

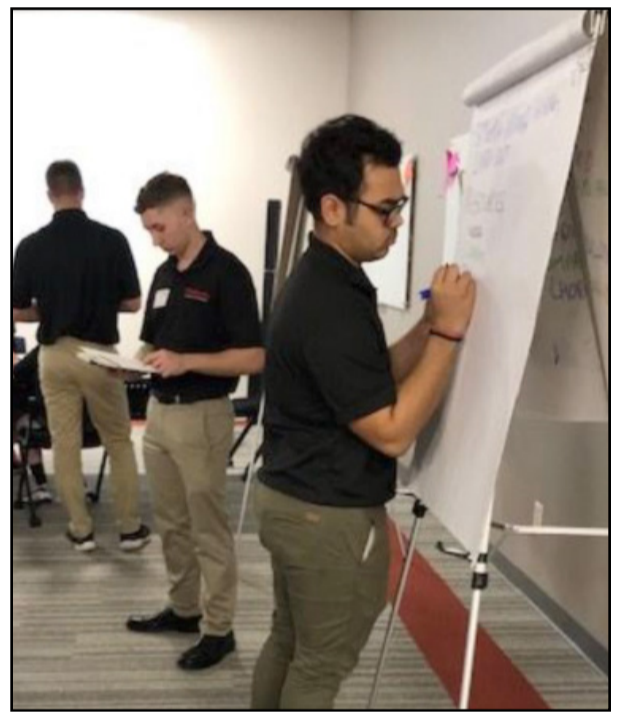
# SUNDAY

## The Paper

### OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

## How Do Montgomery County Youth Really Feel, And What's A Youth Summit Anyway?



Photos courtesy of The Mind Committee

On the left, some of the preliminary data is shared at the end of the high school summit. On the right, accurate record-keeping is a mandate for capturing all of the secondary students' perceptions for the report.

"I believe the children are our future. Teach them well and let them lead the way." A popular 1980's song created an image of the ideal life cycle where children's experiences and education helped them evolve into effective adults. The nearly 40 years since the inspiring anthem was published have significantly impacted growing up in America. Domestic and international terrorism, school shootings, the impact of the internet and popular culture, plus a world-wide pandemic have all changed the faces and minds of young people. Adults who grew up in simpler times can only guess at how these young people are impacted.

A recent youth activity has taken some of the guesswork out of delving into the thoughts and emotions of teens and pre-teens. Regionally, youth summits, as they are known, have been held in Tippecanoe and surrounding counties for five years. During the past school year, Montgomery County held its own version of youth summits: one for high school in October, and a middle-level summit in March.

What is a youth summit? The Search Institute in Minneapolis explains the purpose of a youth summit as "... a forum for young people to organize, network, learn new things, and share their hopes and concerns in a public setting." Search Institute goes on to describe the focus and outcome of a youth summit. "... We see young people addressing the issues they care most about and that often affect them most directly. This might be in their schools, neighborhoods and youth serving organizations. We see young people playing active roles in addressing issues being a part of creating solutions."

How did Youth Summits evolve in Montgomery County? When the Mind Committee of the Montgomery County Wellness Coalition sought to focus on a



Photos courtesy of The Mind Committee

On the left, a Wabash facilitator leads high school students in discussing one of the focal points at the youth summit. On the right, two high school summit participants enjoy a fun lunch break.

single facet of mental health in Montgomery County, it was a simple choice to begin with youth mental health. A Centers for Disease Control survey released in March 2022 found that "more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic, and 44% reported they persistently felt sad or hopeless during the past year." (Centers for Disease Control, 31 March 2022)

Such studies reflect global data, but to truly focus on local youth, the Mind Committee felt sampling student thoughts and emotions through a youth summit would produce more current data collected in an interactive environment. To collect the data, the Mind Com-

mittee did not have to look far. The well-known Wabash College Democracy and Public Discourse initiative has a successful history of surveying various populations. Under the direction of James Proszek, Program Associate, Wabash students worked with the Mind Committee to create a collection of discussion questions that covered categories to learn about mental health stressors and challenges, resources, and relationships. DPD fellows worked in pairs to lead the discussions and make a careful record of the responses for a small group of students.

The Mind Committee worked with the student services departments in the local high schools to select students who could represent the total student body

as much as possible. The high school summit in October gleaned insights from 28 students from Crawfordsville and North Montgomery. In March, 36 students attended from Crawfordsville Middle School, North Montgomery Middle School, and Southmont Junior High School. It is believed that the middle-level summit was the first of its kind in this region of the state.

Following each summit, Proszek and the Wabash fellows thoroughly analyzed the records of the students' deliberations and produced a report of the findings. The summit participants also responded to a post-summit reflection. What information did the Youth Summits reveal? In our next article, we will learn some of the data collected.

### ➔ TODAY'S QUOTE

"True love is like ghosts, which everyone talks about but few have seen." Unknown

### ➔ TODAY'S JOKE

What do you get when you divide the circumference of your jack-o-lantern by its diameter? Pumpkin Pi.

### ➔ TODAY'S VERSE

Romans 10:9 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

### ➔ TODAY'S HEALTH TIP

Pregnant women can get the flu vaccine.

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](http://www.thepaper24-7.com).



### ➔ HONEST HOOSIER

Doesn't it seem like the Lord's Day doesn't have the importance it used to? That might well have a lot to do with what's wrong with our country!



**13 WTHR** INDIANA EDUCATION

**7 DAY FORECAST**

43/68 CLOUDS & SHOWERS THEN SUNNY, BREEZY, MILD  <b>SAT</b>	44/57 CLOUDY START, P.M. SUN  <b>SUN</b>	36/63 FROST POSSIBLE, PARTLY SUNNY  <b>MON</b>	49/76 BREEZY AND MILD  <b>TUE</b>	59/75 MILD, CHANCE OF SHOWERS  <b>WED</b>	60/75 CHANCE OF SHOWERS  <b>THU</b>	60/73 SHOWERS & STORMS LIKELY  <b>FRI</b>
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HONEST HOOSIER



Quite a unique county!

# I ndiana

# Facts & Fun



# 38

Jay

## Number Stumpers

1. What percentage of people live in Portland?  $\geq$
2. How old is Jay County?  $\leq$
3. How many live in the county, but not in Portland?  $\geq$
4. What is the population density of the county?  $\leq$

Answers: 1. About 29 percent 2. 183 Years 3. Around 15,030 People 4. 55/ sq. ml.

## Did You Know?

- Jay County was formed in 1836
- It is the only county in the United States named for John Jay, co-author of The Federalist Papers, Secretary of Foreign Affairs under the Articles of Confederation, and first Chief Justice of the United States.
- According to the 2010 census, the county has a total area of 384.08 square miles (994.8 km<sup>2</sup>), of which 383.90 square miles (994.3 km<sup>2</sup>) (or 99.95%) is land and 0.18 square miles (0.47 km<sup>2</sup>) (or 0.05%) is water.
- The population in 2010 was 21,253
- The county seat, Potland has a population of 6,223

## Got Words?

Why do you think it was decided to name the county after Jon Jay and why do you think it's the only county in the United States to bear his name?

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## Word Scrambler

Unscramble the words below!

1. AYJ NTUCOY
2. FLSTDRAERI
3. SJUCIE
4. QUIUNE
5. DETNUI TESTA

Answers: 1. Jay County 2. Federalist 3. Justice 4. Unique 5. United States

**Indiana Facts & Fun Is Presented This Week By:**  
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# SUNDAY

## Indiana the Strong

Sunday, Oct. 22, 2023

B1

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## Spacecraft Metals Left In The Wake Of Humanity's Path To The Stars



The Space Age is leaving fingerprints on one of the most remote parts of the planet — the stratosphere — which has potential implications for climate, the ozone layer and the continued habitability of Earth.

Using tools hitched to the nose cone of their research planes and sampling more than 11 miles above the planet's surface, researchers have discovered significant amounts of metals in aerosols in the atmosphere, likely from increasingly frequent launches and returns of spacecraft and satellites. That mass of metal is changing atmospheric chemistry in ways that may impact Earth's atmosphere and ozone layer.

"We are finding this human-made material in what we consider a pristine area of the atmosphere," said Dan Cziczko, one of a team of scientists who published a study on these results in the Proceedings of the National Academy of Sciences. "And if something is changing in the stratosphere — this stable region of the atmosphere — that deserves a closer look." Cziczko, professor and head of the Department of Earth, Atmospheric, and Planetary Sciences in Purdue's College of Science, is



Photo courtesy of Purdue University

**Dan Cziczko, professor and head of the Department of Earth, Atmospheric, and Planetary Sciences in Purdue's College of Science, was part of the research team that discovered significant amounts of metals in aerosols in the atmosphere, likely from increasingly frequent launches and returns of spacecraft and satellites. Data was collected more than 11 miles above the planet's surface using sampling tools hitched to the nose cone of research planes.**

an expert in atmospheric science who has spent decades studying this rarefied region.

Led by Dan Murphy, an adjunct professor in the Department of Earth, Atmospheric, and Planetary Sciences and a researcher at the National Oceanic and Atmospheric Administration, the team detected more than 20 elements in ratios that mirror those used in spacecraft alloys. They found that the mass of lithium, aluminum, copper and lead from spacecraft reentry far exceeded those metals found in natural cosmic dust. Nearly 10% of large sulfuric acid particles — the particles that help protect and buffer the ozone layer — contained aluminum and other spacecraft metals.

Scientists estimate that as many as 50,000

more satellites may reach orbit by 2030. The team calculates that means that, in the next few decades, up to half of stratospheric sulfuric acid particles would contain metals from reentry. What effect that could have on the atmosphere, the ozone layer and life on Earth is yet to be understood.

Scientists have long suspected that spacecraft and satellites were changing the upper atmosphere, but studying the stratosphere, where we don't live and even the highest flights enter only briefly, is challenging.

As part of NASA's Airborne Science Program, Murphy and his group fly a WB-57 airplane to sample the atmosphere 11.8 miles (19 km) above the ground in Alaska, where circumpolar clouds tend to form. Similar

measurements were made by Cziczko and his group from an ER-2 aircraft over the continental United States. Both groups use instruments hitched to the nose cone to ensure that only the freshest, most undisturbed air is sampled.

The sheltering sky Like the view of the unruffled surface of the ocean, the stratosphere appears untroubled — at least to human eyes. Life and civilization take place mostly on the planet's surface and in the troposphere, the atmosphere's very lowest layer. The stratosphere is a surprisingly stable and seemingly serene layer of the atmosphere.

The stratosphere is also the realm of the ozone layer: that gaseous marvel that acts as a global tent to shield the planet and all

life on it from the searing, scorching rays of ultraviolet radiation. Without the ozone layer, life would likely never have arisen on Earth. And without it, life is unlikely to be able to continue.

The last decades have been eventful for the stratosphere. The ozone layer came under threat from chlorofluorocarbons in the 1980s, and only coordinated, sustained global efforts of governments and corporations have begun to bear fruit in repairing and replenishing it.

"Shooting stars streak through the atmosphere," Cziczko said. "Often, the meteor burns up in the atmosphere and doesn't even become a meteorite and reach the planet. So the material it was made from stays in the atmosphere in the form of ions. They form very hot gas, which starts to cool and condense as molecules and fall into the stratosphere. The molecules find each other and knit together and form what we call meteorite smoke. Scientists recently started noticing that the chemical fingerprint of these meteoritic particles was starting to change, which made us ask, 'Well, what changed?'"

Because meteorite composition hasn't changed. But the number of spacecraft has."

What goes up Spacecraft launches, and returns, were once international events. The launches of Sputnik and the Mercury missions were front-page news. Now, a quickening tide of innovation and loosening regulation means that dozens of countries and corporations are able to launch satellites and

spacecraft into orbit. All those satellites have to be sent up on rockets — and most of that material, eventually, comes back down.

Like the wakes of great ships trolling through the ocean, rockets leave behind them a trail of metals that may change the atmosphere in ways scientists don't yet understand.

"Just to get things into orbit, you need all this fuel and a huge body to support the payload," Cziczko said. "There are so many rockets going up and coming back and so many satellites falling back through the atmosphere that it's starting to show up in the stratosphere as these aerosol particles."

Of course, shooting stars were the first space-delivery system. Meteorites fall through the atmosphere every day. The heat and friction of the atmosphere peel material off them, just as they do off human-made artifacts. However, while hundreds of meteors enter the Earth's atmosphere every day, they are increasingly being rivaled by the mass of metals that comprise the tons of Falcon, Ariane and Soyuz rockets that boost spacecraft into space and return again to Earth's surface.

"Changes to the atmosphere can be difficult to study and complex to understand," Cziczko said. "But what this research shows us is that the impact of human occupation and human spaceflight on the planet may be significant — perhaps more significant than we have yet imagined. Understanding our planet is one of the most urgent research priorities there is."

## Indiana Sees Promising College-Going, Enrollment And Completion Data

After more than a decade of declines, Indiana's college-going rate and overall college enrollment are starting to turn around. The college-going rate for high school graduates from the class of 2021 pursuing some form of postsecondary education held steady at 53 percent. Additionally, this fall, Indiana colleges and universities saw nearly 5,000 more students enroll, a two-percent increase in enrollment. More students are completing their degree programs with the state seeing a nearly 9 percent increase in on-time completion over five years.

**Indiana's college-going rate holds steady at 53 percent**

The Indiana Commission for Higher Education's most recent data show that 53 percent of the high school graduating class of 2021 enrolled in college immediately following graduation. This includes students who pursued less than a one-year certificate up through a four-year degree.

"Last year, the Commission sounded the alarm on Indiana's falling college-going rate," said Indiana Commissioner for Higher Education Chris Lowery. "This made clear that thought-

ful, robust action must be taken to reverse the present trend. The Commission, with support from partners in education, business, community- and faith-based organizations, philanthropy and government began advocating for and implementing ground-breaking policies and programs that directly impact the affordability of higher education in Indiana. The flattening of the college-going rate, coupled with 2023 enrollment data, is encouraging. The Commission remains laser-focused on closing persistent gaps."

21st Century Scholars continue to enroll in college at higher rates than their non-Scholar, low-income peers (81 percent compared to 30 percent).

Roughly 43 percent of Hispanic or Latino high school graduates enrolled in college in 2021, followed closely by 45 percent of Black students compared to 55 percent of White students.

Men continue to go to college at a lower rate than women with 46 percent of men enrolling in college compared to 60 percent of women.

The Commission publishes interactive dashboards for users to view historical data by county,

school corporation, institutions, gender, race and ethnicity, socioeconomic status and more. View Indiana's 2023 college-going data at [che.in.gov/readiness](http://che.in.gov/readiness). Graphics for college-going data are available here.

**Higher education is a great value in Indiana**

Higher education in Indiana is ranked in the top 10 nationally for providing the best value.

- Indiana ranks first in the Midwest and fifth in the nation in providing need-based financial aid.

- The state's four-year institutions are sixth best in the nation at holding the line in tuition and mandatory fees over the past decade.

"These rankings combined with the newly implemented policy and programmatic changes make me hopeful for the future of our state," said Lowery. "I am bullish on the prospects for rapid improvements to Indiana's college-going rate to ensure more Hoosier students can access the opportunities that education and training beyond high school provide leading to better outcomes for individuals, for employers, for communities and for our state."

Indiana sees largest year-over-year college enrollment increase since

2010

College enrollment increased by nearly 5,000 students, or two percent, compared to the fall 2022 school year making 2023 the first year enrollment in Indiana has increased in the past 13 years.

Over 244,000 students, both undergraduate and graduate, enrolled in one of Indiana's public higher education institutions during the fall 2023 school year.

- Enrollment at state-wide public institutions increased by nearly 5,000 students from fall 2022.

- Resident enrollment increased by nearly two percent.

- At the undergraduate level, enrollment improved by nearly three percent from fall 2022 while graduate enrollment declined by less than one percent.

- Both four- and two-year institutions experienced a year-over-year increase in enrollment.

"After an historic investment in education from Indiana's General Assembly, this is promising news for the future of students and a glimpse at how the state's college-going rate will be impacted," said Lowery. "Critical policy changes such as the 35-percent increase to the Frank O'Bannon Grant

made the cost of higher education even more affordable to Hoosier students and families this fall. The Commission is looking forward to seeing the impact additional policies including 21st Century Scholars automatic enrollment, revised Outcomes-Based Performance Funding formula, aggressive expansion of the Indiana College Core and Indiana Pre-Admissions: Your Path to College will have on the state's college-going rate and enrollment in the coming years."

The full fall 2023 census enrollment summary can be found at <https://www.in.gov/che/data-and-research/reports-and-analyses/>.

**More students are completing a degree or credential**

Also, there have been marked improvements in Indiana's college completion rates over the past five years at both two- and four-year campuses. On-time completion rates have increased by nearly 6 percentage points at four-year campuses and 9.3 percentage points at two-year campuses. Extended-time completion rates (within six years for any degree type) have had similar improvements.

- Nearly 70 percent of

all students graduated in an extended timeframe. This is an over 8-percent-age-point increase in five years.

- Over 80 percent of students at a four-year main campus graduated within six years.

- Nearly 3 out of 4 students (73 percent) at any four-year campus graduated within six years.

- Extended-time graduation rates at two-year campuses are up over 11 percentage points in five years.

"Indiana's revised Outcomes-Based Performance Funding formula continues to encourage institutions to keep their foot on the gas of improving college completions," said Lowery.

"It is encouraging to see improvements in both on-time and extended-time completion rates, but more can be done to ensure all students finish their degree program of choice. Automatically enrolling 21st Century Scholars allows the Commission and its partners to shift its focus from one of enrollment to one of college and career success. Additionally, the Commission is pleased to receive support from the State Budget Committee to embed success coaches in higher education institutions around the state."

