

SUNDAY The Paper OF MONTGOMERY COUNTY


Montgomery County's oldest locally owned independent newspaper


Christmas Writing Contest


Chestnuts roasting . . . sleigh bells ring . . . dreaming of a white Christmas? Well, stop hearing the songs in your head and start writing your own Christmas story! We're having our first-ever Christmas story writing contest. The rules are pretty simple – write a story about something Christmasy and be sure to connect it to Montgomery County somehow. It could be a touching story from your childhood and a special memory. It could be a complete work of fiction where you go for a ride on Santa's sleigh? Hey, maybe someone will write that Santa spends his summers baling hay on a Montgomery County farm?


What you write and where your story goes is up to you. If you want a chance to be published and want to tell your very own tale of Christmas, write it up and send it to us. And keep an eye on The Paper of Montgomery County as the holidays draw closer and we publish the top entries – as judged by our expert panel of top-notch judges!


 1. E-mail entries to ttimmons@thepaper24-7.com. Please copy and paste the story in the body of the e-mail. (We cannot accept attachments.)


 2. We will gather the entries and get them to our panel of judges.


 3. 750-1,000 word limit

 4. Story must have a Montgomery County connection

 5. Writer's name and contact information must be included

 6. Winners will be notified and will be asked to submit a photo and brief bio to run with the story.

 7. All decisions by judges final

 8. The work must be original and all rights must be owned by the writer – and the writer grants permission to The Paper of Montgomery County to publish the work



Happy Holidays!

➔ 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. "To look at the paper is to raise a seashell to one's ear and to be overwhelmed by the roar of humanity." Alain de Botton

➔ TODAY'S JOKE

A story in the newspaper told about an elf who had been pick-pocketed. The reader immediately wondered how anyone could stoop so low!

➔ TODAY'S VERSE

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

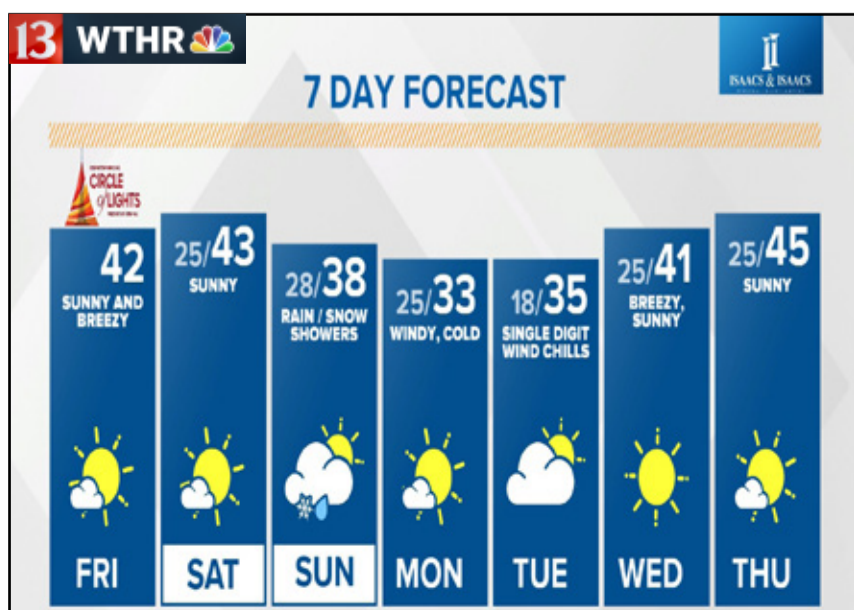
➔ TODAY'S HEALTH TIP

Women younger than 40 should try to schedule their mammogram the first week following their period. 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

T-minus one week and counting until the Chamber's annual Christmas parade in beautiful downtown Crawfordsville!



ONEST HOOSIER



I & Indiana Facts & Fun



Number \div Stumpers

1. How many total schools are there in Greenwood? \geq
2. How old is Johnson County? \leq
3. What percentage of people live in Greenwood? \geq
4. What is the population density of the county? \leq

Answers: 1. 19 Schools 2. 196 Years 3. Around 35.6% 434/sq. mi. \div

Did You Know?

- Johnson County was founded in 1823 and named after Indiana Supreme Court Justice John Johnson.
- The largest city, Greenwood, is inhabited by approximately 49,791 residents.
- The county seat, Franklin, is the home of Franklin College along with several international companies.
- Greenwood has 2 high school, 3 middle schools, 10 elementary schools, and 4 private schools.
- The county is 321.79 square miles and has a population of 139,654 residents.

Got Words?

Franklin was nationally recognized during the 1920s for the outstanding athletic achievement of a local basketball team. Coined the Franklin Wonder Five, the small group won 3 consecutive state titles. How do you think achievements, such as this one, impact small communities?

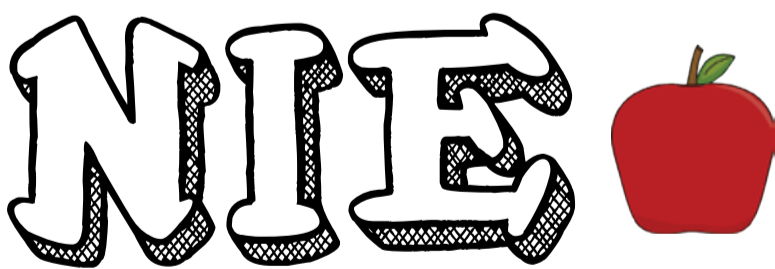
Word Scrambler

Unscramble the words below!

1. ONRDEW EFIV
2. FNRALKNI
3. ONJSHNO NYCTUO
4. EGROOWEND
5. CHSLOOS

Answers: 1. Wonder Five 2. Franklin 3. Johnson County 4. Greenwood 5. Schools

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Indiana the Strong

Sunday, Nov. 26, 2023

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Photo courtesy of ISDA

Pictured above is the seventeen member board of the Indiana State Poultry Association with Gov. Eric Holcomb, ISDA Director Don Lamb and ISPA President Becky Joniskan.

200,000 Pounds Of Poultry Products Has Been Donated To Hoosiers This Year

Earlier this week, Gov. Eric Holcomb, Indiana State Department of Agriculture Director Don Lamb and the Indiana State Poultry Association recognized the generosity of Indiana's poultry producers at the 76th annual Governor's Poultry Presentation at the Indiana Statehouse. Over the past year, Indiana poultry farmers and businesses have donated 200,000 pounds of duck, turkey and chicken and 172,000 dozen eggs to Hoosiers in need.

In addition to the 200,000 pounds of poultry protein, Indiana farmers and businesses have donated \$340,000 to organizations fighting food insecurity.

"Hoosier generosity is second to none, and our poultry producers are always quick to assist their neighbors," said Gov. Holcomb. "It was an honor to be apart of this annual donation event and to recognize these outstanding businesses

going above and beyond in their communities."

For decades, Indiana's poultry producers have been working to address food insecurity in their local communities by providing protein to food banks across the state. Some of the main products that were donated over the course of this year include eggs, chicken, duck and turkey.

The strength of Indiana's poultry sector was also recognized during the ceremony as Indiana is one of the top poultry producing states in the country. According to the USDA National Agriculture Statistics Service, Indiana ranks No. 1 in duck production, No. 2 in egg production, No. 4 in turkey production and is home to high quality broiler chicken production as well.

The poultry industry is a substantial economic driver for the state contributing more than \$15 billion in total economic activity. Additionally, this

sector employs more than 12,500 Hoosiers.

Indiana State Poultry Association (ISPA) members continually give back to their local communities throughout the year. According to ISPA President Becky Joniskan, the large poultry donations come from farming families in small communities across Indiana that these producers call home.

"Indiana's poultry farmers show their care and concern for the communities within which they operate and to all Hoosiers through their generous donations," said Joniskan. "Whether through direct financial contributions or donations of eggs, duck, turkey, or chicken products, they model the spirit of giving throughout the year, and especially at Thanksgiving."

The items on display were donated to Second Helpings, a hunger relief agency, in Indianapolis. This ceremony marks an

annual tradition that dates back to the late 1940s.

Organized by ISPA, one of the oldest poultry organizations in the nation, it was designed to recognize the strength of Indiana's poultry industry, as well as the annual donations made by its members, who are responsible for more than 95% of the chicken, duck, turkey and eggs produced in Indiana.

