat and cooling systems work in Earth's gravity, but we haven't known how they work in weightlessness," said Issam Mudawar, Purdue's Betty Ruth and Milton B. Hollander Family Professor of Mechanical Engineering.

The NG-19 spacecraft is expected to launch at 8:31 p.m. on Aug. 1 from the Mid-Atlantic Regional Spaceport at NASA's Wallops Flight Facility in Virginia and arrive at the space station Aug. 4. A livestream of the launch is available via NASA Live.

Onboard this flight is a module for conducting the second experiment of a facility called the Flow Boiling and Condensation Experiment (FBCE), which has been collecting data on the space station since August 2021.

Last July, Mudawar and his students finished their first experiment gathering data from a module of FBCE on the space

station that measures the effects of reduced gravity on boiling. When the facility's additional components arrive with the NG-19 spacecraft, the researchers will be able to conduct the second experiment, which will investigate how condensation works in a reduced-gravity environment.

Both experiments' modules for FBCE will remain in orbit through 2025, allowing the fluid physics community at large to take advantage of this hardware.

"We are ready to literally close the book on the whole science of flow and boiling in reduced gravity," Mudawar said.

To develop FBCE, Mudawar's lab worked with NASA's Glenn Research Center in Cleveland, which engineered and built the flight hardware funded by the agency's Biological and Physical Sciences Division at NASA Headquarters. The team spent 11 years developing FBCE hardware to fit into the Fluids Integrated Rack on the orbiting laboratory.

FBCE's answers on boiling and condensation will not only support exploration on the moon or Mars but also help spacecraft to travel longer distances. The farther missions are from Earth, the more likely that the spacecraft for those missions will need innovative power and propulsion systems, such as ones that are nuclear thermal or electric. Compared to other types of processes that enable heating and cooling in space, boiling and condensation would be much more effective at transferring heat for spacecraft with these systems.

In addition, FBCE data could help enable spacecraft to refuel in orbit by providing scientific understanding of how

reduced gravity affects the flow boiling behavior of the cryogenic liquids spacecraft use as propellant.

FBCE is among NASA's largest and most complex experiments for fluid physics research. Mudawar's team is preparing a series of research papers unpacking data the FBCE has collected on the space station, adding to more than 60 papers they have published on reduced gravity and fluid flow since the project's inception.

"The papers we have published over the duration of this project are really almost like a textbook for how to use boiling and condensation in space," Mudawar said.

With more than 30,000 citations, Mudawar is one of the most highly cited researchers in the field of heat transfer. Google Scholar ranks him No. 1 in flow boiling, spray cooling, microchannels, and microgravity boiling. He also is the most cited author in the International Journal of Heat and Mass Transfer.

For more than a decade, Mudawar and his students have been developing three sets of predictive tools to be validated using FBCE data. One set of tools puts the data into the form of equations that engineers can use to design space systems. Another set identifies fundamental information about fluid physics from the data, and the third set is computational models of the fluid dynamics.

All together, these models would make it possible to predict which equipment designs could operate in lunar and Martian gravity.

"The amount of data coming out of the FBCE is just absolutely enormous, and that's exactly what we want," Mudawar said.

Purdue Research Awards And Philanthropic Fundraising Both New Records In Fiscal Year 2023



Purdue University has announced it reached new milestones in both research awards and gift funding for fiscal year 2022-23, shattering previous records for both research funding and donor giving to the university. Purdue received \$613 million in research awards during the fiscal year that ran from July 1, 2022, through June 30, 2023. Concurrently, Purdue received a record \$610 million in private contributions. These two new records mark the first time in university history that either category surpassed \$600 million in a year.

"Excellence at scale is both reflected in and further supported by these two new watermarks, simultaneously achieved at Purdue this past year," Purdue President Mung Chiang said. "Annual percentage increases around 10% for research funding and for philanthropic gifts continue the compounding rise and are based on the persistent pursuit in excellence by our faculty, staff and students and the incredible generosity of Boilermaker family and friends."

Research Funding

The university's total research awards have steadily climbed each year since 2013. The total amount represents a 9% increase in awards from fiscal year 2022 and a 92% hike over the last 11 years (FY 2013 to FY 2023), with this year's funding supporting approximately 3,500 research projects. This year's funding is benchmarked as high for a university without either a medical school or a major Department of Defense establishment.

As part of this record funding, Purdue has seen a significant uptick in larger awards from federal agencies through highly competitive processes, which account for 70%

of the research funding at Purdue, with the U.S. Department of Defense topping the list for the first time at \$98 million. In FY23, DoD authorized \$20 million to advance SCALE, the preeminent U.S. program for semiconductor workforce development in the defense sector.

Other top sponsors include the U.S. Department of Health and Human Services, including the National Institute of Health (\$95 million), National Science Foundation (\$81 million), U.S. Department of Agriculture (\$62 million), U.S. Department of Energy (\$41 million) and state and local government (\$43 million).

Private industry also contributed nearly \$90 million to support Purdue research, and the university signed 11 master research agreements, including a new commitment of \$50 million from Eli Lilly and Company toward a five-year strategic research collaboration.

"This new record for research awards funding demonstrates the strength of Purdue research and, perhaps even more importantly, the impact of our work by our faculty, staff and students," said Karen Plaut, executive vice president for research. "Through concentrated effort, Purdue has successfully increased the diversity of our funding sources, providing more opportunities for our researchers across all areas of study and training the next generation of scientific leaders."

Highlights include:

- \$7.8 million in funding from the Semiconductor Research Corp., DARPA and Georgia Institute of Technology for research in two JUMP 2.0 research centers – the Center for the Co-Design of Cognitive Systems (CoCoSys) and the Center on Cognitive Multi-spectral Sensors (CogniSense) – to accelerate U.S. advances in information and communications technologies.

- A \$10 million award from the U.S. Department of Agriculture to fuel economic resilience and sustainability in Eastern U.S. forests.

- A \$6.8 million award from the National Institutes of Health in support of the Indiana Clinical

and Translational Sciences Institute, which works to increase collaboration among the brightest minds in Indiana to solve the state's most pressing health care challenges.

- A \$3.9 million award from the National Institutes of Health to demystify the link between obesity and breast cancer.

Philanthropic Gifts

In addition to research awards, Purdue hit an all-time high of more than \$610 million from 83,836 donors. These gifts come from generous donations from alumni, students, families, partners and foundations, and are often specified for each gift's intended purpose.

FY23 is also the 11th consecutive year that the total raised for student support has increased. Purdue raised \$183 million for student support – a 22% increase over last year.

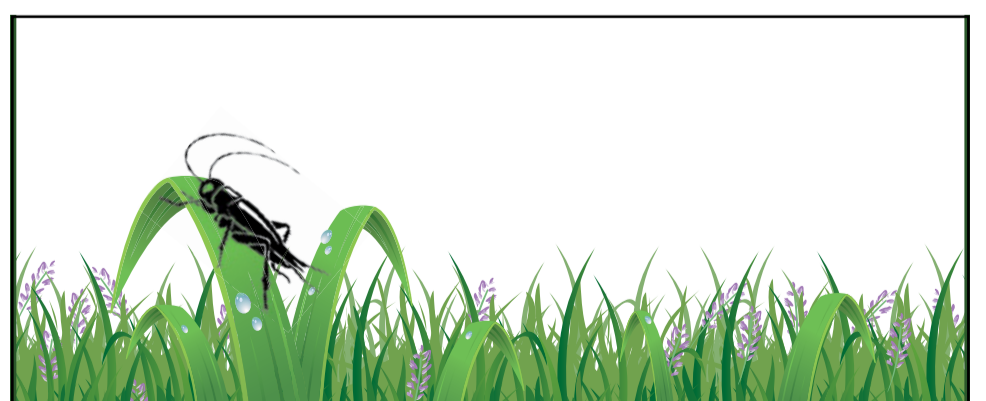
"Purdue has had another monumental year in private giving, thanks to the generosity of our alumni, friends and fans," said Matt Folk, president and CEO of the Purdue for Life Foundation and vice president of university advancement and alumni engagement for Purdue University. "Together, through small steps and giant leaps, we are strengthening Purdue's reputation in teaching and research while remaining affordable and accessible to brilliant young minds."

Records that Purdue donors set this year include:

- Total dollars raised: \$610.3 million, an increase of 12.6% from last year's total and the previous record of \$542.1 million.

- Dollars raised for student support: \$183 million, up from last year's record of \$150 million. The university has seen a giant leap in private support for scholarships, fellowships and student programming each year since 2012-13, when Purdue raised \$32 million for student support.

- Largest single-day fundraising campaign in higher education: \$110.8 million from Purdue Day of Giving, shattering last year's record of \$68.2 million and bringing Purdue Day of Giving's cumulative total since it launched in 2014 to \$420.5 million.



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SUNDAY

In The Kitchen

Sunday, Aug. 6, 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, Aug. 6, 2023

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SIMPLIFY SCHOOL NIGHTS WITH EASY, CHEESY MEALS

FAMILY FEATURES

Putting a delicious, kid-friendly meal on the table in an hour or less is goal No. 1 for many families. When the hectic schedules of back-to-school season are in full effect, saving some precious time in the kitchen can make all the difference.

Take a homework timeout and bring loved ones running to the dining room for family favorites like Sweet Heat Pickled Beet Grilled Cheese. This modern take on a childhood classic pairs sourdough bread with brie cheese, a spicy-sweet hit of hot honey and juicy Aunt Nellie's Diced Pickled Beets.

If letting your oven do the work is an even more appealing solution, try an easy recipe like Bacon Wrapped Potato Stuffed Chicken. As a meal and side dish all in one, this simple weeknight dinner starts with cutting a pocket into boneless, skinless chicken breasts before filling with cheesy goodness.

Layer cheddar cheese slices inside the chicken then spoon in READ German Potato Salad made with thinly sliced potatoes, bacon and a sweet-piquant dressing. Finally, fold the chicken breasts closed, wrap with bacon slices and bake 40 minutes to tender, juicy perfection with a final broil to crisp the bacon.

To find more family-friendly meals fit for busy weeknights, visit AuntNellies.com and READSalads.com.

Sweet Heat Pickled Beet Grilled Cheese

Recipe courtesy of MacKenzie Smith of "Grilled Cheese Social"

Prep time: 5 minutes

Cook time: 12 minutes

Yield: 2 sandwiches

- 4 slices (3 ounces each) sourdough bread
- 2 tablespoons hot honey
- 1 small wheel (8 ounces) brie, at room temperature, cut into thin strips
- 8 ounces Aunt Nellie's Diced Pickled Beets (1/2 jar or 2 individual diced pickled beet cups)
- 2 tablespoons fresh basil, cut into thin strips
- 2 tablespoons unsalted butter
- 1/2 teaspoon garlic salt, or to taste

Place two bread slices on cutting board. Drizzle with hot honey then add 4 ounces brie evenly across bread.

Drain beets and pat dry. Add evenly on top of brie followed by basil and remaining brie.

Spread 1 tablespoon butter on one side of remaining bread slices. Sprinkle with 1/4 tea-



spoon garlic salt. Place top piece of bread on each sandwich.

Heat cast-iron or frying pan over medium-low heat then add sandwiches butter sides down. Butter top sides and add remaining garlic salt.

Cook about 5 minutes on each side, or until bread is golden brown and cheese has melted, flipping half-way through.

Once sandwiches have cooked on both sides, remove from heat and serve.

Bacon Wrapped Potato Stuffed Chicken

Recipe courtesy of "EZPZMealz"

Prep time: 20 minutes

Cook time: 40 minutes

Yield: 8 servings

- 2 pounds (approximately 4 large) boneless, skinless chicken breasts
- 8 slices sharp cheddar cheese
- 1 can READ German Potato Salad with sauce
- 8-12 bacon slices
- nonstick cooking spray
- freshly ground pepper, to taste

Preheat oven to 400 F.

Using sharp knife, slice pocket or slit into each chicken breast and fold open.

Place two slices sharp cheddar cheese in pockets then spoon 4 ounces potato salad onto cheese.

Fold chicken over and close so cheese and potatoes are inside pockets.

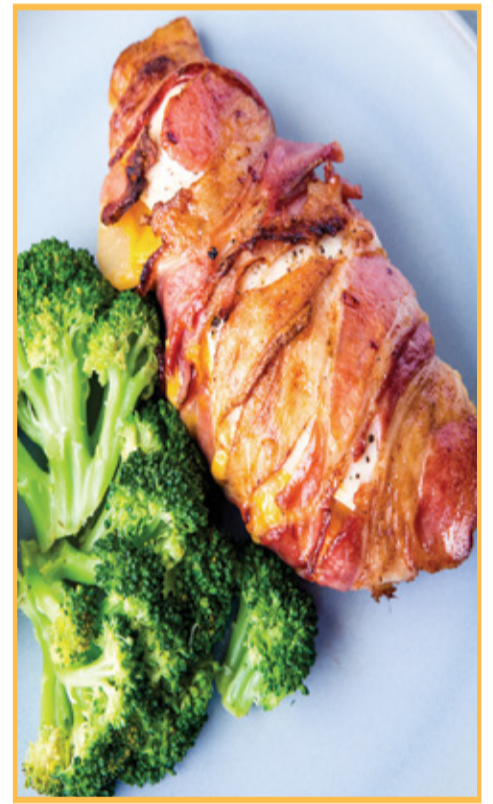
Take 2-3 bacon slices and completely wrap stuffed chicken breasts, tucking loose ends of bacon on under-sides of chicken.