# SUNDAY

## Indiana the Strong

Sunday, Oct. 22, 2023

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## Purdue Team Examines Bio-Impact Of Toxic Chemical Cocktails In The Environment

Purdue University scientists are unraveling the complicated toxicity of a mixture of what are often called “forever chemicals” found in many consumer products.

In outdoor experiments under controlled conditions, the team found that tadpoles exposed to a common mixture of these compounds, called perfluoroalkyl and poly-fluoroalkyl substances (PFAS), suffered reduced growth as they transformed into juvenile frogs. Size at this life stage is related to the survival and reproductive success of amphibians generally, said Purdue research faculty member Tyler Hoskins.

“There are over 5,000 of these chemicals out there that we know of, and that list continues to grow as our analytical capabilities grow,” Hoskins said. A common source of these chemicals is the fire-retardant aqueous film-forming foams (AFFF) that have been used for more than 50 years to douse fuel fires at airports and military sites. But PFAS are widespread environmental contaminants that are also found in fast-food packages, nonstick coatings on cookware, cosmetics, biosolid-derived fertilizers and a broad range of manufacturing processes.

“We were trying to mimic what aquatic organisms would experience if they were near a site where AFFF had been historically used. Water bodies at airports and defense sites are the areas where you would expect surface water to end up with AFFF,” he said.



Photo courtesy of Purdue Agricultural Communications

**Purdue University's Tyler Hoskins in the field at the Purdue Wildlife Area.**

Hoskins and nine co-authors published their results in a paper highlighted on the cover of the journal *Environmental Science & Technology*.

“PFAS are perhaps the most persistent class of chemicals we have created since we started producing chemicals,” said co-author Maria Sepúlveda, professor in the Department of Forestry and Natural Resources. “Studies that look at PFAS mixtures are very critical right now, and there aren’t very many because they are hard to do.”

Existing studies tend to examine PFAS at the cellular level in the laboratory rather than in whole animals.

A big challenge for scientists is how to sort the toxicity of various PFAS mixtures. In the field, Hoskins noted, animals become exposed to

dozens of these chemicals at the same time. But when scientists run laboratory tests or outdoor studies under controlled conditions that simulate real-world environments, they often focus on exposures to three or fewer compounds.

“It’s rare to look at what’s actually in the environment,” Hoskins said. The team designed the study to examine the relative role of one PFAS in particular — perfluorooctane sulfonate (PFOS) — as part of a mixture with four other PFAS.

The company that manufactured PFOS voluntarily phased it out in 2002. “But it’s still the most commonly detected PFAS in the environment and in animals. It’s a really important one to study,” Hoskins said.

PFOS accumulates in biological tissue more than most PFAS chemi-

cals and also ranks among the most toxic. The researchers had hoped to resolve whether PFOS would stand out as the most toxic chemical of the mixture. Their results suggested, however, that PFOS was no more toxic than the other four PFAS in the mixture.

The U.S. banned another class of long-lasting toxic chemicals, polychlorinated biphenyls (PCBs), in 1979. There are close to 250 types of PCBs, compared to thousands for PFAS. Scientists discovered long ago that all PCBs act in the same way.

“With PFAS, that’s not the case,” Sepúlveda said. “There’s nothing unique that you can say, ‘Oh, that’s PFAS exposure.’ There are so many different mechanisms going on that it’s hard to study them because you don’t know how they act.”

In studies conducted over the last five years at the whole-animal level, Sepúlveda’s team has seen that each chemical in the tested mixtures usually has additive effects. The pervasive nature of PFAS complicates the studies.

“If I took a blood sample from you, you’re going to have a PFAS profile in your blood,” Sepúlveda said. “It’s composed of several chemicals, and not all of them have the same toxicity. You need to know how those might interact when they’re together to impact toxicity.”

The chemicals are commonly found in laboratory equipment, too. This includes glassware, plasticware and even the rabbit chow they feed the frogs.

“We found it in the tanks that leached. And worst of all, it’s in the rainwater,” Sepúlveda said. “How do you control for that? We can’t keep the tanks sealed. It’s a problem right now.”

The research team has follow-up studies in progress to further study mixture toxicity in insects and in aquatic community dynamics.

“Aquatic organisms exist in a community, and they interact with one another,” Hoskins said. “When one member of the community gets perturbed, that can have ripple effects for other members of the community. The community-level effects of PFAS have not received much research attention.”

The team chose amphibians for this study because they have an

aquatic life stage and can breed near sites affected by AFFF.

“Just like every other animal, they serve important roles in the ecosystem,” Hoskins noted. They eat a lot of insects, including mosquitoes. And they serve as prey, in turn, for other animals such as herons, turtles and snakes.

“Chemicals serve a lot of important purposes for us. But if we’re going to put large amounts of chemicals into the environment, it’s our responsibility to understand what they’re doing to our health and wildlife health,” Hoskins said. “That’s what we’re trying to do here.”

The contributors to this study include Purdue’s Linda Lee, Distinguished Professor of Environmental Chemistry in the Department of Agronomy; Jason Hoverman, professor in the Department of Forestry and Natural Resources; Ann Catlin, senior research scientist, Purdue Information Technology; and Youn Jeong Choi, senior analytical chemist, Department of Agronomy. They also include Wesley Flynn, now at the U.S. Geological Survey; Grace Coogan, former Purdue lab manager; Chloé de Perre, now at Corteva Agriscience; and Masha Modiri Gharehveran (PhD environmental engineering ’19), now at EA Engineering, Science and Technology Inc.

This work was funded by the U.S. Department of Defense’s Strategic Environmental Research and Development Program, ER-2626.

## Lipid Biomarker Panels Perform Real-Time, Point-Of-Care Sample Analysis In Industrial, Agricultural Settings

Purdue University researchers are using mass spectrometry, a century-old analytical technique performed by experts in a laboratory, to monitor and analyze patterns of molecules in real-time, point-of-care applications in industrial and agricultural settings by nonexpert users.

Christina Ferreira, metabolomics analyst at Purdue’s Metabolite Profiling Facility and Center for Analytical Instrument Development, said traditional mass spectrometry requires several steps to obtain a profile containing structural information of diverse molecules and connect them to a specific characteristic.

“It is performed by homogenizing the sample, mixing it with organic solvents, centrifuging and drying it before injecting it into a system operated by an expert,” Ferreira said. “After that time-consuming process, the data needs to be processed and submitted to statistical analysis. There are many software packages that

simplify this process, but it is time-consuming and needs expertise to be carried out.”

**The Purdue panels and their validation**

Ferreira and her colleagues have developed patent-pending biomarker panels and workflows that deliver nanograms or nanoliters of a biological sample, usually lipids or metabolites, directly to the mass spectrometer without performing liquid chromatography or other sample preparation.

“Our method is by nature straightforward and informative because it includes structural information of all the molecules in the panel. Removing the sample preparation step makes it possible to analyze the data of the samples in real time,” Ferreira said. “This is a high-throughput technology: It is much less expensive and more amenable to be used outside a laboratory by nonexperts with minimal technical training. The benefits are the high amount of chemical information acquired in a

short time and in a simple way.”

The technology has been used by Purdue researchers of the Metabolite Profiling Facility since 2016. Since then, it has been used in research that has been published in more than 40 peer-reviewed publications including *Meat Science*, *Journal of Assisted Reproduction and Genetics*, *Reproductive Biology and Endocrinology*, *Analytical Chemistry* and *Journal of Mass Spectrometry*.

“It was initially developed during my postdoctoral training at Graham Cooks’ laboratory in Purdue’s Department of Chemistry to discriminate advanced Parkinson’s disease from controls using a few microliters of cerebrospinal fluid,” Ferreira said. “It also has been applied to discriminate human polycystic ovary syndrome, coronary artery disease, atopic dermatitis and to monitor diet interventions. There are diverse applications of the technology for mechanistic understand-

ing of biological conditions as well.”

**Certifying beef quality**

Ferreira and her collaborators at the University of Sao Paulo in Brazil are using the technology to determine the type of feed provided to cattle and other meat quality characteristics, including how tender it is. Grass-fed beef has been recognized as healthier than grain-fed beef, but there is no method to independently validate a grass-fed claim. The researchers’ patent-pending method allows for a fast, accurate approach to determine beef quality and meat certification requirements.

Ferreira received \$43,600 from the Trask Innovation Fund, which awards funding for short-term projects that enhance the commercial value of Purdue University intellectual property. It is managed by the Purdue Innovates Office of Technology Commercialization.

“The funds will create a prototype of a system that can certify meat quality inside a large meat plant

without sample preparation within a few seconds,” Ferreira said. “The team, which includes graduate students from Purdue’s Department of Animal Sciences and Weldon School of Biomedical Engineering, is using the approach to analyze valuable meat samples from ongoing experiments to test and expand the prototype applications.”

**Further development**

Ferreira said the next steps to develop the method are to find additional applications and partnerships at Purdue and within industry to test the technology’s potential and validate it. She said one interest is to use the approach to avoid food industry recalls by identifying product changes related to bacterial growth like salmonella. Another area of interest is screening for mycotoxins in diverse types of grains.

“I am also very interested in applying this technology to understand a fascinating phenomenon found in embryos.

They can reprogram cancer cells to make them less aggressive or even lose their tumorigenic properties. Embryos can reset cells around them and determine cell fate throughout their development,” Ferreira said. “We created an in vitro model that is ideal to study these mechanisms.”

Ferreira disclosed the biomarker panels innovation to the Purdue Innovates Office of Technology Commercialization, which has applied for a patent to protect the intellectual property. Industry partners interested in commercializing the materials for the marketplace should contact Dipak Narula, assistant director of business development and licensing in physical sciences, at [dnarula@prf.org](mailto:dnarula@prf.org).

Ferreira will host a seminar about the platform at noon on Wednesday (Oct. 18) in the Lobby Conference Room at the Purdue Institute for Drug Discovery, 720 Clinic Drive, West Lafayette, in Discovery Park District at Purdue.



# SUNDAY

## In The Kitchen

Sunday, Oct. 22, 2023

C1

Have a favorite remedy you want to share? Send it to [news@thepaper24-7.com](mailto:news@thepaper24-7.com)

## Make Every Meal Celebration Worthy



### Fresh Snack Board

- 1/3 pound Prosciutto di Parma
- 1 apple, sliced
- 1 handful pecans, walnuts or almonds
- 1/2 cup pomegranate seeds
- 1/2 cup fig jam
- 1/2 pound sharp cheddar cheese, sliced crackers

On charcuterie board or platter, arrange prosciutto, apple slices, nuts, pomegranate seeds, fig jam and cheddar cheese slices. Serve with crackers.

### FAMILY FEATURES

Family reunions, birthday celebrations and holiday gatherings all bring loved ones together for special occasions that call for delicious meals and snacks. To help elevate entertaining in your household, make hosting a cinch with quick, shareable recipes.

Pizza, for example, is a nearly universally beloved dish ideal for sharing. This version is simple, fresh and perfect for entertaining guests or just for a night in with fresh mozzarella, Prosciutto di Parma and fresh basil.

For savory seasonal flavor, look no further than Sweet Potato Rounds topped with fried sage leaves, goat cheese and prosciutto.

When guests arrive, greet them with easy hors d'oeuvres that balance wellness with indulgence like this Crudites Platter or Fresh Snack Board.

To help ensure the freshest of ingredients in these tasty appetizers, look for the "Parma Crown" on packages of Prosciutto di Parma, which you can find pre-packaged or available for slicing at many gourmet deli counters and specialty food stores. Containing no additives, preservatives or hormones, Parma ham contains no additives, preservatives or hormones and is 100% natural. Aged twice as long as many other options, it creates a depth of flavor that's delicate and sweet-savory with a buttery texture.

Find more easy appetizers perfect for entertaining at [parmacrown.com](http://parmacrown.com).

### Sweet Potato Rounds

Yield: 16-20 rounds

- 2 medium sweet potatoes
- 2 teaspoons olive oil
- salt, to taste
- 2 tablespoons butter
- 1 bunch fresh sage, stems removed
- 4 ounces goat cheese
- 8 slices Prosciutto di Parma, halved

Preheat oven to 425 F. Line baking sheet with foil or parchment paper. Peel and slice sweet potatoes into 1/2-inch rounds. In medium bowl, toss sweet potatoes with oil and lightly season with salt, to taste. Arrange rounds in single layer on prepared pan; bake until sweet pota-

atoes are lightly browned and tender, about 20 minutes, flipping halfway through.

In small skillet over medium heat, bring butter to simmer. Add half the sage leaves. Cook until crispy, 2-3 minutes. Remove to paper towel and season lightly with salt, to taste. Repeat with remaining sage leaves. Reserve 2 teaspoons butter. In small food processor, combine goat cheese and reserved butter; whirl until smooth.

To make rounds, remove goat cheese to plastic zip-top bag. Cut off one corner and pipe small dollops of cheese onto each round. Top with half slice prosciutto and one crispy sage leaf.



### Prosciutto Pizza

Yield: 8 slices

- Olive oil
- flour
- 1 container (16 ounces) store-bought pizza dough
- 1/4 cup tomato sauce
- 4 ounces fresh mozzarella, cubed
- 5 slices Prosciutto di Parma
- 6 fresh basil leaves

Remove dough from refrigerator and let sit at room temperature at least 30 minutes. Preheat oven to 500 F. Grease baking sheet with olive oil.

Roll out pizza dough onto floured work surface to form oblong shape about 16 inches long and 12 inches wide. Remove to oiled baking sheet and stretch out edges to fill length of baking sheet.

Bake 4 minutes. Remove from oven and evenly spread tomato sauce over surface, leaving 1/2 inch from edges bare. Dot with mozzarella. Bake until edges are golden and mozzarella is bubbling, about 12 minutes.

Drape prosciutto over mozzarella. Garnish with fresh basil.



### Crudites Platter

#### Toppings:

- 8 asparagus
- water
- 2 soft-boiled eggs
- 5 baby carrots, halved lengthwise
- 4 radishes with tops, halved lengthwise
- 1 head little gem lettuce, quartered
- 6-8 slices Prosciutto di Parma

#### Dip:

- 2 teaspoons white miso
- 1 tablespoon lemon juice
- 1 teaspoon water
- 1/2 cup full-fat Greek yogurt
- 2 tablespoons chopped herbs (dill, tarragon or parsley)
- 1/4 teaspoon salt
- fresh black pepper, to taste

To make platter: Trim asparagus. To blanch, bring pot of water to boil and place asparagus in pot 2-3 minutes. While asparagus is cooking, fill large bowl with ice water. After 3 minutes, plunge asparagus in ice bath and let cool.

To soft-boil eggs, bring pot of water to boil. Gently place room temperature eggs in water and simmer 3-4 minutes. Remove eggs with slotted spoon and cool under running water.

Serve asparagus and eggs alongside baby carrots, radishes and little gem lettuce. Drape prosciutto slices over some vegetables and between others.

To make dip: In small bowl, whisk miso, lemon juice and water until smooth. Add yogurt, herbs and salt. Season gener-



# SUNDAY

## In The Kitchen

Sunday, Oct. 22, 2023

C2

Have a favorite recipe you want to share? Send it to [news@thepaper24-7.com](mailto:news@thepaper24-7.com)

# Bring Sunshine to *Holiday Celebrations* with the gift of *Fresh Citrus*

### FAMILY FEATURES

**H**oliday gifting is an exciting tradition for many families, but finding that perfect present for the person who seems to have it all can be tricky. This year, you can add a touch of sweetness to that special someone's stocking with the gift of fresh fruit.

Look no further than the delicious taste contained in Florida Citrus gift boxes with premium citrus hand-selected at the peak of ripeness and delivered fresh to your recipient's door. From varieties of fresh fruit to tasty delights like orange blossom honey, jellies, candies and chocolate, it's an easy choice for crossing off holiday checklists.

Well-known for its vitamin C content, it provides a combination of nutrients to support overall health for a nutritious twist on seasonal gifting.

"Fresh Florida Citrus fruits provide an attainable solution for individuals falling short of their daily nutrient goals," said Dr. Rosa Walsh, director of scientific research at the Florida Department of Citrus. "It offers a number of key vitamins and minerals, including vitamin C, folate, fiber and thiamin, and can help support overall well-being when consumed as part of a healthy diet."

Thanks to Florida's unique climate with subtropical temperatures, abundant sunshine, distinctive sandy soil and ample rainfall, the citrus fruits pack a juicy, naturally sweet taste from the Sunshine State. These gift boxes can bring a new spin to your holiday menu.



Whether you're shipping a box to a family member, friend, neighbor or your own front door, holiday get-togethers can receive a spark of sweetness from a delicious appetizer like Grapefruit Avocado Bruschetta. This fresh take on a party favorite calls for toasted baguette slices topped with chopped grapefruit, Roma tomatoes, avocado and red onion to take your hors d'oeuvres selection

to the next level. For the adults in attendance, put a simple yet refreshing cocktail on the menu with this Grapefruit Paloma – just rim four glasses with margarita salt and mix a few easy ingredients to bring a little sunshine to the festivities.

Find more information, check availability in your area and shop for gift boxes at [gifts.floridacitrus.org](http://gifts.floridacitrus.org).

### Grapefruit Avocado Bruschetta

Servings: 3

- 1 cup Florida Grapefruit sections
- 1 baguette, sliced on bias
- 2-3 whole garlic cloves, peeled and halved
- 3-4 ripe Roma tomatoes, seeded and chopped
- 1 large avocado, chopped
- 1/2 small red onion, chopped
- 1/4 cup chopped cilantro
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste
- Florida Grapefruit segments, for garnish (optional)
- cilantro sprigs, for garnish (optional)

Preheat oven to 350 F. Chop grapefruit.

Place baguette slices on baking sheet and toast 5-7 minutes, or until golden brown.

Rub toasted sides of bread with cut sides of garlic cloves; reserve.

In medium bowl, combine tomatoes, grapefruit, avocado, red onion, cilantro and olive oil; season with salt and pepper, to taste. Toss gently to combine.