About ISDA

The Indiana State Department of Agriculture (ISDA) reports to Lt. Gov. Suzanne Crouch, Indiana's Secretary of Agriculture and Rural Development. Major responsibilities include advocacy for Indiana agriculture at the local, state and federal level, managing soil conservation programs, promoting economic development and agricultural innovation, serving as a regulatory ombudsman for agricultural businesses and licensing grain firms throughout the state.

State Gets Data Security Settlement

The state announced it has obtained \$690,000 as part of a multistate settlement with a global financial services corporation to resolve allegations of negligent internal data security practices.

"We have taken this action because companies must be held accountable for protecting Hoosiers' data privacy in accordance with our laws," Indiana Attorney General Todd Rokita said. "Our team will continue standing up for hardworking families and defending their interests and rights as consumers."

Morgan Stanley Smith Barney LLC — better known simply as Morgan Stanley — allegedly compromised the personal information of its customers with a poorly executed plan of decommissioning its computer devices and a failure to erase unencrypted data in certain of those computer devices.

As far back as 2015, Morgan Stanley failed to properly dispose of devices containing its customers' personal information by hiring a moving company with no experience in data destruction services. Morgan Stanley failed to properly monitor the outside firm's work — which involved decommissioning thousands of hard drives and servers containing sensitive information of millions of its customers. The computer equipment, some of which contained customer data, was sold via internet auctions. Morgan Stanley learned of problems when a downstream purchaser discovered the data and called the company.

In a second incident, a records reconciliation exercise undertaken by the company during a decommissioning process revealed that 42 servers, all potentially containing unencrypted customer information, were missing. During this process, the company learned that the local devices being decommissioned may have contained unencrypted

data due to a manufacturer flaw in the encryption software.

An investigation found that Morgan Stanley failed to maintain adequate vendor controls and hardware inventories — and that had these controls been in place, both data security events could have been prevented.

Indiana is one of six states — which include Connecticut, Florida, New Jersey, New York and Vermont — entering into agreements with Morgan Stanley. The company has agreed to pay \$6.5 million in total and to adopt a series of provisions that better protects the personal information of its consumers going forward, including:

- Maintaining a comprehensive information security program that includes regular updates that are necessary to reasonably protect the privacy, security, and confidentiality of personal information;
- Maintaining an incident response plan that documents incidents and actions taken in relation to the incidents;
- Maintaining a written policy that governs the collection, use, retention, and disposal of consumers' personal information;
- Encrypting all personal information, whether stored or transmitted, between documents, databases, or elsewhere;
- Employing a manual process and automated tools to keep track of locations of all hardware that contains personal information;
- Maintaining a vendor risk assessment team to assess and monitor that their vendors comply with Morgan Stanley's data security requirements.

As part of their work protecting consumers from illicit business practices, cybersecurity threats, data privacy violations and ID theft, Rokita's team has now obtained nearly \$1 billion in settlements for Hoosiers.

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Simplify Holiday Hosting *from Start to Finish*

FAMILY FEATURES

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

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

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

Plan Your Guest List and Menu

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

Start Grocery Shopping Early

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

Maximize Prep Time

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

Enlist Help with Cooking

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

Make Cleanup a Cinch

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

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

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

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



Ultimate Cheesy Herb Sourdough Stuffing

Recipe courtesy of “What’s Gaby Cooking” on behalf of Finish

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

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

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

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

In medium bowl, whisk eggs and 3/4 cup broth. Add egg mixture to stuffing and toss to coat. Mix in Parmesan.

Add 1/2-3/4 cup broth to stuffing if dry. Transfer to skillet or ceramic baking dish. Cover with buttered foil. Bake 30 minutes. Remove foil; bake until golden, about 30 minutes. Serve in baking vessel or transfer to serving platter.



SUNDAY

In The Kitchen

Sunday, Nov. 26, 2023

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Ring in the Holidays with Regionally Inspired Recipes

FAMILY FEATURES

When Thanksgiving hosts and their guests ponder must-have desserts, one of the most common favorites is an oh-so-delicious pie. More specifically, with nearly endless possibilities and its familiar festive flavor, pecan pie is one of America's most beloved holiday treats.

From nods to the Northeast's love of maple to celebrating sweet tastes of the West Coast with a citrus twist, the American Pecan Promotion Board is celebrating regionally inspired recipes. While the classic pecan pie is a hit at the Thanksgiving table, you can make it a perfect palette for creativity this year by enjoying local flavors that take the festivities up a notch.

For example, putting a festive spin on the holiday favorite can be as easy as this sweet and savory Bourbon Bacon Pecan Pie that's a mouthwatering take on tradition. Or, if you're in need of a quick snack everyone can share while mingling, opt for this Chocolate Cherry Pecan Snack Mix that takes just 20 minutes to prepare. It includes chocolate-glazed pecans tossed with yogurt-covered raisins, pretzels and dried tart cherries – a staple of the North.

When it comes to pecans, great taste is just the beginning. They're the ultimate supernut due to their flavor versatility and nutritional benefits. Next time you're shopping for pie ingredients, remember you can pick up an extra bag to add to favorite appetizers, snacks, meals, desserts and more all holiday season long.

Find more regional recipe inspiration by visiting eatpecans.com.

Chocolate Cherry Pecan Snack Mix

Recipe courtesy of Emily Caruso of "Jelly Toast" on behalf of the American Pecan Promotion Board

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 20



- | | |
|--|--------------------------------|
| 1 large egg white | 1 tablespoon water |
| 1/4 cup light brown sugar | 1 1/2 cups pecan halves |
| 1 1/2 tablespoons unsweetened cocoa powder | 1 cup dried tart cherries |
| 1/2 teaspoon vanilla extract | 1 cup small pretzels |
| 1 teaspoon salt | 3/4 cup yogurt-covered raisins |



Bourbon Bacon Pecan Pie

Recipe courtesy of Emily Caruso of "Jelly Toast" on behalf of the American Pecan Promotion Board

Prep time: 20 minutes
Cook time: 70 minutes
Servings: 10

- 1 pie dough (9 inches)
- 4 strips thick-cut bacon
- 1/2 cup dark corn syrup
- 1/2 cup light brown sugar
- 1 cup light corn syrup
- 2 tablespoons unsalted butter, melted
- 2 tablespoons bourbon
- 3 large eggs
- 1/2 teaspoon salt
- 2 1/2 cups raw pecan halves

Place baking sheet in oven. Preheat oven to 350 F.

Gently line pie pan with rolled out pie dough. Press into edges and up sides. Use fingers or fork to create decorative edge. Set aside.

In skillet, fry bacon until crisp. Remove from pan and drain on paper towels then chop into small pieces and set aside. Reserve 1/4 cup bacon grease.

In large bowl, whisk dark corn syrup, light corn syrup, brown sugar, reserved bacon grease, butter and bourbon. Add eggs and salt; whisk until mixture is even. Fold in pecan halves and chopped bacon.

Pour mixture into pie crust and spread evenly with spatula. Gently cover edges of pie crust with aluminum foil. Place pie on preheated baking sheet and bake 60-70 minutes, or until pie is set in center.

Remove pie from oven and cool completely before serving or chilling.

Notes: Pie can be made 1 day ahead and refrigerated overnight. Allow pie to come to room temperature before serving.

Heat oven to 325 F.

In bowl, whisk egg white, brown sugar, cocoa powder, vanilla extract and salt until well blended. Add water to thin mixture slightly. Fold in pecan halves until well coated. Spread mixture onto parchment-lined baking sheet.

Bake 15-20 minutes, or until mixture is well set. Stir mixture several times during baking. Allow pecans to cool completely and transfer to bowl. Mix in dried cherries, pretzels and raisins.

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KAREN ZACH



Think writing a column on genealogy is easy?

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

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

SUNDAY

In The Kitchen

Sunday, Nov. 26, 2023

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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.

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In The Kitchen

Sunday, Nov. 26, 2023

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

Make 'Eggstra' Special Holiday Memories

Turn to eggs to take festivities to new heights this season

FAMILY FEATURES

Creating memorable moments and special meals with friends and family during the holiday season doesn't have to be overwhelming. While these festivities are often a favorite moment each year, the planning and preparation can be a bear for hosts. To help take some stress out of hosting duties, start with what you likely already have on hand, like eggs.

This year, simplify holiday gatherings by leaning into underappreciated ingredients that can make all kinds of recipes a cinch. After all, less time stressing over planning, shopping and prepping means more time to make memories that last a lifetime.

When it's time for a celebration, eggs are at the heart of many favorite recipes. They are an invaluable ingredient to hosts, delivering convenience and inspiration for hors d'oeuvres, baked treats, traditional dishes perfect for entertaining and more.

