

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Dreaming Of A White Christmas? Write About It!

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!



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



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



750-1,000 word limit



Story must have a Montgomery County connection



Writer's name and contact information must be included



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



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



All decisions by judges final



TODAY'S QUOTE

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."
Calvin Coolidge

TODAY'S JOKE

What do snowmen eat for lunch? Iceburgers or Brrrr-itos!

TODAY'S VERSE

Proverbs 1:7 *The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.*

TODAY'S HEALTH TIP

Get an eye exam regularly – some eye diseases don't have any symptoms until it's too late.

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.



Brought to you by:

Have a very Merry Christmas!

13 WTHR

7 DAY FORECAST

42/58 BREEZY, SUN & CLOUDS	52/60 BALMY, BREEZY, SHOWERS	30/36 WINDY, COLD, FLURRIES/ SNOW SHOWERS	23/39 SUNNY	28/46 MAINLY SUNNY	28/48 MAINLY SUNNY	29/50 MAINLY SUNNY
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HONEST HOOSIER



I & Indiana Facts & Fun



44
LaGrange

Number % ÷ Stumpers

1. How old is LaGrange County?

≥

2. How many people live in the county, but not within the city of LaGrange?

≤

3. What percentage of people live in the city of LaGrange?

≥

4. What is the population density of the county?

≤

%

Answers: 1. 187 Years. 2. 34,503
3. Around 93% 4. 104/sq mi

÷

Did You Know?

- LaGrange County was founded in 1832 and named after Chateau de la Grange-Bleneau Castle.
- As of 2010, the population was 37,128
- The county seat is LaGrange, which has a population of 2,625.
- Over a third of the population of LaGrange County is Amish, and it is home to the third largest Amish community in the United States, which belong to the Elkhart-LaGrange Amish affiliation
- The county is 386.70 square miles and borders Michigan in Northern Indiana

Got Words?

Sharing a border with Michigan, what unique circumstances could residents find when traversing from state to state frequently?

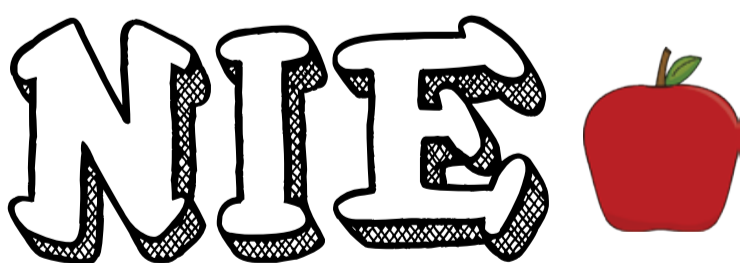
Word Scrambler

Unscramble the words below!

1. GLAANGE
2. MASHI
3. CHMIINAG
4. EKLHTRA
5. ROTHN

Answers: 1. LaGrange 2. Amish 3. Michigan
4. Elkhart 5. North

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'Body Internet' May Eliminate The Need For Smartphones By Changing How We Use Technology

What if the end of the smartphone era is caused by the ability to use your skin — instead of a screen or even voice commands — to interface with the internet? Or by using your mind to control devices without looking at them?

Innovations being developed at Purdue University may not only help reverse the trend of putting every possible task on a smartphone or other single device, but also completely change how humans have interacted with devices so far.

In a few years, this might look like making a payment by touching a machine with your finger instead of with a credit card or smartphone. Maybe you could access a GPS route with your feet or transfer a file to someone by shaking their hand.

And in 15 to 20 years, imagine adjusting the thermostat of your home just by thinking that you want a cooler or warmer temperature.

Purdue professor Shreyas Sen's lab is working to turn this future into a reality through inventions allowing your body to be your local internet connection for devices that you wear, hold or have within you, such as a pacemaker. People could do the same digital tasks and more, but use their physical touch and eventually their minds rather than a screen.

"Right now, our gateway to the internet is this very exciting box in our hands. We find ourselves heads down looking at it for a significant fraction of our awake time. If that's not the kind of the future we want, then technology needs to evolve," said Sen, Purdue's Elmore Associate Professor of Electrical and Computer Engineering. "Instead, the smartphone could be deconstructed and distributed all around you at suitable locations such that it becomes invisible to the eye."

Smartwatches, wireless headphones and other wearable devices are already deconstructing some features of the smartphone. But a screen is still typically needed to interact with them. Even up-and-coming devices that don't have screens, such as Humane's clip-on AI Pin, require voice commands and are designed to be more of a smartphone replacement, still consolidating functions all into one device.

Sen's lab has invented two ways that would allow humans to shift from simply coexisting with technology encased behind a screen or accessible through voice command to directly collaborating with it. Patent applications for these



Photo courtesy of Purdue University

This chip, an invention called Wi-R, allows the human body to become an internet connection for other devices in direct or close contact with the person's skin.

inventions have been filed through the Purdue Innovates Office of Technology Commercialization.

