

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Fun Things Going On In MoCo To End August

Tuesday Nights Under The Lights

Aug. 22, Sept. 5, Sept. 19
 PAC Mid-West Rodeo Co. & Arena
 2350 Indianapolis Rd., Crawfordsville
TUESDAY NIGHT BARREL JACKPOT
 500 Guaranteed Money + progressive added money up to \$900 added money with 75 entries!!
 Gates open at 5 p.m., expos run from 5:30 - 7 p.m., show will start at 7 p.m.
 \$5 office per rider
 \$5 grounds fee per horse
 \$5 per expo
 Peewee class: \$5 EF with 100% payback
 Open 3D: \$30 EF with 70% payback \$500 guaranteed added money
 Casual attire welcome.
 Warm up area located next to arena. Water hydrant in north east side of arena.
 Please enter on east side of arena. There is plenty of parking around the arena and in the east parking lot.
 Cash only

Linden Farmers' Market

Aug. 23 and Aug. 30 at 6 - 8 p.m.
 302 East Water Street, Linden
 Bulldog Park
 Every Wednesday May - Sept.
 Come check out local vendors!

Finish Line Festival Community Day

Aug. 25 at 6:30 - 8:30 p.m.
 1389 W 200 S, Crawfordsville
 Come have some fun at this free event to kick off the 10th Annual National Races at Ironman Raceway.
 The first 100 will receive a FREE t-shirt. Free carnival games and inflatables, give aways, pizza and ice cream! A DJ will bring the vibes to life!



Pike Place Community Concert Series

Aug. 25 at 7 - 9 p.m.
 100 West Pike St., Crawfordsville
 HHSB and the Crawfordsville Rotary Club are proud to sponsor these FREE summer concerts for the community - bring your lawn chair or blanket and join us at beautiful Pike Place for live music, food trucks, a wine & beer garden, and more.
 Crawfordsville native and former American Idol finalist Luke Menard will perform Aug. 25! Luke currently headlines the Grand Jubilee in Branson, Missouri with his quartet, New South. Don't miss his return to Montgomery County for this free, one-time show for his hometown.
 You can help support Luke's passion for music by making a free will donation at the HHSB tent. All proceeds will go to our local school corporations to support music education.
 Stay tuned for more details!

Crawfordsville Farmers' Market

Aug. 26 at 8 a.m. - 12 p.m.
 100 West Pike St., Crawfordsville
 Come and check out the newest vendors to the farmers' market in downtown historic Crawfordsville!
 National Dog Day! Check out Montgomery County's Animal Welfare Leagues fundraiser!
 Shop, eat, and check out what's happening on the stage!



PAC Mid-West Rodeo Co. Open Event

Aug. 26 at 3 p.m.
 2350 Indianapolis Rd., Crawfordsville
 Wear your Hawaiian shirts and get ready for some western high tide
 They will be surfing the crowd for the best Hawaiian shirt. The winner will get FOUR FREE tickets for the next rodeo.
 Gates will open at 3 p.m. and the rodeo will start at 6 p.m. Spectators are welcome to enter once the gates open.
 They will have a long round and short round. They will take the top 6 riders to go head to head for the champion bull riding buckle

CDPL's Touch A Truck

Aug. 31 at 6 - 8 p.m.
 Crawfordsville District Public Library
 205 S Washington St., Crawfordsville
 Come see lots of trucks and honks some horns!
 Ear protection suggested for little ones.
 Look for street parking and plan to walk.

TASTE of Montgomery County

Aug. 26 at 12 p.m. - 10 p.m.
 200 Wallace Ave., Crawfordsville
 The TASTE! of Montgomery County is a panorama of sights, a symphony of sounds, and a festival of flavors that represent all that's great about our little corner of the Midwest. Every year in late summer, restaurants, caterers, and food vendors from throughout Montgomery County will gather on the shady, rolling hills of the General Lew Wallace Study & Museum to showcase a huge variety of their tastiest treats and most mouth-watering morsels.
 To add some sound bites to the food bites, the TASTE also hosts four musical acts—live and direct from the heartland. From jazz to country, oldies to folk to rock and roll, the TASTE features terrific tunes to satisfy almost every palate. For lifelong residents or those just passing through, the TASTE! of Montgomery County puts the sweetness of Hoosier living right on your plate.
 Tickets are \$7/adult, \$3/student, children 6 and under are free. Food tickets are \$1/ticket, and no food item is more than 5 tickets.
 Only service animals are allowed on the grounds during the TASTE. The Museum is closed to tours during the event.



TODAY'S QUOTE

"Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses."
 1Timothy 6:12

TODAY'S JOKE

What do clouds wear under their shorts?
 Thunderpants.

TODAY'S VERSE

1 John 4:20 If a man say, "I love God," and hateth his brother, he is a liar. For he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?

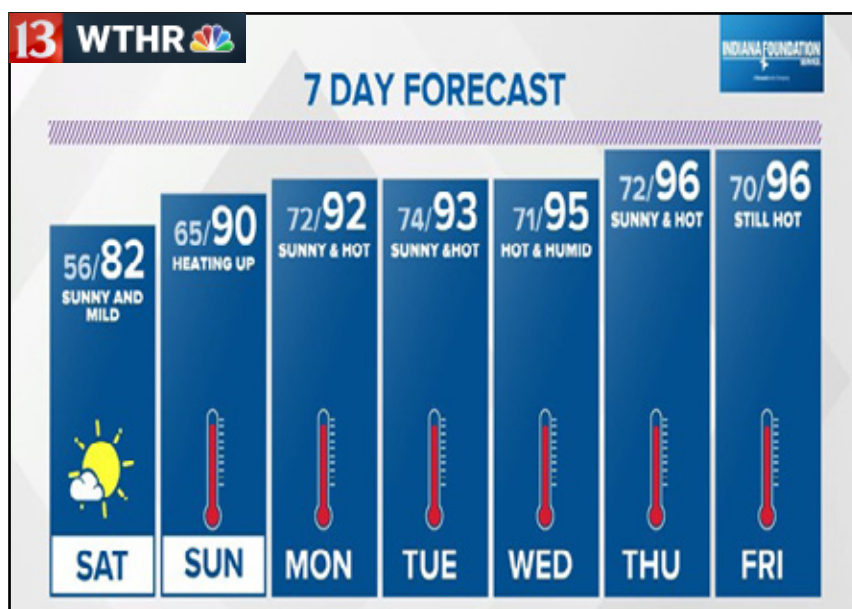
TODAY'S HEALTH TIP

Any exercise is better than no exercise, but try to do something for at least 30 minutes three times a week.
 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

Saw this on a sign in an antique store - young is beautiful but old age is comfortable.



ONEST HOOSIER



Ahh, The Lime City

I ndiana



Facts & Fun



Number %00 ÷ Stumpers

Did You Know?

- Huntington County was founded in 1832 and named for Samuel H. Huntington.
- Huntington, the county seat, has a total population of 17,391 residents.
- The county has one high school, two middle schools, five elementary schools and one private school.
- The City of Huntington is nicknamed "The Lime City."
- The county is 387.124 square miles and has a population of 37,124 residents.

1. How many total schools does the county have? \geq
2. How old is Huntington County? \leq
3. How many people in the county do not live in the city? \geq
4. What is the population density of the county? \leq

Answers: 1. 9 Schools 2. 187 Years 3. Around 19,733 People 4. 96 / sq. mi.

Got Words?

Population and economic growth in Huntington escalated when the Wabash and Erie Canal was constructed through the county. What other benefits do you think counties receive from easy access to bodies of water?

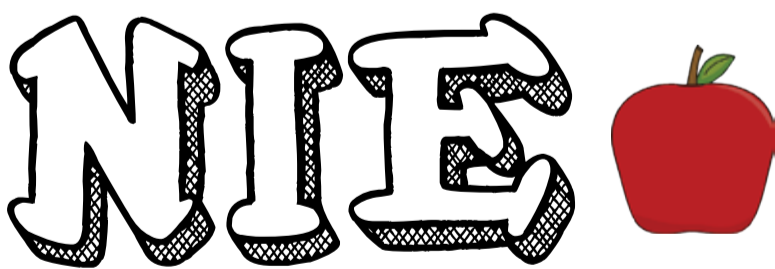
Word Scrambler

Unscramble the words below!

1. LCNAA
2. SLOCSOH
3. MEIL TICY
4. OINNHTTUNG
5. RWTAE

Answers: 1. Canal 2. School 3. Lime City 4. Huntington 5. Water

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



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Ceres Solutions Proud To Support Boiler Athletics



Ceres Solutions Cooperative, the large local agribusiness serving Indiana and Michigan customers, has announced a three-year investment to benefit Purdue University sports programs. As a result, the company has been named the Official Partner of Purdue Athletics. Starting this fall, the Ceres logo will be seen prominently on the digital boards at games, mentioned on the Purdue Sports Radio Network and promoted in other campus opportunities throughout the Football and Men's Basketball seasons. The Ceres Solutions employee group will also showcase their pride

for this local university by showing off the Purdue logo on apparel and through company events and social media posts.

As the hometown farmer-owned cooperative of Boiler Country, Ceres has a long history of providing financial investment, academic scholarship support, in-class room expertise, and significant support to the University's Alumni programs. For example, more than \$100,000 has been invested in Purdue University students since the inception of the co-op's campus scholarship program. In recent years, the CEO has been named a Distinguished

Ag Alumni award recipient within the College of Agriculture. Ceres Solutions was also a key investor in the College of Ag's dramatic redesign of the Department of Animal Sciences facility complex which opened in the fall of 2017, along with Ceres partner Land O Lakes. The company also provided a \$100,000 donation to enhance the Agricultural and Biological Engineering (ABE) Building, where students can study in a designated area named for Ceres Solutions.