Eggs keep baked favorites (and festivities) from falling flat. In only 10 minutes prep time and with a few simple ingredients, you can make crowd-pleasing recipes like these Popovers with Cranberry Butter from best-selling author and international social media chef Shereen Pavlides.

Start by whisking the star of the show – eggs – with flour, salt and milk to a silky-smooth texture. Cover and refrigerate the thin batter for 6 hours, or overnight, then bake in a popover pan (or try a muffin pan) to warm, eggy, flaky perfection.

Then combine softened butter and cranberry sauce with a pinch of salt before spreading on the melt-in-your-mouth popovers. For an extra special touch, consider whipping up homemade cranberry sauce rather than using a store-bought version.

Whether it's served as an appetizer or light dessert, this savory-with-a-touch-of-sweet recipe can become part of your family's most cherished traditions, made possible by eggs. Remember, all it takes is the egg carton already in the refrigerator to be the "host or hostess with the most-est" and make memories with those who matter most.

Don't rule out the egg as a key ingredient for creating new experiences, memories and traditions this holiday season. Discover more benefits and recipes that go beyond egg expectations at IncredibleEgg.org/invaluableegg.



Popovers with Cranberry Butter

Recipe courtesy of Shereen Pavlides (@CookingwithShereen) on behalf of the American Egg Board
Prep time: 10 minutes
Cook time: 45-50 minutes
Yield: 6 popovers

Popovers:

- 1 1/3 cups all-purpose flour
- 1 teaspoon kosher salt
- 1 1/3 cups whole milk

- 4 large eggs
- 2 tablespoons avocado or vegetable oil
- nonstick cooking spray

Cranberry Butter:

- 1/2 cup unsalted butter, softened
- 2 tablespoons cranberry sauce
- 1 pinch salt

To make popovers: In large bowl, whisk flour, salt, milk and eggs until silky smooth. Add oil and whisk to combine. Transfer to pourable pitcher, cover and refrigerate at least 6 hours, or overnight.

Heat oven to 375 F.

Place 6-cup popover pan in oven 10 minutes. Remove pan and spray with nonstick cooking spray. Stir batter, divide and pour into cups, filling each 3/4 full.

Bake until puffed high and cooked through, 45-50 minutes.

To make cranberry butter: In medium bowl, mix butter, cranberry sauce and salt until well combined.

Remove popovers from oven and serve with cranberry butter.

CASEY WILLIAMS



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Outdoor Winter Container Gardens



MELINDA MYERS
Columnist

Add a bit of greenery to your front steps, window box or patio with a winter container garden. You'll find all the ingredients you need at your local garden center, craft store, and maybe even a few in your backyard.

Start with a walk through your yard and look for evergreens and other potential ingredients for your winter containers. Fruits like rose hips, winterberries, holly berries, crabapples and others add color to the container. Fluffy seed-heads of grasses make a nice vertical accent and add a bit of motion to the arrangement.

Next, convert one or two of your summer or fall containers into a winter display. The container should be able to tolerate the winter conditions in your area. Concrete, iron, metal, wood and fiberglass containers are best suited for year-round use. Even plastic pots will last for a few years when left outside.

Or start a new container for winter. Repurpose or purchase a container. Nursery pots that once housed trees and shrubs make excellent options. These black containers provide the perfect backdrop for greenery and are available for free from



Photo courtesy of MelindaMyers.com

Winter container gardens made of natural materials add beauty and color to the winter landscape.

most garden centers and fellow gardeners.

Make sure the pot has drainage holes to prevent water-logged soil and water from overflowing the pot. Fill the container about 7/8 full with a well-drained potting mix. The soil helps hold the greenery, twigs and other materials in place and adds weight to keep the pot upright throughout the winter.

Consider using a mix of greens for a variety of textures and various shades of green. Pine, spruce, arborvitae, boxwood and junipers may be growing in your landscape and most are available at garden centers. Spruce tips are popular, allowing you to add "mini" trees or create vertical accents in your containers.

Use greens to cover the pot and create an attractive base for your

winter display. Place some branches upright and others at a 45-degree angle so the greens drape over the edge. Secure the stems by placing them at least four inches deep in the soil.

Now add some color and vertical interest with stems of red twig dogwoods, paper birch branches, berry-laden stems from holly and winterberry and curly willow branches. Artificial material and outdoor ornaments can also be used. It's your opportunity to get creative.

Do consider adding other elements such as evergreen cones, seed pods, allium seedheads, and balloon plant pods. Leave them natural or add some paint and glitter.

Water thoroughly to remove air pockets and lock your ingredients in place. Keeping the soil moist until the potting mix

freezes can help extend the beauty of the greenery. The winter containers will also last much longer in cooler temperatures. And those displayed in more sheltered locations out of direct sunlight and wind will suffer less drying.

Once your container is complete it is time to relax and enjoy your holiday celebrations.

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

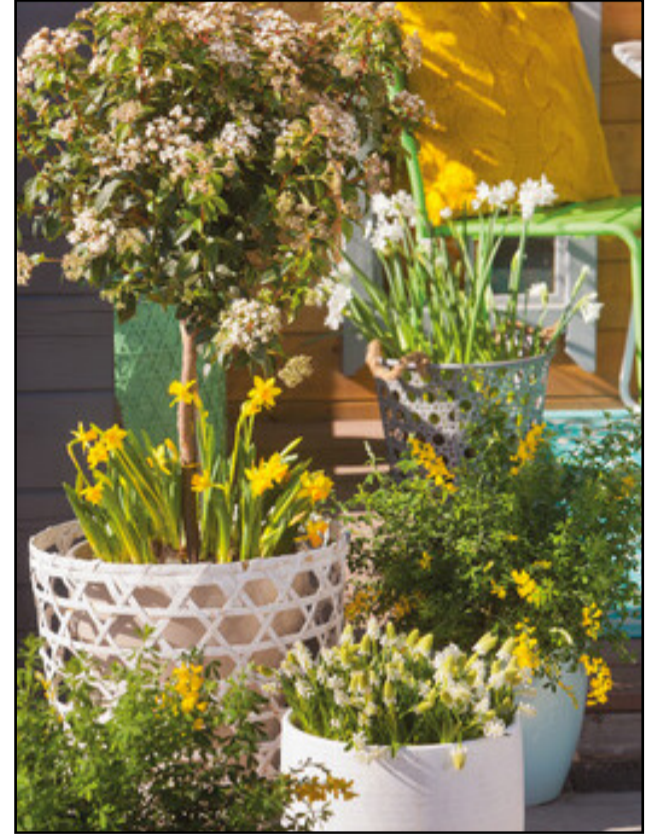


Photo provided

A Balcony Filled With Flowers

A balcony filled with flowers really lifts your mood! You can easily create a cheerful balcony with flower bulbs of different shapes, sizes and colors.

Suitable flower bulbs Any type of bulb can be planted in a balcony planter. The only thing you need to consider is the growing height. Balconies often catch more wind, so tall flowers will blow over more quickly. And that would be a shame. So, choose varieties that grow less tall (the packaging of the bulbs will tell you how tall they grow).

Planting Plant your bulbs in the fall, before the first frost. Spring-flowering bulbs need a period of cold to achieve beautiful blooms. If you plant flower bulbs in a balcony planter, make sure that excess water can drain away via holes at the bottom of the pot.

- Place a layer of old pot shards, hydroponic

clay or gravel at the bottom of the pot.

- Sprinkle a generous layer of potting soil on top.
- Plant the bulbs in the potting soil, making sure they do not touch.
- Cover the bulbs with a layer of potting soil and press down firmly.
- Next, water them just once or twice.
- You can water the bulbs again in spring, when they start to grow. This method will promote growth and flowering.

Tips

- Low-growing bulbs that are suitable for the balcony are crocus (Crocus), Scilla, glory-of-the-snow (Chionodoxa), grape hyacinths (Muscari) and small-crowned daffodils (Narcissus).
- If you plant pansies, heather or other winter bloomers on top of your bulbs, your balcony will look inviting in the fall and winter as well.

More information is available at www.flower-bulbs.com

Common Homebuying And Renting Scams And How To Avoid Them

(StatePoint) In difficult economic times, fraudulent housing schemes become more prevalent, impacting homeowners and renters alike. To help you avoid becoming a victim of fraud, Freddie Mac is sharing the following insights and tips about the most common tactics and scams.

