Oct. 29, 2023



Montgomery County's oldest locally owned independent newspaper

## End Of Daylight Saving Time Is Nearing



Photo provided

### Here's When To Turn Clocks Back In 2023

Daylight saving time is coming to an end on Nov. 5, the first Sunday in November.

Clocks will "fall back" one hour at 2 a.m. on Nov. 5, granting most people an extra hour of sleep. With the change comes earlier sunrises and nightfall well before 7 p.m. It won't be until March that we fiddle with our clocks to "spring ahead" once again.

Frequent measures in the Senate and the House have attempted to make daylight saving time permanent. However, the bills usually die before they ever comes close to becoming law.

With little to no progress made on the 2023 measure, Americans will continue to "spring forward" and "fall back" in 2024.

### When does daylight saving time end?

Daylight saving time ends Sunday, Nov. 5 at 2 a.m.

### Why was daylight saving time created?

The practice has been implemented in some form since World War I when Germany originally introduced it to conserve power and energy by extending daylight hours.

The Standard Time Act in 1918 was the first introduction of daylight saving time to American clocks. The temporary measure, which once held the nickname "war time," lasted from spring to fall and was intended to cut energy costs during World War I. The act is also responsible for the five time zones still in place today.

The Department of Transportation was created and given regulatory power over time zones and daylight saving time in 1966. In order to correct confusing and alternating time zones, the Uniform Time Act of 1966 sought a nationwide standard for daylight saving time from the last Sunday in April to the last Sunday in October.

Few changes have happened since then. Most recently, daylight saving time was extended by a few weeks in 2005 when former President George Bush changed the law. It is now observed from the second Sunday in March until the first Sunday in November.

Despite the national observance, Arizona and Hawaii don't observe daylight saving time. Under federal law, states are allowed to opt out of daylight saving time and remain on standard time, but are not allowed to remain on daylight time.

The U.S. has previously implemented daylight saving time year-round twice, once in World War II for fuel conservation and once in 1974 as "trial run" during an energy crisis.

While there is some belief that daylight saving time reduces electricity consumption, traffic and crime, two studies, one performed in 1975 and one in 2005, when DST was extended, revealed that much of the changes in energy consumption, traffic and crime were "statistically insignificant." The 2005 study found that each day of extended daylight saving time lowered total national electricity consumption by 0.5%.

## Where does the Sunshine Protection Act stand? Will daylight saving time be permanent in 2023?

Despite the over 50 years of observance, there have been pushes by over 29 states to change the practice.

Sen. Marco Rubio R-Fla. and Rep. Vern Buchanan R-Fla. frequently reintroduce the Sunshine Protection Act into their respective chambers. The bill seeks to make daylight saving time the "new, permanent standard time" and dissolves the need to change our clocks biannually.

In 2022, the Sunshine Protection Act of 2021 unanimously passed the Senate, but ultimately failed to pass in the House of Representatives and did not become law. The Senate or House versions of the Sunshine Protection Act of 2023, which were both introduced in March, also failed.

Congress is the only one that can change the observance period for daylight saving time. Since 2015, at least 45 states proposed bills to change their observance of DST, according to the Congressional Research Service.

### **TODAY'S QUOTE**

"Tis now the very witching time of night, When churchyards yawn and hell itself breathes out contagion to this world." William Shakespeare

### TODAY'S JOKE

How do you spell candy with only two letters? C and Y.

### TODAY'S VERSE

Philippians 3:10 That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death.

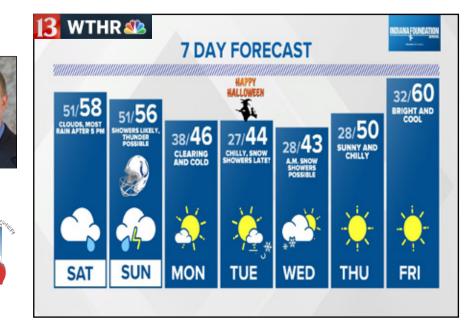
### TODAY'S HEALTH TIP

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

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www. thepaper24-7.com.

### **C HONEST HOOSIER**

I think for Halloween I'm going to trick or treat as AOC. That means I can stay home, let others trick or treat and then take part of their candy as my share.





**1. FFEEJORNS** 2. NOSMDAI **3. RIFE** 4. COOUUHSERT **5. DENSPREI** 

Unscramble the words below!

4. Courthouse 5. President Answers: 1. Jetterson 2. Madison 3. Fire

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

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Indiana Gubernatorial Hopeful **Brad Chambers Emphasizes Online Safety For Kids In First Proposal** 

By Casey Smith Indiana Capital Chronicle

Gubernatorial candidate Brad Chambers launched his first campaign ad in September. His latest ad highlights online safety for Hoosier kids. (Screenshot from Brad Chambers ad)

Indiana gubernatorial contender Brad Chambers released his first policy proposal Wednesday with an emphasis on increasing online safety for Hoosier children.

Chambers, who is vying for the 2024 Republican nomination for Indiana governor, said he wants to require stricter age verification, enhance online data protections and ensure age-appropriate classroom instruction on the benefits and dangers of social media and other online activity," among other proposals.

"Today's online environment is an increasingly dangerous place," Chambers said in a statement. "Its harmful effects are real and well-documented, yet career

"As governor, I'll work collaboratively with the Legislature to implement this plan and give Hoosier parents the tools they need to keep their children safe online," he continued.

Chambers' "Safe Online Plan" is highlighted in his latest six-figure ad buy that will begin airing on television statewide as early as Wednesday, according to a campaign news release.

The announcement came one day after the state attorney general's office sued Meta in federal and state courts, alleging the company knowingly designed and deployed harmful features on Instagram and its other social media platforms that purposefully addict children and teens.

Specifically, the plan seeks to require stricter age verification for the use of digital platforms such as social media, as well as websites that distribute or display pornographic material.

Chambers said he would do so by consultparents are empowered to manage and monitor the online presence of their minor children."

Although age 13 is generally the required minimum age for access to social media platforms, Chambers pointed to recent studies indicating that roughly 40% of the nation's youth between the ages of eight and 12 report using social media.

"Currently, social media, gaming platforms and websites that distribute or display pornographic material simply require users to check a box or fill in a birth date with no way to verify and confirm the user's age," Chambers' plan says.

The candidate also proposed a "multi-pronged approach" to enhance and expand online data protections for Hoosier users under the age of 18.

The "Safe Online" plan would limit geolocation tracking for verified youth social media accounts only to applications that allow parents or guardians to know the location of their children.

To prevent cyberstalking and cyberbullies, it also requires verified vouth social media accounts to be automatically set to "private" mode

so unknown users cannot view a child's social media activity. Companies found in

violation of the Safe Online plan's data protection provisions would be subject to penalties.

Chambers is also seeking to enforce penalties on online companies that fail to prevent Hoosier children from accessing pornographic material and other inappropriate adult content online.

He further promised to work with the Indiana Department of Education to ensure "age-appropriate" classroom instruction on the dangers of social media and other online activity.

A lifelong Hoosier, Casey Smith previously reported on the Indiana Legislature for The Associated Press. Internationally, she has reported on water quality across South America. She holds a master's degree in investigative reporting and narrative science writing from the University of California/Berkeley's Graduate School of Journalism. She

## Indiana's Favorite **Ghoul Sets Sights On Unclaimed Property**

With Halloween just around the corner, Indiana icon Sammy Terry is partnering with the Attorney General's Office to remind Hoosiers to search for unclaimed treats at IndianaUnclaimed.gov.

Sammy Terry, the longest running TV horror host in the world, is featured in radio and TV ads this fall to reunite Hoosiers with their unclaimed property.

"We're honored to work with Sammy on this ghoulish holiday," Attorney General Todd Rokita said. "Losing money is a real nightmare, but reclaiming your hardearned money is safe, secure and free if you visit IndianaUnclaimed. gov."

In 2022, Rokita's office returned more than \$62 million in unclaimed property to its rightful owners. This year, the office has already returned more than \$61 million, and over \$700 million is still waiting to be claimed. "Indiana Unclaimed re-

turns a wicked \$1 million every week to Hoosiers across the state," Terry said. "Text SAMMY to 46220 and search your name for any unclaimed, pleasant nightmares waiting to be claimed by you!"

Unclaimed property is any financial asset with no activity by its owner for an extended period of time. This can include unclaimed wages or commissions, money orders, safety deposit box contents, savings and checking accounts, refunds and overpayments.

Rokita's office conducts outreach efforts to locate the rightful owners or heirs. Individuals and/or businesses have 25 years to claim money once it is reported to the state.

Visit IndianaUnclaimed.gov or text SAMMY to 46220 to search your name, family or business.

You can also contact the Unclaimed Property Division at 1-866-462-5246 or updmail@atg. in.gov.





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



## Simplify Holiday Hosting *from Start to Finish*

### FAMILY FEATURES

osting a major holiday event is no small effort. It requires close attention to detail from planning, cooking and cleaning to entertaining guests on the big day. Fortunately, just like any good recipe, approaching your hosting duties one step at a time can allow you to create a magnificent final product.

This Thanksgiving, the experts at Finish are helping hosts everywhere get organized, from the initial planning all the way through clean up, with the Ultimate Thanksgiving Timer. Created in partnership with Gaby Dalkin of "What's Gaby Cooking," it's a personalized hosting timeline designed to help hosts stay on track up to and throughout the big day.

"I've been hosting holiday gatherings for years and know from firsthand experience that even capable hosts struggle to time everything just right," Dalkin said. "From planning your menu and designing your tablescape to accommodating dietary restrictions and even serving dessert, the Ultimate Thanksgiving Timer will support hosts every step of the way this year."

### Plan Your Guest List and Menu

Deciding how many guests you'll be serving and what you plan to serve are two essential

details that will guide the rest of your planning. When creating your guest list, be realistic about how many are likely to attend and plan your menu for a few extra people so you don't run out of food. Your menu may also be influenced by how many guests you plan to host; a whole turkey is practical for a large group, but a turkey breast may be adequate for a more intimate gathering. Remember to send your invites at least three weeks ahead of the event so guests have plenty of time to respond and you can prepare your menu.

### Start Grocery Shopping Early

The rush at the grocery store can be one of the most stressful parts of getting ready to host. Give yourself enough lead time by picking up pantry staples and beverages 1-2 weeks out so your kitchen is stocked for the big day. For perishables, get to the grocery store early in the day 1-2 days before hosting to beat the rush and avoid any last-minute grocery runs the morning of your gathering.

### **Maximize Prep Time**

While it's likely the majority of your work will come on the big day, you can work ahead to reduce some of the load. For example, you can wash and chop vegetables for stuffing and other side dishes and store them overnight to minimize prep time in the morning. You can also use the quiet of the night before to tackle tasks like setting the table and organizing your seating chart, restocking towels and replenishing other essentials in the guest bathroom.

### **Enlist Help with Cooking**

The day of your event is the perfect time to pull extra hands into the kitchen. A simple but tasty recipe like this Ultimate Cheesy Herb Sourdough Stuffing from Dalkin is a sure crowd-pleaser to add to your table this year. Once you establish your cooking space and find your rhythm, you may even find sharing the preparations with a loved one is a great way to bond and create special memories.

### Make Cleanup a Cinch

A few simple tricks can help you maintain a relatively clean workspace and keep up with all the dishes you need to prepare a lavish meal. First, be sure to clean up as you go. It may be tempting to throw all of your dirty utensils and empty mixing bowls in a pile in the sink to deal with later, but taking a few minutes to scrape dishes and load the dishwasher as you go can help prevent a messy mountain from forming. That also means you'll be more likely to find a clean measuring cup or spoon when you move on to prepare the next dish.

Hosts have enough to worry about, so let your dishwasher do the hard work and pull in reinforcements to help clean up while you relax after a long day. Use a detergent that works in the toughest conditions, from burnt-on stains to old dishwashers and hard water, like Finish Ultimate. It's the only dish detergent tab with CycleSync technology that releases the right ingredient at the right time to work with your dishwasher.

You can skip the rinse, even on tough stains like cranberry sauce and gravy, and save up to 20 gallons of water. Hosts are invited to put Finish Ultimate to the test and take the Ultimate Thanksgiving Challenge; if it can't tackle your burnt-on stains, the meal is on Finish via a rebate of up to \$30.

For more hosting tips and tricks, visit UltimateThanksgivingExperience.com.



### **Ultimate Cheesy Herb Sourdough Stuffing**

Recipe courtesy of "What's Gaby Cooking" on behalf of Finish

- 1 loaf sourdough bread with crust, cut into 1-inch cubes (roughly 8 cups)
- 10 tablespoons butter
- 2 shallots, finely sliced
- 2 celery stalks, finely chopped
- 2 bunches green onions, thinly sliced
- 3/4 cup chopped fresh Italian parsley
- 2 tablespoons chopped fresh oregano
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 3 large garlic cloves, minced
- 2 teaspoons coarse kosher salt
- 1 teaspoon freshly ground black pepper
- 3 large eggs
- 2 cups chicken broth, divided
- 6 ounces coarsely grated Parmesan cheese

Preheat oven to 375 F. On large, rimmed baking sheet, spread ripped or cubed bread. Bake until bread is dry, about 15 minutes. Cool. Leave oven on.

In heavy skillet over medium heat, melt butter. Add shallots and celery; saute 5-6 minutes. Add green onions, parsley, oregano, sage, thyme, garlic, salt and pepper; saute until celery is tender, 6-8 minutes.

Generously grease large skillet or ceramic baking dish. Place bread cubes in large bowl. Add warm vegetable mixture; toss to combine.

In medium bowl, whisk eggs and 3/4 cup broth. Add egg mixture to stuffing and toss to coat. Mix in Parmesan. Add 1/2-3/4 cup broth to stuffing if dry. Transfer

to skillet or ceramic baking dish. Cover with buttered foil. Bake 30 minutes. Remove foil; bake until golden, about 30 minutes. Serve in baking vessel or transfer to serving platter.





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

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

### FAMILY FEATURES

If the 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.

### **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

### Grapefruit Paloma

Servings: 4

- 24 ounces Florida Grapefruit Juice
- 16 ounces silver tequila
- 16 ounces seltzer ice
  - nte margarita s
- 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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### 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-pared bruschetta. Garnish with fresh grapefruit segments and cilantro, if desired.