Spoon grapefruit mixture over pre-prepared bruschetta.

Garnish with fresh grapefruit segments and cilantro, if desired.

### Grapefruit Paloma

Servings: 4

- 24 ounces Florida Grapefruit Juice
- 16 ounces silver tequila
- 16 ounces seltzer
- ice
- margarita salt (optional)
- 4 Florida Grapefruit wedges (optional)

In large pitcher, mix grapefruit juice, tequila and seltzer with ice.

Rim four glasses with margarita salt, if desired.

Divide paloma among glasses; garnish with grapefruit wedges, if desired.



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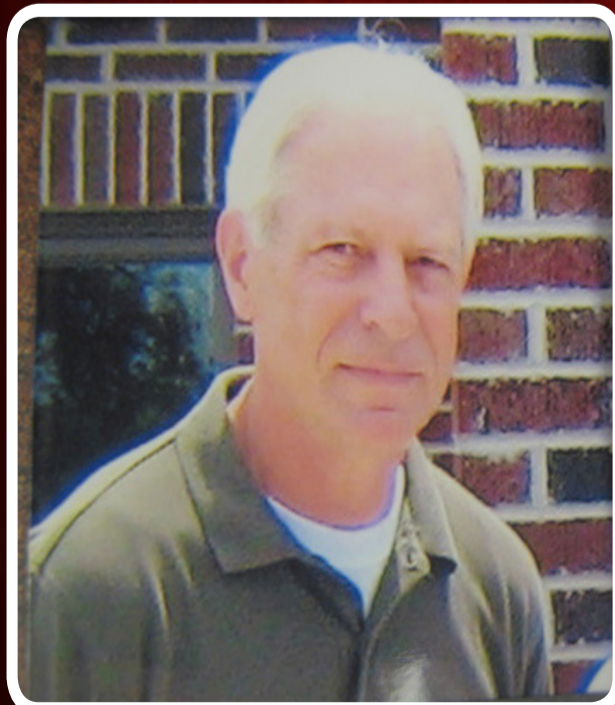
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# BUTCH DALE



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The Paper  
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# SUNDAY

## In The Kitchen

Sunday, Oct. 22, 2023

C3

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# Cooking Clean

## A reliable energy source can make cooking nutritious meals quick and easy



Chef Dean Sheremet

### FAMILY FEATURES

With many people focused on achieving a cleaner and healthier lifestyle, taking actionable steps such as recycling, using less hot water and eating nutritious foods can help lower your carbon footprint. Another step for a clean lifestyle: cooking with an environmentally friendly, clean energy source like propane.

Propane is already powering more than 12 million homes with reliable energy people can count on. Plus, gas-powered cooktops are preferred by 96% of professional chefs, including nutritionist and chef Dean Sheremet of “My Kitchen Rules,” who partnered with the Propane Education & Research Council (PERC) to educate homeowners on the benefits of cooking with gas.

“There is a lot of misinformation about cooking with gas in the news,” Sheremet said. “It’s important to remember, the act of cooking itself impacts indoor air quality, regardless of the energy that powers the stove. Having a qualified technician install and perform regular service for the stove, maintaining proper ventilation using a hood or opening doors or windows and following common sense safety measures can ensure the safe use of any stove.”

Because ventilation when cooking is key, it’s important to note that cooking with propane results in lower carbon dioxide (CO2) emissions than electric cooking, on average. That’s because more than 60% of electricity production comes from natural gas or coal generation plants, which release more CO2 emissions as part of the generation process.

Beyond the environmental benefits, propane-powered cooking appliances provide convenience, modern design and performance in kitchens, allowing home chefs to prepare healthy meals for their families in a short amount of time. Sheremet values the efficiency of a propane cooktop when creating nutritious meals like Skirt Steak with Salsa Verde and Spaghetti and Clams, which can be whipped up in minutes using a clean energy source.

“Chefs, and parents like me, prefer gas for a variety of reasons,” Sheremet said. “My son, Atlas, is often in the kitchen when I’m cooking, and we know sometimes kids don’t listen when we tell them to not touch a pan or the stove. Propane cooktops allow for greater control of heat levels and their instant flame turnoff capabilities help them cool faster than traditional electric stoves, which can remain dangerously hot for a period after they have been turned off.”

Learn more about cooking with propane and find recipes from Sheremet at [Propane.com/ChefDean](http://Propane.com/ChefDean).

### DO'S AND DON'TS OF COOKING WITH GAS

Cooking with a reliable and environmentally clean energy source like propane can take your home chef skills to the next level. However, there are steps to take to ensure safety while maximizing the benefits of cooking with your gas range.

#### Do:

- Follow the manufacturer’s installation and operating instructions.
- Keep pot handles turned inward to protect against accidents like knocking the pot off the stove or little ones reaching for the handles.
- Keep the range surface clean.
- Keep flammable materials away from burner flames.

#### Don’t:

- Do not cover the oven bottom with foil as it can restrict air circulation.
- Never use gas ranges for space heating.
- Do not allow children to turn burner control knobs.
- Do not leave food unattended on the cooktop.



Spaghetti and Clams

### Spaghetti and Clams

Recipe courtesy of chef Dean Sheremet on behalf of PERC

#### Salt

- 8-12 littleneck or other small clams in shell, scrubbed
- 1/4 pound spaghetti noodles
- 2 tablespoons extra-virgin olive oil
- 1/2-1 garlic clove, minced
- 1/2 dried red chile pepper
- 1/3 cup vermouth or white wine
- 1-2 tablespoons chopped fresh Italian parsley

Bring large pot of lightly salted water to boil. Soak clams in cold water.

Add spaghetti to boiling water and cook until slightly underdone. In large saucepan over medium-low heat, add olive oil, garlic and chile pepper. Sauté gently, reducing heat, if necessary, so garlic does not brown.

Add vermouth and clams; cover. Clams should open in about 2 minutes. Add hot drained pasta, cover and shake pot gently. Simmer 1-2 minutes until spaghetti is cooked to taste.

Discard unopened clams. Add half the parsley and shake pan to distribute evenly. Transfer to plate or bowl and sprinkle with remaining parsley.

### Skirt Steak with Salsa Verde

Recipe courtesy of chef Dean Sheremet on behalf of PERC

- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 thinly sliced scallions
- 3 tablespoons capers, drained and roughly chopped
- 3 garlic cloves, minced
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 1/2 teaspoon black pepper, plus additional, to taste, divided
- 1 1/2 pounds skirt steak
- 2 tablespoons chopped parsley
- 2 tablespoons chopped fresh mint, divided
- 1/4 cup pistachios
- 1 romaine heart
- 1 radicchio
- 1/2 cup crumbled goat cheese

Whisk olive oil, vinegar, scallions, capers, garlic, 1/2 teaspoon salt and 1/2 teaspoon pepper. Pour about 1/3 of dressing (about 1/3 cup) over steak and turn to coat.

Add parsley and 1 tablespoon mint to reserved dressing; stir and set aside until ready to use. Cover and refrigerate steak 30 minutes, or up to 24 hours.

In small sauté pan over medium heat, toast pistachios, tossing often, until golden brown, about 3 minutes. Set aside.

Set grill to medium-high heat or heat grill pan on stovetop over medium-high heat. Grill steak about 5 minutes per side. Transfer to plate and rest 10 minutes.

Cut romaine hearts lengthwise into quarters. Arrange romaine and radicchio in layers on large platter, leaving room on one side for steak. Sprinkle with goat cheese, pistachios and remaining mint.

Slice steak into 3-inch pieces then slice against grain to cut steak into wide strips. Add sliced steak to platter. Drizzle reserved dressing on romaine and steak.



Skirt Steak with Salsa Verde

# SUNDAY

## In The Kitchen

Sunday, Oct. 22, 2023

C4

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## 5 COZY WAYS TO ADD WARMTH TO COLD-WEATHER MEALS

### FAMILY FEATURES

When the winds howl and the chill of changing seasons brings a crispness to the air, one way to warm up from the inside out is with favorite foods. Filling up on comforting recipes like hearty soups and stews can be the solution you need to fight off cold temperatures.

Consider quick and easy ingredients that add a little warmth to your plate as the cravings for comfort kick in.

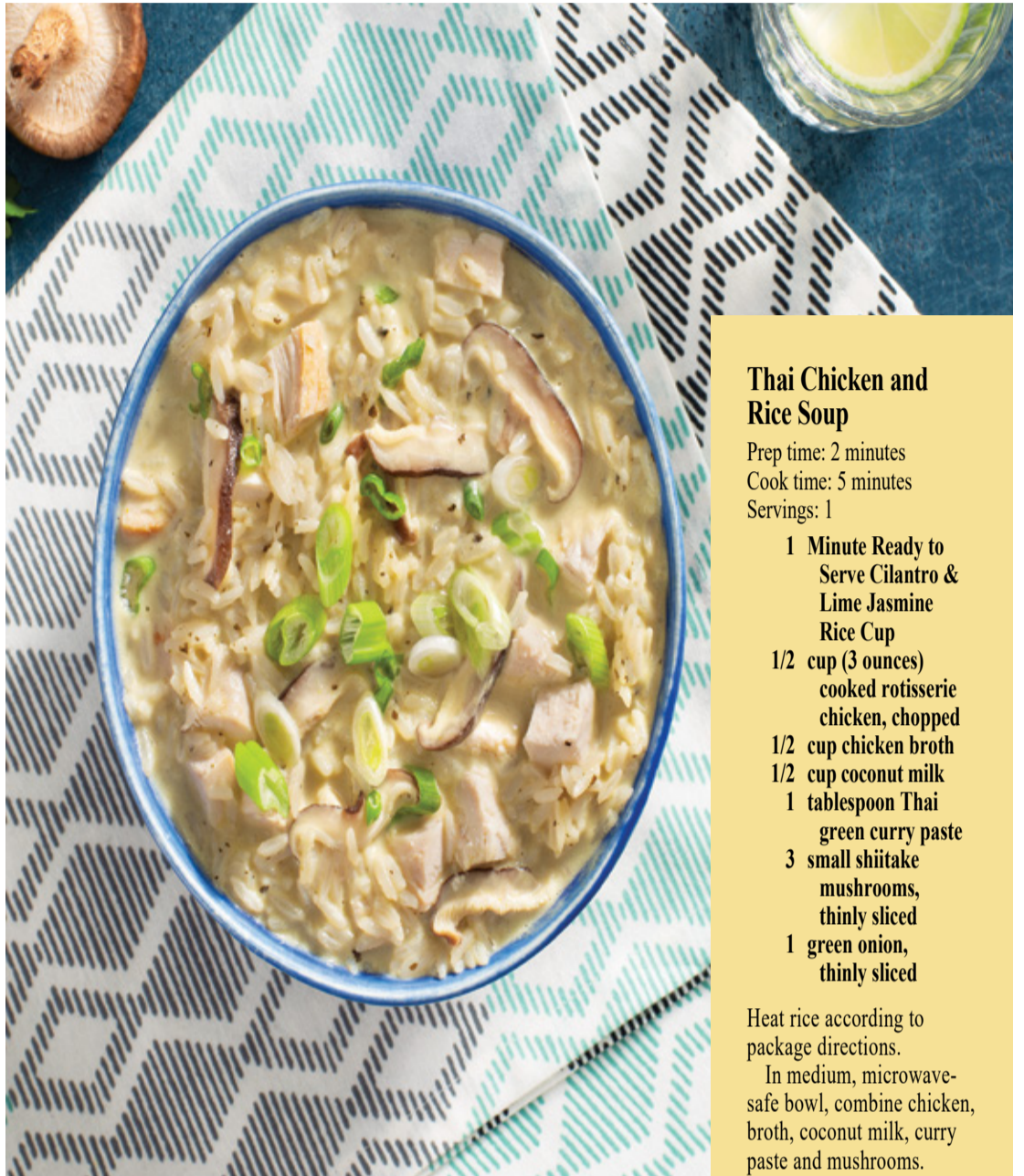
### Cheese

A family favorite in recipes year-round, ooey-goey cheese is a hallmark of cool-weather recipes. Consider creamy mac and cheese mixed with your preferred protein, homemade Mexican cuisine topped

with melted chile con queso or an appetizer plate with options like brie, Manchego, aged cheddar, Parmesan and more.

### Rice

If you're craving a meal that's big on flavor but short on prep time, it's hard to top the classic comfort food combo of chicken and rice. This Parmesan Chicken and Rice with Spinach and Artichoke starts with the homestyle taste of fully cooked Minute Chicken & Herb Seasoned Rice Cups with carrots, onion and garlic. The BPA-free cups offer a quick and flavorful option for an on-the-go power-up loaded with chicken, vegetables and herbs paired with hearty rice. Ready in only 1 minute, you can enjoy the flavored rice right out of the cup or prepare it as part of this 5-minute recipe on a busy weeknight.



### Thai Chicken and Rice Soup

Prep time: 2 minutes  
Cook time: 5 minutes  
Servings: 1

- 1 Minute Ready to Serve Cilantro & Lime Jasmine Rice Cup
- 1/2 cup (3 ounces) cooked rotisserie chicken, chopped
- 1/2 cup chicken broth
- 1/2 cup coconut milk
- 1 tablespoon Thai green curry paste
- 3 small shiitake mushrooms, thinly sliced
- 1 green onion, thinly sliced

Heat rice according to package directions. In medium, microwave-safe bowl, combine chicken, broth, coconut milk, curry paste and mushrooms. Microwave on high 3 minutes. Stir in rice and garnish with green onion.



### Parmesan Chicken and Rice with Spinach and Artichoke

Prep time: 5 minutes  
Cook time: 5 minutes  
Servings: 1

- 1 Minute Chicken & Herb Seasoned Rice Cup
- 1 tablespoon olive oil
- 1 cup spinach, stems removed
- 2 ounces chicken, cooked and shredded
- 1/4 cup canned artichokes, drained and quartered
- 1/4 cup shredded Parmesan cheese

Heat rice according to package directions. In medium saute pan over medium heat, heat olive oil. Add spinach and saute 1 minute. Add chicken and artichokes; saute 2 minutes, or until heated through. Add cheese and rice; stir to combine until heated through.

### Pasta

Whether you prefer spaghetti or penne, bowtie or stuffed shells, pasta provides a simple base for delicious meals loaded with comforting ingredients. For an easy weeknight meal, just choose a type of pasta, sauce and protein to put dinner on the table in 30 minutes or less.

### Curry Paste

Available in many varieties, curry paste is a common ingredient in South Asian dishes. It typically consists of ingredients like garlic, chiles or peppers, ginger and lemon-grass. When you'd like to add some spice to your menu without bothering with takeout, this Thai Chicken and Rice Soup calls for green curry paste, which is generally spicier than red or yellow versions, but any can be substituted based on your heat tolerance. You can

take the dish up a level with lightly seasoned Minute Cilantro & Lime Jasmine Rice for zesty flavor in a BPA-free, microwaveable cup for a simple solution when life gets hectic and preparing a time-consuming meal becomes challenging.

### Cayenne

Serving up a touch of spice in a wide variety of favorite recipes can be as easy as adding ground cayenne. Made of dried cayenne peppers finely ground to a powder, it's commonly used in dishes ranging from deviled eggs and pastas to shrimp and barbecue as an easy way to add a warming kick to cold-weather meals.

Find more comfort food recipes at [MinuteRice.com](http://MinuteRice.com).

# KAREN ZACH



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

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The Paper  
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# In The Home

# DAY

Sunday, Oct. 22, 2023

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## Enjoy Apples Now And For Months To Come



**MELINDA MYERS**  
Columnist

We've all heard an apple a day keeps the doctor away. But did you know an apple before grocery shopping means you will buy more fruits and vegetables?

Researchers at Cornell University found that people who ate a healthy snack before grocery shopping purchased 25 to 28% more produce than those who ate a cookie or nothing at all before heading to the store.

Take advantage of apple season to incorporate this healthy habit into your lifestyle. Have an apple or other healthy snack before your next trip to the grocery store. Your healthier mindset will have you filling your cart with more fruits and vegetables.

Then tantalize your taste buds by trying some new-to-you apple varieties. You'll find a wide variety at farmer's markets, orchards, and retailers this time of year. Many offer samples and provide recipes and recommendations for the best snacking, baking, and processing varieties. Or buy a collection of apples and conduct your own taste test.

Extend your enjoyment with proper storage. Use bruised, cut, or damaged



Photo courtesy of MelindaMyers.com

**A temperature between 32 and 39 degrees with 95% humidity is the ideal storage condition for mature, firm, blemish-free apples.**

fruit as soon as possible and only store apples that are firm and blemish-free.

Mature apples store best in temperatures between 32 and 39 degrees with 95% humidity. Providing ideal storage conditions is not always possible. Maximize their storage life by placing apples in perforated plastic bags in the crisper drawer of the refrigerator. The plastic bag helps increase the humidity around the fruit while allowing air to flow through the holes.

If refrigerator space is limited, consider preserving some of the apples. Make them into sauce or apple pie filling for canning. Peel, chop, cook and dry apples into fruit leathers for snacking. Make and freeze apple pies for a quick and easy dessert to simply bake and serve when needed.

Then add some fun by

converting a few apples into apple heads. This native American tradition was picked up by the settlers and is now a part of American folk art. All you need are a couple of apples, ½ cup lemon juice, 2 Tablespoons salt, a bowl of water, a pencil, and a knife.

Mix salt and lemon juice in a bowl of water and set aside. Peel the apple and core it, if you want to place it on a stick or prefer a long droopy face. Draw the outline of the face then carve the features into the apple.

Soak the carved apple in the bowl of salty lemon water for about ten minutes. Set on a cooling rack or hang the apples in a warm place to dry. Apples are ready when spongy or leathery to the touch.

Add a few details to the apple head by inserting

beads for the eyes and rice for the teeth. Use it as a head for a doll or place it on a stick and add it to your Halloween decorations.