Spray baking dish with nonstick cooking spray then place bacon wrapped chicken on tray. Season chicken with pepper, to taste.

Bake approximately 40 minutes until internal temperature of chicken reaches 160 F.

Turn oven to broil on high (500 F) and broil 2-3 minutes to crisp bacon until chicken reaches 165 F.

Remove from the oven and rest 5 minutes then serve.



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Fuel FOR FULL DAYS OF LEARNING



FAMILY FEATURES

Between morning routines, days spent in the classroom, extracurriculars and homework, it may seem like there's never enough time in the day during the school year. However, making time for tasty meals and snacks doesn't have to be another burden on jam-packed schedules.

These quick recipes for a flavorful twist on a breakfast favorite, easy-to-make sliders featuring kid-friendly flavors and delightful treats to enjoy at the end of the day can help keep little learners (and older family members, too) fueled up and ready to tackle all the school year throws their way.

Find more recipes to get you through busy back-to-school season at Culinary.net.

Simple, Kid-Friendly Sliders

For those busy school nights when time is at a premium and you need to get a meal on the table quickly, these simple yet savory Pepperoni Pizza Sliders can be a perfect solution. A modified take on a kid favorite – pizza – they're easy to make after work and extracurricular activities to steal a few moments of family time enjoying the cheesy pepperoni goodness before completing homework and beginning preparations for a new day.

Pepperoni Pizza Sliders

Recipe adapted from MilkMeansMore.org

- 1 package slider rolls
- 1/2 cup pizza sauce
- 1/2 cup mini pepperoni
- 1 1/2 cups shredded, low-moisture, part-skim mozzarella cheese
- 1/4 cup butter, melted
- 1 teaspoon parsley flakes

- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 cup shredded Parmesan cheese
- nonstick cooking spray

Heat oven to 350 F.

Keeping rolls connected, cut sheet of rolls horizontally, separating tops from bottoms. Place bottom halves of rolls in baking dish.

Spread pizza sauce evenly over bottom halves. Sprinkle pepperoni over sauce. Sprinkle mozzarella over pepperoni and cover with top halves of rolls.

Mix melted butter with parsley flakes, dried oregano, garlic powder and shredded Parmesan cheese. Spoon evenly over sliders.

Cover baking dish with aluminum foil sprayed with nonstick cooking spray to keep cheese from sticking.

Bake 20 minutes.

Remove foil and bake additional 5-10 minutes, or until Parmesan is melted and golden brown.

Cut sliders and serve immediately.

A Fresh-Baked After-School Sweet

After a long day of learning or a tough homework assignment, many kids love a warm, chocolatey homemade cookie. Once your kiddos pack away the calculators and put their pencils down, serve up an ooey-goopy delight as a reward for all that hard work.

These Brown Butter Chocolate Chip Cookies are ready in just 30 minutes and made with high-quality ingredients you can count on like C&H Dark Brown Sugar for that familiar homemade flavor.

Find more sweet after-school desserts at chsugar.com.

Brown Butter Chocolate Chip Cookies

Prep time: 15 minutes

Cook time: 15 minutes

Yield: 18 cookies

- 1 cup (2 sticks) unsalted butter, softened
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cups C&H Dark Brown Sugar
- 2 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 1 cup chopped pecans, toasted
- 1 1/2 cups semisweet chocolate chips

In medium saucepan over medium heat, melt butter and cook until foaming and golden brown. Remove from heat and transfer to heatproof bowl. Place in refrigerator until solidified, about 45 minutes.

In medium bowl, whisk flour, baking powder, baking soda and salt. Set aside.



Once butter has solidified, remove from refrigerator. In bowl of electric stand mixer, using paddle attachment, beat butter and sugar at medium speed 2-3 minutes until light and fluffy. Add eggs, one at a time, and vanilla. Mix until combined. Scrape sides of bowl as needed. Reduce speed, add flour mixture and beat to combine. Add pecans and chocolate chips; mix at low speed until combined. Place dough in refrigerator

and rest 30 minutes.

Preheat oven to 350 F and line baking sheets with parchment paper.

Using 2-ounce ice cream scoop, portion out dough on prepared baking sheets, spacing about 3 inches apart. Gently flatten dough balls using palm.

Bake 13-15 minutes, or until golden brown. Allow cookies to cool on baking sheets 10 minutes then transfer to wire rack. Serve warm.



A Traditional Breakfast with a Twist

The same bowl of cereal can get boring after eating it for breakfast day in and day out. You may find yourself looking for something new and exciting to start school day mornings on the right foot.

Kids can be picky when it comes to breakfast foods, but this recipe for Sausage French Toast Roll-Ups is a quick and easy way to fill their bellies with a taste of several flavors they may already love. A sizzling sausage link wrapped with French toast, it combines a favorite breakfast protein and traditional deliciousness in one roll.

Sausage French Toast Roll-Ups

Servings: 12

- 12 sausage links
- 2 eggs
- 2/3 cup milk
- 3 teaspoons almond extract
- 1/2 teaspoon ground cinnamon
- 6 bread slices, crust removed, cut in half
- 3 tablespoons butter syrup

In skillet, cook sausage links according to package directions. Set aside.

In medium bowl, whisk eggs, milk, almond extract and cinnamon.

Dip bread slice in egg mixture. Wrap bread slice around cooked sausage link, pressing seam to keep from unrolling. Repeat with remaining bread slices and sausage links.

In large skillet over medium-high heat, melt butter. Place roll-ups in skillet, seam-sides down, and cook until all sides are browned, approximately 10 minutes.

Drizzle with syrup.

SUNDAY

In The Kitchen

Sunday, Aug. 6, 2023

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Save Time with Sweet, Savory, Salty Snacks

FAMILY FEATURES

Work, social commitments, kids' activities and the daily grind can take over schedules and wreak havoc on your opportunities to sit at the table for meals. As your calendar seems to fill up with meetings, family occasions and more, you might just find yourself skipping breakfast or lunch and opting for filling snacks instead.

In fact, according to the International Food Information Council's 2022 Food and Health Survey, 75% of Americans snack at least once per day, which means 2023 could become the year of the snack. Whether it's forgoing breakfast at home for a bite on the go or powering up with an afternoon morsel, one flavor favorite and nutritional powerhouse you can turn to is the pecan.

As pecans are used in an increasing number of snack innovations, they're being hailed as the fastest growing nut in new snack applications, according to Information Resources Inc. They're an ideal snack for punching up your routine with great taste, plant-based nutrition and an easy-to-pair profile.

For example, they're poised to remix your snack mix mentality as they complement sweet, savory, spicy and buttery combinations. Ready in less than half an hour, you can add some sweetness to your workday with this Pecan Snack Mix with Cranberries and Chocolate for a fruity, nutty, chocolatey twist on traditional trail mix.

If a saltier treat is more your speed, consider this Salty Pecan Snack Mix for a grab-and-go breakfast as you head out the door or an easy way to keep hunger at bay in the afternoon. Because pecans pair with a variety of ingredients and flavors, they're a perfect partner for this combination of rolled oats, coconut, honey, cinnamon and more.

Find more sweet and savory recipe inspiration at EatPecans.com.

Pecan Snack Mix with Cranberries and Chocolate

Recipe courtesy of Jess Larson and the American Pecan Promotion Board
Prep time: 10 minutes
Cook time: 5 minutes, plus 10 minutes cooling time

- 1 cup pecan halves
- 1 cup rice squares cereal (wheat or cinnamon)
- 1/2 cup pretzels
- 2 tablespoons unsalted butter
- 1 tablespoon brown sugar
- 1 1/2 tablespoons pure maple syrup
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup dried cranberries
- 1/2 cup dark chocolate chips



In large, microwave-safe bowl, add pecans, rice squares cereal and pretzels. In small, microwave-safe bowl, add butter, brown sugar, maple syrup, salt and nutmeg. Microwave butter mixture 1-2 minutes until melted then pour over dry mix.

Toss well to combine. Microwave snack mix in 45-second intervals, about 4-5 intervals total, until mix is fragrant, golden and toasty. Cool mix completely then stir in cranberries and dark chocolate chips.

Salty Pecan Snack Mix

Recipe courtesy of Mallory Oniki and the American Pecan Promotion Board
Prep time: 10 minutes
Cook time: 20 minutes
Servings: 15

- 2 cups rice squares cereal
- 1 cup rolled oats
- 1 cup unsweetened coconut
- 1/3 cup honey
- 1/4 cup coconut oil
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 cup butter
- 2 cups chopped pecans
- 1 cup oyster crackers

Preheat oven to 350 F.

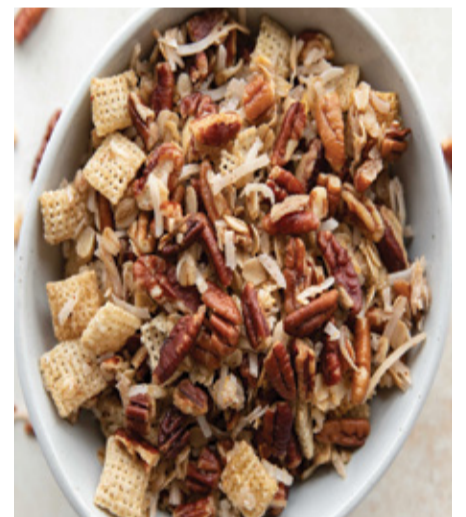
In bowl, add rice squares cereal, oats and unsweetened coconut.

In small saucepan over medium heat, add honey, coconut oil, cinnamon and salt. Stir until mixture starts to boil then pour over snack mix and stir until well combined.

Transfer to baking sheet and bake 8-10 minutes.

In saucepan over medium heat, add butter. Stir until butter browns then add chopped pecans and oyster crackers. Turn heat to low and stir while pecans roast.

Remove snack mix from oven and add brown butter pecan and cracker mixture; stir to combine.



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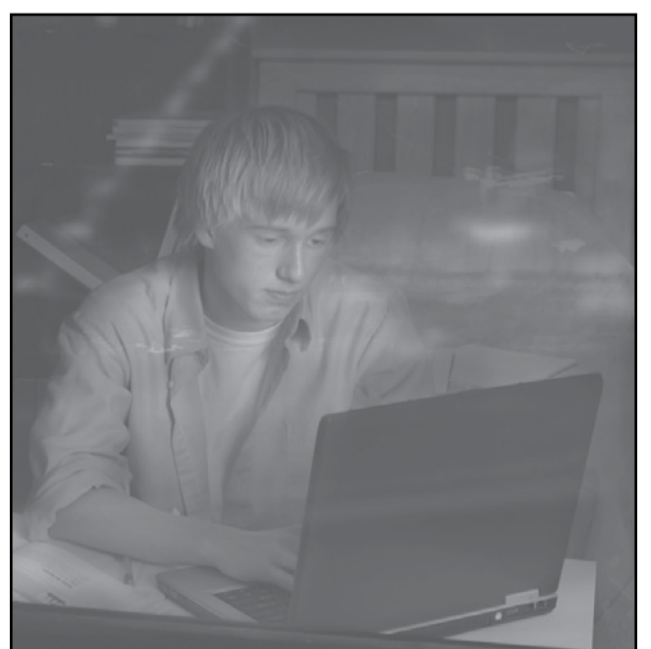
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SUNDAY

In The Home

DAY

Sunday, Aug. 6, 2023

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Preventing And Managing Powdery Mildew In The Garden



MELINDA MYERS
Columnist

Don't panic when you find a powdery white substance covering the leaves of some of your flowers, vegetables, and shrubs. This is a good clue that your plants are infected with the fungal disease, powdery mildew. Most otherwise healthy plants can tolerate the damage and perennials will return the following year.

You may see this disease on a variety of plants including zinnia, phlox, bee balm, lilacs, roses, cucumbers, and squash. Powdery mildew is caused by several different fungi with each attacking specific host plants. This means the powdery mildew on one plant won't necessarily infect its neighbors. But when the weather conditions are right, high humidity at night and low humidity during the day, powdery mildew can develop on a variety of unrelated susceptible plants.

This fungus grows on leaf surfaces, preventing sunlight from reaching the leaves. The infected leaves eventually turn yellow, brown and may wither. The disease usually won't kill the plant, but it does ruin the beauty of ornamental plants and severe infestation can reduce the size and quantity of fruit when growing cucumbers, squash and other susceptible vegeta-



Photo courtesy of www.MelindaMyers.com

Powdery mildew on a bee balm plant.

bles.

Consider living with the damage. Mask the view of the diseased leaves with slightly shorter nearby plants, allowing you to still enjoy the flowers.

If you decide to treat the plants, you must start at the first sign of the disease and then every 7 to 14 days for effective control. Consider using one of the organic fungicides labeled for controlling this disease on the plants you are treating.

Cornell University found baking soda was effective at managing powdery mildew. You will find variations of the mixture using 1 to 1.5 tablespoons of baking soda and 2.5 to 3 tablespoons of lightweight horticulture oil mixed into one gallon of water.

Be sure to read and follow label directions when using any organic, natural, or synthetic product. Pretest any fungicide selected including the Cornell mixture. Apply the fungicide to a couple

of leaves and monitor for any toxic side effects before spraying all the infected plants.

