

SUNDAY

The Paper

OF MONTGOMERY COUNTY

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Be Ready To Save A Life

Understanding The 2 Steps Of Hands-Only CPR



(Family Features) Every 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 heart-beat (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.

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 Survival

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.

TODAY'S QUOTE

In celebration of our beginning our 20th year as a media company, we're sharing some famous quotations about newspapers this month. "The genius of the United States is not best or most of its executives or legislatures, nor in its ambassadors or authors or colleges, or churches, or parlors, nor even in its newspapers or inventors, but always most in the common people." Walt Whitman

TODAY'S JOKE

What newspaper did cavemen read? The Prehistoric Times

TODAY'S HEALTH TIP

Don't smoke around kids - it can lead to increased numbers of ear infections and lung infections. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.



HONEST HOOSIER

Did you remember to set your clocks back an hour? If not, here's an idea. You've got an hour - go back to bed!



13 WTHR
7 DAY FORECAST

37/60 BRIGHT, BREEZY, NOT AS COLD	46/62 PARTLY SUNNY, SLIGHT SHOWER CHANCE	50/64 PARTLY SUNNY, SLIGHT SHOWER CHANCE FALL BACK	53/68 BREEZY, WARMER, 40% SHOWER CHANCE	52/59 40% SCT'D SHOWERS VOTED	46/56 40% SHOWER CHANCE	42/52 COLDER
FRI	SAT	SUN	MON	TUE	WED	THU

HONEST HOOSIER



An easy drive south

I ndiana

Facts & Fun



40

Jennings

Number \div Stumpers

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

Answers: 1. About 1 percent 2. 202 Years 3. 28207 People 4. 1,298/sq. mi. \div

Did You Know?

- Jennings County was formed in 1817
- It was named for the first Governor of Indiana and a nine-term congressman, Jonathan Jennings. Jennings was governor when the county was organized
- The Vernon Historic District is on the National Register of Historic Places and is the site of many firsts in the state.
- The population in 2010 was 28,525 with 318 residing in the county seat, Vernon
- According to the 2010 census, the county has a total area of 28,525 square miles (939.9 km²)

Got Words?

There are multiple wildlife refuges, parks and forests in the county. How might those factor into the culture and other elements of the community?

Word Scrambler

Unscramble the words below!

1. NNGINJES
2. NONVRE
3. VOGNREOR
4. HSTIORIC
5. FSTIRS

Answers: 1. Jennings 2. Vernon 3. Governor 4. Historic 5. Firsts

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

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Indiana the Strong

Sunday, Nov. 5, 2023

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Purdue Global Cuts Ribbon On First Military Base Extension

Leaders from Purdue University's Office of Industry Partnerships, Purdue Global and Vandenberg Space Force Base gathered Wednesday, Oct. 4, for a ribbon-cutting ceremony celebrating the establishment of a Purdue Global education office within Vandenberg's education center.

This represents the first time Purdue Global has opened an extension office on a military base, specifically designed to serve the educational needs of military-affiliated students and the surrounding base community.

"Purdue and Purdue Global have had a long history of supporting the military, including the Space Force. Purdue Global is excited to open this new office at Vandenberg," said Frank Dooley, chancellor of Purdue Global. "We have been serving active-duty personnel, veterans and their families, helping many take the next steps toward a degree that can help them in their careers while in the military and beyond."

Joining Purdue Global in this venture are the University of Maryland Global Campus, National University and Allan Hancock College. These institutions will join forces with base personnel to support service members, veterans and their family members in pursuit of higher education and professional development



Photo courtesy of Tiarra Sibley, Purdue Global

Diana Hancock, Purdue University associate vice president for educational partnerships (far left), and Jody DeKorte, dean and vice president of Purdue Global's School of Multidisciplinary and Professional Studies (far right), prepare to cut the ribbon on Purdue Global's office within the education center.

goals. Kelli Diaz, chief of the 30th Force Support Squadron's Force Development Flight at Vandenberg, expressed her enthusiasm, stating, "This is a landmark day for Vandenberg Space Force Base and the broader Vandenberg community. The presence of these highly respected educational institutions on our base is immensely exciting. Having them as close partners, collaborators and resources will substantially enhance our ability to provide educational support and offer improved opportunities for our uniformed per-

sonnel, veterans and their families."

The establishment of this satellite office is the latest example of the work done at Purdue's Office of Industry Partnerships, which connects businesses and other organizations with the university to create mutually beneficial partnerships that accelerate innovation and create lasting impact.

"We are committed to serving and answering the educational needs of service members, veterans and their families, ensuring that we can best meet their goals and introducing them to the full range of opportunities across

Purdue University," said Diana Hancock, associate vice president for educational partnerships at the Office of Industry Partnerships. "Once we are established at Vandenberg, our vision is to expand our reach to more military installations and serve more military-affiliated students through this on-base presence model."

Purdue Global is Purdue's online university for working adults. Purdue Global serves approximately 10,000 military-affiliated students, a population that includes uniformed personnel, veterans and eligible dependents.

ACLU Of Indiana Announces Christopher Daley As The New Executive Director

The American Civil Liberties Union (ACLU) of Indiana announced earlier this week that Christopher Daley, J.D., will lead the organization as its next Executive Director, beginning in January. The announcement comes after the ACLU of Indiana conducted a nationwide search following the retirement announcement of current Executive Director, Jane Henegar.

"Chris brings passion, commitment and decades of experience in advocacy and law to the ACLU of Indiana. He has been part of creating social change across civil liberties issue areas, including advocating for children in Indiana's foster system, trans rights, and criminal legal reform," said ACLU of Indiana Board President Tamara Winfrey-Harris. "Chris has the unique experience and passion necessary to meet this moment where Hoosiers' civil rights and liberties are under increasing threats."

Daley grew up in Indianapolis, Indiana and completed his undergraduate studies at Indiana University. He spent time outside of Indiana, attending the University of California, Berkeley School of

Law, and upon graduation co-founded and led the Transgender Law Center in California. Daley also spent time in Washington D.C. where he collaborated with organizations on criminal legal and immigration reform in his role as Deputy Executive Director at Just Detention International.

Daley has spent the last five years traveling across every region of Indiana to advocate for children in Indiana's foster system in his role as the Executive Director of the Indiana Association of Resources and Child Advocacy (IARCA).

"I'm excited to do this critical work, protecting the constitutional rights and freedoms of all Hoosiers," said Daley. "I'm honored to have the opportunity to work with such an important organization, with an incredible team, and with our dedicated supporters, to build on the ACLU of Indiana's storied 70-year legacy and help shape our next chapter. Together, we will build a better Indiana, where 'We The People' means everyone."

Daley was selected after an extensive nationwide search and will begin in his role on Jan. 2.

Planning A Career In Ag? High School Seniors, Apply Now For Soy Scholarship

Strong agriculture leaders are vital to the sustainability and growth of our industry, and the American Soybean Association wants to provide a student interested in agriculture with a college scholarship as they begin their education.

The Soy Scholarship is a \$7,000, one-time award presented to a high school senior who plans to pursue agriculture as an area of study at any accredited college or university in the 2024-25 academic year. The scholarship is managed by ASA and made possible through a grant by BASF Corporation.

"ASA is grateful for its longstanding partnership with BASF and proud to invest in the future farmers, scientists, teachers, and other careers in agriculture that drive the industry forward," ASA President Daryl Cates (IL) said. "Agriculture has a significant role to play in sustainably feeding a growing world population, shaping climate policies, and many other ways we support and provide for people here at home and around the globe. Supporting education is imperative to industry advancement, and we applaud the dedicated young people who are interested in this challenge."

ASA and BASF have recognized and rewarded students for their hard work and interest in agriculture through the Soy Scholarship since 2008.

"BASF is pleased to continue our longstanding partnership with ASA to support talented students committed to solving the challenges facing the future of agriculture," said Scott Kay, vice president, U.S. Agricultural Solutions North America. "Our industry needs students passionate and interested in meeting the demands of a growing planet, and BASF is thrilled to invest in these students' future."

The scholarship is awarded in \$3,500 increments (one per semester) for the 2023-24-school year. The student must be a child or grandchild of a current state soybean association/ASA member, maintain successful academic progress and remain in good standing with the college or university to receive the full amount of the scholarship. High school seniors may apply online Oct. 31-Dec. 31, 2023.

A committee of soybean grower-leaders will select the ASA BASF Scholarship recipient. The award winner will be announced this winter. Click here for more details.

Indiana's 2023 Student Advocates Conference Focused On Programmatic Changes, Dec. 7

The Indiana Commission for Higher Education announced today the opening of registration for the 2023 Student Advocates Conference. The conference will be held virtually on Dec. 7, 2023. All Indiana college and high school mentors, advisors and other advocates are invited to the annual event. Attendees will hear from the recipient of the 2023 Stan Jones Student Success Award, for which the Commission is now receiving applications.

"Now What? A Roadmap to Programmatic Changes for Student Success"

The convening will navigate the historic programmatic changes that have recently taken place in Indiana. Attendees will hear from and engage with Commission staff and partners leading the efforts on the 21st

Century Scholars program, the Free Application for Federal Student Aid (FAFSA), the Indiana College Core Expansion and My College Core Tool, initiatives underway for military and adult learners and more.

"Indiana's efforts toward improving the college-going rate are evidenced by the Commission's established strategic initiatives," said Indiana Commissioner for Higher Education Chris Lowery. "When students continue their education after high school, Indiana's talent pipeline is strengthened, and both the individual and overall Indiana community benefit. These initiatives are critical in preparing students to be successful in the workforce and equipping them to be the next generation of leaders in Indiana. I encourage all

advocates and partners to participate in this year's program."

For more information about the event and to register, visit the registration website.

The Stan Jones Student Success Award

The Stan Jones Student Success Award recognizes a campus partner with exemplary student success practices. The award's namesake, former Indiana Commissioner for Higher Education Stan Jones, built a legacy of education policies and student support initiatives, including the 21st Century Scholars program. The award will recognize one program or initiative focused on the Commission's key pillars of increasing the college-going rate, postsecondary completion and graduate retention for Hoosier students.

For more information about the criteria for selection, visit the Commission's website. Applications are due on Nov. 10, 2023 at 5 p.m. EST. The recipient will be asked to present their student success model at the 2023 Student Advocates Conference on Dec. 7, 2023.

About the Indiana Commission for Higher Education

Created in 1971, the Indiana Commission for Higher Education plans, coordinates and defines Indiana's postsecondary education system to align higher learning with the needs of students and the state. The Commission also administers Indiana's financial aid programs, including the 21st Century Scholars early college promise scholarship, which celebrated 30 years in 2020.



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

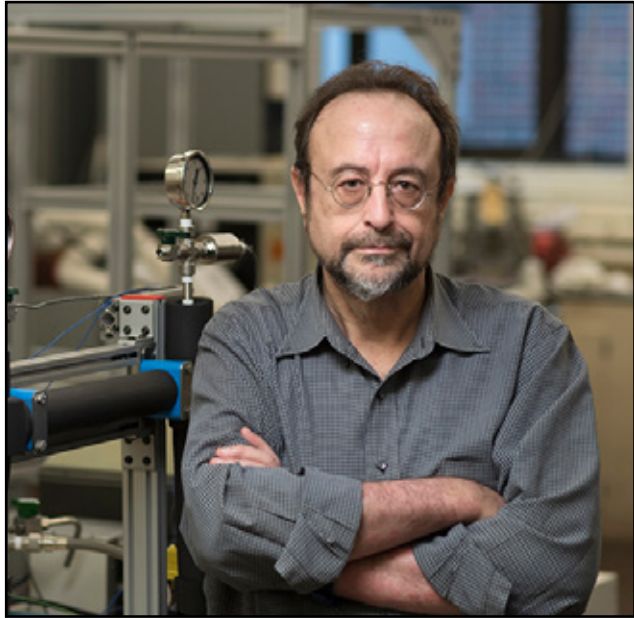


Photo courtesy of Purdue University

Issam Mudawar's research on heat transfer could enable space habitats to be built in extreme environments like the moon.