Take advantage of apple season to find new ways to include apples in your diet. You'll enjoy the diversity of flavors and many uses this healthful fruit provides.

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

## Double Lilies: Perfect For Your Bridal Bouquet!

If you are getting married soon, it's time to choose the flowers for your bridal bouquet! How about double lilies without pollen? They look stunning in your bridal bouquet and also in the decorations on your special day.

### Surprising color palette

Double lilies are available in brilliant white and several shades of pink: from very soft pastel to statement magenta. Have we piqued your interest? Double lilies have no stamens, and therefore no pollen. This is what makes them so perfect for bridal flowers (no unsightly pollen stains on your dress). Their scent is ever so subtly floral – just right!

### Lush & minimalist

If you want to get married in a romantic atmosphere, why not combine double lilies with flowers of the season, like tulips in the same tint in spring, or dahlias in summer and autumn. The more rich in flowers, the more romantic your bridal bouquet will be. If you prefer a minimalist look, opt for a tight bundle of double-flowered lilies with long stems (without leaves). For

bridesmaids, one flower in their hair or a small flower arrangement looks very cute.

### From backdrop to table decorations

You can let the flowers you choose for your bridal bouquet come back in the decoration of the wedding venue. You could use double lilies in a backdrop for the ceremony hall, for example. Or lily bouquets to decorate the seats along the aisle... In the hall (or tent), you could place large vases filled with double lilies. And don't forget to decorate the welcome sign with flowers. If you have planned a dinner, place one double lily on each plate. So festive!

### Bridal trends

Bridal bouquets in soft pastel shades are still very trendy. It looks very romantic, after all! The understated wedding is a recent trend: think white table linens and white lilies – beautiful in all their simplicity. Above all, you should choose what you both like. The most important trend is: make your wedding day personal!

For even more ideas, visit [www.ilsaysays.com](http://www.ilsaysays.com).

## A White Garden: Pure And Natural

Choose white if you want something different. White may not be an official color, but it will give your garden a calm and pure look. If you alternate shades of white with different types of bulbs and greenery in your garden, you will create a perfect sense of harmony.

### Pure and natural

White flowers symbolize simplicity, cleanliness and purity. If you combine white with the greenery of plants, shrubs, and trees in your garden, you will create a pure and natural atmosphere.

Whether you have a modern garden or a classic one (or maybe a little bit of everything), white flowers are always a good fit!

### Mixing white

To create this pure and natural atmosphere, choose different types of bulbs

in fall. Spring-flowering bulbs are planted as early as fall because they need a cold period to flower properly. If you have a modern garden, try keeping it to no more than three different white flowering bulbs. For a relaxed or classic garden, you can go all out with all types. As long as they are white, of course!

### Patio and balcony

If you have a patio or balcony and you like the natural and pure style, white flower bulbs will also work really well. If you have a white pot or balcony planter lying around, or else something made of natural material such as reeds or wood, you can combine it very nicely with your bulbs to enhance the natural atmosphere.

More information is available at [www.flowerbulbs.com](http://www.flowerbulbs.com).

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*In The*  
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Photos courtesy of Getty Images

## CAREER READY

## 3 strategies to prepare teens for life after school

### FAMILY FEATURES

For some time, heading to college or joining the workforce have been the standard choices for teens upon high school graduation. Today, in part due to technology and social media, students have access to myriad career paths that are all but traditional.

With an increasingly dynamic career landscape creating an awareness of jobs that didn't exist even 10 years ago and a shortage in the workforce, there's a willingness for both potential employees and employers to look at careers and young talent from a whole new perspective.

"There isn't a 'typical' career anymore," said Dr. Lorna Bryant, Gen Z career expert and head of career education for Pearson Virtual Schools. "With the perfect storm in the workforce of boomers retiring, many people still not returning to work in the wake of the pandemic and a population that has declined for the last 50 years, this generation (ages 11-26) is positioned extremely well. Employers want and need them. In short, the scales have flipped to the supply side and demand is causing many employers to remove barriers to work entry. Whether high school grads go to college or work, developing in-demand skills early will help them secure and succeed in the jobs of the future."

Consider these tips from Bryant to help students explore the many options in front of them and prepare for the possibilities that await after high school.

### Help Kids Cultivate Durable Skills

While technology has transformed the world of work, an increasing number of careers prioritize durable skills over technical or hard skills. Durable skills (also known as "soft" or "human" skills) include collaboration, leadership, communication and attention to detail, along with traits like empathy, grit and resilience. According to Pearson's Power Skills report, these are some of the most in-demand skills for employers. In addition, research from America Succeeds found employers seek durable skills 3.8 times more frequently than the top five technical or hard skills in every location, industry sector and educational attainment level. Possessing these skills is not only attractive to employers but colleges and universities, too. One of the best ways to prepare for the jobs of tomorrow, which don't exist today, is to focus on timeless durable skills.

Many students already possess or are actively developing these skills in high school. The key is to raise awareness of their importance, seek ways to boost them and showcase them on college and job applications or resumes. For example, teens can display their leadership skills by captaining sports teams or starting a club at school. They can showcase collaboration and communication abilities by holding and thriving in student government positions, volunteering or working part-time jobs.

### Bridge Passions and Hobbies to Careers

Beginning conversations with children as early as middle school that expose students to job roles, responsibilities and salaries connected to areas of interest is important for setting them up for long-term success. Nurturing interests – rather than dismissing them as flights of fancy – and finding paths to explore that align with those hobbies or interests in real-world applications can open doors to potential careers that may not have previously been considered.

For example, Lake Liao, a 2023 Lighthouse Connections Academy grad, is attending Princeton University on a pre-law track. The flexibility of online school enabled him to dig into his passions for political and community organizing and activism in high school, including activism around climate and environmental policy. It was through joining local nurses in their fight for a fair contract he realized he wanted to be a lawyer and make a difference in the labor rights cause.



To help students align their values and interests with potential careers, ask questions such as:

- What is it, specifically, you enjoy about your interests? What jobs rely on related skills (working with your hands, serving others, being creative, etc.)?
- Do you have the skills to do those jobs? If not, what research and training do you need to acquire the necessary skillset?
- Are there related jobs available in the geographic location you want to live?
- Can you make enough money to live the lifestyle you want doing this job?
- Can you envision enjoying this type of work for 8 (or more) hours per day?

### Get a Head Start on Credentials or College Credit

As earning college credits, career-ready credentials and specialized training for future careers is becoming more accessible for high school and middle school students, it's important to research available options. From online resources, workshops, career counselors and accelerated career readiness programs that allow students to enter college or the workforce "job-ready," there are more options available now than ever before.

One example, Connections Academy, a K-12 online school program, has expanded its slate of college and career readiness initiatives for middle and high school

students to offer an innovative tri-credit approach where courses can deliver high school credit; industry-recognized micro-credentials (to help qualify for careers in data analytics, UX design, software development, cybersecurity and more); and eligibility for college credit toward more than 150 bachelor's degree programs at partner universities in the United States. In addition, the Career Pathways program delivers curated learning experiences in fields such as IT, business and health care, allowing students to connect with employers, internships and clubs, and take advantage of specialized classes that transition seamlessly to higher education or nationally recognized, industry certifications.

Taking advantage of program offerings, aspiring paramedic Maeson Frymire, a 2022 Inspire Connections Academy graduate, became certified as an EMT before graduating high school. After graduation, he became a firefighter and is now working toward becoming an advanced certified EMT, carving out a career path toward flight paramedicine.

Or consider Abigail Sanders, also a 2022 graduate, who completed her bachelor's degree by the time she graduated high school. Now in the second year of her doctorate program in medical school, she aspires to be a doctor by the age of 22 and uses her love of learning and passion for science to advance her career while seeking to become an oncologist.

For more information on online schools and career readiness programs for teens, visit [ConnectionsAcademy.com](https://ConnectionsAcademy.com).

# SUNDAY

## Business

Notes and

# NEWS DAY

Sunday, Oct. 22, 2023

F1

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

## Hoosiers, Travelers Vote Indy Airport Number 1

USA TODAY's 10BEST Readers' Choice Award has named the Indianapolis International Airport (IND) number one among the best large airports in the United States. The list results are determined by a nationwide public vote, with USA TODAY revealing 20 category nominees.

"Spending time at the airport is an inevitable part of most travel experiences, and the quality of the airport itself can make a big difference," said USA TODAY. "These 10 large airports have been voted as the best in the U.S. by our readers for their fantastic amenities, top-notch concessions, and the wealth of destinations they serve."

The Indy airport was chosen from readers because its "direct flights service a wide range of destinations including San Francisco and Toronto, and as an added bonus, the complex is loaded with cozy bars and restaurants that are perfect for a little pre-flight relaxation," USA TODAY said.

The Indianapolis Airport Authority expressed its gratitude to Hoosiers who voted for their hometown airport team and to the expanse of airport employees and business partners who work diligently daily to provide an excellent customer experience to Indy airport guests.

"We are very happy to be honored frequently with prestigious customer feedback awards based on the passenger experience at the airport," said IAA Executive Director Mario Rodriguez. "But we did unabashedly ask fellow Hoosiers to vote in this open-forum contest, and Hoosiers stepped

up and readily helped to put us at the top. And we -- all of us at IND -- are immensely grateful."

Condé Nast Traveler also recently included the Indy airport among its 2023 Readers' Choice Awards for best airports in the United States, a prestigious list the Indy airport has consistently been included in for the past decade. More than half a million readers participated in this year's annual survey.

"Indianapolis's airport has long been one of the top-scorers in our survey, and there's no secret why," Condé Nast Traveler said, pointing out travelers' praise of the Indy airport's convenient shopping and dining options, including local Indy favorites like Sun King Brewery and Tinker Coffee Co. "Even as it grew to accommodate nearly 10 million passengers a year—a sizable increase for this mid-sized facility—it has retained the qualities that have made it a perennial favorite."

Travel + Leisure also included the Indy airport earlier this year as the number-two ranking best domestic airport in its annual World's Best Awards. More than 165,000 readers were asked to rate airports based on access, check-in/security, restaurants/bars, shopping and design. The Indy airport has been included on this prestigious list for the past eight years.

More recently, customer feedback put the Indy airport at the top of the J.D. Power list of best medium-sized airports in North America -- with the Indy airport getting high marks for its restaurant and

bars among consumers. The Indy airport was also named Best Airport in North America earlier this year by the Airports Council International-North America for the 11th year in a row

"These awards tell the story of how a culture of Hoosier Hospitality is winning hearts and minds among travelers across North America," said Rodriguez.

### About the Indianapolis Airport Authority

The Indianapolis Airport Authority owns and operates Indiana's largest airport system in the Indianapolis metropolitan area. In addition to the Indianapolis International Airport (IND), its facilities include the Downtown Heliport, Eagle Creek Airpark, Hendricks County Airport-Gordon Graham Field, Indianapolis Regional Airport and Metropolitan Airport. IND generates a \$7.5 billion total annual economic impact to the state of Indiana -- without relying on state or local taxes to fund operations. More than 11,000 people work at the airport each day, and nearly 54,000 jobs statewide have a connection to the airport. In 2022, IND served more than 8 million business and leisure travelers. IND is consistently ranked, year after year, as the best airport in North America and the nation, based on ease of use, passenger amenities, customer service, local retail offerings and public art. The airport is home of the world's second largest FedEx operation and the nation's eighth-largest cargo facility. For more information, visit IND.com.

## Purdue, IU To Collaborate On Analysis Of Indiana's \$500 Million Economic Development Efforts

The Purdue Center for Regional Development, as part of the Office of Engagement, and the Indiana University Public Policy Institute will collaborate on a multiyear project to examine the economic and community impact of Indiana's nationally recognized, \$500 million Regional Economic Acceleration and Development Initiative.

Launched by Gov. Eric Holcomb, the READI program has awarded more than \$487 million of the initiative's original \$500 million to accelerate strategic investments in 17 regions that represent all 92 Indiana counties. These funds will match additional public, private and nonprofit dollars, totaling an expected \$12.2 billion invested in Indiana communities, talent and innovation.

The project will assess the first iteration of the READI program, from its inception in 2021 through December 31, 2026, to produce key performance indicators and other program insights, including population growth, per capita income and economic impact analyses, for the Indiana Economic Development Corp. (IEDC), which administers READI. The IEDC will allocate \$1.69 million over nearly four years to this project to monitor the state's growth in key areas that contribute to the quality of life of Hoosiers.

"When we announced the READI grant program, we knew it had the potential to have a generational impact across every region and further accelerate population and economic growth throughout Indiana," said David Rosenberg, Indiana secretary of commerce and CEO of the IEDC. "This partnership with Purdue and IU will put additional data behind these investments in quality of place, quality of life and quality of opportunity, highlighting the significance of each project and program and the state's unprecedented investment as a whole. Together, we can illustrate Indiana's commitment to and progress toward creating nationally recognized, vibrant destinations that retain and attract top talent."

The IEDC announced funding awards December 2021, allocating matching grants to 17 regions ranging in amounts from \$5 million to \$50 million. These funds will support 361

unique, shovel-ready projects and programs across the state to accelerate community, workforce and economic growth.

"These investments have the potential to really transform the regions of the grant recipients," said Roberto Gallardo, vice president for engagement and director of the Purdue Center for Regional Development. "In this case, the investment is so significant that I think we really need to go beyond dollars and cents. Community engagement in the program is key to its success."

Tom Guevara, director of the Indiana University Public Policy Institute, echoed Gallardo's sentiments, saying the joint research project will deliver tangible, data-driven insight.

"Our work, in partnership with the Purdue Center for Regional Development, will give state leaders and local communities detailed insights for the next several years on how these investments have worked to improve the quality of life and economic future for Hoosiers everywhere," Guevara said.

Gallardo said the Purdue and IU team will develop a survey to examine the community buy-in for the projects. The research will explore not only how the money is used in the development of capital projects and programs but also how those local efforts are improving the quality of life for residents.

"We want to know if residents are positive about this," Gallardo said. "With our contribution to the evaluation process, we'll be helping to tell a powerful story of the impact this program is having in regions throughout the state."

Gallardo said results will help provide transparency and accountability to state lawmakers, who authorized the \$500 million investment, and inform Indiana residents of what's being done to attract, develop and retain talent in Indiana through capital investments.

Gallardo and Guevara said both partners offer complementary skills and expertise that will allow them to synchronize data and generate creative analyses for the IEDC that, Guevara noted, "can be used for expanding growth and opportunity and providing policy insights that can help leaders make the best decisions for maximum return on public investment."

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## Hickory Bible Church

104 Wabash • New Richmond

### Sunday Services:

**Breakfast and Bible - 9:30**

**Church - 10:30**

**a small church  
with a big heart!**

**Dr. Curtis Brouwer, Pastor**  
765-918-4949



## Woodland Heights Christian Church

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

### Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

*"Know Jesus and Make Him Known"*



## Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

*Traditional and Contemporary*



### Service times:

10:02 am on Sundays

Wednesday night prayer meeting  
at 6:30 pm.

vinechurchlife.org

*A family for everyone*



## Southside Church of Christ

153 E 300 South • Crawfordsville  
southsidechurchofchristindiana.com

### Sundays:

*Worship at 10:30 am*

*Wednesday Night Bible Study 7 pm*



## One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

### Services

Sunday at 2 pm

Wednesday Evening Bible Study  
7 pm

Saturday evening  
(speaking spanish service)  
at 7 pm



## NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

**"Making the World a Better Place"**



## New Market Christian Church

300 S. Third Street • New Market  
(765) 866-0421

Dr. Gary Snowden, Minister

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

nmcc@sbcglobal.net • newmarketcc.org  
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**



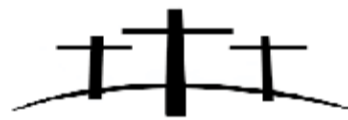
## Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

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



## Liberty Chapel Church

*Phil 4:13*

### Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana  
Program  
6 pm-8 pm



## Church Service at 10 am

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

ladogachristianchurch@gmail.com

www.ladogacc.com



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

### Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



## Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

### Services

Sunday at 10 am

**Tuesday Prayer Meeting**  
6 pm - 7 pm

**Thursday Bible Study**  
6:30 pm - 8 pm



## Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

*Romans 15:13*

**Follow us on Facebook**

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



## Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



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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**

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**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*

## CHRIST'S UNITED METHODIST CHURCH

909 E. Main Street • Crawfordsville

Coffee Fellowship @ 10:45 a.m.

Worship @ 11 a.m.