"We view this Purdue investment as a natural extension of our footprint here as the local farmer-owned cooperative, and our presence on campus. Our employees consistently report back how much they enjoy Ag Week and all the other campus events we're able to help sponsor," observed Ceres Solutions CEO (and Boiler Alum) Jeff Troike. "We benefit greatly from having this resource in our backyard... valued relationships are a great resource to help us improve our business, and we also utilize Purdue facilities and faculty expertise as we operate our own in-house Academy for high-potential employee development."

"We serve a large geography in both energy and agronomy services, as well as animal nutrition. Whether our employees are diehard Boiler fans or not, we all understand and support this partnership with the University that means so much to thousands of our customers and members who work in our industry."

Ceres Solutions is a 100% farmer-owned cooperative based in Crawfordsville, Indiana. The company delivers agronomy products and services through more than three dozen locations across Indiana and Michigan. Ceres Solutions also offers premium-quality diesel fuel, gasoline, DEF, lubes and propane gas to customers. The company supplies custom recommendations and animal nutrition products to livestock producers as well. All consumers are welcome to do business at any Ceres Solutions location or fueling station. More than 700 employees are honored to serve more than 60,000 farms, homes and commercial businesses every day. At Ceres, we get to know you; and work to help you.

For more information, visit ceres.coop. To view amazing customer stories, visit centeredonyou.coop.

Reserved Hunt Applications Open Aug. 20

Beginning Aug. 20, hunters can apply for a variety of reserved hunts by visiting on.IN.gov/reservedhunt.

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

Applications for the following reserved hunting opportunities open Aug. 20. Applications must be submitted by 11:59 p.m. Sept. 24:

- Fish & Wildlife Area (FWA) waterfowl hunts: Waterfowl hunts at participating FWAs, including LaSalle, Kingsbury, Hovey Lake, Goose Pond, and Kankakee. Province Pond Wetland Conservation Area, managed by J.E. Roush Lake FWA, will also participate.

- Fish & Wildlife Area (FWA) deer hunts: Firearms season deer hunts at Deer Creek and Fairbanks Landing FWAs.

- State Park property deer hunts: Deer hunts at participating state park properties, including Chain O'Lakes, Clifty Falls, Fort Harrison, Harmonie, Indiana Dunes, Lincoln, O'Bannon Woods, Ouabache, Prophetstown, Shades, Shakamak, Spring Mill, Tippecanoe River, Turkey Run, Versailles, and Whitewater Memorial state parks and Raccoon Lake. Cave River Valley Natural Area, which is managed by Spring Mill State Park, will also participate.

- November Game Bird Area (GBA) hunts: Hunts on GBAs in northern Indiana (Benton, Jasper, Newton, Warren, and White counties). Hunters may choose from a variety of hunt dates. These are not put/take pheasant hunts.

- November youth-only Game Bird Area (GBA)

hunts: Youth-only hunts on GBAs in northern Indiana (Benton, Jasper, Newton, Warren, and White counties). Hunters may choose from a variety of hunt dates and must have an adult at least 18 years of age present while hunting. These are not put/take pheasant hunts.

- Indiana Private Lands Access (IPLA) Hunts: The IPLA program has switched to online reserved hunts and are no longer available through self-service sign-in. IPLA will offer reserved hunts for game bird, squirrel, waterfowl, and firearms deer on private lands.

- Applications for the following reserved hunting opportunities open Oct. 1. Applications must be submitted by 11:59 p.m. Oct. 29:

- December Game Bird Area (GBA) hunts: Hunts on GBAs in northern Indiana (Benton, Jasper, Newton, Warren, and White counties). Hunters may choose from a variety of hunt dates. These are not put/take pheasant hunts.

- Indiana Private Lands Access (IPLA) Hunts: IPLA will offer archery and muzzleloader deer, late season waterfowl, goose only, and small game hunts on private lands.

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

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

More information is available at on.IN.gov/reservedhunt.

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

Purdue Global To Offer New Military Physician Assistant Preparation Concentration

The U.S. armed forces is known for its frontline soldiers, sailors, airmen, Marines, Coast Guardsmen and Guardians. Behind the scenes, medical personnel are critical to keep those service members healthy, and upskilling personnel for positions such as physician assistants in medical units is essential.

To help address that need, Purdue Global has launched a new military physician assistant pathway, thanks in part to feedback from active-duty service members.

The new Military Physician Assistant Preparation (MPAP) concentration will be offered through Purdue Global's Bachelor of Science in health science degree program.

"There is a large

demand for physician assistants in the military, and it was one of our most frequently requested programs when we surveyed service members who were working on degrees," said Richard Orona, who serves as Purdue Global's director and a professor of military health and nursing. "Military physician assistants (PA) could transition to the private sector after one's military service is complete. The military PA credentials are civilian-equivalent, and we know there is a need for physician assistants in the nonmilitary market, such as in physicians' offices and hospitals."

The concentration includes the academic prerequisites needed before one can be accepted to the military's Inter-

service Physician Assistant Program (IPAP). Completion of the MPAP concentration serves as a preparation for, and not a direct qualification for, the IPAP offered by the U.S. military.

Enrollment in the MPAP concentration is limited to active-duty U.S. military Army, Navy, Air Force, Marines, Coast Guard, Space Force, Reservists and National Guard service members. If a student is not accepted to IPAP, they can complete their studies at Purdue Global for a Bachelor of Science in health science and apply to civilian PA schools.

Completion of the MPAP concentration does not guarantee admission to the IPAP, and the military may change IPAP

prerequisites.

"We have made it easy for the service members to be in this program. The popularity is off the charts," Orona said. "Purdue Global is happy to help service members achieve their educational dreams and missions."

Orona and Rebecca Zolotor, interim dean of Purdue Global's School of Health Sciences, were recent guests on the "Your Next Mission" podcast, where they talked about the MPAP concentration and other degree programs.

Purdue Global is Purdue's online school for working adults. Purdue Global proudly serves approximately 10,000 military-affiliated students, which include uniformed personnel, veterans and eligible dependents.

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CBF Forensics Launches VR Crime Scene Training Programs And THC Quantification System

CBF Forensics, a northwest Indiana forensic and education startup, has launched two new products: virtual reality (VR) programming for forensic crime scene training and a system to quantify the amount of THC in manufactured CBD and hemp products.

Crime by the F.I.V.E.S. provides training scenarios that simulate live scenes using VR technology.

Charles Steele is the founder and president of CBF Forensics. He said the Crime by the F.I.V.E.S. VR crime scene training program brings the latest technology and methods to forensic science classrooms and law enforcement agencies, providing affordable and standardized training.

“Crime scene investigation training is inconsistent across the country; there is currently no national standard. Most initial training takes the form of mock crime scenes that are not governed by global standards or requirements,” said Steele, who also is a lecturer of forensic science and the forensic science coordinator at Purdue University Northwest (PNW). “The professional training that does exist is out of the economic range for most law enforcement agencies and is completely unavailable for most educational institutions.

“In addition, it is common for agencies to become entrenched in existing methods and not be aware of the latest technology,” Steele said. “As a result, practitioners and new students often learn and use outdated methods.”

The Crime by the F.I.V.E.S. VR training program connects to in-person, real-world laboratory exercises that can be used to fill out a full semester course.

“This educational approach allows the latest methods to be economically passed on to the general practitioner,” Steele said. “Where possible, CBF Forensics will provide the latest support chemistry and devices to complement these scenarios.”

Crime by the F.I.V.E.S. will be accessible through school and private learning management systems. Steele said it improves upon other VR crime scene training tools on the market by providing better features and functionality.

“The simulations follow real physics; if a



Photo courtesy of Purdue University Northwest

Connor Hazzard, fourth-year Purdue Northwest physical sciences student, examines a shell casing for tool marks as part of a capstone research project. Hazzard and other students learning under Charles Steele, lecturer of physical science and forensic science coordinator at Purdue Northwest, receive hands-on experiences to use innovative technologies in forensic science research and application.

user bumps into an item, it will move and possibly corrupt the crime scene. The visibility of evidence matches real-world optics,” Steele said. “Crime by the F.I.V.E.S. is just the first in what will be a series of crime scene training scenarios. The original program was built by CIVS, the Center for Innovation through Visualization and Simulation, at PNW. CIVS is a leader in the simulation field, and our relationship will allow CBF Forensics to continue to produce the highest-quality products.”

Along with Crime by the F.I.V.E.S., CBF Forensics will offer additional forensics products for fingerprinting and blood detection applications. Steele said those products will be launched later in 2023.

QuanTHC CBF Forensics also has created QuanTHC, a system that enables CBD and hemp manufacturers to measure the amount of THC, or tetrahydrocannabinol, in their products. THC is the main psychoactive compound in marijuana.

Steele said CBD products must be free of THC, and hemp products cannot be above certain THC levels. He said up to 70% of CBD products sold in northwest Indiana contain THC, and hemp products are not monitored, which puts manufacturers and consumers at risk of legal and financial consequences.

“Innocently purchased hemp products may violate local laws,” Steele said. “Users of CBD products may face criminal charges for having THC in their blood and lose their jobs and military careers, etc.

The manufacturers face civil liability for the harm done to their customers.”

Steele said most boutique manufacturers have no viable way to test the quantity of THC in their CBD and hemp products.

“QuanTHC provides an easy-to-use quantification test that does not require expensive analytical equipment or extensive chemical training,” Steele said. “It offers accurate quantification levels, which improves upon traditional tests that have only yes-no indicators.”

By 2024, CBF Forensics will pair QuanTHC with a benchtop neutralizer that disposes of all the test chemicals used in the quantifications.

A marketing video about Crime by the F.I.V.E.S. and QuanTHC is available on YouTube.

A historic startup CBF Forensics licenses its technologies, developed by Steele and collaborators, through the Purdue Innovates Office of Technology Commercialization. CBF Forensics is the first startup launched from Purdue Northwest through the Purdue Innovates office. Purdue University Northwest, serving northwest Indiana, offers more than 70 bachelor’s, master’s and doctoral degree programs to nearly 9,000 students.

CBF Forensics has received support from PNW’s College of Engineering and Sciences and the Center for Innovation through Visualization and Simulation, student research groups at Purdue Northwest’s chemistry and physics department, and student Capstone Plus teams at the Purdue Polytechnic Institute at the West Lafayette campus.