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

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

A Purdue University experiment that arrived Aug. 4 to the International Space Station aims to collect data scientists need to answer decades-old questions about how boiling and condensation work in reduced gravity.

Purdue professor Issam Mudawar started this project in response to a 2011 survey by the National Academies that guides NASA, the White House and Congress on areas of research to prioritize for funding. In the survey, which publishes every 10 years, numerous scientists recommended that a priority for space exploration should be studying the relationship between gravity and fluids.

The 2023 decadal survey also includes recommendations for future fluid physics research in space based on the progress of the experiments Mudawar has been conducting on the space station and the expertise he provided as a member of the survey's panel on physical sciences.

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

The experiment was transported via Northrop Grumman's 19th commercial resupply services mission (NG-19) to the space station for NASA. The NG-19 spacecraft launched Aug. 1 from the Mid-Atlantic Regional Spaceport at NASA's Wallops flight Facility in Virginia.

The mission carried a module for conducting the second experiment of a Purdue-designed facility called the Flow Boiling and Condensation Experiment (FBCE), which



Photo courtesy of NASA/Danielle Johnson

Northrop Grumman's Aug. 1 Cygnus spacecraft launch carried a Purdue University experiment to the International Space Station among other cargo for NASA.

has been collecting data on the space station since August 2021.

Last July, Mudawar and his students finished their first experiment gathering data from a module of FBCE on the space station that measures the effects of reduced gravity on boiling. Using the facility's additional components that arrived with the NG-19 spacecraft, the researchers will be able to conduct the second experiment, which will investigate how condensation works in a reduced-gravity environment.

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

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

To develop FBCE, Mudawar's lab worked with NASA's Glenn Research

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

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

In addition, FBCE data

could help enable spacecraft to refuel in orbit by providing scientific understanding of how reduced gravity affects the flow boiling behavior of the cryogenic liquids spacecraft use as propellant.

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

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

With more than 30,000 citations, Mudawar is one of the most highly cited researchers in the field of heat transfer. Google Scholar ranks him No.

1 in flow boiling, spray cooling, microchannels, and microgravity boiling. He also is the most cited author in the International Journal of Heat and Mass Transfer.

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

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

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

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In The Kitchen

Sunday, Nov. 5, 2023

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

Quick, Easy Recipes to Add to Your Dinner Rotation



Poached Egg Tostadas with Avocado-Tomatillo Salsa

Simple, nutritious meals to make more time for family

FAMILY FEATURES

Making time for meals together can have a positive impact on the well-being of families, including children and adolescents. In fact, regular meals at home can help reduce stress and boost self-esteem, according to research published in “Canadian Family Physician.”

Mealtime conversations are also a perfect opportunity to connect with your loved ones. A study published in “New Directions for Child and Adolescent Development” showed these conversations help improve children’s vocabularies more than being read aloud to.

Making time for meals together shouldn’t require spending all night in the kitchen, however. A simple-to-prepare

ingredient like eggs can help you spend less time cooking and more time with family.

For example, these heart-healthy recipes for Poached Egg Tostadas with Avocado-Tomatillo Salsa, Sweet Potato Hash with Eggs and Poblano Frittata from the Healthy for Good Eat Smart initiative, nationally supported by Eggland’s Best, are ready in 15 minutes or less. They include a wide variety of vegetables, fruit, whole grains and healthy protein sources, which are recommended by the American Heart Association to help prevent heart disease and stroke.

To find more tips for family mealtimes and recipe inspiration, visit heart.org/eatsmart.

Poblano Frittata

Servings: 4 (2 wedges per serving)

- 4 large eggs
- 1/4 cup fat-free milk
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon olive oil
- 2 medium poblano peppers, seeds and ribs discarded, chopped
- 2 cups frozen whole-kernel corn, thawed
- 2 medium green onions, chopped

- 1/4 cup finely shredded Cotija cheese or crumbled queso fresco
- 1 medium tomato, chopped
- 1/4 cup fat-free sour cream

In medium bowl, whisk eggs, milk and cilantro.

In medium skillet over medium heat, heat oil, swirling to coat bottom of skillet. Cook poblano peppers 3 minutes, or until browning on edges, stirring frequently.

Stir in corn and green onion. Reduce heat to medium-low and

carefully pour in egg mixture. Cook, covered, 10 minutes, or until mixture is just set on edges and still soft in center. Avoid overcooking. Remove from heat.

Sprinkle with cheese. Cut into eight wedges. Place two wedges on each plate. Top with tomatoes and sour cream.

Nutritional information per serving: 244 calories; 8.5 g total fat; 2.5 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 192 mg cholesterol; 177 mg sodium; 27 g carbohydrates; 4 g fiber; 8 g total sugars; 13 g protein.



Poblano Frittata

Sweet Potato Hash with Eggs

Servings: 4 (1 cup per serving)

- 2 teaspoons canola or corn oil
- 1/2 medium onion, chopped
- 4 medium sweet potatoes, peeled and cut into 1/2-inch cubes
- 1/2 medium red or green bell pepper, chopped
- 2/3 cup fat-free, low-sodium vegetable broth
- 2 teaspoons minced garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme, crumbled

- 1/2 teaspoon coarsely ground pepper
- 1/8 teaspoon salt
- 4 large eggs
- hot pepper sauce (optional)

In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pressure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of

spoon, make small well in potatoes. Slip egg into well. Repeat with remaining eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on “keep warm” setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.

Nutritional information per serving: 258 calories; 7.5 g total fat; 2 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 186 mg cholesterol; 244 mg sodium; 39 g carbohydrates; 6 g fiber; 9 g total sugars; 10 g protein.

Poached Egg Tostadas with Avocado-Tomatillo Salsa

Servings: 4 (1 egg and 1/2 cup salsa per serving)

- Nonstick cooking spray
- 4 corn tortillas (6 inches each)
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs

Salsa:

- 1 medium avocado, diced
- 1 medium Anaheim or poblano pepper, seeds and ribs discarded, diced
- 1 medium tomatillo, papery husk discarded, washed and diced
- 1/2 medium tomato, diced
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 medium garlic clove, minced
- 1/8 teaspoon salt

Preheat oven to 400 F. Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray.

Arrange tortillas in single layer on foil. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas to prevent from filling with air. Bake 5-6 minutes on each side, or until golden brown. Transfer to serving plates.

In large skillet over high heat, bring water and vinegar to boil.

Once water is boiling, reduce heat and simmer. Break egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, avoiding eggs touching in water. Simmer 3-5 minutes, or until egg whites are completely set and yolks are beginning to set but aren’t hard.

Using slotted spoon, drain eggs. Place each egg on tostada.

To make salsa: In medium bowl, gently stir together avocado, pepper, tomatillo, tomato, red onion, cilantro, lime juice, garlic and salt. Serve with tostadas.

Nutritional information per serving: 185 calories; 11 g total fat; 2.5 g saturated fat; 3 g polyunsaturated fat; 5 g monounsaturated fat; 186 mg cholesterol; 169 mg sodium; 15 g carbohydrates; 3 g fiber; 2 g total sugars; 9 g protein.



Sweet Potato Hash with Eggs

SUNDAY

In The Kitchen

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

PUT A PLANT-BASED SPIN

ON THE TACO NIGHT MENU



Smoky Chipotle Pecan Burrito Bowls

FAMILY FEATURES

Mealtime traditions are common among many families, from taco Tuesdays to weekend favorites. You can add a special touch to one of the most popular traditions – taco night – with a plant-based twist.

With a nutty, smoky and truly meaty taste and texture, pecans offer a perfect plant-based protein to incorporate in favorite dishes like tacos. However, great taste is just the beginning – pecans pack a nutritious punch with a unique mix of health-promoting nutrients while shining in a wide range of flavor profiles.

To help make your next taco night all the rage among loved ones, the American Pecan Promotion Board recommends serving up authentic vegan taco recipes using pecans in place of meat in dishes like Smoky Chipotle Pecan Burrito Bowls and Vegan Pecan Al Pastor Tacos. Their texture makes them uniquely suited as a meat alternative that doesn't sacrifice flavor so it can taste like the original and leave your family clamoring to keep taco night on the weekly menu.

Learn more and discover delicious plant-based recipes at eatpecans.com.

Smoky Chipotle Pecan Burrito Bowls

Recipe courtesy of Dominique Williamson on behalf of the American Pecan Promotion Board
Prep time: 40 minutes
Cook time: 15 minutes
Servings: 2-3

Pecan "Meat:"

- 2 1/2 cups water
- 1 cup pecans
- 1/2 cup portobello mushrooms
- 2 tablespoons taco seasoning
- 2 tablespoons tamari sauce or soy sauce
- 2 cloves garlic, minced
- 1 tablespoon liquid smoke
- 1 tablespoon vegan Worcestershire sauce
- 1 tablespoon chipotle in adobo sauce

Pineapple Salsa:

- 1 pineapple, diced
- 2 Roma tomatoes, diced
- 1-2 jalapenos, diced
- 1 cup cilantro, finely chopped
- 1 red onion, diced
- 1/4 cup lime juice
- salt, to taste

Chipotle Crema:

- 2 chipotle peppers in adobo sauce
- 1 cup vegan mayo
- 3 cloves garlic, minced
- 2 teaspoons vinegar
- 2 tablespoons plant-based milk
- 1 teaspoon agave
- 1/2 teaspoon salt

To make pecan "meat:" In bowl of boiling water, soak pecans, covered, at least 30 minutes, or

overnight in room temperature water for softer texture.

Drain pecans and place in food processor with mushrooms. Pulse mixture to texture resembling meat crumbles. Avoid over-pulsing.

In pan over medium heat, add pecan mixture, taco seasoning, tamari sauce, minced garlic, liquid smoke and vegan Worcestershire sauce. Cook 7-10 minutes then add chipotle in adobo. Cook 3 minutes.

To make pineapple salsa: Combine pineapple, tomatoes, jalapenos, cilantro, red onion, lime juice and salt, to taste.

To make chipotle crema: Combine chipotle peppers, vegan mayo, garlic, vinegar, milk, agave and salt.

To assemble bowls, place pecan mixture in bowl followed by pineapple salsa and chipotle crema.

Vegan Pecan Al Pastor Tacos

Prep time: 35 minutes
Cook time: 10 minutes
Servings: 4-6

Water

- 2 pounds chopped pecans
- 1 cup onion
- 8 cloves garlic, minced
- 8 dried guajillo peppers
- 2 tablespoons oil
- salt, to taste
- pepper, to taste
- 7 ounces (1 can) chipotle peppers in adobo

Toppings and Garnishes:

- flour or corn tortillas (6 inches each)
- cilantro
- diced onion
- lime
- pineapple

In bowl of boiling water, soak pecans, covered, at least 30 minutes, or overnight in room temperature water for softer texture.

Drain pecans. In food processor, pulse pecans to



Vegan Pecan Al Pastor Tacos

meat-like crumbles. Do not overprocess to pecan butter.

Finely chop onions, garlic and guajillo peppers.

In skillet over medium-high heat, heat oil and saute onions until transparent, 2-3 minutes.

Add garlic and cook 1 minute.

Sprinkle with salt and pepper, to taste, and stir to combine.

Add chipotle peppers in adobo and cook 1 minute. Add crumbled pecans and stir well to combine.

Remove from heat and serve on tortillas.

Serve with cilantro, onion, lime and pineapple.

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The Paper
OF MONTGOMERY COUNTY

SUNDAY

In The Kitchen

Sunday, Nov. 5, 2023

C3

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SERVE FLAVORFUL,



SUSTAINABLE SEAFOOD

FAMILY FEATURES

Whether seafood night at your house means sauteed shrimp, baked fish or anything in between, it's an exciting excuse to bring the family together for favorite meals. Delicious recipes abound when seafood is on the menu.