Dr. David Boyd

*A community still committed*  
*to the UMC*

765-362-2383

christsumc@mymetronet.net

*View live and archived services*  
*on our FB page.*

### ➔ YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

- |  |   |   |  |   |  |
|--|---|---|--|---|--|
| <p><b>Apostolic:</b><br/><i>Garfield Apostolic Christian Church</i><br/>Rt. #5, Box 11A, Old Darlington Road<br/>794-4958 or 362-3234<br/>Worship: 10:30 a.m.<br/>Sunday School: 9:30 a.m.<br/>Wednesday Bible Study: 6:30 p.m.<br/>Pastor Vernon Dowell</p> <p><i>Gateway Apostolic (UPCI)</i><br/>2208 Traction Rd<br/>364-0574 or 362-1586<br/>Sunday School: 10 a.m.</p> <p><i>Moriah Apostolic Church</i><br/>602 S. Mill St.<br/>376-0906<br/>10 a.m. Sunday, 6 p.m. Wednesday<br/>Pastor Clarence Lee</p> <p><i>New Life Apostolic Tabernacle</i><br/>1434 Darlington Avenue<br/>364-1628<br/>Worship: Sunday 10 a.m.; 6 p.m.<br/>Sunday: The Voice of Healing &amp; Restoration on 103.9 at 9 a.m.<br/>Tuesday prayer: 7 p.m.<br/>Thursday Mid-week: 7 p.m.<br/>Pastor Terry P. Gobin</p> <p><i>One Way Pentecostal Apostolic Church</i><br/>364-1421<br/>Worship 10 a.m.<br/>Sunday School: 11 a.m.</p> <p><b>Apostolic Pentecostal:</b><br/><i>Cornerstone Church</i><br/>1314 Danville Ave.<br/>361-5932<br/>Worship: 10 a.m.; 6:30 p.m.<br/>Bible Study: Thursday, 6:30 p.m.</p> <p><i>Grace and Mercy Ministries</i><br/>257 W. Oak Hill Rd.<br/>765-361-1641<br/>Worship: 10 a.m.; 6 p.m.<br/>Wednesday: 6:30 p.m.<br/>Sunday School: 11 a.m.<br/>Co-Pastors Nathan and Peg Miller</p> <p><b>Assembly of God:</b><br/><i>Crosspoint Fellowship</i><br/>1350 Ladoga Road<br/>362-0602<br/>Sunday Services: 10 a.m.<br/>Wednesdays: 6:30 p.m.</p> <p><i>First Assembly of God Church</i><br/>2070 Lebanon Rd.<br/>362-8147 or 362-0051<br/>Sunday School: 9 a.m.<br/>Worship: 10:30 a.m.; 6 p.m.<br/>Wednesday: 6:30 p.m.</p> <p><b>Baptist:</b><br/><i>Browns Valley Missionary Baptist Church</i><br/>P.O. Box 507, Crawfordsville<br/>435-3030<br/>Worship: 9:30 a.m.<br/>Sunday School: 10:30 a.m.</p> <p><i>Calvary Baptist Church</i><br/>128 E. CR 400 S<br/>364-9428<br/>Sunday School: 9:30 a.m.<br/>Worship: 10 a.m.; 6 p.m.<br/>Wednesday Bible Study: 7 p.m.<br/>Calvary Crusaders Wednesdays: 6:45 p.m.<br/>Pro-Teen Wednesdays: 7 p.m.<br/>Pastor Randal Glenn</p> <p><i>East Side Baptist Church</i><br/>2000 Traction Rd.<br/>362-1785<br/>Bible Study: 9 a.m.<br/>Worship: 10 a.m.; 6 p.m.<br/>Wednesday: 6:30 p.m. Prime Time<br/>Teens, Pioneer Clubs; 6:45 p.m. :Adult Bible Study<br/>Rev. Steve Whicker</p> <p><i>Faith Baptist Church</i><br/>5113 S. CR 200 W<br/>866-1273<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m. and 6 p.m.<br/>Wednesday Prayer Meeting: 7 p.m.<br/>Pastor Tony Roe</p> <p><i>First Baptist Church</i><br/>1905 Lebanon Rd.<br/>362-6504<br/>Worship: 8:15 a.m.; 10:25 a.m.<br/>Sunday School: 9:30 a.m.<br/>High School Youth Sunday: 5 p.m.</p> <p><i>Freedom Baptist Church</i><br/>6223 W. SR 234<br/>(765) 435-2177</p> | <p>Worship: 9:30 a.m.<br/>Sunday School is 10:45 a.m.<br/>Wednesday Bible Study: 7 p.m.<br/>Pastor Tim Gillespie</p> <p><i>Fremont St. Baptist Church</i><br/>1908 E. Fremont St.<br/>362-2998<br/>Sunday School: 10 a.m.<br/>Worship: 11 a.m.; 6 p.m.<br/>Pastor Dan Aldrich</p> <p><i>Friendship Baptist Church</i><br/>U.S. 136 and Indiana 55<br/>362-2483<br/>Sunday School: 9:15 a.m.<br/>Worship: 10:30 a.m.; 6 p.m.<br/>Wednesday Bible Study: 7 p.m.<br/>Friendship Kids for Christ: 6 p.m.<br/>Pastor Chris Hortin</p> <p><i>Ladoga Baptist Church</i><br/>751 Cherry St., Ladoga<br/>942-2460<br/>Sunday School 9:30 a.m.<br/>Worship: 10:30 a.m.; 6 p.m.<br/>Wednesday Bible Study 7 p.m.<br/>Ron Gardner, Pastor</p> <p><i>Mount Olivet Missionary Baptist</i><br/>7585 East, SR 236, Roachdale<br/>676-5891 or (317) 997-3785<br/>Worship: 10:30 a.m.<br/>Sunday School: 9:30 a.m.<br/>Wednesday Evening: 7 p.m.<br/>Bro. Wally Beam</p> <p><i>New Market Baptist Church</i><br/>200 S. First St.<br/>866-0083<br/>Sunday School: 9 a.m.<br/>Worship: 10 a.m.<br/>Children's church and child care provided</p> <p><i>Second Baptist Church</i><br/>119 1/2 S. Washington St,<br/>off of PNC Bank.<br/>363-0875<br/>Sunday School: 10 a.m.<br/>Worship: 11 a.m.</p> <p><i>StoneWater Church</i><br/>120 Plum St., Linden<br/>339-7300<br/>Sunday Service: 10 a.m.<br/>Pastors: Mike Seaman and Steve Covington</p> <p><i>Waynetown Baptist Church</i><br/>Corner of Plum and Walnut Streets<br/>234-2398<br/>Sunday School: 9:30 a.m.<br/>Fellowship: 10:30 a.m.<br/>Worship: 11 a.m.<br/>Children's Church: 11:10 a.m.<br/>Pastor Ron Raffignone</p> <p><b>Christian:</b><br/><i>Alamo Christian Church</i><br/>866-7021<br/>Worship: 10:30 a.m.</p> <p><i>Browns Valley Christian Church</i><br/>9011 State Road 47 South<br/>435-2590<br/>Sunday School: 9 a.m.<br/>Worship: 10 a.m.</p> <p><i>Byron Christian Church</i><br/>7512 East 950 North, Waveland<br/>Sunday School 9 a.m.<br/>Worship Service 10 a.m.</p> <p><i>Waynetown Christian Union Church</i><br/>SR 136, then south on CR 650.<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.<br/>New phone #: 765-918-0438<br/>New Pastor: Paul Morrison</p> <p><i>Congregational Christian Church of Darlington</i><br/>101 Academy St, P.O. Box 7<br/>794-4716<br/>Sunday School: 9:15 a.m.<br/>Worship: 10:30 a.m.<br/>Sunday Bible Study: 6 p.m.<br/>Wed. Prayer: 5:30 p.m. - 7 p.m., Wed Bible Study 7 p.m.<br/>Kingdom Seekers Youth Group (alternate Sundays)<br/>Pastor Seth Stultz</p> <p><i>Darlington Christian Church</i><br/>Main and Washington streets<br/>794-4558<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.; 6 p.m.</p> <p><i>First Christian Church (Disciples of Christ)</i></p> | <p>211 S. Walnut St.<br/>362-4812<br/>SUNDAY: 9:22 a.m. Contemporary<br/>Café worship<br/>9:30 a.m. Adult Sunday School<br/>10:40 a.m. Traditional Worship<br/>WEDNESDAY: 5-7 a.m. Logos Youth<br/>Dinner &amp; Program<br/>Pastor: Rev. Daria Goodrich</p> <p><i>Ladoga Christian Church</i><br/>124 W. Elm St.<br/>942-2019<br/>Sunday School: 9 a.m.<br/>Worship: 10 a.m.; 6 p.m.</p> <p><i>Love Outreach Christian Church</i><br/>611 Garden St.<br/>362-6240<br/>Worship: 10 a.m.<br/>Wednesday: 7 p.m.<br/>Pastors Rob and Donna Joy Hughes</p> <p><i>New Hope Chapel of Wingate</i><br/>275-2304<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.<br/>Bible Study: 6:30 p.m., Wed.<br/>Youth Group: 5:30 p.m., Wed.<br/>Homework Class: 4:30 p.m. Wed &amp; Thurs.<br/>Champs Youth Program: 5:30 p.m. Wed.<br/>Adult Bible Class: 6:30 p.m. Wed.<br/>Pastor Duane Mycroft</p> <p><i>New Hope Christian Church</i><br/>2746 US 231 South<br/>362-0098<br/>newhopefortoday.org<br/>Worship and Sunday School at 9 a.m. &amp; 10:30 a.m.</p> <p><i>New Market Christian Church</i><br/>300 S. Third St.<br/>866-0421<br/>Sunday School: 9 a.m.<br/>Worship: 10 a.m.<br/>Wednesday evening: Bible Study 6:15,<br/>Youth 6:15, Choir 7:15<br/>Pastor Gary Snowden</p> <p><i>New Richmond Christian Church</i><br/>339-4234<br/>202 E. Washington St.<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.<br/>Pastor John Kenneson</p> <p><i>New Ross Christian Church</i><br/>212 N. Main St.<br/>723-1747<br/>Worship: 10 a.m.<br/>Youth Group: 5:30-7 p.m. Wednesday<br/>Minister Ivan Brown</p> <p><i>Parkersburg Christian Church</i><br/>86 E. 1150 S., Ladoga<br/>866-1747<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.<br/>Pastor Rich Fuller</p> <p><i>Providence Christian Church</i><br/>10735 E 200 S<br/>723-1215<br/>Worship: 10 a.m.</p> <p><i>Waveland Christian Church</i><br/>212 W. Main St.<br/>435-2300<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.</p> <p><i>Waynetown Christian Church</i><br/>103 W. Walnut St.<br/>234-2554<br/>Worship: 10 a.m.<br/>Sunday School: 9 a.m.</p> <p><i>Whitesville Christian Church</i><br/>3603 South Ladoga Road<br/>Crawfordsville, IN 47933<br/>(765) 362-3896<br/>New Worship Service Time<br/>9:00am 1st Service<br/>10:30am 2nd Service<br/>Church Pastor Schindler<br/>whitesvillechristianchurch.com</p> <p><i>Woodland Heights Christian Church</i><br/>468 N. Woodland Heights Dr.<br/>362-5284<br/>Sunday School: 9:30 a.m.<br/>Worship: 8:15 a.m. (traditional);<br/>10:30 a.m. (contemporary)<br/>Student Ministry: 5 p.m., Sunday<br/>Pastor Tony Thomas</p> <p><i>Young's Chapel Christian Church</i><br/>Rt. 6, Crawfordsville<br/>794-4544</p> | <p>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.<br/>Pastor: Gary Edwards</p> <p><b>Church of Christ:</b><br/><i>Church of Christ</i><br/>419 Englewood Drive<br/>362-7128<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.; 6 p.m.<br/>Wednesday Bible Study: 7 p.m.</p> <p><i>Southside Church of Christ</i><br/>153 E 300 South, east of US 231<br/>765-720-2816<br/>Sunday Bible Classes: 9:30 a.m.<br/>Sunday Morning Worship: 10:30 a.m.<br/>Sunday Evening Worship: 5 p.m.<br/>Wednesday Bible Classes: 7 p.m.<br/>Preacher: Brad Phillips<br/>Website: southsidechurchofchristindiana.com</p> <p><b>Church of God:</b><br/><i>First Church of God</i><br/>711 Curtis St.<br/>362-3482<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.; 6 p.m.<br/>Pastor Chuck Callahan</p> <p><i>Grace Avenue Church of God</i><br/>901 S. Grace Ave.<br/>362-5687<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.; 6 p.m.<br/>Pastor Duane McClure</p> <p><b>Community:</b><br/><i>Congregational Christian Church</i><br/>402 S. Madison St., Darlington<br/>794-4716<br/>Sunday School: 9:15 a.m.<br/>Worship: 10:30 a.m.</p> <p><i>Crawfordsville Community Church</i><br/>Fairgrounds on Parke Ave.<br/>Crawfordsville<br/>794-4924<br/>Worship: 10 a.m.<br/>Men's prayer group, Mondays 6:30 p.m.<br/>Pastor Ron Threlkeld</p> <p><i>Gravelly Run Friends Church</i><br/>CR 150 N, 500 E<br/>Worship: 10 a.m.</p> <p><i>Harvest Fellowship Church</i><br/>CR 500 S<br/>866-7739<br/>Pastor J.D. Bowman<br/>Worship 10 a.m.</p> <p><i>Liberty Chapel Church</i><br/>500 N CR 400 W<br/>275-2412<br/>Sunday School: 9 a.m.<br/>Worship: 10 a.m.</p> <p><i>Linden Community Church</i><br/>321 E. South St., Linden (Hahn's)<br/>Sunday: 9:15</p> <p><i>Yountsville Community Church</i><br/>4382 W SR 32<br/>362-7387<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.<br/>Pastor Alan Goff</p> <p><b>Episcopal:</b><br/><i>Bethel African Methodist Episcopal</i><br/>213 North St., Crawfordsville<br/>364-1496</p> <p><i>St. John's Episcopal Church</i><br/>212 S. Green Street<br/>765-362-2331<br/>Sunday Eucharist: 8 a.m. and 10:30 a.m.<br/>Christian Formation: 9:15 a.m.<br/>Midweek Eucharist Wednesday: 12:15 p.m.</p> <p><b>Full Gospel:</b><br/><i>Church Alive!</i><br/>1203 E. Main St.<br/>362-4312<br/>Worship: 10 a.m.; Wednesday, 7 p.m.</p> <p><i>Enoch Ministries</i><br/>922 E. South Boulevard<br/>Worship: Sunday, 10 a.m.<br/>Pastor: Jeff Richards</p> <p><i>New Bethel Fellowship</i><br/>406 Mill St., Crawfordsville<br/>362-8840<br/>Pastors Greg and Sherri Maish<br/>Associate Pastors Dave and Brenda Deckard</p> | <p>Worship 10 a.m.</p> <p><i>Victory Family Church</i><br/>1133 S. Indiana 47<br/>765-362-2477<br/>Worship: 10 a.m.; Wednesday 6:30 p.m.<br/>Pastor Duane Bryant</p> <p><b>Lutheran:</b><br/><i>Christ Lutheran ELCA</i><br/>300 W. South Blvd. • 362-6434<br/>Holy Communion Services: 8 a.m. and 10:30 a.m.<br/>Sunday School: 9:15 a.m.<br/>Pastor: Kelly Nelson<br/>www.christchurchindiana.net</p> <p><i>Holy Cross (Missouri Synod)</i><br/>1414 E. Wabash Ave.<br/>362-5599<br/>Sunday School: 9 a.m.<br/>Worship: 10:15 a.m.<br/>Adult Bible Study: 7 p.m., Wed.<br/>Minister: Rev. Jeffery Stone<br/>http://www.holycross-crawfordsville.org</p> <p><i>Phanuel Lutheran Church</i><br/>Lutheran Church Rd., Wallace<br/>Sunday School: 10:30 a.m.<br/>Worship: 9:30 a.m.</p> <p><b>United Methodist:</b><br/><i>Christ's United Methodist</i><br/>909 E. Main St.<br/>362-2383<br/>Sunday School: 10 a.m.<br/>Worship: 11 a.m.</p> <p><i>Darlington United Methodist Church</i><br/>Harrison St.<br/>794-4824<br/>Worship: 9:00 a.m.<br/>Fellowship: 10:00 a.m.<br/>Sunday School: 10:30 a.m.<br/>Pastor Dirk Caldwell</p> <p><i>First United Methodist Church</i><br/>212 E. Wabash Ave.<br/>362-4817<br/>Sunday School: 10 a.m.<br/>Traditional Worship: 9 a.m.<br/>The Gathering: 11:10 a.m.<br/>Rev. Brian Campbell</p> <p><i>North Cornerstone Church</i><br/>609 South Main St. P.O. Box 38<br/>339-7347<br/>Sunday School: 9:30 a.m.<br/>Worship: 10 a.m.<br/>Rev. Clint Fink</p> <p><i>Mace United Methodist Church</i><br/>5581 US 136 E<br/>362-5734<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:40 a.m.</p> <p><i>Mount Zion United Methodist</i><br/>2131 W. Black Creek Valley Rd.<br/>362-9044<br/>Sunday School: 10:45 a.m.<br/>Worship: 9:30 a.m.<br/>Pastor Marvin Cheek</p> <p><i>New Market United Methodist Church</i><br/>Third and Main Street<br/>866-0703<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:45 a.m.</p> <p><i>New Ross United Methodist Church</i><br/>108 W. State St.<br/>Sunday School: 10 a.m.<br/>Worship: 9 a.m.</p> <p><i>Waveland Covenant United Methodist Church</i><br/>403 E. Green St.<br/>866-0703<br/>Sunday School: 10:30 a.m.<br/>Worship: 9:15 a.m.</p> <p><i>Waynetown United Methodist Church</i><br/>124 E. Washington St.<br/>243-2610<br/>Worship 9:30 a.m.<br/>Johnny Booth</p> <p><b>Mormon:</b><br/><i>Church of Jesus Christ of Latter-day Saints</i><br/>125 W and Oak Hill Rd.<br/>362-8006<br/>Sacrament Meeting: 9 a.m.<br/>Sunday School: 10:20 a.m.</p> | <p><b>Nazarene:</b><br/><i>Crossroads Community Church of the Nazarene</i><br/>US 231 and Indiana 234<br/>866-8180<br/>Sunday School: 9:30 a.m.<br/>Worship: 10:30 a.m.<br/>Pastor Mark Roberts</p> <p><i>Harbor Nazarene Church</i><br/>2950 US 231 S<br/>307-2119<br/>Worship: 10 a.m.<br/>Pastor Joshua Jones<br/>www.harbornaz.com</p> <p><b>Orthodox:</b><br/><i>Holy Transfiguration Orthodox</i><br/>4636 Fall Creek Rd.<br/>359-0632<br/>Great Vespers: 5 p.m. Saturday<br/>Matins: 8:30 a.m.<br/>Divine Liturgy: 10 a.m. Sunday<br/>Rev. Father Alexis Miller</p> <p><i>Saint Stephen the First Martyr Orthodox Church (OCA)</i><br/>802 Whitlock Ave.<br/>361-2831 or 942-2388<br/>Great Vespers: 6:30 p.m. Saturday<br/>Wednesday evening prayer 6:30pm<br/>Divine Liturgy: 9:30 a.m. Sunday</p> <p><b>Presbyterian:</b><br/><i>Bethel Presbyterian Church of Shannondale</i><br/>1052 N. CR 1075 E., Crawfordsville<br/>794-4383<br/>Sunday School: 9 a.m.<br/>Worship 10 a.m.</p> <p><i>Wabash Avenue Presbyterian Church</i><br/>307 S. Washington St.<br/>362-5812<br/>Worship: 10 a.m.<br/>Pastor: Dr. John Van Nuys</p> <p><b>Roman Catholic:</b><br/><i>Saint Bernard's Catholic Church</i><br/>1306 E. Main St.<br/>362-6121<br/>Father Michael Bower<br/>Worship: 5:30 pm Saturday; 9:30 am, 12:15 - Spanish Mass, 5:00 pm at Wabash College Chapel (during school year)<br/>www.stbernardcville.org</p> <p><b>United Church of Christ:</b><br/><i>Peasants Hill United Church of Christ - Wingate</i><br/>Worship: 9:30 a.m.<br/>Sunday School: 10:30 a.m.<br/>Pastor Alan Goff</p> <p><b>United Pentecostal:</b><br/><i>Pentecostals of Crawfordsville</i><br/>116 S. Walnut St., Crawfordsville<br/>362-3046<br/>Pastor L. M. Sharp<br/>Worship: 2:30 p.m.<br/>Prayer Meeting: 10 a.m., Tuesday<br/>Bible Study: 6 p.m., Wednesday</p> <p><b>Non-denominational:</b><br/><i>Athens Universal Life Church</i><br/>Your Church Online<br/>http://www.aulc.us<br/>(765)267-1436<br/>Dr. Robert White, Senior Pastor<br/>The Ben Hur Nursing Home<br/>Sundays at 9:00am<br/>Live Broadcast Sundays at 2:00pm<br/>Bickford Cottage Sundays at 6:00pm</p> <p><i>Calvary Chapel</i><br/>915 N. Whitlock Ave.<br/>362-8881<br/>Worship: 10 a.m., 6 p.m.<br/>Bible Study, Wednesday: 6 p.m.</p> <p><i>Rock Point Church</i><br/>429 W 150S<br/>362-5494<br/>Sunday church services are 9:15 a.m. and 11 a.m.<br/>Youth group is from 6 p.m. to 7:30 p.m. on Sunday<br/>Small Groups: Throughout the week</p> <p><i>The Church of Abundant Faith</i><br/>5529 U.S. Highway 136<br/>Waynetown, IN<br/>Reverend John Pettigrew<br/>Sunday Worship: 9:45 am<br/>(765) 225-1295</p> <p><i>The Vine Christian Church</i><br/>1004 Wayne Ave. Crawfordsville<br/>Service at 10:02</p> |
|--|---|---|--|---|--|