“These student teams are a valuable resource,” Steele said. “Startup companies like ours do not have the resources of a fully staffed R&D laboratory.”

Steele is especially grateful to Kenneth C. (Chris) Holford, Purdue Northwest’s provost and vice chancellor for academic affairs, whose office provided the initial funding to bring the forensic research at PNW and state-of-the-art VR training at CIVS together.

“The launch of CBF Forensics highlights the impact that Purdue Northwest can have in working with entrepreneurs to advance research that leads toward product commercialization,” Holford said. “I believe that commercialization of research products in partnership with the university through entities like the new PNW Impact Lab will play an increasingly important role in future regional economic development.”

CBF Forensics also received support from Purdue’s Technical Assistance Program, or TAP40, and Purdue’s Manufacturing Extension Partnership. Steele said he is grateful to have worked with the people and university resources.

“Going through the process of starting the company, we have worked with dozens of students and faculty across three campuses within the Purdue system,” Steele said. “We have also worked with business and science professionals through Purdue Research Foundation and the University of Illinois Chicago’s forensic science program. We are excited to be open for business.”

Trustees Approve New Purdue University Airport Terminal As Exploration Of Commercial Air Service Continues

In action needed before bringing commercial air service to Greater Lafayette to Purdue University Airport, the Purdue University Board of Trustees on Friday (Aug. 4) gave approval to plan, finance, construct and award

a new terminal. This is a significant next step in Purdue serving the state through “ABC”: Airport for the Greater Lafayette region, Broadband for rural counties and (hard tech) Corridor for central Indiana.

“The university has been actively exploring the return of commercial air service to the Purdue University Airport, and the data shows that Purdue University and the Greater Lafayette community’s travel volume could support this service offering,” said Rob Wynkoop, Purdue vice president of auxiliary services. “We have more work to do, but the approval of this project helps ensure the needed infrastructure will be in place when the time comes.”

The approximately 8,000-square-foot facility – to be located west of the existing terminal – will include restrooms, a wait-

ing area, baggage claim, ticketing and passenger screening. It will be constructed to comply with Transportation Security Administration and Federal Aviation Administration requirements.

“We considered a number of possible terminal solutions, including a renovation of the existing building, and determined the construction of this new facility is the most cost-conscious approach that meets federal requirements,” Wynkoop said.

Existing airport hangar T-1 will be demolished, and new short-term parking will be created in its place. Safety improvements will be made to the railroad track pedestrian crossing.

Construction is scheduled to start in May 2024 and be completed in May 2025. The estimated cost of the project is \$11.8 million, to be funded by state funds via the Regional Economic Acceleration and Development Initiative (\$7 million), gift funds (\$3.3 million) and a federal grant (\$1.5 million).

In June, trustees gave approval for the rehabilitation of a Purdue University Airport runway.

Purdue Trustees Approve New Residence Hall, 2024 Health Plans Among Actions

In acknowledging an increased demand for on-campus housing, Purdue University trustees on Friday (Aug. 4) gave approval to plan, finance, construct and award construction contracts for a new residence hall immediately south of Hillenbrand Residence Hall on the West Lafayette campus. Hillenbrand Residence Hall South will be an eight-story, 252,525-square-foot facility that includes 896 pod-style beds. Additionally, it will provide more space for the students in

Purdue’s largest living learning community, The Data Mine.

Among other actions, trustees approved 2024 health plans, which will have no employee premium increase for the fifth straight year, and gave approval to plan, finance, construct and award construction contracts for a Nursing and Pharmacy Education Building on the West Lafayette campus, a terminal at Purdue University Airport, and a series of repair and rehabilitation projects.

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Kickoff Cravings

Win your tailgate with MVP-level appetizers

FAMILY FEATURES

Before the end zone dances and sideline celebrations, settling in for a winning game day experience starts with delicious foods. Whether your football parties take place at home, in the backyard or right outside the stadium, kicking it off with savory appetizers can get the crowd on its feet.

Keep your game plan simple this season and light up the scoreboard with fan favorites like dips and wings. These versions are both easy to prepare and can be enjoyed fresh or made in advance and kept warm or reheated to energize your fellow diehards.

Visit Culinary.net to find more touchdown-worthy tailgate recipes.

Add Savory Spice to Game Day Celebrations

Powering up for a successful game day starts with a pregame spread, and no tailgate or homegate is complete without a spicy dip that brings the heat.

This Game Day Buffalo Chicken Dip is a perfect solution for firing up your crowd as it requires little preparation so you save precious time before kickoff. Whether you bake shortly before the game begins or make it ahead of time for a parking lot party, simply keep it warm and serve with chips or veggie sticks for a quick, shareable appetizer.

Game Day Buffalo Chicken Dip

Servings: 3-4

- 2 cups shredded chicken
- 8 ounces cream cheese
- 1/2 cup sour cream
- 1 1/2 cups sharp cheddar cheese, plus additional for topping, divided
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 heavy pinch dried dill
- 1/2 cup hot sauce
- 2 green onions, chopped
- blue cheese crumbles
- chips
- vegetable sticks

Heat oven to 400 F.

In bowl, mix shredded chicken, cream cheese, sour cream, 1 1/2 cups shredded cheese, onion powder, garlic powder and dried dill until combined. Add hot sauce; mix until combined.

Transfer mixture from bowl to oven-safe dish. Top with additional shredded cheese, to taste.

Bake until cheese is melted, approximately 15 minutes. Top with blue cheese crumbles and chopped green onion. Serve warm with chips and vegetable sticks.



Score a Touchdown with a Game Day Dip

One of the best ways to take tailgating to the next level this season is by making healthier versions of classic game day fare. For example, you can be the MVP of your game day gathering with a delicious, hall-of-fame-worthy appetizer. Call an audible by using fresh, easy and healthy ingredients to make it better for you and score extra points with family and friends.

This Game Day Taco Dip takes fan-favorite flavors — beef, refried beans, salsa, guacamole, sour cream, cheese, tomatoes and black olives — and adds a twist with the Fresh Express Butter Supreme Salad kit.

This tasty, colorful blend of green butter lettuce, red butter lettuce, radicchio and baby chard is available in the refrigerated produce department and is perfect for creating healthier versions of beloved tailgating dips, snacks, finger foods and more.

Visit FreshExpress.com to discover more winning game day recipe ideas and find a retailer near you.

Game Day Taco Dip

Prep time: 25 minutes

Cook time: 5 minutes

Servings: 12

- 1 pound ground beef
- 1 package (1 ounce) taco seasoning
- 1/4 cup water

- 2 tablespoons minced cilantro
- 1 can (16 ounces) refried beans, zesty salsa flavor
- 1 jar (16 ounces) thick and chunky salsa, medium or hot
- 2 cups guacamole
- 1/2 cup sour cream
- 3 packages (5 ounces each) Fresh Express Butter Supreme
- 1 1/2 cups shredded sharp cheddar cheese
- 1 cup tomatoes, chopped
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 package (14 ounces) tortilla chips

In skillet over medium-high heat, cook beef 5 minutes, or until no longer pink. Sprinkle with taco seasoning; mix well. Add water; cook 2 minutes, or until water is absorbed. Transfer to bowl; cool to room temperature. Add cilantro; mix well.

In 9-inch pie plate, evenly spread refried beans; top with seasoned ground beef and salsa. Add spoonfuls of guacamole across top of salsa then carefully spread to smooth.

Place sour cream in small resealable bag; cut off corner. Pipe sour cream to create football shape on guacamole.

Put pie plate in center of 15-by-18-inch tray. Arrange salad blend around pie plate. Top with cheddar cheese, tomatoes and olives. Serve with tortilla chips.

Just Wing It

Skip the silverware at your next homegate and dive right in with a fan favorite that requires just your hands and a heap of napkins: wings.

Whether you pick through your pieces or clean each wing to the bone, these Game Day Chicken Wings are perfect for eaters of all types. A simple flour-based coating keeps the recipe easy to make and baking in the oven means you can skip the messy fryer or firing up the grill.

Cook until crispy then corral your party's favorite dipping sauces from ranch and blue cheese to barbecue and more. Once your spread is served, it's time to sit back and enjoy the game.

Game Day Chicken Wings

Total time: 50 minutes

Servings: 4

- 1/2 cup butter, cubed
- 1/3 cup flour
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 10 chicken wingettes, thawed
- dipping sauces (optional)
- fresh parsley (optional)

Preheat oven to 425 F.

Line baking sheet with foil. Arrange butter cubes on foil. In medium bowl, combine flour, paprika, garlic powder, salt and pepper.

Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.

Bake wings 30 minutes.

Turn wings over and bake 15 minutes, or until crispy and fully cooked.

Serve with dipping sauces and sprinkle with fresh parsley, if desired.



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In The Kitchen

Sunday, Aug. 20, 2023

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POWER BACK-TO-SCHOOL WEEKNIGHT FAMILY MEALS WITH PECANS

FAMILY FEATURES

Back-to-school season means many families are busier than ever, leaving less time to plan weeknight meals. While a new school year brings plenty of exciting moments, it also adds up to early mornings, long days and late evenings, making it tough to keep nutrition top-of-mind.

With new routines and jam-packed calendars, quick and easy recipes can be the solutions you need. Swapping out complicated dishes for simple dinners and make-ahead snacks allows you to make your loved ones' health a priority while also managing hectic schedules.

To help make those simple yet tasty menu additions a reality, look to a flavor favorite and nutrition powerhouse like pecans. They're the ideal nut to keep on hand to incorporate into favorite meals and after-school snacks.

Taste is just the beginning when it comes to pecans. Their nutritious punch provides a unique mix of health-promoting nutrients. Plus, they're a versatile ingredient that can shine in a wide range of flavor profiles from sweet or spicy to salty, smoky and savory.