However, this is no longer your grandparents' seafood. Today, more than half of all seafood consumed in the U.S. is farm-raised – a practice known as aquaculture. While the industry has made strides throughout the last few decades, from increasingly sustainable farming practices to technological advancements that can help feed a growing population, not all farmed seafood is equal and neither are the certifications you see on its packaging.

For more than a decade, the global nonprofit Aquaculture Stewardship Council (ASC) has created and enforced the world's strictest standards for farmed seafood. Its sea green ASC certification label is only found on farmed seafood that meets these high standards – helping seafood shoppers make informed purchasing decisions.

It's a movement some of the nation's leading seafood grocers and chefs are getting behind.

"About 2/3 of our seafood offerings are raised on farms, which reflects both growing supply and demand," said Abe Ng, CEO of the Sushi Maki restaurant chain and market stations. "There's a much broader customer

understanding and appreciation of aquaculture than, say, 10 years ago. However, not all farmed seafood is equal in terms of quality, environmental sustainability and social responsibility."

A unique combination of standards help ensure supply chain integrity from the farm to the store while protecting the environment, workers and communities. ASC's sea green label only appears on seafood from farms that have been independently assessed and certified as environmentally and socially responsible.

"Whether your seafood is wild-caught or farmed, what matters to today's shoppers is that it's high-quality, flavorful and was fished or farmed in a responsible way that's good for you and the planet," said Roger O'Brien, president and CEO of the Santa Monica Seafood market and cafe. "Farm-raised seafood that's been responsibly certified by the ASC delivers on the assurance that the seafood you're buying is what it claims to be, which is a key commitment we make to our customers."

With a trusted certification like the ASC, you can confidently enjoy make-at-home recipes like Honey Mustard Crunch Salmon, Blackened Shrimp Tacos with Creole Remoulade Slaw and Almond Stuffed Rainbow Trout without sacrificing taste or sustainability.

To find more certification information and discover family-friendly seafood recipes, visit SeaGreenBeGreen.org.

Honey Mustard Crunch Salmon

Recipe courtesy of North Coast Seafoods

- 1 bag (1 pound, three 6-ounce portions) North Coast Seafoods ASC-certified Naked Norwegian Salmon salt, to taste
- pepper, to taste

Honey Mustard Glaze:

- 1/3 cup honey
- 1/4 cup whole-grain mustard
- 2 tablespoons smooth Dijon mustard
- 2 tablespoons mayonnaise
- 2 teaspoons horseradish
- 1 teaspoon smoked paprika

Crunch:

- 3/4 cup panko breadcrumbs

- 2 tablespoons dried parsley
- 2 tablespoons olive oil

Thaw salmon and pat dry. Arrange on oiled baking tray. Season with salt and pepper, to taste.

To make glaze: In small bowl, combine honey, mustard, Dijon mustard, mayonnaise, horseradish and paprika; mix until well combined. Chill glaze until ready to use.

To make crunch: In bowl, combine breadcrumbs, parsley and oil; mix well. Reserve.

Preheat oven to 400 F.

Top each salmon portion with 1 tablespoon glaze and spread evenly over fish. Press crunch evenly onto glaze.

Bake 15-17 minutes until fish is cooked through.

Serve with drizzle of remaining glaze.

Blackened Shrimp Tacos with Creole Remoulade Slaw

Recipe courtesy of Coastal Seafoods and Fortune Fish & Gourmet
Prep time: 30 minutes
Cook time: 10 minutes

Coleslaw:

- 1/3 cup mayonnaise
- 1 tablespoon capers, chopped
- 1 teaspoon stone ground mustard
- 1/3 cup parsley, chopped
- 1/2 teaspoon horseradish
- 1/3 cup red onion, diced
- 1 tablespoon Cajun seasoning
- 1/2 bag coleslaw mix

Tacos:

- 6 small corn tortillas
- 1 tablespoon Cajun seasoning
- 1/2 pound peeled and deveined ASC-certified shrimp, thawed
- 3 green onions, sliced
- fresh salsa or pico de gallo optional
- 1 lime, sliced (optional)

To make coleslaw: In bowl, mix mayonnaise, capers, mustard, parsley, horseradish, red onion and Cajun seasoning. Mix coleslaw and about 3/4 of dressing. Stir until coated then add more dressing, if desired. Refrigerate coleslaw until ready to serve.

To make tacos: Heat grill to medium heat. Once hot, toast tortillas on each side until browned on edges. Stack toasted tortillas on plate and cover with towel until ready to serve.

Pour Cajun seasoning over shrimp and stir until shrimp are coated.



Cook shrimp 3-5 minutes per side, or until shrimp are firm and Cajun seasoning is blackened. Remove shrimp from grill to prevent overcooking.

To serve, place about 1/4 cup coleslaw in each tortilla then top with 3-5 shrimp and green onions. Top with salsa or pico de gallo, if desired. Squeeze wedge of fresh lime over top, if desired.



Almond Stuffed Rainbow Trout

Recipe courtesy of Riverence Provisions

- 2 ASC-certified Riverence Steelhead Trout fillets (8 ounces each)
- nonstick cooking spray
- 1/2 cup sliced almonds, toasted and coarsely chopped
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice
- 1/4 cup chives, chopped
- 1 1/2 cups breadcrumbs
- 1/4 cup Italian parsley salt, to taste
- pepper, to taste
- 1 egg, beaten
- kitchen twine (6-inch lengths)
- 1 tablespoon olive oil

Preheat oven to 350 F.

Rinse steelhead trout fillets and pat dry with paper towel. Line baking pan with parchment paper and spray with nonstick cooking spray.

Mix almonds, lemon zest, lemon juice, chives, breadcrumbs and parsley. Season with salt and pepper, to taste.

Add beaten egg to breadcrumb mixture and stir until well incorporated.

Lay first trout fillet skin side down on baking pan. Place twine pieces underneath fish, spacing 1 1/2 inches apart; leave untied.

Place breading mixture over trout fillet and remaining trout fillet on top of breadcrumb mixture, skin side up.

Secure trout fillets together using kitchen twine. Brush olive oil on trout and sprinkle with salt and pepper, to taste.

Bake 15-20 minutes, or until fish is cooked through. Slice into portions to serve.

SUNDAY

In The Kitchen

Sunday, Nov. 5, 2023

C4

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POWER BACK-TO-SCHOOL WEEKNIGHT FAMILY MEALS WITH PECANS

FAMILY FEATURES

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

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

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

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

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

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

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



Mac and Cheese with Pecan Breadcrumbs

Cook time: 50 minutes
Servings: 6

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

Preheat oven to 375 F.

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

Using box grater, shred cheddar cheese.

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

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

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

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



Superfood Pecan Energy Bars

Cook time: 40 minutes
Servings: 14

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

Preheat oven to 200 F.

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

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

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

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

KAREN ZACH



Think writing a column on genealogy is easy?

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DAY

Sunday, Nov. 5, 2023

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Gifts With Multiple Functions And Styles



MELINDA MYERS
Columnist

The holidays are quickly approaching and finding the perfect gift for those on your list can be challenging. With many people downsizing or striving for a minimalistic lifestyle, finding the perfect gift gets even more difficult. Gifting something that is unique, useful and provides multiple functions may be the solution.

Consider gifts that help family and friends on your gift list save time and space and support their lifestyle and hobbies. These are gifts that are more likely to bring delight than end up in the donation box.

Most people, whether downsizing or not, are looking for ways to organize what they have and save space. Storage bins are often the best solution and come in a variety of styles. Those like the Mod Hod work well for gardeners, crafters and those looking to organize their pantries. Gardeners can use them to harvest their produce, wash off the soil right in the garden, and bring them into the house to store. Crafters can organize their supplies and everyone can stack and store snacks, produce, and just about anything in these.

For a more traditional look, consider the Garden Hod of wood and vinyl-covered mesh. These were originally used by Maine clam diggers to hold and rinse their catch. Gardeners use it to hold and rinse their garden produce, while crafters transport their supplies to their workstations. Those that like to entertain can fill it with and display party supplies at any event.

Help the gardeners on your list keep their seeds organized. Most gardeners have lots of open packets of seeds, newly purchased seeds, and those they have collected from their gar-



Photo courtesy of Gardener's Supply Company/gardeners.com

This bamboo seed saver kit contains storage envelopes, glass vials and compartments to organize seeds and hold them in place.

dens. It can be challenging to keep them stored properly, safe from rodents, and organized so they are easy to find for future gardens. Management of seed inventory also saves money by preventing the purchasing of duplicate seeds.

Consider a seed-saver kit for the gardeners on your list. Make one from a plastic bin and hand-crafted dividers. Or purchase one like the Deluxe Galvanized Seed Saver Kit for avid gardeners with lots of seeds who prefer a more industrial look. The minimalist on your list may prefer a Bamboo Seed Saver Kit that contains storage envelopes, glass vials and compartments to hold everything in place. Crafters and other hobbyists in the family will also find something like this useful.

Going vertical in the garden and at home is a great way to maximize every square inch. Reaching items on the top shelf may require a step stool. Consider one that also functions as a basket and stool like the Bamboo Garden Stool and Basket Combo (gardeners.com). This sturdy basket

with comfortable handles makes carrying tools to the garden, produce back from the garden or any project supplies an easy task. Once you arrive in the garden or workstation, empty the contents and flip it over so you have a comfortable seat.

Gardeners that grow vertically have lots of stakes, trellises, and other items to support plants throughout the growing season. Leaving them in the garden for winter may not be an option. Stuffing them into a shed or garage can take up valuable space needed for other tools, equipment, and the car. Contain and organize these items with wall storage. Offer to help your gift recipient install hooks on the wall to keep these items organized and out of the way. Or gift them something like the Plant Support Wall Storage container that can be mounted on the wall and is designed to hold plant supports of various sizes and shapes.

Cooks and gardeners alike can always use a cutting board. Gifting one that has multiple functions like the Do-It-All Culinary Cutting Board may eliminate the

need for multiple kitchen items. This cutting board has a built-in mortar and pestle, a chopped food compartment, and a knife sharpener on two sides.

And for the person who has everything or wants nothing more, a living gift is the perfect option. A basket of forced spring flowering bulbs can brighten anyone's mood as they watch the plants grow and bloom.

Finding the perfect gift is a challenge but consider the joy it will bring. When you see the look on the recipient's face and the item in use, you'll both benefit from your efforts.

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



Photo provided

100% Beautiful Tulips

Tulips: Dutch pride and the symbol of spring! Have you always wanted to have a 'mini Keukenhof' in your own garden? Now is the time to plant tulip bulbs, so you can enjoy delightful shapes and colors in your own garden in spring.

A mini Keukenhof in your own garden: what could be better? You don't need a large garden to create it: you can conjure a cheerful tulip atmosphere with ease, even in a city garden or on a balcony or terrace. How to do it? Think big and choose many and various varieties of tulips with different flowering times, so you can enjoy them for a long time!

If you have a garden, plant loads of tulip bulbs in an empty border (edge), or plant them in between existing plantings. If you are not blessed with a garden but you have a balcony or patio that could use some color in spring, use several planters or pots to plant the tulip bulbs. Group the pots together to create a full and cheerful atmosphere.

Different tulip varieties

- Triumph tulips: beautiful flower shape with sturdy stems in many different colors. A perfect cutting tulip. Flowering month: April, flowering height: 10-15 in.
- Darwin hybrid tulips: large flowers with a strong, long stem. Flowering month: April-May, flowering height: 1-1.6 ft.
- Single tulips: large

- Parrot tulips: whimsically shaped and unusually colored tulips. Flowering month: April-May, flowering height: 1-1.5 ft.
- Lily-flowered tulips: slender flowers, often with pointed petals. Flowering month: May, flowering height: 1-2.5 ft.
- Botanical tulips: greigii or kaufmanniana tulips have small early-flowering flowers that naturalize with ease. Flowering month: March-April, flowering height: 8-12 in.
- Viridiflora tulips: lily-shaped tulip with some green in the flower. Stays beautiful for a long time and is suitable as a cut flower. Flowering month: April, flowering height: 1.3-2 ft.