# SUNDAY

## Health and WELLNESS

Sunday, Oct. 22, 2023

H1

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### Bed Bug Outbreak Raises Concerns For Drivers And Passengers

A recent outbreak of bed bugs across Europe has prompted many to question their susceptibility to these pests in both private vehicles and public transportation. With the increase in international travel, it is crucial for drivers and passengers alike to be mindful of this risk. A bed bug infestation is not only a nuisance but also a potential health hazard with their propensity for spreading disease.

"Diligence is the primary defense against bed bugs. These pests hitch a ride on clothing and luggage, so whether you are a driver or a passenger, an awareness of your surroundings can go a long way in preventing their spread," advises Dominic Wyatt from the International Drivers Association.

**Identifying Bed Bugs: The First Line of Defense**

Recognizing the presence of bed bugs is the first step to combat the infestations. They are small, flat bugs, typically reddish-brown, often hiding in crevices and cracks. Their bites, which may lead to itchy, red welts, can be a telltale sign of an infestation.

**Preventing Bed Bugs**

**Invasion: Actionable Measures**

Drivers and passengers can minimize the likelihood of encountering bed bugs by incorporating some precautionary measures:

- **Undertake Regular Cleaning:** Regular thorough cleaning is crucial. Cleaning hard-to-reach places and fabric-covered areas where bed bugs often hide is essential.

- **Use Protective Covers:** If possible, consider using protective covers on seats. These not only deter bed bugs but also make detection easier.

- **Personal Hygiene:** Travelers should keep their luggage and clothes clean. Remember, bed bugs can latch onto clothing and bags.

- **Prompt Action:** On spotting a bed bug, immediate actions like killing it or cleaning the affected area can prevent further spread.

**The Role of Professional Help**

When a car or taxi is infested, professional pest management might be necessary. "DIY remedies often prove inadequate for a full-blown infestation," points out Wyatt of the International Drivers Association.

**Travel Tips: Guarding against Bed Bugs**

The challenge of avoidance becomes greater for international travelers. Yet, staying mindful and prepared can help ensure a bug-free journey:

- **Check for Signs:** On entering a cab, quickly check the seating area for signs of bed bugs. Look out for bug skins or tiny black spots, usually signs of their feces.

- **Keep Your Belongings Close:** Keep personal belongings on your lap instead of placing them on the seat next.

- **Inspect Luggage Regularly:** Upon arrival at your destination, inspect your luggage to ensure no bugs have hitched a ride.

Bed bugs in vehicles are becoming a growing concern across the globe. However, by acting responsibly, taking preventive measures, and remaining vigilant, we can help curb the spread of these unwelcome pests. Now that you are equipped with essential knowledge and tips, guard your journeys against the annoyance of these hitchhiking bugs. And remember, as Dominic Wyatt adeptly puts it, "Your vehicle is your domain, keep it bug-free."

### CEO Recognized As National Advocate Of The Year; Is Appointed To State Commission



Zoe Frantz

Indiana Council of Community Mental Health Centers would like to recognize the accomplishments of President & CEO, Zoe Frantz. Frantz was recently awarded "National Advocate of the Year" by the National Council for Mental Wellbeing.

"Without effective advocacy, we can't accomplish our goals to increase access to mental health and substance use care to anyone who needs it and to support and grow the behavioral health workforce. Zoe exemplifies the type of tireless work needed to keep these issues top of mind including Certified Behavioral Health Clinics for policymakers. Through her work this past year with State Legislators, Indiana's Senators Todd Young and Mike Braun, and the Biden-Harris administration, Zoe's efforts

have made an immense difference. We are honored to give Zoe our Individual Achievement in Advocacy Award this year." – Reyna Taylor - Senior Vice President, Public Policy & Advocacy – National Council for Mental Wellbeing

Indiana Council would also like to recognize Governor Eric Holcomb's recent appointments to the Indiana Behavioral Health Commission, who will serve until June 30, 2025, and whose commitment to behavioral health care aligns with Indiana Council's mission.

The newly appointed members of the Behavioral Health Commission include:

- Zoe Frantz (West Lafayette) – President and CEO of the Indiana Council of Community Mental Health Centers, Inc.

- Stephen McCaffrey (Knightstown) – President and CEO for Mental Health America of Indiana

- Tom Murtaugh (Lafayette) – Tippecanoe County Commissioner

- Jason Tomcsi (Indianapolis) – Associate State Director for Communications with AARP

- Rachel Yoder (Indianapolis) – Director of the

Triple Board Residency Program and Child and Adolescent Psychiatry Fellowship at the Indiana University School of Medicine

Indiana Council is thrilled to announce the appointment of 3 new members to its board of directors. These accomplished individuals bring a wealth of experience and expertise to our organization, and we are confident they will play a pivotal role in guiding Indiana Council to new heights.

The new board members of the Indiana Council for Community Mental Health Centers are:

- Melvin Burks – Hamilton Center, President & CEO

- Matt Burden – Porter Starke, President & CEO

- Lisa Dominisse, Radiant Health, President & CEO

"We are honored to welcome these outstanding individuals to our board of directors. Their diverse backgrounds and deep industry knowledge will be invaluable as we continue to grow and innovate. We believe their contributions will be instrumental in driving our organization forward," said Frantz.

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# SUNDAY

## Health and WELLNESS

Sunday, Oct. 22, 2023

H2

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## 5 Ways to Support Dogs' Health as They Age

FAMILY FEATURES

While you may look at your dogs and see the same little puppies you brought home years ago, the reality is they age the same way people do, and if you count in "dog years," sometimes even faster. The aging process for dogs can mean graying whiskers and less ball chasing, but it may also mean adjusting to changing health needs.

As dogs approach their late adult and senior years, it's important to adapt the ways they're cared for so they can enjoy happy and healthy lives. To fully support your dog's lives as they age, consider this advice from the pet experts at Zesty Paws.

### Enjoy Enrichment and Exercise

Whether your furry friends prefer a friendly game of fetch or a long walk around the neighborhood, exercise is key for dogs of all ages. As dogs mature, some of the high-energy bursts may fade, but continuing with low-impact exercises can help them stay in shape both physically and mentally.

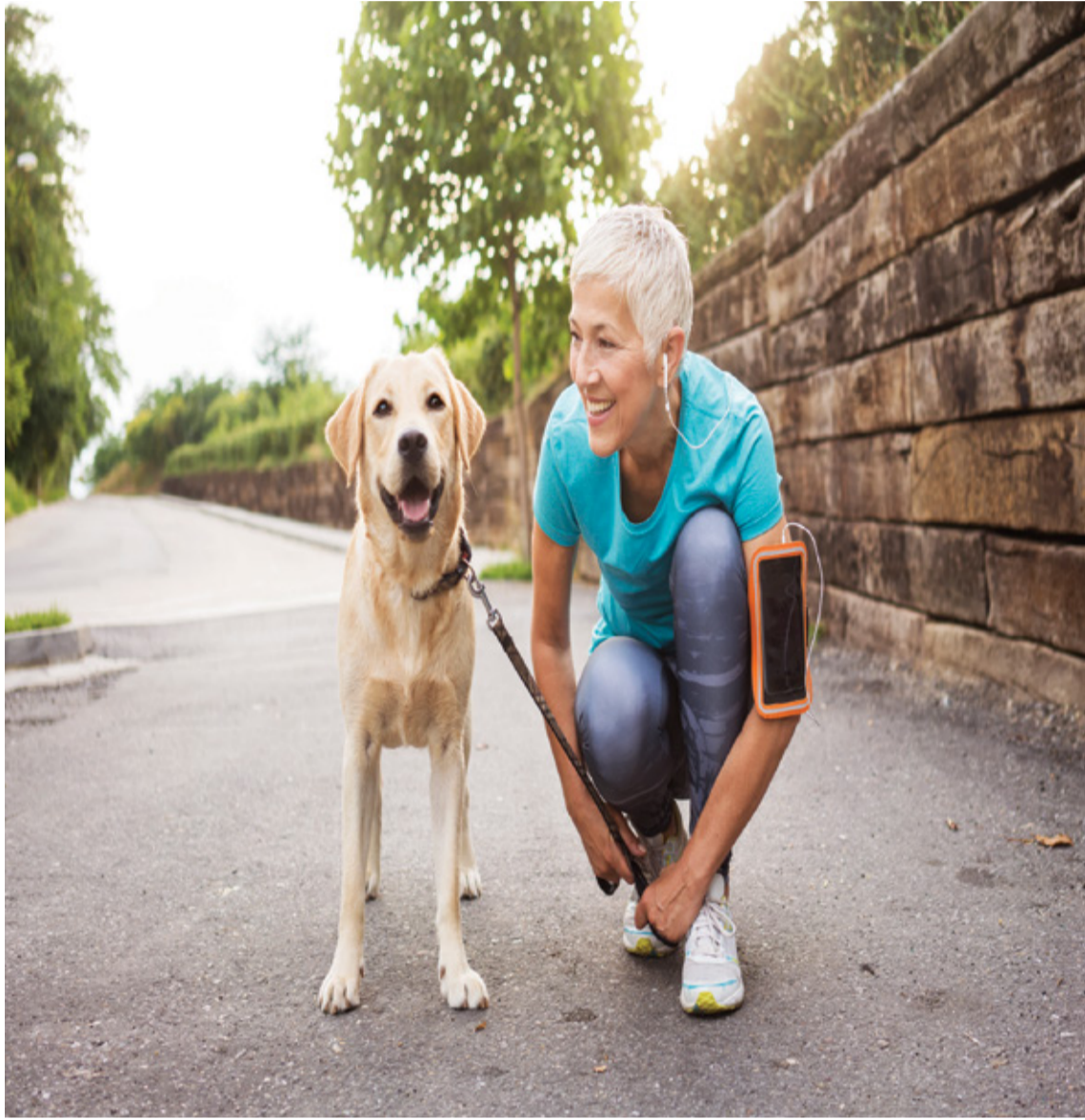


Photo courtesy of Getty Images

heart, skeletal and muscle health. This innovative system of supplementation offers pet parents a fun and unique way to support their dog's golden years.

### Adapt Your Dogs' Diets to Match Life Stages

A healthy and balanced diet is important for dogs of all ages. With that in mind, there are subtle nuances at different life stages that call for ingredients and food blends to match dietary needs. For example, puppies typically require foods with more protein and fats to help fuel their growth.

Adult dogs may need food that is more focused on addressing issues like gut health, weight control, dental hygiene and other needs. Then, as pets mature into their senior years, you may need to consider foods with added support for their hips and joints or a lower-calorie diet to help alleviate weight concerns due to decreased activity.

### Be Diligent About Regular Vet Appointments

While pet parents already know the importance of keeping up with routine veterinarian visits, these check-ins with a health professional can take on increased significance for aging pets.

It's recommended to schedule regular appointments with your vet so he or she can conduct physical examinations to monitor your pet's well-being, and this time also provides an opportunity for you to discuss any changes you've noticed in your pet's routines. Just like you, your adult dogs should have a complete examination at least once a year.

### Stick to Routines

Just as you have certain things you do each day, like brushing your teeth and making your morning coffee, dogs can also benefit from having their own routines. Whether it's a morning walk or weekly bathing, having a routine can reinforce previous training for adult dogs and help them continue to learn new behaviors.

Routines based on exercise, enrichment, training and grooming can help ease the tension of other life changes such as travel, moving or new house guests and allow dogs to feel more confident and comfortable. For these aging pets, having and maintaining a routine can also be helpful for consistency and reducing nervousness.

To learn more ways to support your pet's health and well-being, visit ZestyPaws.com.

Stay active by walking to support joint health and mobility and keep regular grooming appointments to support healthy skin and coat. Don't forget enrichment activities to help stimulate their minds, too. Try hiding food or treats in puzzles or toys, or schedule play dates with other dogs so they can get active and socialize.

### Explore the Benefits of Functional Pet Supplements

Dogs, just like humans, have a molecule in their bodies called nicotinamide adenine dinucleotide (NAD+), which supports cellular function, energy and repair mechanisms. NAD+ levels naturally decline throughout the aging process, but to help negate these effects and support cellular health regeneration in dogs, Zesty Paws created a supplement to support healthy aging for dogs.

Powered by Niagen to help reinvigorate cellular energy, the Healthy Aging NAD+ Precursor system brings a little of their puppyhood back through support of normal cellular, metabolic, brain and



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# SUNDAY

## Voice *of our* PEOPLE

Sunday, Oct. 22, 2023

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## Joseph Belton Never Returned Home Alive



**KAREN ZACH**  
Around The County

Recently, I was honored to write one of my Around The County articles about James Cameron Fullenwider who died from wounds received in the Battle of Thompson Station and whose government stone was placed by his great grand nephew, Dave Fullenwider, Waveland Presbyterian Cemetery board member, Jim Thomas and 33rd Indiana historian, Chris Walker, History Professor at Indiana Wesleyan.

Brown Township sent and lost many to the Civil War, including today's subject, Joseph Belton. Sadly, little is known about this man. For one, there is no birthdate for him. He is found in only two census records – from these we can glean he was probably born in late 1834 or early 1835 in either PA or OH. It seems fairly obvious that he lost at least his father but was close to his brother, Samuel, whom I don't believe ever married. Sam was quite a bit older than Joe (24 years and thought I had found Joe's father but found proof later definitely his brother) and was born in PA but imagine Joe's birth occurred in Ohio with his parents having been born in PA. Although I was frustrated I didn't find his parents, I'm not the only one – hard to find! I suspicion Israel Belton who passed 19 Nov 1852 and Elizabeth Pacey both born in England (Lincolnshire) who married there at Heckington 18 August 1817, came to America on the Sarah Ralston to Philadelphia 18 March 1824 with Eliza, 11, a male with name beginning with "G" or "S" age 9; Mary 5; Caroline 3 and John age 1 are probable to be but found no specific records as such. Just hints such as in Sam's 1900 census record it states both parents were born in England. In 1850 the family (Joe working as an apprentice blacksmith elsewhere in the county) is in Stark County, Ohio with Ann and Jane with them. In 1870, Elizabeth age 78 is still in Stark County, Ohio with daughter Nancy age 40.



There is more proof when we talk about Joe's letters below.

Joe married Mary Elinor Hamilton in Columbiana County, Ohio 16 October 1856, Mary one of the oldest of ten children born to William Wallace and Isabel McKnight Hamilton. They lived in Ohio (Alliance, then New Lisbon) but were in Waveland by 1859, having a small farm and he using his blacksmith skills quite extensively with his brother, Sam. Hiram Pratt, long time barber in Waveland noted several times that he had purchased beef from Sam and Fountain North Johnson wrote about working as a blacksmith with Sam and Joe Belton, making carriages and wagons. Sam became quite active in the local Masons, a member until death. Joe was active in protecting the town, serving as head officer, major for the local militia (11th) but then joined (8 January 1864 Co H) the 40th Indiana as a private in the regular service, his majorship meaning nothing in the regular Army.