These benefits make them a delicious, nutrient-dense option to power up school days. Consider them as a better-for-you addition to breakfast in banana bread recipes and energizing snacks like these Superfood Pecan Energy Bars. They're simple and nutritious, making them an ideal after-school snack and on-the-go solution between activities.

When the whole family comes home after a long day of school, work, games and social commitments, pecans can add a delightful crunch to air-fried favorites like chicken tenders or childhood classics like Mac and Cheese with Pecan Breadcrumbs.

For more back-to-school recipe inspiration, visit EatPecans.com.



Mac and Cheese with Pecan Breadcrumbs

Cook time: 50 minutes

Servings: 6

- 8 ounces cavatappi pasta
- 1 teaspoon salt, plus additional for salting pasta water, to taste
- 1 tablespoon butter
- 1 block (8 ounces) cheddar cheese
- 1/2 cup raw pecan pieces
- 15 ounces part-skim ricotta cheese
- 4 tablespoons sour cream
- 1/4 teaspoon ground pepper
- 1 large egg, lightly beaten

Preheat oven to 375 F.

Cook cavatappi in salted boiling water. Drain, reserving 1/2 cup pasta cooking water. Return pasta to pot and stir in butter.

Using box grater, shred cheddar cheese.

Using food processor, combine 1/4 cup shredded cheddar cheese with pecans. Process to coarse breadcrumb consistency.

Add remaining cheddar cheese, ricotta, sour cream, 1 teaspoon salt and pepper to warm pasta. Stir until thoroughly combined. Add egg; stir. Add 2-4 tablespoons reserved pasta water to loosen mixture; stir until smooth.

Pour into buttered 9-inch square or round casserole dish and top evenly with pecan topping. Bake 30 minutes.

Substitutions: Use pre-shredded cheese in place of cheddar cheese block. Use pasta of choice in place of cavatappi.



Superfood Pecan Energy Bars

Cook time: 40 minutes

Servings: 14

- 15 Medjool dates (9 ounces)
- 1 cup pecan pieces
- 1/2 cup gluten-free oats
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon kosher salt

Preheat oven to 200 F.

In food processor, process or pulse dates until chopped and rough texture forms. Add pecan pieces, oats, chia seeds, vanilla extract, cinnamon and kosher salt; process about 1 minute until crumbly dough forms.

Line baking sheet or jelly roll pan with parchment paper. Dump dough into center of parchment paper and use rolling pin to roll into 6-by-10 1/2-inch rectangle. Cut dough into 14 bars about 1 1/2-by-3 inches or into desired shapes.

Bake bars 30 minutes. Cool bars to room temperature then refrigerate in sealed container between sheets of wax paper.

To package for on-the-go snacking, cut 4-by-6-inch rectangles of wax paper, wrap around bars and secure with tape.

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Fuel FOR FULL DAYS OF LEARNING



FAMILY FEATURES

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

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

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

Simple, Kid-Friendly Sliders

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

Pepperoni Pizza Sliders

Recipe adapted from MilkMeansMore.org

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

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

Heat oven to 350 F.

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

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

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

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

Bake 20 minutes.

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

Cut sliders and serve immediately.

A Fresh-Baked After-School Sweet

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

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

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

Brown Butter Chocolate Chip Cookies

Prep time: 15 minutes

Cook time: 15 minutes

Yield: 18 cookies

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

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

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



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

and rest 30 minutes.

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

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

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



A Traditional Breakfast with a Twist

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

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

Sausage French Toast Roll-Ups

Servings: 12

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

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

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

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

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

Drizzle with syrup.

SUNDAY

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Sunday, Aug. 20, 2023

C4

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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.

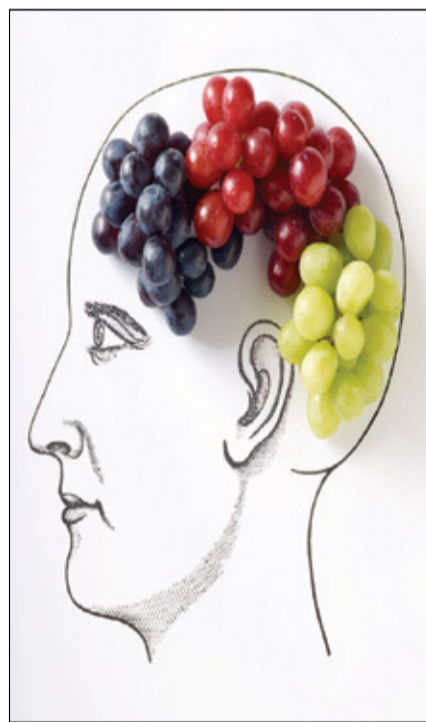
Adding grapes to your favorite healthy recipes, or enjoying them as a simple snack, helps support a healthy brain. Consider these additional ways to promote positive brain health from the experts at the Mayo Clinic.

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.

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D1

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Fall-Planted Cover Crops Provide Many Benefits To Gardens



MELINDA MYERS
Columnist

Put your garden to work over winter by planting a cover crop this fall. Covering the soil with plants that are turned into the soil or smothered and allowed to decompose in spring provides many benefits.

Fall-planted cover crops protect the soil from erosion over winter and reduce stormwater runoff into nearby waterways and storm sewers. They also help reduce weeds by forming a dense mat that increases organic matter, adds nutrients, and improves the soil quality for your plants. These crops also help conserve soil moisture, and many provide welcome habitats for pollinators and other beneficial insects.

Oats, winter rye, winter wheat, crimson clover, and hairy vetch are common fall-planted cover crops. The crimson clover and hairy vetch are legumes that can add a lot of nitrogen to the soil when they decompose. Try combining these with non-legumes when possible. Consider purchasing a cover crop mix like the True Leaf Market no-till pollinator-friendly cover crop mix which contains both and helps support pollinators.

Most cover crops go dormant over winter and resume growth in spring. Annuals like daikon radishes and oats are killed by cold winter temperatures. This makes oats a good choice if you want to get an early start to planting in spring.



Photo courtesy of True Leaf Market

Fall-planted cover crops protect the soil from erosion over winter, reduce stormwater runoff and reduce weeds.

Plant fall cover crops at least 4 weeks before the first killing frost to give them time to establish. Cereal rye is an exemption and can be planted right up to the first frost. You can plant the whole garden bed or just the area between vegetables that are still growing.

Remove any weeds, plants, and mulch when planting garden beds. Loosen the soil and rake it smooth before seeding. Just remove the mulch, loosen, and rake the soil between the rows of actively growing vegetables when planting cover crops in these spaces.

Check the seed packet for the amount of seed needed to cover the area you are planting. Spread the seed over the prepared soil by hand or with a broadcast spreader and gently rake the seeds into the soil. Make it easier to evenly spread tiny seeds by mixing them with compost and then spreading them. Once the seeds are planted, gently water using a fine mist.

Annual plants will be killed by cold winter temperatures, but the perennial cover crops will put on vigorous growth in late

winter or early spring. Suppress this growth and kill the cover crop before it sets seed and at least 2 to 4 weeks before planting your garden. This allows microorganisms time to decompose the plant residue and avoid nitrogen deficiencies in spring plantings.

In spring use your mower or weed whip to cut the cover crop to the ground. You can till the residue into the soil at that time or cover the area with a black tarp or weed barrier for at least 2 weeks. Remove the tarp then incorporate the residue into the soil or plant your vegetables through the dead plant remains.

Avoid working wet soil that can result in compaction, hard as rock clods, and take years to repair the damage. Do a moisture test before working the soil. Grab a handful of soil and gently squeeze. If it breaks into smaller pieces with a tap of your finger, it is ready to work. If it remains in a mud ball, wait a few days.

Two weeks or more after the cover crop has been killed or tilled into the soil you can begin

planting. Planting any earlier can result in nutrient deficiencies that will require a light spring fertilization.

Adding cover crops to your gardening routine will improve the soil, plant growth and is good for the environment. Like any new gardening practice, it can take time to adapt it to your space, climate, and gardening style. The cover crop growing guide at trueleafmarket.com can help. With time and experience, growing cover crops can soon become a part of your gardening routine.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by True Leaf Market for her expertise to write this article. Her website is www.MelindaMyers.com.

New Research Uncovers The Biggest Challenges For First-Time Movers

(StatePoint) From broken belongings to going over budget, moving comes with its fair share of challenges and stresses.

Recent research completed by Duck brand uncovers insights about first time movers -- who they are, what their biggest challenges are and what could potentially make the process easier.

Making the Move: The survey finds that people deciding to leave the nest for the first time are typically young adults, between the ages of 18 to 25, who plan to move to a nearby apartment (56%) or house (37%).

Biggest Road Blocks: Fifty-one percent of survey respondents agreed that the biggest challenge of their first move was not knowing where to begin. Other challenges included not knowing how to properly pack (32%) and not knowing what to buy (27%).

With an understanding of first-time movers top challenges, the experts at Duck brand are sharing their top tips to complete any move with ease.

1. Have Help: Only 5% of first-time movers opted to use a professional moving service, with most citing budget constraints as the reason they didn't do so. If you're not sure where to begin but you know you'll be one of the 95% of first-time movers making a DIY move, start by enlisting help from family and friends. Forty-three percent of first-time movers rely on help from family and friends and 32% depend on their sig-

nificant other. Only 32% say they moved on their own without help.

2. Pack Properly: Aside from making the down payment on their new place, 36% of first-time movers say their largest expense was "buying new furniture/home items," but that can easily be avoided by properly packing existing essentials.

The research finds that 42% of first-time movers damaged their glassware, such as plates and bowls, and 33% broke décor, like mirrors and picture frames, during the transition. These fragile items should be wrapped securely in products like Bubble Wrap Cushioning from Duck brand to ensure they arrive at the new location in one piece. In fact, 54% of survey participants say they would not move again without protective packaging.

3. Buy the Basics: Not sure what to buy for the first move? More than half (55%) of survey respondents say the single most essential moving supply is boxes. Although 62% of people used old cardboard boxes for their first move, 73% say they would purchase new boxes for future moves.