Reduce the risk of powdery mildew in future gardens. Remove and dispose of mildew-infected plants and leaves in fall.

When adding new plants to the garden, select those noted for powdery mildew resistance. They aren't immune but less likely to develop the disease than more susceptible varieties.

Give plants plenty of room to reach their mature size. This increases airflow and light reaching the plants, decreasing humidity and the risk of infection. Avoid excess fertilization that promotes lush succulent growth that is more susceptible to this and other diseases.

Train vining crops like cucumber, squash, and melons onto a trellis. You'll not only save space but also increase light and air penetration around the plants for greater productivity and

less risk of disease.

Do a bit of pruning on susceptible phlox and bee balm next spring. Remove one-fourth of the stems of susceptible perennials when the plants are several inches tall. This increases light penetration and airflow, resulting in stronger stems and less risk of this disease.

A bit of prevention goes a long way in boosting the beauty of your garden and reducing the time spent managing this disease.

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.

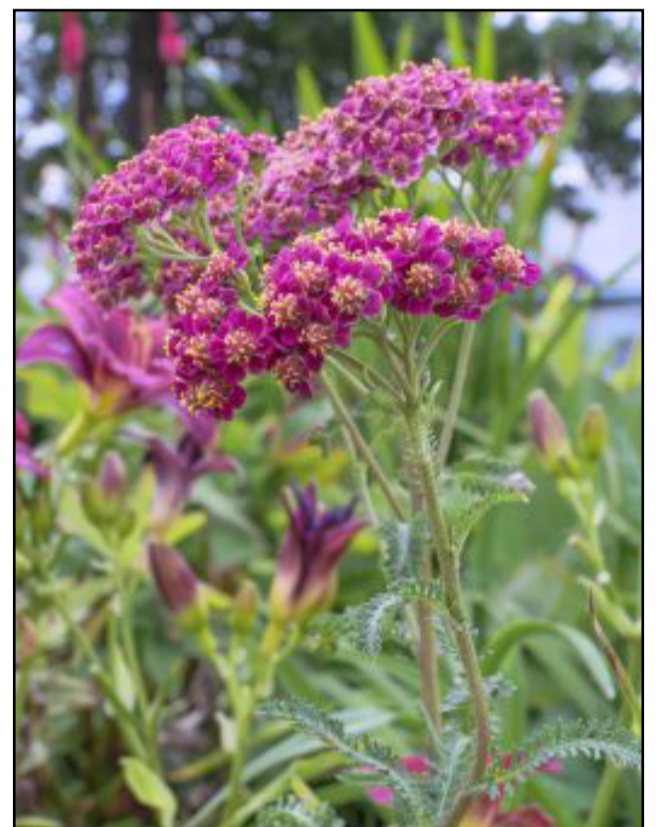


Photo courtesy of www.perennialpower.eu.

Archillea

Perennials That Will Withstand Drought

Unfortunately, we have all felt the consequences of summers that are drier more often and for longer. Watering the garden becomes almost inevitable if we want to keep it looking good. Needless to say, all garden plants love a splash of water when it's dry, but some plants can handle drought better than others. With these plants, your garden will continue to look beautiful and bright, even during dry periods.

A carefree garden filled with flowers

Borders with perennials that can withstand droughts will survive a period of drought better than perennials that need lots of water. If you also choose flowering plants to boot, you will enjoy the butterflies, bees, and other insects that come to visit them. This is the way to make your garden a living space that you can enjoy even during dry summers.

Which garden plants can handle drought?

Many perennials are inherently resistant to periods of drought. These plants are particularly good:

- ornamental grasses, such as Japanese forest grass (Hakonechloa macra), moor grass (Molinia), needle grasses (Stipa) and fescues (Festuca).
- summer bloomers: yarrow (Achillea), Japanese toad lily (Tricyrtis), Allium, African lily (Agapanthus), wild indigo (Baptisia), yellow wax bells (Kirengeshoma),

coneflower (Echinacea), white gaura (Gaura) and Jerusalem sage (Phlomis).

- plants with thick or grey furry leaves: stonecrop (Sedum) and hedge-nettle (Stachys).

- Mediterranean herb plants: thyme (Thymus), rosemary (Rosmarinus) and lavender (Lavendula).

Climate-proof garden

With the changing climate, dry spells are increasingly interspersed with heavy downpours. If you replace your garden tiles with perennials, you will not have any water logging problems. The rainwater will easily flow away in between the plantings. What's more, plants have a cooling effect. Another benefit during prolonged hot and dry spells!

Tips & facts

- Water new perennials regularly after planting to help them root properly. Well-rooted plants can handle drought better.

- Cover the soil around the plant with a layer of organic material (mulch), such as finely cut prunings, cut grass, bark, or compost. This will prevent the soil from drying out too quickly.

- If you want to fill pots with drought-resistant plants, do bear in mind that like all plants in pots, they will require more water than plants in the open ground.

For more information about drought-resistant perennials, visit www.perennialpower.eu.

Perennials, For A Beautiful Fall And Winter Garden

With their colorful flowers, unusual leaves, and stunning winter silhouettes, perennials are an asset to your garden in any season. If you make some smart choices, you will have something to feast your eyes on year-round, even in fall and winter!

Fall celebration and winter splendor

In spring, it is the flowers of early bloomers in particular that catch our eye, and budding fresh leaves, of course. Next comes the turn of numerous plants that start to flower in summer. If you think there's nothing to enjoy in your garden once summer is over, think again! If you choose the right plants, your garden can be just as beautiful, even in fall and winter!

Fall colors

The leaves of certain perennials display beautiful fall colors, for example, bluestar (Amsonia) and moor grass (Molinia). Besides the summer bloomers that continue to bloom into fall, you can then enjoy typical fall bloomers, such as the well-known Michaelmas daisy (Aster) and Japanese anemone (Anemone) or spikes of the lesser-known black cohosh (Cimicifuga/Actaea).

An enchanting winter silhouette

In winter, (semi) evergreen perennials in many shades of green, as well as colors such as purple and grey, look particularly attractive. Examples include candytuft (Iberis), coral bells (Heuchera), and elephant's ears (Bergenia). Hellebore (Helleborus) and Viola, among others, will bloom in winter. You could also opt for plants that do die off above ground, but leave a strikingly beautiful winter silhouette. They will look particularly enchanting when covered in a layer of frost!

Perfect choices for a beautiful winter silhouette

The perennials listed below will continue to bloom into fall. What's more, their fall and winter silhouette is a feast for the eyes. Plant them higgledy-piggledy for a beautiful weaving effect in the garden with different shapes and colors. In this way, your garden will look attractive year-round.

Some examples of perennial superstars with a beautiful winter silhouette:

- Coneflower (Echinacea and Rudbeckia) – will continue to look decorative with very dark-colored stems and the seed pods of its daisy-like flowers.

- Verbena (Verbena bonariensis) – its flowers and airy branches die above ground, but remain standing in winter.

- Jerusalem sage (Phlomis) – this cascading flowering plant with yellow or pink flowers is possibly even more beautiful after flowering thanks to its dark-brown seed pods. The large furry leaves at the base of the plant keep their green color in winter.

- Culver's root (Veronicastrum) – the dark brown seed heads on its tall and sturdy stems will continue to look attractive all winter long.

- Gravel root (Eupatorium) – this perennial has pretty, darker stems and cream-colored seed pods.

- Yarrow (Achillea) – striking umbel flowers on which the snow will settle nicely.

- Sea holly (Eryngium) – its wilted flowers will stay beautiful well into winter.

- Ironweed (Vernonia) – with its wilted brown fluffy flowers, this perennial will stay attractive long after flowering.

- Stonecrop (Sedum) – the flower heads will turn from light-green to red, dark-red and eventually brown throughout the year.

- Giant hyssops (Agastache) – after flow-

ering, these flower spikes are easy on the eye all winter long.

- Ornamental grasses – most ornamental grasses stop growing in fall and retain a beautiful appearance. Colors will vary from straw-yellow to brown. You could consider silvergrass (Miscanthus), reedgrass (Calamagrostis), fountaingrass (Pennisetum) or pampas grass (Cortaderia selloana).

Don't prune too soon

You can prune perennials back once they start to sprout in spring. Pruning them in spring means birds can enjoy the seeds of these plants all winter long. They adore the seeds!

Tips

You can plant perennials in the garden year-round, as long as the temperature is above freezing. Fall is a very suitable time, as is spring. Low-growing perennials also do particularly well planted in pots. This is a good way to brighten up your patio or balcony in fall and winter. After their winter dormancy, the plants will come back looking even better and grander with gorgeous flowers!

Visit www.perennialpower.eu for more varieties, tips and inspiration.

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the paper

SUNDAY

In The
Home

Sunday, Aug. 6, 2023

D2

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Preparing Your Children for Kindergarten

FAMILY FEATURES

Being ready for kindergarten is about far more than writing names and reciting the ABCs. It is also about building a foundation for deeper conceptual thinking, curiosity, creativity and social and emotional skills that can help children during their early school days and also in life.

For parents, this transition can be nerve-racking and raise questions about how to best prepare their children for the next step in their educational journeys.

Dr. Lauren Starnes, senior vice president and chief academic officer at The Goddard School, and Lee Scott, chairperson of The Goddard School's Educational Advisory Board, recommend helping children prepare for kindergarten through:

Building Strong Routines and Foundations for Learning:

- 1. Language and literacy:** Practice writing by making place cards for the dinner table. For younger children, it can be the first letter of each person's name or fun scribbles on the card. Early scribbles are part of developing writing skills.
- 2. Mathematics:** Count while you work. Ask your children to put away toys. As they work, you can count the toys together.

3. Science: Make yard cleanup fun. As you clean the yard, talk about the leaves and why they turn colors and fall to the ground. Pile them up and jump in.

4. Executive function: Incorporate your children in planning for the family. Help your children stay organized with a daily or weekly chart. Have your children make the chart with you. For younger children, you can use drawings or pictures instead of words.

5. Creative expression: Sing and dance while you work. Make up songs or repeat favorites as your children go through a few basic chores such as putting clothes away.

6. Social-emotional development: Build a sense of responsibility and caring for others with real or pretend pets. Take the dog for a walk, feed the cat or water the pet rock. Taking care of a pet can help children develop a sense of responsibility and empathy for others.

7. Healthy development and well-being: Daily routines help your children practice fine motor skills while doing a few chores, such as setting a table, helping you cook by mixing or stirring, putting their clothes on or brushing their teeth.



Photos courtesy of Getty Images



Incorporating Playful Experiences:

- 1. Puzzles:** Solving puzzles supports the development of skills such as concentration, self-regulation, critical thinking and spatial recognition.
- 2. Board games:** Playing games provides a number of benefits for children, including supporting memory and critical thinking, helping them learn to take turns and count, and developing early language skills.
- 3. Blocks:** Block building supports creativity, cognitive flexibility, planning and organization. Take some time to build with blocks using different shapes and colors.
- 4. Clay:** Children need to develop fine motor skills beyond using devices. Few things are better for developing fine motor skills than modeling clay. Learning to sculpt with clay also builds creativity, artistic expression and strategic thinking.
- 5. Recycled materials:** Inspire creativity by finding things around the house to build with, such as cardboard, paper, paper towel rolls and plastic bottles.

For more actionable parenting insights, guidance and resources – including a webinar with Scott focused on kindergarten readiness – visit GoddardSchool.com.



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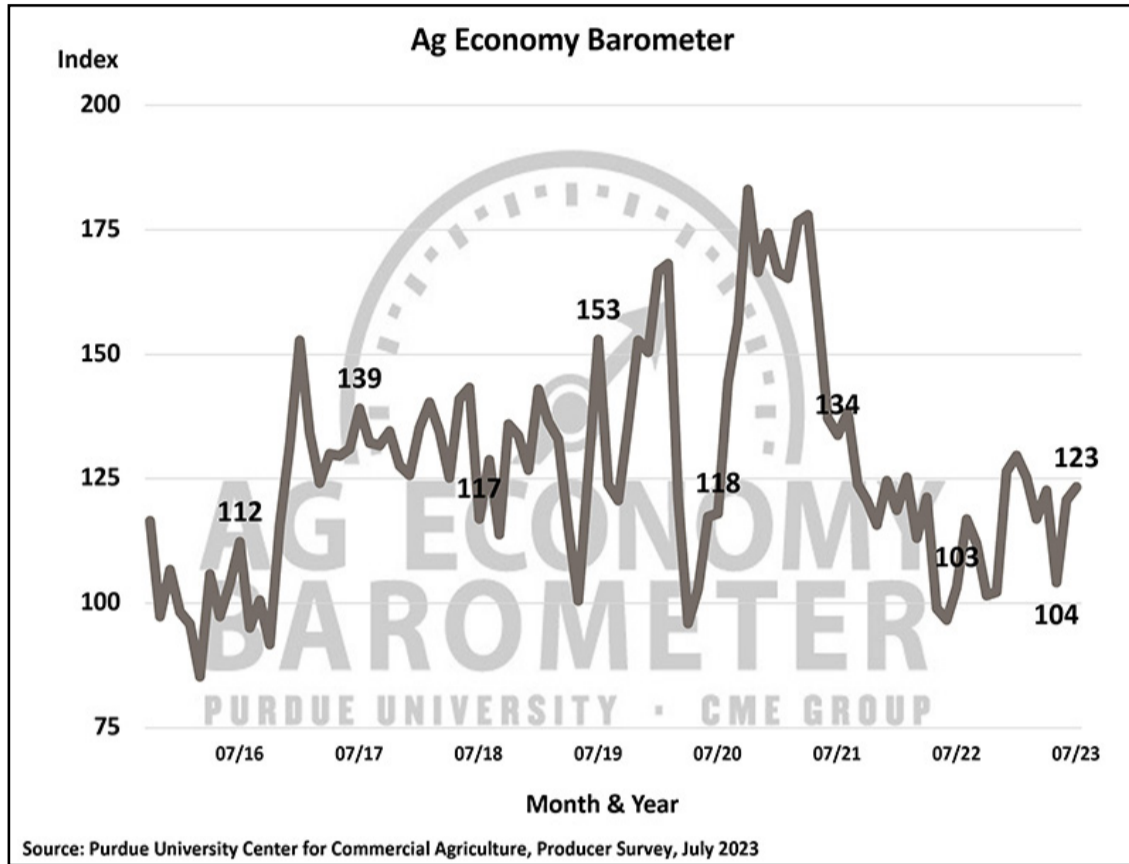
Notes and

NEWS DAY

Sunday, Aug. 6, 2023

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Farmers Remain Cautiously Optimistic About Agricultural Economy

Agricultural producer sentiment improved slightly in July as the Purdue University/CME Group Ag Economy Barometer index rose 2 points to a reading of 123. Farmers were also more optimistic about their perception of current conditions and future expectations on their farms. The Index of Current Conditions rose 5 points to a reading of 121, while the Index of Future Expectations was up one point to 124. The Ag Economy Barometer is calculated each month from 400 U.S. agricultural producers' responses to a telephone survey. This month's survey was conducted July 10-14.

