

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

You're Invited To The 2023 Hillsboro's Homecoming



All are welcome to come home to Hillsboro, Indiana for the 2nd Hillsboro's Homecoming on Saturday, Aug. 26. The day will begin at 11 a.m. with a traditional and patriotic opening ceremony featuring the American Legion! Following the opening, they will be having the coloring contest judging, sponsored by the Hillsboro Hardware, Lumber & Farm Supply. (Entry coloring pages can be picked up in the hardware store) Next, at 1 p.m. the Tippecanotes Barbershop Choir, of Lafayette, will be performing, courtesy of Centre Bank! The

event will include many new vendors, but they also are welcoming returning favorite, Nick Geigle, the very talented balloon artist! Another returning favorite is the Watermelon Eating Contest, generously provided by the Chatterbox Café! Their very own Volunteer Fire Dept & Police Dept will be on site providing activities as well! A brand new venture for the 2023 Hillsboro's Homecoming will be a "Cruzin' Down Memory Lane" Cruise In! Those interested in more details can find them on Facebook at Hillsboro's Homecoming 2023!



Photos courtesy of Hillsboro's Homecoming

The 2nd annual Hillsboro's Homecoming will be on Aug. 26.

➔ TODAY'S QUOTE

"God never said that the journey would be easy, but He did say that the arrival would be worthwhile"
Max Lucado

➔ TODAY'S JOKE

Did you hear that colleges are dropping global warming as a major? That's because every time one person graduates the world increases by a degree.

➔ TODAY'S VERSE

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

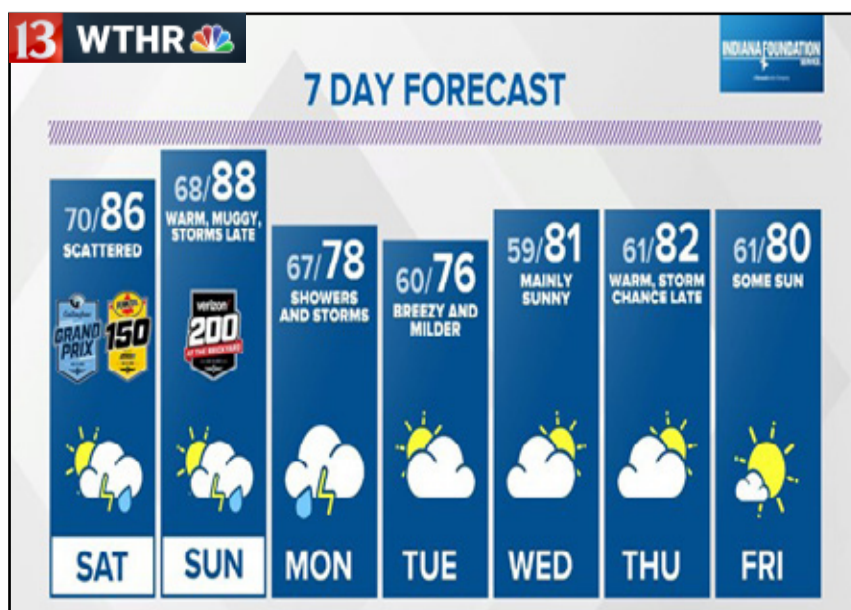
➔ TODAY'S HEALTH TIP

Kindness is contagious – surround yourself with giving people. 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

Remember when Sunday used to be a day of rest and reflection? What happened?



HONEST HOOSIER



Go 'stangs

I ndiana



Facts & Fun

34 Howard

Number %00 ÷ Stumpers

Did You Know?

- Howard County was founded in 1844 and named for Tilghman Howard.
- Kokomo, the county seat, has a total population of 45,468 residents.
- The county is home to 14 different educational institutes ranging from private to public schools and universities.
- In 1894 Elwood Haynes of Kokomo made the first successful trial run of his "horseless carriage."
- Howard county is 293.92 square miles and has a population of 82,752 residents.

1. How long ago was the first successful "horseless carriage" trial run?
≥
2. How old is Howard County?
≤
3. How many people in the county do not live in Kokomo?
≥
4. What is the population density of the county?
≤

Answers: 1. 125 Years 2. 175 Years
3. Around 37,284 People 4. 281 / sq. mi. ÷

Got Words?

Kokomo is coined the "City of Firsts." The city is associated with discovering products, such as the mechanical corn picker, canned tomato juice and push-button car radio. How do you think these inventions have impacted Kokomo and the rest of the world?

Word Scrambler

Unscramble the words below!

1. TSFIRS
2. MOKKOO
3. ORSHESSL ARGCIAER
4. HOOCLSS
5. ORWDHA OYUCNT

Answers: 1. Firsts 2. Kokomo 3. Horseless Carriage
4. Schools 5. Howard County

Indiana Facts & Fun Is Presented This Week By:

NIE Newspapers In Education

A Program That Raises The Bar!

Brought To You By These Proud Supporters
of Education in Montgomery County



To help support literacy please support Newspapers in Education
(765) 361-0100, Ext. 22

SUNDAY

Indiana the Strong

Sunday, Aug. 13, 2023

B1

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

Purdue University In Indianapolis Joins Stewart-Haas Racing For Verizon 200 At The Brickyard NASCAR Cup Series Race

Speeding toward the official launch of its first comprehensive urban campus in 2024, Purdue University is partnering with championship-winning NASCAR team Stewart-Haas Racing and driver Ryan Preece in the Verizon 200 at the Brickyard today to continue to introduce the new Purdue University in Indianapolis.

The iconic Boilermaker gold and black will adorn Preece's Ford Mustang, with Purdue University in Indianapolis serving as the No. 41 car's primary sponsor at the Indianapolis Motor Speedway, one of the most prestigious annual stops on the NASCAR Cup Series calendar.

The partnership is a natural extension of Purdue's long-standing role with Indianapolis Motor Speedway – a more than centurylong relationship that began in 1919 with the Purdue "All-American" Marching Band's first performance at the Indianapolis 500.

The racing connection is a fitting one, as Purdue University boasts one of the country's most unique and innovative motorsports engineering curriculums, with Purdue University in Indianapolis having the only ABET-accredited undergraduate motorsports engineering program in the United States. Between the campuses in Indianapolis and West Lafayette, Purdue has propelled students and graduates to exciting motorsports careers at the highest levels of racing, including NASCAR, IndyCar and IMSA, as well as with manufacturers, most notably Dallara, a prominent racecar builder, and Cummins, a global power technology leader.

"Purdue University's persistent pursuit of innovation aligns well with the objectives of Stewart-Haas Racing, making



Photo courtesy of Stewart-Haas Racing

Ryan Preece will drive the No. 41 Purdue University in Indianapolis machine during Sunday's Verizon 200 at The Brickyard at the Indianapolis Motor Speedway

this weekend's partnership an ideal opportunity to showcase Purdue University in Indianapolis and the world-class engineering, computer science and technology degrees we will offer there from the start," said R. Ethan Braden, executive vice president and chief marketing and communications officer for Purdue University and Purdue Global. "We look forward to serving as the primary sponsor and cheering on Ryan Preece as he goes full throttle this weekend at Indy. The iconic Indianapolis Motor Speedway is just a few miles from the Purdue University in Indianapolis campus and multiple downtown locations, including our space at High Alpha in the burgeoning Bottleneck District, where we'll bring the full force of Purdue to our state's capital city."

Preece was hand-picked by NASCAR legend and Indiana native Tony Stewart to drive the No. 41 Ford Mustang for Stewart-Haas Racing. Preece is a proven winner, with victories across multiple divisions, including the NASCAR

Truck Series and NASCAR Xfinity Series. In June at Sonoma (Calif.) Raceway, Preece won his first ARCA Menards Series race in dominating fashion, winning the pole and leading a race-high 50 laps en route to the victory.

"It's an honor to represent Purdue University in Indianapolis this weekend at the Brickyard," said Preece, who first made a name for himself on the NASCAR Whelen Modified Tour, winning the championship in 2013. "Indy is filled with history and prestige, and competing there is truly special. To have the gold-and-black colors of the Boilermakers on my car just adds to that prestige, as I've come to understand Purdue's own history at Indianapolis."

"I'm impressed by the program Purdue University has for students looking to make a career in motorsports. Creative, hard-working people can thrive in racing. Knowledge is power, and the more you know, the better you are. To be able to showcase Purdue's comprehensive urban campus in Indianapolis makes me proud."

Purdue's partnership with Stewart-Haas Racing complements the university's existing motorsport portfolio, which includes the Superstar Racing Experience (SRX), a six-race series co-founded by Stewart in 2021. Purdue University in Indianapolis is the primary sponsor of the car shared by INDYCAR legends Tony Kanaan and Helio Castroneves. Preece recently joined SRX for the series' second race in July at Stafford (Conn.) Motor Speedway, which serves as Preece's hometown track as he hails from Berlin, Connecticut.

Purdue University has achieved excellence at scale, with agriculture, graduate engineering and invention counts all among the top four in the United States and across major American research universities, as it ranks first in undergrad STEM enrollment. Now, with ambitious plans for its new Indianapolis campus, Purdue University in Indianapolis will create new knowledge and establish a strong pipeline of Boilermaker talent to the capital city and beyond.

Indiana Farmland Prices Continue To Rise In 2023

Indiana farmland prices once again hit record highs in 2023, according to the recent Purdue Farmland Value and Cash Rents Survey. Statewide, the average price of top-quality farmland averaged \$13,739 per acre, up 7.3% from June 2022. Average- and poor-quality farmland increased 5.8% and 0.7% to \$11,210 and \$8,689 per acre, respectively.

"While farmland prices reached a new peak in 2023, the appreciation rate from 2022 to 2023 was much lower than the record-high price growth observed between 2021 and 2022," said Todd H. Kuethe, the Schrader Endowed Chair in Farmland Economics and the survey's author. "Farm incomes and liquidity are playing a role in boosting price growth; however, rising interest rates continue to put downward pressure on purchases financed through mortgages."

Statewide, cash rents increased by a modest amount between 2022 and 2023, yet in nominal terms, all three quality grades are at an all-time high. Per-acre cash rental rates for top-, average- and poor-quality land exceeded the previous highs set in 2013, 2014 and 2021. Indiana per-acre cash rent for top-quality land increased by 1.99% to \$306. Cash rental rates for average- and poor-quality land increased by 2.09% and 2.50% to \$257 and \$212, respectively.

Kuethe says that it's important to note that these modest changes at the state level mask some of the larger variation across land qualities and regions. For example, cash rental rates grew by 32.8% to 47.2% in the Southeast region for top-, average- and poor-quality land, but cash rental rates

fell by 2.2% to 10.7% in the Southwest region. The highest cash rents, across all three quality grades, were observed in the West Central region. Across all regions and quality grades, rent as share of land value (the capitalization rate) held relatively steady between 2022 and 2023.

A divergence was also found in values for farmland transitioning out of agricultural production and those of farmland used for recreational purposes in 2023. Statewide, the per-acre value of farmland transitioning out of agricultural production increased by 4.1% between June 2022 and June 2023 to \$25,228. However, the value of recreational land declined by 10.4% to \$8,170 per acre.

For more in-depth analysis on the survey, the Purdue Center for Commercial Agriculture has released a new Purdue AgCast episode. Listen as Purdue ag economists Todd Kuethe, James Mintert and Michael Langemeier discuss Indiana farmland values, cash rents and results from the 2023 Purdue Farmland Values and Cash Rents Survey. The two-part series is available for free at <https://purdue.ag/farmland-values>.

The Department of Agricultural Economics conducts the Purdue Farmland Value and Cash Rents Survey each June and publishes it in the Purdue Agricultural Economics Report. The survey is produced through the cooperation of numerous professionals knowledgeable of Indiana's farmland market. These professionals provided an estimate of the market value for bare poor-, average- and top-quality farmland in December 2022 and June 2023 and a forecast value for December 2023.

Indiana County Commissioners Present State Representative Chris May The County Commissioners Outstanding Advocate Award

The Indiana County Commissioners (ICC) are presenting State Representative Chris May, representing Indiana House District 65, the County Commissioners Outstanding Advocate Award.