Predatory Lending Previous financial disasters have led to more robust consumer protection laws. Nevertheless, you should remain vigilant about predatory lending. Look for warning signs, such as pressure tactics, incomplete, confusing or contradictory loan terms, and high rates and fees, including penalties for paying your loan off early. Additionally, lenders should not suggest you take out more credit than you need or suggest a monthly loan payment that does not cover the interest due on your loan. It's important to work with someone you trust. If you're hesitant to move forward with a lender, consult a HUD-certified housing counselor or lawyer to gain a better understanding of the loan terms.

Foreclosure Rescue

Fraud Fraudsters often target those in distress. During times of financial hardship, be especially aware of foreclosure rescue fraud, where someone falsely promises to be able to save your home from foreclosure. Common elements of this scheme include the fraudster requiring you to sign over the title to your home, asking you to sign unfamiliar documents or share personal information, and charging you rent to stay in your home. They may also offer to pay your delinquent mortgage by purchasing your home with the promise that you can repurchase it when your financial situation improves. If you're struggling with mortgage payments, don't deal with unknown entities. Directly contact your loan servicer, a HUD-certified housing counselor or a Housing Finance Agency for legitimate options to help avoid foreclosure.

Fraudulent Leases and Units

Millions of Americans have lost money due to fraudulent rental listings. You can avoid becoming a victim of this scam by always seeing a unit

in person or over video conference before renting it, and by never paying a security deposit until you have signed a lease. Be sure to read your lease thoroughly before you sign it, asking questions about any concerning details early in the process. When rental unit hunting, be wary of red flags such as prices that are too good to be true, listings riddled with grammatical errors and property managers asking for personal information before you've seen a unit.

Moving Fraud

Typically, moving fraud occurs when scammers who act like legitimate movers provide a low estimate and, once you move, demand a higher price and withhold your belongings until you pay. To avoid this scam, research the company to ensure it is legitimate, insured and has good reviews. You should also know that reputable moving companies never require advance payments or use high-pressure sales tactics.

Report Scams Immediately

If you believe you've been a victim of a scam, take the following ac-

tions:

- If a criminal has your identification information, call your creditors to cancel your credit cards. Review your transactions to make sure you recognize them. You can also request that creditors receive your written consent before changing your mailing address or sending a replacement credit card. Your creditors may advise additional precautions.
- Contact the credit bureaus to freeze your credit reports so that there's no activity on your reports unless you approve it.
- Report the scam to one or more of the following entities: the Federal Trade Commission, the Consumer Financial Protection Bureau, HUD's Office of the Inspector General Hotline, and the U.S. Department of Justice.

To access Freddie Mac's collection of fraud prevention resources, visit myhome.freddie.com.

Whether you're a prospective homebuyer or seasoned renter, a scam could potentially impact you. Familiarizing yourself with common tactics can help you identify a scam before it's too late.

A Winter Weather Advisory For Your Yard

When the snow falls, your yard becomes a whole new landscape to enjoy. But there are some important things to keep in mind. Use these tips from the Outdoor Power Equipment Institute and TurfMutt to keep the family and pets safe all season long.

Bring Pets Inside. As a general rule, dogs and cats should be kept inside. After walks, wipe their paws and bellies, and check for ice between paw pads. Also, if you are using a de-icing agent like salt, remove that as well.

Trim Trees Carefully. When using a chainsaw, hold it with both hands, stand with your weight on both feet, and angle yourself away from the blade.

Protect Your Power. Ready our equipment before the weather hits. Make sure all batteries

are charged and you have the right fuel – use E10 or less in all your outdoor power equipment.

Ventilate Portable Generators. If a winter storm knocks out your power, a generator can be a life-saver if used properly. Be sure to use it properly by placing it outside and away from windows, doors, and vents that could allow carbon monoxide to come inside.

Clear the Way. Before snow falls, remove debris and household items from your yard. When it does snow, use your snow thrower to clear driveways, sidewalks and a bathroom area for pets. Keep kids and pets a safe distance away when using a snow thrower or any other outdoor power equipment. To clear a blockage, FIRST turn off the machine and always use a clean-out tool.

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THE COST OF RESILIENCY DURING POWER OUTAGES

FAMILY FEATURES

Safeguarding your family, home and finances from disaster starts long before an extreme weather event occurs. When destructive storms challenge the electric grid's reliability and cause loss of power for an extended period, many facets of everyday life are disrupted.

Unexpected power outages can impact vital communications, transportation and access to important businesses. It can also cause food spoilage or water contamination and prevent the use of medical devices. Protecting your loved ones and property starts with a plan.

"My family was without power for three days after a tornado touched down two blocks from our home," said Matt Blashaw, licensed home building contractor, real estate agent and host of various HGTV shows. "I partner with the Propane Education & Research Council (PERC) because I realized the importance of not only having an emergency plan but the need for a reliable energy source, like propane, to power a standby generator to keep my family and home resilient. In addition to providing peace of mind, a propane standby generator could lower a homeowner's insurance rate and simultaneously raise the home's property value. It's a win-win-win in my mind."



Matt Blashaw

According to PERC, the average homeowner will experience 3.5 power interruptions in a two-year period. Even short outages lasting less than four hours can cost homeowners an average of \$1,250 in spoiled food, hotels, damaged electronics and more.

To avoid a financial burden caused by power outages, consider a reliable propane standby generator as a key part of resilient design. It allows a house to:

- Resist hazards brought on by electric grid failures, such as spoiled food, loss of heat or air conditioning, hotel costs and more
- Continue providing the primary function of a home – protection
- Reduce the magnitude or duration of a disruptive event to a property and its impact on the homeowners

While no amount of preparation can stop the forces of nature, planning ahead to manage blackouts can have a significant impact on you and your family. Consider these tips from Blashaw and the experts at PERC.

5 TIPS TO STAY PREPARED AHEAD OF STORMS

Make a Plan

Creating a plan that assesses the risks of the region where you live and addresses potential disasters is a key step toward safety in an emergency. Gather your family and discuss how you'll receive emergency alerts, where you'll shelter, how you'll evacuate and how everyone should plan to communicate, if the need arises. Think through needs specific to your household such as ages of residents, critical medications, dietary needs, child care, pet care and more. Putting a plan in place means you and your loved ones can react quickly when time is of the essence.

Prepare Your Propane System

Regardless of what weather may be on the horizon, it's important to ensure your propane tank is ready. Take a few minutes to know where the gas shutoff valve is located on your propane system in case the propane needs to be turned off in the event of an emergency. Call a propane professional to inspect the system before restoring it.

On average, a 500-gallon tank can hold enough propane to meet the annual energy needs of a single-family home. A local propane supplier will come to the home and fill the tank, providing energy for key appliances that use propane even if the fragile electric grid is down.

As the season transitions to winter, mark the tank with brightly colored stakes or flags that are higher than anticipated snow depth; this ensures propane personnel can always locate it during scheduled refills, even during the toughest conditions.

Secure Doors and Windows

When storms and high winds are expected, one easy way to protect your home and family members is to secure all exterior doors and windows. Start by checking seals to keep out wind and water, which can cause damage. Secure outdoor furniture and trim vegetation like bushes and trees to avoid flying debris shattering windows during high winds.

Have a Backup Power Source

When the electric grid is interrupted, the loss of power can impact systems like smoke and fire detection, refrigeration, air conditioning and heating, and other health and safety equipment. When a homeowner purchases a backup standby generator, a licensed technician installs the unit outside the home and wires it to the home's circuit breaker. When a power outage occurs, the



generator automatically senses the disruption of service and starts the generator's engine, which then delivers power to select appliances in the home in as little as 10 seconds after an outage.

Available in a variety of capacities to fit the needs of any size of home, propane backup generators are versatile and can power several major appliances throughout a home including lights, refrigeration, heating and cooling equipment and critical medical equipment. For homes that already operate on propane, consider running important systems and appliances like the furnace, water heater, stove and fireplace on propane. The more appliances powered by propane, the smaller

and less expensive your standby generator can be.

Plus, propane is environmentally friendly and won't degrade over time like other fuel sources, ensuring the backup generator reliably powers your home to give you added peace of mind. As a low-carbon emissions energy source, propane is part of a wide path to achieving a low-carbon future. Its abundance, along with the growth of renewable propane, means propane can be used now and for generations to come.

Pack an Emergency Kit

Regardless of the emergency you're facing, being prepared means stocking up on food,

water and other supplies that can last your family multiple days. Although an emergency kit is largely a collection of basic household items, it's important to have the kit packed, stored and secured ahead of potential disasters to save time and energy. Some basics to pack include gallon jugs of water, non-perishable food, flashlights and extra batteries, smartphone chargers, sanitation supplies like trash bags and moist towelettes, a first-aid kit and basic tools. Also consider items based on individual needs like prescription medications, eyeglasses, essentials for infants and pet food.