"Producers were slightly more confident about the farming economy in July, despite recent crop price volatility and continued concerns about rising interest rates," said James Mintert, the barometer's principal investigator and director of Purdue University's Center for Commercial Agriculture.

The improvement in farmers' perspective on current conditions spilled over into a modest rise in July's Farm Capital Investment Index, up 3 points to a reading of 45. However, the index has greatly improved, up 14 points, since bottoming out in November 2022. Comparing July's responses to last fall's low point, the percentage of producers saying now is a good time for large investments has improved from 10% who felt that way in November to 17% in July. Additionally, the percentage of farmers who feel it's a bad time to invest was down from 79% who felt that way in November to 72% in July.

Surprisingly, the improvement in this month's investment index occurred despite a rise in the percentage of producers who expect interest rates to rise over the next year. Nearly two-thirds (65%) of producers in July said they expect interest rates to increase, up from 57% in June. Among those who indicated that now is a bad time to make large investments, their top reason was concern about rising interest rates.

Given the volatility in commodity prices, especially crop prices, this spring and early summer, it's notable that more producers expressed concern about rising interest rates than declining output prices. Producers' top concern for their farming operations in the upcoming year is still higher input costs (37% of respondents), followed by rising interest rates (24% of respondents) and lower output prices (19% of respondents).

Confidence among farmers regarding the future direction of farmland values continues, even as nearly two-thirds of survey respondents expect interest rates to rise over the next year. The Long-Term Farmland Value Expectations Index remained unchanged in July at a reading of 151 while the Short-Term Farmland Value Expectations Index declined just one point to 125. This month, corn and soybean producers were once again asked about their farmland cash rental rate expectations for 2024. Similar to last month, nearly one-quarter (24%) of respondents expect rental rates to rise, compared to 2023, while just over 7 out of 10 (71%) of producers look for no change in rental rates.

Farmers' rating of financial conditions on their farms was virtually unchanged in July, as the Farm Financial Conditions Index rose just one point to a reading of 87. When asked to look ahead one year, there was a 1 percentage point increase in farmers expecting farm financial conditions to improve over the previous month and a 1-point decline in the percentage of farmers expecting conditions to worsen. Farmers' longer-term perspective on the U.S. agricultural economy did improve somewhat in July. The percentage of respondents expecting bad times in the upcoming five years fell 2 percentage points to 39% in July.

This month's survey included several questions about crop farmers' perspectives on cover crop usage. Nearly-half (45%) of corn/soybean farmers in this month's survey

indicated they currently use cover crops. This compares with responses from 2021 and 2022 barometer surveys, where a range between 41%-57% of respondents reported planting cover crops. Among cover crop users, the two most commonly cited reasons for using cover crops were to improve soil health and erosion control (65% of July respondents), which is in line with prior barometer surveys in 2021 and 2022 when 58%-70% of respondents said they chose soil health and erosion control as their motivation for using cover crops.

Those who indicated using cover crops were also asked to describe their experience. Four out of five (80%) farmers said it improved soil health and yields, while 15% of respondents said cover crops improved soil health but did not improve yields. In prior barometer surveys, a range of 74%-84% of respondents said cover crops improved soil health and yields, while 9%-18% of respondents said it improved soil health but did not improve yields.

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

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

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

IDDC Launches New Initiative, "The Basketball Experience In Indiana" Microsite

Get in the game with "The Basketball Experience IN Indiana". Lt. Gov. Suzanne Crouch and the Indiana Destination Development Corporation launched "The Basketball Experience IN Indiana" microsite to tell Indiana's basketball story and why it is more than just a sport in the Hoosier State.

"We are excited to unveil this microsite, which serves as a tribute to the passion and talent that shaped Indiana's basketball history," said Lt. Gov. Crouch, Indiana's Secretary of Agriculture and Rural Development. "The microsite pays homage to the home of basketball and Hoosier Hysteria while creating an educational experience for site visitors. 'The Basketball Experience IN Indiana' houses an extensive array of content and experiential opportunities throughout the Hoosier State."

This digital adventure will give you an adrenaline-pumping guide to all things basketball in the Hoosier State. From larger-than-life-size statues and murals of coaches and players, to awe-inspiring exhibits and storied stadiums across the state, there is something for every basketball fan to discover.

"Basketball has had a profound impact on Indiana's

culture and community," said Elaine Bedel, IDDC Secretary and Chief Executive Officer. "We aim to showcase some of this history, while celebrating the game's role in fostering camaraderie, athletic excellence and team pride. We encourage basketball fans and history enthusiasts alike to explore the inspiring online tribute to Indiana's basketball heritage."

The timing for the launch of "The Basketball Experience IN Indiana" is perfect as the theme for the Indiana State Fair is "The State That Grew the Game of Basketball". IDDC staff will be at the Indiana State Fair on Aug. 6 to celebrate "IN Indiana Day". Fair-goers can meet IDDC staff at the end of the Boulevard inside Gate 1 to play games, win prizes and discover the great things you can do around Indiana.

VisitIndiana.com/basketball is where visitors can uncover Indiana's basketball history and experience the excitement firsthand. Are you ready to get your game on? Dive into the world of Indiana basketball with us! We created a media toolkit so you don't miss your shot.

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

Indiana American Water Names Daniel Miller Director Of Government Affairs



Daniel Miller

as a Governor's Fellow in the Hoosier state.

"Miller's experience and background will be a great help to us as we further develop and implement strategies to support our growth and economic development initiatives," said Indiana American Water President Matt Prine. "His background includes valuable experience successfully working with local, state and federal officials and other stakeholders on a number of policy issues."

"The water and wastewater industry is facing a number of challenges and opportunities, including the need to replace aging infrastructure that, in many cases, is nearing the end of its useful life," Prine continued. "I look forward to working with Daniel to help us address these challenges and to ensure we continue to serve the best interests of our customers."

Miller has a bachelor's degree in political science and government from the University of Indianapolis where he received an annual Richard Lugar Scholarship for academic excellence.

Indiana American Water today announced that it has named Daniel Miller director of government affairs.

Miller brings several years of government affairs and political experience to his new position. Prior to joining Indiana American Water, he served as director of government affairs for the Office of the Lieutenant Governor in Indiana. He has also served as an associate for the 1816 Public Affairs Group in Indianapolis, as an aide to Senior Senator Todd Young from Indiana, and

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SUNDAY Business Notes and NEWS DAY

Sunday, Aug. 6, 2023

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Conquer Paralysis Now Plans Indiana Expansion To Accelerate Research And Rehabilitation For Neurological Disorders

Conquer Paralysis Now (CPN), a non-profit organization dedicated to advancing spinal cord injury research and treatment, announced plans today to grow its operations in Indiana, relocating its headquarters from Las Vegas, Nevada, to Carmel and establishing a new DRIVEN NeuroRecovery Center to serve those impacted by paralysis in central Indiana. The organization, founded by former Indianapolis 500 driver and part owner of the Arrow McLaren racing team in the NTT INDYCAR SERIES Sam Schmidt, plans to create up to 40 new jobs in Indiana by the end of 2026.

"Indiana is a global destination for entrepreneurship, and we're excited to welcome Sam Schmidt and his team to our growing and innovative ecosystem," said Indiana Secretary of Commerce Brad Chambers. "Conquer Paralysis Now joins a thriving life sciences sector, and I'm confident that those partnerships and our skilled workforce will enable the organization to find success here, improving the lives of those affected by paralysis and neurological conditions across the globe."

CPN will invest \$21.4 million to grow in Carmel, purchasing, renovating and equipping the former Five Seasons Family Sports Club facility. Located at 1300 E 96th St., the new space will house CPN's headquarters operations as well as its second DRIVEN NeuroRecovery Center, designed to provide fitness, wellness and rehabilitation for people affected by paralysis and other neurological conditions. CPN plans to break ground on the facility next week and start relocating to Indiana by the end of 2023.

The organization expects to begin providing client services by 2024, starting with services such as fitness programs, adaptive sports, aquatics, physical and occupational therapy, speech therapy, mental health services, recreational programs, and research support to local universities and hospitals, providing increased quality of life for those living with disabilities, advancing research and treatment,

and supporting the development of skilled staff to work with this population. Additionally, CPN is partnering with NeuroHope, a local physical rehab center, to further its mission and services.

"This is a monumental day for Conquer Paralysis Now," said CPN founder Schmidt. "It is our global mission to address the overwhelming need for greater access to neuro rehabilitation care while we continue to inspire research into finding cures. The opportunity to plant our stake in the ground in the Midwest – in a city that means so much to me and where we've received so much support – is one we couldn't pass up."

CPN, which was founded in 2000, is a global project of the Sam Schmidt Paralysis Foundation, which Schmidt established after sustaining injuries in a crash driving an IndyCar in 2000 that left him a quadriplegic. CPN is dedicated to advancing research aimed at curing spinal cord injuries and making neuro rehabilitation treatment more widely available. In 2018, the organization opened the doors to its first DRIVEN NeuroRecovery Center in Schmidt's hometown of Las Vegas. CPN's long-range plan calls for opening more independent DRIVEN facilities across the nation to make this vital physical and mental care more accessible.

"We are excited to welcome another corporate, life sciences based operation to Carmel," said Carmel Mayor Jim Brainard. "Conquer Paralysis Now will complement Carmel's already thriving industries of life sciences and medical services that benefit all of Central Indiana. We look forward to watching them grow and succeed in their mission."

Based on the organization's job creation plans, the Indiana Economic Development Corporation committed an investment in the Sam Schmidt Foundation (dba Conquer Paralysis Now) of up to \$660,000 in the form of incentive-based tax credits. These tax credits are performance-based, meaning the company is eligible to claim incentives once Hoosiers are hired. The IEDC will also invest up to \$750,000

in redevelopment tax credits, which provide an incentive for companies to invest in redevelopment and revitalization to improve the quality of place within Indiana. The City of Carmel supports the project.

About Sam Schmidt

Sam Schmidt is a resident of the Las Vegas area. He was an IndyCar driver before suffering an injury in practice in January 2000 in which he sustained a C-3/4/5 spinal cord injury that left him a quadriplegic. He created the Sam Schmidt Paralysis Foundation (SSPF) that year to raise funds for medical research, innovative equipment used for rehabilitation, and quality-of-life issues. In 2014, the foundation was rebranded as Conquer Paralysis Now with a mission to cure paralysis while assisting those who are already disabled.

Today, besides chairing Conquer Paralysis Now, Sam is a highly successful businessperson and INDYCAR team co-owner with Arrow McLaren.

About Conquer Paralysis Now

Conquer Paralysis Now is a 501c3 nonprofit devoted to furthering advancements in spinal cord injury research and treatment. In 2018, CPN created a program called DRIVEN NeuroRecovery Center to fill the gap for services for people with spinal cord injuries and other neurological conditions which affect mobility. For more information, visit the CPN website at ConquerParalysisNow.com.

About IEDC

The Indiana Economic Development Corporation (IEDC) is charged with growing the State economy, driving economic development, helping businesses launch, grow and locate in the state. Led by Secretary of Commerce Brad Chambers, @SecChambersIN, and governed by a 15-member board chaired by Governor Eric J. Holcomb, @GovHolcomb, the IEDC manages many initiatives, including performance-based tax credits, workforce training grants, innovation and entrepreneurship resources, public infrastructure assistance, and talent attraction and retention efforts. For more information about the IEDC, visit iedc.in.gov.