"I'm honored to receive such an award, especially in recognition of my support for county commissioners across the state," said Representative May. "As a former county commissioner, I understand firsthand the significant role that commissioners play in county government. I was honored to chair the House Local Government

Committee this past session, and I will continue advocating and pushing policy that elevates local government."

The County Commissioners Outstanding Advocate Award honors leaders, like May, who have showcased their steadfast commitment to advancing the priorities of county executives across the state. The award recognizes a uniquely high degree of leadership in promoting the important role of local leaders within the state.

"It is a pleasure to present the County Commissioners Outstanding

Advocate Award to Representative May," says the ICC Executive Director, Stephanie Yager. "He is an excellent example of a dedicated advocate for local government, both as a current elected state official and former county commissioner."

In 2022, Representative May was appointed to serve as the Chair of the House Local Government Committee. Through his leadership on the Committee, he has proven himself a committed advocate for local governments across Indiana, making him a prime candidate for this award.

"Congratulations, Representative May, on this highly distinguished achievement in your career," says the ICC President and Hamilton County Commissioner Mark Heirbrandt. "As the ICC President and a current county commissioner, I can attest to the hard work and continued success you have achieved thus far."

The ICC congratulates Representative May and will be announcing more awards to recognize achievements in local government advocacy throughout the month of August.

Serving Parke County & Surrounding Areas

Trinity's Handyman Service

Nothing too big or too small
I do it all

Give me a call **574-240-5380**

Indiana Based Photographer

Portraits
Families
Couples
Pets

Call me at
765-366-2816

Schriber's FLOORING 15 years experience

765-346-0896

License & Insured • 3rd Generation • Family Owned & Operated

BRING THIS AD IN AND GET 10% OFF

SUNDAY

Indiana the Strong

Sunday, Aug. 13, 2023

B2

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

Field Trip Grant Program Benefits More Than 3,400 Hoosier Students

Students at 44 Indiana K-12 schools will experience the outdoors this academic year thanks in part to a grant program that supports field trips to Indiana State Park properties.

The Discover the Outdoors Field Trip Grant Program is available for all K-12 schools. It is administered through the Indiana Natural Resources Foundation (INRF), the supporting nonprofit of the Department of Natural Resources (DNR).

The grants, up to \$250 per school, fund transportation costs, program fees, and classroom supplies related to preparation or follow-up for the field trips.

An estimated 3,432 students will benefit from the grant program in the 2023-2024 school year using the \$10,520 the grant program expects to distribute this school

year. On their field trips, students will participate in a guided hike or talk with an interpretive naturalist at a designated property to learn about Indiana's fish, forests, wildlife, natural habitats, and conservation.

Since the program's inception in 2013, it has awarded 220 grants worth more than \$56,500 in overall funding, providing the opportunity for approximately 20,400 students to visit state park properties at less cost to the schools and students.

The program was established in memory of Tom Huck, a long-time DNR employee who was an ardent supporter of outdoor experiences for children in parks. Contributions have grown in recent years, allowing the fund to double the number of grants offered. In addition to generous individuals, additional periodic

support for the program is also provided by the Indiana Master Naturalist Advisory Council and the Indiana Parks Alliance.

"Through these grants and the support of our partners, Hoosier students across the state will gain hands-on experiences in Indiana State Parks," said Jody Kress, INRF executive director. "We hope to see this program continue to grow so we can educate more students about our natural and cultural legacy."

To donate to the INRF, visit IndianaNRF.org. Indiana has 24 state parks, eight reservoirs, two state forest recreation areas, and two off-road state recreation areas eligible for field trip funding. The receiving schools and where they will visit are listed below.

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

| School Name | City | Visiting |
|---|--------------|--|
| Bainbridge Elementary School | Bainbridge | McCormick's Creek State Park |
| Batesville Intermediate School | Batesville | Versailles State Park |
| Benjamin Bosse High School | Evansville | Falls of the Ohio State Park |
| Bloomington High School South | Bloomington | Spring Mill State Park |
| Boone County Christian Home Educators | Lebanon | Shades State Park |
| Brookville Homeschool Coop | Greensburg | Brookville Lake (Mounds State Recreation Area) |
| Career Academy South Bend | South Bend | Indiana Dunes State Park |
| Center for Inquiry #27 | Indianapolis | Turkey Run State Park |
| Central Noble Junior-Senior High School | Albion | Chain O'Lakes State Park |
| Community Montessori School | New Albany | O'Bannon Woods State Park |
| Delphi Community Middle School | Delphi | Turkey Run State Park |
| Eastern Pulaski Elementary | Winamac | Prophetstown State Park |
| Eastside Christian Academy | Terre Haute | Turkey Run or Shades State Parks |
| Edgewood Elementary School | Anderson | Mounds State Park |
| Emmons Elementary School | Mishawaka | Potato Creek State Park |
| Erskine Elementary School | Anderson | Mounds State Park |
| Grandview Elementary | Bloomington | Spring Mill State Park |
| Green Valley Elementary School | New Albany | Falls of the Ohio State Park |
| Lancaster Central Elementary School | Bluffton | Ouabache State Park |
| LaPorte Middle School | LaPorte | Potato Creek State Park |
| Mitchell Junior High School | Mitchell | Spring Mill State Park |
| North Central Jr./Sr. High School | Farmersburg | Shakamak State Park |
| North Harrison Elementary School | Ramsey | O'Bannon Woods State Park |
| Ohio County Elementary School (2 classes) | Rising Sun | Clifty Falls State Park |
| Orleans Elementary School | Orleans | Spring Mill State Park |

| | | |
|---|--------------|--|
| Bainbridge Elementary School | Bainbridge | McCormick's Creek State Park |
| Batesville Intermediate School | Batesville | Versailles State Park |
| Benjamin Bosse High School | Evansville | Falls of the Ohio State Park |
| Bloomington High School South | Bloomington | Spring Mill State Park |
| Boone County Christian Home Educators | Lebanon | Shades State Park |
| Brookville Homeschool Coop | Greensburg | Brookville Lake (Mounds State Recreation Area) |
| Career Academy South Bend | South Bend | Indiana Dunes State Park |
| Center for Inquiry #27 | Indianapolis | Turkey Run State Park |
| Central Noble Junior-Senior High School | Albion | Chain O'Lakes State Park |
| Community Montessori School | New Albany | O'Bannon Woods State Park |
| Delphi Community Middle School | Delphi | Turkey Run State Park |
| Eastern Pulaski Elementary | Winamac | Prophetstown State Park |
| Eastside Christian Academy | Terre Haute | Turkey Run or Shades State Parks |
| Edgewood Elementary School | Anderson | Mounds State Park |
| Emmons Elementary School | Mishawaka | Potato Creek State Park |
| Erskine Elementary School | Anderson | Mounds State Park |
| Grandview Elementary | Bloomington | Spring Mill State Park |
| Green Valley Elementary School | New Albany | Falls of the Ohio State Park |
| Lancaster Central Elementary School | Bluffton | Ouabache State Park |
| LaPorte Middle School | LaPorte | Potato Creek State Park |
| Mitchell Junior High School | Mitchell | Spring Mill State Park |
| North Central Jr./Sr. High School | Farmersburg | Shakamak State Park |
| North Harrison Elementary School | Ramsey | O'Bannon Woods State Park |
| Ohio County Elementary School (2 classes) | Rising Sun | Clifty Falls State Park |
| Orleans Elementary School | Orleans | Spring Mill State Park |

Membership In National FFA Organization Reaches All-Time High

Agriculture plays a key role in everyday life. As the membership in the National FFA Organization continues to grow, it's evident that students today understand the important role they can also play in agriculture.

Today, the National FFA Organization has a record-high student membership of 945,988, an increase of 11 percent from last year. In addition, the number of FFA chapters continues to grow — increasing by 168 this year, resulting in 9,163 chapters in the U.S., Puerto Rico and the U.S. Virgin Islands.

"It's exciting to see our numbers grow and know we continue to influence the next generation of leaders," said National FFA CEO Scott Stump. "This generation is making a difference in their communities and agriculture. We're excited to see the enthusiasm for agricultural education and FFA reflected in our membership."

The top five membership states of the organization are Texas, California, Georgia, Illinois and North Carolina. This year, the organization has more than 150,000 Latino members, more than 50,000 Black

members, more than 9,000 Asian members, more than 14,000 American Indian and Alaska Native members, and more than 2,400 Native Hawaiian and Pacific Islander members. More than 43% of the membership is female, and 49.8% is male, with .6% reporting as nonbinary and 6.4% undisclosed.

The National FFA Organization is a school-based national youth leadership development organization of more than 945,000 student members as part of 9,163 local FFA chapters in all 50 states, Puerto Rico and the U.S. Virgin Islands.

Do Hoosier Farmers Have To Live With California Law?

Attorney General Todd Rokita this week called on Congress to enact legislation preventing states such as California from dictating rules to farmers and ranchers in Indiana.

"California's got every right to regulate agricultural practices within its own borders," Rokita said. "But it shouldn't have the authority to impose restrictions on farmers here in Indiana. If the U.S. Supreme Court doesn't recognize this basic reality, then Congress needs to take action."

In a letter sent Wednesday to congressional leaders, Rokita and other attorneys general call for passage of the Ending Agricultural Trade Suppression (EATS) Act — H.R.4417 in the U.S. House and S.2019 in the U.S. Senate.

In May, the U.S. Supreme Court upheld a California law that out-

laws the sale of pork originating from sows housed in less than 24 square feet — even if such pork comes from out-of-state producers.

Rokita led a 26-state coalition in that case supporting the National Pork Producers Council and other petitioners contesting the California law.

"This law hurts Hoosier hog farmers by forcing them to change their livestock systems in order to sell to California markets," Rokita said. "Beyond that, it also hurts Indiana families everywhere by increasing the costs of bacon and ham at grocery stores."

Some small- and medium-sized pork producers could be forced to go out of business. California buys about 13 percent of the nation's pork.

Extending beyond the pork industry, the Supreme Court's decision

paves the way for California and other states to similarly impose their will pertaining to other types of livestock production — and even other types of industries altogether.

On a philosophical level, Rokita said, the court's decision flies in the face of American federalism and free enterprise. In the letter to congressional leaders, Rokita and the other attorneys general noted that U.S. farmers already follow prudent techniques in raising livestock.

"American farmers and ranchers raise massive amounts of animal protein as affordably and humanely as possible," the letter states. "American farmers' techniques have developed over generations to constitute global best practices. No other country raises anywhere near as much delicious and high-quality pork."

PROUDLY
MADE IN THE USA



OFFDUTY FLAGPOLES

765-592-6499
www.offdutyflagpoles.com
50 S 1110 E • Rockville

Commercial • Residential

We offer sales, service,
and installation

Flagpoles • Flags • Solar Lights
Flagpole Parts & Hardware

SUNDAY

In The Kitchen

Sunday, Aug. 13, 2023

C1

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



Raspberry Streusel Muffins

Go Whole Grain for a Healthy Heart

FAMILY FEATURES

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

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

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

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

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

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

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

Raspberry Streusel Muffins

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

Muffins:

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

Streusel:

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

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

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

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

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

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



Pancakes with Blueberry Vanilla Sauce

Pancakes with Blueberry Vanilla Sauce

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

Sauce:

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

Pancakes:

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

Topping:

- 1/2 cup fat-free plain Greek yogurt

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

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

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

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

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

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

Garden Vegetable Stir-Fried Sorghum

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

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

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

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

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

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

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

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

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



Garden Vegetable Stir-Fried Sorghum

SUNDAY

In The Kitchen

Sunday, Aug. 13, 2023

C2

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

GETTING TO THE GUT OF IT

Dietitian-approved tips for overall wellness

FAMILY FEATURES

Social media frequently touts weight loss trends and solutions. However, there's another aspect to healthy eating that's underappreciated but critical for overall wellness – gut health.

The body contains approximately 40 trillion bacteria, most of which are found in your gut, according to "Molecular Science." The right balance of these bacteria is the key to good gut health.

Keeping your digestive system on track plays an important role in overall well-being, including immune health and mental health, according to "Clinical Practice." When there is a gut bacteria imbalance, many people experience discomfort or digestive issues.