Find more resilient storm preparedness solutions at Propane.com.

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Business

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NEWS DAY

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Crawfordsville KOA Journey Recognized With Major Award During Annual Convention

Kampgrounds of America, Inc. (KOA), the world's largest system of open-to-the-public campgrounds, is pleased to announce that the Crawfordsville KOA Journey campground has earned the KOA President's Award. This prestigious award was presented Thursday, November 16 at Kampgrounds of America, Inc.'s Annual International Convention in Las Vegas, Nevada.

The KOA President's Award is presented to those campgrounds meeting exceptional quality standards and who receive high customer service scores from their camping guests. KOA surveys hundreds of thousands of campers each year regarding their KOA camping experience.

"Our campground owners and thousands of dedicated employees are essential to providing the superior level of outdoor hospitality KOA guests expect and it's an honor to recognize this hard work," said Toby O'Rourke, president and CEO of Kampgrounds

of America, Inc. "Our President's Awards are driven by camper feedback and an extensive annual review process. These award-winning KOA owners have made the right investments in their campgrounds and their staff to provide the best outdoor experience in North America."

Campers are an enthusiastic group of travelers with growing expectations, according to recent research conducted by Kampgrounds of America, Inc. The company's research found that 53% of campers had already booked at least one camping trip for 2024 compared to just 13% of leisure travelers. This enthusiasm could be tied to the satisfaction campers experienced during their camping trips this year; 58% of campers state that their 2023 trips thus far have exceeded expectations.

To find out more about this KOA campground or the more than 500 KOAs across the U.S. or Canada, visit www.KOA.com.

About Kampgrounds

Of America

Kampgrounds of America, Inc. has been the definitive leader in outdoor hospitality for more than 60 years. United under the mission of "connecting people to the outdoors and each other," the company consists of two unique brands: KOA and Terramor Outdoor Resorts. KOA, the world's largest system of privately-owned, open-to-the-public campgrounds, consists of more than 500 franchised and owned campgrounds. With unrivaled brand visibility, KOA also offers campground owners and operators unparalleled support in campground education, design, recruitment, marketing and technology. Terramor Outdoor Resorts, a glamping venture, opened its first flagship property in Bar Harbor, Maine in 2020. Literally meaning "Love of Land," the brand focuses on delivering a refined and upscale outdoor experience. For more information, visit KOA.com and TerramorOutdoorResort.com.

BBB Tip: A Parental Guide To Safe And Efficient Holiday Shopping From CARU

To ensure a safe and secure online holiday shopping experience, the Children's Advertising Review Unit (CARU) has crafted a set of recommendations for parents and guardians to make informed purchasing decisions this season.

Creating a thoughtful shopping list. Every year, major retailers compile their lists of the hottest toys and gifts for the season. However, consumers should approach lists like the "Hottest Toys of 2023" with a critical eye. Stores and online retailers create these lists based on their expectations of what will sell well. What's important to note is what these lists don't reveal. For instance, the inclusion of a connected toy on such a list does not imply an endorsement of the toy's safety or its privacy and data collection practices.

To help you select a toy with data collection and privacy practices that align with your comfort level, it's essential to read the company's privacy policy. A robust privacy policy should:

- 1) Clearly outline what information the toy collects from its users, including children.
- 2) Specify who is responsible for collecting or accessing the gathered data.
- 3) Describe how this information is stored.
- 4) Explain the purpose and manner in which this information is used.
- 5) Detail the parental rights you have in terms of reviewing or removing this information.
- 6) Depending on the data collected from children, some connected toys may require parental consent before children can use the toy.

The simplest way to find apps and connected toys that comply with the federal privacy law, the Children's Online Privacy Protection Act (COPPA), is to find a company affiliated with an FTC-approved Safe

Harbor program, such as CARU's COPPA Safe Harbor. If you encounter a website or app displaying the CARU seal, rest assured that its privacy practices adhere to the COPPA Rule.

Distinguishing between naughty and nice purchases. Online shopping hinges on the accuracy and accessibility of product information available online. Therefore, it's crucial to review product details, thoroughly understand how the product works and what is included and learn what you might still need to purchase. Be attentive to accessories that must be purchased separately, such as batteries or clothing for dolls. CARU also recommends you consider the safety and appropriateness of the toy with your child in mind.

We recommend reviewing the product packaging for details and operating specifications that may be inadvertently omitted from the website. Since online depictions of products may not always be clear, many online shoppers find it beneficial to read reviews or watch videos for a closer look. It's essential to be aware that reviewers, influencers, bloggers, and others might receive compensation or free products in exchange for posting reviews.

Part of CARU's mission is to protect children from deceptive or inappropriate advertising, including product labeling and paid promotional online reviews. Keep an eye out for advertising disclosures and use this as an opportunity to educate your children about potential material connections and how they may affect the credibility of the review.

Good things come in age-appropriate packages. Age recommendations may not be as readily apparent when shopping online, so it's crucial for parents to look closely for them. Toys designed

for teenagers might be unsafe for younger children or require adult supervision.

Moreover, connected toys meant for older children and teens may collect personal information, such as audio and video, without obtaining parental consent. The companion apps for connected toys may also have unsuitable information privacy and data collection practices for children, including tracking and behavioral advertising, or they may link to sites unsuitable for children, such as social media.

Bah! Humbug! Even in secure payment and transaction environments, purchasing gifts online may expose your personal and financial information to cybercriminals. Be cautious about a website's security if you plan to share your personal information.

You better watch out... While waiting for your special deliveries, be aware that phishing attacks have been on the rise. Exercise caution when opening emails that appear to be from stores or resemble tracking information. Verify the legitimacy of the email addresses before clicking any links. If you feel nervous or suspicious about an email, refrain from clicking on anything within it. Instead, refer to the original order confirmation email or visit the company's website to check the order status. During the holiday season, it's also a good practice to monitor your credit card statements for any suspicious activity.

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 Report-Fraud.ftc.gov. Your story can help protect consumers from similar scams.

What To Look For When You Need A Law Firm

(StatePoint) Let's face it, no person or business gets a thrill out of hiring a law firm. Fortunately, peer-reviewed rankings have simplified the process.

Best Lawyers, which has been tracking trends and innovations in the legal industry for more than four decades, serves as a trusted resource for identifying what it takes to be a preeminent law firm in the United States. Their recently released 14th annual rankings of Best Law Firms, found at bestlawfirms.com, provides keen insight, not only into the most successful law firms, but also the key factors to keep an eye out for when going through the reliably trying task of retaining counsel.

Here is some of Best Lawyers' advice:

1. Does the firm use the latest technology?

Right now, even the legal profession is abuzz about generative Artificial Intelligence (gen AI) tools. With its ability to parse information more quickly, gen AI offers the immediate potential to automate routine tasks

such as research; summarizing long, complex content; and writing first drafts of simple documents such as NDAs. All of which can save both time and money.

And smart firms are closely watching regulations and any risks that this new technology may bring, all while using it for the benefit of the firm and its clients.

2. What do other legal experts think about the way they do business?

There are better options available than just word of mouth when choosing legal representation. After all, hiring a law firm isn't like choosing which novel to download next. Through Best Lawyers' research process, a firm's performance is assessed by its peers, ultimately helping consumers make better-informed decisions.

Why is this important? At its heart, a robust peer-review process like Best Lawyers' asks legal professionals to answer this key question: "If you had a legal issue and could not represent yourself, what firm would you hire?" This peer-review

method is critical, and offers a straightforward way to help identify the most trusted firms.

3. Does the law firm embrace diversity?

Today's leading law firms know that to be successful, the makeup of their staff should represent the communities they serve. Inclusion is a necessary element of well-rounded representation because a team with different backgrounds and experiences will bring diverse points of view to solving clients' unique and complex challenges.

Fortunately, in recent years there has been an uptick in law firm diversity. In 2023, 21.6% of attorneys were members of traditionally underrepresented ethnic groups, according to an American Lawyer survey. That's up more than 20% from the same survey just three years prior.

As a consumer, consider asking a law firm about its diversity track record. In fact, the best law firms will not only expect the question but welcome it.