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## A Full Menu of *Festive Holiday Flavor*



### **Fresh Flavors for Holiday Festivities**

With the festive season arriving, bring together family and friends for a delicious feast you can feel good about serving. One standout recipe is this Cornish Game Hen with Kale Sweet Potato Salad that pairs fresh, leafy kale with roasted sweet potatoes and tender Cornish game hens for a truly elegant meal.

Elevate your cooking during the holidays with inspiration from Fresh Express and its more than 100 varieties of fresh, healthy and convenient ready-to-eat salads like the Sweet Kale Chopped Kit. It's a perfect blend of a nutrient-dense salad mix of leafy kale, green cabbage, shredded broccoli and Brussels sprouts, as well as crunchy pumpkin seeds and dried cranberries, topped with a tasty poppyseed dressing.

Visit FreshExpress.com to discover more fresh, easy and healthy recipes for the holiday season.

### **Cornish Game Hen with Kale Sweet Potato Salad**

Prep time: 20 minutes Cook time: 1 hour, 10 minutes Servings: 4

- 1 package (6 ounces) stovetop stuffing
- 2 cups chopped apples, divided
- 4 Cornish game hens (20 ounces each)
- 1/2 cup butter
- 2 teaspoons Italian seasoning, divided
- 1 teaspoon paprika
- 1 teaspoon salt, plus additional,
- to taste, divided
- 1/2 teaspoon garlic powder 1/4 teaspoon black pepper
- 2 large sweet potatoes, peeled, cut into
- 1-inch cubes
- 2 tablespoons olive oil
- 1 package (10.9 ounces) Fresh Express Sweet Kale Chopped Kit

Heat oven to 350 F.

Prepare stuffing according to package directions. Add 1 cup apples and fluff stuffing with fork; cool 15 minutes.

Remove anything inside hens, rinse cavity with cold water and pat dry.



In small saucepan, melt butter over low heat. Add 1 teaspoon Italian seasoning, paprika, 1 teaspoon salt, garlic powder and pepper; mix well. Remove from heat.

- Fill cavity of each hen with apple stuffing.
- Place hens in 13-by-9-by-2-inch baking dish.
- Tie legs together and tuck wings under. Baste with butter mixture.

Bake 50-60 minutes, or until thermometer inserted in thickest part of thigh reads 165 F and stuffing temperature reads 165 F. Baste with butter mixture every 15-20 minutes.

In bowl, toss sweet potatoes with remaining Italian seasoning and olive oil. Arrange in single layer on sheet pan. Sprinkle with salt, to taste.

Bake with hens 25 minutes, or until tender. Remove from oven and cool. Tent hens with foil and let rest 10 minutes.

Place greens from salad kit in large bowl. Add remaining apples and sweet potatoes; mix well. Toss with salad dressing. Add toppings; toss to combine. Serve Cornish game hens with sweet potato kale salad.

### A Festive, Everyday Side Dish

While the busy holiday season can be loads of fun, you still need to get dinner on the table between parties. When you find yourself in a pinch this holiday season, squeezed for time and searching for a quick solution for dinner, turn to an easy side dish that can appease everyone. Potatoes are a nearly unanimous favorite.

Make putting dinner on the table a breeze with a solution like little potatoes from The Little Potato Company, which can help bring holiday happiness to mealtime. Ready in as little as 5 minutes, they come pre-washed and require no peeling or

cutting, making them the perfect time-saving solution for the holiday season. Ideal for this Perfect Roasted Little Potatoes recipe, these little potatoes are a tasty, fresh whole food that you can feel good about serving. Ready in half an hour with minimal prep and a few simple ingredients, it's a perfect side dish for any occasion. Visit littlepotatoes.com for more information and holiday inspiration.

### **Perfect Roasted Little Potatoes**

Prep time: 5 minutes Cook time: 30 minutes Servings: 6

- 1 1/2 pounds The Little Potato Company Little Potatoes
- tablespoon vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1-2 tablespoons fresh parsley, chopped
- Preheat oven to 400 F.

In large bowl, toss little potatoes with oil, salt and pepper until coated.

Spread potatoes in single layer on rimmed baking sheet lined with parchment paper. Bake 30 minutes, or until tender.

Sprinkle with parsley and serve.

Tip: For extra holiday flavor, add paprika, garlic and fresh herbs.





### Get Creative with Delicious, **Decorative Cookies**

A decadent holiday meal isn't complete without a sweet dessert to cap off the evening. When in doubt, go with a traditional treat that's perfect for sharing: cookies.

These Ornament Cookies can be shaped any way you like to celebrate the holidays. The royal icing adorning these festive favorites is made with powdered sugar and meringue powder; just use food coloring to add a personal touch.

For more than 120 years, Domino Sugar has helped millions bake special recipes like these cookies made with non-GMO, vegan, kosher and gluten-free Golden Sugar that's free flowing and easy to scoop, spoon and pour. The sugar retains a hint of molasses flavor, giving it a golden color and providing a perfect way to add less processed sweetness to your loved ones' favorite desserts.

Find holiday recipes, baking tips and more at dominosugar.com.

### **Ornament Cookies**

Prep time: 25 minutes plus 1 hour to decorate Yield: 2 dozen cookies

- 1 1/2 cups (3 sticks) unsalted butter, at
  - room temperature cup Domino Golden Sugar
  - 1 teaspoon pure vanilla extract
- 1 large egg
- 3 1/2 cups all-purpose flour
- 1/4 teaspoon salt

#### **Royal Icing:**

- 4 cups Domino Powdered Sugar
- 3 tablespoons meringue powder
- 1/3 cup, plus 2-3 tablespoons, warm water, divided
  - desired food coloring

To prepare cookies: In large bowl, beat butter and sugar until light and fluffy. Add vanilla and egg; beat until well combined. Scrape sides of bowl as needed. Add flour and salt; beat until just combined.

Dump mixture onto lightly floured surface and divide in half. Shape each half into disks and wrap with plastic wrap. Refrigerate 30 minutes.

Preheat oven to 350 F. Line two baking sheets with parchment paper.

Working on lightly floured surface, roll dough to 1/2-inch thick. Cut cookies using ornamentshaped cookie cutter. Place cookies on prepared pans and bake 18-20 minutes, or until golden brown. Remove from oven and cool at room temperature.

To make royal icing: In large mixing bowl, combine powdered sugar, meringue powder and 1/3 cup water. Beat on low speed until combined. Increase speed to medium-high and beat 8-10 minutes, adding 2-3 tablespoons warm water, as necessary. Icing should be stiff enough to hold peak when tested.

Color royal icing with food coloring and decorate cookies.

Cook time: 20 minutes

### Cookies:



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

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

### FAMILY FEATURES

hen 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 yearround, ooey-gooey 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.





### Parmesan Chicken and Rice with **Spinach and Artichoke**

Prep time: 5 minutes Cook time: 5 minutes

### 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.

## Cook time: 5 minutes

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

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

take the dish up a level with lightly seasoned Minute Cilantro & Lime

### 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.

### **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 lemongrass. 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

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.

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As we age, our health becomes more and more important. Dr. John Roberts, a well-respected physician, gives us great information on the things that matter to our well-being, as well as how to live healthier. Taking care of ourselves is vital and Dr. Roberts can give you the inside track on how to do exactly that.

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**The Paper** 



Sunday, Oct. 29, 2023

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### **Gift An Amaryllis For Colorful Winter Blooms**



### **MELINDA MYERS** Columnist

This holiday, give a gift that keeps giving and requires no dusting. Gift friends and family a beautiful amaryllis that is sure to generate smiles as they watch the bulb transform into beautiful blossoms.

Select unique varieties for the avid gardeners on your list. Double Dancing Queen has 8" blooms with layers of ruffled snow-white petals adorned with brushstrokes of scarlet red. The flowers of Evergreen amaryllis feature mint green petals, and Wild Amazone has long, recurved petals in a blend of brick-red, maroon, ivory, and pale green. Simply nestle the bulbs into decorative bags, as the recipients are likely to have their own containers and potting mix.

Consider gifting the DIYers on your list with a growing kit that includes all the essentials: pot, potting mix, decorative moss to cover the soil,



Photo courtesy of Longfield-Gardens.com

Amaryllis bulbs provide enjoyment as the bulbs sprout, grow, and develop into beautiful long-lasting blossoms.

grown without any soil at all. Place several inches of pebbles in the bottom of a glass vase or watertight container. Cover

in place with colorful stones, ornaments, faux berries, or use a vase with a narrow opening.

bulbs don't sprout until they're ready, and it's impossible to know exactly when that will be. Once

## **Picking Flowers In** Your Own Garden

Starting in early spring and all through summer, flower bulbs give you that lovely spring feeling. Even if March and April are often still cold and bleak, the first brave bulbs already start flowering. Imagine how fun it would be to cut some flowers from your own garden to put in a vase! In this way, you can enjoy spring inside as well!

### A picking garden for everyone

Of course, you want to avoid bare spots in your garden when you pick flowers. That is why it is a good idea to choose a small plot of half a square yard (or bigger, if you like) where you will create your very own picking garden. Vary your bulb choice in terms of shapes, colors and flowering times, so you can pick flowers longer and always have a floral surprise in your home. If you don't have space for a picking garden, simply plant a few more bulbs in the fall than you normally would. No one will notice if you pinch a few flowers here and there from time to time.

### Perfect for picking Of course, there is the familiar tulip as a picking flower, but you could also consider other spring flowers such as hyacinths, daffodils, alliums and blue (or white) grape hyacinths. If you choose daffodils, make sure you don't put them in the vase with other flowers straight away. The slime daffodils produce right after cutting is harmful to other flowers. It is best to put daffodils in a separate vase for a few hours first. They will stop producing slime after a few hours and you can then put them in a vase with other flowers.

### **Planting spring bulbs**

Choose your bulbs in the fall and plant them before the first frost. You can plant them in the garden, or in containers and pots. Plant the bulbs three times as deep as they are tall.

Tip

Why not give a bunch of flowers from your own picking garden as a gift? A fun and original present!

More information is available at www.flowerbulbs.com.

### **Fall Maintenance Checklist To Keep Your** Home In Tip Top Shape

and bulb. It's everything they'll need to plant, watch and grow an amaryllis.

New gardeners and those who claim to have a brown thumb will appreciate receiving a pre-planted bulb. You will enjoy the selection and planting process, and the recipient will get to enjoy the satisfaction of growing this no-fuss gift.

Plant the bulbs in a quality potting mix with the top half above the soil surface. Grow a single bulb in a pot that is seven to eight inches deep and five to six inches across with drainage holes. Or group several bulbs together in a larger container. After planting, water the potting mix thoroughly and place the container in a cool sunny location. Water sparingly until the bulb sprouts, which can take several weeks to a month or more.

Amaryllis may also be

the pebbles with water. Set the bulb on top of the pebbles, adding more stones around the bulb to hold it in place, but leaving the top one-third of the bulb exposed. Add water as needed, keeping it just under and not touching the bottom of the bulb.

Look for unique containers, baskets, or other items to showcase these beauties. Check out Longfield Gardens' free downloadable Winter-Blooming Bulbs Inspiration Book for creative ways to display and decorate your home with amaryllis.

Grow a few extra bulbs so you can enjoy the long-lasting blooms as cut flowers. Wait until the buds are fully formed and soft to the touch. Cut the stems to the desired length and place them in a clean vase with fresh water. Secure the stems

Create a gift that lasts even longer with a selection of amaryllis bulbs that bloom at different times. Include early blooming bulbs grown in the southern hemisphere, such as Alaska with its double white flowers, Opal Star with its single sun bleach red blooms, and Cape Horn with jumbo rose pink flowers. Plant these bulbs in early November so your recipient has colorful blooms for the holidays.

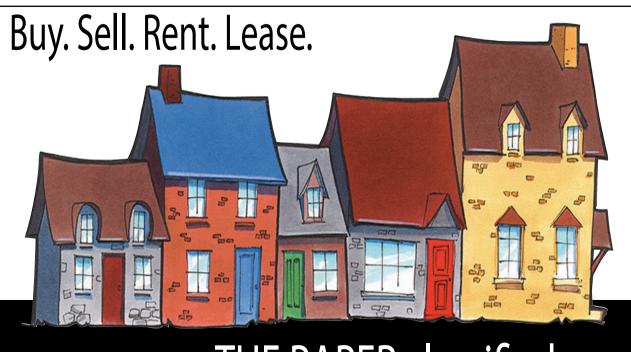
Keep the color coming by gifting amaryllis from Holland and other areas in the northern hemisphere. These bulbs bloom from January through March, depending on the variety and when they are planted. Three or more varieties will provide months of midwinter flowers.

Remind your gift recipient to relax while waiting for their amaryllis to start growing. The

the bud begins to emerge, the daily transformation is thrilling to watch.

Gifting amaryllis is sure to bring you and those on your gift list lots of joy. Order bulbs early for the best selection, gather needed accessories, and have fun preparing this unique holiday gift.

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" DVD instant video series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Longfield Gardens for her expertise to write this article. Her website is www. MelindaMyers.com.



## THE PAPER classifieds.

(StatePoint) Fall is in the air, which means there is a lot to get done around the house before the cold weather comes. From landscaping to insulation, read on for a homeowner's guide to prepping for the upcoming season.

Fall Furnace Check. Before winter arrives, ensure your heating system is in working condition and safe to use. Turn off the furnace first and then clean the vents, check for cracks or rust and swap out the dirty filter for a clean one. If it's been a while since your furnace has been maintained, it may be time to schedule a professional visit.

**Gutter Clean Out.** While the fall foliage is beautiful, it can quickly clog gutters and cause water backups and flooding. Put on heavy-duty work gloves and remove debris near the downspout and work your way to the other end. As you clear away the leaves, easily repair broken or cracked pipes with strong T-Rex Tape. Unlike ordinary duct tapes, this strong tape is built with intense holding power for long-lasting repairs, and its aggressive double-thick adhesive ensures it sticks to rough, dirty surfaces through all weather types and temperatures.

Trim Your Trees. Cut bushes and trees hanging over the driveway or roof to prevent limbs from falling during snowstorms this winter. Focus on trimming any dead or drooping branches, as these are the ones that are most likely to cause damage.