Always check the packaging for the exact flowering times, as this can vary per type. More information is available at www.flowerbulbs.com.

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Trendy Takes on Kitchen and Bath Design

FAMILY FEATURES

Designing a new home, remodeling your own or simply rethinking aesthetics and decor all require a little imagination and a lot of inspiration. A quick online search brings up hundreds if not thousands of thoughtful ways to make your kitchen or bathroom match your desired style from modern to traditional or anything in between.

All those results can be slightly overwhelming, however. Rather than having a go at it alone, rely on the professionals to guide you toward looks that are all the rage and fit a variety of budgets. Consider these on-trend design ideas from the kitchen and bathroom experts at Wellborn Cabinet, whose whole-home solutions double as functional and beautiful.

Kitchen Trends

Let it Flow: Open concepts have become quite common as it allows the kitchen to feel like one large room where loved ones and guests can intermingle as opposed to an enclosed space. This flowing openness lends continuous visibility to the area ranging from the (seemingly) always active kitchen to gathering spaces in the dining and living rooms. An open

floor plan also helps connect design aesthetics from each room to the next.

Opt for Concealed Storage: Pots, pans, knives and all your favorite kitchen gadgets need hidden somewhere. Rather than taking up valuable pantry space, turn to a stylish storage solution from Wellborn Cabinet's line of pullout cabinets that give you the room you need. With options ranging from pullout peg boards to sleek tray dividers, these clever contraptions can help you stay organized while making functionality beautiful.

Incorporate Smart Tech: Trends aren't exclusively about aesthetics – practicality via technology is equally important for those looking to update their kitchens to the 21st century. Devices like smart refrigerators that allow you to take inventory from an app, smart lighting that brightens and dims to save on electricity and voice assistants that help you keep track of recipes are all trendy paths toward a top-of-the-line kitchen.

Bring in Organic Touches: Organic modern is in, which means adding organic touches using natural materials like stone and wood in your cabinets, countertops, flooring and more. Achieve a warm vibe with these organic elements paired with a neutral color palette (soft whites and earthy tones) and natural light.



4 Alternative Uses for Kitchen Cabinets

If you love the look of beautiful kitchen cabinets and appreciate their functionality, try incorporating them throughout the house with these ideas.

- **Home Office** – As working from home continues to rise in popularity, you might need that extra storage space around or above your desk whether it's in a full-blown office or a nook in the den.
- **Laundry Room** – Uppers and lowers alike can help you stow away detergents, cleaning products, laundry baskets and even last season's wardrobe.
- **Mud Room** – All those shoes and jackets need space somewhere, and kitchen cabinets in the mudroom can help you contain the mess.
- **Garage** – Whether your garage serves as a secondary entertainment area, home gym or simply storage for outdoor tools and toys, cabinets allow you to organize (and hide) that equipment.



Bathroom Trends

Add Accents that Pop: Obvious accents like bold pops of color and unique patterns come to mind, but you can also make your bathroom stand out by experimenting with materials, accessories and shapes. Think eye-catching cabinet hardware, fun mirror shapes and open-shelf decor that grabs attention without overdoing it.

Show Off Wood Vanities: As an important area you'll use to get ready for each day, vanities should be purposeful and practical but can also brandish your personal style. Types and sizes may vary but one look seeing an upward trend, according to Wellborn Cabinet's design experts, is the use of natural tones and textures like woodgrain to complement the rise in popularity of warm colors in recent years.

Go for Decorative Lighting: The same tired light fixtures in bathrooms can feel drab and dreary. Evaluate the amount of natural light available (often at a premium in bathrooms) and decide if you can go more subdued or need to effectively and efficiently illuminate

the area. Bell-shaped, wall-mounted sconces next to mirrors are in vogue, as are glass globes to complement ample natural light. For a true touch of modern flair, consider dramatic accent lighting like underlights on a floating vanity that do double duty as a convenient nightlight.

Make it Spa-Like: Lavish luxury is the goal with a spa-like bathroom in the comfort of home. Organic materials, natural light, traditional decor and, maybe most importantly, an oversized soaking tub are at the core of this look. While it may sound counterintuitive, you can actually create your own oasis with some simple, budget-friendly aesthetics. The first step for many is to incorporate more storage using sleek cabinets, shelves and wall-mounted hooks to achieve a decluttered look. Next, simply replace your old showerhead and faucet with spa lookalikes and stock up on plush, fluffy towels for that luxurious appearance without a complete remodel.

Find more design inspiration by visiting Wellborn.com.

SUNDAY

Business

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Gov. Holcomb Announces Canadian Solar Building New \$800M Solar Cell Manufacturing Facility In Southeast Indiana

Governor Eric Holcomb today announced plans for a new solar photovoltaic (PV) cell production facility in Indiana. Canadian Solar's new plant, which will be the company's second solar module production facility in the U.S., will create approximately 1,200 new jobs in Jeffersonville over the next several years.

"Indiana's strong advanced manufacturing sector positions the state to help lead the global energy transition, developing and powering new solutions in batteries, solar and hydrogen," said Gov. Holcomb. "Canadian Solar's new U.S. location in Jeffersonville will put our skilled Hoosier workforce at the center of cultivating solar power, making energy efficient panels more accessible to consumers across the country."

Canadian Solar, an integrated provider of solar power products, services and system solutions, will invest a projected \$800 million to construct and equip a state-of-the-art PV cell manufacturing plant at the River Ridge Commerce Center in Jeffersonville. The new plant will produce an annual output of 5GW – equivalent to approximately 20,000 high-power solar panels per day – and ship the finished cells to the company's new module assembly facility in Texas, announced earlier this year. Production is expected to begin by the end of 2025.

"Establishing this factory is a key milestone that will enable us to better serve our U.S. customers with the most advanced technology in the industry," said Dr. Shawn Qu, founder and CEO of Canadian Solar, emphasizing the importance of this new facility. "This is the second of the anticipated long-term investments we expect to make in the U.S. as we think strategically about a sustainable and resilient clean energy supply chain. We thank the state of

Indiana, Clark County, and the city of Jeffersonville for their critical support and we look forward to working with them as we grow."

Canadian Solar plans to begin hiring for new positions in mid-2024 and will ramp up hiring in early 2025 to fully staff the Jeffersonville plant. This facility joins the global manufacturing facilities in Canada, China, Brazil, Vietnam and Thailand.

"The city of Jeffersonville is pleased that Canadian Solar has chosen River Ridge Commerce Center as home for their newest critical production facility in the United States," said Jeffersonville Mayor Mike Moore. "Not only are they making a large financial investment into our community, but they will also become one of the largest single-site employers in the Greater Louisville region. When in full production, their total employment base will include over 150 engineers at this facility. We are thrilled to see a global industry leader join our community and provide a product with enormous potential."

"This is a historic investment in River Ridge and Southern Indiana," said Jerry Acy, executive director of the River Ridge Development Authority. "The technologies of the future are being built right here at River Ridge, I want to thank Dr. Shawn Qu and his team at Canadian Solar for their commitment to our region. We look forward to a successful partnership that will launch the next generation of solar power."

Based on the company's job creation plans, the Indiana Economic Development Corporation committed an investment in Canadian Solar of up to \$9.7 million in the form of conditional tax credits and up to \$400,000 in conditional training grants.

The IEDC also committed an investment of up to \$2 million in conditional redevelopment tax credits based on the company's investment plans and up to \$200,000 in Manufacturing Readiness Grants. These incentives are performance-based, meaning the company is eligible to claim state benefits once investments are made and employees are hired and trained. The City of Jeffersonville and the River Ridge Development Authority offered additional incentives.

About Canadian Solar
Canadian Solar was founded in 2001 in Canada and is one of the world's largest solar technology and renewable energy companies. It is a leading manufacturer of solar photovoltaic modules, provider of solar energy and battery storage solutions, and developer of utility-scale solar power and battery storage projects with a geographically diversified pipeline in various stages of development. Over the past 22 years, Canadian Solar has successfully delivered around 88 GW of premium-quality, solar photovoltaic modules to customers across the world. Likewise, since entering the project development business in 2010, Canadian Solar has developed, built and connected around 8.8 GWp in over 20 countries across the world. Currently, the Company has approximately 574 MWp of projects under construction or in backlog (late-stage), and an additional 18 GWp of projects in advanced and early-stage pipeline. Canadian Solar is one of the most bankable companies in the solar and renewable energy industry, having been publicly listed on the NASDAQ since 2006. For additional information about the Company, follow Canadian Solar on LinkedIn or visit www.canadiansolar.com.

BBB Tip: Shop Safe And Shop Smart This Holiday Season

The 2023 holiday shopping season promises to be an unpredictable one. High inflation rates and increased prices of consumer goods are already throwing a wrench into holiday shopping. Electronics, toys, and other products will be (or already are) in short supply, and retailers are struggling to staff up as the shopping season nears.

Just like in 2022, people plan to start their holiday shopping early. Watch out for deals well before Black Friday sales. Retailers are also expecting to see even more people shopping online.

Product shortages and increased online shopping will likely result in more online purchase scams this year. These scams accounted for nearly a third of all scams reported to BBB Scam Tracker in 2022, according to the 2022 BBB Scam Tracker Risk Report. Shortages are likely to make purchase scams even more common as desperate shoppers turn to shady websites in hopes of finding this year's must-have gift.

BBB recommends the following tips to "Shop Safe, Shop Smart" this holiday season:

- Research before you buy. Use BBB.org and shopper reviews to do your homework before paying.
- If the deal looks too good to be true, it probably is. The price was the top motivating factor for people who made a purchase and lost money. Don't shop on price alone.
- Beware of fake websites: Check the URL, watch for bad grammar, research the age of the domain, and search for contact information.
- Professional photos do not mean it's a real offer. Respondents reported that website photos motivated them to engage with scammers, especially for pets/pet supplies, clothing/accessories, and vehicles.
- Make sure the website is secure. Look for the "HTTPS" in the URL (the extra s is for "secure") and a small lock icon on the address bar. Never enter

payment or personal information into a website with only "HTTP" – it is NOT secure.

- Be careful purchasing sought-after products, especially during the holiday season. The risk of online purchase scams rises during the holidays because more people are making online purchases, and scammers offer the most popular products for the season at great prices.

- Beware of making quick purchases while scrolling through social media. Scammers have access to tools they need to learn about your buying behaviors, offering exactly what you want at enticingly low prices.

- Look for the BBB seal. BBB Accredited Businesses pledge to uphold the BBB Standards for Trust and to deal fairly with consumers. If a business displays a BBB seal, verify it by going to BBB.org.

- Use secure and traceable transactions and payment methods. According to BBB's research, those who paid with a credit card were less likely to lose money. Be cautious when using digital wallet apps, prepaid money cards, or other non-traditional payment methods.

- Shipment tracking information can be faked. Look closely to make sure it is a legitimate business. Avoid clicking on the tracking link; go to the shipper's website and type in the code to see if it is real.

- Report unsatisfactory purchase experiences to BBB. If you are unhappy with a purchase, file a complaint at BBB.org/complaints. If you never got what you paid for, consider reporting it to BBB Scam Tracker to help other consumers avoid being scammed.

For more information and to learn how to protect yourself, Google "BBB 10 Steps to Avoid Scams". If you spot a scam, whether you have lost money or not, report it to BBB's Scam Tracker at BBB.org/ScamTracker and the FTC at ReportFraud.ftc.gov. Your story can help protect consumers from similar scams.

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SUNDAY Business Notes and NEWS DAY

Sunday, Nov. 5, 2023

F2

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

Kelley Futurecast: US Economy Will Slow Slightly In First Half Of 2024, But End Year Stronger

Buoyed by an expected steady decline in inflation, an economic forecast from the Indiana University Kelley School of Business is optimistic in projecting that the economy will slow modestly in the first half of 2024 and then reaccelerate in the second half of the year.

Rising stock market chart on a trading board background.