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Hickory Bible Church

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Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

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Dr. Curtis Brouwer, Pastor
765-918-4949



Woodland Heights Christian Church

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

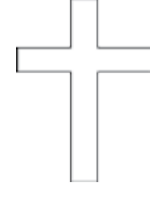
Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

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10:02 am on Sundays

Wednesday night prayer meeting
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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



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Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

[Facebook.com/NewRossUnitedMethodistChurch](https://www.facebook.com/NewRossUnitedMethodistChurch)

Pastor Dr. David Boyd

John 3:16

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New Market Christian Church

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

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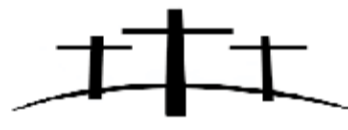
Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

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Liberty Chapel Church

Phil 4:13

Church Services:

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Church 10 am

Wednesday Children's Awana
Program
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Church Service at 10 am

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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

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Romans 15:13

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Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

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Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



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SUNDAY

Health and WELLNESS

Sunday, Nov. 26, 2023

H1

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RSV Prevention Options Can Help Protect Your Child This Season

(StatePoint) Last fall, the United States saw an early and significant spike in cases of Respiratory Syncytial Virus, or RSV, which is the leading cause of hospitalizations in all infants. Now, there are options available to help prevent RSV in babies, including a preventive antibody and an RSV vaccination during pregnancy.

During the first season the new RSV immunizations are offered, they may be limited in availability in provider locations. Public health experts are prioritizing use of the monoclonal antibody in infants at highest risk.

To ensure parents and caregivers of infants and young children have all the facts they need to protect their children during peak RSV season, the American Lung Association is sharing the following insights:

- RSV is extremely common. RSV infects people of all ages, and nearly 100% of all children become infected by age two.
- RSV can be severe. Most people, including infants, develop only mild symptoms similar to that of a common cold, but for some, RSV can be severe and even life threatening. The leading cause of hospitalizations in all infants, up to 80,000 children younger than five are hospitalized due to RSV in the United States each

year.

- Severity is unpredictable. Good overall health is not a safeguard against severe RSV. A study by the American Academy of Pediatrics found that 79% of children hospitalized with RSV were previously healthy.
- RSV season is now. RSV season typically begins in the fall and peaks in the winter.

Preventing Infection

RSV is easily spread from person to person through close contact through respiratory droplets from coughing and sneezing. It can also survive on hard surfaces, such as toys and door-knobs, for many hours and can be spread by touching a surface with the virus on it and then touching your face or your baby's face.

If you have contact with an infant or young child, especially if they were born prematurely, are very young, have chronic lung or heart disease, a weakened immune system, or have neuromuscular disorders, you should take extra care to keep the infant healthy.

To help prevent severe RSV illness in infants, the Centers for Disease Control and Prevention recommends the RSV vaccination during weeks 32-36 of pregnancy in September through January, or the new monoclonal antibody. The preventive antibody is recommended for infants

under 8 months old in their first RSV season and some young children between 8 and 19 months old at increased risk, such as children who have chronic lung disease as a result of being born prematurely. This one-dose immunization is a long-acting preventive antibody that provides an extra layer of defense to help babies fight RSV infections for five months.

Monoclonal antibodies are man-made proteins that mimic the immune system's naturally-produced antibodies to help fight off harmful viruses. This preventive antibody is not a vaccine, and not for children who are already sick with RSV.

If you are the parent or caregiver of a young child, you are also encouraged to:

- Avoid close contact with sick people.
- Cover coughs and sneezes with a tissue.
- Wash your hands often with soap and water for 20 seconds.
- Avoid kissing your child while you're sick.
- Talk with your health-care provider about your baby's risk and options to prevent severe RSV illness.

For more RSV information, visit Lung.org/RSV.

RSV impacts millions of people in the United States annually. Fortunately, this RSV season, there are more ways you can help protect your infant.

Things We Learned About Alzheimer's Disease In 2023

(StatePoint) 2023 was a landmark year for Alzheimer's disease research, including advancements in treatment, risk factors and diagnosis. Here are five significant discoveries made this year:

There are three new approved treatments for Alzheimer's, with a fourth on the way.

In July, the U.S. Food and Drug Administration (FDA) granted traditional approval for Leqembi for mild cognitive impairment due to Alzheimer's and mild Alzheimer's dementia. This treatment slows cognitive decline and can help people with early Alzheimer's maintain their independence.

In June 2021, the FDA granted accelerated approval to Aduhelm for the same purpose. At the Alzheimer's Association International Conference (AAIC) in July 2023, Lilly reported positive results for a third similar treatment: donanemab. The company expects FDA action in early 2024.

In May, the FDA approved the first treatment for agitation in people with Alzheimer's — brexpiprazole.

Hearing aids could slow cognitive decline for at-risk older adults.

In the largest clinical trial to investigate whether a hearing loss treatment can reduce risk of cognitive decline, researchers found that older adults with hearing loss cut their cognitive decline in half by using hearing aids for three years.

The intervention included hearing aids,

a hearing "toolkit," and ongoing instruction and counseling. Though the positive results were in a subgroup of the total study population, they are encouraging and merit further investigation.

Blood tests for Alzheimer's are coming soon.

Blood tests show promise for improving how Alzheimer's is diagnosed. Advancements reported for the first time at AAIC 2023 demonstrate the simplicity and value to doctors of blood-based markers for Alzheimer's.

Blood tests are already being implemented in Alzheimer's drug trials. And they are incorporated into proposed new diagnostic criteria for the disease. Blood tests — once verified and approved by the FDA — would offer a noninvasive and cost-effective option for identifying the disease.

First-ever U.S. county-level Alzheimer's prevalence estimates.

The first-ever county-level estimates of the prevalence of Alzheimer's dementia — in all 3,142 U.S. counties — were reported at AAIC 2023. For counties with a population of more than 10,000 people age 65 and older, the highest Alzheimer's prevalence rates are in:

- Miami-Dade County, Fla. (16.6%)
- Baltimore City, Md. (16.6%)
- Bronx County, N.Y. (16.6%)
- Prince George's County, Md. (16.1%)
- Hinds County, Miss. (15.5%)

Certain characteristics of these counties may explain the higher prevalence, including older age and a higher percentage of Black and Hispanic residents, which are communities disproportionately impacted by Alzheimer's disease. According to the Alzheimer's Association, these statistics can help officials determine the burden on the health care system, and pinpoint areas for culturally-sensitive caregiver training.

Chronic constipation is associated with poor cognitive function. Approximately 16% of the world's population struggles with constipation. This year, researchers reported that less frequent bowel movements were associated with significantly worse cognitive function.

People in the study with bowel movements every three days or more had worse memory and thinking equal to three years of cognitive aging. These results stress the importance of clinicians discussing gut health with their older patients.

To learn more about Alzheimer's and dementia research, plus available care and support — and to join the cause or make a donation — visit the Alzheimer's Association at www.alz.org.

While there is still much to learn about Alzheimer's, 2023 was a year of discovery, giving researchers and families impacted by the disease hope for the year ahead.

Take Control Of Your Blood Pressure

(Family Features) What you eat and drink, as well as your activity level and habits, affect your heart and brain health and are essential for managing blood pressure, cholesterol and more. High blood pressure (readings consistently higher than 130/80 mm Hg) is a leading cause and controllable risk factor for heart disease and stroke as well as other issues such as kidney failure, vision loss and sexual problems.

In fact, nearly half of all American adults have high blood pressure, or hypertension, according to the Centers for Disease Control and Prevention, but many may not even realize they have it unless they experience other complications. What's more, ethnicity can also play a role in your risk factors.

For example, Hispanic adults have some of the highest prevalence of poorly controlled blood pressure, according to the American Heart Association, which is one of the major risk factors for heart disease. Due to longstanding systemic barriers, such as a historic lack of access to health care and nutritious foods, the Hispanic and Latino community is disproportionately affected by heart disease and related health issues.

Additionally, Black women of childbearing age are more than twice as likely to have uncontrolled blood pressure than their white counterparts, according to research published in a special Go Red for Women issue of the "Journal of the Amer-

ican Heart Association." Food insecurity, or lack of access to adequate healthy food options, is also higher among Hispanic and Black women compared to white women, and one of the social factors that may impact high blood pressure risk.

To help maintain blood pressure below 120/80 mm Hg and manage risk factors, the American Heart Association with national support from Elevance Health Foundation recommends these lifestyle changes.

Maintain a healthy weight. If you're overweight or obese, you're at increased risk of high blood pressure. Losing as few as 10 pounds (or 3-5% of your body weight) can provide health benefits, including lowering or preventing high blood pressure.

Talk to your health care provider about a healthy approach to weight loss, including caloric intake and activities that may help both lose and maintain weight.