To learn more about the Duck brand products that make moving easier, visit <https://www.duckbrand.com/products/moving-storage>.

While moving for the first time can seem intimidating, having the right tools and strategies can ensure the process is less stressful.

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Gear Up for College



5 tech devices to make navigating campus life easier

FAMILY FEATURES

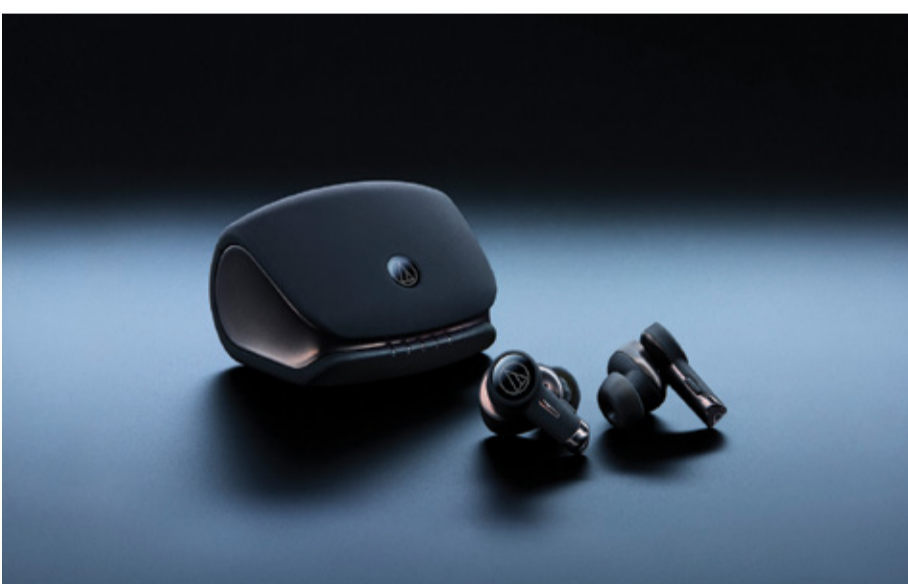
College students are always on the move, which means they need the right gear and tools to keep up with their busy schedules. From the lecture hall to the dormitories and everywhere in-between, staying connected, focused and productive is crucial for success.

The right tech gadgets – like smartphones, wearables, headphones and laptops – can help get you one step closer to your degree and navigate both your coursework and social life with ease. Consider these essentials and find more options to inspire success in the classroom and beyond at Qualcomm.com/snapdragonbts.



Stay Connected on Campus

Whether you're working hard, playing hard or doing both at the same time, the Samsung Galaxy S23 Ultra is equipped with Snapdragon 8 Gen 2 Mobile Platform for Galaxy to deliver accelerated performance, unparalleled connectivity, champion-level gameplay and ingenious capture. With Qualcomm FastConnect 7800, students can unlock intuitive experiences across AI, 5G, WiFi and Bluetooth, such as faster natural language processing with multi-language translation and transcription, AI cinematic video capture, direct voice command of apps and more.



Customize Your Sound Experience

Made to connect people through sound, the Audio-Technica ATH-TWX9 Wireless Earbuds are equipped with advanced features, making these hybrid headphones optimal while working out or commuting back and forth to class. Featuring digital hybrid noise-canceling technology with five preset modes, these wireless earbuds offer the freedom to customize your sound space for an immersive audio experience. Utilizing Snapdragon Sound technology to provide higher quality music, video and calls, the non-slip, compact, ergonomic and splashproof headphones also include deep-UV sterilization and 360 Reality Audio for a realistic 3D sound stage.



Enjoy Powerful Sound with Hands-Free Control

Designed for complete indoor and outdoor situational awareness while enjoying lossless audio, the Cleer Arc II Sport Open Ear Sport Earbuds powered by the Qualcomm S3 Gen 2 Sound platform feature multipoint connectivity, allowing you to seamlessly switch between devices so you can listen to a lecture on your computer and quickly answer a call on your phone. With an open-ear design and flexible hinge for a secure and comfortable all-day listening experience, the earbuds also feature head gesture controls for hands-free operations, IPX5 water and sweat resistance and improved battery life with an enhanced charging case with built-in UV-C light to reduce bacteria during charging.



Take Flexible, Portable Performance Anywhere

In the classroom, in the dorms or on the go – the Microsoft Surface Pro 9 5G provides tablet-style flexibility with the performance and battery life of a premium laptop – all in one ultra-portable device – to help you move through all the tasks of the day. Running the Snapdragon 8cx Gen 3 Compute Platform, this 2-in-1 offers an always on, always connected computing experience with up to 19 hours of battery life, optional 5G connectivity and advanced camera and audio technology that enables crisp video and crystal-clear audio.



Navigate the World from Your Wrist

While many college students are used to having the world at their fingertips via smartphones, tablets and laptops, that same level of seamless connectivity and lightning-fast responsiveness can now be harnessed via the Mobvoi TicWatch 5 Pro. Featuring the Snapdragon W5+ Gen 1 Wearable Platform and the latest version of Wear OS by Google, this smartwatch opens up a world of cutting-edge apps and services, including maps, mobile wallet, music and more. With fast-charge technology, the water-resistant watch tracks real-time fitness and health data, includes one-tap measurements of multiple heart metrics and provides effortless yet versatile control via the rotating crown, complete with haptic feedback.

SUNDAY

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Sunday, Aug. 20, 2023

D3

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SMART SOLUTIONS FOR SCHOOL



Photo courtesy of Getty Images

Must-have essentials for back-to-school season

FAMILY FEATURES

With school bells ringing for students of all ages, it's important to make sure your student has all the necessities to be successful this year.

While that often means running from store to store in search of supplies, stylish clothes and other essentials, these top picks for securing valuables, decorating dorm rooms, planning out schedules, getting necessary nutrition and staying hydrated can help ensure your student is geared up for success in the classroom and beyond.

Find more back-to-school essentials and tips for success in the classroom at eLivingtoday.com.



Protect New Purchases on Campus

A new school year brings plenty of excitement, but it can also be stressful for students moving away from home who need to safeguard valuables like tablets, smartphones, passports, or an emergency credit card. To help alleviate back-to-school worries, SentrySafe, a leading name in fire-resistant and security storage for more than 90 years, offers solutions to provide peace of mind for parents and students. An affordable, convenient, and fireproof option, the 1200 Fire Chest protects items against fires up to 1,500 F for 30 minutes. It also features a built-in key lock and convenient handle for added security and simplified transport. Find more back-to-school security solutions at sentrysafe.com.



Quick and Easy Meals That Deserve an A+

Keeping weeknight dinners and school lunches simple means more time for family and less stress during the week. Cook up quick and easy weeknight dinners, school lunches or on-the-go snacks with Minute Rice Cups. Ready in only 1 minute, the BPA-free cups are available in a variety of flavors such as Chicken & Herb, Cilantro & Lime, Jalapeno and more. Visit MinuteRice.com to get meal ideas today.



Sleep in Style

Where a student sleeps may be one of the last things on his or her mind when thinking about the excitement that awaits in college but getting plenty of sleep is key to success. Amp the appeal of the dorm-issue mattress with stylish and comfy bedding that reflects your personality. Look for quality threads you can snuggle into, and coordinate with pillows to make your bed a cozy place to sit and study by day.



Make Organization Personal

Help your student keep notes, study times and test dates organized with a quality planner that also showcases his or her personality. Available in a myriad of trendy colors and patterns – like polka dots, stripes or chevron – as well as various calendar layouts like daily, weekly or monthly, the right planner can help students of all ages stay on track, achieve goals and preserve memories in one stylish and organized place.



Take H2O on the Go

A durable reusable water bottle can make your back-to-school routine even easier. With a variety of sizes and styles available in a multitude of colors and designs, there's almost certain to be an option for students of all ages and activity levels. Look for durable, leak-proof stainless steel or hard plastic options that offer different lid styles, including wide-opening or those with retractable straws, to make hydrating on the walk between classes a breeze.

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How You Can Trim Expenses To Save For What Matters Most

(StatePoint) Whether you're saving to buy a home, putting money in your child's college fund or just trying to cover higher costs for necessities, you may be looking for ways to keep more money in your wallet so you can spend on the things that matter most. And you're not alone.

In fact, a recent national survey from Experian found that 66% of respondents are actively looking for ways to trim expenses from their monthly budget.

There is no better time than the present to get started. The basics of saving money lay a great foundation for stretching your dollars and taking control of your finances. This includes budgeting, paying off debt, establishing savings goals, automating savings and cutting back on unnecessary expenses.

However, you may not know there are other less obvious ways to keep more money in your wallet. Don't leave money on the table, here are three creative ways to save more now:

- Shop around to save on monthly bills: Most people spend time shopping around for a new TV or other purchase to get the best price, but overlook the opportunity to save by comparing monthly bill providers. Experian has an auto insurance comparison shopping service that can help you potentially save

up to \$900 per year on your policy. The service provides you with multiple, tailored rates from up to 40 leading and well-established auto insurance carriers, allowing you to find a policy that meets your needs.

- Look for ways to maximize credit card rewards: You can save big and manage spending at no cost with the right credit cards and reward programs. To help you find the best card, whether you want cash back or no APR terms, Experian offers a free marketplace that leverages your financial information against lenders' requirements to match you with tailored offers.

- Try negotiating rates: Negotiating monthly bills is crucial for finding extra savings. Take a look at your payment terms and plans to see if you can renegotiate for lower rates on expenses like cable or cell service. If you feel that calling service providers is tedious and time consuming, there are services that can help. A new feature available in a paid Experian CreditWorks Premium Membership negotiates lower rates on eligible monthly bills on your behalf so you can stop overpaying. Those who use this feature see an average savings of \$263. If you'd like to negotiate directly with your provider, make sure you ask them about all the offers they are willing

to extend to you so you know all your options and get the new, accepted offer in writing.