Photo courtesy of Purdue University

HADAR, or heat-assisted detection and ranging, combines thermal physics, infrared imaging and machine learning to pave the way to fully passive and physics-aware machine perception. Research led by Zubin Jacob, the Elmore Associate Professor of Electrical and Computer Engineering, and research scientist Fanglin Bao of Purdue University has been published as the cover story of the peer-reviewed journal Nature.

Purdue Thermal Imaging Innovation Allows AI To See Through Pitch Darkness Like Broad Daylight

Researchers at Purdue University are advancing the world of robotics and autonomy with their patent-pending method that improves on traditional machine vision and perception.

Zubin Jacob, the Elmore Associate Professor of Electrical and Computer Engineering in the Elmore Family School of Electrical and Computer Engineering, and research scientist Fanglin Bao have developed HADAR, or heat-assisted detection and ranging. Their research was featured on the cover of the July 26 issue of the peer-reviewed journal Nature. A video about HADAR is available on YouTube. Nature also has released a podcast episode that includes an interview with Jacob.

Jacob said it is expected that one in 10 vehicles will be automated and that there will be 20 million robot helpers that serve people by 2030.

"Each of these agents will collect information about its surrounding scene through advanced sensors to make decisions without human intervention," Jacob said. "However, simultaneous perception of the scene by numerous agents is fundamentally prohibitive."

Traditional active sensors like LiDAR, or light detection and ranging, radar and sonar emit signals and subsequently receive them to collect 3D information about a scene. These methods have drawbacks that increase as they are scaled up, including signal interference and risks to people's eye safety. In comparison, video cameras that work based on sunlight or other sources of illumination are advantageous, but low-light conditions such as nighttime, fog or rain present a serious impediment.

Traditional thermal

imaging is a fully passive sensing method that collects invisible heat radiation originating from all objects in a scene. It can sense through darkness, inclement weather and solar glare. But Jacob said fundamental challenges hinder its use today.

"Objects and their environment constantly emit and scatter thermal radiation, leading to textureless images famously known as the 'ghosting effect,'" Bao said. "Thermal pictures of a person's face show only contours and some temperature contrast; there are no features, making it seem like you have seen a ghost. This loss of information, texture and features is a roadblock for machine perception using heat radiation."

HADAR combines thermal physics, infrared imaging and machine learning to pave the way to fully passive and physics-aware machine perception.

"Our work builds the information theoretic foundations of thermal perception to show that pitch darkness carries the same amount of information as broad daylight. Evolution has made human beings biased toward the daytime. Machine perception of the future will overcome this long-standing dichotomy between day and night," Jacob said.

Bao said, "HADAR vividly recovers the texture from the cluttered heat signal and accurately disentangles temperature, emissivity and texture, or TeX, of all objects in a scene. It sees texture and depth through the darkness as if it were day and also perceives physical attributes beyond RGB, or red, green and blue, visible imaging or conventional thermal sensing. It is surprising that it is possible to see through pitch darkness like broad daylight."

The team tested HADAR TeX vision using an off-road nighttime scene.

"HADAR TeX vision recovered textures and overcame the ghosting effect," Bao said. "It recovered fine textures such as water ripples, bark wrinkles and culverts in addition to details about the grassy land."

Additional improvements to HADAR are improving the size of the hardware and the data collection speed.

"The current sensor is large and heavy since HADAR algorithms require many colors of invisible infrared radiation," Bao said. "To apply it to self-driving cars or robots, we need to bring down the size and price while also making the cameras faster. The current sensor takes around one second to create one image, but for autonomous cars we need around 30 to 60 hertz frame rate, or frames per second."

HADAR TeX vision's initial applications are automated vehicles and robots that interact with humans in complex environments. The technology could be further developed for agriculture, defense, geosciences, health care and wildlife monitoring applications.

Jacob and Bao disclosed HADAR TeX to the Purdue Innovates Office of Technology Commercialization, which has applied for a patent on the intellectual property. Industry partners seeking to further develop the innovations should contact Dipak Narula, dnarula@prf.org about 2020-JACO-68773.

Jacob and Bao have received funding from DARPA to support their research. The Office of Technology Commercialization awarded Jacob \$50,000 through its Trask Innovation Fund to further develop the research.

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Sunday School for all ages - 9:30 AM
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7 pm

Saturday evening
(speaking spanish service)
at 7 pm



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John 3:16

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New Market Christian Church

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Dr. Gary Snowden, Minister

Sunday Worship at 10:00 am
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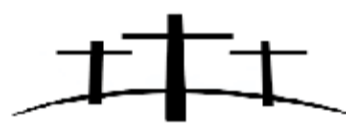
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Liberty Chapel Church

Phil 4:13

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Church 10 am

Wednesday Children's Awana
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11 a.m. Worship

Wednesday 6:30 Bible Study



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Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



Friendship Baptist Church

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Romans 15:13

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Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



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Church 10:30 am

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Wednesday Night Bible Study 7 pm



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Sunday Evening 6:00 PM
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Watch Sunday Mornings

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

SUNDAY

Health and WELLNESS

Sunday, Aug. 6, 2023

H1

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Decades Of Research Have Left Knowledge Gaps About Cells That Regulate The Immune System

Four decades of research have produced a vast pool of knowledge about regulatory T cells, a subset of our immune cells. Even so, scientists at Purdue University and the National Institutes of Health have identified 14 understudied T-reg proteins that merit increased attention for the molecular roles they play in disease onset.

“Our lab studies the exact molecular mechanism underlying autoimmunity, infection and cancer,” said Majid Kazemian, associate professor of biochemistry in the College of Agriculture and computer science in the College of Science at Purdue. An overactive immune system results in autoimmune diseases such as type 1 diabetes, multiple sclerosis and rheumatoid arthritis. And an underactive immune system means greater susceptibility to cancer. “This is the balance that exists in some cells. T-regs maintain those balances,” he said.

Kazemian joined with the National Institutes of Health (NIH)’s Jorge Trujillo-Ochoa and Behdad (Ben) Afzali in reviewing the body of research about T-reg cells in the journal Nature Reviews Immunology. Kazemian and Afzali have contributed multiple publications to that body of work, including one on T-regs and autoimmune disease in 2018 and another on T-regs and cancer in 2021. Lead author Trujillo-Ochoa, an NIH postdoctoral fellow, specializes in regulatory T-cell biology and the proteins that control their function.

“Regulatory T cells are only a small percentage

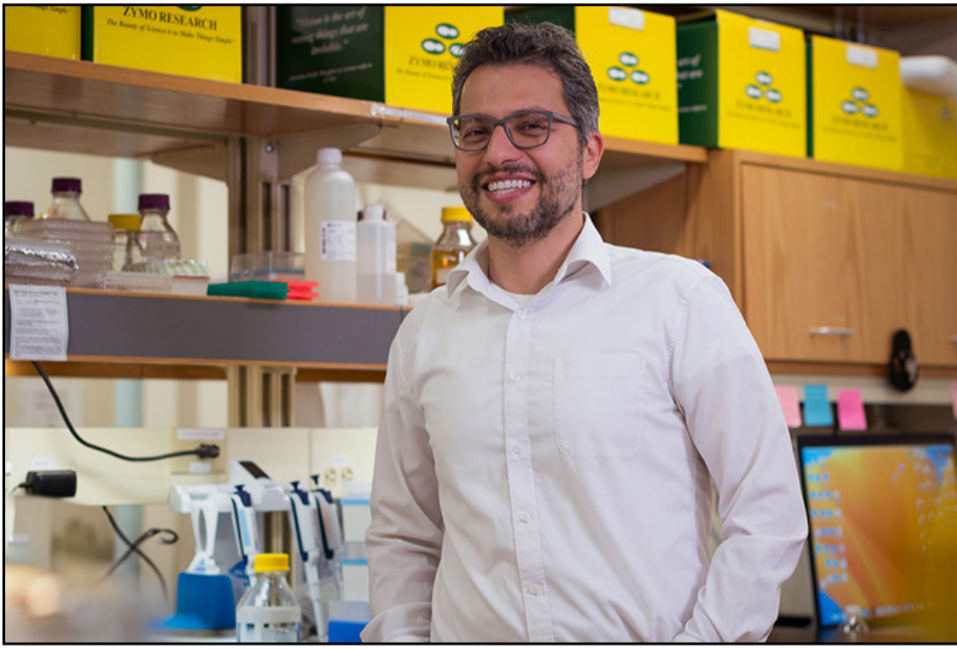


Photo courtesy of Purdue University

Majid Kazemian, associate professor of biochemistry and computer science at Purdue University, and two colleagues at the National Institutes of Health are calling for increased research attention to more than a dozen regulatory T cell proteins for the important roles they play in disease onset.

of the T cells that we have in our body, but you can’t live without them,” said Afzali, a Stadtman Investigator at NIH’s National Institute of Diabetes and Digestive and Kidney Diseases.

“Studying T cell processes at the molecular level is critical to understanding their implications on human diseases,” Afzali said. “If one of these processes goes wrong, you can get organ-specific disease. Understanding how these cells work also gives you the opportunity to intervene with molecules that can modify some of their functions.”

The review article focuses on transcription factors — proteins that regulate sets of genes, which program regulatory cells to perform certain actions.

“In theory, you may find some of these programs are abnormal in patients

who develop diseases,” Afzali said. “Understanding these molecular mechanisms is important to make that connection in diseases.” For example, if a virus switches off one of those transcription factors, the result might be a defect in a cellular program that leads to a corresponding autoimmune disease.

T-reg cells have particular transcription factors that maintain the core function of dampening the activity of other immune cells.

“We could have additional transcription factors that amend specific functions,” Kazemian said. “To identify what factors drive some of the T-regs toward certain paths is going to help us prevent autoimmunity or to help cancer patients by fine-tuning particular T-regs. What happens to them that they acquire a specific property or functionality?”

Each line of specialized cells could have a different function in various organs and diseases. “For example, we have shown that a specific gene in the T-regs called TCF1 is associated with colorectal cancer disease severity,” Kazemian said.

Afzali, an M.D.-PhD, is especially interested in cell therapy that involves removing regulatory cells, altering them outside the body, then putting them back in.

“Regulatory T cells as a form of cell-based therapy is just one arm of this incredible field,” Afzali said. “It’s a blossoming area of research, and we’re learning more about what can and can’t be done.”

This work was supported by the NIH, the National Institute of Diabetes and Digestive and Kidney Diseases, and the Purdue Institute for Cancer Research.

How To Help Keep Your Child Safe And Healthy This School Year

(StatePoint) As students return to classrooms, doctors say that it’s important to ensure that children are up-to-date with routine childhood vaccinations.

“The evidence around vaccinations is abundantly clear; they’re safe, effective and will help protect you, your loved ones and your community from preventable diseases. If you have questions about vaccines, their safety, or effectiveness, please speak to your physician. We are here for you, eager to answer your questions, and ensure your family is protected,” says Jesse M. Ehrenfeld, M.D., M.P.H., president of the American Medical Association (AMA).

In an effort to promote a safer, healthier school year for everyone, the AMA is sharing these vaccine facts and insights:

- Vaccines are safe, effective and save lives. Routine childhood immunization is highly effective at preventing disease over a lifetime, reducing the incidence of all targeted diseases, including measles, mumps, rubella, polio and chickenpox. For the U.S. population in 2019, vaccines prevented more than 24 million cases of disease.

- The benefits of vaccines can be quantified. According to the Centers for Disease Control and Prevention (CDC), vaccination of children born between 1994 and 2021 will prevent 472 million illnesses, almost 30 million hospitalizations and more than 1 million deaths, saving nearly \$2.2 trillion in total societal costs, including \$479 billion in direct costs.

- Vaccination rates have fallen. Even before the rise in vaccine

misinformation and disinformation associated with the COVID-19 pandemic, vaccine hesitancy was increasing, elevating the risk of community outbreaks, which put under- and unvaccinated children at risk for serious illnesses, like measles. According to a mid-January 2023 report from the CDC, vaccination coverage decreased in most states for all vaccines among kindergarteners for the 2021-22 school year when compared with the previous school year, which was already below pre-pandemic levels.

- Speak to your child’s physician. With increased misinformation around vaccinations, it is critical that you seek out reliable, evidence-based sources for information. These sources may begin with websites like getvaccineanswers.org, but they should also include your child’s physician.

Physicians can also answer questions on the new monoclonal antibody therapy, nirsevimab, available for infants and children under the age of 19 months, for the prevention of RSV disease.

- Don’t let cost be a barrier. Programs like Vaccines for Children (VFC) are federally funded to provide no-cost vaccinations to children whose families otherwise could not afford them. Parents can learn more by contacting their state or local health department.

“Make an annual well-child visit and immunizations a part of your household’s back-to-school routine,” says Dr. Ehrenfeld. “Doing so will protect you and your family from a number of preventable illnesses. It’s something I do for my own children, and I urge you to do so, too.”

Dispelling Common Misconceptions About Hospice Care

(StatePoint) Hospice is intended to provide comfort and support to patients at the end of their life so that they can experience their remaining time in the best ways possible. Experts say that unfortunately, misconceptions about hospice often lead people to make uninformed decisions at a critical, complex juncture in their lives.

“There is often an idea that hospice equates to giving up. But hospice is actually about taking control,” says Paul Mastrapa, president and chief executive officer of Interim HealthCare Inc. “It’s the job of the hospice team to understand what a patient’s goals for end-of-life care are, and help them live that last trajectory of their life the way they want to.”