Eat healthier. Eating fruits and vegetables, such as mangos, avocados and blueberries, can lower blood pressure over time. Other smart choices include nuts and seeds, whole grains, low-fat dairy, lean proteins and fish. The Dietary Approaches to Stop Hypertension, or DASH, eating plan is geared toward reducing blood pressure and helps create a heart-healthy eating style.

Reduce sodium. Americans consume up to 75% of their sodium from processed foods like soups,

tomato sauce, condiments and canned goods. To help cut back, read labels when shopping and choose lower-sodium versions of your favorite foods, skip the table salt and consider spices and herbs as seasoning alternatives.

Manage stress. Stress is known to contribute to risk factors for high blood pressure like poor diet and excessive alcohol consumption. Practicing relaxation techniques, such as yoga or deep breathing, practicing gratitude and doing things you enjoy can help reduce stress.

Get active. Physical activity not only helps control high blood pressure, it also aids in weight management, strengthens your heart and lowers stress levels. The American Heart Association recommends at least 150 minutes per week of moderate-intensity physical activity, such as brisk walking.

Limit alcohol. Drinking too much alcohol can raise your blood pressure. If you drink, limit consumption to no more than two drinks per day for men and one drink per day for women.

Quit smoking. Every time you smoke, it causes a temporary increase in blood pressure. Both smoking and exposure to secondhand smoke also increase the risk for plaque buildup inside the arteries, a process high blood pressure is known to accelerate.

Find more advice for managing your blood pressure at Heart.org/highbloodpressure.

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How Young Adults Can Build a Healthier Future

FAMILY FEATURES

Shaping the future of public health into an equitable one means ensuring all people and communities have access to the health care and resources they need to live well. The nation requires a strong, diverse public health workforce to accomplish that goal.

That's why AmeriCorps and the Centers for Disease Control and Prevention launched Public Health AmeriCorps – to support the recruitment, training and development of early career public health workers who can serve their local communities.

Bridging national service and public health, the initiative supports a diverse group of early career professionals working to address today's public health challenges in a range of roles, including:

- Health education and training
- Community outreach and engagement
- System navigation, referrals and linkage to care
- Research, data collection, analysis and assessment

What Members are Saying

Everyone was impacted by the COVID-19 pandemic – including Dionne Johnson, who lost a loved one to the virus.

"I had a family member die from COVID-19, and it really touched me," Johnson said. "That gave me the passion and lit the fire under me to actually pursue a career in public health."

Now, Johnson is realizing her dreams of transforming public health in her community. In her work, she wants to teach people in Black and brown communities how they can learn to be healthy and advocate for themselves.

Another member, Jaiden Singh, is the son of immigrants. Singh launched a promising career in public health so he can give back to the community where he grew up.



Dionne Johnson

"Being a part of the organization not only has really supplemented my education that I'm working toward in public health and policy, it has also given me the opportunity to do work that I am really passionate about in a community that I have known all my life and really do love," Singh said. "I would highly recommend being a part of this really valuable and inspiring community."

Action That Creates Impact

The diverse work of Public Health AmeriCorps benefits not only program members but also the communities they serve. As examples of the program at work, members have:

- Provided overdose rescue education, raised awareness about opioid use disorder and harm reduction strategies and distributed overdose rescue kits containing naloxone (an overdose-reversing nasal spray).
- Held back-to-school COVID-19 testing events, distributed early childhood health education and built community gardens in underserved communities.
- Participated in a community mental health crisis intervention system to assess, stabilize and

link people in crisis to follow-up care and services.

- Supported elementary schools as part of a dental hygiene program that sends out staff and volunteers to provide free teeth cleanings to students.

Learn More and Apply

If you want to start your career and make a difference in public health, consider member benefits such as:

- Education awards to apply to higher education or student loan forgiveness
- Student loan deferment and forbearance
- Living allowance
- Hands-on experience
- Training from experts

Visit AmeriCorps.gov/PublicHealth for a list of opportunities to serve and contact your desired opportunity by phone or email to learn more and apply. You can also subscribe to the newsletter to learn more about the initiative.

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What Is There To Give Thanks For?



TIM TIMMONS
Two Cents

It's easy not to be thankful. We live in a world, in a time, where there are so many things wrong. I could list a litany of things I believe are askew – and yet the only thing that list would do is cause some folks consternation.

Granted, a lot of us are in agreement – after all, we're like-minded people. But even the staunchest among us would admit that there are some pretty deeply divided opinions out there today. We can get back to that debate next week. For now, how about if we simply focus on what this holiday is all about – gratitude? Some of us are going to wake up tomorrow to a house full of wonderful smells, of some hustle and bustle. We might see on the television a parade that takes us back to a simpler time. We might recall it as a day when kids (like us) ran ram-

pant through the house while moms and dads and grandmas and grandpas watched – and so long as we didn't go too crazy, gave us a little leeway. Today, we're those grandmas and grandpas and maybe realize they weren't so much being lenient as they were recording those images in their mind so they could replay them over and over later on. The kids have become the elders. The elders memories. Sweet, wonderful memories that we'll cherish – especially over the next few days. Why? Because it is a perfect time to look back. I have no idea

what year it was, but the first Thanksgiving I can remember included one set of great-grandparents and two sets of grandparents and sitting in front of a small, black-and-white television set, watching the floats roll by and knowing that Santa and his lovely bride would be coming soon. What I wouldn't give to go back and see that family again – to be able to ask questions. To share a hug. To say thanks. Many of us were lucky that way. We grew up blessed. Friends, we live in a season today that I don't believe we've seen

before. Truth to tell, I don't know what that means. I've heard and read some folks call this the end times. Is it? No idea. That's WAY above my pay grade. But for certain, it is a different season. Perhaps, and this is just one vagabond reporter's opinion, it is even more important to be thankful right now. No, no, not thankful for the strife, the contention. Just thankful for what we do have. Be that plenty or be that sparse. Look around. You know what that means in your life. In mine it means faith,

family and much more, I hope you know that you are all included when I count my blessings. You invite the little newspaper that could into your home each week and we get to share a little time together. You have no idea how much all of us here appreciate that. So tomorrow, let's try to lose the dismay and just be thankful. Happy Thanksgiving! Two cents, which is about how much Timmons said his columns are worth, appears periodically in The Paper. Timmons is the publisher of The Paper and can be contacted at timmons@thepaper24-7.com.

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Ask Rusty – About The Fairness Of “WEP” And “GPO”

Dear Rusty: I was married to my ex-husband for 30 years. For 14 of those years, I was an unemployed mom and community volunteer. After my sons were grown, I began teaching in California and earned a teacher pension. That teacher pension eliminates ALL the spousal benefits my husband paid for. How can that be justified? I, like a number of my retired friends, rent out rooms in my house to be able to live on a small teacher's pension and get none of my earned spousal benefits. Signed: Frustrated Teacher

Dear Frustrated Teacher: I can only say that your frustration is shared by many retirees from public service in States which do not participate in the federal Social Security program – that is, neither the

employee nor the State contribute to the federal Social Security program. There are about 26 states (including California) which exempt at least some of their employees (and themselves) from paying Social Security payroll taxes, but those states are obligated to provide retirement benefits robust enough to offset the loss of Social Security benefits which will occur later in life after the employee retires. As controversial as these laws - the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO) - are, they have withstood legal challenges since they were enacted four decades ago.

Because you have a “non-covered” pension from your state employment, WEP reduces any personal Social Security retirement benefit you may have earned elsewhere and, to your spe-



ASK RUSTY
Social Security Advisor

cific point, the GPO has eliminated the spousal benefit you might otherwise have been entitled to from your ex-husband. Like you, many who are affected believe this to be unfair, but Congress has steadfastly failed to enact legislation to repeal these provisions, or even to soften their impact. The likely reason is that Congress has evaluated the fundamental premise of the provisions and concluded they appropriately equalize the way benefits are paid to all Social

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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Security beneficiaries. It might help to think of it this way: in normal circumstances, if one spouse has a personally earned Social Security retirement benefit which is more than 50% of their partner's full retirement age (FRA) amount, no spousal benefit is paid (the spouse benefit is offset by the recipient's own SS retirement benefit). The GPO (the provision which affects SS spousal and survivor benefits) applies that same logic for a spouse

who has a “non-covered” pension earned outside of the Social Security program, their spousal benefit is offset by the amount of the person's own “non-covered” retirement pension. The one difference is that the GPO offset is actually a bit smaller (2/3rds of the non-covered pension vs. 100% offset for a spouse with their own SS retirement benefit).