Stop the Drafts. Insulating the home helps you stay warm and save money on energy bills. Identify trouble spots where drafts occur and use weather strip seals, like those from Duck brand, to effectively seal these gaps.

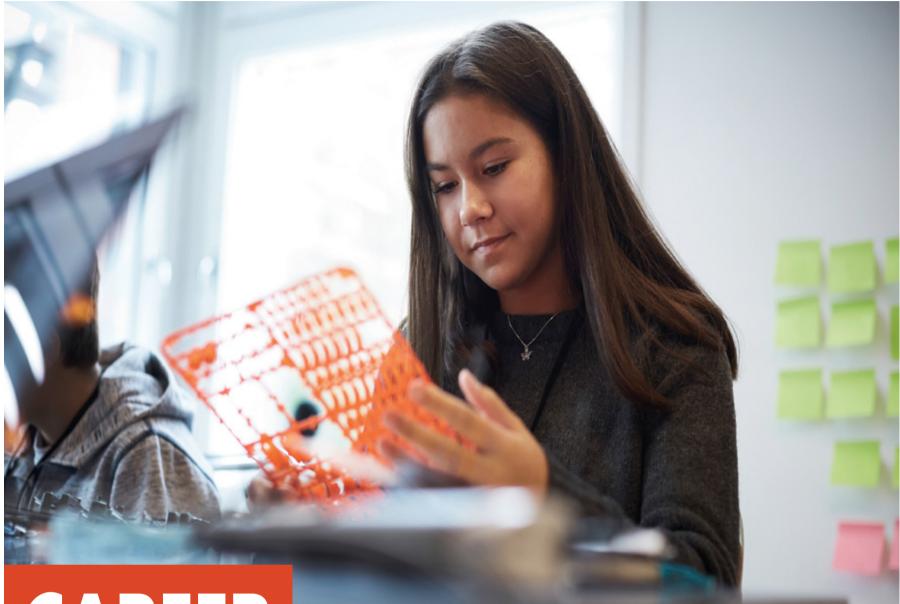
Secure the Perimeter. Slips and falls can occur when steps and walkways are covered with ice and snow. Install proper outdoor lighting to illuminate these areas and to help prevent accidents. If you have steep or uneven wood or concrete steps, apply T-Rex Extreme Tread Tape to improve traction on the surface. This quality tape is made with a multi-layer grit embedding process for long-lasting wear and features a stronger adhesive bond than standard anti-slip tapes.

While fall maintenance can feel daunting, following these tips will simplify the process, so you can feel confident that your house is prepared for changing temperatures.





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## CAREER READY

FAMILY FEATURES or 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."

Photos courtesy of Getty Image

## 3 strategies to prepare teens for life after school

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

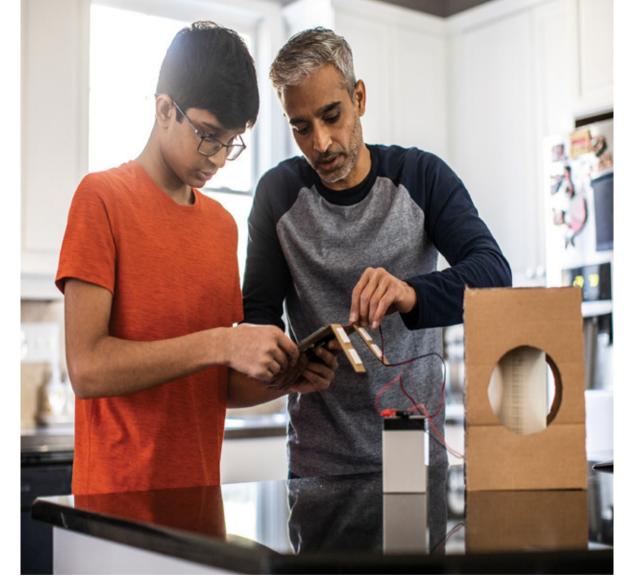
While technology has transformed the world of work, an increasing number of careers prioritize durable skills over technical or hard skills. Durable skills (also known as "soft" or "human" skills) include collaboration, leadership, communication and attention to detail, along with traits like empathy, 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 prelaw 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.



In The Home

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## **HOW PARENTS CAN TACKLE**

### Inappropriate Language, Separation Anxiety and Attention-Seeking Behaviors

### FAMILY FEATURES

f your little one has ever caught you off guard by dropping a verbal bomb or your young child struggles with separation anxiety, you're certainly not alone.

It's important for parents to recognize inappropriate language, separation anxiety and attention-seeking behaviors are all normal and expected parts of early childhood. Just as important is understanding their root causes and steps to take to curb these undesired behaviors.

To help parents looking to tackle these issues, Dr. Lauren (Starnes) Loquasto, senior vice president and chief academic officer at The Goddard School, and Dr. Kyle Pruett, clinical professor of child psychiatry at Yale School of Medicine and member of The Goddard School's Educational Advisory Board, provide this guidance and reassurance.

### **Inappropriate Language**

The use of foul or inappropriate language by children is typically learned by hearing adults in their lives use these words or by imitating language overheard on handheld devices or in television shows or movies. The best way to prevent this is to buffer exposure to such language. If a child uses a curse word, pause before giving the cursing immediate attention so the word isn't unintentionally reinforced. Next, ask the child how they are feeling or help the child label their emotion. For example, "I think you are angry and hurt because you hit your toe on the step.' Suggest alternate language and label the word that was used as "not nice," "bad" or "not OK." Then ensure this is modeled by adults. If a child hears adults use the language again, they are likely to repeat it, too.



Photos courtesy of Getty Images

son. Evaluate if the child has an unmet need, such as hunger, tiredness or selfcare. When possible, ignore the attention-seeking behavior and then seek opportunities to provide overt, strong attention for positive behaviors.

For example, after ignoring the child throwing blocks across the room, strongly emphasize positive behavior when they put away the toys neatly. Label emotions and ask how they are feeling. Discuss ways to show these feelings in more appropriate ways.

Also be consistent with consequences. If the child hurts another or causes a mess, explain the consequence in simple terms. For example, "We cannot break our crayons, even when we are angry. You broke your crayons so you cannot play with your art materials."

To watch a "Parenting with Goddard" webinar recording featuring Loquasto and Pruett providing additional tips, and to access a wealth of actionable parenting insights, guidance and resources, visit GoddardSchool.com.



### **Separation Anxiety**

As a normative developmental behavior that reflects a strong attachment to parents and caregivers, separation anxiety frequently manifests as clinging to a parent or caregiver when being dropped off at school or having an emotional reaction to being left with a different caregiver.

While infants, toddlers and preschoolers have different developmental reasons for showing this behavior, handling it should be consistent across all early childhood ages. First, ensure drop-offs take place when the child is not overly hungry or tired. A wellrested and well-fed child is often less stressed and may transition easier.

Second, make drop-offs short and consistent. Create a simple routine such as giving the child a hug, telling him

or her when you expect to be back then turning and leaving. Maintain the same routine and do not return to the classroom after dropping off, as this could make the separation anxiety worse and trigger a heightened emotional reaction. The more consistent and steadfast the drop-off routine, the quicker the separation anxiety will resolve.

### **Attention-Seeking Behaviors**

Children desire attention and some will seek it through any means available. This may include hurting others, throwing tantrums, overly dramatizing "injuries," whining or showing blatant defiance in full visibility of parents or caregivers.

It is important that adults interpret the behavior as communication and understand the child is asking for attention for a rea-



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## Purdue Strengths In Biotech Manufacturing Part Of New Federally Designated Regional Technology And Innovation Hub Won By The State Of Indiana



Purdue University is part of a consortium of Indiana stakeholders successful in securing a Regional Technology and Innovation Hub (Tech Hub) designation by the U.S. Department of Commerce's Economic Development Administration, which recognizes regions poised to ensure the U.S. is globally competitive in areas that are key to national security.

Announced Monday by Applied Research Institute Inc. on behalf of the state, Heartland BioWorks brings together Indiana academic institutions, industry leaders, investors and nonprofit organizations to ensure that bioproducts invented in America are also produced

a key element of the CHIPS and Science Act championed by Sen. Todd Young. This is a pivotal win for our state and our university," Purdue University President Mung Chiang said. "Purdue is excited to work with ARI, and through Gov. Holcomb's support, to win three out of three national competitions this season: in semiconductors from the Department of Defense, in hydrogen innovation from the Department of Energy, and now in biotech manufacturing from the Department of Commerce. Each is a 10% success rate opportunity, and hitting all three is yet another reflection of our excellence at scale."

The Tech Hubs Program was enacted as part of the CHIPS and Science Act of 2022, with \$10 billion authorized over five years and \$500 million in FY23 appropriated to launch the program. There were 31 Regional Technology and Innovation Hubs, out of close to 200 applications across the country, designated by the U.S. Department of Commerce Economic Development Administration. BioWorks will now compete against other designated hubs for implementation grants of up to \$75

in North America and No. 5 in the world in the 2023 QS World University Rankings. Purdue's College of Engineering is ranked in the top four in the U.S. in U.S. News & World Report's 2023 graduate ranking, and the university patent count is ranked in the top four in the country in 2023 by the National Academy of Inventors.

Indiana leads the nation in pharmaceutical exports and has the second highest concentration of life sciences jobs in the U.S. Purdue is a strong contributor to both the pharma R&D and workforce development pipelines, with nearly 100 drugs in the university's pipeline and three Purdue faculty-discovered drugs having received FDA approval in the last two years.

Purdue also strengthened its commitment to pharmaceutical manufacturing last year with the launch of the William D. Young Institute for Advanced Manufacturing of Pharmaceuticals, thanks to a generous donation from pharmaceutical and biotechnology pioneer and Boilermaker William D. Young. The Young Institute focuses on furthering pharmaceutical manufacturing to reduce costs and expand access to new drugs emerging from biotech research. It is one of seven interdisciplinary institutes related to health and biomedical sciences within the Institutes and Centers at **Discovery Park District at** Purdue, which are focused on advancing large-scale research in support of solving societal challenges. The Young Institute also offers opportunities for workforce development, with the potential to train future Indiana workers in the basics of the pharmaceutical industry, and serves as a workforce training resource for Midwestern pharmaceutical companies. Purdue plans to bring pharma training through the institute to Indianapolis, including potentially through the university's Indianapolis campus. BioWorks will support the national need for domestic manufacturing operations for new (particularly small-batch) bioproducts and infrastructure dedicated to innovations in how those bioproducts are made, which will bring new bioproducts to market more quickly and encourage more businesses to start and grow in Indiana.

### IN-MaC Micro-Grant Program Announces 6th Round Of Funding At Annual Summit

The Purdue University Indiana Next Generation Manufacturing Competitiveness Center (IN-MaC) has announced the sixth annual round of micro-grant funding to bring innovative STEM opportunities to Indiana's future workforce. The announcement was made during the recent Micro-Grant Summit, where micro-grant recipients gathered to foster collaboration and innovation across the state to build a robust workforce pipeline focused on manufacturing talent.

IN-MaC is committed to shaping Indiana's future workforce through impactful manufacturing/STEM initiatives. With a vision to inspire and educate, the micro-grant program provides essential funding to organizations that empower youth (K-12), post-secondary students, and the incumbent workforce.

Manufacturing is emphasized due to its vital role in driving Indiana's economic growth and prosperity. Consideration is given to collaborative projects that amplify access and awareness of STEM programs that build Indiana's future workforce pipeline. The micro grant awards, ranging from \$1,000 to \$2,000, bolster initiatives that foster career pathways and industry readiness.

"Our PhyXTGears robotics team is truly grateful for the financial support we receive from IN-MaC micro-grants. One of the additional benefits we receive is the information and networking opportunities at the yearly Micro-Grant Summit," said Frank Braswell robotics coach for FIRST Robotics Team 1720 PhyXTGears. "The presentations are always interesting and relevant to our needs. Meeting with other Indiana educators and business leaders broadens our perspective with new ideas on engaging our local community." More than 85 members of the IN-MaC Network attended the day-long summit to learn about existing initiatives and how to take their STEM programs to the next level with support from IN-MaC. The day included speakers from around the state. It focused on the impacts of tech adoption and the role industry can play, creating engaging initiatives on a budget and bridging industry and technology. "One of Indiana's greatest assets is our future workforce, which is being developed through intentional partnerships among industry, academic, and community partners across the state," said Sascha Harrell,

Director of IN-MaC Workforce and Education." By nurturing these partnerships, we cultivate dynamic programs that open doors to exciting opportunities for students and workers alike."

Key focus areas for the micro-grant recipients include enhancing access to manufacturing opportunities for K-12 students, empowering post-secondary learners to thrive in the industry, and bolstering the skills and expertise of the incumbent workforce. Moreover, IN-MaC seeks initiatives that are a beacon of best practices, igniting inspiration throughout the state.

"We believe that impactful change begins with collaboration and innovation," said Lisa Deck, IN-MaC Program Manager. "The IN-MaC micro-grant program is not just about funding projects. It's about creating a transformative legacy of excellence in manufacturing education and awareness that resonates throughout Indiana."

From its inception, the micro-grant program has supported 433 initiatives across 90 counties in Indiana and impacted more than 184,664 students and incumbent workers. Funding applications are open and will remain open until June 30, 2024. To learn more, visit https://bit. ly/2023-2024INMACMICRO-GRANT or email Lisa Deck at adeck@purdue.edu.

### About IN-MaC

IN-MaC provides programs and services to enhance the talents and capabilities of Indiana's present and future workforce by facilitating connections be tween educators and industry to catalyze the formation of nearterm and long-term skills in a highly accessible manner across Indiana. IN-MaC supports a variety of STEM-type, skilled trades, degree (associates and undergraduate), and certificate programs. IN-MaC leverages its resources, networks and partnerships with industry, local communities, educators and interested stakeholders to provide a variety of formal courses and informal activities that embolden pathways to meet present and future workforce talent needs.

domestically. BioWorks will develop new programs, infrastructure and networks to accelerate workforce development and help dismantle barriers to success for entrepreneurs and small-business owners with new biotech products.