To help patients, their caregivers and family members, and those in the healthcare industry better understand the services and benefits hospice provides, Interim HealthCare is dispelling some of the most common misconceptions:

Myth: Hospice means giving up.
Fact: The primary goal

of hospice is delivering comfort, support and specialized medical care to those ready to forgo curative treatment. Research has shown that a person who spends time on hospice has a greater quality of life at the end of their life. And while the goal is not to prolong life, there are statistics that show that hospice gives patients more time compared to patients who had the same disease trajectory and didn’t receive hospice.

Myth: Hospice is only appropriate for the last few days of life.

Fact: Hospice can actually last for months, and entering hospice sooner rather than later translates to fewer hospitalizations, better symptom relief and greater comfort.

Myth: You must give up all your medications.

Fact: While the hospice care team will make recommendations about which medications are still beneficial to a patient at their stage of illness, patients and families get the final say.

Myth: Hospice is a place.
Fact: Hospice can

entail in-patient care, but more typically, services are delivered wherever a patient calls home. The nurse, social worker, spiritual care provider, aide and other members of the hospice care team meet the patient where they are, be that in a residential home, an assisted living community or in another institutional setting.

Myth: Hospice is only for patients with specific diseases.

Fact: Anyone with a life-limiting chronic disease, from congestive heart failure to pulmonary disease to Alzheimer’s, can choose hospice.

Myth: Hospice ends when the patient dies.

Fact: Hospice providers often offer support to those who have lost a loved one. In the case of Interim HealthCare, bereavement services are offered for 13 months.

Myth: Hospice work is draining.

Fact: When done right, hospice work can be extremely rewarding. Hospice care workers help patients and families find peace of mind, and reach a place of acceptance

during a complicated and emotional time in their lives. Hospice workers believe in the mission of providing compassionate, patient-centric medical care and support to those at the end of their life, and they’re given a voice in the individualized care they provide.

The hospice market is the second-fastest growing healthcare segment nationwide, according to Bank of America research, which translates to a growing number of job opportunities. Hospice providers are currently recruiting candidates just starting out in their career and those looking to make a change. To learn more, visit careers.interimhealthcare.com.

For more information about hospice care services for yourself or a family member, visit <https://www.interimhealthcare.com/services/hospice/>.

“Although people don’t always feel comfortable talking about end-of-life care, having these conversations can ensure one’s final days are peaceful and fulfilling,” says Mastrapa.

Thanks for reading The Paper!

SUNDAY

Health and WELLNESS

Sunday, Aug. 6, 2023

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What Women Need to Know About Stroke Risks

FAMILY FEATURES

It may not be widely known that women face unique risk factors for stroke throughout their lifetime. Things like pregnancy, preeclampsia and chronic stress can increase the risk for high blood pressure, a leading cause of stroke.

Cardiovascular disease, including stroke, is the leading cause of death among women, according to the Centers for Disease Control and Prevention (CDC), and 1 in 5 women will have a stroke. However, a large majority of strokes can be prevented.

Caring for yourself by understanding your risk factors can help reduce your risk for stroke and provide a better quality of life. Start managing your stroke risk with these tips from the American Stroke Association, a division of the American Heart Association:

Monitor Your Blood Pressure

The first step you can take in reducing your risk for stroke is knowing your blood pressure and keeping it in a healthy range. High blood pressure is the No. 1 preventable cause of stroke, according to the American Heart Association.

The best way to know your blood pressure is to have it measured at least once per year by a health care professional and regularly monitor it at home then discuss the numbers with a doctor. For most people, a normal blood pressure should be 120/80 mm HG or less.

In addition to properly monitoring blood pressure, maintaining a healthy weight, being physically active, eating healthfully and reducing or eliminating alcohol and tobacco usage can help control blood pressure. If you do develop high blood pressure, work with a health care professional on a plan to help manage it.

Plan for Pregnancy

In the United States, high blood pressure during pregnancy is becoming more common, according to the CDC, and medical conditions including preeclampsia, gestational diabetes and blood clots during pregnancy all increase stroke risk during and immediately following a pregnancy.

Managing conditions like high blood pressure before getting pregnant helps keep you and your baby healthy during pregnancy and beyond. In addition, your health during and immediately after a pregnancy can shape the lifelong health of you and your child. If you're planning to become pregnant or are currently pregnant, it's important to regularly monitor your blood pressure.



Photos courtesy of Getty Images



Take Care of Your Mental Health

Some stress is unavoidable but constant stress is not healthy. Chronic or constant stress may lead to high blood pressure and other unhealthy behavior choices, which can increase risk for stroke.

Based on findings in a Stress in America 2020 survey conducted by the American Psychological Association, the top sources of stress are money, work, family responsibilities and health concerns. Managing your stress and blood pressure can improve your overall health and well-being. Reclaim control of your schedule and build in time to invest in your health. Find 10 minutes every day to do something for you, like listening to music, meditating or going for a walk.

Learn the Warning Signs

A stroke can happen to anyone at any point in life. Immediate treatment may help minimize the long-term effects of a stroke and even prevent death.

Learn how to spot a stroke F.A.S.T:

- Face drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- Arm weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- Speech difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue."
- Time to call 911 – If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

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Meet One Of Our City's First Rural Carriers



KAREN ZACH
Around The County

I love firsts and today's article is in regards to one of the two hired first mail carriers in Montgomery County. My plan, anyway, is for you to read about the other one next week. In his first month of delivering U.S. mail here in the county, he delivered 1,802 pieces of mail and collected for mailing 543 pieces on Route 2. Frank Clements on RR 1 delivered a few less at 1,773 and collected 457 pieces.

So, meet William Preston Daggett born 23 May 1843 in Preble County, Ohio the son of William and Eliza (Miller) who moved to Rushville, Indiana not long after the 1850 census where Sr. was a grocer. William Preston passed away here 16 Feb 1916. He first married Margaret Hardman 28 May 1875 in Shelby County, Indiana. Believe they later divorced or she passed. Although he spent the majority of his life with us, he is buried in Lapel, Indiana "with his beloved." (keep reading)

Pictured here (CDPL Image Database) is WP Daggett (hopefully – there is a small question to that), likely his second wife Sarah Tilton and her mother who lived with them. One of the boys (no hat) I'm fairly sure is Freeman Robert Nixon, her grandson born 6 April 1889 (in MoCo) who lived with them as well, but not positive who the other would be. As far as I know, he never had children but enjoyed hers, especially Freeman. His mother was Rose Tilton Nixon Laurimore, one of four daughters born to the Tiltons so the other boy could easily belong to one of them. WP also adopted a daughter in 1877, Ida May Largent who went by Loretta Daggett so might be a son of hers. However, imagine it was likely Herman Wilson who lived with them in 1900, another of Sarah's grandsons. Daggett and this wife were divorced on a charge of her beating him and he applied for the same with his last wife, his beloved, for the same reason ("has frequently had occasion to whip him, doing the job so thoroughly that he alleges he was unfit to appear before the people of his route").



He possibly had a drinking problem as he and Jack Britton in late August 1893 went to Plainfield for the Keeley treatment. Certainly, he was well loved by his mail patrons, often found in little bleeps under the "Route 2" headlines in the newspapers: "Mr. D. is greeted with many smiling faces along the route and with bouquets. People are glad to have rural routes especially when they have a nice carrier like Mr. Daggett." (CWJ 1 June 1900). Also in 1900, he entertained 20 young couples from Scott Twp who lived on his RR #2 route – they had an elaborate lunch and later played games and had music (Joe Kepler's graphophone and Ethel Reynolds, teacher at White

School who played the piano) – great time was had by all. In late August 1899, from heat, he was found unconscious in his buggy when he arrived at Nathan G. Kesslers. They took him inside and the family tenderly nursed him. By dark, he returned home but had double mail on part of his route the next day. Also, he had the first female substitute Lottie McClain, who was a farm girl who knew horses and was not afraid of work. His last wife, Sallie, was later his sub as he began to age and she was a few years younger. There were other wives as subs, as well on various routes.

In 1894, Daggett built a \$1,800 cottage on East Market Street as his home. In April of the next year, Daggett sent a lengthy letter back home from California to the Weekly Journal describing the pluses (mainly) and minuses of living there (merchandise is cheap such as boots, shoes, dress goods – veggie all years round – meats and delicacies cheaper than home – 20 cents for a same great meal that costs 50 cents at the Robbins or Nutt Hotels) and people he visited (Charlie Bonnell, brother of John and Will; George Meharry who had gone to California 12 years earlier and had made quite a fortune but with a lot of hard work) as well as Davy George, Ira Mote and Paul Larsh whom he had a

grand time with.

A widow in 1907, he rediscovered his first "real love" (which by the way basically seemed to be like the others, he going to court more than once for being beaten but as far as I know they did not divorce) when he discovered widow, Sallie Jane Ellen Johnson Lewark, whom he had proposed to 33 years earlier but they had a lovers spat the evening before and the marriage was broken-off. When he went to see her, they talked over old times, and that resulted in the "renewal of old love." She accepted his proposal and there was no fighting. "Mr. Daggett has the distinction of having driven the first rural route mail delivery wagon out of Crawfordsville where as she had been a bookkeeper for the Glove Iron Company in Indianapolis." She passed away in 1934 and is buried with him in Lapel.

Should say here that WP was very active in several organizations, especially as a speaker, introducing Governor Mount in his "usual suave and happy manner!" (CWJ 8 Sept 1899) and a state officer (Good Templers as well as the organizer of the first union group, helping start several Unions in the state). Quite active in the local GAR he fought with Co F 16th Indiana, for about a year, having been in at least one major battle. Many speeches were given by him including when J.R. Bonnell (CWJ 22 Nov 1901), switched jobs from Postmaster to revenue collector, when the 26 employees from the PO had a royal dinner. Afterwards WP "in a neat speech" presented Bonnell with an elegant upholstered Morris chair as testimony of how his employees had loved, admired and appreciated him just as Daggett's mail patrons did with him. Rest In Peace, dear sir!

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

Butch Says To Take It Easy On Your Little Ballplayer



BUTCH DALE
Columnist

When I was growing up in the 1950s and '60s, I played every sport that my school offered. Like the other small schools in Montgomery county, there were only three sports... baseball, basketball, and track, although three schools did start up football teams in the late 1960s. I enjoyed participating in all three, and was fairly successful at each, being named the county's most outstanding athlete during my senior year in 1966. Back in those days, when the season was over, I was glad I could relax several weeks before the next sport started up. And unlike today, there was no mandatory weight training, clinics, supervised practice, etc. during the off season...and I was glad!

Although my parents supported my participation in athletics, they never forced me to play. My Dad watched most of my baseball and basketball games through the years, but I don't recall him ever watching a track meet. My mother never watched me play in any sport in all of those years. She was too busy taking care of my four younger siblings, managing the household, helping on the farm, and doing her artwork for people. Believe it or not, Dad never offered any advice or suggestions with regards to improving my athletic skills, even though he had been an above average athlete in high school himself. He never criticized me if I did poorly, and he never praised me if I performed well. He believed this was the coach's job. Dad had served in the army in Europe during WWII. In General Patton's Third Army, he had fought the Germans and witnessed the horrors of war first hand. He was happy to come back safe and sound and in one piece. Some of his soldier buddies never made it back. He realized what was important in life, and in his mind, sports was just a pleasant activity in which kids could participate during their school years. School studies and helping out on our farm

came first...not sports.

Sadly, there are a few parents who believe they can mold their child into a professional sports star. These "perfectionist parents" micromanage every moment of the kid's life and put pressure on the boy or girl to perform flawlessly...and practice, practice, practice...not just during the season, but all year round. They treat sporting contests as life-altering events, and if the child doesn't perform in the way the parent expects, they often criticize and blame the child for their "failures," even though the poor kid tried his very best. These parents expect no less than perfection, even though they may have been just an average player or never even played a sport when they were in school. Perhaps these overbearing parents are trying to live their lives through their kids. It is so sad to watch kids go through something like this, when sports should just be a fun activity to enjoy. If my Mom or Dad had acted like these controlling, pushy parents, I would never have played in any sport!

There have been thousands of kids who have participated in various sports here in Montgomery county since high school sports began in the early 1900s. And yes, there were several who went on to play in college. But there have been just a handful of athletes who became professionals. It can happen, but the odds are certainly against anyone making the "big time." So to you parents who constantly push your child to attain perfection in their sport, subconsciously making your self-worth hinge on your child's achievement, and setting standards that no child can ever hope to attain...I say, "Lighten up. Let your boy or girl enjoy their sport and have fun. Just encourage them to try their best. It's not life or death...It's just a game." You'll be glad you did.

Also, with regards to school studies, my folks just told me to mind my teachers, pay attention, complete my assigned work, ask questions if there was something I did not understand, and do my best. I did just that, and ended up as class valedictorian. And in sports, whether our team won or lost...I had lots and lots of fun...Thanks, Mom and Dad!

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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From Ernie Pyle To Polls To Scott Rolen . . .



TIM TIMMONS
Two Cents

Scattershooting while wondering whatever happened to Joe Besser . . .

AUG. 3, 1900 was the day Ernie Pyle was born. For those who know, no explanation is necessary. If you don't, Ernie was born just up the road in little Dana, Ind. and became America's most famous World War II correspondent. He was beloved by the reading public and GI's alike. He wrote stories from the front lines – not of battles and statistics, but of the guy in the foxhole or on the beach and what they were feeling. His work was so good that he was followed by millions . . . and was awarded a Pulitzer Prize.