To help improve and maintain gut health – and your overall wellness – consider these tips from Mia Syn, MS, RDN, and Chobani:

- 1. Get a dose of probiotics.** Probiotics are live microorganisms that provide health benefits when consumed. They aid digestion and help maintain a healthy balance between good and bad bacteria.
- 2. Focus on fiber.** Fiber helps keep digestion running smoothly. One type of fiber, prebiotics, may be especially beneficial because they help nourish and support the growth of good gut bacteria to create a balanced and healthy microbiome.
- 3. Power up with protein.** While protein is not directly involved in nourishing gut bacteria, it provides essential amino acids and other nutrients that contribute to a healthy gut and overall digestive function. Protein is essential for the repair and maintenance of the gut lining, digestive enzyme production, efficient gut motility and more.

Options like Chobani Zero Sugar Drinks (not a low-calorie food) provide 10 grams of protein per 7-ounce serving, plus billions of probiotics. Available in four flavors – Mixed Berry, Peaches & Cream, Strawberry Cheesecake and Milk & Cookies – the drinks are perfect while on-the-go or can be used as an ingredient in recipes like this Protein-Powered Chia Pudding 4 Ways. Sweetened with only natural sugar alternatives, free of lactose and preservatives, these drinks contain 0 grams total sugar, are 50 calories and are made using only natural, non-GMO ingredients.

Find more recipes and solutions to support gut health at Chobani.com.



Protein-Powered Chia Pudding 4 Ways

Prep time: 15 minutes
Servings: 1 per flavor

Mixed Berry Blast:

- 1 Chobani Zero Sugar Mixed Berry Drink
- 3 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- 1/4 teaspoon pure vanilla extract
- 1 cup mixed berries (blueberries, raspberries, blackberries or chopped strawberries)

Peaches and Cream Dream:

- 1 Chobani Zero Sugar Peaches & Cream Drink

- 3 tablespoons chia seeds
- 2 teaspoons manuka honey
- 1/4 teaspoon pure vanilla extract
- 1 peach, chopped
- 1 tablespoon sliced almonds

Strawberry Cheesecake Delight:

- 1 Chobani Zero Sugar Strawberry Cheesecake Drink
- 3 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- 1/4 teaspoon pure vanilla extract
- 1 cup chopped strawberries
- 2 tablespoons low-sugar granola

Milk and Cookies Madness:

- 1 Chobani Zero Sugar Milk & Cookies Drink
- 3 tablespoons chia seeds

- 2 teaspoons pure maple syrup
- 1 tablespoon unsweetened cocoa powder
- 1/4 teaspoon pure vanilla extract
- 2 teaspoons cacao nibs
- 2 teaspoons chopped hazelnuts

To make Mixed Berry Blast: In small bowl, use fork to whisk mixed berry drink, chia seeds, maple syrup and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Stir in 1/2 cup strawberries and transfer to serving glass. Top with remaining strawberries and granola.

To make Peaches and Cream Dream: In small bowl, use fork to whisk peaches and cream drink, chia seeds, honey and vanilla extract. Let mixture sit 10 minutes to thicken then stir to

distribute seeds. Stir in half the peaches and transfer to serving glass. Top with remaining peaches and sliced almonds.

To make Strawberry Cheesecake Delight: In small bowl, use fork to whisk strawberry cheesecake drink, chia seeds, maple syrup and vanilla extract. Let mixture sit on 10 minutes to thicken then stir to distribute seeds. Stir in 1/2 cup strawberries and transfer to serving glass. Top with remaining strawberries and granola.

To make Milk and Cookies Madness: In small bowl, use fork to whisk milk and cookies drink, chia seeds, maple syrup, cocoa powder and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Transfer to serving glass and top with cacao nibs and chopped hazelnuts.

765-569-3894
4300 N JUDSON RD.
ROCKVILLE

We are a company that operates in the farming industry

PARKE
STABLE
WORKS

Give us a call:
765-597-2502

We specialize in
Roofing
Garage Doors
Siding

and so much more!
Beiler's
Construction

We have USED
5th wheel hitches



B&W

SCTrailer LLC

1673 N. Seip Road
Rockville, IN

Call us today!
765-344-1017

The PAPER
of Montgomery County

Visit us online:

thepaper24-7.com



SUNDAY

In The Kitchen

Sunday, Aug. 13, 2023

C3

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

BRING ON DESSERT WITH BETTER-FOR-YOU SWEETS

FAMILY FEATURES

If healthier eating holds a prominent spot on your list of goals, you may feel it's necessary to eliminate some of your sweetest favorites. However, committing to a nutritionally friendly way of life doesn't have to leave desserts by the wayside.

Instead, rethinking nighttime treats with better-for-you ingredients like California Prunes as a quick substitution can make healthier eating easy. As a versatile ingredient that can replace added sugar, fats and eggs in all kinds of recipes, prunes can also add nutrients important for bone and gut health.

Plus, the copper in prunes inhibits bone breakdown, while boron plays a role in calcium metabolism and polyphenols can help decrease bone breakdown through their antioxidant power. As a fruit that's high in vitamin K, which helps improve calcium balance and promotes bone mineralization, prunes are also a "good gut food," meaning a single serving (roughly 4-6 prunes) can help support a healthy microbiome.

They're easy to use in recipes that can become favorites in your household such as these Chocolate Energy Balls. Enjoyed as an easy, on-the-go snack, they're a perfect way to refuel for an adventure, recharge after a workout or to simply savor as a healthy snack.

Chocolate lovers rejoice: This rich, delicious, gluten-free, grain-free Chocolate Covered Prune Fudge Cake is naturally sweetened using prunes instead of added sugar. If brownies are more your style, prunes can also take the place of eggs in these Vegan Brownies for a family-friendly treat that won't wreck your eating plan.

To find more better-for-you desserts, visit californiaprunes.org.

Vegan Brownies

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 9

Prune Puree:

16 ounces pitted California prunes

1/2 cup hot water

Brownies:

nonstick cooking spray

6 ounces unsweetened chocolate

1/2 cup California extra-virgin olive oil

2 cups light brown sugar

10 ounces California prune puree

1 1/2 cups all-purpose flour

1 tablespoon baking powder

1/4 cup cocoa powder

2 teaspoons vanilla extract

flaky sea salt, for garnish

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary. Store puree in airtight container in fridge up to 4 weeks.

To make brownies: Preheat oven to 350 F. Line 9-by-9-inch baking pan with parchment paper then lightly grease with nonstick cooking spray.

Using double boiler, melt chocolate and olive oil. Whisk in sugar and prune puree; mix until dissolved.

Into large bowl, sift flour, baking powder and cocoa powder. Gently fold in chocolate and prune mixture then add vanilla.

Spread batter in prepared pan, sprinkle with flaky sea salt and bake 20-25 minutes, or until top starts to look dry and brownies are just beginning to pull away from sides of pan.

Cool in pan. Remove then cut brownies into 3-inch squares.



Vegan Brownies



Chocolate Covered Prune Fudge Cake

Chocolate Covered Prune Fudge Cake

Prep time: 15 minutes

Cook time: 55 minutes

Yield: 1 cake (8 inches)

Cake:

Coconut oil spray

14 tablespoons butter, chopped

2 teaspoons vanilla extract

3/4 cup cocoa powder

10 soft, pitted prunes, chopped small

1/3 cup maple syrup

6 eggs

1/2 cup coconut sugar

1 cup almond meal

Ganache:

1 cup full-fat coconut milk

1 1/3 cups dark chocolate morsels

To make cake: Preheat oven to 300 F. Lightly spray bottom and sides of 8-inch springform pan with coconut oil spray. Place round piece of parchment paper in bottom of pan and lightly spray with coconut oil spray.

In small saucepan over low heat, place butter and vanilla. Use sieve to sift cocoa

into saucepan. Stir with spatula until completely smooth. Remove from heat and set aside.

In bowl of food processor fitted with "S" blade, place prunes and syrup. Top with cooled butter mixture then process until smooth. Transfer to large mixing bowl, scraping all chocolate mixture from food processor with spatula.

In bowl of stand mixer fitted with whisk attachment, whip eggs and coconut sugar on high speed 7 minutes, or until tripled in volume.

Add one-third of egg mixture to bowl with chocolate mixture. Using spatula, gently fold together until completely combined. Add almond meal and remaining egg mixture to bowl and gently fold to combine.

Pour batter into prepared pan and bake 55 minutes, or until set. Once cooked through, transfer cake to cooling rack and cool completely in pan.

To make ganache: In top of double boiler, melt coconut milk and dark chocolate until completely smooth. Pour prepared ganache over cake. Serve immediately for molten fudge effect or allow to completely set.

Chocolate Energy Balls

Recipe courtesy of Meg van der Kruik on behalf of California Prunes

Prep time: 10 minutes

Cook time: 30 minutes

Yield: 24 pieces

Prune Puree:

16 ounces pitted California prunes

1/2 cup hot water

Energy Balls:

1 cup old-fashioned or gluten-free oats

2/3 cup toasted, unsweetened shredded coconut

1/2 cup creamy natural nut butter (peanut or almond)

1/2 cup pecan meal

1/2 cup prune puree

1/4 cup unsweetened cocoa powder

1 teaspoon vanilla extract

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make energy balls: In mixing bowl, stir oats, coconut, nut butter, pecan meal, prune puree, cocoa powder and vanilla until completely combined.

Cover and chill in refrigerator 30 minutes. Once chilled, use small cookie scoop or measuring spoon to measure equal-sized amounts of mixture then form into balls by applying gentle pressure to dough using palms. Do not roll as balls will break apart.

Store covered in airtight container in refrigerator up to 1 week.



Chocolate Energy Balls

SUNDAY

In The Kitchen

Sunday, Aug. 13, 2023

C4

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

GIVE YOUR BRAIN A BOOST

●●●●● 5 ways to promote brain health ●●●●●



Warm-Spiced Chickpeas and Couscous with Grapes and Arugula

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 2 tablespoons extra-virgin olive oil
- 1 small onion, chopped
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 1/8 teaspoon ground allspice
- 1 cup Israeli pearl couscous
- 3/4 teaspoon ground turmeric
- 1 1/2 cups water
- 1 can (15 ounces) no-salt-added chickpeas (garbanzo beans), drained
- 1 cup red Grapes from California, halved
- 2 tablespoons chopped fresh cilantro or parsley
- freshly ground black pepper, to taste
- 4 cups lightly packed baby arugula
- lemon wedges

In large saucepan over medium heat, heat oil. Add onion, cumin, 1/2 teaspoon salt and allspice; cook, stirring, until onion is softened, about 3 minutes. Add couscous and stir 1 minute to toast lightly. Add turmeric and water; bring to boil. Reduce heat, cover and simmer until couscous is tender, about 15 minutes.

Stir chickpeas, grapes and cilantro into couscous then season with salt and pepper, to taste. Transfer couscous-grape mixture to large bowl, add arugula and toss well. Serve warm or at room temperature with lemon wedges.

Nutritional information per serving: 370 calories; 12 g protein; 61 g carbohydrates; 9 g fat (17% calories from fat); 1 g saturated fat (2% calories from saturated fat); 0 mg cholesterol; 160 mg sodium; 8 g fiber.

FAMILY FEATURES

When it comes to staying healthy, there is a natural emphasis on physical fitness. However, it's important to know that nurturing and maintaining brain health is also important for leading a fulfilling life.

The brain is the command center of the human body and as such, influences every aspect of life. Maintaining brain health requires providing it with nourishment, rest and healthy stimulation.

Consuming healthy, whole foods, including vegetables and fruits, such as grapes, can help establish a strong foundation for brain health. For example, grapes may help protect against metabolic decline in the brain associated with natural aging; in a human study of elderly subjects with mild cognitive decline, UCLA researchers found consuming 2 1/4 cups of grapes every day preserved healthy metabolic activity in regions of the brain associated with early-stage

Alzheimer's disease, where metabolic decline takes hold.