This is the third successful federal hub designation for Purdue in the last month, including the Midwest Alliance for Clean Hydrogen, the Silicon Crossroads Microelectronics Commons and now Heartland BioWorks. The microelectronics commons hub is based on Purdue West Lafayette's strength in semiconductors. The hydrogen hub has Purdue University Northwest as the only university from the state. The regional economic development hub is in the Indianapolis-Carmel metropolitan statistical area, where Purdue University in Indianapolis is opening in July. Purdue is the only university in the country to have competed successfully in all three national hubs this year.

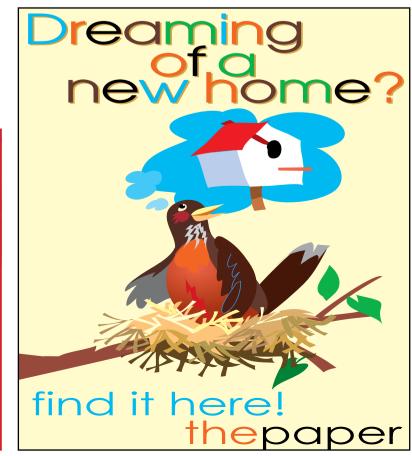
"Regional Tech Hubs from the U.S. Department of Commerce is a crucial competition for the tech-driven economy in our country, and million each in year one of the program.

"Through BioWorks, we have assembled partners that bring together biotech and manufacturing research and resources that will ensure that Indiana continues to lead the nation in biomanufacturing,' said Karen Plaut, Purdue University executive vice president for research. "Purdue's research mission supports national and economic security for all, and we're eager to contribute our leading-edge R&D and training expertise in biotechnology and manufacturing for the health of people within our state and across our nation.'

Purdue has long been recognized for its interdisciplinary strengths in human, plant and animal health. Purdue has the No. 1-ranked agricultural and biological engineering undergraduate and graduate program in the nation and has been named a top 10 most innovative school in the U.S. for five years running, according to U.S. News & World Report. Purdue's College of Agriculture, which has brought in more than \$100 million in extramural funding in the last fiscal year, is ranked No. 3

### About IN-MaC Micro-Grant Program

The micro-grants are designed to support innovation and encourage organizations across Indiana to dedicate resources toward development and program implementation that impact and create manufacturing awareness for youth (K-12), post-secondary students, and the incumbent workforce.







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## **BBB Business Tip: How To Successfully Build Your Company's Core Values**

As a business owner, building your brand's core values is essential, as these fundamental beliefs will underpin all of your company's actions and guide all of your decisions.

Having clearly defined core values is critical to the success of your business, as achieving corporate goals becomes a real challenge without a way to distinguish between right and wrong within the walls of your company.

So, how do you set about building your company's core values? Here, we'll discuss how to successfully identify these fundamental beliefs, one step at a time.

The importance of having clear core values. If someone asked you to describe your company's mission, you would probably be able to easily define exactly what your company does. But would you be able to define your company's core values as easily? Probably not, and neither can your employees. According to Officevibe's State of Employee Engagement survey, nearly one-third of all employees either don't know or don't understand their company's core values.

Core values are a key driver of employee engagement; they can increase employees' overall provide a unifying goal to work towards while also distinguishing desirable behaviors from undesirable ones. They're also what makes your company unique, and they outline the qualities that people will come to associate with your brand. In short, core values are the essence of your company's identity.

Brainstorm with team members. When done the right way, brainstorming can provide significant insight into your company's core culture and values. What better way to define your values than to ask the people who actually make up your company? Specifically, you should consider those employees who are intimately acquainted with your company culture and whom you consider 'ideal.'

Having one or several brainstorming sessions over the course of a few weeks or months will allow you to combine your team's thoughts and observations into an accurate and realistic set of core values that define your company.

Look at your mission statement. Your company's mission statement can serve as a powerful tool in building your core values. After all, it's highly possible that you already identified some of these values when you prepared your mission statement. For example, if you're an accounting firm

with a mission to provide a highly transparent service to your clients, then transparency might be one of your company's core values. And if you don't already have a mission statement prepared, then you might want to consider writing one.

Ask the right questions Another way to cultivate your company's core values is to ask yourself the right questions, recommends MasterClass. One important question to consider is what the company should value above profit. Perhaps the answer is your entrepreneurial spirit, ambition and open-mindedness - or perhaps it's transparency, honesty and hard work. Or maybe you prioritize a healthy work-life balance that emphasizes your employees' long-term wellbeing.

Consider asking this question during your brainstorming sessions — allowing your team members to share their own thoughts and feelings on the matter will help you formulate a clearer picture of your company's core values.

a- Don't rush it. If you t expect to finalize a clear al set of core values after one or two brainstorming it's sessions, think again. The process of developing the core values takes time, you patience, and a lot of the effort — and they will le, if likely need to be revisited item several times before they

are finalized.

For example, you might identify the values of "taking initiative" and "being proactive" as important during one of your team brainstorming sessions. But the next time you meet, you'll realize that both values could be used interchangeably and don't need to be listed twice.

Remember that your company's core values will likely change over time, so you should consider revisiting them periodically. You may also need to introduce a new core value or replace one with something that reflects your company more accurately.

Ready to define your company's core values? It's no secret that companies with strong cultures and clear core values outperform those without. While defining these values might seem daunting and fruitless, the effect on your employees' engagement and morale will more than pay off. Plus, it will strengthen your company's identity in the minds of your stakeholders, employees, and customers.

To learn more ways to improve your business practices, go to bbb.org and visit the BBB Small Business Resources page. You can also visit BBB. org/get-accredited to learn how to stand out as BBB Accredited busin

### Summit To Forge A National Coalition Around Building Resiliency In U.S. Manufacturing And Operations, A Purdue Initiative

Purdue University's recently launched eXcellence in Manufacturing and Operations Purdue Engineering Initiative, or XMO PEI, will in November host its first national summit, bringing together a dynamic coalition of partners in academia, government and industry to discuss building resilient U.S. infrastructure for and with advanced manufacturing and operations (M&O). The aim is to build a resilient U.S. infrastructure physically, digitally and sustainably for M&O at scale.

The summit, which will be held at the National Academies of Sciences, Engineering, and Medicine in Washington, D.C., on Nov. 7, will focus on three key pillars of America's resilience in manufacturing and operations: reshoring, retooling and retraining manufacturing and operations. Registration information is available online.

XMO PEI leaders say bolstering industries, such as aerospace, defense, semiconductors, agriculture, transportation and biomanufacturing for health care, is critical to America's security, commerce, social durability and well-being in the era of globalization.

Discussions will examine why U.S. companies are compelled to bring major elements of their manufacturing back to the U.S.; how new major investments in physical, digital and sustainable technologies and their rapid translations by engineering and business are necessary to build resiliency; and what role the educational spectrum will take to develop a diverse and integrative workforce in support of a second U.S. manufacturing and operations renaissance.

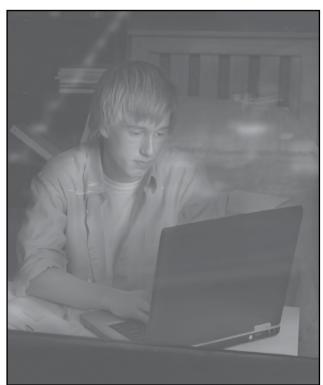
Among the speakers scheduled to attend: Victoria Coleman, chief scientist, U.S. Air Force; Colin Parris, senior vice president and chief technology officer, GE Digital; Daniel Janka, president, Mazak Corp.; Rick Barto, Corporate Engineering and Technology Fellow, Lockheed Martin Corp.; Mike Molnar, founding director, National Institute of Standards and Technology Office of Advanced Manufacturing; Brent Yeagy, president and CEO, Wabash; and U.S. Sen. Todd Young of Indiana, who co-authored the CHIPS and Science Act of 2022.

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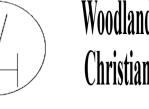


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## FAITH











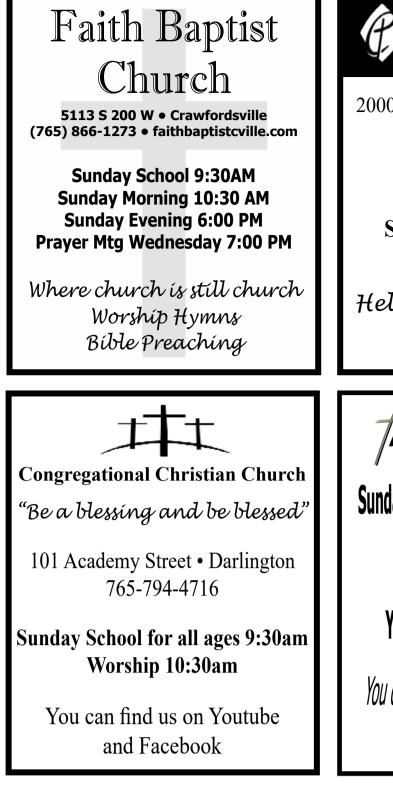
## FAITH

Crossroads

Community

Church of the

Nazarene



### YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

### **Apostolic:**

Garfield Apostolic Christian Church Rt. #5, Box 11A, Old Darlington Road 794-4958 or 362-3234 Worship: 10:30 a.m. Sunday School: 9:30 a.m. Wednesday Bible Study: 6:30 p.m. Pastor Vernon Dowell

Gateway Apostolic (UPCI) 2208 Traction Rd 364-0574 or 362-1586 Sunday School: 10 a.m.

Moriah Apostolic Church 602 S. Mill St. 376-0906 10 a.m. Sunday, 6 p.m. Wednesday Worship: 9:30 a.m. Sunday School is 10:45 a.m. Wednesday Bible Study: 7 p.m. Pastor Tim Gillespie

Fremont St. Baptist Church 1908 E. Fremont St. 362-2998

Sunday School: 10 a.m. Worship: 11 a.m.; 6 p.m. Pastor Dan Aldrich

Friendship Baptist Church U.S. 136 and Indiana 55 362-2483 Sunday School: 9:15 a.m. Worship: 10:30 a.m.; 6 p.m. Wednesday Bible Study: 7 p.m. Friandship Kida for Christ 6 a s 211 S. Walnut St. 362-4812 SUNDAY: 9:22 a.m. Contemporary Café worship

9:30 a.m. Adult Sunday School 10:40 a.m. Traditional Worship WEDNESDAY: 5-7 a.m. Logos Youth Dinner & Program Pastor: Rev. Darla Goodrich

Ladoga Christian Church 124 W. Elm St. 942-2019 Sunday School: 9 a.m. Worship: 10 a.m.; 6 p.m.

Love Outreach Christian Church 611 Garden St. 362-6240 Worship: 10 a.m. Wednesday: 7 p.m. Pastors Rob and Donna Joy Hughes Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor: Gary Edwards

### Church of Christ:

Church of Christ 419 Englewood Drive 362-7128 Sunday School: 9:30 a.m. Worship: 10:30 a.m.; 6 p.m. Wednesday Bible Study: 7 p.m.

Southside Church of Christ 153 E 300 South, east of US 231 765-720-2816 Sunday Bible Classes: 9:30 a.m. Sunday Morning Worship: 10:30 a.m. Sunday Evening Worship: 5 p.m. Wednesday Bible Classes: 7 p.m. Preacher: Brad Phillips Website: southsidechurchofchristindiana.com

### Worship 10 a.m.

Victory Family Church 1133 S. Indiana 47 765-362-2477 Worship: 10 a.m.; Wednesday 6:30 p.m. Pastor Duane Bryant

### Lutheran:

Christ Lutheran ELCA 300 W. South Blvd. · 362-6434 Holy Communion Services: 8 a.m. and 10:30 a.m. Sunday School: 9:15 a.m. Pastor: Kelly Nelson www.christchurchindiana.net

### Nazarene:

Crossroads Community Church of the Nazarene US 231 and Indiana 234 866-8180 Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor Mark Roberts

Harbor Nazarene Church 2950 US 231 S 307-2119 Worship: 10 a.m. Pastor Joshua Jones www.harbornaz.com

### Orthodox:

Holy Transfiguration Orthodox

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

First Baptist Church

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 SUNDAY 9:00 AM: Small Group 10:15 AM: Worship 5:00 PM: Bible Study WEDNESDAY 6:00 PM: Mid-week Service

Living

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

### CHRIST'S UNITED METHODIST CHURCH

909 E. Main Street - Crawfordsville

Coffee Fellowship @ 10:45 a.m.

Worship @ 11 a.m.

Dr. David Boyd

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765-362-2383

christsumc@mymetronet.net

View live and archived services on our FB page.

Pastor Clarence Lee

New Life Apostolic Tabernacle 1434 Darlington Avenue 364-1628 Worship: Sunday 10 a.m.; 6 p.m. Sunday: The Voice of Healing & Restoration on 103.9 at 9 a.m. Tuesday prayer: 7 p.m. Thursday Mid-week: 7 p.m. Pastor Terry P. Gobin

One Way Pentecostal Apostolic Church 364-1421 Worship 10 a.m. Sunday School: 11 a.m.

### **Apostolic Pentecostal:**

Cornerstone Church 1314 Danville Ave. 361-5932 Worship: 10 a.m.; 6:30 p.m. Bible Study: Thursday, 6:30 p.m.

Grace and Mercy Ministries 257 W. Oak Hill Rd. 765-361-1641 Worship: 10 a.m.; 6 p.m. Wednesday: 6:30 p.m. Sunday School: 11 a.m. Co-Pastors Nathan and Peg Miller

### Assembly of God:

Crosspoint Fellowship 1350 Ladoga Road 362-0602 Sunday Services: 10 a.m. Wednesdays: 6 :30 p.m.

First Assembly of God Church 2070 Lebanon Rd. 362-8147 or 362-0051 Sunday School: 9 a.m. Worship: 10:30 a.m.; 6 p.m. Wednesday: 6:30 p.m.

#### **Baptist:**

Browns Valley Missionary Baptist Church P.O. Box 507, Crawfordsville 435-3030 Worship: 9:30 a.m. Sunday School: 10:30 a.m.