"Even when times aren't tough, it is always good to practice budgeting and money-saving habits to position yourself in the best way possible before you need it," said Andrea Woroch, a nationally recognized consumer finance and money-saving expert. "Tapping into these tools from Experian can help you save in ways you may not have been aware of and help you keep your finances on track now and in the future."

There are more ways Woroch recommends to save, including reducing your monthly spend on debt by consolidating credit card debt to a 0% balance transfer card and avoiding impulse shopping by deleting payment and shipping details stored in online retail accounts, as well as unsubscribing from store emails. To be more strategic at the grocery store and cut wasteful purchases, you might also consider meal planning.

To learn more about saving and Experian resources, visit Experian.com/savings.

It's always important to find ways to save. Leveraging available tools and being strategic can help you get control of your expenses and keep more money in your wallet.

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SUNDAY

Business *Notes and* NEWS

Sunday, Aug. 20, 2023

F1

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Photo courtesy of Getty Images

5 Tips to Improve Small Business Productivity

FAMILY FEATURES

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

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

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

Set Goals

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

Delegate Less Critical Responsibilities

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

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

Simplify Shipping

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

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

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

Streamline Software

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



Visit PitneyBowes.com

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

Learn from Your Customers

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

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

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](https://www.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

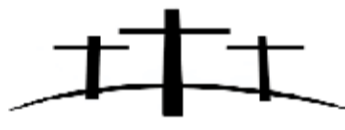
Sunday Worship 10:00 AM

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

SUNDAY

Health *and* WELLNESS

Sunday, Aug. 20, 2023

H1

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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

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Sunday, Aug. 20, 2023

11

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Oh That Common Name: Thomas



KAREN ZACH
Around The County

Have any common names in your family tree? Barker? Coleman? Helms? Morgan? Myers? Smith? Those are some of my own more common names but when I told myself before I keel over or at least quit writing that I needed to write about a few from our area and I got a bingo on the Thomas family of the Pleasant Hill area in Montgomery County's early days. In the CWJ 4 June 1897 p 7 under the "Number 13 News," a very nice, informative, lengthy family article, entitled, "The Thomas" was just super amazing.

It seems in 1863 within a five-mile circumference near Pleasant Hill, there were 13 head of households – men whose last name was Thomas, all close relation. That's pretty amazing when ya' think on it. Sadly, at the writing of the 1897 article, only two were left. Loved the family history included, however, as I would have guessed the family hailed from England. According to the piece, however, the first of this particular Thomas family was Michael who came to America from Germany, living in Virginia until he passed "at a great age." His son, Abram was a Revolutionary Soldier going on to Ohio after the war. He was 88 at his death, many of the 13 (Abe, Asa, George, James, Joel, John, Ludlow, Michael, Robert, Silas, Smith, Sol and William), grandsons who lived

and dwelled on #13 remembering him and telling their own children marvelous tales about the strength, courage and endurance of the early Thomas ancestors.

Most of the family members were upright, community-oriented, well-loved and appreciated, religious men. Most of the early ones were born in Miami County, Ohio but a few of the oldest hailed from Kentucky.

Very little questionable occurrences surrounded this amazing family but in the summer of 1866 Michael (with one of the best area attorneys, MD White) sued his (missing) wife, Eliza Jane for divorce. Also at least in two probate wrap-ups, hard feelings and hearings hit the newspapers with this Thomas family as the center.

There were interesting occupations including the norm for the times: farmers, teachers, but several doctors (Keifer, Seth, John Milton, M. Cassius) and ministers (Joel, Adam) as well as several plasterers, a Justice of the Peace, Postmaster (John at Pleasant Hill in the 1860s) and county commissioners. Some of the reasons for deaths were pneumonia, heart troubles but mainly, old age. There was but one thing the Thomas family members didn't always agree on, that being politics, most being Democrats, although several changed their viewpoints after the Civil War. Speaking of the war, three Thomas men died in the Civil War and others fought in it and returned (Hiram; Zebia; Keifer and others).

So, let's take Silas A. Thomas as a representative of the family. He was born in Miami County, Ohio (son of Samuel and Elizabeth Gerhart who were Virginia natives) and was the oldest of their six children. Silas married Martha Gregory and two children (a small Thomas crew) were born to them: James and Mary.

Always a moral man at age 24 at a small prayer meeting in a log cabin, he confessed his faith and like the majority of this Thomas family, Silas remained as a devout Christian man. Small prayer meetings were always his favorite form of sharing religion calling them "his chief delight!" (CWJ 14 Jan 1898 p10). During the Civil War, the Pleasant Hill Church burned to the ground and he, especially (head of building committee) worked diligently to insure the church was rebuilt. Not a minister per se, Silas served his church members by praying with them, administering to them, talking with them on their death beds, just anything he was able to help with, especially popular in speaking at a funeral as he was "so full of sympathy and consolation," yet encouraging the bereaved in uplifting prayer. His "ability to speak and the warmth of his exhortations to the inspiration of the Holy Spirit in which he was a firm believer" (CWJ 7 Jan 1898) made him an over-all perfect representative of this family.

Silas and wife are buried in Pleasant Hill cemetery (Wingate) with many close relatives (photo by Lesa Epperson FindAGrave). Yet, some of this family returned to Ohio, several went to Illinois and Kansas and still others farther to California with a few in other Indiana counties. Imagine there are still others yet here in our midst. Bless them all – this was a wonderful and enjoyable perusal of a local common-named family! Hope you enjoyed, as well!

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 Goes Back In Time To 1956 . . .



BUTCH DALE
Columnist

Some of you may be like me...I almost hate to listen to the news nowadays. Trump's indictments, Biden's incompetence, Huntergate, race problems, gender controversy, illegal immigration woes, liberal woke thinking, conservative grumbling and inaction, high prices, stagnant economy, trillions of national debt, and on and on and on...Then switch off the news to TV shows and what do you get? Nothing very entertaining...either trashy, silly, and or just plain stupid. This is exactly why my wife and I read our books each evening.

I take a walk each evening down to a nearby creek...about two miles there and back. A neighbor has a child who is 8 years old, and I often see him playing outside in their yard. It got me to thinking what life was like when I was 8 years old...back in 1956.

Dwight Eisenhower, who had been the top general during WWII and had led our troops in the defeat of Germany, was our President. He was someone I looked up to and admired. In 1956 he defeated the Democrat challenger Adlai Stevenson for the second time, winning the electoral vote 457 to 73. In sports, boxer Rocky Marciano retired as the only undefeated Heavyweight champion of the world with a record of 49-0. Mickey Mantle was named the Athlete of the Year, leading the league in home runs, batting average, and RBI's. The Yankees won the World Series again, beating the Brooklyn Dodgers 4 games to 3, with Yankee pitcher Don Larson throwing the only perfect game in World Series history. The New York Giants defeated the Chicago Bears 47-7 to win the NFL championship. In golf, Cary Middlecoff won the U.S. Open. The Olympics were held in Melbourne, Australia, and the outstanding thoroughbred horse Needles won both the Kentucky Derby and the Belmont Stakes. Naturally the big sport for me to watch was high school basketball, and I had to arrive early to get a seat in the Darlington gym, which was doubled in size the next year thanks to trustee Harry "Hab" Weliever!

Television had lots of good shows in 1956. I watched I Love Lucy, The Danny Thomas Show, I've Got a Secret, The Red Skelton Show, This is Your Life, The \$64,000 Question, Lassie, Father Knows Best, The Ed Sullivan Show, The Jack Benny Show, and Alfred Hitchcock Presents...just to name a few. And of course I watched all of the westerns... eight of which were rated in the top 25 in viewing...Gunsmoke,

Tales of Wells Fargo, Have Gun Will Travel, Wyatt Earp, Cheyenne, Wagon Train, Zorro, and Sugarfoot.

Some of the movies that came out that year were The Ten Commandments, Giant, Bus Stop, and My Fair lady. Elvis made his first appearance on the Ed Sullivan Show, and he had five number one hit records in 1956! Rock and roll dancing and "slow dancing" dominated the high school sock hops. And do you remember when actress Grace Kelly left Hollywood to marry Prince Ranier of Monaco...and when Dean Martin and Jerry Lewis broke up their comedy act?

The yearly inflation rate in 1956...hold on to your hats... was a mere 1.5%. The average cost of a new house was a little over \$11,000, and the average cost of a new car was \$2050. Gas was 22 cents a gallon, ground coffee was 69 cents a pound, a loaf of bread 18 cents, a gallon of milk 97 cents, and a postage stamp was 3 cents. When I visited Arthur Friend's drug store in Darlington in 1956, a candy bar...or a pack of Topps baseball cards...or a bottle of Coke...or an ice cream cone, were all 5 cents each. Of course, people didn't make as much money back then, but it certainly went much further than in today's world. The last ice cream cone I purchased cost \$3.50...honest to God!

In 1956, college tuition was affordable, averaging \$225 a semester, with one out of every three high school students headed off to college. The year 1956 was also when President Eisenhower signed the Federal Aid Highway Act, which authorized the construction of the interstate roads. IBM also invented the first hard disk for computers. Perhaps it is significant that the serial soap opera TV show "As the World Turns" also began on CBS that year... because the age of computers also spun our world in another direction...with good or bad results up for debate.

Not to downplay troubles in 1956...segregation still existed in many parts of the country. And there was the "Red Menace" of the Soviet Union, along with the threat of nuclear war, on our minds, but I truly believe that most people lived happy and contented lives. We watched John Cameron Swayze, followed by Chet Huntley and David Brinkley, bring us the daily news, and they just gave the news... with none of their personal or political opinions along with it...definitely NOT like today. By the way, Walter Cronkite did not become a news anchor who was considered "the most trusted man in America" until 1962.

Dear Lord, when I kick the bucket, please transport my soul back to 1956. I want a 5-cent ice cream cone and Mickey Mantle's autograph. As Walter Cronkite would say, "And that's the way it is."

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

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12

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Best-Selling Author Has Fond Memories of Montgomery County



TIM TIMMONS
Two Cents

A dozen or so years ago, my wife and I read a fascinating book – One Second After. It was a riveting story about a small town in the mountains of North Carolina and the people who live there. One spring afternoon, the power goes out. Phone lines are dead, cars won't start . . . the U.S. has been hit with an EMP – electromagnetic pulse – attack.