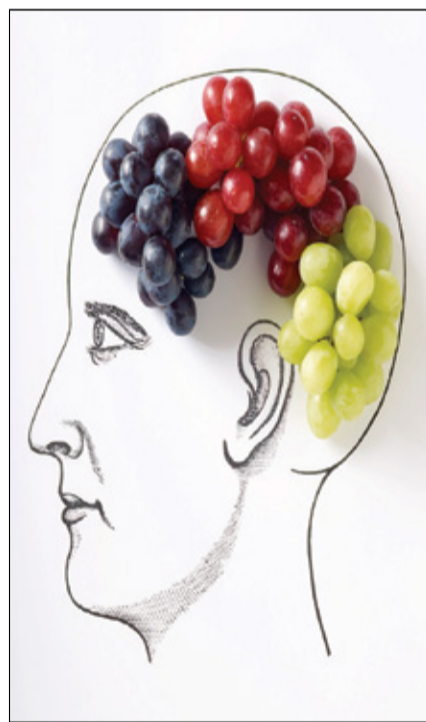
Adding grapes to your favorite healthy recipes, or enjoying them as a simple snack, helps support a healthy brain. Consider these additional ways to promote positive brain health from the experts at the Mayo Clinic.

Sleep Well

Health experts recommend aiming for at least seven hours of sleep per night. As noted by the Mayo Clinic, adequate sleep may help boost overall memory and brain health by giving the brain time to effectively consolidate memories.

Follow a Healthy Diet

Eating nutritiously benefits the body in many ways, including playing a role in brain health. Healthy



eating plans like the Mediterranean diet, which emphasizes plant-based foods, whole grains, fish, healthy fats, fruits and vegetables, are thought by experts to be especially beneficial. Recipes

like Warm-Spiced Chickpeas and Couscous with Grapes and Arugula deliver an array of ingredients to support brain health in delicious ways. This recipe is also heart smart because what is good for the heart is also good for the brain.

Stay Social

Keep in touch with family and friends. According to health experts, including the Mayo Clinic, staying connected and interacting socially can help defend against depression and stress, which may contribute to memory loss.

Exercise Regularly

Staying physically active provides well-known benefits for the body, and exercising can also benefit the

brain by increasing blood flow to it. Once your workout is over, turn to a post-workout snack like Grapes from California for an energy boost and natural hydration.

Keep Your Mind Active

Like muscles throughout your body, the brain should be used continuously to strengthen it. With nearly endless ways to stimulate the mind, there's something for everyone to keep their brains in shape from crossword or jigsaw puzzles to reading, learning a new language, playing cards or conquering sudoku.

To find more information about the connection between grapes and health, or discover nutritious recipes, visit GrapesfromCalifornia.com.

*Sagamore News Media
is looking for talented sales people!*

Whether you sell by phone or in person, we want to talk with you!
Hourly rates begin at \$15 per hour and only go up from there.

If you have good sales skills,
this might be the job you have been looking for.

There is no cap on earnings and multiple people in the
past have earned \$50,000, \$60,000 and
beyond – all the way into six figures.

Sagamore News Media owns newspapers in
Noblesville and Crawfordsville
and feature award-winning work every day.
Come be part of our team!

Apply today by e-mailing resume to jobs@thepaper24-7.com.

We can't wait to talk with you!

KAREN ZACH



Think writing a
column on genealogy
is easy?

THINK
AGAIN!!!

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

Catch Karen every Thursday,
only in Montgomery County's Favorite Daily Edition!

The Paper
OF MONTGOMERY COUNTY

SUNDAY

In The
Home

Sunday, Aug. 13, 2023

D1

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

Talking Tomato Troubles



MELINDA MYERS
Columnist

Extreme heat, drought, torrential rains, and hungry critters may be wreaking havoc on your garden. After weeding, watering, and waiting you may be finding less, diseased, or misshapen tomatoes. Don't give up. Make a few adjustments in garden maintenance to boost the current and future tomato harvests.

Blossom end rot is a common problem on the first set of fruit. It's due to a calcium deficiency often caused by fluctuations in soil moisture frequently seen on the first set of fruit and those grown in containers.

Always water thoroughly to encourage a deep robust root system. Adjust your watering as needed and mulch the soil to help keep it consistently moist. Have your soil tested before adding any calcium fertilizer. Further reduce the risk of blossom end rot by avoiding root damage when staking and cultivating your garden. Eliminating some of the roots limits the plant's ability to absorb water and nutrients. Avoid overfertilization and don't use ammonium-based nitrogen fertilizers on tomatoes.

Fortunately, it is safe to eat the firm red portion of the affected tomato. Since this is a physiological disorder, not a disease or insect problem you can cut off the black portion



Photo courtesy of www.MelindaMyers.com

Blossom end rot on tomatoes is due to a calcium deficiency often caused by fluctuations in soil moisture.

and toss it into the compost pile.

Cracked fruit is also common in the garden. Fluctuating temperatures, moisture stress, and improper fertilization result in irregular development of the fruit that results in cracking. You can't change the weather, but you can reduce the risk of this problem with thorough, less frequent watering to encourage deep roots. And just like blossom end rot, mulch the soil to keep it evenly moist and be sure to avoid root damage.

Several fungal diseases, such as early and late blight, septoria leaf spot, and anthracnose, can cause spots on the leaves and fruit of tomatoes. Minimize the problem by rotating your plantings whenever possible. Move your tomatoes to an area of the garden where unrelated crops, such as beans, lettuce, or onions, had been growing the previous season.

Mulching the soil also helps keep soil-borne fun-

gal spores off the plant. Water early in the day and if possible, apply the water directly to the soil with a soaker hose, drip irrigation, or a watering wand to reduce the risk of disease.

Properly space and stake or tower your tomato plants to promote healthier growth and reduce the risk of disease. Remove any volunteer tomatoes that sprout and crowd out the current season's planting.

Remove weeds as they appear. Many serve as hosts for insect pests and diseases and compete with tomato plants for water and nutrients. Removing them before they flower and set seed eliminates hundreds of weeds you would need to pull next year.

Always clean up and dispose of disease-infected plant material in the fall. Cultural practices and growing the most disease-resistant varieties available are often enough to keep these diseases under control.

If you choose to use a fungicide, select one labeled for food crops and apply it at the first sign of the disease. Repeat applications are usually needed. Be sure to read and follow all label directions carefully whether using organic, natural, or synthetic fungicides.

Enjoy this year's harvest and continue to make any needed changes now and in the future to boost your gardening success. And as a gardener you know there is always next year.

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.



Use A Bunch Of Lilies As Floral Home Fragrance

A colorful bouquet of lilies brings coziness and atmosphere to your interior. Scented lilies even add a little something extra. It is so delightful when a hint of floral scent tickles your nose while you sit and read (or check your phone). It really makes you feel at home.

Personalized home fragrance

Which lily best matches your interior? With subtly scented lilies, you can enhance the airy, romantic look of a rustic interior. If you prefer luxury and warmth, opt for a mix of intensely fragrant lilies. Needless to say, feel free to take a completely different approach, as fragrance is very personal.

Mix & match

Fragrant lilies combine nicely with other flowers of the season, to create a different atmosphere in your home every time. It is best to combine fragrant lilies with seasonal

flowers that don't smell as strongly or at all, such as dahlias or gladioli. This allows the lovely floral scent of lilies to play first fiddle. For bouquet inspiration, visit www.ilsaysays.com.

Tips & ideas:

- Not all lilies are fragrant. Ask your florist which lilies are fragrant and which are not, or very subtly, fragranced.
- Place a fragrant lily in a vase in your home office. You can also add a touch of floral fragrance to the bathroom, hallway, and stairwell
- If you have bought your bunch of fragrant lilies, cut a piece off the stems when you get home and remove the lower leaves. Then place the flowers in a clean vase filled with fresh water and some cut flower food. In this way, you will enjoy your floral home fragrance for a long time.

Quick Indoor Organizing Projects To Tackle Now

(StatePoint) From leaving on vacations and weekend getaways to heading out for a hike or to a sporting event, frequent in-and-out traffic in summer can leave our spaces a mess. While a deep clean can be reserved for fall, home organizing expert Abby Lawson of the popular Abby Organizes blog says there are quick ways to tidy up the home now.

Easy Entrance and Exit: A new survey by Duck brand finds 76% of people feel "overwhelmed" by their family members' mess. To help control clutter near the entryway, install Duck brand Easy-Mounts Interior Drywall J Hooks to give items like beach bags, hats and umbrellas a designated spot. Lawson says she also likes to put a basket by the door, so her kids have a place to toss their shoes.

"Helping everyone

adopt a routine when they come into the door encourages tidiness," Lawson explains. "If you have little kids, move the hooks to their level, so hanging their bag becomes part of their routine."

Medicine Cabinet Makeover: The outdoor season brings its fair share of challenges like sunburn, bug bites, bee stings and rashes. Stock a cabinet with must-have emergency supplies. Lay Solid Grip Shelf Liner with Clorox on the shelf, so surfaces stay clean and dry from leaking bottles and sticky spills. Lawson keeps these essentials on a shelf near her entryway, so it's easy for her family to apply sunscreen or bug repellent quickly on their way to the park or pool.

Order for Overflow: More than half of the people surveyed say clutter in the living room is the "most annoying"

mess their family members make on a regular basis. Lawson says she uses hooks on the inside wall of her hall closet to hold an organizer. This creates extra storage for small toys as well as hand soap and toilet paper. She also recommends that households establish a consistent cleanup time to "reset" the room.

"No matter how much we try to clean up, staying organized will come down to the habits that we have," Lawson says. "Institute a daily or weekly reset where everyone in the family works together to get everything back to where it goes. That will keep the clutter from piling up."

Gather Your Gadgets: From tongs to skewers, we often use the same tools to cook in the summer. Lawson suggests storing go-to grilling gadgets in a caddy, so they can easily be taken from

inside to out. She also says to divide drawers with small trays and use shelf liner with fun prints and patterns under the trays to add a pop of color to the area.

Additionally, put bulky items like egg, pineapple and watermelon slicers in a basket on a higher shelf, so they don't take up drawer space.

Car Clean-Out: Whether you're heading on a day trip or a road trip, the car can easily get chaotic. Lawson recommends putting an organizer on each of the back seats, so kids' snacks, electronics and car games are easily accessible. These pockets can also be a handy place for hand sanitizer, trash bags and water.

Setting up these simple organizing systems with the help of useful products and organizing tools will encourage tidy habits for a neat home all season long.

All That Roofing

Free No Obligation Inspection

765-491-1849

Bilek's Gutter Cleanout
and window screen repair

Call/Text **765-826-6809** Check us out on Facebook

CLAYTON MORGAN LOGGING

Buyer of Standing Timber and Logs

3731 S. SR 341 - Hillsboro, IN

765-397-3709

Hammer Head Construction

INSURED • REFERENCES • QUALITY WORK
ALL WORK CONSIDERED

765-225-8442

4 SEASONS Roofing & Woodworks

765-505-2234

We specialize in Residential & Agriculture Pole Buildings

DUNHAM All Home Improvements CONSTRUCTION, LLC

1215 E 1000 N Rd • Perrysville, IN 47974

STEVE DUNHAM
765-230-0790

SUNDAY

In The Home

Sunday, Aug. 13, 2023

D2

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

5 WAYS TO UPGRADE YOUR REMOTE WORKSPACE

FAMILY FEATURES

With remote and hybrid work schedules here to stay for many Americans, it's important to have a space dedicated to comfort and productivity. The initial transition to remote work may have involved setting up an impromptu workstation at the dining room table but creating a long-term, functional home office can be one of the first steps to increasing efficiency, focus and productivity.

Whether your work area is a spacious room, small den or desk in a quiet spot in the house, these ideas can help you create a space where you enjoy working.

Select the Perfect Location

While some remote workers have a spare bedroom or den they can dedicate as a home office, others may need to create a multiuse area in which office space occupies another room, such as the dining room, family room or basement. If you have several options for your workspace, consider how lighting and sound may impact your ability to focus.

For example, positioning your desk near a window can help increase your mood and reduce boredom. Similarly, if possible, choose a location where noise from other family members moving around or traffic outside will be less of a distraction. Earplugs or background noise can help drown out sounds if you're restricted to a specific location in your home.

Keep Color in Mind

Colors can influence productivity and mood, so it's important to consider them when designing or updating your workspace. Avoid white, which can lead to boredom, and instead choose a color scheme that can make a positive impact. Warm colors like red or orange can increase energy; blues are relaxing and can help keep blood pressure down; and green can help reduce stress.



An on-trend option like the Granny Chic Home Office from Wellborn Cabinet, Inc., can be set up in nearly any area of the home to create a stylish workspace. Featuring Premier Series cabinets with Napa doors in an olive finish and satin nickel hardware, this desk and hutch also includes base and crown moulding to help set it apart as a space devoted to productivity. Plus, accessories like a wastebasket pullout, drawer inserts and dividers, and tiered organizers can make organization easy.