Calvary Baptist Church 128 E. CR 400 S 364-9428 Sunday School: 9:30 a.m. Worship: 10 a.m.; 6 p.m. Wednesday Bible Study: 7 p.m. Calvary Crusaders Wednesdays: 6:45 p.m. Pro-Teen Wednesdays: 7 p.m. Pastor Randal Glenn

East Side Baptist Church 2000 Traction Rd. 362-1785 Bible Study: 9 a.m. Worship: 10 a.m.; 6 p.m. Wednesday: 6:30 p.m. Prime Time Teens, Pioneer Clubs; 6:45 p.m. :Adult Bible Study Rev. Steve Whicker

Faith Baptist Church 5113 S. CR 200 W 866-1273 Sunday School: 9:30 a.m. Worship: 10:30 a.m. and 6 p.m. Wednesday Prayer Meeting: 7 p.m. Pastor Tony Roe

First Baptist Church 1905 Lebanon Rd. 362-6504 Worship: 8:15 a.m.; 10:25 a.m. Sunday School: 9:30 a.m. High School Youth Sunday: 5 p.m.

Freedom Baptist Church 6223 W. SR 234 (765) 435-2177 Friendship Kids for Christ: 6 p.m. Pastor Chris Hortin

Ladoga Baptist Church 751 Cherry St., Ladoga 942-2460 Sunday School 9:30 a.m. Worship 10:45 a.m.; 6 p.m. Wednesday Bible Study 7 p.m. Ron Gardner, Pastor

Mount Olivet Missionary Baptist 7585 East, SR 236, Roachdale 676-5891 or (317) 997-3785 Worship: 10:30 a.m. Sunday School: 9:30 a.m. Wednesday Evening: 7 p.m. Bro. Wally Beam

New Market Baptist Church 200 S. First St. 866-0083 Sunday School: 9 a.m. Worship: 10 a.m. Children's church and child care provided

Second Baptist Church 119 1/2 S. Washington St, off of PNC Bank. 363-0875 Sunday School: 10 a.m. Worship: 11 a.m.

StoneWater Church 120 Plum St., Linden 339-7300 Sunday Service: 10 a.m. Pastors: Mike Seaman and Steve Covington

Waynetown Baptist Church Corner of Plum and Walnut Streets 234-2398 Sunday School: 9:30 a.m. Fellowship: 10:30 a.m. Worship: 11 a.m. Childrens' Church: 11:10 a.m. Pastor Ron Raffignone

#### **Christian:**

Alamo Christian Church 866-7021 Worship: 10:30 a.m.

Browns Valley Christian Church 9011 State Road 47 South 435-2590 Sunday School: 9 a.m. Worship: 10 a.m.

Byron Christian Church 7512 East 950 North, Waveland Sunday School 9 a.m. Worship Service 10 a.m.

Waynetown Christian Union Church SR 136, then south on CR 650. Sunday School: 9:30 a.m. Worship: 10:30 a.m. New phone #: 765-918-0438 New Pastor: Paul Morrison

Congregational Christian Church of Darlington 101 Academy St, P.O. Box 7 794-4716 Sunday School: 9:15 a.m. Worship: 10:30 a.m. Sunday Bible Study: 6 p.m. Wed. Prayer: 5:30 p.m. - 7 p.m., Wed Bible Study 7 p.m. Kingdom Seekers Youth Group (alternate Sundays ) Pastor Seth Stultz

Darlington Christian Church Main and Washington streets 794-4558 Sunday School: 9:30 a.m. Worship: 10:30 a.m.; 6 p.m.

First Christian Church (Disciples of Christ) New Hope Chapel of Wingate 275-2304 Sunday School: 9:30 a.m. Worship: 10:30 a.m. Bible Study: 6:30 p.m., Wed. Youth Group: 5:30 p.m., Wed. Homework Class: 4:30 p.m. Wed. Thurs. Champs Youth Program: 5:30 p.m. Wed. Adult Bible Class: 6:30 p.m. Wed. Pastor Duane Mycroft

New Hope Christian Church 2746 US 231 South 362-0098 newhopefortoday.org Worship and Sunday School at 9 a.m. & 10:30 a.m.

New Market Christian Church 300 S. Third St. 866-0421 Sunday School: 9 a.m. Worship: 10 a.m. Wednesday evening: Bible Study 6:15, Youth 6:15, Choir 7:15 Pastor Gary Snowden

New Richmond Christian Church 339-4234 202 E. Washington St. Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor John Kenneson

New Ross Christian Church 212 N. Main St. 723-1747 Worship: 10 a.m. Youth Group: 5:30-7 p.m. Wednesday Minister Ivan Brown

Parkersburg Christian Church 86 E. 1150 S., Ladoga 866-1747 Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor Rich Fuller

Providence Christian Church 10735 E 200 S 723-1215 Worship: 10 a.m.

Waveland Christian Church 212 W. Main St. 435-2300 Sunday School: 9:30 a.m. Worship: 10:30 a.m.

Waynetown Christian Church 103 W. Walnut St. 234-2554 Worship: 10 a.m. Sunday School: 9 a.m.

Whitesville Christian Church 3603 South Ladoga Road Crawfordsville, IN 47933 (765) 362-3896 New Worship Service Time 9:00am 1st Service 10:30am 2nd Service Pastor Andy Schindler whitesvillechristianchurch.com

Woodland Heights Christian Church 468 N. Woodland Heights Dr. 362-5284 Sunday School: 9:30 a.m.. Worship: 8:15 a.m. (traditional); 10:30 a.m. (contemporary) Student Ministry: 5 p.m., Sunday Pastor Tony Thomas

Young's Chapel Christian Church Rt. 6, Crawfordsville 794-4544

#### **Church of God:**

First Church of God 711 Curtis St. 362-3482 Sunday School: 9:30 a.m. Worship: 10:30 a.m.; 6 p.m. Pastor Chuck Callahan

Grace Avenue Church of God 901 S. Grace Ave. 362-5687 Sunday School: 9:30 a.m. Worship: 10:30 a.m.; 6 p.m. Pastor Duane McClure

### **Community:**

Congregational Christian Church 402 S. Madison St., Darlington 794-4716 Sunday School: 9:15 a.m. Worship: 10:30 a.m.

Crawfordsville Community Church Fairgrounds on Parke Ave. Crawfordsville 794-4924 Worship: 10 a.m. Men's prayer group, Mondays 6:30 p.m. Pastor Ron Threlkeld

Gravelly Run Friends Church CR 150 N, 500 E Worship: 10 a.m.

Harvest Fellowship Church CR 500 S 866-7739 Pastor J.D. Bowman Worship 10 a.m.

Liberty Chapel Church 500 N CR 400 W 275-2412 Sunday School: 9 a.m. Worship: 10 a.m.

Linden Community Church 321 E. South St., Linden (Hahn's) Sunday: 9:15

Yountsville Community Church 4382 W SR 32 362-7387 Sunday School: 9:30 a.m. Worship: 10:30 a.m. Pastor Alan Goff

#### Episcopal:

Bethel African Methodist Episcopal 213 North St., Crawfordsville 364-1496

St. John's Episcopal Church 212 S. Green Street 765-362-2331 Sunday Eucharist: 8 a.m. and 10:30 a.m. Christian Formation: 9:15 a.m. Midweek Eucharist Wednesday: 12:15 p.m.

#### Full Gospel:

Church Alive! 1203 E. Main St. 362-4312 Worship: 10 a.m.; Wednesday, 7 p.m.

Enoch Ministries 922 E. South Boulevard Worship: Sunday, 10 a.m. Pastor: Jeff Richards

New Bethel Fellowship 406 Mill St., Crawfordsville 362-8840 Pastors Greg and Sherri Maish Associate Pastors Dave and Brenda Deckard Holy Cross (Missouri Synod) 1414 E. Wabash Ave. 362-5599 Sunday School: 9 a.m. Worship: 10:15 a.m. Adult Bible Study: 7 p.m., Wed. Minister: Rev. Jeffery Stone http://www.holycross-crawfordsville. org

Phanuel Lutheran Church Lutheran Church Rd., Wallace Sunday School: 10:30 a.m. Worship: 9:30 a.m.

#### **United Methodist:**

Christ's United Methodist 909 E. Main St. 362-2383 Sunday School: 10 a.m. Worship: 11 a.m.

Darlington United Methodist Church Harrison St. 794-4824 Worship: 9:00 a.m. Fellowship: 9:00 a.m. Sunday School: 10:30 a.m. Pastor Dirk Caldwell

First United Methodist Church 212 E. Wabash Ave. 362-4817 Sunday School: 10 a.m. Traditional Worship: 9 a.m. The Gathering: 11:10 a.m. Rev. Brian Campbell

North Cornerstone Church 609 South Main St. P.O. Box 38 339-7347 Sunday School: 9:30 a.m. Worship: 10 a.m. Rev. Clint Fink

Mace United Methodist Church 5581 US 136 E 362-5734 Sunday School: 9:30 a.m. Worship: 10:40 a.m.

Mount Zion United Methodist 2131 W. Black Creek Valley Rd. 362-9044 Sunday School: 10:45 a.m. Worship: 9:30 a.m. Pastor Marvin Cheek

New Market United Methodist Church Third and Main Street 866-0703 Sunday School: 9:30 a.m. Worship: 10:45 a.m.

New Ross United Methodist Church 108 W. State St. Sunday School: 10 a.m. Worship: 9 a.m.

Waveland Covenant United Methodist Church 403 E. Green St. 866-0703 Sunday School: 10:30 a.m. Worship: 9:15 a.m.

Waynetown United Methodist Church 124 E. Washington St. 243-2610 Worship 9:30 a.m. Johnny Booth

#### Mormon:

Church of Jesus Christ of Latterday Saints 125 W and Oak Hill Rd. 362-8006 Sacrament Meeting: 9 a.m. Sunday School: 10:20 a.m. 4636 Fall Creek Rd. 359-0632 Great Vespers: 5 p.m. Saturday Matins: 8:30 a.m. Divine Liturgy: 10 a.m. Sunday Rev. Father Alexis Miller

Saint Stephen the First Martyr Orthodox Church (OCA) 802 Whitlock Ave. 361-2831 or 942-2388 Great Vespers: 6:30 p.m. Saturday Wednesday evening prayer 6:30pm Divine Liturgy: 9:30 a.m. Sunday

#### Presbyterian:

Bethel Presbyterian Church of Shannondale 1052 N. CR 1075 E., Crawfordsville 794-4383 Sunday School: 9 a.m. Worship 10 a.m.

Wabash Avenue Presbyterian Church 307 S. Washington St. 362-5812 Worship: 10 a.m. Pastor: Dr. John Van Nuys

### **Roman Catholic:**

Saint Bernard's Catholic Church 1306 E. Main St. 362-6121 Father Michael Bower Worship: 5:30 pm Saturday; 9:30 am, 12:15 - Spanish Mass, 5:00 pm at Wabash College Chapel (during school year) www.stbernardcville.org

### **United Church of Christ:**

Pleasant Hill United Church of Christ - Wingate Worship: 9:30 a.m. Sunday School: 10:30 a.m. Pastor Alan Goff

### **United Pentecostal:**

Pentecostals of Crawfordsville 116 S. Walnut St., Crawfordsville 362-3046 Pastor L. M. Sharp Worship: 2:30 p.m. Prayer Meeting: 10 a.m., Tuesday Bible Study: 6 p.m., Wednesday

### Non-denominational:

Athens Universal Life Church Your Church Online http://www.aulc.us (765)267-1436 Dr. Robert White, Senior Pastor The Ben Hur Nursing Home Sundays at 9:00am Live Broadcast Sundays at 2:00pm Bickford Cottage Sundays at 6:00pm

Calvary Chapel 915 N. Whitlock Ave. 362-8881 Worship: 10 a.m., 6 p.m. Bible Study, Wednesday: 6 p.m.

Rock Point Church 429 W 150S 362-5494 Sunday church services are 9:15 a.m. and 11 a.m. Youth group is from 6 p.m. to 7:30 p.m. on Sunday Small Groups: Throughout the week

The Church of Abundant Faith 5529 U.S. Highway 136 Waynetown, IN Reverend John Pettigrew Sunday Worship: 9:45 am (765) 225-1295

The Vine Christian Church 1004 Wayne Ave. Crawfordsville Service at 10:02



**Reduce Your COPD Risk**, **No Matter Where You Live** 

(Family Features) COPD, or chronic obstructive pulmonary disease, is a serious lung condition that affects millions of people. Also known as emphysema or chronic bronchitis, COPD causes breathing problems that can worsen over time.

Anyone can develop COPD, but smokers or ex-smokers and people who live in rural areas of the country tend to be more affected. In fact, rural residents are twice as likely to have COPD as people who live in large cities. They're also more likely to be hospitalized or die from the disease compared to other Americans.

To help lower your risk, wherever you live, consider these steps from the National Heart, Lung, and Blood Institute (NHLBI).

### **Avoid Air Pollution**

Air pollution may be a concern for many who live in rural areas. If you work on a farm, in mining or in manufacturing, you may be at risk for COPD from environmental exposure to dust, fumes or smoke, such as from wildfires. Talk to your employer about ways to limit exposure on the job.

Consider air pollution

at home, too. Ventilate indoor spaces and clean often to prevent dust buildup. If you are burning wood or agricultural or solid waste, make sure appropriate ventilation is in place and working properly. Avoid using products with strong odors, which may contain chemicals that could irritate the lungs.

**Don't Smoke or Vape** Rural communities

have higher rates of cigarette smoking, which could contribute to higher COPD rates. One of the most important things you can do to protect your lungs and those of the people around you is avoiding cigarette smoke. According to the Centers for Disease Control and Prevention, cigarette smoking is the main cause of COPD. If you smoke, it is never too late to quit.

Steer clear of vaping, too. E-cigarettes don't contain tobacco, but they may contain chemicals that are just as harmful to your lungs.

### Talk to a Health Care Provider

If you smoke or used to smoke, work in a job that might put you at higher risk for COPD or you or someone in your family

has a genetic condition called alpha-1 antitrypsin deficiency, it's important to talk to a health care provider about your risk and any symptoms you may have. These include coughing that may bring up lots of mucus, wheezing, chest tightness and shortness of breath. Early diagnosis and treatment can help you breathe better.

Because people in rural areas may live farther away from their health care providers, more hospitals and clinics now offer telehealth services, which can make it easier to get effective COPD care.

Ask a health care provider about getting vaccines for the flu and COVID-19, RSV if you're over 60 and pneumococcal disease if you're over 65. If you're at risk for COPD, you're more likely to have health problems from these vaccine-preventable illnesses.