During the last quarter of 2023 and the first six months of 2024, real U.S. gross domestic product will slow to a rate of 1.6%. It will then rise to 1.8% in the final two quarters. The low point may come in the second quarter, when output growth is projected to be at a rate of 1.2%.

Inflation — as measured by the core personal consumption expenditures price index preferred by the Federal Reserve — will fall from an average of 3.9% over the past year to just 2.2% in the second half of 2024.

“Over the past year, in the face of a historic increase in interest rates by the Federal Reserve, the economy outperformed expectations,” said Kyle Anderson, assistant dean for academic programs in Indianapolis and clinical assistant professor of business economics at the Kelley School. “We think that growth will weaken, but we will remain in positive territory.”

The U.S. economy greatly exceeded what the Kelley panel predicted a year ago, due to concerns then that domestic consumption might become weak or even experience negative growth. Consumption — a measure of Americans’ spending — instead grew at a 2.4% rate during the past year. In their 2024 forecast, the professors expect that growth to moderate through the first half of the year, with growth falling to 1.3%.

“The drop in consumption will hit spending on both goods and services,” said Phil Powell, executive director of the Indiana Business Research Center and clinical associate professor of business economics and public policy in the Kelley School. “During the pandemic, households received large governmental transfer payments, and

a significant amount was saved. But over the last two years, some of that ‘excess’ saving was spent. A question for next year is how much remains.”

The Kelley School presented its Futurecast 2024 today at the Indianapolis Artsgarden.

The forecast also noted that the termination of forbearance on student loan payments and government assistance for child care expenses also could be a factor.

“Even if income holds up, however, households may not continue to spend,” said Bill Witte, author of the Kelley School’s U.S. forecast and an associate professor emeritus of economics. “Consumer sentiment has declined in the past couple of months. Weakness in the labor market or problems in the financial markets would likely be a problem for consumer confidence.”

Over the past year, the strong labor market has helped to boost household income. U.S. job creation has averaged 270,000 per month, and unemployment remains close to a historic 50-year low of 3.4%. Next year, employment growth could slow down, and job losses could happen, but the forecast indicates they will be only modest declines.

Indiana could experience a slowdown in employment growth overall, said Carol Rogers, director of the Indiana Business Research Center. The state’s employment and income trend lines will mirror those of the U.S., but at lower rates of growth. Income growth is forecast to decrease in the first third of 2023 but then stabilize at just under 4% in the Hoosier state, she said.

The forecast assumes that the Fed is done raising the federal funds rate and predicts the next move by the Fed to cut rates could take place in July.

Risks to the forecast include the international impact of the conflicts in Gaza and Ukraine, including how they might unsettle commodity markets and whether upward pressures on wages affect the Fed’s fight against inflation.

Other key points from the Futurecast:

- The S&P 500 and

Nasdaq-100 were both higher in 2023; this may limit increases even in a growing economic environment.

- S&P 500 valuations are elevated. The current Shiller PE Ratio — the S&P 500’s current price divided by the 10-year moving average of inflation-adjusted earnings — is at 28.88, well above the long-term mean of 17.06. The most recent price-to-sales ratio is 2.36, also higher than the long-term mean of 1.69.

- Global output is expected to grow at a rate of 2.9% in 2024. Advanced economies are expected to grow at a rate of 1.4%, while emerging market and developing economies are expected to grow 4.0%.

- Inflationary pressures experienced globally — projected at 5.8% for 2024 — are expected to ease but still put pressures on growth due to restrictive monetary policy and deterioration in purchasing power for households.

The starting point for the forecast is an econometric model of the United States, developed by IU’s Center for Econometric Model Research, which analyzes numerous statistics to develop a national forecast for the coming year. A similar econometric model of Indiana provides a corresponding forecast for the state economy based on the national forecast plus data specific to Indiana.

A detailed report on the outlook for 2024 will be published in the winter issue of the Indiana Business Review, available online in December. In addition to predictions about the nation, state and Indianapolis, it also will include forecasts for other Indiana cities and key economic sectors.

Kelley faculty will present their forecast in 10 other cities around the state. They will be joined by local panelists from other IU campuses and other universities, offering perspectives on the global, national, state and local economies, as well as the financial markets. The tour is sponsored by the Kelley School of Business and its Indiana Business Research Center, the IU Alumni Association, IU campuses and numerous community organizations.

BBB Business Tip: How To Prepare And Organize Your Inventory For The Holiday Season

The holiday season is the busiest time of year for most small businesses and retail stores. With Thanksgiving right around the corner, many small business owners will be working long hours to prepare for the holiday rush.

Inventory management is one of the most important aspects of any retail business, especially Q4 during the busy holiday season. And this year is no exception. Retail sales during the 2023 holiday season are expected to increase between three and five percent, while e-commerce sales are expected to grow by 10-13%, compared to 2022. As such, it is vital to manage your inventory properly to avoid potentially costly mistakes, such as having too many or too few items in stock.

5 tips to prepare and organize your inventory for the holiday season: The holiday season is upon us, and managing your business is likely to become overwhelming as you juggle inventory control, payments, shipping, and everything in between. To better prepare for the holiday season and reduce some of this stress, here are five tips to help you prepare and organize your inventory:

1. Build a sales forecast based on last year’s data. A sales forecast is an estimate of how much merchandise you will sell during a specific period. Building a sales forecast is essential because it allows you to accurately predict how many products you will need to keep in stock.

When building a sales forecast, start by looking

at your sales reports from last year. This will give you an idea of how much inventory you need to keep in stock compared to your sales volume. This data provides a good jumping-off point when preparing and organizing your inventory for the upcoming holidays.

2. Conduct market research to predict upcoming demand. Once you have prepared your baseline sales forecast based on last year’s sales, it is vital to conduct market research to predict upcoming demand. This will allow you to plan your inventory for the future and avoid potentially catastrophic mistakes. This market research will also help you predict which products will be most profitable to sell during this busy holiday season.

3. Audit your current inventory. With your sales forecast in hand, you can now move on to your core inventory. It is imperative to be mindful of your inventory because it can make or break your business this time of year. To stay on top of your stock, it’s essential to conduct an inventory audit.

Inventory audits show you the current state of your inventory, including how many units of each item you currently have available. It’s important to start on this well ahead of time because when partnered with your sales forecast, it will allow you to make more informed decisions for the holiday season.

4. Plan for extra storage. With your core inventory in place, you should now be thinking about how you will make

room for the extra stock you need to keep on hand to fulfill holiday orders. It’s a good idea to plan for extra storage during the holiday season to keep your inventory flowing. This can be done in a few different ways.

One option is to rent extra storage space in a warehouse, especially if you don’t have much space in your facility. Another solution is to rent a portable storage unit. This is a good option if you have to move your inventory quickly, and it works particularly well for small businesses that have a place to park a portable storage unit, such as a POD. This method allows you to prepare and manage your inventory on-site instead of having to wait for orders to arrive at your warehouse or another facility.

5. Create a replenishment plan. A replenishment plan details how much inventory is needed, when it should be ordered, and who will place the order. A good replenishment plan will help you avoid running out of stock and ensure that you are meeting your customers’ needs. This step is crucial when preparing and organizing inventory for the holiday season, as it will help you stay organized and ensure that you have enough products in stock to fulfill all your orders.

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 business.

WABASH COLLEGE



THE STEPHENSON INSTITUTE FOR CLASSICAL LIBERALISM OFFICE ASSISTANT

The Stephenson Institute for Classical Liberalism invites applications for the position of Office Assistant. This is a part time position providing support for the office operations of The Stephenson Institute’s staff and Director. Responsibilities for this position include event support, reconciling expenses, processing mail, maintaining office supplies, coordinating with student assistants, and other support duties as assigned.

To learn more about this position and to apply, please visit the College’s website at www.wabash.edu/ employment.

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Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

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765-918-4949



Woodland Heights Christian Church

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

Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

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Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

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

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

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

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



*Helping
people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



NORTH CORNERSTONE CHURCH

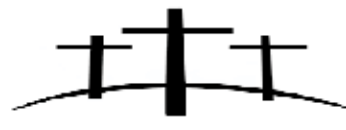
Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

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



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

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

ladogachristianchurch@gmail.com

www.ladogacc.com



HOPE CHAPEL

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

Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



FIRST UNITED METHODIST CHURCH

Follow in The Sun
212 E. Wabash Avenue
Crawfordsville
(765) 362-4817
www.cvfumc.org

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

All are welcome to join and
all are loved by God



Faith Baptist Church

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

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

Where church is still church
Worship Hymns
Bible Preaching




EAST SIDE BAPTIST CHURCH

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

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through truth and love



Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

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



Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington
765-794-4716

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

You can find us on Youtube and Facebook



First Baptist Church

CRAWFORDSVILLE, INDIANA

Sunday School/Growth Groups: 9:00 AM

Worship Service: 10:30 AM

Youth Group Wednesday at 6:30

You can watch us on YouTube and Facebook
Watch Sunday Mornings

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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

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YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

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

SUNDAY

Health and WELLNESS

Sunday, Nov. 5, 2023

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Purdue Engineer Works To Improve Formulation Of RNA-based Pharmaceuticals



A team of university and industry researchers is developing new formulations and manufacturing processes for the messenger RNA (mRNA) delivery systems used in some COVID vaccines.

The mRNA-based vaccines that came out during the COVID-19 pandemic required storage at subzero temperatures.

“They were shipped around the world as a piece of ice, a little frozen vial. That wasn’t ideal from a supply chain perspective, from a stability of goods perspective, from a storage perspective,” said Kurt Ristroph, assistant professor of agricultural and biological engineering at Purdue University.

Research team members Ristroph and Robert Prud’homme of Princeton University both have expertise in making lipid nanoparticles and processing them into

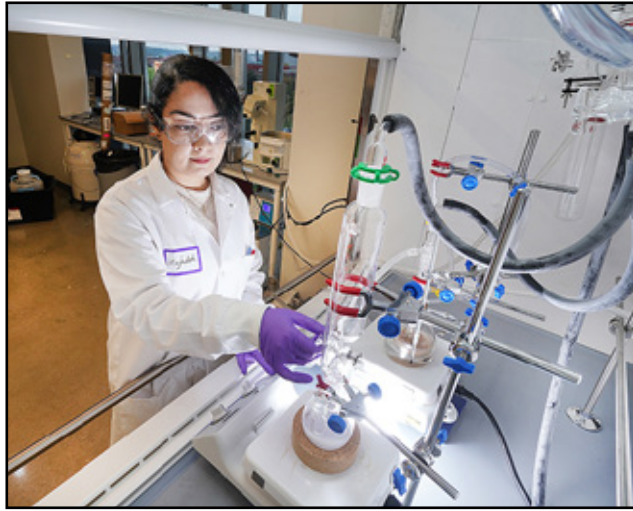


Photo courtesy of Purdue Agricultural Communications

Purdue University postdoctoral researcher Mojdeh Baghbanbashi works with a Schlenk line in Kurt Ristroph’s laboratory. The apparatus enables researchers to work with chemicals in a controlled atmosphere.

shelf-stable formulations.

Prud’homme’s lab developed the mixing technology used to manufacture the lipid nanoparticles used in the Pfizer-BioNTech COVID vaccine. Serán BioScience LLC, a contract manufacturing organization headquartered in Oregon, will provide process development and manufacturing support. The work is funded by a three-year, \$2.7 million contract to Purdue, Princeton and Serán.

“We care about making a process that is large scale and operates continuously at large scale rather than being a

batch-to-batch process,” Ristroph said.

The researchers are using the COVID vaccine as its model, but their methods should be applicable to mRNA lipid nanoparticles designed for other therapeutic uses. The Moderna and Pfizer COVID vaccines were the first to use lipid nanoparticles to deliver mRNA, but difficulties with storage and stability have slowed bringing new therapies based on the biotechnology to market.