Over the new few hundred pages, the reader follows the story of a family and their community trying to survive in a world drastically different than the one they woke up in on that May day.

It's not just well written – it's scary realistic as the writer describes how

quickly society dissolves into chaos. Lawlessness reigns, but that's only part of the problem. Medicines that require refrigeration are gone. A local nursing home suffers multiple fatalities. Minor mishaps turn into life-threatening emergencies.

This isn't a process that takes months or years, but days and weeks.

It's a stark and arguably realistic look at exactly how fragile our world really is just below the surface.

The writer is William R. Forstchen, a prodigious author with dozens of books to his credit. He is a professor emeritus of history and creative writing at Montreat College in western North Carolina. One Second After was not his first book, but it did end up being the first in a series that includes One Year After and The Final Day. This week sees the release of a fourth and what Forstchen said is likely the last book in the series – Five Years After: A John Matherson Novel.

Forstchen was born in New Jersey and now teaches in North Caroli-

na. But he has a strong Indiana – and Montgomery County – connection. He got his doctorate at Purdue. While there, he used to travel south.

"Crawfordsville? You're in Crawfordsville?" he said on the phone. "I used to come down there and go canoeing on Sugar Creek! What a great experience."

How did he get from Purdue to the creek? "The general," he said. "I went to Purdue and within a couple of weeks I found out about the general and came down to see the study."

Forstchen said he had great times at the Lew Wallace Study and while he was visiting heard about Sugar Creek.

"When you are floating along and come up on those covered bridges, it's just spectacular."

Forstchen took a little time recently to talk about Five Years After – a book he said he really hadn't planned on writing.

"Remember the line from The Godfather," he laughed. "Just when I thought I was out,

they pull me back in . . . When I wrote Final Day, I chose the word final for a reason, it wraps up the series."

But the 70-year-old said his publisher kept prodding.

"I really do think this is the last one," he chuckled.

Of course the publisher had good reason. One Second After was a huge hit.

"It caught me totally off guard," Forstchen said. "I figured it was going to sell five or six thousand and that's it. My agent called and said 'you better sit down. You're on the New York Times best seller list.'"

Where did the idea that launched the series come from?

"At Purdue when I was in grad school," he explained. "I was aware of the issue of EMP. When the ice storm in '90 or '91 hit, after four or five days of no power people were getting really squirrely. There were stories about people screaming at power crews. Things got ugly. That was the genesis."

Former Speaker of the

House Newt Gingrich has written about the series, and in fact, the two have become friends and co-authors. They've paired up on the books 1945, Pearl Harbor, Gettysburg, Days of Infamy and others.

They met before Gingrich became Speaker of the House. Of course Gingrich taught history at West Georgia College before getting into politics. The pair found they had a lot in common.

"Here's the kind of guy (Gingrich) is," Forstchen said. "I gave him a framed portrait of Ulysses S. Grant with the famous quote 'I propose to fight it out on this line if it takes all summer.' He beamed, and then said, 'I can't accept this.'"

Turns out that because of congressional rules, gifts over a specific dollar value were not allowed. So Forstchen told Gingrich to keep it on loan.

Years later, the pair were together and Gingrich brought the painting out to give back.

"That's the kind of guy he is," Forstchen said. "Hell, I had forgotten

about it."

Of course he told Gingrich to keep it. Although the storyline follows the main character, the overriding theme is the fragility of our nation's power grid.

"America's electrical infrastructure is antiquated," he explained. "It's 40, 50 years old. We have to restructure. We're spending a trillion on green energy when we have to restructure."

"If you don't have a month's worth of supplies in your house now, you're crazy. I've talked to some who said they had enough to get by until FEMA comes. Well, what if FEMA doesn't come?"

Five Years After is available at all major booksellers online as well as Barnes & Noble at Tippecanoe Mall in Lafayette.

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

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13

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Ask Rusty – When Should My Wife Claim Social Security?

Dear Rusty: My wife will be 65 next year, and her full retirement age is 66 years plus 10 months. Can she collect 50% of my Social Security benefit at her full retirement age and then get her own higher personal amount at age 70? Her own amount at her full retirement age is \$1,100 per month but her age 70 amount is \$1,800. My Social Security is \$2,300. Suggestions welcome. Signed: My Wife's Helper

Dear Helper: Your wife cannot separate her spousal benefit from her personal Social Security retirement benefit – whenever she claims she will be automatically

deemed to be filing for both her own benefit and her spousal entitlement. Thus, she cannot claim her spousal benefit first at her full retirement age and defer claiming her own SS retirement benefit until she is 70. When your wife should claim is, essentially, a decision which should consider the urgency of her need for the money, her life expectancy, whether she will be eligible for a spouse benefit from you, and whether she is working.

If your wife claims before her full retirement age (FRA) and is working, she'll be subject to Social Security's "earnings test" which limits how much she can earn



ASK RUSTY
Social Security Advisor

before some SS benefits are taken away (Social Security's earnings test goes away at FRA).

Average life expectancy for a woman your wife's age is about 87. If your current \$2,300 benefit is a result of you taking your Social Security at your full retirement age or ear-

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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lier, then your wife will receive a small "spousal boost" from you. If she claims at her full retirement age, your wife's total Social Security payment will be 50% of the amount you were entitled to at your FRA and that will be her permanent amount, except for annual

COLA increases. However, from what you've shared, your wife's age 70 amount is considerably more than her maximum spousal benefit so, if her life expectancy is long, that suggests she may wish to consider waiting until age 70 to claim her own maximum benefit.

By doing so, your wife will get more in cumulative lifetime benefits if she achieves average life expectancy.

The unknown factor is your life expectancy because, as your widow, your wife will be entitled to 100% of the amount you were receiving at your death, instead of the smaller amount she is receiving on her own or as your spouse. If life expectancy is long for both of you, then your wife maximizing her own benefit by waiting until age 70 to claim is a prudent choice. But if your, or your wife's, life expectancy is shorter, then your wife claiming at her full retirement age would be a better decision.

Butch Recalls A Day In The Summer Of 1966



BUTCH DALE
Columnist

We can never predict what will happen in our lives...During the summer of 1966, I started working at the Allison's division of GM in Indy. I had graduated from high school in May and was fortunate to have received a scholarship to attend General Motors Institute that fall. My goal was to become an electrical engineer, and I was told that a high paying lifetime position with GM was guaranteed when I completed my four year degree.

One hot day in July, after I had returned home from Indy, I drove our old station wagon to Darlington to buy a bottle of Choc-Ola at Timmon's DX service station. Sitting on the bench out front was a friend, a former teammate of mine on the basketball team. He had a bottle of Coke and a bag of peanuts...just relaxing and watching the cars drive by. He had graduated a year ahead of me and had just served six months duty in the local National Guard unit. He told me that he was working temporarily for an equipment company on a nearby construction project. The job paid well, but it was not a job he wanted to do full time.

I told my buddy that I was starting to have doubts about my plans for the future. I had watched the engineers at Allison's sit at their desks all day, drawing engine parts. I had also found out that I would likely have to move to a large city when I joined their company. I loved Montgomery county and really didn't want to live anywhere else. My Dad farmed and also

had other part-time jobs...driving a school bus, measuring government ground, and selling seed corn. He seemed to be very happy doing several jobs at once. Dad had also told me that before I decided what I wanted to do in life, that I should decide where I wanted to live. That made a lot of sense to me.

My friend nodded his approval, and he mentioned that several people had suggested to him that he should get hired at R.R. Donnellys, as it was a good company. He could work there all of his life, make a good wage, and have great benefits. But he just couldn't see that happening, thinking he would likely get bored working for the same company for 40-50 years. After a few seconds, he suggested that we both make a pact...We would not work at the same job all of our lives, and we would only take jobs that we enjoyed...not jobs based on pay or benefits.

As I drove home that evening, I felt certain that I could find another occupation that would better fit my personality and interests. I didn't want to tell my parents, as they might be disappointed. I had to somehow break the news that I might not attend GM Institute after all.

The next day after I had arrived home from work, my Dad told me that a terrible tragedy had occurred. Two boys had died in a construction accident at the new Cherry Grove elevator that was being built on US 231 north of Crawfordsville. They had fallen 95 feet from a scaffold, which had collapsed at the top of a silo. One of the boys was Don Evans, a straight-A Wabash College student and exceptional athlete from Waveland, who I had played against in baseball and basketball. What a terrible loss of life!

Dad hesitated, and then told me the other boy was

Joe Mahoy, my friend and former teammate...the boy I had shared the bench with at Timmon's service station the preceding day. I just could not believe it. I was at a loss for words. I just sat there in stunned silence. I couldn't sleep that night...thinking about all of the good times that Joe and I had spent together in sports.

Three days later, I served as one of the pallbearers at Joe's funeral in Thorntown. His parents, his brothers...the entire community, were still in shock over his death.

Sometimes in a person's life, incidents happen that change one's plans and outlook on life. I started college that fall, but changed my mind after attending school in Flint, Michigan for just two weeks. I came back home, married my longtime girlfriend, and enrolled at Purdue for the second semester. I eventually became a teacher, police officer, and librarian...all jobs that I have enjoyed. I stayed right here and raised a family in the community that I love.

The lives of Don Evans and Joe Mahoy had ended much too soon. I never could understand how God could allow such tragedies to occur to such good, decent human beings who had their entire lives ahead of them. Later in my life, as a police officer, I saw similar tragedies many times when investigating fatal accidents. I have no answers.

Joe was never able to attain the goal we had agreed upon that summer day in July, 1966. I was lucky. And I am grateful to God that I was able to keep my promise to my friend.

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.

Use The Day Today



RANDALL FRANKS
Southern Style Columns

As I awake, I turn off the alarm, I turn and plant my two feet firmly upon the floor.

It is another day, I thank the Lord for another chance to serve Him.