Choose a Desk and Chair

Start by measuring your space to see how large of a desk you can accommodate then decide between a traditional desk or trendy adjustable-height version, which can allow you to sit and stand throughout the workday and has been shown to provide health benefits in addition to increasing work performance. An ergonomic chair with a padded seat and armrests is also a must-have to provide lumbar support and increase comfort while seated.

Find Storage Solutions

Storage is one of the most critical aspects when designing your home office. To avoid clutter and keep documents and other items organized, consider options such as built-in cabinets and shelving, base cabinets with desk file drawers, utility cabinets and wall bookcases. You can even customize your cabinets and choose from a wide selection of styles including traditional, transitional, casual, formal, contemporary or eclectic with options from Wellborn Cabinet.

Add Plants and Decor

Office plants provide numerous benefits, including improving air quality and increasing productivity. In fact, a study published in the "Journal of Environmental Horticulture" found productivity increased 12% when workers performed a task on a computer in a room with plants compared to those who performed the task in the same room without plants. Low-maintenance species such as orchids and succulents also produce a pleasant aroma and earthy atmosphere to decrease stress.

In addition, consider your space's decorations if you will be conducting video calls. If your home office doesn't have much natural light, place a light source behind the camera. While the background for your calls should be relatively neutral, a mural or art on the walls or shelves can complement your professionalism and add a creative touch to your space.

Find more home office inspiration at Wellborn.com.



**AUGUST 26
NOON - 10 PM**

Low Wallace Study & Museum
200 Wallace Ave.
Crawfordsville
TasteOfMontgomeryCounty.com

Admission:
Presale
\$5 Adult / \$2 Student
Day of
\$7 adult / \$3 student

**Local Food Vendors
Local Brewery & Winery**



8:00 pm - Joshua Kaufman



3:30 pm - Mittown Maulden



1 pm - Elizabeth Lee Band






Sponsored by the Montgomery County Tourism Commission and:








Parke County
FLOOR COVERING

Tarkett Flooring

**Vinyl Plank Flooring
Underlayment • Linoleum**

Armstrong Congoleum

765-569-3894
4300 N Judson Rd. • Rockville



Life without local news is like
hearing crickets

**STOP LISTENING
TO CRICKETS**

The Paper
OF MONTGOMERY COUNTY
SUBSCRIBE TODAY!
361-0100

SUNDAY

Business

Notes and

NEWS DAY

Sunday, Aug. 13, 2023

F1

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

Gov. Holcomb Recognizes Hoosier Entrepreneurs And Businesses For Longevity, Impact

Governor Eric J. Holcomb today awarded 38 Indiana companies and organizations with the Governor's Century or Half Century Business Award in recognition of each company's longevity and service to its employees, community and the state.

"Every year, the Century and Half-Century Awards remind me of the dedication and perseverance Hoosiers across the state bring to their businesses, and each year it is truly an honor to recognize these organizations that have withstood the test of time, navigated economic uncertainties and demonstrated unconditional commitment to their employees and communities across Indiana."

The Governor's Century and Half-Century Business Awards honor Hoosier businesses that have remained in operation for a minimum of 100 or 50 consecutive years and have demonstrated a commitment to community service. More than 1,200 Indiana companies have been recognized during the award's 32-year history.

2023 Century Award honorees:

- Carlisle-Branson Funeral Service & Crematory (Funeral Services)
- 128 years; Morgan County
- F.A. Wilhelm Construction Company (Construction)
- 100 years; Marion County
- Feichter REALTORS® (Real Estate)
- 140 years; Allen County
- Frain Mortuary Inc. (Funeral Services)
- 156 years; Pulaski County
- Fratco Inc. (Manufacturing)
- 100 years; White County
- George C Rogge Agency Inc. (Automotive Insurance)
- 100 years; Lake County
- Goshen Stamping LLC (Metal Stamping)
- 100 years; Elkhart County
- Phend and Brown Inc. (Construction)
- 101 years; Kosciusko County
- Shipshewana Trading Place Auction & Flea Market (Flea Market)
- 101 years; LaGrange County
- Shurr Insurance Agency

- (Insurance)
- 100 years; Porter County
- Terre Haute Lodge No. 19, F. & A. M. (Working Lodge)
- 204 years; Vigo County
- The North Salem State Bank (Financial Services)
- 100 years; Hendricks County
- Tonn and Blank Construction LLC (Construction)
- 101 years; LaPorte County
- Woodard, Emhardt, Henry, Reeves and Wagner LLP (Legal Services)
- 144 years; Marion County
- 2023 Half Century Award honorees:

- Alcohol & Addictions Resource Center (Rehabilitation Services)
- 61 years; St. Joseph County
- Alliance Architects (Architecture)
- 51 years; St. Joseph County
- Burt's Termite & Pest Control Inc. (Exterminating & Pest Control)
- 50 years; Bartholomew County
- Clunette Elevator Co. Inc. (Agricultural)
- 72 years; Kosciusko County
- Crisis Center Inc. (Individual & Family Services)
- 52 years; Lake County
- Crown Point Swim Club Inc. (Athletics)
- 55 years; Lake County
- Don Ayres Honda (Automotive Industry)
- 53 years; Allen County
- Eastern Engineering Supply Inc. (Business Products & Services)
- 51 years; Delaware County
- Foegley Landscape (Landscaping Services)
- 64 years; St. Joseph County
- FPBH Inc. (Engineering Services)
- 51 years; Jennings County
- Haggard & Stocking Associates (Industrial cutting tools & supplies)
- 51 years; Marion County
- Holiday Liquors Inc. (Liquor Store)
- 58 years; Dubois County
- KJMD Enterprises/Alig Shell (Retail Trade Services)
- 85 years; Dearborn County
- Kropf Industries Inc. (Travel Trailer & Camper Manufacturing)

- 77 years; Elkhart County
- Kwiatkowski Masonry Inc. (Masonry Contracting)
- 77 years; Lake County
- Louie's Tux Shop (Formal Wear)
- 75 years; St. Joseph County
- Professional Eyecare Associates (Optometrists)
- 50 years; Dubois County
- Singer Optical Co. Inc. (Ophthalmic Goods Manufacturing)
- 75 years; Vanderburgh County
- S&H Metal Products Inc. (Fabricated Metal Products Manufacturing)
- 51 years; LaGrange County
- Tackle Service Center (Sporting Goods)
- 51 years; Morgan County
- Top Quality Building Products Inc. (Building Material & Supplies Dealer)
- 55 years; Dearborn County
- Trent Auto Sales Inc. (Automotive Industry)
- 58 years; Knox County
- Utterback Supply Inc. (Fasteners)
- 56 years; Marion County
- Warsaw Chemical Holdings (Chemical Product Wholesaling)
- 82 years; Kosciusko County

- At today's award ceremony at the Indiana Statehouse, Gov. Holcomb also recognized a number of recipients from 2020, 2021 and 2022, celebrating each business or organization's longevity, resilience and contributions to Indiana's economy and communities.

About IEDC
The Indiana Economic Development Corporation (IEDC) leads the state of Indiana's economic development efforts, helping businesses launch, grow and locate in the state. Governed by a 15-member board chaired by Governor Eric J. Holcomb, 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.

Boiler Business Exchange Announces 'An Evening With Mitch Daniels,' Hall Of Fame Inductees

The Boiler Business Exchange of Indianapolis Inc., in partnership with the Purdue for Life Foundation, will present "An Evening With Mitch Daniels" on Sept. 7 at the Ritz Charles in Carmel, Indiana. Proceeds will benefit Purdue Polytechnic High Schools, which prepare students to succeed in technical, STEM-related postsecondary programs and high-tech careers.

Individual tickets are \$200 and can be purchased online. The event will begin at 5:30 p.m. with a cocktail reception, followed by dinner and special programming, including a keynote address by Daniels, Purdue president emeritus who led the university from 2013-22.

Formed in 2013, the Boiler Business Exchange helps raise Purdue's profile in Indianapolis while keeping its members engaged with the university. The group's Hall of Fame induction ceremony and the presentation of the Father Phil Bowers Award will take place during the dinner.

This year's Hall of Fame inductees include:

- Norm Blake (LA '65, M LA '66, HDR M '95), a former CEO who turned around three Fortune 500 companies in different industries and ran the U.S. Olympic Committee. Blake began his career at General Electric, where he served as executive vice president in charge of operations of GE Capital. Cited by Fortune and BusinessWeek magazines for his leadership, he has served

on the boards of several major corporations.

- Mark DeFabis (A '77), CEO of Integrated Distribution Services. DeFabis earned his law degree before becoming president of Trans-City Terminal Warehouse, chief operating officer of Logisco and president of Paradym Technical Enterprises Inc. A leader in the Midwest logistics field, he serves on the board of Conexus Indiana, which develops and grows the state's advanced manufacturing and logistics industries.


- Tom Morales (CE '75), co-founder and chairman of Morales Group, a talent-sourcing agency that bridges resources and opportunities to the Hispanic community. Since its founding, the company has placed more than 175,000 workers across multiple locations in the Midwest and has been consistently cited by the Indiana Chamber of Commerce as one of the state's best places to work. In 2020 Morales handed the company's reins to his son, Seth, while he continues to serve on several Indianapolis-area community boards.

The recipient of the Father Phil Award — named in honor of the late Phil Bowers, a beloved priest of more than five decades — will be announced during the evening's program. The award recognizes the heart and dedication of public servants in the nonprofit sector who work to improve the quality of life in Indiana.

The Paper

Public Notices Deadline:
11:00 a.m. 2 Business Days Prior to Publication

legals@thepaper24-7.com



September 16 - November 11, 2023

On Saturday, September 16th, Athens Arts will host the opening of:

[untitled]3
a national juried exhibition

The evening will be an art, music, and culinary pleasure event!
We will celebrate the artists and announce the award winners of the juried exhibition.

Athens Arts is a tremendous asset to downtown Crawfordsville, the county, and the community bringing vibrant opportunities to engage the community in art and celebrating creativity! We appreciate your support and advocacy for the arts in our community. The national exhibition needs monetary award donors. **This is where you come in!**

Your monetary support is vital in keeping the gallery open for local artists to share their talents, sell their art, and bring visual arts to the community. We thank you! For this special exhibition, we would like to extend the opportunity for you to be pART of the [untitled]3 celebration! Athens looks forward to allowing you to choose the award winner within levels. Athens Arts' board and artists appreciate your continued support. This prize money will go a long way to celebrate the artists!

Kindly fill out this form and return to be received no later than September 6, 2023.

Name: _____
Address: _____
Phone: _____
Email: _____

Amount of award donation*:
_____ \$35* _____ \$50* _____ \$100 _____ \$250 _____ \$500

*Donations may be combined with other awards - award would be listed as: award given by ZXY company and CBA family

PLEASE PRINT

1. How business/individual to be listed on the program: _____

2. Is this in honor or memory of someone?
HONOR of: _____
MEMORY of: _____

3. (circle) YES NO
Do you want to come to the gallery and choose the art piece for your award? (date/time TBA, Sept 14 or 15) A representative of Athens will contact you to set up a time.

Please make checks payable to Athens Arts.
Mail this completed invoice with the check to:
PO Box 207, Crawfordsville, IN 47933. Attention: Diana McCormick, Director.
If you prefer to pay by card, please contact the Director.
Deadline to be included in the program is September 6, 2023

Sagamore News Media
is looking for talented sales people!

Whether you sell by phone or in person, we want to talk with you!
Hourly rates begin at \$15 per hour and only go up from there.
If you have good sales skills,
this might be the job you have been looking for.

There is no cap on earnings and multiple people in the
past have earned \$50,000, \$60,000 and
beyond - all the way into six figures.

Sagamore News Media owns newspapers in
Noblesville and Crawfordsville
and feature award-winning work every day.
Come be part of our team!

Apply today by e-mailing resume to jobs@thepaper24-7.com.

We can't wait to talk with you!

Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

*a small church
with a big heart!*

Dr. Curtis Brouwer, Pastor
765-918-4949



Woodland Heights Christian Church

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

Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

A family for everyone



Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

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

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

nmcc@sbcglobal.net • newmarketcc.org
Visit Us on Facebook

*We Exist to Worship God,
Love One Another &
Reach Out to Our Neighbors*



*Helping
people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



NORTH CORNERSTONE CHURCH

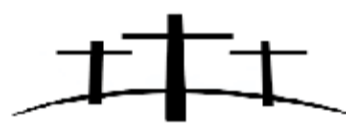
Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

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



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

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

ladogachristianchurch@gmail.com

www.ladogacc.com



HOPE CHAPEL

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

Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



FIRST UNITED METHODIST CHURCH

Follow in The Sun

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

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

All are welcome to join and
all are loved by God



Faith Baptist Church

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

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

Where church is still church
Worship Hymns
Bible Preaching




EAST SIDE BAPTIST CHURCH

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

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through truth and love



Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

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



Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington
765-794-4716

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

You can find us on Youtube and Facebook



First Baptist Church

CRAWFORDSVILLE, INDIANA

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

You can watch us on YouTube and Facebook
Watch Sunday Mornings

Please visit us online:
thepaper24-7.com

YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

- Apostolic:**
Garfield Apostolic Christian Church
Rt. #5, Box 11A, Old Darlington Road
794-4958 or 362-3234
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Bible Study: 6:30 p.m.
Pastor Vernon Dowell
- Gateway Apostolic (UPCI)*
2208 Traction Rd
364-0574 or 362-1586
Sunday School: 10 a.m.
- Moriah Apostolic Church*
602 S. Mill St.
376-0906
10 a.m. Sunday, 6 p.m. Wednesday
Pastor Clarence Lee
- New Life Apostolic Tabernacle*
1434 Darlington Avenue
364-1628
Worship: Sunday 10 a.m.; 6 p.m.
Sunday: The Voice of Healing & Restoration on 103.9 at 9 a.m.
Tuesday prayer: 7 p.m.
Thursday Mid-week: 7 p.m.
Pastor Terry P. Gobin
- One Way Pentecostal Apostolic Church*
364-1421
Worship 10 a.m.
Sunday School: 11 a.m.
- Apostolic Pentecostal:**
Cornerstone Church
1314 Danville Ave.
361-5932
Worship: 10 a.m.; 6:30 p.m.
Bible Study: Thursday, 6:30 p.m.
- Grace and Mercy Ministries*
257 W. Oak Hill Rd.
765-361-1641
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
Sunday School: 11 a.m.
Co-Pastors Nathan and Peg Miller
- Assembly of God:**
Crosspoint Fellowship
1350 Ladoga Road
362-0602
Sunday Services: 10 a.m.
Wednesdays: 6:30 p.m.
- First Assembly of God Church*
2070 Lebanon Rd.
362-8147 or 362-0051
Sunday School: 9 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
- Baptist:**
Browns Valley Missionary Baptist Church
P.O. Box 507, Crawfordsville
435-3030
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
- Calvary Baptist Church*
128 E. CR 400 S
364-9428
Sunday School: 9:30 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Calvary Crusaders Wednesdays: 6:45 p.m.
Pro-Teen Wednesdays: 7 p.m.
Pastor Randal Glenn
- East Side Baptist Church*
2000 Traction Rd.
362-1785
Bible Study: 9 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m. Prime Time
Teens, Pioneer Clubs; 6:45 p.m. :Adult Bible Study
Rev. Steve Whicker
- Faith Baptist Church*
5113 S. CR 200 W
866-1273
Sunday School: 9:30 a.m.
Worship: 10:30 a.m. and 6 p.m.
Wednesday Prayer Meeting: 7 p.m.
Pastor Tony Roe
- First Baptist Church*
1905 Lebanon Rd.
362-6504
Worship: 8:15 a.m.; 10:25 a.m.
Sunday School: 9:30 a.m.
High School Youth Sunday: 5 p.m.
- Freedom Baptist Church*
6223 W. SR 234
(765) 435-2177
- Worship: 9:30 a.m.
Sunday School is 10:45 a.m.
Wednesday Bible Study: 7 p.m.
Pastor Tim Gillespie
- Fremont St. Baptist Church*
1908 E. Fremont St.
362-2998
Sunday School: 10 a.m.
Worship: 11 a.m.; 6 p.m.
Pastor Dan Aldrich
- Friendship Baptist Church*
U.S. 136 and Indiana 55
362-2483
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Friendship Kids for Christ: 6 p.m.
Pastor Chris Hortin
- Ladoga Baptist Church*
751 Cherry St., Ladoga
942-2460
Sunday School 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study 7 p.m.
Ron Gardner, Pastor
- Mount Olivet Missionary Baptist*
7585 East, SR 236, Roachdale
676-5891 or (317) 997-3785
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Evening: 7 p.m.
Bro. Wally Beam
- New Market Baptist Church*
200 S. First St.
866-0083
Sunday School: 9 a.m.
Worship: 10 a.m.
Children's church and child care provided
- Second Baptist Church*
119 1/2 S. Washington St,
off of PNC Bank.
363-0875
Sunday School: 10 a.m.
Worship: 11 a.m.
- StoneWater Church*
120 Plum St., Linden
339-7300
Sunday Service: 10 a.m.
Pastors: Mike Seaman and Steve Covington
- Waynetown Baptist Church*
Corner of Plum and Walnut Streets
234-2398
Sunday School: 9:30 a.m.
Fellowship: 10:30 a.m.
Worship: 11 a.m.
Children's Church: 11:10 a.m.
Pastor Ron Raffignone
- Christian:**
Alamo Christian Church
866-7021
Worship: 10:30 a.m.
- Browns Valley Christian Church*
9011 State Road 47 South
435-2590
Sunday School: 9 a.m.
Worship: 10 a.m.
- Byron Christian Church*
7512 East 950 North, Waveland
Sunday School 9 a.m.
Worship Service 10 a.m.
- Waynetown Christian Union Church*
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.
- Whitesville Christian Church*
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
Worship: 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
- 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: 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. 13, 2023

H1

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

GO BEYOND QUICK FIXES

WITH LONG-TERM ALLERGY RELIEF OPTIONS



Photos courtesy of Getty Images

4 TIPS TO TACKLE AND ALLEVIATE SYMPTOMS FOR LASTING RELIEF OPTIONS

FAMILY FEATURES

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

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

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

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

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

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

Recognize Allergy Symptoms

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

Reduce Exposure to Allergens Outdoors

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

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

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

Look for Long-Term Symptom Relief

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

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

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

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

Keep Indoor Air Clean

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

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



SUNDAY

Voice *of our* PEOPLE

Sunday, Aug. 13, 2023

11

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

Frank Clements RR #1



KAREN ZACH
Around The County

As promised, this week you will meet the other of the first two rural mail carriers in Montgomery County (Crawfordsville's first two). So, this week here's Frank Clements! His parents, Henry and Mary (Hamilton) were both immigrants. Henry born in Armagh, Ireland and Mary in Liverpool, England. Henry's parents (John and Rebecca Coulter Clements) came here as well with their six sons and three daughters. Henry was a local contractor and built several of the county's early roads. His brother, George E. Clements was one of my favorite doctors I have researched!

Frank was born 18 Sept 1878 right here in C'ville, educated here and at age 19 (1 Aug 1897) was assigned as the mail carrier for RR #1 at the same time WP Daggett was appointed to RR #2. Their pay was \$400 that year. In their first month, Frank carried 1,773 pieces of mail although in an interview a few years later, he said he carried 1,800 which was reported at the time as Daggett's total (1,802). Within just a couple of years, Frank and WP were joined by Stan Jones, John Skidmore, James Hamilton, Robert Larsh, Sam Linn, Ollie Watson, Albert Yount and Frank Vanleave for C'ville's ten routes and adding 15 more for the county towns covering over 700 miles/day and most of the routes were right at 20 miles per day.

On Sept 16, 1898 in the Crawfordsville Weekly Journal our two boys had a warning to all that tampering with rural mail boxes was a penalty of the US Postal laws so don't "put bills, advertisements and other unauthorized papers" in the boxes!

Don't think their job was easy, please as it wasn't particularly so. Daggett RR #2 suffered from heat exhaustion more than once and Frank received a painful accident when he was alighting from his mail wagon, catching his foot in the hitch strap, falling hard on the pavement, breaking his



face and two teeth breaking off. (CWJ 2 Feb 1900 p 12). Frank's route was out in the Shannondale area.

In June 1906, Roxie Blanche Peterman became the bride of Frank with Rev. JJ Fisher pronouncing the ceremony at her mother and stepfather's (Charles Davis) home on Liberty St. There were about 150 guests at the celebration, Roxie wearing "a charming gown of silk mull trimmed in valenciennes lace and Irish point lace." (CDJ 11 June 1906 p1). I looked that up and wow, it must have been gorgeous. She carried an arm full of roses entwined in smilax banked with ferns and palms. Dainty refreshments were enjoyed in the dining room and two parlors (one decorated in greens and white, the other pink and white with roses throughout the home). They honeymooned in Chicago and returned to their home at 610 Liberty Street (which is now the northside of Wabash's baseball field), although they lived many years at 618 E. Wabash.

Frank noted not long after he began carrying the mail that some of his patrons took five daily papers plus monthly magazines and wrote/received many letters. "The rural patrons read much and are well posted on all current news."

Frank's brother, Charles Ira "Dutch" served during WWI in the YMCA work having been described at 5'10", brown eyes, straight, medium nose, scar under his pointed chin with black hair and fair complexion. Judge Jere West wrote, "I have known Charles Clements all his life and he is well-educated, moral in every way, has no bad habits, his character and reputation above reproach. He can be trusted in every occasion. His family are loyal and patriotic to this country." It sounded very much like Frank, only he was a couple inches shorter and had blue-eyes. Dutch worked in

France and Great Britain. He later was in the grocery business.

Their brother, Harry moved to Lakewood, Ohio where he was a manager in an auto factory. He and wife, Crystal Carter had Evelyn and Frank, named for our Frank. Their brother John Henry "Jack" was a cement contractor here and was the father of Pauline, Ray, Elizabeth Ruth and John William. The oldest brother James (b 10 May 1869 here) married Tessie Grimes and they had at least two sons, James and Fred. He too was a grocer. There was one sister, Jennie who married at an older age to William Clarence Dodds and lived in Greencastle and later in Wright, Greene County. They had one daughter Erma.

Frank and Roxie were active in St. John's Episcopal Church and were parents of but one daughter, Thelma "Faye" who married Norman McDougall in Benton Harbor, Michigan. They mainly lived in the Chicago area and had one son, Norman A. Roxie was very sick for several years, unable to do much of anything. Frank cared for her every need. However, when he passed at age 88 in December 1966, after decades of working as one of the first two county rural carriers, all of his family had passed and he was cared for in Bowles' Nursing Home. He, Roxie and his brother Frank are buried together at Oak Hill (thanks to R&S Fine for the FindAGrave photo). Rest in Peace, dear Frank and thanks for trooping forward in introducing the rural mail system in Montgomery County!

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 Loves Cloudy And Rainy Days!



BUTCH DALE
Columnist

Why do most people look forward to summer and sunny days? And why do these same people think that a cloudy or rainy day is miserable? Do they enjoy looking up at the sun, sweating in 95 degree weather, putting on their sunglasses, and slapping on the sunscreen? This makes them happy?

Well, my wife is one of those people. I am just the opposite. I'll take clouds over sunshine any day of the week, and I love rainy days...no downpours, just a light, gentle rain. The fall and winter seasons are also my favorites, even though I have to shell out money for LP gas. Many people become depressed on cloudy and rainy days. And a large percentage of the population become depressed during the winter months, especially after the Christmas season. Psychologists have a term for this depression..."SAD"...Seasonal affective disorder. I also experience this depression....in the summer!

I suppose my feelings about cloudy days must stem from some event in my childhood. I do recall being in the haymow of our barn on a cloudy or rainy day, and just feeling at peace...watching the clouds roll by, listening to the rain on the metal barn roof, feeling a cool breeze while sitting by the barn haymow window...Reading a book in my upstairs bedroom as snow swirls by my window...Going for a walk down the road as a storm gathers in the west...Getting caught in the rain as I pedaled my bike home from baseball practice. These are all pleasant memories for me.

My brain also seems to function better, and I have more creative energy when it's cloudy or rainy. I just can't get as much done on a sunny day.