More beneficial would be developing a liquid that could be stored at refrigerator temperatures



Photo courtesy of Purdue Agricultural Communications

A close-up of freeze-dried RNA nanoparticles. Purdue University’s Kurt Ristroph leads a team of researchers working to improve messenger RNA nanoparticle delivery systems that could be applied to a variety of therapeutic uses.

of 4-6 degrees Celsius (about 39-43 degrees Fahrenheit).

“We’re concerned about the stability of the mRNA that’s inside frozen or liquid formulations,” Ristroph said. “mRNA is a very fragile molecule. It will tend to break down. You also want to make sure that your nanoparticles themselves stay stable. You need to be sure that what you’re putting into somebody’s arm is the same as what you manufactured in

the first place.”

These stability considerations are key aspects of any formulation improvements and motivate pharmaceutical industry efforts to seek a method for drying nanoparticles into a powder that has longer-lasting stability than either frozen or liquid formulations.

“These nanoparticles are little balls of lipids. They’re colloids. They’re suspended in water, not dissolved,” Ristroph said. “If you can develop a

good, scalable process to dry them out and still have nanoparticles when you add water back, we think that would help with overall product stability.

“A process to get to a dry powder that can be stored at room temperature would be terrific. But failing that, a dry powder that could be stored in the fridge or the freezer at less than minus 80 degrees Celsius would be better than the first generation of products.”

Alzheimer’s Association Highlights Unique Challenges Facing Dementia Caregivers

During National Family Caregivers and National Alzheimer’s Disease Awareness Month in November, the Alzheimer’s Association is highlighting the unique challenges facing Alzheimer’s and dementia caregivers and urging caregivers to take care of their own health. Currently, there are more than 216,000 caregivers in Indiana providing care to more than 110,000 living with Alzheimer’s.

Caring for those living with Alzheimer’s or other dementia poses special challenges for family caregivers. As dementia symptoms worsen, caregivers can experience increased emotional stress, depression, anxiety, and new or worsened health problems. Caregivers often experience depleted finances due to disruptions in employment and paying for health care or other services.

“Caring for a person with Alzheimer’s takes longer, lasts longer, is more personal and intrusive than most other diseases, and takes a

heavy toll on the health of the caregivers themselves,” said Natalie Sutton, executive director, Alzheimer’s Association Greater Indiana Chapter. “During the course of the disease, caregiving tasks escalate and become more intensive. Alzheimer’s and dementia caregivers are often managing multiple conditions, including memory loss, comorbidities, loss of mobility, reduced communication skills and behavioral and personality changes.”

Across the country, 59% of dementia caregivers report high to very high emotional stress due to caregiving and 38% report high to very high physical stress due to caregiving. Seventy-four percent of dementia caregivers report they are “somewhat concerned” to “very concerned” about maintaining their own health since becoming a caregiver. In Indiana, 57.3% of dementia caregivers report having chronic health conditions, and more than one-third (34.1%) report experienc-

ing depression.

To help caregivers balance competing priorities while maintaining their overall health and well-being, the Alzheimer’s Association offers these tips:

- Find time for yourself. It’s normal to need a break from caregiving duties. No one can do it all by themselves. Consider taking advantage of respite care or help from family and friends to spend time doing something you enjoy.
- Become an educated caregiver. Understand the disease, its progression and accompanying behavioral and physical changes. Know resources in your community that can help.
- Build a support network. Organize friends and family who want to help provide care and support. Access local caregiver support groups or online communities, such as ALZConnected, to connect with other caregivers. If stress becomes overwhelming, seek professional help.

- Take care of yourself. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

- Avoid caregiver burnout. Sustained caregiver stress can lead to caregiver burnout – a state of physical, emotional and mental exhaustion. The Alzheimer’s Association offers a Caregiver Stress Check to help caregivers identify and avoid caregiver burnout.

- Accept changes. Eventually your loved one will need more intensive kinds of care. Research care options now so you are ready for the changes as they occur.

- Know you’re doing your best. It’s normal to lose patience or feel like your care may fall short sometimes. You’re doing the best you can. For support and encouragement, consider joining an online or in-person support group.

“As difficult as it may be, caregivers need to make their health and well-being an equal pri-

ority,” continued Sutton. “Maintaining your health can help you be a better caregiver. No caregiver should face this disease alone. The Alzheimer’s Association is here to help.”

The Alzheimer’s Association provides local support and programs to families facing this devastating disease, including a 24-7 Helpline staffed by master’s level clinicians and specialists who are available 365 days a year and can help families navigate a variety of disease-related issues. Call 800-272-3900.

Alzheimer’s Caregiving: By the Numbers

- More than 11 million people in the U.S. are providing unpaid care to a person living with Alzheimer’s or dementia.

- In 2022, these caregivers provided an estimated 18 billion hours of unpaid care valued at \$339.5 billion.

- 83% of the help provided to older adults in the U.S. comes from family members, friends or

other unpaid caregivers.

- Nearly half of all caregivers (48%) who provide help to older adults do so for someone with Alzheimer’s or another dementia.

- Among primary caregivers of people with dementia, over half take care of their parents.

- Approximately two-thirds of caregivers are women, and one-third of dementia caregivers are daughters.

- Approximately one-quarter of dementia caregivers are “sandwich generation” caregivers, meaning they care not only for an aging parent, but also for children under age 18.

- In 2022, the lifetime cost of care for a person living with dementia was \$377,621.

- 70% of the lifetime cost of care is borne by family caregivers in the forms of unpaid caregiving and out-of-pocket expenses.

- 41% percent of caregivers have a household income of \$50,000 or less.



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SUNDAY

Health and WELLNESS

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Photos courtesy of Getty Images

5 Lifestyle Changes to Help Combat Incontinence

FAMILY FEATURES

Sometimes living a healthy lifestyle can feel like an impossible task when combined with all your other responsibilities like working a full-time job, taking care of family and friends or spending time in the gym. Add dealing with an underlying health condition and it may seem almost overwhelming.

For example, a condition such as urinary incontinence is a common problem that is often difficult to manage and can range from a light leak while coughing or sneezing to even greater loss of bladder control.

In fact, almost two-thirds of U.S. women over the age of 20 will experience leaking, according to the experts at *FitRight Fresh Start*. While stress, aging and obesity can cause incontinence, certain health events unique to women such as pregnancy, childbirth and menopause can also cause problems with the muscles and nerves that help control your bladder.

Consider these healthy lifestyle changes to help combat issues like urinary incontinence:

Focus on Fluid Intake

While it may seem counterintuitive when dealing with certain conditions, it's important to hydrate appropriately. In fact, drinking too infrequently can cause other issues like dehydration. To avoid frequent or urgent needs to urinate, the Mayo Clinic recommends drinking smaller amounts throughout the day, such as 16 ounces with each meal and 8 ounces between meals. If you find yourself waking multiple times at night to urinate, try drinking more of your fluids in the morning and afternoon rather than evening, and avoid alcohol and beverages with caffeine like coffee, tea and soda.

Make Dietary Modifications

The things you eat can have an impact on your condition – both positively and negatively. For example, alcohol; spicy foods; chocolate; artificial sweeteners; caffeinated, carbonated and citrus beverages; and high-acid foods, like citrus and tomatoes, may contribute to bladder irritation, according to the National Institutes of Health. On the other hand, consider incorporating more of these foods considered good for bladder health:

- Blueberries
- Green beans
- Cauliflower
- Winter squash
- Sea bass
- Eggs or egg whites
- Whole grains
- Nuts

Manage Bladder Leaks

Changing day-to-day habits may improve bladder control, but for those living with leaks, it's important to manage the condition rather than letting it disrupt your life or define you. One way to do that is choosing products that allow you to live your life to the fullest.

For example, created for women by women, *FitRight Fresh Start* offers a range of options including discreet underwear, surface protectors, liners and pads that fit close to your body and smoothly under your clothes – all available in a variety of sizes and styles – deliver one-of-a-kind wetness and odor control and uncompromising personal care. The proven power of *Arm and Hammer* Baking Soda helps fight odor faster and longer, and ultra-advanced materials instantly absorb and trap moisture to keep you feeling dry and confident all day long. Additionally, they're built for maximum comfort for discreet use whether you're staying on the couch or heading out on the town, and the 100% breathable materials enriched with vitamin E help soften and protect sensitive skin.

Maintain a Healthy Weight and Stay Active

Two factors that have been shown to be part of nearly every healthy lifestyle include overall body strength and weight loss, which can be improved by increasing physical activity. Seek out exercises you enjoy so you can get physical while having fun. Aim for 30 minutes daily of low-impact activities such as brisk walking, biking or swimming.

Stop Smoking

As a habit that can be detrimental to overall health, smokers are also more likely to suffer more severe symptoms from a variety of conditions, according to the Mayo Clinic. For instance, heavy smokers may also develop a chronic cough, which could cause pressure on the bladder, further aggravating urinary incontinence.

Find more savvy tips to slow urinary incontinence at FitRightFreshStart.com.



FRESH STRATEGIES

FRESH FACTS ABOUT BLADDER LEAKS

WHO LEAKS A LITTLE?

A lot of us in the U.S. Nearly two-thirds of women over 20 deal with bladder leakage—that's 78 million of us!¹

1 in 3 ^{33%}
experience urinary incontinence (UI) almost every day.²

28 million
women experience moderate or severe urinary incontinence.¹

Women who experience incontinence

- 38% have stress incontinence
- 22% have urge incontinence
- 31% have mixed (stress & urge) incontinence
- 9% have unspecified incontinence

LEAKAGE HAPPENS FOR ALL KINDS OF REASONS

Stress incontinence is the most common type of bladder leak and the one most likely to affect younger women.¹

79%
Coughing or sneezing

19%
Laughing

18%
Exercise

Urge incontinence is a strong, sudden need to urinate without delay, leading to leaks and accidents.¹

Nearly a third of women have experienced the urge!¹

Tell yourself

"Does being dehydrated, humorless and inactive sound like any way to live?"

Ask Yourself

"No leaky bladder is going to define or confine me. I'm finding my Fresh Start!"

DO
Stay hydrated and healthy

DON'T
Limit liquid intake

DO
Live life fully

DON'T
Hover next to bathrooms

DO
Keep moving

DON'T
Skip the gym

DO
Laugh a lot

DON'T
Skip comedy clubs

DO
Use the best protection

DON'T
Make do with period pads

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FitRightFreshStart.com © 2022 Medline Industries, LP

Understanding Urinary Incontinence

If you're experiencing bladder leaks, dealing with them and the frustrations they bring shouldn't keep you from freely living your full, multifaceted life. Designed for women by women, *FitRight Fresh Start* offers this information to help you learn about leaks and understand what's happening to give you the power to keep bladder leaks from disrupting or defining your life.

Common Kinds of Urinary Incontinence

- **Strong urges:** That overwhelming need to use the restroom right away is known as urge incontinence, which frequently involves some level of unwelcome, involuntary leakage.
- **Stress and pressure:** This is the type of incontinence many people experience and hate when they leak a little (or sometimes a lot) simply because a tiny sneeze or good laugh put extra pressure on the bladder. Jumping and heavy lifting are also causes.
- **Ongoing overflow:** If it feels like your bladder is never completely empty and you feel a slow, continuous drip, you're experience overflow incontinence.

Common Causes of Urinary Incontinence

- **Motherhood:** Carrying a bundle of joy inside your body for nine months then giving birth is bound to put pressure on your pelvic floor muscles, which don't always bounce back, especially after multiple births.
- **Menopause:** Leaks can begin in perimenopause, before you actually stop having periods, usually in your 40s or 50s. As hormones shift, lower estrogen levels can lead to less elastic, weaker pelvic floor muscles.
- **Medical issues:** Health conditions like diabetes, nerve or joint conditions, urinary tract infections and obesity can cause bladder leaks, too, as well as physical limitations that inhibit your ability to make it to the bathroom in time.

SUNDAY

Voice of our PEOPLE

Sunday, Nov. 5, 2023

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MoCo's Own Julius Caesar



KAREN ZACH
Around The County

What do you think of when you hear the words, Julius Caesar? Well, until I happened into the first couple of caesarian sections performed in Montgomery County, I, like you probably, thought of the Shakespearean play when Caesar ruled and was murdered. Alas, I will now think of MoCo's first C-section, a much happier story!