This day will be a blessing to someone, maybe God will use me to me a tool in that blessing.

If not, then it is still a chance for me to be blessed a I serve.

I rise and after getting ready, I begin my work as everyone does to put food on the table.

No matter what may be your vocation in life, along your path someone will cross your way that needs some inspiration. Life is weighing them down.

There bills are too high; their job is filled with stress; their family is seeking respite from all

that ails them.

How can you make a difference?

Just listen. If someone complains in passing, take a moment, ask them about what they said.

If they truly need to express what's bothering them, they will, and you will have the chance to hear, and if its possible respond in a comforting way. If there is nothing God inspires you to say, or you have no avenue of solution for their situation, then you just need to say five words: May I pray with you?

God will give you the words to say to Him. By saying them, you will not only uplift the need of the person you are with, but also your own Spirit will rise in saying them.

You can both then move further along the path God has set you upon.

Let's say you are not blessed with the ability to pray in public.

Do you know someone that can? In hearing the description of their problem, did a person or entity you know pop into your head? That may be a sign that you are to pass this person's name along to another or send them to someone else for encour-

agement.

Sometimes we have within us what is needed, sometimes we are simply just the road map that shows them the next turn.

There are always bumps in every road and pot holes that need filling. Perhaps you are meant to be there to smooth the road up a bit so people's system is not shocked as badly.

So, today as you plant your feet on the floor, equip your mind and body to be a conduit for the encouragement you are capable of sharing with whomever God sends your way.

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

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SUNDAY

Voice of our PEOPLE

Sunday, Aug. 20, 2023

14

Air Conditioning: The Cause Of All Our Woes



MARK FRANKE
Guest Columnist

I have finally figured out the root cause of all our woes — air conditioning.

I am deadly serious about this. Consider just two travesties wreaking havoc across our landscape:

First, school start dates. My teacher neighbor started the first full week of August and her school was not alone. The school where I volunteer won't start until Aug. 16 but they are an outlier, not that even a mid-August start date is defensible.

I'm no scientist but I believe early August is smack in the middle of summer as our calendar informs us.

There was a time in my hometown of Fort Wayne when schools couldn't start well before Labor Day due to the simple fact that the largest employers, the heavy industries on the east end, did their shutdowns in August. That's when family vacations occurred.

We had the same issue at the university where I spent my career. Summer classes needed to end by July 31 or thereabouts so that the professional schools such as business and engineering could accommodate these students and their family vacation schedules. The exception to this were the graduate classes in the school of education, whose full-time teachers had most of August available but couldn't start in late May. They still can't start in late May but neither can they go deep into August.

Without air conditioning, which we did not have in my school days, no one would have

seriously considered beginning school in early August. Football players had to report on Aug. 15 but the rest of us stayed on vacation or made several weeks' more income from our summer jobs.

The politics of education need not be recounted here. Suffice it to say that the school districts seemed to incrementally shorten the school days and find a myriad of reasons to cancel days. I still don't know what an "in service" day is. Eventually the General Assembly stepped in and decreed a 180-day year with make ups required. As in all legislation we bear, it resulted from political pressure by voting groups as national test scores frog marched in the wrong direction. I've oversimplified this but you get the point.

A friend, a retired elementary school principal, told me when the 180-day law took effect that schools could offer the same amount of instructional time on a Labor Day to Memorial Day calendar if they simply returned to the previous longer school day. My recollection is of an 8-3:30 school day. The nearby elementary school system's day is about three-quarters of an hour shorter, which adds up over nine months.

If I were arbiter of the universe, I would make an even trade of those daily minutes for a two-week extension to summer.

My second point to introduce into evidence is the perniciously pervasive operation of the federal government. Does anyone seriously think that politicians and bureaucrats would hang out in Washington D.C. in July and August if it weren't for air conditioning?

I won't be granted a Ph.D. in political science for this analysis but I have concluded that much of the assault on liberties would not have happened if Washington shut down for the summer as it used to. Sure, there are those with

advanced degrees who will point to the post-Civil War period or the New Deal or the Great Society as the tipping point when the federal government grew exponentially. Maybe, but then wasn't air conditioning becoming standard in governmental buildings during the Great Society years?

President John Adams went home to Braintree during the summers and handled any communication needs by postal service. The Republic survived.

The early Congresses met from December to March and then went home to carry on with productive lives. The Indiana General Assembly still, theoretically at least, is a part-time legislature with constitutional constraints on how long they can meet. Surely it is no coincidence that Indiana has fewer government intrusions into our private lives . . . and pocketbooks . . . than many other states.

One can only dream about a Washington with plugs pulled on the A/C generators. No feverish regulation writing, no interminable committee hearings, no inane press conferences. After all, even today's press is too smart to stand out in the D.C. heat to grab a 30-second sound bite from some attention-starved congressman or senator.

Progress is not always beneficial. There is a John Lennon song that contains a line that fits me here: "You can say I'm a dreamer," and then he adds, "but I'm not the only one." Unfortunately for us dreamers, no complacent 21st century American would give up air conditioning just to get a longer summer or more liberty.

Marx was wrong. It is air conditioning that is the opium of the masses.

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

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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: _____
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Amount of award donation*:

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

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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.
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5 Budget-Friendly Travel Tips

FAMILY FEATURES

For many people, traveling is about exploring new cultures, landscapes, cuisines and ideas. However, the cost of the trip is still one of the most important considerations when booking a vacation.

In fact, according to a survey conducted by Slickdeals, a one-of-a-kind online community of shoppers working together to shop smarter and save more, 81% of respondents listed total cost as their top consideration followed by a desire for kid-friendly experiences at the destination and discounts or deals on transportation and lodging.

Even amid reported concerns about inflation (56%), increasing flight costs (51%) and gas prices (49%), 84% of families plan to spend the same amount or more on travel this year as last. Among the respondents, 42% plan to spend between \$1,501-3,000 and 15% plan to spend \$5,000 or more on travel.

While traveling is undoubtedly an investment, it doesn't have to break the bank. Consider these tips from Pete King, deal expert for Slickdeals, to save money as you begin planning your next excursion.

Set your budget with hidden costs in mind. When setting budgets, many people stop at the basics like transportation, accommodations and entertainment. Make sure to factor in additional costs such as pet care, food, checked luggage fees and airport and hotel parking so there are no surprises at the end of the trip.

Look for deals. Being open to a variety of destinations and travel dates can help you score the best deals. If you're tired of switching between booking sites or searching online for bargains, consider browsing the latest travel deals on the Slickdeals Travel Page where community members share some of the best travel deals on the internet, which can save you time and effort when looking for savings on your trip. You can even set deal alerts to be notified when deals pop up for your desired destination.



Photos courtesy of Getty Images



Bring an empty water bottle. While Transportation Security Administration regulations don't allow you to bring most fluids through security checkpoints in airports, packing an empty water bottle in your carry-on or personal item can save you from high costs inside the terminal. Once you're through security, simply fill your bottle at the nearest water fountain. An added bonus: You can take the full bottle on the airplane to stay hydrated during the flight without having to rely on the small complimentary beverage on board.

Pack less than you think you'll need. Many people overpack, and that can be a costly mistake. A single checked bag can cost as much as \$50, and some airlines charge extra for a ticket that includes a carry-on. For a weekend trip, keep it simple with a carry-on or backpack, and for longer adventures, keep in mind nobody at your destination will likely know you wore the same jeans two days in a row.

Find the right rewards credit card. If you have a rewards credit card, you could get cash back when you make certain purchases. You could get a percentage back on groceries, travel, dining and more. For example, with a travel rewards credit card, you earn points or miles that can be redeemed for future travel plans. General travel cards earn points or miles on virtually every purchase, regardless of airline or hotel chain, while co-branded cards that align with a specific airline or hotel reward users with more points for loyalty spending and provide additional benefits like free checked bags or a free night's stay on your card anniversary.

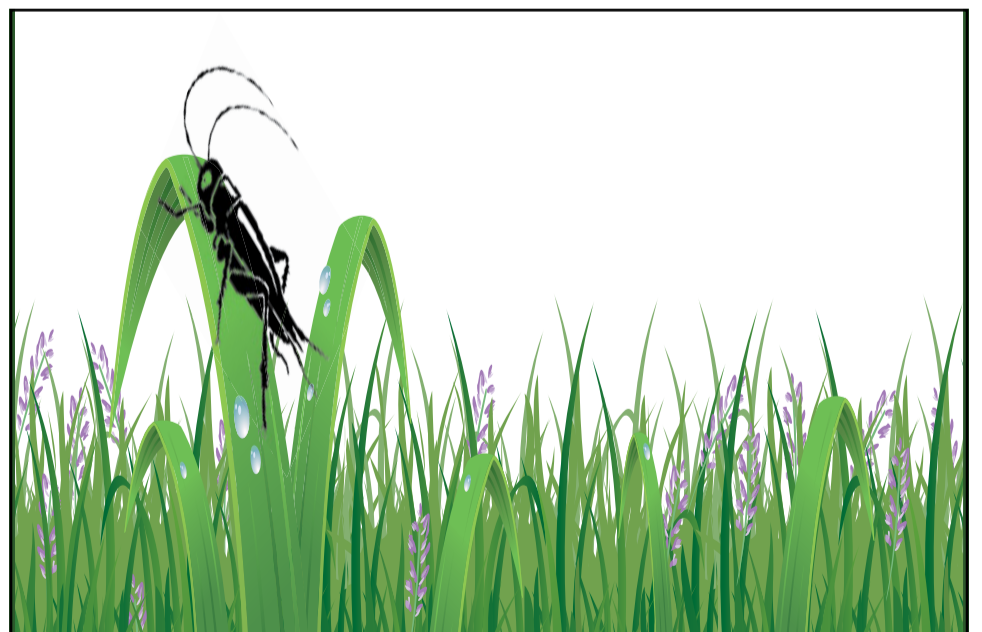
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Charge: P/V Dealing Methamphetamine (Level 3)

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

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.

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