His letters to Mary when he was in the army gave glimpses into his earlier life. As per above (1870 census) if Elizabeth is his mother (he speaks of Nancy and several of the other children of hers and Israel's thus it is likely this is the correct parentage) he is fairly insistent that if something happens to him that Mary takes their children and goes to live with "Mother." Mother especially wanted Frank to come to her, as an educated woman, she could teach Frank individually, but Mary could read and write just fine, too and she certainly had other plans.

Little touches of humor are in his letters "I expect Nancy often thinks of me when she has something good for dinner for she was always grumbling at me for being so hard to please. Well, I'm not so hard to please as I was." He asked sister Jane to also help with Frank's schooling and that he would try



to compensate her later for it.

In almost every letter to his "Dear Wife," he tells her he will likely get a furlough and that his doctor was trying hard to do that (as he was in the Joe Holt Army Hospital in Jeffersonville, Indiana for several months). He was still waiting at his death but a few days before had told her his bowels were bad, couldn't even get out of bed, and his kidneys failing and that he was being examined for a discharge. A couple of times he apologized to her – he was occasionally a bit bossy but can you imagine the times? In one letter he admits that he made a mistake in joining. He promised when returning he would do everything in his power to make her happy. Trying to keep things light, he tells her of the books he has read and that he read the daily news aloud to the whole hospital ward and that for several weeks when he was feeling fairly well he was assigned medicine duty but was so tired after getting it all doled out then starting all over again.

Not sure he even saw his youngest (Carrie who was born 2 Nov 1864 married Arthur Kleiser, having two wonderful daughters, Mildred and Wane-tah) he thanks Mary for telling him of Belle "writing to him" but said the only thing better would be to see Miss Belle herself. Another son was born as well as another child lost young, Willie 1858-59. Son Frank later owned several businesses in town, marrying local gal, Jessie Herley, then Emma Garland and having one son, Rupert. Joe often said to kiss the children for him. Bet he would have been so happy to see them grow up and enjoy his close to a dozen grandchildren.

*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](mailto:karen.zach@sbcglobal.net).*

## Butch Had To Face The Goblins



**BUTCH DALE**  
Columnist



Photo courtesy of Butch Dale

### Gary and Butch in 1954

I grew up in an old two-story farmhouse southeast of Darlington. As was the custom in those days, Dad farmed the ground for the landlord, and the house was provided for free. Up until the age of 3 1/2, I slept downstairs in a small bed in my parent's bedroom.. safe and sound. However, when my brother Gary was born in March of 1952, I was shipped to the upstairs room. The only one up there was little ol' me. Not good. It certainly did not help the situation when Dad recited the following James Whitcomb Riley poem:

"Wunst they wuz a little boy wouldn't say his prayers,--

An' when he went to bed at night, away up-stairs,

His Mammy heard him holler, an' his Daddy heard him bawl,

An' when they turn't the kiver down, he wuzn't there at all!

An' they seeked him in the rafter-room, an' cubby-hole, an' press,

An' seeked him up the chimbley-flue, an' ever'wheres, I guess;

But all they ever found wuz thist his pants an' roundabout, An' the Gobble-uns 'll git YOU

Ef you Don't Watch OUT!" I have no idea why Dad repeated that poem over and over, unless he was trying to make sure I said my nighttime prayer, which went like this:

"Now I lay me down to sleep...I pray the Lord my soul to keep; If I should die before I wake...I pray the Lord my soul to take."

Great...Now, not only did I have to worry about goblins, but it was now running through my feeble little mind that I could...DIE! No wonder I never missed Sunday School at the Methodist church.

Each night was a struggle to get to sleep. A night light helped, but most of the time I slept under the covers,

even on hot summer nights. I could hear something, like mice, scratching around inside the walls, so my folks brought up a fan to drown out those noises. In the winter, the upstairs room was so cold that I could see my breath. Oftentimes, in addition to my pajamas, I wore a sock hat, coat, and gloves...but still ran the fan!

Well, I eventually adjusted to sleeping in that tiny upstairs bedroom. But when I was six years old, our landlord died of a heart attack in a field behind our house. After the funeral, I was absolutely certain that his ghost resided in the upstairs closet. Fortunately my little brother joined me soon afterwards. We were scared to death...together. We slept in that upstairs bedroom all through our years at home. There was no bathroom up there, and since we did not want to venture too far in the darkness, many times we took a few steps, lifted the window, and urinated through the screen...You do what you have to do. Dad never figured out why that window screen became rusty.

When my wife and I had children, I recited the Riley "Gobble-uns" poem to my kids. Might as well be a family tradition...and at age 75, every day of the year...I still run a fan at night. So...all of you need to remember this:

"You better mind yer parents, an' yer teachurs fond an' dear, An' cherish them 'at loves you, an' dry the orphan's tear, An' he'p the pore an' needy ones 'at clusters all about, Er' the Gobble-un's 'ii git YOU...Ef you don't watch OUT!"

*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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# Israel Response Will Be Watched



**TIM TIMMONS**  
Two Cents

Don't know about you, but it's been a while since I've been to a concert. Been even longer since I was at one of those events held out in the open with acts coming and going over an extended period of time.

The last time was in another state and what felt like a lifetime or three ago. I do remember having more than a few cold beverages – and not sure how reliable the memory is after that.

Still, the day brings back a good memory. Good weather, good friends, good music.

Perhaps you have a similar memory?

If so, imagine that in

the middle of this pleasant experience you hear what sounds like a gunshot. Then another. And another. Soon, guys with guns are everywhere. People are being shot. Shot!

Imagine running for your life.

To no avail.

Pleasant turns to panic. Happiness to horror.

That's exactly what hundreds of mostly young adults in Israel went through during the opening moments of the invasion by Hamas.

To be clear, I am no expert on Israel. My wife and I were fortunate enough to be visitors there for a short period. If you are a believer, a religious person, you know Israel is a special place. Even if you are not, the idea that all your neighbors want you dead should resonate deeply.

As of this writing, the world is waiting for the Israeli Defense Force to go into Gaza and begin rooting out the evil that is Hamas. I am sure that the media will report on story after story of how Israel

is now in the wrong. There will be innocent people who die. Cameras will be there to record the horrific events of war – and Israel will be blamed.

I believe we will hear a great deal about "proportional responses" and how Israel has gone overboard.

Poppycock.

Did anyone talk about a proportional response after terrorists flew airliners into U.S. buildings a couple of decades ago? Would we have cared?

We made retribution for that dastardly act a mission that carried over into two presidential administrations – one Republican and one Democrat. What George W. Bush started, Barack Obama finished when Navy SEALs hunted down and killed Osama bin Laden.

God bless them.

How can there be a proportional response for people who indiscriminately kill families, who kill babies?

Have you seen the videos?

A terrorist swings a shovel repeatedly onto

the neck of a dead Israeli soldier in an effort to decapitate. Another shows a terrorist walking up to a wounded civilian lying helplessly on the ground and simply pointing their weapon at them and pulling the trigger. In Kfar Aza 40 babies were found murdered. Early reports indicated they were beheaded. That was later disputed. Does it matter? Forty babies were killed.

It's evil. Evil like the world has only seen a few times.

For those who are calling for a rapid and peaceful solution – well, from your lips to God's ears. But I fear that God isn't the only supernatural force in play here. People who kill families, who murder babies, don't understand God. And they certainly don't understand proportional responses.

Astoundingly, there are multiple pundits who claim that such atrocities are fake news. Forget the fact that there are videos. Forget the fact that soldiers, journalists and people who live there have said they have seen the

bodies first-hand. Some are denying it. The only explanation I can come up with is that it doesn't fit their narrative.

The truth and painful reality is that Israel is a nation of 9 million people surrounded by enemies who want them dead.

Surrounded. By. Enemies.

And what some folks – those calling for Israel to back down, to ease up with military actions – will never understand is that there are times when you have to fight. There are times when turning the other cheek doesn't work. We would like to say, to believe with all of our hearts, that reason will prevail. We want to think that we can bring everyone to the negotiating table and find some sort of peaceful solution.

But how do you find peace when one side only wants to squash you out of existence?

There's a lesson for us here in the U.S., too. We have enemies who want what we have. We also have an open border where millions have

come into our country unchecked for a few years. Could what happen in Israel happen here?

And if it did, what would we do today? More than two decades ago, 9-11 galvanized us, brought all sides together. Would we unite again?

Answer this. Where is the outrage over the 29 Americans who were killed by Hamas? Where is someone like Bush or Obama telling Hamas that no matter what Israel does, we will hunt down those who killed our citizens and make them pay?

Where is our national will?

Again, as of this writing the world is watching and waiting to see what Israel does. Here's wishing them the very best in their mission.

*Two cents, which is about how much Timmons said his columns are worth, appears periodically on Wednesdays in The Paper. Timmons is the publisher of The Paper and can be contacted at [timmons@thepaper24-7.com](mailto:timmons@thepaper24-7.com).*

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### Ask Rusty – Can My Wife Claim Her Benefit Now, And Switch To A Spouse Benefit From Me Later?

**Dear Rusty:** Can my wife claim her benefits now (at 63, and we know about the reduction for claiming early) and then, when I retire at 66 years and 10 months of age almost 3 years from now, can she switch over to spousal benefits based on my benefit amount? She worked at a higher paying job for much of her career but is now at a much lower income and would be under the amount that would reduce her benefits further. I currently earn about nine times her annual salary so the spousal benefit for her would be an increase when I retire. **Signed: Seeking Information**

**Dear Seeking:** Yes, your wife can claim her own (reduced) Social Security retirement ben-

efit now, and she will be automatically awarded a spousal boost when you later claim your SS retirement benefit. However, your wife's benefit when you claim will not be 50% of your full retirement age (FRA) amount because she claimed her own SS benefit early and also because her spousal boost will be awarded prior to her FRA. Any benefit taken before FRA is reduced, including the spousal benefit.

Here's what will happen if your wife claims her own Social Security at age 63:

- Your wife's personal SS retirement benefit, when she claims, will be reduced by about 25%
- When you claim at your full retirement age, your wife will get a "spousal boost" to her own reduced benefit.



**ASK RUSTY**  
Social Security Advisor

- The amount of your wife's spousal boost will be the difference between her FRA entitlement and 50% of your FRA entitlement, reduced because the spousal boost will be awarded (automatically) before she has reached her own full retirement age. FRA amounts are used to compute the spousal boost, regardless of the age at which benefits are claimed.

#### Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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- When you claim your wife will not yet be her FRA, so the amount of her spousal boost (the difference between her FRA entitlement and half of your FRA entitlement) will be reduced.
- The reduced spousal boost will be added to your wife's reduced SS retirement benefit, resulting in her total benefit payment being less than half of yours.

The only way your wife can get the full 50% of your FRA entitlement is to wait until her own FRA (67) to claim Social Security, but by doing so she also forfeits the money she would otherwise receive if she claimed her own benefit now. As long as she won't significantly exceed the earnings limit while working before her FRA, claiming now is an acceptable strategy

because it will take many years to recover the money forfeited by waiting until her FRA to claim. It's also reasonable because women statistically outlive men and your wife's benefit as your surviving spouse will be 100% of the amount you are receiving at your death, instead of the smaller spousal amount she was receiving while you were both living.

When to claim is always a personal choice, and life expectancy and life expectancy should always be thoughtfully considered, but the answer to your specific question is - yes, if your wife claims her own benefit at 63, she will automatically receive her spousal boost when you claim, but her payment as your spouse will be less than 50% of your FRA benefit amount.

### Butch Can Teach Anything!



**BUTCH DALE**  
Columnist

By the time spring of 1977 had rolled around, I had taught Social Studies, PE, and Health to students at Darlington Middle School and North Montgomery High School for seven years. That summer, Eual McCauley, the North Montgomery Superintendent, wanted to speak with me about the upcoming school year. He explained that there was a shortage of Industrial Arts teachers in the state, and he had been unable to fill the position at Darlington. He needed someone to teach shop class to 7th and 8th graders.

Mr. McCauley then quizzed me, "Do you know anything about metalworking?" "No, not a thing," I replied. "What about electricity?" "I shook my head, "Absolutely nothing." "OK, how about woodworking?" "Well, I made some simple toy boats and other odds and ends when I was a little kid." Mr. McCauley started to look somewhat forlorn. "Do you have any knowledge of motors, engines, and the like?" "I tried to build a go-cart when I was 13, but it was a disaster." "What about drafting?" "I never took that in high school, but some people think I am a fairly decent artist." Mr. McCauley hesitated for a few seconds. He was getting desperate, "Butch, you grew up on a farm, right?" "Yes." "OK,



that's good enough for me. How would you like to be the shop teacher this year?"

Mr. McCauley was a good guy, and he had been a close friend of my Dad for many years... plus, he was the one who first hired me as a teacher. "Sure, Mr. McCauley, I'll give it a whirl!" A big smile crossed his face, and I was the new Industrial Arts teacher at the middle school that September. He handed me the textbook, and I looked through it that evening. I was somewhat unsure how this would go over, but I decided that since it was junior high, I could manage. The students and I would learn together!

Since I grew up on a farm, I was familiar with several tools from watching and helping my Dad. So the first week's lessons involved the identification of hand tools and power tools and their uses, along with safety. I decided that since I had no knowledge of electricity, it was best to skip that, so I had everyone start a simple wood-working project, using hand tools only. The boys loved it! After a few more woodworking projects, I let them use some power tools...drills, portable saws, band saws, sanders,

etc. and they thought they were professional woodworkers. I taught drafting for a couple of weeks in the classroom, but I could tell the boys wanted to get back in the shop room again, so we started on some simple metalworking projects.

Of course at that age, boys are starting to think about cars and getting their driver's licenses in a couple of years. With not much money in the school's shop supply account, I decided to purchase an old car with my own money and have the boys work on it. You should have seen the look on their faces when I wheeled a 1937 Plymouth coupe into the shop room one morning! We worked on it for a month, and the kids became "auto mechanic experts," at least in their minds!

I taught that shop class for two years, and I can honestly say that I had as much fun as the kids. I even taught the 7th and 8th grade girls for a few weeks each semester while the boys took home economics and learned how to cook, sew, take care of a newborn, etc.... all considered "female skills" back then...but not in today's world.

One thing I discovered

is that many of the kids who were not fond of math soon found out that basic math and knowledge of geometry are essential when building or making something in the shop room. I believed that shop class certainly helped to develop their math skills. Also, several students who took no interest, or who did poorly in other "regular" classroom subjects, really excelled in shop class. After high school many went on to become carpenters, auto mechanics, or other occupations which require specific knowledge and skills...certainly satisfying to them and beneficial to the community. My Dad always said that the main thing in life is to find something you love to do...and then become good at it.

Yes, I loved teaching shop for those two years. In 1998, after I had retired from the Sheriff's department, the principal at Clinton Prairie called me, and asked if I would teach junior high shop class for a year until they found someone.

"I sure would!" I had another fun year! I eventually purchased several power tools from Sears and built custom wood cabinets as a hobby for a few years, and I enjoy working with my hands on all types of things. But as far as electricity goes, I can put in a light bulb... that's about it. I cut a light cord in two with a pair of scissors when I was four years old. What a SHOCK...that was enough for me!

*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.*

### Activity Helps Strengthen Each Day



**RANDALL FRANKS**  
Southern Style Columnist

Click, click, click, click, emanates from my sneakers as I walk along the hiking path ever hopeful that with each passing mile I am a little more fit and well on my way to losing the few pounds I am seeking to shed.

After opening boxes, and pulling jeans up only to find they will not close and a crowbar will be needed to get them back off.

I know there are people all over the world who find this same dilemma as they strive to improve their health and possibly not have to pry into clothes that no longer fit.

The sun shines warm on my face and being in it seems to invigorate my sense of hope that there is more to do, more to try, more to achieve. I walk faster taking longer strides.

Sometimes I wonder what ever happened to the days when the pounds just slipped away easily. Now they just seem to hang in the places I don't want them to be.

I know that if I can just push ahead, keep walking, they will slowly and surely peel away. Well, maybe not peel away but hopefully the pounds will get less and less.

Click, click, click, click,

30 minutes, 40 minutes, 50 minutes and still click, click, click. The perspiration from the sun now has my undershirt soaked, so I press on.

I can feel the pounds being beamed off me by the mythical Star Trek transporter. Well maybe not pounds, more like fractions of ounces, click, click, click, 60 minutes. My, I am getting hungry, let's see what can I eat? I am almost back to the car. Maybe a salad, no, perhaps protein, after exercise you need protein. A grilled chicken sandwich with a side of fries would be good.

With the bread and the fries, there comes those ounces back as Scotty pulls the switch on the transporter putting them back somewhere else.

My legs feel stronger but I know that I must bring my walk to a close soon, though I want to walk more.

Tomorrow is another day. More ounces to shave. Don't give up, make a difference in your life, get up and get active.

*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](mailto:rfrankscatoosa@gmail.com).*

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# SUNDAY

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## Separation Of Church And State Is A Two-Way Street



**BRAD BRIGHT**  
Guest Columnist

P.T. Barnum purportedly said “There are two kinds of people in the world, con men and suckers. Thank God for the suckers!”

The next time someone cries, “Separation of church and state!” immediately ask, “Do you think it is a one-way or a two-way street? Does it mean only that government may not require religious practice or speech? Or does it also mean that government may not censor religious practice and speech?”

My friends, the Constitution never says everyone has the right to freely exercise their religion except for bakers in Colorado.

The Constitution never says everyone has a right to free speech except for football coaches at public high schools in Washington State.

The Constitution never says everyone has the right to freely exercise their religion except government employees.

A few weeks ago, Auburn’s head football coach, Hugh Freeze, voluntarily helped baptize about 200 students on the spur of the moment in a lake on campus. Immediately, the Freedom from Religion Foundation (FFRF) cried foul.