Wherever you call home, you can take action to lower your risk for COPD. Find more information about COPD from NHLBI's Learn More Breathe Better(r) program at copd.nhlbi. nih.gov.

### Why You Should Invest In Your Skin Health This Winter driving.

(StatePoint) If you're like many people, you may view the change in seasons as a sign that you can give up your skin protection routine. Experts say that everyone, regardless of gender or lifestyle, should be careful not to neglect their skin health in winter.

"Don't let your guard down in winter. Not only are you still being exposed to sunlight and pollution during these colder months, but there are sources of free radicals indoors, too, which may have negative, aging effects on the skin. Free radicals can damage the skin's cell function and DNA, and DNA changes can cause mutations that could increase the risk of skin cancer," says New York City dermatologist, Rachel Nazarian, MD FAAD.

To invest in your skin health this winter, and all year long, Dr. Nazarian offers the following tips:

• Keep up the SPF routine: Don't stow that bottle of sunscreen away. Applying a topical broad spectrum SPF on a daily basis can protect skin while you're enjoying time outdoors, and from the incidental exposure that occurs through a window indoors, like while

(StatePoint) Children

have a lot of questions

about the way the world

works and parents hope

to have straightforward

answers. But when it

• Get inside-out protection: While topical protection is important, ultimate skin health requires a combination of defensive layers. Amp up your skin protection routine with a daily supplement, such as Heliocare. Clinically proven and recommended by 87% of U.S. dermatologists surveyed, this vegan and gluten-free natural dietary supplement has antioxidant effects on the skin and contains Fernblock PLE Technology, a proprietary ingredient that aids in neutralizing the negative effects of free radicals.

"Whether you're a ski bunny or prefer hibernating all winter, there is no time of year when your skin is immune to free radical damage. A popular skin concern, collagen loss, can create signs of aging, like wrinkling, finelines and sagging. Since collagen loss is expedited by free radical damage, taking a supplement like Heliocare all year long is an excellent precaution to help your body protect itself from the damaging effects of free radicals,' says Dr. Nazarian.

To learn more, visit heliocare.com. • Put the device down:

Protect your skin from

excessive exposure to the visible light emitted from digital screens like cellphones and laptops. To do so, find small, easy ways to limit your device usage, such as reading a physical book instead of using an e-reader, or by playing records instead of playing DJ on your phone. You can also reduce exposure by simply turning the brightness down on your devices.

• Sleep tight: During sleep, your body works to repair organs, including your skin. Getting high-quality, deep sleep each night is essential for healthy skin and a healthy body. According to The Sleep Foundation, the best temperature for sleep is 65 degrees Fahrenheit, even in winter when it's tempting to turn up the thermostat to toastier temperatures. You can also promote good sleep by keeping alcohol and caffeine consumption in check, and by turning to sleep apps that soothe users into slumber with meditation and white noise.

To help keep skin healthy and radiant, don't neglect it in the winter months. For best results, ensure your care routine is both comprehensive, and year-round.

### **Kids Have Questions About Their Bodies, Now You Have Answers**



## of Montgomery County

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comes to questions regarding the body, parents and kids alike can find these conversations awkward, uncomfortable and embarrassing. Experts say that destigmatizing a child's curiosity about their body will not only help them take better care of their health, it may even spark their interest in science.

"Kids have so many questions about their bodies, some practical, some pure curiosity. Sadly, society sometimes chastises children for even asking these questions. By better understanding their bodies though, they can adopt good habits that stay with them for life, and learn about physics and biology in a fun way," says David L. Hu, Ph.D., a professor at Georgia Institute of Technology and author of "The P Word: A Manual for Mammals.'

Dr. Hu, an award-winning scientist, animal expert and author, wrote "The P Word" for his 10-year old son, who like many children his age, is eager to learn more about his body. While previous books dealing with this topic are written with teenagers in mind, Dr. Hu believes it's important for younger kids to enter puberty already having all the facts about their biology. His book, meant for ages 7-12, introduces the penis as an organ that unites all biologically male mammals. It's meant to serve as a gender-neutral, definitive resource about the penis for kids, providing tools kids need to recognize and name their body parts, understand when something might be wrong and practice good hygiene.

If you're a parent of a curious kid, or a parent of a child who hasn't yet voiced their questions, Dr. Hu offers the following tips:

1. Try not to shy away from these conversations or make your child feel ashamed for asking a question about their body. Keep in mind that many children will turn to the internet for answers if you aren't open to answering their questions, where they may encounter false information or inappropriate content. Instead, acknowledge their curiosity by answering their questions as best you can, and by pointing them to trustworthy resources.

2. Don't wait until your child reaches puberty. If you start talking to kids about their bodies when they are young, you'll

normalize and desensitize the subject, and the act of talking about it. Helping a child feel comfortable in their own skin before things start to change, will set the stage for less stress during puberty.

3. Help kids understand that their body is natural and normal. In "The P Word," Dr. Hu intentionally presents colorful, engaging images and facts about different mammals around the globe alongside information about human bodies, including how animals use their penises to pee, mark their territory and reproduce. "Comparative biology makes learning fun and amusing, lightens the mood around a serious subject, helps young kids understand their place in nature, and offers insights into the role of their penis or vagina outside the role of sex," says Dr. Hu.

A valuable resource for parents, librarians, educators and of course, kids, more information about "The P-Word" can be found by visiting sciencenaturally.com/ product-page/the-p-worda-manual-for-mammals.

"My hope is that kids realize that every question they have, no matter how embarrassing it is, can be addressed by the tools of science. They should be proud of being curious about their own bodies," Dr. Hu.

Thanks for reading The Paper!





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

## Be Ready to Save a Life

## Understanding the 2 Steps of Hands-Only CPR

### FAMILY FEATURES

very year, 350,000 people die from cardiac arrest in the United States. However, hands-on emergency intervention like cardiopulmonary resuscitation – or CPR – from a bystander can make the difference between life and death in sudden cardiac arrest emergencies.

In fact, immediate CPR can double or triple a cardiac arrest victim's chance of survival, according to the American Heart Association. During the first few minutes an individual is suffering from cardiac arrest, chest compressions can help keep blood flow active and push remaining oxygen through the body to keep vital organs alive, which extends the opportunity for a successful resuscitation once trained medical staff arrive.

Because 88% of cardiac arrests - electrical malfunctions in the heart that cause an irregular heartbeat (arrhythmia) and disrupt the flow of blood to the brain, lungs and other organs – occur at home, it is often a friend or family member who witnesses a child, spouse, parent or friend going into cardiac arrest. As survival can depend on how quickly CPR is started, compression-only CPR, or Hands-Only CPR, is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting such as at home, work or in a park.

"By equipping people with Hands-Only CPR training, we are empowering them to spring into action if a loved one needs help, as the majority of cardiac arrests occur at home," said Dr. Anezi Uzendu, M.D., interventional cardiologist and American Heart Association volunteer.

As part of the World Restart a Heart Day initiative, the American Heart Association aims to increase awareness about the importance of bystander CPR through its Hands-Only CPR campaign, nationally supported by the Elevance Health Foundation, and offers these two simple steps:

1. Call 911 (or send someone to do that). 2. Push hard and fast in the center of the chest of the individual experiencing cardiac arrest.

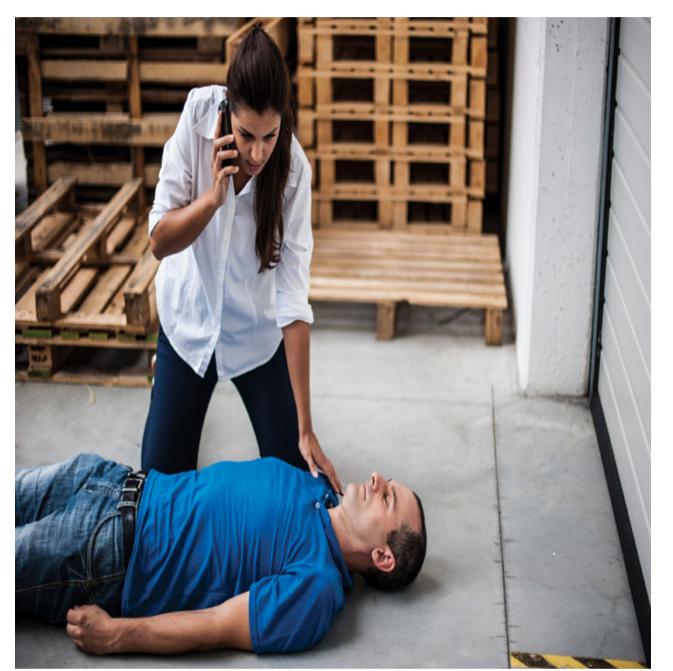


Photo courtesy of Getty Images

Using the beat of a familiar song with 100-120 beats per minute, such as "Stayin' Alive" by the Bee Gees, can help you stay on pace with the necessary compressions.

"Being able to efficiently perform Hands-Only CPR in the moment can mean the difference between life and death, and by following these two simple steps we can increase someone's chance of survival from cardiac arrest," said Shantanu Agrawal, M.D., board certified emergency medicine doctor and chief health officer at Elevance Health. "As a longstanding supporter of the American Heart Association, we remain focused on working together to improve health inequities in our communities by expanding access to training and increasing the number of people who learn and feel confident performing Hands-Only CPR to save lives."

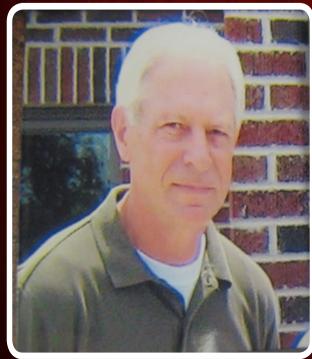
To find more information and resources, visit heart.org/CPR.

### 6 Links in the Adult Out-of-Hospital Chain of Survivals

When properly executed, a strong chain of survival - or series of actions - can improve the chances of survival and recovery for victims of sudden cardiac arrest. Hands-Only CPR is a critical step in the American Heart Association's Chain of Survival, which also includes:

- Activation of Emergency Response: Recognize symptoms of cardiac arrest and call 911.
- High-Quality CPR: Push hard and fast in the center of the victim's chest until emergency personnel arrive.
- Defibrillation: Use an automated external defibrillator (AED) to restart the victim's heart and reset it to a healthy rhythm.
- Advanced Resuscitation: Medical professionals provide
- additional life-saving medical services.
- Post-Cardiac Arrest Care: Transport victim to an appropriate hospital or treatment facility to optimize survival, organ function and neurological recovery.
- **Recovery:** Survivors receive additional treatment, observation, rehabilitation and psychological support to aid in recovery and help prevent recurrent cardiac arrest.





Catch Butch every Tuesday & Friday, only in Montgomery County's Favorite Daily Edition!

John "Butch" Dale is a former teacher, County Sheriff, author, artist, and local historian. He is the librarian at Darlington and has been there for 33 years! You never know what Butch might offer his readers two times each week...from funny and nostalgic stories about his childhood and hometown...to stories about life

and death incidents when he was Montgomery County Sheriff. Sometimes he highlights sports stars from our county's past...or he might just poke a little fun at some of our national politicians and celebrities. He can make you laugh, make you cry, help you to appreciate the past or make you think about the future. But no matter what, Butch will keep you on your toes and keep you entertained!

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## **Around The County With Jennison**



### KAREN ZACH Around The County

Albert Cunning Jennison it seems was much like his father. Both saw the need for something and proceeded to git 'r 'dun! Jennison was born 17 August 1842 in Crawfordsville, the son of Ozra Porter and Margaret McMasters Jennison. The family settled in C'ville in 1838, Ozra having been postmaster at Brookville, Scioto County, Ohio. An engineer, Ozro opened a school in 1859 for students to culture their work in advanced algebra, geometry and trigonometry in order to become surveyors or civil engineers but for only those great and capable. No half students! Also in 1859, Ozro, quite an arborist, owned amazing knowledge of all the varieties of fruits, evergreens and lumber trees (Oak, Cedar ...). He was also very against drinking and was on a committee in the late 1850s and early 60s called the C'ville Regulators whose prime goal was to remove all doggeries from the city.

Albert took after his father in many ways. One, he took advanced classes, then graduated from Wabash in 1865



for example).

With so much time promoting his business, he was 41 when he married Mary Cumberland, age 34. Mary was loved by EVERYONE. Her father, Jesse came with his mother and two siblings in 1828 after the tragic demise of Jesse's father, Martin who had come here earlier (from their Ohio home) to ready a place for his family (CWJ 5 Nov 1897). One cold morning he followed the trail of a deer since he was in need of meat in order to start back home to get his family after entering his 160 acres. Sadly, he lost his way back, and while struggling with a flint to start a fire, he froze to death. Jesse's mother, Ann French was even more determined than her husband, came here and made a good life. Jesse married Margaret Speed born in Edinburgh, Scotland coming to Crawfordsville with her father, our well-known Underground Railroader, John Speed. Four children were born to the Cumberlands, Margaret was sick for a long time but was a gentle, patient, helpful soul to all. Think Mary took after her. Jesse opened the first hardware store in Crawfordsville and introduced the first reaper to Montgomery County. Later, he manufactured tile, was in the Hotel business, served as a Justice of the Peace, and became a real estate magnate. He, his two sons and son-in-law, AC also made a stab at mining in the West but not sure how that panned-out! AC was much like his father, being anti-drinking. Fairly cool-headed as was Mayor Fred Bandel in mid June 1895, AC got pretty worked up on this hot topic. AC asked Bandel why in the world would he be in favor of the local bar keepers? Evidently AC didn't like the answer and the Sheriff happening in, stopped the argument that was about to head to fisticuffs! AC was active in the Center Presbyterian Church; at the time of his death a Deacon and had spent 30 years as secretary of the Oak Hill Cemetery Board.

music and the young as her calling. One of the few women here at the time having attended college, she taught music and headed a literary course in CHS always loved by students. Dr. Joseph Tuttle, Wabash president noted of Mary that "from childhood she was gifted with a most gracious and winning manner, united to mental gifts of the highest order" (CWJ 8 April 1898).

Mary and AC produced two wonderful boys: AC Jr and John Butler. In December 1894, just before Christmas John got sick and passed away suddenly at age 5 ½. He and Jr had been so happy helping each other get ready for Christmas. A devastating tragedy for the family, four years later, Mary passed away as well.