Growing up, my dad who served in the U.S. Army revered Ernie and Bill Mauldin (creator of the cartoon Willie and

Joe) and taught me respect for the military and the flag. Thank God for that. If you get a chance, go to Dana and see the Ernie Pyle World War II Museum and his birthplace. Granted, it's a long drive and truth to tell, it doesn't take all that long to tour the facilities. But it's worth every second.

By the way, Ernie lost his life when he was shot by an enemy machine gun in the Pacific in April of 1945, just months before the end of the war.

THE POLLS show . . . are you kidding me? If there is anything that symbolizes the insanity running through our country right now, it's political polls. Has our memory grown so short that we don't remember how far off the political polls were in the last few elections? Remember that sizable lead Hillary had over the Donald? Or the one Trump had over Biden?

I don't know which is worse, the media for continuing to report such drivel, or us for paying attention.

SPEAKING OF insanity, what in the world is the fuss over a country song from Jason Aldean? I can't say I'm a

fan of Aldean. I couldn't name one of his songs if you paid me. But after the buzz surrounding Try That In A Small Town, I wanted to see what the clamor was all about. I googled the lyrics and I watched the video a couple of times.

Critics claim the song is racist. Country Music Television yanked it pretty quickly. And the (maybe this is the theme of the day) insanity ensued.

I'm no music expert, but here are a couple of observations. If you watch the video, it sure looks like an awful lot of the idiots shown in random acts of violence are white. Maybe Aldean doesn't like white people?

There's a TV show called The View – if you've never seen it, don't waste your time. Some of the women went off on Aldean and the song. Their take – it's like a dog whistle that's meant to be heard by racists everywhere.

Just one man's opinion, but hogwash.

A lot of Americans – yours truly included – are sick and tired of some of the crap going on in big cities. But bigger than that, A LOT bigger than that, is the idea that folks like those on The

View can take something and twist it into what it's not. Think that's wrong? Watch the video. Listen to the lyrics.

We can argue all day, but the facts are pretty simple. Racism is wrong. It's not just a little wrong, it's a lot wrong. But arguing or agreeing isn't going to change history. It's not going to make some stupid people suddenly wise up and respect their fellow man. It's not going to change bias – which goes way beyond race.

There are enough real examples of bias and racism in this country. Let's stop inventing ones that don't exist because that's only making things worse.

We all get to have our own opinions. What we don't get is our own set of facts. Enough.

WHILE WE'RE on the subject of our own "facts," did you catch the recent news out of Arizona where Gov. Katie Hobbs and Attorney General Kris Mayes defied the U.S. Supreme Court ruling on abortions and set their own standards?

This is not a pro or con argument on abortion. This is about elected officials deciding which laws they like and which ones they don't – and making

the enforcement of those contingent on that. What if it happened all across the country? Essentially, we'd have 50 governors ruling the U.S. Or what if it went to the county level? We have about 3,100 counties and equivalents in the U.S. What if each one decided which federal laws and rulings they wanted to enforce . . . or not?

Pretty sure that's called chaos.

STAYING ON the theme of insanity. Ever sat in a long line of stop-and-go traffic only to watch someone ahead of you let a car out from a side street? Here's a question: Are they being nice to that driver, or penalizing those behind?

YOU KNOW, I had a list of other things to bring up this week – chestfeeding, Hunter Biden, Donald Trump, cocaine in the White House, Mitch McConnell . . . talk about insane. It's just too depressing. What's it going to take to get this country back on the right track?

LET'S END on a bright note, shall we? For sports fans – and non-sports fans alike – you won't find a better exam-

ple of what's right with the world than Scott Rolen's Hall of Fame speech (google it). Rolen, a Jasper, Ind. boy with connections to Southmont and Wabash grad Dave Taylor, talked about his upbringing more than his career. He credited his parents for teaching him the important things in life. All too often we are reminded of athletes and their me-first attitudes. Not so with Rolen. He's exactly what a role model should be.

JOE BESSER? Three Stooges fans will remember him as basically the fifth of six stooges. He was the one who came along after Shemp died. You may recall him saying things like, "Not so haaaaard." By the way, Moe Howard and Larry Fine were the two who appeared during the decades-long run of the comedy geniuses. Curly Howard, Shemp Howard, Besser and Joe DeRita were the other four.

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

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Ask Rusty – I’m A Veteran. How Do I Get My Extra Social Security?

Dear Rusty: As a military veteran, I was told that the final amount of my Social Security should be a little higher as a reward for military service. If so, I have two questions: 1. How much is the boost? 2. How can I know that amount has been applied? Signed: Unsure

Dear Unsure: We receive questions about this fairly often from our military veterans. I want to first thank you for your service to our country and then assure you that, as a military veteran myself, I have thoroughly investigated this subject - the so-called "Special Extra Credit for Military Service," which is widely misunderstood. Although someone suggested that your Social Security benefit "is supposed to be a little higher" because you are a military veteran, allow me to share how this somewhat obscure rule actually works.

Any extra money for military veterans does not come in the form of a special "boost" to their Social Security benefit because of their military service; instead, certain older veterans receive extra credit to their earnings for the years they served. Those extra earnings are applied only to those who served in specific years, as additional dollars added to their actual earnings record for their service-years. The amount added to the veteran's true service-year earnings varies a bit depending on which years you served. For example, if you served between 1957 – 1977, your actual earnings for each service-year would be increased by \$300 for each full quarter you had active duty pay to a maximum of \$1200 additional earnings per service-year. The credit is computed a bit differently for those who served between 1978 – 2001, but the maximum annual earnings credit for those service



ASK RUSTY
Social Security Advisor

years is the same - \$1,200. And, for clarity, those who served before 1957 get extra earnings credit under an entirely different formula, and those who served after 2001 receive no extra credits for their military service years.

So how might this affect your Social Security benefit? Well, when your benefit is claimed, Social Security reviews your lifetime earnings record, inflates each actual annual amount to equal today's dollar equivalent, and selects the highest earning 35 years from your lifetime record

Social Security Matters

by AMAC Certified Social Security Advisor

Russell Gloor

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to calculate your "Primary Insurance Amount" or "PIA" (your PIA is the amount you are entitled to at full retirement age). If your military service-years are among the 35 years used to compute your PIA when you claim, then the "Special Extra Credit for Military Service" will result in a somewhat higher PIA (a slightly higher monthly SS benefit). If the highest earning 35 years in your lifetime record do not include your military-service-years, then those extra credits added to your earnings for your military-ser-

vice-years will have no effect on your Social Security benefit (because using those service-years would result in a lower benefit). How Social Security applies those special extra credits to your service-year earnings also varies depending on when you served. Those who served before 1968 needed to show their DD-214 to get the extra credits, but those who served in between 1968 – 2001 were automatically given the extra credits based on their military service records. So, if your military

service was between 1968 and 2001, your earnings during the years you served were automatically increased by SS to reflect your "special extra" earnings and - if those years are among the highest of the 35 years used to compute your SS benefit - you are now receiving the extra benefit amount you're entitled to from those credits. If you have at least 35 years over your lifetime where you earned more than your pay while serving in the military, your current benefit is more than it would be if your military service years were included. If you have questions about your earnings during your military service years, you may wish to obtain a copy of your lifetime earnings history from Social Security to review those amounts (easiest way to get your lifetime earnings history is via your personal "my Social Security" account at www.ssa.gov/myaccount).

Butch Relates Great Memories From Don Weliever



BUTCH DALE
Columnist

The Weliever families have been an integral part of the Darlington community since the late 1800's. One of the most well known Weliever "characters" was Don Weliever, who was born in 1920 and graduated from DHS in 1938. He married Emma Lou Van-nice, and they became the parents of four children... Steve, Stan, Sabra, and Stu. Sadly, both Don and Emma Lou have passed away, but several years ago Don, with his wife's help, recalled some of the best memories of growing up in Darlington, and these were recorded by Margaret Wray...

"Skeet Wray owned the pool room and barber-shop. Slim Greve and Bub Carson were the barbers. When you were little enough to sit on a board across the arm of the chair, you got a free homemade ice cream lollipop, and if you were lucky enough to get a pink one, you got another one free."

"Dick (Don's older brother) and I sold horseradish that mother made. One customer asked Dick, 'How much?' and he said, 'Mom said to ask fifteen cents, but if I couldn't get that...take a dime.'"

"Dad bought the farm right before the Depression. For years after that he had to pay \$84 interest twice a year on the money borrowed. The insurance company didn't care about the principal, they just wanted the interest.

As soon as he paid the \$84, he had to start saving for the next payment."

"We ran a dairy in the 1930's. We bottled milk and delivered it in town. The price was 8 cents a quart, 5 cents a pint, and 2 1/2 cents a half pint. In the summer we had to make two deliveries because most people couldn't keep it from spoiling."

"When we were sick to our stomachs, Dad would take us to Lane and Weaver drug store and buy us a root beer with Castor oil in it. You hit the outhouse and used several pages of the Sears and Roebuck catalog!"

"There were two water pumps on Main Street. One was in front of Frank Miles' shoe shop, and the other was in front of Cal Toney's shoe shop. There was a tin cup for everybody's use."

"In 1933, the Boy Scouts went to the World's Fair in Chicago. I don't know where we got the money. Shorty Anderson took us in his stock truck and we rode in the back. The furniture store let us use their blanket pads to sleep on. It was a big trip for us. That was the first time we had seen electric bumper cars...ten cents a ride. I spent my last three dimes on them. Sally Rand, the fan dancer, was there, but they wouldn't let us in!"

"Medicine shows came to town in the summer. I also remember Harley Cain playing his accordion on the steet corner. Later on there were band concerts held on Wednesday nights. Wally VanCleave had a one-man band mounted on his Model T touring car. Jim Parks once wrestled a bear at the park, and another time there was an ugly man and prettiest girl contest."

"When we were in high school, a lot of us

boys joined the National Guard. We were 15 years old. They paid \$13.00 every quarter, which was good money then. During the flood of 1937, we were called out for flood duty. Seven of us members of the basketball team were gone for two weeks. When WWII came along, we thought we were going to be gone for a year, but most of us came back home five years later after serving in the Pacific theater."

"During the 1920's and 1930's, there were three banks, four groceries, two blacksmiths, dry goods and shoe stores, two shoe repair shops...and don't forget Rettinger's Studio with his penny pictures. Also Aniel Booher's hardware and harness shop, a furniture store, drug store, two doctors and one dentist. Ray Anderson sold International tractors, Emory Charters sold John Deere. Dad and Uncle Rob had the first Ford and Fordson agency in town and later sold out to the Thompson brothers. Alva Warren sold Maytags...both gas and electric."

"When I came back home from the service, I bought a new 1947 Ford Deluxe coupe for \$1475.00."

Don and his fellow 1938 classmate, Eugene "Beaner" Hampton, were both severely wounded by Japanese enemy fire during the war, but they never complained. They were proud to have served their country... and grateful to be able to come back and live life to their fullest in their hometown...good ol' Darlington, Indiana.

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.

It's Hot, I'm Hot, You Hot?



RANDALL FRANKS
Southern Style Columnist

I pedaled as hard as I could up the hill. I was headed to my best friends house hoping to get a group together to head to the pool.

I wasn't much of a swimmer but in the heat of the summer, spending some time there on a hot day broke up the heat.

As long as you were in the water you were cool. The only thing that was hot was the cement when you got out and walked in your bare feet.

It made a huge difference on those long summer days. We were too far to bike to the pool, so we had to convince an adult to drive and drop us off or go swimming themselves.

Usually, we could find someone to take; it was harder to get a ride back. No one wanted to haul wet kids in their cars. Especially, if the car they drove had cloth seats in it. Sometimes you got lucky and found someone with vinyl seats or simply a pickup truck, so we could all just climb in and sit in the bed. There were none of those pesky rules about car seats and such back then.

As I mentioned, I wasn't much on swimming but I had learned

all the basic strokes and enjoyed it to keep cool. It took me a few summers to work up to it but eventually I got brave enough to climb the high dive and go in. The short dive was never a problem. Heights were not my thing. The diving board with water under it wasn't that scary, I think I was more afraid of doing a belly flop at that distance. It not only hurt pretty badly, I know from experience. But you would get a pretty good teasing from everyone.

I had enough of that without doing anything!

Anyway, the pool was a respite from long days out in the heat riding the roads on my bike, playing hard in someone's yard, or playing board games while sitting in someone's floor. Of course, no one had air conditioning, so being outside after a certain time of the day was actually better than being inside. You found a shady spot and hoped for a breeze if you got too hot.

We often played games in the woods. The tree cover generally brought the heat down by about 10 degrees or more. So, we built a lot of forts and had a lot of imaginary battles.

About 3:30 in the afternoon, we would hear the sounds of music coming from the ice cream truck, and if we managed to save up enough we would line up for some frozen treat that made the day. They didn't last long. It lasted just enough time without melting to make it worthwhile. The frozen cone dipped in chocolate with nuts was a favorite

or sometimes the push up. orange sherbet.

If we did get to go home at some point, we would run for the kitchen open the refrigerator and stand there letting the cool air flow around us. Of course, that always got the admonishment of my mother if she caught me. But it was worth it some of the time.