Both WEP (which reduces SS retirement benefits) and the GPO (which reduces spousal

or survivor benefits) are consequences of working for a State which has chosen to not participate in the federal Social Security program, and those states are obligated to inform their employees of those consequences. I know that doesn't make your situation any less frustrating, but Congress “justifies” these provisions as being necessary to equalize how benefits are paid to all Social Security beneficiaries. There are about 2 million beneficiaries affected by WEP and over 700,000 affected by the GPO, most of whom share your displeasure. Nevertheless, Congress has so far maintained both these provisions as originally enacted. If you wish to add your voice to those who believe WEP and GPO are unfair, you may wish to contact your federal Congressional Representatives to express that point.

Thanksgivings Of Yesteryear



BUTCH DALE
Columnist

Mabel (Graham) Cook was born in Sugar Creek township in 1898 and graduated from Bowers High School in 1916. In fact, she was the only senior graduate that year! She married Raymond Cook, and they resided on their farm north of Darlington. She passed away at the age of 97 in 1995. During her entire life Mabel enjoyed writing stories and poems about people she knew, events, and her many precious memories. In 1985 she wrote the following story about Thanksgiving when she was a little girl in the early 1900's....

“Yesterday, when I was young, as Thanksgiving day approached, the anticipation and impatience almost smothered me. Then when the big day did arrive, after what seemed like an eternity, I could hardly wait until time to go to Grandmother's house.

“Certainly our arrival was far from the least exciting event of the day as we swept up the drive to the front porch in our bob-sled or carriage (depending on the weath-



er), drawn by a matching team of steel gray horses...Lady and Prince, who seemed to share the excitement of the day.

“We always went early so that Mom could help prepare the food. And such a clatter and chatter you never heard coming from the kitchen filled with the aroma of plum pudding, spicy pumpkin pie, and a big turkey filled with Grandma's (and mine) favorite stuffing, roasting in the oven of the wood burning range. It was the kids' job to be sure there was plenty of wood piled near the stove in the old woodbox. Dinner was finally announced and we gathered around the long table, groaning under the load of holiday goodies and waited impatiently for Grandpa's ‘Amen’ at the end of his blessing.

“When we had stuffed ourselves until food no longer looked good, it was time for the children to enjoy games and giggles, while the women

cleared away the ‘wreck’ and the men sat around the pot-bellied stove telling tall tales. Late in the afternoon it was time for fond goodbyes and ‘God be with you till we meet again’s’ all around, after which the families departed for their respective homes...tired but happy.

“Now nearly eighty years later I sit alone by my window, looking out over God's wonderful world, remembering those never to be forgotten Thanksgiving days of yesteryear, when I was just a child. And as twilight falls, I nod and finally fall asleep to relive in dreams those golden days of yesteryear when I was young.”

Very special memories from a great lady...Thank you, Mabel

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.

Truth, Nothing But The Truth



RANDALL FRANKS
Southern Style Columnist

Truth, Nothing But The Truth

The importance of truth in everyday life is something that each of us are responsible for upholding.

When thinking on the topic of honesty, I fondly remember back on the Andy Griffith Show episode where “Opie” wants to sell his bike without mentioning all the little things that are wrong with it. “Barney” decides to take on selling real estate and the Taylors are considering selling their house and buying another in the same episode.

Andy neglects to mention the little odds and ends wrong with the house until Opie brings these things to the attention of the buyers. While Andy becomes frustrated by Opie's honesty, Opie is confused by Andy's separate rules for adults and children. Andy finally realizes that Opie is right.

When we are in our late teens, we sometimes add a few years to our age so

we can do things adults do. As we get older, we tend to shave years off our age so we can appear younger. Are these lies?

When attorneys are faced with defending people that they know or suspect are guilty, does this strain their ability to be honest when they stand in front of a judge or jury to defend a not guilty plea?

While extreme situations like war can sometimes bring on the need for good people to be faced with challenging choices concerning their convictions, it is often on faith and truth that they must rely to get through the bad times.

But there are, no doubt, times when honesty may be strained.

Members of a generation of Americans were disenfranchised by the feeling that our government was lying to them in the 1970's during Watergate and the latter part of the Vietnam War.

Were they lying?

There is an old joke about how you can tell when a politician is lying — their mouth is moving.

I wonder sometimes what happened to good, old-fashioned honesty.

Honesty does exist in each of us. All we need to do is remember each and every falsehood we utter has an effect on someone else.

It may only be our-

selves we hurt as we build a house of cards trying to remember each and every white lie we have told so as not to be caught.

What is the point of being dishonest? Do we gain anything?

There's an old song called the “Royal Telephone” where the singer asks the operator to get Jesus on the line.

Would you tell a lie in exchange for a conversation with our Savior, Jesus Christ himself, on the phone? I wouldn't. If I did, what would we talk about?

Remember: “From your lips to God's ears.”

If you remember that he is listening, it does make you think more heavily about what you do and say each and every day.

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

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April 16-30	\$55.97
May 1-15	\$52.68
May 16-31	\$49.39
June 1-15	\$46.10
June 16-30	\$42.81
July 1-15	\$39.52
July 1-31	\$36.23
Aug. 1-15	\$32.94
Aug. 16-31	\$29.65
Sept. 1-15	\$26.36
Sept. 16-30	\$23.07
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5 TIPS FOR SAFE HOLIDAY TRAVEL

FAMILY FEATURES

The holiday season can be stressful enough before adding travel to the mix. Coordinating ground or air travel and planning accommodations, even if you're simply staying with loved ones, is often just the beginning and health and safety concerns can fall by the wayside.

For example, the highest incidence rate of cardiac mortality for the entire year occurs between Christmas and New Year's Day, according to the American Heart Association, and more than 350,000 out-of-hospital cardiac arrests occur each year in the United States.

If you're among the 62% of Americans who plan to travel this holiday season, according to research conducted by IPX1031, consider these tips to protect your health and safety.

Plan Ahead

Proper planning can help ensure you're prepared to handle any unexpected challenges or delays when you depart. Check the weather before heading out – including at your destination – and travel around any anticipated storms. Leave early to account for potentially heavy traffic and plot your path in advance to ensure you're aware of any road closures or construction, which can allow you to find alternate routes, if necessary, rather than trying to adjust on the fly.

Ensure Your Family is Up to Date on Vaccines

Routine vaccinations can help protect you from infectious diseases that can be easily spread when around a large group of people. The Centers for Disease Control and Prevention recommends the seasonal flu vaccine for everyone 6 months of age and older. Other vaccines, such as the COVID-19 vaccine or booster and measles vaccine, can help protect not only your health, but your loved ones as well.



Photos courtesy of Shutterstock

Learn CPR

Only about 40% of people who suffer from cardiac arrest receive cardiopulmonary resuscitation, or CPR, from a bystander, according to the American Heart Association. However, immediate CPR can double or triple a cardiac arrest victim's chance of survival.

Just in time for the holiday season, revamped Hands-Only CPR training kiosks, which provide an overview of Hands-Only CPR followed by a practice session and a 30-second test, are available in airports, hospitals and other locations around the country. With the help of a practice mannequin, the kiosks give feedback about the depth and rate of compression, as well as proper hand placement – factors that influence the effectiveness of CPR – and teaches the two simple steps:

1. Call 911
2. Push hard and fast in the center of the chest of the individual experiencing cardiac arrest until help arrives

Many of the Hands-Only CPR kiosks, as well as the Hands-Only CPR campaign, are supported by Elevance Health Foundation. To find a kiosk along your travel path, visit heart.org/handsonlycpr.

Prepare Your Vehicle

Car trouble is a common culprit during holiday travel. To help avoid potential issues, have your vehicle checked before embarking on an extended trip. Check tires, the battery, headlights, windshield wipers and any other parts that may be adversely impacted by winter weather. Also ensure your vehicle is equipped with essentials like a spare tire or inflation kit, jack, jumper cables, blankets, a first aid kit and a flashlight in case of an emergency.

Pack a Health Kit

If you take prescription or over-the-counter medications, it may be difficult to quickly get a refill at your destination, so be sure to pack enough to last your entire trip, plus extras in case you encounter any travel delays. It may also be helpful to pack other essentials including hand sanitizer, a first-aid kit, cold medicine, aspirin and your health insurance card in case of any unexpected injuries or illnesses while on the road.



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Montgomery County's Most Wanted

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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

Please Read Our Disclaimer:

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

Notice:

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

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

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