While Junior grew-up, active in the community as his parents were, he spent a summer in Europe and attended Wabash. Just one week before he was to graduate, (June 1908), he was called to Madison, WI

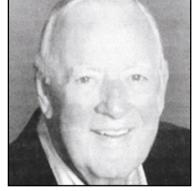
## Butch Remembers His Childhood Hero



BUTCH DALE Columnist

I was sad to hear recently that one of my childhood idols, Charlie Bowerman, had passed away last month at his home in Bartlesville, Oklahoma. He was 83 years old. Charlie graduated from Alamo High School in 1957. When the county high schools closed for good in 1971, the basketball fans of Montgomery County were able to nominate and vote for their favorite basketball stars of "all-time" for two time periods... 1911 to 1946, and from 1947 to 1971. Howie Williams, a 1945 New Ross graduate was chosen as the best for the "old-timers" team. The next four included Homer Stonebraker (Wingate-1914), Pete Moore (Waynetown-1945), Ray Greve (Waveland-1939), and Bill Melvin (Alamo-1939). Charlie Bowerman received the most votes for the "modern" team, which also included Daryl Warren (Linden-1971), Bill Greve (Waveland-1955), Keith Greve (Waveland-1951), and Don Threlkeld (Darlington-1969).

I was in the third grade at Darlington when Charlie was a senior. My Dad had told me of Charlie's basketball scoring ability, as he averaged 27 points per game that year. He not only led the county in scoring, but the Warriors, with only about fifty kids in the entire top four grades, finished the year with a record of 19-2 and also won the County Tourney. In a regular season game against Fountain County champion, Richland Township, the Warriors won the contest 62 to 45. Charlie scored 45 of his team's points...the same amount as the entire opposing team! Charlie's many fans were delighted when he chose to attend Wabash College and play for coach Bob Brock. During the three years he played for the varsity, he led the team in scoring. His shooting skills were phenomenal at any range, and he canned an amazing 86% of his free throw attempts. My Dad took me to see Wabash play Butler in 1960 when Charlie was a junior. There were also four other Montgomery County boys playing that night. Dick Haffner (New Ross-1956) and Dick Haslam (Crawfordsville-1958) were on the Butler Bulldogs team, and Bill Boone (Ladoga-1956) and Rusty Nichols (New Ross-1959) were playing for the Little Giants. I can honestly say that this game was the most exciting game ... whether it be high school, college, or professional...that I ever witnessed. Wabash beat Butler 110 to 108



**Charlie Bowerman** 

in FIVE overtimes, and Charlie scored 53 points...most from long range. And remember this...there was no such thing as 3-pointers on those days.

He became an instant hero to me, and I wanted to meet him. As it turned out, just a few weeks later, Dad took me to see a Crawfordsville game, and when I walked into the gym I spotted Charlie, "the Wizard of Alamo," sitting in the bleachers. I wasn't shy...I went right up to him and asked for his autograph. After signing his name he smiled and told me that if I practiced and practiced, I could perhaps be a top scorer some day. I was thrilled! During Charlie's senior year at Wabash, he averaged 25.4 points per game and set a single game scoring record by drilling 63 points against the University of Illinois...without playing the entire game! He was drafted by the New York Knicks to play pro ball in the NBA, but instead he chose a career with the Phillips Petroleum Company, which allowed him to play for the famous AAU Phillips 66ers. Subsequent ly, Charlie's team won two AAU national championships, and he was named an All-American in 1964. Charlie eventually became a successful executive with the Phillips company, retiring in 1999. Charlie was also a very devoted Christian and did many things for his community, including teaching Sunday school, coaching youth sports, and serving on numerous committees in Bartlesville. Charlie married his high school sweetheart, Coralea Weir, who sadly also passed away in March of this year. As many of you know, Charlie's high school coach was his father, Tom Bowerman, one of the greatest coaches in Montgomery County basketball history. Tom was a member of the county Sheriff's Merit board when I was hired as a deputy in 1977. He was a super nice guy and a true gentleman. Charlie Bowerman, one of my childhood heroes...and just a really great human being. And Charlie, I did practice and practice and practice...and ended up as the leading scorer in Montgomery County in 1966 when I was a senior...Thanks, Charlie... we will miss you!

after a liaison for service (Co I, 4th Indiana Cavalry 11 August 1862 – 7 March 1863) in the Civil War. He began his pension 3-30-1868.

The Jennisons had been in America since the mid-1600s when Robert Jennison arrived. Capt. John Jennison of New Hampshire was in the Revolutionary War under Lt. Benjamin Bellows – Cheshire County, New Hampshire and many others of the name fought for our country in various wars.

Upon graduation, AC's plan was to become a lawyer and that he did but because of health issues he carried for years, he saw a need for an abstract business. He worked very hard building up this livelihood increasing his reference materials having copies of all land sales, mortgages, liens and the like. Along the same line, his interest in real estate and advancing the city was early on and high priority immediately as in as early as Jan 1866 (C'v Review) his list of "lots for sale" including some in the College, Canby, Thompson AND Jennison additions were available. Each ad listed him selling in different additions (Jan '71 Connard, Elston, Kennedy, Graham and McClelland

Mary really had a story all her own, at first studying to become a doctor but found

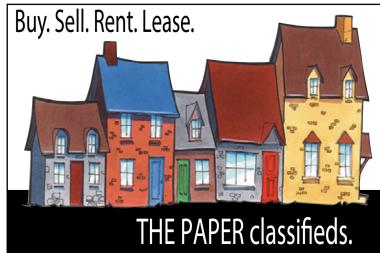
where his father and his second wife, Anna Pickert had gone to confer with various doctors. His health had been failing for some time, but after an operation at Madison that revealed a serious case of hardening of the liver, there was no hope. His body was returned to Crawfordsville and rests with his John, parents and beloved Mary. Sadly, a bit over three years later, Jr. joined them. He and a friend from Wabash, James Donald Adams were working for Foley-Welch-Stewart Construction Company near Tete Juana Cache, British Columbia, Canada and while on the Peave River, their boat capsized, drowning them both (10 August 1911). His body was not recovered for some time and don't believe Adams' ever was as it was a treacherous area.

Such are more Montgomery County lives, filled with joys, sorrows and great folks!

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.

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 wellknown artist and author of local history.







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## **Bubba Castiron 'Celebrates' Halloween**



TIM TIMMONS **Two Cents** 

EDITOR'S NOTE: In the spirit of the season, we are sharing a popular Timmons column about his friend Bubba and Halloween.

Got to admit, I'm not crazy about the recent turn to cold weather. As I get older I really like warm weather. I hate to admit that – the part about getting older, I mean.

I especially dislike cold temps at Halloween. It's fun to watch kids, young and old, get into the spirit (no pun intended) of the season. Cold and crappy weather tend to put a lid on the fun, know what I mean?

At least that's what I was thinking sitting here at the World Wide Headquarters of our little media empire when the phone snapped me back to attention.

"The Paper, Timmons." "This here's the operator. Would you accept a ghoul to gobblin collect call from Sammy Terry?"

This here? Ghoul to gobblin? Sammy Terry? This could only be . . .

"Hello Bubba." For folks who don't

know Bubba Castiron, he introduced himself a few years ago. He's not a bad guy but he would lose a debate with a bar of soap.

"Aww heck, Timmons. How'd you know it was me? I figured this being Halloween and all I'd get you with the fake operator gag.'

"Nice try, Bubba but I don't even know if they do collect calls any more. And besides, Bob Carter passed away a few years ago."

"Bob who?"

"Carter. Bob Carter, Bubba. He was Sammy Terry.'

"No, no, no, no," Bubba yelled. "Sammy Terry was Sammy Terry! I grew up watching him every week on Channel 4. Don't be telling me that he was named Bob. I know a real ghoul when I see one."

Sometimes it's just easier to not argue with Bubba.

"Listen Bubba, I'm kind of busy here. What can I do for you?"

"Well sir, seeing hows today's Halloween, I thought I'd tell you what happened to me this weekend because it's the spookiest, downright scariest thing I ever done seen in my entire life.'

I didn't say anything. At this point Bubba was going to tell me some cockamamie story whether I wanted to hear it or not. I figured I'd just get this over with asap.

'Timmons, you there?" "Yes, Bubba. Tell me what happened."

"Well, I was out somewhere in the middle of nowhere, I think we were going toward Colfax, or maybe it was Bowers. Shoot, I'm not sure. But ol' Bessie died again and-'

"Old Bessie?" "My F-75."

"F-75?"

"Well yeah. It's a real old Ford and I figured it was made way before the F-150s so I've always called it a F-75.'

Sigh. "Go on, Bubba." "Well, it was just a pouring down. I mean the kind of rain where you can't see more than a few feet in front of you. If it was raining any harder, Noah woulda come out of retirement. But Bessie wasn't going anywhere and I done forgot my cell phone back at the house so I knew I was going to have to walk. So I climbed out and started walking. I hadn't got very far when I saw this car coming toward me, real slow like. I was so excited and it was raining so danged hard that I didn't even bother trying to flag it down, I just ran around the side and jumped in! But Timmons, guess what I saw?"

"No idea."

"Timmons, there wasn't nobody in that car and the engine wasn't even turned on."

"So you just thought the car was moving, then Bubba. You already said that you couldn't see very well.'

"I know, but I swear that it was, and anyways, as soon as I was in it started going forward again.'

"Bubba, I think you're mistaken."

'Timmons, I swear to you! This car just started creeping forward, real

slow like. I sat there soaking wet and I wasn't sure if I was shivering from fear or the cold. But that wasn't the worst part. Just ahead was a curve in the road and a bridge over Sugar Creek. And the car was headed straight for the front edge just before where the bridge started and I was sure we were going to roll off into some pretty rough water." Although you never

know how to take Bubba, he sure did seem like this experience had left him shaken.

"As strange as all that was though, that wasn't even the worst part! Just when I thought we were going into the drink, this hand appears out of the window and turns the wheel! I swear it did, Timmons!"

There was no doubt that Bubba saw something. I was starting to think that maybe we could use this story on future History Mystery Tours.

"So what'd you do, Bubba?"

"I jumped out, that's what I did. I didn't care how hard it was raining. I bailed and ran like a greyhound! And I got to this farmhouse and pounded

on the door and these kind folks were good enough to let me in and let me call Elvis to come pick me up. As soon as I hung up I was going to tell these folks the story when there came a banging on the door.'

At that moment someone knocked on my door and I about jumped out of my seat! I motioned that I was on the phone because I had to find out what happened next.

Well, there's these two guys just as soaking wet as I was and they started to ask something when the one guy spies me and turns to his buddy. 'Look John, there's the moron who jumped in our car when we were pushing it.'

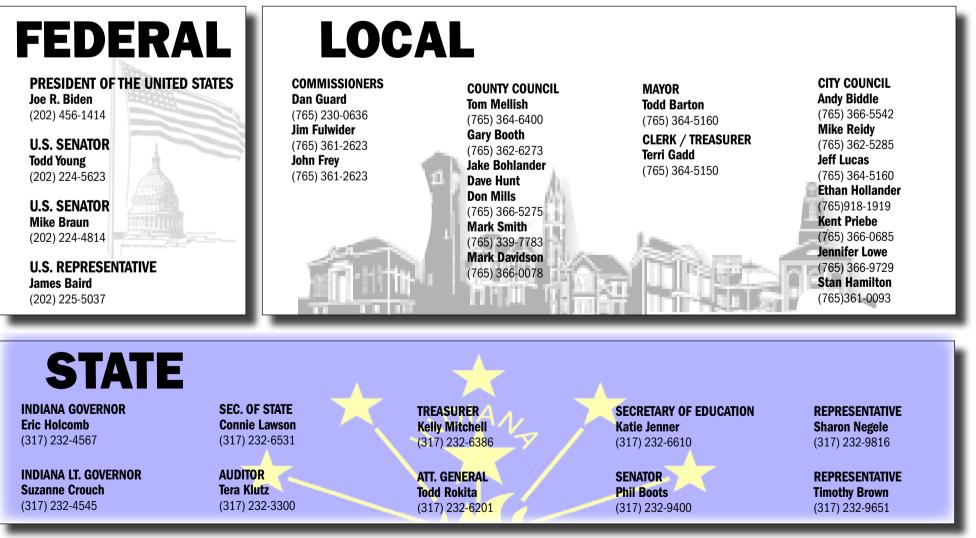
And with that Bubba let out a howl and started laughing hysterically.

'I got you, didn't I Timmons! I got you!" I could still hear him

laughing as I slammed the phone down.

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

# **REACH OUT AND TOUCH SOMEONE**



PUB. ACCESS COUNSELOR Luke Britt (317) 234-0906



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### Ask Rusty – My Birthday Is On The First Of The Month; When Should I Claim Social Security?

*Dear Rusty:* I will be 62 on November first and I have chosen to take my benefits early. I know that my benefit will be less than it would be if I waited and that does not concern me, but I don't want to be without income for a long period of time. I know that if my birthday is on the first or second of the month, then I can draw that month. Does that mean that when I turn 62 on November 1st that I can receive my first check on the second Wednesday of November? And should I select November as the month I'd like my benefits to start? I also read that I would be paid the month following the month I select, hence my confusion. Signed: Con-

### fused Senior

Dear Confused: There are a few different Social Security rules which come into play in your specific circumstance which are likely creating your confusion. First, since you will be 62 on November first, you will first become eligible for Social Security starting with the month of November. Those born on the first or second of the month are eligible for benefits for that entire month. whereas those who turn 62 later in the month wouldn't be eligible for benefits until the following month. To claim benefits, you must be 62 for the entire month and, because your birthday is on the first, your first month being 62 for the entire month will be



ASK RUSTY **Social Security Advisor** 

November, and that is the month you should specify as your benefit-start month on your application.

The next thing to be aware of is that Social Security pays benefits in the month following the month those benefits are earned. That means that your November benefits will be paid in Decem-

### **Social Security Matters** by AMAC Certified Social Security Advisor

### **Russell Gloor**

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ber. The exact payment date is determined by the recipients birthday - born before the eleventh of the month, SS payments are made on the second Wednesday; born between the eleventh and twentieth of the month, payments are received on the third Wednesday of the month; and for those born after

the twentieth of the month, payment is received on the fourth Wednesday. Thus, since you were born on the first of the month and are claiming benefits to start in November, your first Social Security payment will be deposited in your bank account on the second Wednesday of December, and all subsequent Social

Security payments will be made on that same second-Wednesday schedule.