But his story relates to our second C-section as well. Both were the same year, 1911, the first in April and second in October but both so very different.

Bessie Ann Babb married George William Simpson June 6, 1910 in Kenosha, Wisconsin but they returned here not long afterward where George had a machine shop in Waynetown and was said to "be able to repair anything!" (Waynetown Despatch 25 July 1930 p 9). At age 23 pregnant with her first and only child, Bessie boarded the train in Waynetown and headed to the city going to Culver Hospital where a team of three doctors (Paul J. Barcus, surgeon, Dr. Austin Swope, assistant and Harvey Worth Sigmond, anesthesiologist) performed the Caesarian section. Because this was the first in the hospital and probably the first in the county (although I read Dr. B had delivered one earlier which may have been in Fountain since it was "west of Alamo") plus an unusual circumstance, Bessie being just seven months pregnant, there were 13 other physicians witnessing the affair.

Immediately upon arrival our little fellow at 1# 12 ozs was dubbed Julius Caesar Simpson. I was off many centuries as I thought a C-section was fairly new just dating back to the late 1880s! Although new to MoCo, at this birth on 14 April 1911, the C-section actually dates back to when Julius Caesar ruled and made a law that all women would give birth by being cut-open, thus the name was quite appropriate. Some sources say Caesar was born in this manner as well but this



is likely erroneous. On Julius Caesar Simpson's birth certificate Dr. Barcus wrote, "1# 12 oz - will live!" (underlined, bold lettered). Julius was later known as JC to most and Caesar to some. When he went home, his bed was in a shoe box for some time, safe and warm near the stove! He was a small man (5'6", 125# on his WWII registration card) and worked with his 6' father who lived to be 84. Sadly, Bessie died young, at age 40 and was never really in good health.

JC was married to Mildred Underwood and they were the parents of at least two children, William Eldridge and Janet Lee. They lived at 408 W. Walnut in Waynetown. He passed away (at age 81) of a stroke as well as a mass in his lung plus anemia. Buried of course at the Waynetown Masonic Cemetery, he was a graduate of Waynetown HS and besides working with his dad, he did work for International Harvester until retiring.

Now, our second C-section was quite a different affair. Full-term, in labor over 24 hours with all means of natural birth failing, it was decided to take Mayme Tankersley, age 27 (wife of Frank Cottrell, age 52 - he died the next year) by car to Culver for the operation in order to save her and the baby's lives. Dr. Barcus was again the surgeon, this time without the fanfare! Clara Evelyn Cottrell was born 25 October of 1911

and weighed in, healthy at 10 1/2#. Mayme and Frank had married October 7, 1908 and after Frank passed away, she remarried Joseph Warren Crane who raised Clara. Mayme and Joe are buried at Greenlawn Cemetery at Wingate, Mayme passing away 2 Nov 1971. Clara married Wiley Robbins in December 1939 and a son Wiley Cottrell Robbins was born the next year.

Dr. Paul J. Barcus was one of our own, born near Linden July 13, 1862 to John and Katie Ebrite Barcus and married local gal, Susan Kirkpatrick. He went to DePauw and studied medicine at the Cincinnati Medical School, graduating in 1887, but he desired more, thus he attended the University of Berlin to obtain more knowledge. A well-known and trusted surgeon, he practiced for 33 years in MoCo, performing an operation just a couple of days before he had a stroke and passed away at age 62 (obit - thanks Jina and for the super pic of JC and his momma). Thanks to Dr. Barcus' amazing surgical skills, our two C-section babies and likely several more went forth and prospered.

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.

Gotta Have Some Candy!



BUTCH DALE
Columnist

OK, here's a question for you "baby-boomers" yes, you little whippersnappers who grew up in the 1950s and 1960s. When you were headed to town, riding in the back seat of your folks' ugly Buick...in between your horseplay and sticking your arms and head out the back windows...what thoughts were rolling around in that preadolescent brain of yours? Well, if you were like me, you were thinking about what CANDY you were going to buy with those few measly coins in your front pocket...or, if no money, what tricks you could use on your parents, including begging, to have them purchase candy for you. That's right... admit it, you were addicted to sweets. Your main goal at age ten was to get a sugar high.

Each time I went to Darlington (or to G.C. Murphys in Crawfordsville), I bought candy. Of course, the best variety was at Arthur Friend's drug store, but candy was also available at Rentschler's Regal grocery, Renick's pool hall, and Brown's cafe. If I had no money, Dad would always hand over a nickel or dime... not much, but you have to remember that most candy bars in those days were five cents. There were always the perennial favorites...Hershey bar, Oh Henry, Mounds, Clark bar, PayDay, Kit Kat, 3 Musketeers, Reese's Peanut Butter Cups, Butterfinger, Snickers, Milky Way, Charleston Chews, and Nestle Crunch...all of which had been around prior to the mid-1930's.

However, several new candies, a cornucopia of sugar delights, appeared after WWII. In the atomic age, what better candy to suck on than Atomic Fireballs? A couple of other HOT candies were Red Hots and Hot Tamales. Satellite Wafers were cool, but Yum-Yum Marshmallow Candy Cones must have been styrofoam by-products. Naturally, since almost all grownups smoked in those days, I gave it a try...candy cigarettes and bubble gum cigarettes, and for the success-

ful kid entrepreneurs...bubble gum cigars. Wanna-be rich kids also bought Fort Knox Milk Chocolate Gold Coins. Girls preferred Candy Necklaces... wear 'em and then eat 'em!

I tried just about everything at least once, but Mamba Fruit Chews, Necco wafers, Chuckles, and Neopolitan Coconut Bars left a lot to be desired. An instant high could be obtained with Pixy Stix, Smarties, and Nik 'L Nip bottle candy, all of which were 100% sugar. I liked Junior Mints, Whopper Malted Milk Balls, and Mallo Cups, but Heath bars were my favorite, and many times I crunched it up and sprinkled it on vanilla ice cream...Yummy! For fun, sometimes I bought Wax Lips and made a hole in it to "smoke" my candy cigarette while sitting on the bench in front of the drug store. People passing by likely thought I suffered from a mental condition. Quite a few friends bought Pez candy dispensers, mostly to collect all of the figures.

The favorite candies of dentists were Turkish Taffy, Bit O' Honey, and Tootsie Rolls...all very capable of removing any fillings they might have put in your teeth earlier, subsequently increasing their profit margin. Bazooka gum was popular, too...one cent each and you also received a miniature comic strip! But I guess my all-time favorite thing to buy was... you guessed it...Topps baseball cards. Not really a candy, although it did have a delicious tasting piece of gum inside. I could spend hours looking at the cards and the players' stats...and praying that the next pack would contain a Mickey Mantle, Hank Aaron, or Eddie Mathews! And yes, I was licking a double-dip Glovers ice cream cone or sipping on a cherry phosphate drink each time...gotta have that sugar.

The 1950s and '60s was a candy dream come true. But at age 13, Dad hauled me to Dr. Turchi's dental office in Crawfordsville...EIGHT CAVITIES!!! His drill was really smokin'! I cut back on candy after that...My new treat at the drug store...Sawdust sundaes (vanilla ice cream with malted milk piled high on top). One evening, after basketball practice, I ate THREE of those sundaes. Had a bit of trouble falling asleep that night....Ah, the good ol' days.

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

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SUNDAY

Voice of our PEOPLE

Sunday, Nov. 5, 2023

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Facts Being Left Out In Conversations



TIM TIMMONS
Two Cents

Scattershooting while wondering whatever happened to Arlene Francis

WHAT'S THE old saying about those who live in glass houses? Most days we put out a couple of newspapers with a lot, I mean A LOT, of words. So I shouldn't be throwing any stones about mistakes.

Sometimes I just can't help myself.

Here are a couple of examples of things that got momentum on social media recently. Did you hear about the wife of Ukrainian president Volodymyr Zelenskyy, Olena Zelenska? She reportedly went on a million-dollar-plus shopping spree

in fancy-schmancy New York shops.

With her husband begging the U.S. government for money to fight the Russians, you can imagine that didn't set very well with a lot of folks. Social media went wild, people passionately screaming how wrong it was for her husband to be asking for U.S. taxpayer dollars while his wife was buying stuff you and I couldn't afford in a lifetime.

Except it didn't happen.

Then there's the one about NFL star Travis Kelce and musical superstar Taylor Swift. The two apparently are dating and Swift has gone to some of Kelce's KC Chiefs games. Out of that came the social media report that Travis' mom didn't like Taylor . . . and that set off big fireworks. Taylor's fans – called Swifties – verbally ripped Kelce's mom. How could anyone not like their beloved Taylor? It went on and on.

Did anyone stop and get the facts? Of course not. From all the quotes and videos this reporter

found, Kelce's mom never said any such thing.

Or how about protests on college campuses today ripping Israel? No, I'm not talking about the lunacy that comes from Rashida Tlaib, Ilhan Omar, Alexandria Ocasio-Cortez and Ayanna Pressley (and we could throw Indiana's Andre Carson in there as well), I'm talking about college professors, schools and students taking ill-informed stances regarding the Israel-Hamas war.

Are their two sides to this issue? At least. The Palestinian people and Israelis have a long history of conflict and it's a fair debate if you want to argue the rights and wrongs from that region for the past couple thousand years. But nothing, and I mean nothing, justifies what the terror organization Hamas did on Oct. 7 – killing men, women, children and babies.

Never mind that a Hamas official walked off a BBC interview when he was asked why the terrorist group killed innocents. He started out saying that Hamas conducted a military

operation and added he could "confirm and assure again and again that there was no command to kill any civilians." He added that Hamas "had no intention or decision to harm civilians."

But the interviewer, God bless him, kept pointing out the fact that civilians – a lot of them – were indeed killed. Hamas' own cameras recorded the atrocities.

What'd the official do? Ripped off the microphone and stormed out the door.

Did that slow down the campus protests? Not even close.

The sad truth is that we have become a soundbite society – forget the facts. The lessons of yesteryear are mostly lost. We've tossed God out of our schools, common sense out of the public square and facts from our arguments.

And we are worse off for it.

TODAY IS Nov. 1 and we're only three weeks and a day from Thanksgiving. I hope you don't mind, but this year we are giving our employees

a little extra time off and we are not publishing a Thanksgiving or Black Friday newspaper. We'll be back on Saturday, just in time for Party Night in beautiful downtown Crawfordsville!

FORGIVE THE old sportswriter in me, but the fact that the Colts are finding new ways to lose games is driving me nuts (OK, OK, it's only a short walk).

When rookie sensation Anthony Richardson went down with a season-ending shoulder injury, so did most reasonable expectations for the season. However, after the Colts beat the Titans on Oct. 8 to improve to 3-2, some of us started to think that perhaps all was not lost. Even after Jacksonville thumped us the following week to even the record at 3-3, we didn't give up. After all, Jax just seems to have our number, right?

But then came Cleveland and New Orleans, two very winnable games. And then came a flurry of turnovers and two losses . . . and very questionable play

calling. Could anyone explain how two of the best running backs in the NFL get basically left out of the game plan when the outcome was still in doubt?

Sigh.

Next up is Frank Reich's Carolina Panthers. If the Colts manage to lose that one, then could someone call Duke Tutumtoe and ask for a 2023 version of Lord Help Our Colts?

SOME OF you remember Arlene Francis, right? She was an actress and entertainer who also was a regular on a slew of 1960s game shows – including What's My Line, the Match Game, Password and To Tell the Truth. She was pretty, witty and wise . . . to swipe a phrase. She passed away at the age of 93 in 2001.

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

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SUNDAY

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Sunday, Nov. 5, 2023

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Ask Rusty – When Should I Retire and Claim My Social Security Benefits?