The heat reminds of those days. Maybe not fondly, but I look back with a since of nostalgia that does cause me to long a bit for those times again.

I have however figured out how to reduce those urges and it seems to work. I turn off my air conditioning for a couple of hours and go open the refrigerator door and look longingly inside feeling the cool air pour out around me.

It's not quite the same without my mother's raised voice coming from the other room, but it does ease the nostalgia just a bit.

Randall Franks is an award-winning musician, singer and actor. He is best known for his role as "Officer Randy Goode" on TV's "In the Heat of the Night" now on WGN America. 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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SUNDAY

Voice of our PEOPLE

Sunday, Aug. 6, 2023

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Seek Medical Truth And Enjoy Your Life



GLENN MOLLETTE
Guest Columnist

Does your doctor make you feel good? Does he or she tell you what you want to hear just to make you happy? If so, you probably should look for another doctor.

No one enjoys leaving the doctor's office feeling bad. We don't want to hear, "You need to change your lifestyle." We don't want to hear, "You need to cut way back on your sugar intake." We enjoy our habits. Habits are hard to break. My wife's grandfather loved smoking. He wouldn't give it up even after numerous cancer surgeries. He died at age 65.

A friend died recently. She died from what is often called fatty liver disease. Six months before she died, she told me she was terminal. She said, "I guess I drank too much alcohol throughout my lifetime." She went on to tell me that her family doctor two years prior had said her issue wasn't

severe and that she didn't have to worry." She was very displeased with her doctor's passive attitude about her condition that would soon take her life.

Another friend of mine was diagnosed with prostate cancer. His doctor's approach to his condition was that, "They would watch it. When it became worse, they would do something about the cancer." They watched it and they watched it kill my friend. Within a year it was out of control and had spread outside his prostate. The doctor's relaxed attitude about a serious situation did not go well for my friend.

Many doctors want to make you to feel good. Of course, we don't want a doctor whose goal is to make us feel bad. Typically, they don't want to lose you as a patient. Still, they should diplomatically tell you what you may not want to hear.

Keep in mind the doctor ordinarily knows more than we do. However, you do know how you feel. Be aware of your family history. In this information age you have to do some self-study. There is a lot of information on-line about most conditions you are facing. You have to research thoroughly though because often you can find whatever response you want on the Internet. Ask your doctor questions about your research. Tell

him or her that you want to make good choices. Be willing to travel to another town if your doctor refers you or seek out someone who might be able to provide the care you need.

The bottom line is we have to rake personal responsibility for our health and do the best we can do. Even when we do everything, we can think of to do, these bodies are subject to disease and death.

Richard Thousand is with the Taussig Cancer Center at Cleveland Clinic. He was recently talking to me about the many medical advances made in recent years and noted more are on the way. He then said something I had only heard my dad say many times, "Glenn, we aren't going to get out of this world alive. From the moment we are born, there is something that is trying to kill us. Eventually, it's going to happen."

The bottom line is do the best we can with the information we have. Be diligent. Be thorough. Seek the truth from your doctor. Finally, enjoy your life, we all only get one.

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.

The Data On Men's Health

By Richard McGowan, Ph.D.

The January-February issue of the AARP Bulletin had an article on heart disease stating that "for decades, women were underrepresented in clinical trials" and "women's health is still understudied." The article directed the reader's attention to the alleged plight of women regarding research and knowledge of heart disease. Readers of the article were likely to infer that men constituted the majority of research subjects during investigations into heart disease.

That is an inference without evidence.

Apparently, the government of Indiana bought into that incorrect idea. Indiana has an Office of Women's Health. The office states that "we believe that every woman should have access to free, up-to-date, and reliable resources to find out information about her health." The office "wants to ensure that each woman and girl in Indiana is aware of her own health status, risks, and goals, and can achieve optimal health through access, education, and advocacy."

Type "Indiana Office of Men's Health" into a search engine and no government website appears. The lack of an Indiana Office of Men's Health belies the data: Indiana's CDC figures for 2018 of life expectancy at birth for women is 79.3 years and for men it is 74.4. If life expectancy and mortality rates dictate need, men's health is more in need of resources from the government. The "health status, risks, and

goals" of each man and boy appear to be less important to the government of Indiana.

In the defense of Indiana's government, our leaders are simply following the crowd, even if the crowd has not done its homework. The popular narrative holds that research on women's health is neglected and therefore, that women's health is understudied. Hence, an Indiana Office of Women's Health is needed but not a corresponding Office of Men's Health.

If a person were to "follow the science," what would the person discover? Is 'women's health still understudied?' The National Institute of Health's famous site, PubMed contains data on medical research. For instance, a person can search for "clinical trials with women as subjects" and see that the PubMed database contains 182,815 entries. The corresponding entries for "clinical trials with men as subjects" has 137,962 entries as of a Jan. 25, 2023, search.

PubMed enables narrower searches for entries over a designated period and a specified topic. For example, a person could limit the search to the last several decades, for articles from 1970 to 2023, specifically involving clinical trials on coronary heart disease with women as subjects. PubMed would show 46,570 entries whereas a corresponding search over the same period specifying coronary heart disease with men as subjects would show 42,435

entries. If the database of PubMed is reliable, more research has been done with women as subjects, not men, regarding coronary heart disease.

The data on coronary heart disease is consistent with another narrower search, one investigating the other leading killer, namely, cancer. A broad PubMed search under "cancer in women" would show 357,555 entries while "cancer in men" would show 111,042 entries.

A person "following the science" about scientific research would be hard pressed to justify the claim that women are understudied. It may have been true at one time that women were understudied but, again, if PubMed is reliable that time has passed.

Anyone skeptical of the data in this essay can replicate the investigation. That is a cardinal rule in scientific experimentation. If an experiment cannot be repeated or replicated, it is worth little. PubMed allows people to see the data for themselves, enabling them to "follow the science," not the story.

Unsubstantiated popular narratives help no one. Failing to care for men and boys has knock-on effects; an unhealthy male population will have negative consequences for everyone, including women.

Richard McGowan, Ph.D., an adjunct scholar of the Indiana Policy Review Foundation, has taught philosophy and ethics cores for more than 40 years, most recently at Butler University.

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SUNDAY

Voice *of our* **PEOPLE**

The Paper of Montgomery County

Sunday, Aug. 6, 2023

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IVF Companies Depend On Abortion

By Dr. David Ayers

Editor's note: This article first appeared at The American Spectator.

The Dobbs decision striking down Roe v. Wade has led to shrill outcries by providers of in vitro fertilization (IVF) and surrogacy. Both are lucrative, high-growth commercial industries enjoying increasing demand, thanks in part to rising infertility and late pregnancy among folk in income brackets able to pay for these services. Many of those involved in this industry are alarmed that their “market growth” and profitability are threatened by abortion restrictions and are willing to publicly say so. Others have argued that state bans will likely exclude abortion restrictions that will significantly impact these industries.

The balance of the evidence suggests that at least some key aspects of IVF and surrogacy practices are threatened by abortion bans. In highlighting these threats, those who want to keep abortion spigots wide open to accommodate the “needs” of IVF and surrogacy providers may reveal to more of our populace the true nature of much of what they do. The attention on certain grim realities might undermine the significant public support they currently enjoy.

For example, a May 9, 2023, analysis in a blog sponsored by the Petrie Flom Center for Health Law Policy, Biotechnology, and Bioethics at Harvard Law School bluntly summarized common elements of IVF and surrogacy practices that are jeopardized by post-Dobbs abortion restrictions: “embryo discard, embryo cryopreservation, preimplantation genetic testing (PGT), and selective reduction of multiple pregnancy.” We could also add the practice, common in surrogacy, of intended parents ordering the abortion of babies they have rejected as undesirable for reasons other than multiple pregnancy. Do the IVF and surrogacy industries really want public discussion of these realities? Let’s dive deeper.

IVFs Are Multi-Billion-Dollar Industries

Purchasing and trading eggs and sperm, the creation of hundreds of thousands, if not millions, of frozen embryos, supplying and managing surrogates, and more are now multi-billion-dollar industries. Much of this is even a form of eugenics, as couples increasingly screen out sperm, eggs, embryos, and even fetuses in order to select babies with preferred features. For example, everyone in the fertility industry knows that the monetary value of eggs and sperm used in IVF varies enormously by the supposedly desired traits of donors. As one former fertility clinic employee quoted in Katy Faust and Stacy Manning’s excellent *Them Before Us* honestly admitted, “The intended parents are buying genes, and they wanted white, movie star beautiful and diplomas from the right university.”

As if there was any doubt about the eugenics hiding in the underbelly of the IVF industry, a July 18 Christian Post news story reported on a new artificial

intelligence (AI) software product for performing preimplantation genetic testing, touted on the website of its company, AIVF, as “fully automated AI-based embryo evaluation.” As David Prentice of the Charlotte Lozier Institute, quoted in the Christian Post, dryly remarked, this “AI program is a tool used to pick and choose which embryos are higher quality; this means some human beings are looked at as lower quality, perhaps even discarded as lives not worth living.”

Then, as that May 9 analysis admitted, they are terminating normal fetuses in women pregnant with more than one baby. The common term for this, “multifetal pregnancy reduction” (MFPR), is an Orwellian linguistic sleight of hand designed to disguise an awful reality — killing the babies one doesn’t want when pregnant with more babies than one wants. Of course, multifetal pregnancies, and thus MFPR, often occur without the use of IVF. But IVF has increased the incidence of such pregnancies and MFPR due to women being implanted with more embryos than they would want to carry to term.

Multifetal Pregnancy Often Results in Forced Abortions

How often do women undergoing IVF have more than one embryo implanted? Quite often. One fertility clinic, relying on CDC data, gives these overall figures: “...half of the IVF procedures in the U.S. involved transferring two embryos, 23% involved three, and 10% involved four or five.” So, we aren’t surprised that, as of 2020, one in five IVF pregnancies were “multifetal” and that dramatic increases in such pregnancies have been driven by this “assisted reproductive technology.” Thankfully, the use of multiple embryo transfers is declining, but it is certainly still more common than most folk probably think.

Most surrogacy contracts specify the rights of intended parents to demand that their surrogates abort the babies they are carrying. A major reason for this is the risk of multifetal pregnancies. As one clearinghouse site for surrogacy information bluntly states:

In many surrogacy journeys, any decisions regarding pregnancy termination or selective reduction fall to the intended parents.... For many intended parents, this means terminating unhealthy pregnancies or selectively reducing pregnancies in which more than one egg implants.

These facts were bluntly stated in a Feb. 18, 2016 piece in the Atlantic entitled, “When Parents and Surrogates Disagree on Abortion.” After admitting that the “vast majority” of surrogacy contracts require the surrogates to abort babies if ordered by the intended parents to do so, the author lays out why this is viewed as necessary by most of these parents:

In surrogacy cases, the most common reason for abortion is multiple pregnancies. And of course, the likelihood of becoming pregnant with twins, triplets, and even four or five fetuses increases once IVF enters the picture—doctors will often implant multi-

ple embryos at a time, to increase the chance that one will take. For various reasons—health, financial, or otherwise—parents whose surrogate ends up carrying multiple fetuses may request to “selectively reduce,” or abort one or more.

In some abortions forced on surrogates, abortion pills — which are easy to obtain even where they are legally restricted — could be used. But MFPR doesn’t work that way. The doctor has to kill one or some while keeping one or some. In fact, they need to let the fetuses develop for a while — typically 11 weeks or more — before performing MFPR. This is later than the recommended gestation period for abortion pills. Thus, standard abortion restrictions could significantly impact the industry, abortion pills or not.

Most Frozen Embryos Will Never Be Born

As that May 9 quote tacitly admits, IVF also leaves us with the nightmare of all those frozen embryos. Some facts from *Them Before Us*: about one million frozen embryos are in storage, less than 8 percent of these will ever be born alive, one-fifth or more are simply abandoned, and there are only three options for embryos that are not needed for future attempts at pregnancies: “thaw and discard,” “donate to research,” or “donate to other parents.” And how do we wrap our minds around the fact that parents with “excess” frozen embryos are more than two times more likely to donate them to research than to give them to other families?

Infertility is a heartbreaking reality for millions, with roughly 9 percent of men and 11 percent of women having suffered from this to some extent. Many who get into IVF and surrogacy are pushed in this direction by medical professionals who skim over unsavory details and, too often, don’t help couples understand all of the other fertility options available to them. And let me be clear — there are plenty of folks who use IVF and surrogates for whom abortion is not an option.

However, the reality is that much of the lucrative IVF and surrogacy industry thrives on commercially creating embryos to be used or destroyed as intended parents see fit. The stark reality of using abortion to get rid of babies intended parents don’t want, either because they don’t fit desired standards, because there are “too many fetuses,” or even other reasons, such as divorce or simply changing their minds, are very real things.

Can’t we address these hard truths without dismissing the very real suffering of those dealing with infertility? I think we can. Will the objections to post-Dobbs abortion restrictions raised by those in the IVF and surrogacy industries lead to increased public awareness and scrutiny of them? I sure hope so.

Dr. David J. Ayers is the Fellow for Marriage and Family with the Institute for Faith & Freedom. His latest book is “Christian Marriage: A Comprehensive Introduction.”

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WANTED



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Born 1996
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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

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Stephen C. Shaffer
Born 1992
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