For me the worst part of any day is the early morning, just as the sun is coming over the horizon. My favorite part of the day is evening, after the sun has disappeared. Many folks are absolutely terrified of lightning...not me. And some people refuse to drive in the rain. That doesn't bother me at all. When it's cold and cloudy outside, I love to curl up in a chair and read a good book, and sip a cup of coffee or hot tea. When it's snowing or raining while I am working at the library, of course very few patrons show up. I enjoy talking with people, but times like that offer me a bit of a respite, a sense of isolation, and some down time from a sometimes hectic day. Everyone needs to be alone at least part of each day...to think, relax, and take a break. Rainy and cloudy days improve my mood and make me happy.

On a similar note, I much prefer working at night rather than the daytime. During most of the years when I was a deputy on the Sheriff's department, I worked the night shift...by choice. Even after I was elected Sheriff, I worked at night. First of all, the most serious crimes and accidents occur more often at night, and I wanted to be there. But secondly, I just preferred working at night. I was able to get more done. However, it seemed that I ended up working both day and night as county sheriff...averaging around 73 hours a week!

As I get older (I will soon be 75 years old), I have found that I love dark, cloudy, and rainy days even more. Perhaps God is hinting that I might not even be waking up to see any sunrises in a few years. Suits me, as long as I don't end up in the hot, firelight cavern of Hell down below. If I am lucky, I hope God will let me sit by the window in his Heavenly haymow, supply me with coffee and some good books, and send over a steady stream of dark clouds and gentle raindrops...with perhaps a bolt of lightning once in a while....I will be eternally grateful!

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.

Buy. Sell. Rent. Lease.



THE PAPER classifieds.

Please visit
us online:

thepaper24-7.com

SUNDAY

Voice of our PEOPLE

Sunday, Aug. 13, 2023

13

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

Ask Rusty – Why is Social Security Withholding My Monthly Payments?

Dear Rusty: I have been working since I started collecting Social Security when I turned 62. Last year I was apparently overpaid because of my job. I made \$37,000 and now the Social Security Administration says I owe them \$8,800 dollars because I made too much, and they have withheld my \$2000 monthly SS payment. I am close to the maximum allowable again already this year. So, I am looking at quitting my job so I don't go over, but they are holding my payments so then I would have no money. Any help would be appreciated. *Signed: Frustrated by Social Security*

Dear Frustrated: You are being affected by Social Security's "earn-

ings test" which applies to everyone who collects early Social Security and also works before reaching their full retirement age (FRA). If your earned income exceeds the annual limit (which was \$19,560 for 2022), Social Security will withhold \$1 in benefits for every \$2 you are over the limit. If you earned \$37,000 in 2022 you were more than \$17,000 over the limit and owe half of that back to Social Security. They usually recover what you owe by withholding your future benefit payments, so they won't pay you benefits until they have recovered that \$8,800, after which your benefits will resume - but only for a while.

If you are working full time and also collecting early Social Security benefits, the earnings



ASK RUSTY
Social Security Advisor

test lasts until you reach your full retirement age, which for you is 66 years and 8 months. The earnings limit goes up a bit each year – for 2023 it is \$21,240 – but if you continue to work full time, you'll receive another overpayment notice and have more benefits withheld. A better approach might be to contact Social Security in advance and tell them what your 2023

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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

earnings are expected to be, thus permitting them to suspend your benefits in advance and avoid overpaying you. I'm afraid there is no way around this – collecting early benefits while working full time means the "earnings test" will affect your benefit payments.

The "good news" in all of this is that when you reach your full retirement age, you will

get time-credit for all months your benefits were withheld. By that I mean they will, at your FRA, recalculate your benefit entitlement as though you had claimed later (later by the number of months you had benefits withheld), which will result in a higher monthly payment after your FRA. In that way, you may eventually recover some or all of the benefits withheld by

receiving a higher monthly amount for the rest of your life, starting at your full retirement age.

I suggest you contact Social Security at 1.800.772.1213 (or at your local office) and tell them you want to provide them with an estimate of your 2023 earnings because you are working and collecting early Social Security benefits. They will work with you to suspend your benefits for an appropriate number of (additional) months to avoid another overpayment situation. Note, you'll likely need to do this each year you continue to work full time, until the year you reach your full retirement age when the earnings limit more than doubles. The earnings limit goes away when you reach your full retirement age.

Butch Asks, "Who Are The Real Heroes?"



BUTCH DALE
Columnist

Most youngsters can list people who they consider as their "heroes"....actors, singers, sports stars, and other celebrities... along with their parents and grandparents... people they look up to and admire. When I was growing up in the 1950s, I had several heroes... major league baseball players like Hank Aaron and Eddie Mathews, TV characters such as Wyatt Earp, the Lone Ranger, and Superman. Of course, I loved Elvis and I had a crush on Liz Taylor. Then in the 1960s, I admired President Kennedy, and I thought the Beatles were the greatest. I watched astronaut Neil Armstrong land on the moon, and later saw him in person at Purdue. And of course, my Dad and Mom, along with my grandparents, topped the list.

But through the years I came to realize that there is a difference between a real hero and a person who is just a celebrity, a make-believe character, or an idol. So what is a true hero?

In my opinion a true hero is someone who knowingly and voluntarily does something good for the betterment of society or their family... who does not seek praise or financial rewards for their achievements...who makes a positive impact and contributes something beneficial to our everyday lives...who rises up in times of need or under difficult circumstances or in dangerous situations... and embodies the highest level of human behavior.

A rock singer is not a hero. A sports star is not a hero. Actors and actresses are not heroes. Politicians are not heroes. Wealthy businessmen are not heroes. These are people you might admire, but they should not automatically be considered as heroes. Many people consider people in uniform, like soldiers, firefighters, and police officers, to be heroes. In a way they are because these are noble and dangerous professions, but it takes more than a uniform or a title to be a real hero. What a person does and how they act after they put on the uniform is what counts. The 403 firemen and police officers who lost their lives on September 11, 2001...trying to save lives by rushing into the burning buildings...were certainly real heroes.

Many heroes are just everyday people in our lives who make a difference...the teacher who voluntarily stays after school to help a student...the doctor who performs his services for free to a needy family... the businessman who sells his product at cost, or even gives it away for free, to those in need... the mother who gives up her high-paying job to raise her children...the father who turns down his "dream job," located in a large city, so that his kids can stay in the smalltown community that they love...the brave soldier who risks his life to save a fellow soldier...a homeless person who struggles to have enough to eat, but shares what he has with a starving dog...parents who raise their handicapped child without complaining...the youngster who helps his elderly neighbor and requests no compensation...the Sunday school teachers who devote hours and hours of their free time to guide children on the straight and narrow...The police

officer or fireman who endangers his life to prevent a tragedy...These people are true heroes. And there are many more examples who you can name who made a positive difference in your life or the lives of others.

My parents were not famous. They won no awards. They received no honors, no trophies, no commendations. But they were heroes to me because they cared about me and my siblings. They sacrificed their time and their ambitions to raise us and provide for us. I consider many of my former teachers to be heroes because they loved their jobs and they truly cared about me as an individual. Many of the police officers who I worked with through the years, including two of my boys... Neil and Brett, who also serve the public as police officers, are my heroes. My son Clark, who joined the army after 9-11 and fought in Iraq, many times under enemy fire, is my hero. My daughter Shelle, a dedicated teacher who truly cares about her students, is my hero. And my wife Connie, who is a great wife, mother, and grandmother, and has served the public as a teacher's aide and jail matron, is my hero.

True heroes are the kind of people who help all of us realize that money, big houses, high-paying jobs, awards, praise, acclaim, and political power...are not the most important things in life. And a true hero can show everyone that what is important is what is inside each individual...and that anyone can become a true hero, too.

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.

Change You Community For The Better



RANDALL FRANKS
Southern Style Columnist

Across our country we are coming to the time when cities will host elections for the council members and mayors.

Often, as Americans, we look towards the big races taking folks to Washington or the state capitols around the country but we forget about those positions that are closest to us. We forget those that really have the greatest impact on our daily lives - those who run our cities, counties and school systems.

They collect and spend money that we actually see as we drive down our streets or walk along our sidewalks. When we turn on our faucets or flush our toilets, they are often responsible for delivering those services.

They hire the men who dig in the ground and install the pipes and make sure they keep flowing.

They hire the folks who run the water and waste water treatment plants.

The trash trucks which roll by our houses, they often buy them and em-

ploy those working to use them.

The police, fire and ambulances that respond to our emergency calls, they are the ones that spend our money to buy them, employ and train those coming to help.

The school buses, the teachers, the principals, the schools, the football and baseball fields, they are the ones that buy or build them for us and decide about what our children are taught and do in those places.

They build the parks and recreation facilities with our money and then decide whether to charge us to use them.

In odd years, we are mainly dealing with city officials, but they sometimes run the schools in their communities.

Ultimately, the men or women that you choose to run your city or your town control millions of dollars. They decide whether they will tax you more or charge you more for services. They decide how the money is spent. Are they spending it on things you need or pet projects to feather their credits for a higher elected goals?

Friends, I urge you to wake up and pay attention to who you are electing to run your lives. They are not always what they appear to be or what they say they are.

If you are not pleased with the ways things are going in your town. Step

up and run for an office. At least attend your council meetings and share your opinions on the topics that are important to you.

If we do not make the effort to create the communities we want to live in, then we and our families will be the worse for it.

Please pay attention to your city and town council elections. Just because someone has been in office doesn't mean they are the best person for the job. There are many who serve just because no one else better is willing to run and endure the slings and arrows of public life.

I have been there. I have served as an elected council member. You can too, that is, if you want to improve where you call home.

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.

LIVING WITH DIABETES CAN BE PAINLESS

If you administer insulin 3 or more times per day or using an insulin pump, CALL NOW and learn how a Continuous Glucose Monitor CAN HELP YOU.

Get FREE shipping of your new CGM, plus we will bill your insurance for you... AT LITTLE OR NO COST!

CALL NOW! 866-641-0141

COPAYS AND DEDUCTIBLES MAY APPLY

Become an author today! **DON'T WAIT!**

www.mybook100.com

Learn how to get your book idea sold online and at bookstores nationwide.

Call or visit us to get your FREE authors guide to publishing! **800-448-1964**

ThePaper24-7.com
ThePaper24-7.com
ThePaper24-7.com

Voice of our PEOPLE SUNDAY

Sunday, Aug. 13, 2023

14

From Sitting Room To White House: 100 Years Of Calvin Coolidge

By Robert A. Rider

On Aug. 2, 1923, President Warren Harding unexpectedly fell ill and died while visiting San Francisco. Five hours later, America had a new president: Calvin Coolidge, a man driven by humility, respect, civility, and compassion.

At 2:47 a.m. on Aug. 3, 1923, Coolidge was sworn into the highest office by the light of a kerosene lamp in the humble sitting room of the Coolidge Homestead in Plymouth Notch, Vermont. A Bible belonging to his late mother, who took her final breath in a room just steps away, sat on the small table as his father, Col. John Coolidge, read from a copy of the Constitution and administered the oath of office.

Col. Coolidge was a local notary public.

Two days later, Col. Coolidge wrote a letter to his sister describing the night. He wrote:

After [Calvin] had taken the oath of office at 2:47 he retired until 6:45 at which time he appeared, shaved, ate his breakfast and was ready to depart for Washington at 7:30. During all of the time from 12 until 7:30 all was without any excitement.

For an event that is traditionally paired with much celebration and fanfare, Calvin Coolidge's presidential service to America began with humility and "without excitement."

I have had the privilege to attend the Coolidge Centennial Celebration in Plymouth Notch. The President Calvin Coolidge State Historic Site holds 29 buildings on 216 acres in the mountains of Vermont. It is well preserved.

What is striking, beyond the original furniture and historical items, is the respect for the principle that flows through America's veins:

liberty.

Respect for what truly makes America great. Respect for family. Respect for farming. Respect for manufacturing. Respect for the free market. Respect for the individual. The historic site — buildings and land — is littered with cues of liberty.

A visitor could spend days on the site — each building a new reminder of America's greatness. The Coolidge Homestead, the Wilder house and barns, the General Store with an old Ford parked out front, the Grange Hall that once served as a "summer White House," and a one-room schoolhouse all sit as physical monuments of what helped shape the values of our 30th president.