Dear Rusty: I am 64 years old and having difficulty working due to my arthritis, but I can continue part time as a podiatrist. I do not know the best way to determine when to retire. What is the formula or a way to determine which is a better choice?
Signed: Undecided

Dear Undecided: There is a difference between deciding when to retire from working and deciding when to claim your Social Security benefits. For the former, you should consult with a certified financial advisor, but I'll provide you with how Social Security fits into your personal circumstances. In deciding when to claim Social Security, you should look at your financial needs, your life expectancy, your work status, and your marital status. There is no one formula right for everyone because ev-

eryone's circumstances are different, but here are some things to help decide what is right for you:

- Social Security has an "earnings test" which applies to anyone who collects Social Security before reaching their full retirement age (FRA). Your FRA is 66 years and 8 months, and that is the point at which you get 100% of the SS benefit earned from a lifetime of working. If you collect SS before your FRA and continue to work, there is a limit to how much you can earn without jeopardizing your benefits. For example, the earnings limit for 2023 is \$21,240 and, if that is exceeded, SS will take away benefits equal to \$1 for every \$2 you are over the limit. They "take away" benefits by withholding future payments until they recover the penalty for exceeding the limit. If your earnings are sub-



ASK RUSTY
Social Security Advisor

stantially over the limit, you will be ineligible to collect Social Security until either your earnings are less, or you reach your FRA.

- If you claim SS before your FRA your benefit amount will be permanently reduced. If, for example, you claim SS to start at age 65 your monthly benefit will be about 89% of what it would be at your FRA. That reduced benefit would not change thereafter except for Cost of Living Adjustments

Social Security Matters

by AMAC Certified Social Security Advisor
Russell Gloor

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(COLA) usually granted annually.

- If Social Security will be a major part of your retirement income, then waiting to get a higher monthly benefit may be a prudent strategy for you. The longer you wait to claim the more your benefit will be. Your SS benefit will continue to grow until you are 70 years old, and at 70 your monthly benefit will be about 27% more than it would be at your FRA. Your maximum SS benefit will be attained at

age 70 but waiting until age 70 to claim is only prudent if you anticipate a long life expectancy.

- Life expectancy is a very important factor in deciding when to claim SS. If you claim at age 70 instead of at your FRA, you will need to live until you are about 83 to breakeven moneywise. If you live even longer than that, then waiting until 70 will yield the highest monthly amount and the most in cumulative lifetime benefits. But if your anticipated life expectan-

cy is less, claiming earlier may be a better choice.

- If you are married and expect your wife to survive you, consider that the benefit your wife can get as your widow will be based on your SS benefit when you die, thus the longer you wait to claim the more your wife's benefit as your widow may be. If you predecease your wife, her benefit will be based on the amount you were receiving at your death if that is more than her personally earned SS benefit.

So, as you can see, deciding when to claim Social Security is a decision to be made after carefully evaluating your personal circumstances as described above. I hope this provides what you need to make an informed decision, but if you have further questions, please contact us at ssadvisor@amacfoundation.org, or at 1 (888) 750-2622.

Byron Cox And American Legion Post 72



BUTCH DALE
Columnist

The Crawfordsville American Legion Post 72 is located on the south side of town, and it is named for Byron Cox, the first Montgomery County soldier to die during World War I. Here is his story....

Byron was the son of Denton and Bertha Clark Cox, who moved from Rossville to the Garfield area in 1908. Byron had four brothers--Kenneth, Cecil, Keith, and Alexander, and four sisters--Pauline, Etelka, Margaret, and Evelyn. After graduating from Darlington High School in 1916, Byron attended State Normal at Terre Haute, and became a teacher and the principal at the Shannondale grade school. Everyone who knew Byron spoke of his splendid character and unflinching cheerfulness.

When the United States declared war against Germany in 1917, Byron enlisted in the regular Army. He was a very patriotic young man, perhaps because his grandfather, E.H. Cox, was a lieutenant in Co. B of the 120th Infantry and served with distinction during the Civil War. He knew several Civil War veterans from the Darlington area, including E. P. McClaskey, who served as a legislator and Montgomery County Sheriff. Byron was one of the first of the American forces to reach France. He sent letters home that were full of enthusiasm, and he never doubted that "right would win" and Germany would be vanquished. His

family and friends wrote letters back to him, and Mary Hiatt, a Civil War widow from Darlington, sent Byron two pair of socks that she had knitted for him. Byron wrote her a thank you letter:

"I was very surprised the other day when I received two pair of fine woolen socks...I was certainly delighted! I also received a letter from Dorothy Cameron in which she said everybody in Darlington was doing all they could to back up the boys in France. And when an old lady has already gone through two wars...and still feels that she is able to do her bit by working for the soldier boys, I just kind of believe Dorothy is right, don't you. Why, we can't lose. We could give the Kaiser a new start and still give him the damnest licking in history."

The Sunday school class, taught by Byron's aunt, presented to the church a

service flag, with the blue stars representing the boys of the class who were fighting overseas. "Let us hope that the time may never come when it will be necessary to replace even one of these stars with a gold star (which represented a death)." But just a few days later, Byron's parents received the following message from Washington, D.C....

"Mr. Denton Cox, R.R. Darlington, Ind.... We deeply regret to inform you that Corporal Byron C. Cox, Infantry, is officially reported as killed in action, between July 18th and 24th." McClain, Adjutant General" And on August 18, 1918, the family received the following telegram: "Accept my deep sympathy in the death of your gallant son...Theodore Roosevelt" (Archie Roosevelt, former President Theodore Roosevelt's son, was

the captain of the regiment in which Byron was a member. He had been wounded, but survived.)

Byron had been killed by poisonous gas. The entire community was deeply saddened by his death. They remembered that Byron had recited the poem "Old Glory" at his high school commencement."

"And seeing you fly, And the boys marching by, There's a shout in the throat, And a blur in the eye, And an aching to live, For you always...or die, If by dying we still... Keep you waving high."

As was stated in the Darlington Herald newspaper, "Perhaps he felt the spirit of the poem more deeply than anyone then realized." Byron was buried in Oise-Aisne cemetery near Aisne, France. His mother Bertha was able to visit his gravesite in 1930. Five other Darlington boys died during WWI. Our town also lost ten boys during WWII, one during the Korean War, and five during the Vietnam War. Many Darlington men also served in the local National Guard throughout the years. My Dad, Bill Dale, fought in Europe during WWII, and one of my sons, Clark, fought in Iraq after 9-11...I have no sympathy for protesters who bad-mouth our country, which has time and time again stood for freedom and liberty, kept the peace, and freed people from tyranny in many places around the world. God Bless America and God Bless all of our soldiers...the living and the dead, who risked their lives or made the ultimate sacrifice.

One thing that makes me wonder is why folks go to a salon to get their hair styled. They can do most anything there from your hair to your nails. They even got them places where you can get a full body wrap.

Now when I was growing up, men didn't go to a salon. A salon was for women. That's where women folk went to get their hair glued in place before they went to church on Sunday.

Back then, men folk went to barber shops. If a man was caught going in to a beauty salon, it took a month of Sunday's to live it down.

While memories of my first haircut have faded, I am told that I was really not too much of a squirm-er in the barber's chair. I knew that if I didn't behave that would be my last time sitting down for a while.

After our family moved from the big city of Little Five Points out to the country in Chamblee, my Dad and I settled on going to a barber named Mr. Saxon. I don't believe I ever knew his first name, but Mr. Saxon cut my hair all the way through my senior year in high school. One thing I have learned in my life is that loyalty to a barber is one

A Shave And A Haircut



RANDALL FRANKS
Southern Style Columnist

As I sat and squirmed in my chair trying to scratch a place in the middle of my back, I wasn't very happy that I made a trip to get a haircut. Have you ever noticed when you go to the barber that those little hairs that fall inside your shirt collar can make you itch for the rest of the day?

It kind of makes you understand the "hippie" movement, at least the hair part of it. Although I never understood my middle brother Alan's desire to have a six-inch afro, it must have been somewhere in the early 70's, I ran in from playing down the street to find my brother sitting in the living room looking like he had a fight with an electric toaster and lost.

One thing that makes me wonder is why folks go to a salon to get their hair styled. They can do most anything there from your hair to your nails. They even got them places where you can get a full body wrap.

Now when I was growing up, men didn't go to a salon. A salon was for women. That's where women folk went to get their hair glued in place before they went to church on Sunday.

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While memories of my first haircut have faded, I am told that I was really not too much of a squirm-er in the barber's chair. I knew that if I didn't behave that would be my last time sitting down for a while.

After our family moved from the big city of Little Five Points out to the country in Chamblee, my Dad and I settled on going to a barber named Mr. Saxon. I don't believe I ever knew his first name, but Mr. Saxon cut my hair all the way through my senior year in high school. One thing I have learned in my life is that loyalty to a barber is one

of the most important choices a man can make. No matter where Mr. Saxon moved his practice through the years, that is where we went to get our hair cut.

Haircuts back then didn't cost an arm and a leg either. It took me years to not cringe when pulling more than \$2 out of my pocket for a haircut.

Initially, the old barber shop had been in business since the days of Civil War reconstruction. As I sat in a red leather swivel barber chair, I would look up above the mirrors on the wall at the shotguns which were mounted above each barber chair in case some restless mountaineer needed to be reminded that he was in town.

Hill folk would ride into town and not only get a haircut, shave and a boot shine, but take a shower and house their horse out back while they were in town.

Mr. Saxon always managed to keep my Dad and I properly trimmed. After my cut, I would always help out by sweeping up the hair clippings on the gray tile floor. Through the years, it was amazing how I always seemed to sweep up a dime or two to put in the old red carousel Coca-Cola machine when I was done.

Through the years, Mr. Saxon imparted many words of wisdom on this impressionable lad. Probably the one that stuck the most was "Always remember, no matter who you meet in life, your mom and dad will be the best friends you will ever have."

By the time I had reached my senior year, Mr. Saxon was growing near retirement. While he was once a whiz, time was taking its toll. The loyalty within me insisted that he would be the one to cut my hair before my senior photos were taken. Unfortunately, that haircut left a lasting memory and was not a great testament to his many years of talented barbering.

By the time I reached Georgia State University, trends in the outside world were making franchise style shops the place where people went for a trim. It was difficult for me to take my first steps into such a place, but eventually I did. Unlike the old barber shop, almost every time you went in there would be a different butcher on duty. As my musical star

began to rise, a fellow musician from Chicago, Sue Koskela, had taken up the trade and become an award winning stylist. Thankfully for me she was kind enough to take me on as a client and would always travel in to handle photo shoots and album covers. She settled near Knoxville for many years, and I would regularly make the six-hour round trip from Atlanta to have her work her magic. I am not exaggerating; what she did was magic. I knew when I walked out of there, I would not have to do anything to my hair and I would be sporting whatever latest style suited my look and shape of my face. Every time I went elsewhere, I usually looked like a cross between the Frankenstein monster and "Mo" from the Three Stooges.

When I joined the cast of "In the Heat of the Night" as "Officer Randy Goode," my head and hair became the responsibility of whichever hair and makeup artists were assigned to oversee my look. They had to make sure that we actors looked consistent throughout scenes that were filmed out of sequence. In one of those happenstance moments, we got a new and short-lived hair artist who decided to give me a different look for an episode entitled "Heart of Gold." I had one of my largest feature appearances of the early series. It was amazing to me how detrimental that look on camera was for me. I never realized until that point how much a person's hair style has to do with how they are perceived by other people.

Good grooming is something we can all do to make the world a better place, but finding a good barber these days can be as hard as finding a six-ounce bottle of Coca-Cola for a dime.

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 Southeastern Appalachia," is by the Share America Foundation. He is a member of the Old Time Country Music Hall of Fame. His latest book is "A Badge or an Old Guitar: A Music City Murder Mystery." He is a syndicated columnist for <http://randallfranks.com/> and can be reached at rfrankscatoosa@gmail.com.

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WANTED



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WANTED



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

WANTED



Robert E. Butler
Born 1984
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WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



Stephen C. Shaffer
Born 1992
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WANTED



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

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Notice:

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