The phrase, “Freedom from Religion,” tells you everything you need to know about this group. “Freedom from” is merely “newspeak” for censorship. I suspect if Jesus were on a college campus today, they would probably try to “freedom from” him too.

The FFRF pounds the table demanding “Separation of Church and State,”

pretending that the U.S. Constitution promotes atheism over religion—a one-way street.

Here is their game. The FFRF focuses exclusively on the Establishment clause of the Constitution: “Congress shall make no law respecting an establishment of religion.” This means the government may not require religious practice or speech. Americans overwhelmingly support this clause in the Constitution—me included.

However, the FFRF religiously goes deafeningly silent on the Free Exercise clause, which says, “Congress shall make no law...prohibiting [religion’s] free exercise.” They even shoulder aside the Free Speech clause. It’s not an overt lie—just a deceptive omission.

When you combine the Establishment clause with the Free Exercise clause, it means the government may neither require nor censor religious practice or speech. Emphasizing one above the other breaches the Constitution.

Jefferson’s “wall of separation” between Church and State forbids the government from requiring or censoring religious speech or practice anywhere, at any time. It emblazons a bright red line across the Constitution, thundering, “You shall not pass!”

The Freedom from Religion crowd promote what I describe as, “Segregation of Church and State.” They boot religious speech to the back of the bus. Years ago, we threw off the evil shackles of government enforced racial segregation. Now is the time to reject government sponsored segregation of religious speech as well.

The Constitution guarantees every American freedom of speech—and the right to freely exercise their religion. Of course, we all know you do not have the right to endanger other people’s lives by yelling “fire!” in a theater. But what rational person would equate free speech or religious speech with life-threaten-

ing speech?

Separation of Church and State slaps handcuffs on the government. Politicians, judges and bureaucrats may not forbid, censor, stifle, subjugate, coerce or restrict the religious or non-religious speech of *We the People*.

The Constitution obligates government to remain neutral, ensuring a level playing field for all speech—religious and non-religious. Protecting secular speech while censoring religious speech is not neutral. Every child knows that is called taking sides. The courts contemptuously disregard the bright red line of separation restraining both Church and State whenever they censor the religious speech of even one American.

Many Freedom from Religion folks allege that allowing religious expression in public education is “exclusionary by definition.” Do you know what is exclusionary by definition? Censorship.

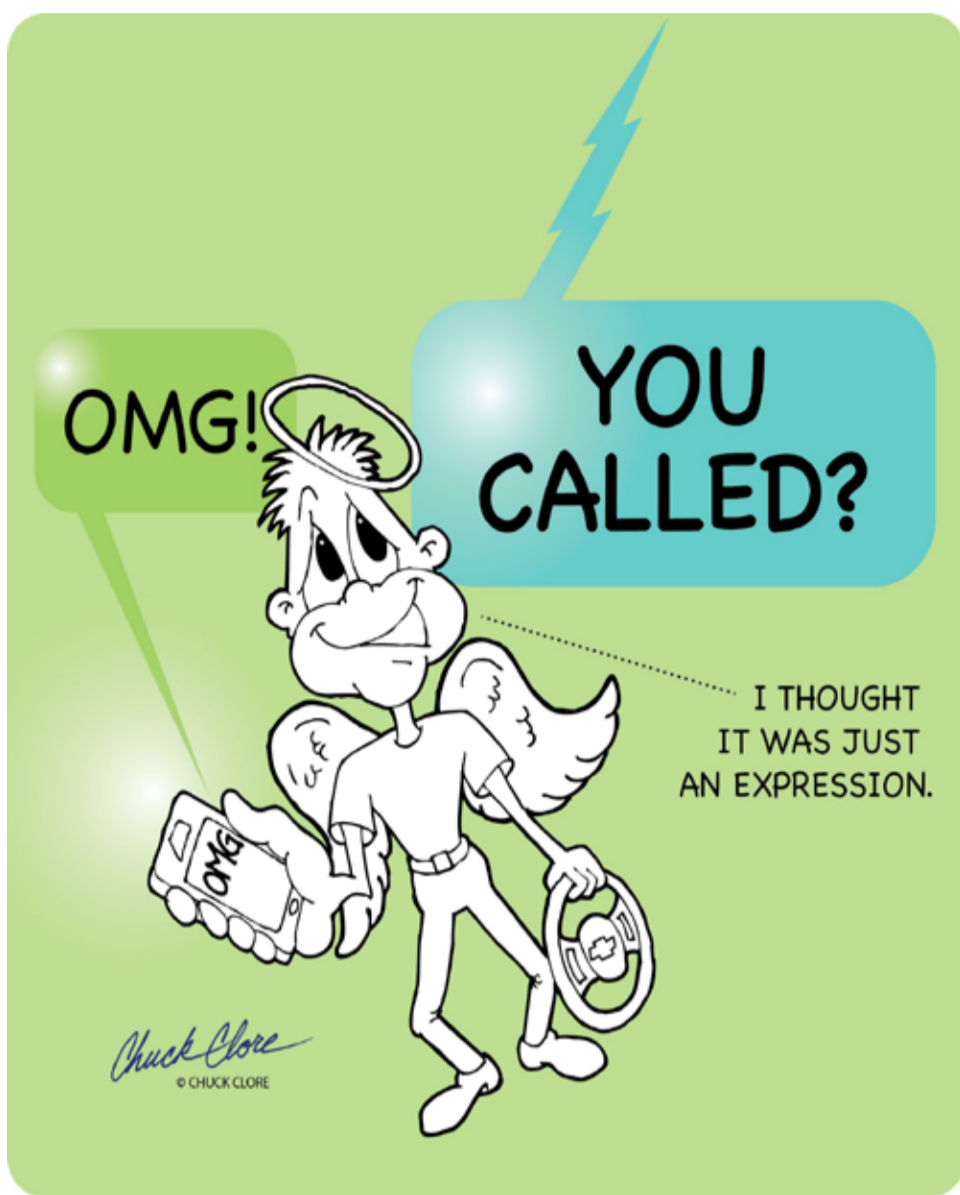
They often say that to be “inclusive” of all viewpoints, you must exclude religious viewpoints. In other words, in order to be inclusive you must be exclusive. Welcome to George Orwell’s 1984 where: “War is Peace.” “Freedom is Slavery.” “Ignorance is Strength.” And Exclusivity is Inclusivity.

So, the next time someone utters, “Separation of Church and State,” listen closely for the deafening silence. Omissions often speak far louder than spoken words. Don’t be a sucker.

I applaud Coach Freeze for his courage and authenticity. He loves Jesus. He loves the Auburn students. He loves his neighbor as Jesus commanded. And he is far more concerned about God’s approval than man’s. We should all aspire to be more like Coach Freeze.

God is the issue.

*Brad Bright is an author, speaker, president & CEO of Bright Media, and host of the weekly podcast: GOD is the Issue.*



## OMG & F-Bomb Craters

Why am I all primed to unleash a barrage of incendiary words at the slightest provocation? It doesn’t take six shots of espresso or a fender bender to create anxiety and initiate my long-shoreman vernacular.

It seems as though the landscape of my tranquility has become scarred with “OMG!” pockmarks and “F-Bomb!” craters. How did this carnage happen? Could I have become desensitized? “Hell No!” “Oops, I mean Heck No.” “Well, maybe.”

Mi, Mi, Mi, is no longer a vocal warm-up for a performance. It has become Me, Me, Me, the mantra for self-indulgence, self-actualization, self-fulfillment, and the

self-reliant American Way. Not that there is anything wrong with a strong self-image. You need one to succeed in life.

The question is, “Where does that strength come from?” Be honest. None of us got to where we are today strictly on our own. Recognizing the contributors to our success helps temper our self-image.

How can I temper my vocabulary? It is worth consideration. An important part of my self-actualization is self-discipline. Leave that element out, and it becomes all about me, me, me. Everyone around me becomes painfully aware that my self-image is out of balance.

If you carpet bomb your next conversation at the coffee shop with the F-word or too many OMGs, you may notice nearby tables cringing.

It doesn’t necessarily mean they are a bunch of prudes. Maybe they are merely hoping for a valuable conversation where you choose your words well. Use an expletive sparingly, and it has more impact. It’s not a big deal, but each F-bomb dropped annihilates tranquility and leaves a crater in your credibility.

What are your words worth?

*Chuck Clore is a talented artist and writer. You can catch some of his work in our monthly Montgomery Memories.*

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# SUNDAY

## Travel or stay! and Play

Sunday, Oct. 22, 2023

J1

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## The Paramount Theatre's Resurgence

The Paramount Theatre Centre & Ballroom in Anderson, Ind., has experienced tremendous growth since March 2019, when Honeywell Arts & Entertainment (HAE) became a co-partner. HAE is dedicated to providing arts, education, and entertainment for all through live entertainment, movies, arts education, cultural events, culinary experiences, and more. HAE partners with several venues across Indiana and Ohio, offering expertise, leadership, and services ranging from booking talent to guest relations and marketing support. Among those partner venues is The Paramount Theatre. Overall, 20,000 audience members have attended a Honeywell-presented show at The Paramount Theatre since March 2019, with 10,600 attendees already this year and 5,000 of those being first time visitors.

Of the 54 performances to hit The Paramount stage in the five years since the partnership with HAE began, there have been multiple sold-out shows from a wide range of national touring artists and performances, including rockers Three Dog Night, 80's superstars TESLA, legendary Rock & Roll Hall of Famer Buddy Guy, and more. Family-friendly shows Dragons & Mythical Beasts and Fairy Tales On Ice, repeat favorites like Oak Ridge Boys, comedians Jim Breuer and Bob & Costaki, and traveling shows Glenn Miller Orchestra and Rhythm of the Dance have also graced



Photos provided

the stage over the years. "The Paramount hosts great organizations such as the Anderson Symphony Orchestra and the Anderson Youth Ballet Theatre, along with numerous regional non-profits for their galas and events," said Mark Thacker, Anderson Madison County Visitors Bureau Executive Director.

"The Paramount's successful marketing partnership with Honeywell Arts & Entertainment has brought a level of awareness to downtown Anderson and our dining establishments. Event traffic has grown due to this partnership and more businesses have returned downtown to create a broader community experience."

The Paramount draws many out-of-town attendees, with more than 70% of ticket buyers coming from outside of Madison County eager to make the trek. About an hour's drive from Indianapolis

without the hassle of big city traffic, the theatre's ease of parking, accommodations, and nearby dining experiences keep its guests happy and coming back for more.

The Paramount's rich history as a staple for celebrating the arts since 1929 makes it a point of pride for locals as well. The 1450-seat 'atmospheric' theatre was originally designed by John Ebersson - and is thought to be one of only 12 Ebersson theatres in the U.S. - with enchanting features like wrought-iron gates, original statues along the walls (Hebe, Goddess of Youth and Venus, Goddess of Love), a cloud-painted ceiling with twinkling 'star' lights, a Grand PAGE Pipe Organ, and more.

The Paramount has long been considered the crown jewel of performance entertainment in our region. The theatre is a place where local families and out-of-town visi-

tors alike can experience an eclectic mix of shows, from holiday movies & young ballet performers to world-class concerts and presentations," said Clayton Whitson, President/CEO of the Madison County Chamber of Commerce. "One of the main drivers of tourism in our area has been the addition of Honeywell presented shows, regularly bringing thousands of visitors to our downtown area every year. The renovations to The Paramount over the years have restored the theatre to its historic beauty, which truly makes it a one-of-a-kind venue."

With even more in store for the remainder of 2023 and 2024, newly announced Executive Director Rich Jorm invites guests from near and far to experience the magic of this historic theatre building and community.

**About the Anderson Paramount Theatre**  
The Paramount Theatre Centre & Ballroom

has been in operation since Aug. 20, 1929. The Paramount has inspired many spectators with its architecture, entertainment, and history. On behalf of generous local benefactors with an appreciation of history, the theatre continues to shine as brightly on the outside as the stars do inside. The Paramount offers residents and visitors unique entertainment options year-round in partnership with Honeywell Arts & Entertainment. For more information about the Anderson Paramount Theatre, visit Anderson-Paramount.org.

**About Honeywell Arts & Entertainment**

Honeywell Arts & Entertainment encompasses the full range of arts opportunities and venues of The Honeywell Foundation, a nonprofit public charity based in Wabash, Indiana. The organization is dedicated to providing arts, education, and entertainment for all through

live entertainment, movies, arts education, cultural events, culinary experiences, Honeywell Arts Academy, and more. Offerings take place at seven venues including the Honeywell Center, Honeywell House, Eagles Theatre, Charley Creek Gardens, Dr. James Ford Historic Home, Clarkson House, and 13-24 Drive In. Honeywell Arts & Entertainment partners with a network of venues throughout the region to further the reach of live entertainment programming. Honeywell Arts & Entertainment programs and activities are made possible by generous donors and in part by Arts United of Greater Fort Wayne, Regional Arts Partner; the Indiana Arts Commission, a state agency; and the National Endowment for the Arts, a federal agency. For more information about Honeywell Arts & Entertainment, please visit HoneywellArts.org.

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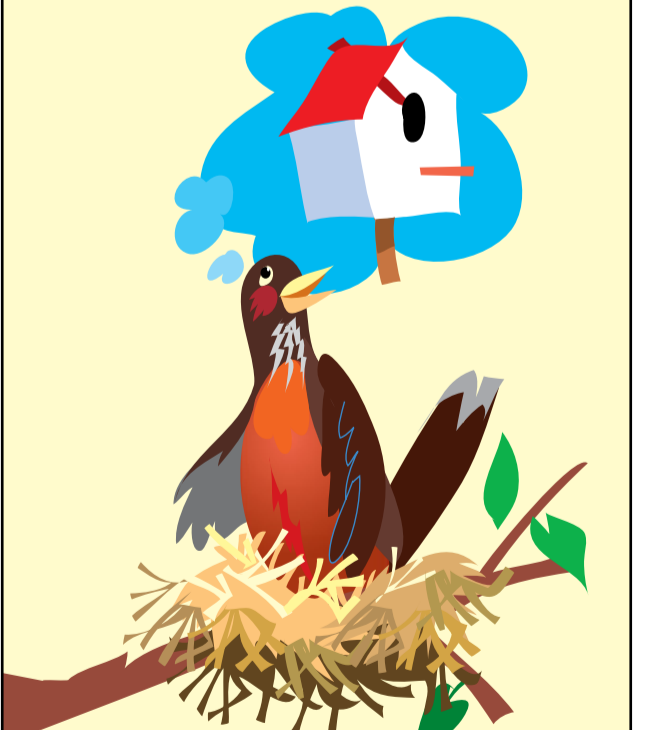
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## How to Choose the Right Car Seat

### FAMILY FEATURES

As a parent, one of the most important purchases you'll make for your child is a car seat. It's important to choose a car seat that properly fits both your child and your car, as car crashes are a leading cause of death for children ages 12 and younger, according to the Centers for Disease Control and Prevention.

As your children grow, you'll need to change the mode of their car seat to accommodate their weight and height. There are four recommended stages of child restraint usage: rear-facing harness, forward-facing harness, belt-positioning booster seat and seat belt. Different car seats offer different varieties of these modes of use, so families can choose a product that fits best with their child's needs.

For example, the Graco 4Ever DLX Grad 5-in-1 Car Seat is a first-in-market seat that provides added longevity and value with its kid-centric design that accommodates children from 4-120 pounds and up to 12 years of age. The car seat features five modes of use to help children through each stage, including a rear-facing harness, forward-facing harness, both high-back and backless boosters and a removable seat belt trainer. Additional features include a space-saving slim design, SnugLock technology for quick and easy installation, a 10-position headrest and harness, removable inserts and rotating cupholders.

To help choose the right car seat for your child with safety top of mind, Graco curated a stage-by-stage guide to help meet first-time and growing family needs, following guidelines set by the American Academy of Pediatrics and the National Highway Traffic Safety Administration.

### Stage 1: Rear-Facing Harness

According to the American Academy of Pediatrics, children should remain in a rear-facing car seat in the vehicle backseat for as long as possible, until they reach the specified weight or height limit of the car seat for optimal protection while riding in the car.

While many parents bring their children home from the hospital in an infant carrier, which is a portable seat with a stay-in-vehicle base, designed specifically for newborns and small babies, there are other rear-facing options. Convertibles and all-in-one seats have higher weight limits than infant carriers, allowing children to remain rear-facing up to 40-50 pounds.



### Stage 2: Forward-Facing Harness

When children outgrow their rear-facing car seats, they should be buckled in a forward-facing car seat with a harness and top tether in the vehicle backseat until they reach the maximum height or weight for the seat, typically around age 5-6.

### Stage 3: Belt-Positioning Booster Seats

Once children outgrow their forward-facing car seats with a harness, they should be buckled in a high-back belt-positioning booster seat (for children 40-100 pounds) to provide added neck and head support followed by a backless belt-positioning booster seat (for children 40-120 pounds) in the backseat until the vehicle seat belt fits properly across their laps and shoulders without a booster seat, which usually occurs between 9-12 years old.

### Stage 4: Seat Belt

Approximately 31% of parents transition their children from a high-back booster directly to a vehicle seat belt, according to a survey fielded by Ipsos. To ride safely, many children need assistance with seat belt fit until age 8-12. The 4Ever DLX Grad 5-in-1 Car Seat features a removable Seat Belt Trainer that helps guide the seat belt into the correct position to help keep children safer for longer while still allowing them to feel like big kids.

Once the seat belt fits properly, children no longer need to use a booster seat. This means that they can sit all the way back against the vehicle seat with knees bent at the edge of the seat, the lap belt sitting low on their hips and upper thighs (not the stomach), the shoulder belt fitting across the collarbone and sitting flush with the torso – they can stay seated this way for the entire ride.

To learn more and find the right car seat for your child's needs, visit [gracobaby.com](http://gracobaby.com).



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# Montgomery County's Most Wanted

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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

### Please Read Our Disclaimer:

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

### Notice:

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

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

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