Coolidge took these lessons and values from Plymouth Notch to the presidency. In 1926, in Philadelphia, he gave one of his most prominent speeches as commander-in-chief, "The Inspiration of the Declaration." It served as a strong reminder of the principles America must preserve. He said:

If all men are created equal, that is final. If they are endowed with inalienable rights, that is final. If governments derive their just powers from the consent of the governed, that is final. No advance, no progress can be made beyond these propositions.

Coolidge knew that being a leader required civility and compassion. He used this while in office to unite the American people and to restore trust. Under Coolidge, the federal budget was balanced every year. He knew that high taxes would cripple the U.S. economy, so he cut taxes regularly and helped prosperity grow. The Revenue Act of 1926 decreased the top marginal tax rate to 25 percent. The national debt fell from \$22.3 billion in

1923 to \$16.5 billion in 1929.

In 1925, in a speech titled "Toleration and Liberalism," Coolidge made a strong call for unity among all Americans. He said:

Whether one traces his Americanisms back three centuries to the Mayflower, or three years to the steerage, is not half so important as whether his Americanism of today is real and genuine. No matter by what various crafts we came here, we are all now in the same boat.

Much like our nation's first leader, George Washington, Coolidge knew that for the American experiment to survive, individual liberty, paired with unity as a nation, must be paramount. Washington warned us that a king must never rule this land. In his own eloquent way, Coolidge agreed. In his autobiography, he keenly observed:

It is a great advantage to a President, and a major source of safety to the country, for him to know that he is not a great man. When a man begins to feel that he is the only one who can lead in this republic, he is guilty of treason to the spirit of our institutions.

In part, this is why, on Aug. 2, 1927, in Rapid City, South Dakota, Coolidge humbly gave reporters a slip of paper that simply stated, "I do not choose to run for president in 1928" — even though he would have surely won another term in a landslide.

As we mark the centennial of President Calvin Coolidge and move into the 2024 election season, may we, as a nation, reflect on the values of our 30th president. May we remember his humility, respect, civility, and compassion.

Robert A. Rider is the senior director for the Institute for Faith & Freedom at Grove City College.

THE GUTTER GUY & ROOFING LLC



317-513-3634

ZACHFLOYD6@GMAIL.COM

METAL ROOFING

NEW CONSTRUCTION

SIDING

PLUMBING

GUTTERING

ELECTRICAL

ROOM ADDITIONS

REMODEL

CUSTOM KITCHEN

POLE BARN

CUSTOM BATHS

CONCRETE

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



Subscriptions will be pro-rated*
Payment dates/pricing:

| | |
|-------------|---------|
| Jan. 1-15 | \$79.00 |
| Jan. 16-31 | \$75.71 |
| Feb. 1-14 | \$72.42 |
| Feb. 15-29 | \$69.13 |
| March 1-15 | \$65.84 |
| March 16-31 | \$62.55 |
| April 1-15 | \$59.26 |
| April 16-30 | \$55.97 |
| May 1-15 | \$52.68 |
| May 16-31 | \$49.39 |
| June 1-15 | \$46.10 |
| June 16-30 | \$42.81 |
| July 1-15 | \$39.52 |
| July 1-31 | \$36.23 |
| Aug. 1-15 | \$32.94 |
| Aug. 16-31 | \$29.65 |
| Sept. 1-15 | \$26.36 |
| Sept. 16-30 | \$23.07 |
| Oct. 1-15 | \$19.78 |
| Oct. 16-31 | \$16.49 |
| Nov. 1-15 | \$13.20 |
| Nov. 16-30 | \$9.91 |
| Dec. 1-15 | \$6.62 |
| Dec. 16-31 | \$3.33 |

*Subscriptions expire 12-31-23

Enjoy award-winning columnists & the very best in local news with our Wednesday PRINT edition!

\$79 a year

Plus email reminders for renewal

Sagamore News Media is looking for talented sales people!

Whether you sell by phone or in person, we want to talk with you! Hourly rates begin at \$15 per hour and only go up from there. If you have good sales skills, this might be the job you have been looking for.

There is no cap on earnings and multiple people in the past have earned \$50,000, \$60,000 and beyond — all the way into six figures.

Sagamore News Media owns newspapers in Noblesville and Crawfordsville and feature award-winning work every day. Come be part of our team!

Apply today by e-mailing resume to jobs@thepaper24-7.com.

We can't wait to talk with you!

Montgomery County's Most Wanted

The Montgomery County Sheriff's Office is requesting your assistance in locating a subject wanted on a felony warrant. If you have any information on the whereabouts of this wanted person please contact the Montgomery County Sheriff's Office at (765) 362-0885 or (765) 362-3740.

WANTED



Caleb J. Mathews
Born 1984
Charge: P/V Dealing Methamphetamine (Level 3)

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

Please Read Our Disclaimer:

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

Notice:

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

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

Classifieds

765-361-0100 ext. 15 | class@thepaper24-7.com
Monday - Friday 9 a.m. to 4 p.m.

Deadlines for next-day publication:
 Line ads: 1 p.m. | Display ads 11 a.m.

2, 3 and 4 bedroom homes,
 Contract Sales, Hooks
 (765) 918-8700, (765) 362-0185
www.hookshomesindiana.com

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

VISIT US ONLINE AT: THEPAPER24-7.COM

STATE ADS

Your Family Deserves The
BEST Technology...
 Value...
 TV!...

\$59.99
 MONTH for 24 months
 190 Channels



Upgrade to the Hopper® 3 Smart HD DVR
 • Watch and record 16 shows at once
 • Get built-in Netflix and YouTube
 • Watch TV on your mobile devices
 Hopper upgrade fee \$5/mo.



Add High Speed Internet \$14.95/mo.
 Subject to availability. Restrictions apply. Internet not provided by DISH and will be billed separately.

CALL TODAY Save 20%!

1-855-551-8162



Offer ends 11/14/18. Savings with 2 year price guarantee with AT 120 starting at \$59.99 compared to everyday price. All offers require credit qualification, 2 year commitment with early termination fee and eAutoPay. Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/ Sling or Hopper 3 \$5/mo. more. Upfront fees may apply based on credit qualification. Fees apply for additional TVs: Hopper \$15/mo., Joey \$5/mo., Super Joey \$10/mo. All new customers are subject to a one-time, nonrefundable processing fee.

Master RESIDENTIAL & COMMERCIAL
SERVICE COMPANIES
 YOUR LOCAL WATERPROOFING EXPERTS!
 Proudly serving Indianapolis and all of Central Indiana!

SINKING CONCRETE
 NASTY CRAWL SPACES WET BASEMENTS

Call today to learn the ideal solution!
 317.827.7665 | InHomeRepairPros.com

MENTION "INDIANA PRESS" TO RECEIVE THIS SPECIAL OFFER!
\$250 OFF ANY COMPLETE SYSTEM
Cannot be combined with any other offer. Coupon must be presented at time of estimate. Not valid on concrete jobs or prior work. Expires 3-31-19. Maximum discount 5%.

Earn more with Quality!
 ★ ★ ★ 30 YEARS OF SERVICE ★ ★ ★

Quality Drive-Away, Inc. needs CDL & Non-CDL drivers to drive new trucks, buses & RVs across North America. 20+ pickup locations. Experience preferred. Must have DOT physical and be willing to keep logs. No DUIs in last 10 years, clean MVR.

Quality Drive-Away INC.

Apply Online at www.qualitydriveaway.com or call 574-642-2023

MORE HD CHANNELS, FASTER INTERNET AND UNLIMITED VOICE.

• Speeds up to 60Mbps
 • Unlimited data - no data caps

SPECTRUM INTERNET™ AS LOW AS \$29.99
per mo. for 12 mos when bundled

Blazing fast Internet is available and can be yours with Spectrum Internet™ With speeds starting at 60 Mbps

| | | |
|-------------------|--|--|
| 125+ CHANNELS | SPECTRUM TRIPLE PLAY™ TV, INTERNET AND VOICE | CONTACT YOUR LOCAL AUTHORIZED RETAILER |
| UP TO 60MBPS | \$89.97 <small>per mo. for 12 mos when bundled</small> | 855-663-7513 |
| UNLIMITED CALLING | Spectrum AUTHORIZED RETAILER | |

*Bundle price for TV Select, Internet and Voice is \$89.97/mo. for year 1; standard rates apply after year 1. Available Internet speeds may vary by address. WiFi. Equipment, activation and installation fees apply. Services subject to all applicable service terms and conditions, subject to change. Services not available in all areas. Restrictions apply. All Rights Reserved. ©2017 Charter Communications.

IN TROUBLE WITH THE IRS?
If you owe the IRS or state \$10,000, \$15,000 or more call us for a FREE, no obligation consultation.

Our FREE Consultation will help you:

- ✓ Resolve your past due tax problems
- ✓ End Wage Garnishment
- ✓ Stop IRS Tax Levies

We know your rights and are here to protect you. Our team of highly qualified tax attorneys deal with the IRS for you.
 We have successfully represented thousands of cases with the IRS.

Call now for your free consultation 866-765-5293

Put on your TV Ears
 ...and hear TV with unmatched clarity

TV Ears Original™
~~\$129.95~~
NEW SPECIAL OFFER NOW \$59.95
 Use promo code MB59

Call 1-877-930-2645
 M-F 6am - 6pm

TV-EARS
 Voice Clarifying TV Headset

Discover the world's best walk-in bathtub from **American Standard**

\$1,500 SAVINGS

5 Reasons American Standard Walk-in Tubs are Your Best Choice

- 1 Backed by American Standard's 40 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

Includes FREE American Standard Right Height Toilet Limited Time Offer! Call Today!
855-883-2970

Receive Free American Standard Toilet with full installation of a Liberator® Walk-In Bath, Liberator Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be full-time purchase. See www.usstandard.com for other restrictions and for complete terms and conditions. ©2017 American Standard. All rights reserved. Safety: Use proper safety techniques. Always use proper safety techniques. Always use proper safety techniques. Always use proper safety techniques.

Dental Insurance
 Call for dental coverage today to help save money on big dental bills.

This is real dental insurance from Physicians Mutual Insurance Company that helps pay for over 350 procedures - cleanings, fillings, crowns, even dentures.

- No annual maximum, no deductible
- See any dentist you want - including your own
- Over 50? Coverage as low as \$1 per day

Call now to get this **FREE** Information Kit
1-844-244-7025
dental50plus.com/hoosier

BOOK YOUR VACATION NOW - CALL FOR LIMITED TIME SAVINGS

Grand Alaskan Cruise & Tour Save \$500 per couple
 12 days from \$1,849 - \$1,599*
 Departs June - September, 2019

Ultimate Hawaii Tour with Pearl Harbor Save up to \$900 per couple
 Experience 13 days from \$2,249 - \$1,799*
 Departs year-round

Enjoy a spectacular cruise & tour between Seattle and Alaska including 7 nights aboard Holland America Line's ms Westerdam and 4 nights on land. You'll cruise the Gulf of Alaska and the Inside Passage—a breathtaking sea lane teeming with marine wildlife, where you'll pass glaciers, towering mountains, and lush forests, with stops in Ketchikan, historic Skagway and magnificent Glacier Bay. On land, you'll go deep into Denali National Park, tour Anchorage, and see the Alaska Wildlife Conservation Center.

FREE ONBOARD CREDIT
 The escorted tour experts since 1967! All tours include hotels, sightseeing and baggage handling.

Vacations Promo code N7017 **1-866-391-0054**

*Prices are per person based on double occupancy plus 299 taxes & fees. Cruise pricing based on lowest cabin category savings; upgrades available. Single supplement and seasonal surcharges may apply. All on-cruise available. Onboard Credit requires purchase of Cruise View or Bakery Cakes. For full set of terms and conditions and your Travel Consultant. Offers apply to new bookings only, made by 2/28/19. Other terms and conditions may apply. Ask your Travel Consultant for details.



THE
POWER
OF THE
PEOPLE
IS IN OUR
HANDS



**AMERICAN DEMOCRACY WAS BORN
IN LOCAL NEWSPAPERS.
WE'RE YOUR EYES, YOUR EARS,
AND YOUR VOICE TO KEEP THE NATION STRONG.**