You can apply for your Social Security benefits up to 4 months prior to the month you wish them to start, and SS recommends you apply at least 2 months prior to allow time for processing your application. On the application, they will ask which month you wish your benefits to begin, and you can indicate November to get your earliest possible payment in December. Actually, you can simply select the following option on the Social Security benefit application: "I want benefits beginning with the earliest possible month and will accept an age-related reduction," which will accomplish the same thing.

### A Few Thoughts From Butch On His Birthday



**BUTCH DALE** Columnist

I turned 75 years old today. Yes, three quarters of a century. Very difficult to fathom. Wasn't it just a few months ago that I was attending school, playing basketball, learning to drive, and chasing a cute little gal? Now that cute little gal and I will have been married 57 years this coming weekend. How did she put up with me all those years? And our four "little kids" are ages 52, 49, 44, and 35. I have finally reached "old-timer" status! Some of you out there are in the same boat. I may have a few aches and pains now and then... mostly when I first get out of bed in the morning, but overall I stay active and feel pretty darn good. I am a survivor. Seven members of my 1966 high school graduating class of 34 are deceased, and a few others have serious health issues. Four of my fellow police officers are dead, and two others in poor health. I quit smoking 23 years ago and started exercising more...or I wouldn't be around today. The changes that have occurred during my lifetime are almost unbelievable. Our phone in 1957 was a cranktype oak wall phone...A theater ticket--a quarter, bottle of Coke or candy bar--a nickel, gallon of gas--27 cents. Our school PTO purchased Converse All-Star basketball shoes for each boy on the team...\$6.00 a pair. The same exact shoes today are nearly \$60.00. My wife and were married in 1966, and our first house, located on a double lot in Clarks Hill, cost \$5500. Well, you get the idea. Computers, the Inter-



taught junior high, high school, and college for 16 years, and my daughter Shelle became a teacher. I served as a police officer and County Sheriff, and two of my boys, Neil and Brett, became police officers. I became a librarian (as a second job) in 1990 to help pay for my kids' college tuition...and I still do that today simply because I love it.

I found a photo of my birthday party when I turned one year old in 1949. There were twelve other kids present, along with their mothers. I believe that was the only actual party I ever had.



Jumping Sign Syndrome

**RANDALL FRANKS** Southern Style Columns

I drove up on the mountain and when I arrived, I found that the sign I had carefully placed had jumped out of the ground and was lying on its side. It had jumped out of the ground the day before that and I had received a call the night before letting me know it was down. Once again the same lady called to let me know it was down again, it only made it about three hours. When I arrived back the day before from putting it up, there were three others along my route which had also jumped up out of the ground and laid down on the ground. Well, one of my cousins once wrote a short story about "The Celebrated Jumping Frog of Calaveras County."

have moved to my county and are hiring out to push the signs up out of the ground.

God has blessed me with knowing many great people in my life, some were friends, some were relatives, some were encouragers, some were up lifters, some were acquaintances, and some were just folks I have met.

While I know there are bad people in the world with ill intentions and a desire to hurt others, I have only had limited encounters with their type. When I started in reporting on politics, and eventually running in local elections that continued to be true until just a few years ago. Then a new breed of folks began entering the fray and with them they brought along the school yard approach to attacking their opponents. This year as I am running in my local election cycle, they are having a ball encouraging the signs from jumping out of the ground. Of course, I am only seeing this primarily with mine and others are left standing within sight of them. Perhaps I need to check in with my sign company, perhaps it is the metal sign stakes, maybe it's something in the metal. I want the think the best of everyone, but the evidence seems to continue to pile up against my keeping a positive opinion on some.

Photo courtesy of Butch Dale **Butch's first birthday in 1949** 

net, E-mail, cell phones, explored in the woods. debit cards, satellite TV, At a very young age I microchips, etc. have drove both the truck and changed our way of life. tractor. I very seldom was In the 1950s, conformity sick, but if I had a terrible was the rule. We dressed cold..."Grab the Vicks alike and thought the Vapo-Rub, and I'll fix you some chicken noodle same things. The husband worked, and the wife soup. You'll get better." stayed home and raised The only time we visited the kids. Men dressed like Doc Otten was if it was men. Women dressed like an emergency. "No use women. Very few people paying \$2.00 for a doctor had tattoos. No one wore visit." nose rings, colored their Now my parents were hair green, split their not uncaring or neglitongue, pierced their lips, gent. They cared for us or had buttocks implants. and loved us very much, Back then people paid as did the other parents 50 cents to see a carnival in the community. They freak show. Now all you "let kids be kids." They

Mart or the mall. As a kid in the 1950s, you did what your parents told you to do. If not, you

have to do is visit Wal-

were in trouble, buster! I did my share of work on the farm, mowed yards in town, and helped neighborhood farmers. But the good thing is that I was pretty much on my own. It was great! "Be careful...and be back by six o'clock for supper." No seat belts or child safety seats. No helmets for bike or Cushman scooter riding (and I rode everywhere!). I spent a lot of time in town playing with friends, visiting the stores, talking with people of all ages. I made things in the shed with Dad's tools. I swam in the horse tank. I fished at nearby gravel pits. I

On the remainder of my birthdays, my

Mom baked a cake and prepared my favorite meal for supper that evening, and occasionally a friend stayed overnight. Dad lit the candles and everyone sang "Happy Birthday." That was typical for most kids in those days. We didn't need toys or other presents, because the best present was the care, guidance, and love from our parents.

The best thing about being this age is that I can do whatever I want to do. I am certainly set in my ways. I have gained much knowledge. Been there. Done that. And I can tell people what I REALLY think.

No use placing 75 candles on my cake today. By the time a third of these are lit, the first ones would be burned down to the nubbin. And if all 75 candles were lit at once, our smoke detector would start beeping. But that's OK. At this age, I don't want a big celebration. I just want to remember the great years I have had, be with my family, and then enjoy the peace and quiet...and I'm happy.

What the heck...might as well shoot for 100 now!

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 wellknown artist and author of local history.

His story was amazingly entertaining, I am afraid this one will not be.

I am not quite sure yet whether the worms in our neck of the woods are rebelling against us, frustrated by the addition of so many metal sign posts being pushed down into the ground.

Of course, it might be a joint effort of the gophers, chipmunks and the ground hogs. They could have formed an army and are slowly and strategically digging beneath the ground finding each and everyone and pushing them up until they jump out of the ground and land a few feet away.

There might have been a geological shift in the hydrology of our community and water could be forcing them up. Although no new springs are found.

Maybe Mark's jumping frogs from Calaveras

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.



did not satisfy our every

desire and buy us any-

thing we wanted. Yes,

there were times when

mistakes. That's part of

we got in trouble or made

life. We learned from our

mistakes. I think growing

generation more self-suf-

ficient and more indepen-

dent, more creative, and

as an added bonus, less

likely to crave material

When I was born in

1948, Harry Truman was

President. I "liked Ike,"

watched JFK's assassi-

Ronald Reagan. I wit-

with one of my boys,

Clark, serving in Iraq

after 9-11. He attended

Texas Tech and is now

a real estate broker. I

nation, saw Nixon resign

and Clinton lie. I admired

nessed several U.S. wars,

possessions.

up this way made my



### Sunday, Oct. 29, 2023

## What's U.S. Foreign Policy?



### MARK FRANKE **Guest Columnist**

I learned something new the other day in a Wall Street Journal column: the term "cognitive-dissonance reduction," a form of mental gymnastics used to fit inconvenient facts to the ideology.

I know what cognitive dissonance is, having run into the term in my undergraduate business school classes. Think of it as a propensity to always second guess your opinions, a mortal sin in the left-wing catechism.

It turns into a vile application when applied to the left's justification of Hamas' inhuman brutality against Israeli civilians and the Gaza residents used as human shields. The justification? They've got it coming to them, to trivialize a juvenile school yard excuse when caught by the teacher. Only this isn't grade school bullying; it is a crime against humanity and all that is decent. No matter.

These are Nietzschean anarchists taking his philosophy well beyond any limits he envisioned. ists look at international issues through practical and often short-term lenses. What is in America's best interest today? What is the impact on our military commitments and our balance of trade? I exaggerate somewhat but the thinking focuses on what helps the United States and, dare I say it, what resonates with the voting base.

The idealist focus is on America's role model status as a land of freedom and democracy. Our foreign policy should align itself with those nations which most resemble us and our ideals. Once more I exaggerate but this approach can look naïve to people who see threats at the border and unfair competition in the marketplace. And there is another voting base this appeals to.

Perhaps history can once again instruct us.

John Quincy Adams was quite successful as Secretary of State during the Monroe presidency. The Monroe Doctrine was actually the Adams doctrine but the boss always seems to put his name on a subordinate's work.

A colleague at the Indiana Policy Review pointed me to a speech Adams gave in 1821. Adams provided the right mix of national self-interest and world moral leadership in this speech to the House of Representatives.

He stated that America's heart will always be with those peoples searching for freedom and inde-

conceive of a United States as the most powerful nation in the world. America was new, small and mostly friendless in the 1820's so his focus was understandably to construct a foreign policy informed by weakness and by America's fortunate isolation from direct European conflict. This worked well until World War I and subsequent recognition by the rest of the world that America was an economic and military powerhouse.

Not all will agree with me but I think Ronald Reagan among twentieth century presidents best understood how to balance our inherent love of isolationism with the expectation we must be the free world's policeman. William Imboden's book, "The Peacemaker: Ronald Reagan, the Cold War, and the World on the Brink," eloquently documents this. He didn't go looking for a monster; the evil Soviet empire was right in his face.

Adams' principles still stand today but must be applied in a different context from that of the post-Napoleonic world. Adams did not have to confront an empire whose dictator Nikita Khrushchev boasted, "We will bury you!" I doubt he could even conceive of a Hamas with a goal of exterminating a sovereign nation and its people.

What would John Quincy Adams do if he somehow awoke, Rip Van Winkel style, and found himself in Israel? Adams may insist that America stick to its shores and preach liberty, but he was too much the realist to do only that. The cognitive-dissonance reduction syndrome infecting the left wing today would not ensnare him. With an intellect like his, he would figure out a solution. Unfortunately, I don't see a John Quincy thinkalike in today's Washington D. C.

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Today's country club anarchists—you know them: the privileged children attending super expensive Ivy League colleges at mom and dad's expense-have looked into the abyss without heeding Nietzsche's warning. In fact they welcome the returned stare coming from the unspeakable abyss dweller. It validates their perverted logic.

So what is America to do about it?

The question drives right into the fissure between two schools of thought in our foreign policy strategy, between the realists and the idealists if I may simplify the positions. The realpendence but cautioned against taking on these foreign causes as her own. America should speak out and lead by example, being what as Ronald Reagan, borrowing from both John Winthrop and Jesus Christ, called "a shining city on a hill."

I found the most memorable phrase of the Adams speech to be his statement that America "goes not abroad, in search of monsters to destroy." The reason? This would change America's ethos from liberty to force. Might does not make right in Adams' thinking.

Where Adams can be faulted, perhaps unfairly, is that he could not

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

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### Free Showing Of Musical-Drama Production 'The Price Of Progress: The Indiana Avenue Story'

Purdue's Office of Diversity, Inclusion and Belonging will present a free showing of the play "The Price of Progress: The Indiana Avenue Story" at 6:30 p.m. Tuesday, Nov. 14, in Stewart Center's Fowler Hall.

The two-act play highlights the heritage of a downtown Indianapolis community called "The Harlem of the Midwest" for its thriving culture of Black-owned businesses, performing arts, educational influences and a jazz legacy — from bebop to hip-hop — that attracted the most renowned musicians of the 20th century.

Described as an entertaining multimedia theatrical experience featuring comedy, drama, live music, and song and dance, the stage production was written by Purdue alumnus Vernon A. Williams, communication and community engagement strategist for IUPUI. It was inspired by the 2010 book by the same name, written by IUPUI anthropology professor Paul Mullins and Indianapolis author, historian and playwright Glenn White.

While the production is free, tickets are required. Complimentary tickets are available at Stewart Center's Loeb Box Office or online.

"As we are poised to launch Purdue University



Photo courtesy of Purdue's Office of Diversity, Inclusion

A scene from "The Price of Progress: The Indiana Avenue Story," which will be performed at 6:30 p.m. Nov. 14 in Stewart Center's Fowler Hall. The play highlights the heritage of a downtown Indianapolis community called "The Harlem of the Midwest," which was where IUPUI — and future home of Purdue University in Indianapolis — is now located. Free tickets are required and are available at Stewart Center's Loeb Box Office or online.

in Indianapolis in July 2024, this informational and entertaining production will celebrate the historical legacy of the area and serve as a catalyst to inform audience members of the vibrant community," said Renee Thomas, associate vice provost for diversity and inclusion at Purdue.

This downtown Indianapolis community was home to numerous Black residents and European immigrants from the 19th century and into the early 20th century, when many Black families began to settle along Indiana Avenue and in the neighborhoods where IUPUI sits today.

As in other U.S. cities, the area became segregated along the color line as it evolved into a place for Black residents to pursue and create their slice of the American dream. The neighborhood remained for more than 50 years until it was displaced by urban renewal projects that created space for state government expansion, interstate highways and the campus of IUPUI.

The first act of the play

focuses on the music, fashion and businesses along Indiana Avenue. Names like Madam C.J Walker, jazz guitarist Wes Montgomery and basketball legend Oscar Robertson abound. The second act tells IUPUI history through scenes portraying the urban university's 1969 founding, with a re-creation of a radio interview with Richard Lugar, former Indianapolis mayor, U.S. senator and statesman.

The play was conceived by Khalilah Shabazz, director of



Photo courtesy of Purdue's Office of Diversity, Inclusion

"The Price of Progress: The Indiana Avenue Story," written by Purdue alumnus Vernon A. Williams, is a multimedia theatrical experience featuring comedy, drama, live music, and song and dance.

IUPUI's Multicultural Center, and written by Williams, a native of Gary who earned a master's degree in communications from Purdue and a journalism degree from Indiana University.

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