One invention, called "Wi-R," establishes an "internet" within your body that smartphones, laptops, smartwatches, insulin pumps, and other wearable or implantable devices can use to communicate with each other. You also can expand your internet network to other devices or even other humans through your touch. Maybe you could send a photo to someone by poking them, for example.

The other invention is a new brain implant concept that in a couple of decades might be available for humans to use for controlling technology with their thoughts. Sen's lab published initial findings on this implant concept in Nature Electronics earlier this year, showing how it has the potential to solve key issues with developing implants for "mind control." Nature Electronics also featured this research in its highlight on brain-computer interface advancements made in 2023.

The implant idea builds on discoveries Sen and his students made while they were inventing the technology behind Wi-R. This technology allows the human body to transfer data fast enough so that any device would only need to be in direct or close contact with the person's skin to do what the person wants the device to do. From head to toe, the skin would be the interface of an internet network instead of a screen, effectively establishing a "body internet."

What makes this technology possible is electric signals operating at a much lower frequency than Bluetooth or other radio signals that currently help connect devices. These low-frequency signals are in the so-called electro-quasistatic range on the electromagnetic spectrum. Using electro-quasistatic signals,

Wi-R allows data transfer to be much faster than with Bluetooth communication and accessible only through a person's skin.

In 2020, Sen, some of his former students, and other Purdue alumni founded the startup Ixana to commercialize Wi-R. How Wi-R is used in the real world will depend on how companies choose to turn it into a product. But earlier this year at CES, an annual technology trade show in Las Vegas, Sen and the Ixana team demonstrated that Wi-R can transmit music through touch.

They showed that when music is streaming from a smartphone in your hand, Wi-R allows you to transfer this music through your body and have it play out loud from another device, such as a speaker, only when you touch that device. They also showed how you could transfer the music to someone else by touching their skin, enabling that person to play your music out loud through another device in contact with their touch. (Watch this video to see how.)

In developing Wi-R, Sen's lab became among the first to discover how humans could digitally communicate strictly through touch.

From touch to "mind control"?

As Sen and his students explored the capabilities of these signals further, the lab also became the first to demonstrate electro-quasistatic signals enabling communication in the brain. This is possible using a brain implant Sen's lab has invented that transmits these signals.

The idea is that eventually a human could use these implants, placed at key points within the brain, to control technology without even touching or looking at it. In the future, this might look like using your thoughts to turn on an oven or type and send a text message.

A brain implant for

"mind control" isn't a new idea, but electro-quasistatic signals would provide several advantages over other brain implant concepts intended for commanding technology with thoughts.

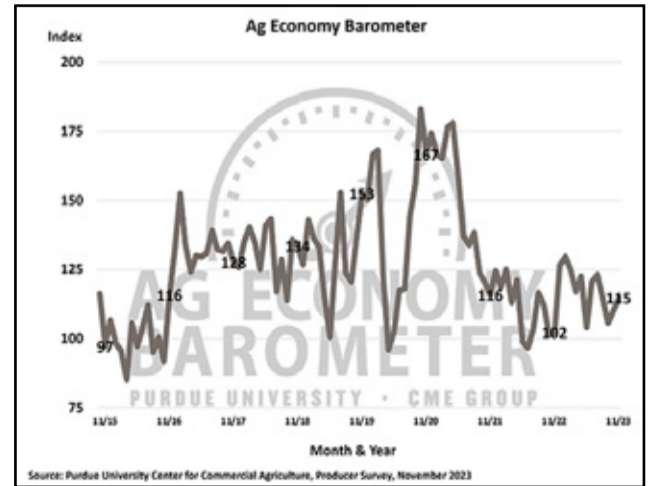
For one, this method would be wire-free inside the brain. Neuralink is beginning clinical trials on technology it's developing that requires 64 wires to connect an implant to about a thousand electrodes throughout the brain. The wires and electrodes are meant to capture as many of a person's thoughts as possible so that they can be translated to actions that control technology outside of the body.

The concept Sen is developing takes advantage of the brain's natural ability to carry electrical signals very well. Brain tissue, rather than wires, would help transmit information to the implant using the electro-quasistatic signals. In theory, this implant concept could transmit data more than a hundred times faster than other methods being considered in place of wires.

Because the brain has billions of neurons, a wireless brain implant concept would need to transmit data at least as fast as tens of megabits per second to capture even a thousand neurons simultaneously. No technology can do that in the brain yet, Sen said, but electro-quasistatic communication so far shows the most potential.

"There's no avoiding that humans are getting augmented by machines and that machines are constantly changing our lives," Sen said. "But our research shows that it's possible for these machines to help you without requiring you to always have to look at a screen."

Sen's research is funded by the Air Force Office of Scientific Research and the National Science Foundation.



Farmer Sentiment Improves, Producers Credit Stronger Financial Conditions

Agricultural producers' sentiment increased for the second consecutive month, as the Purdue University/CME Group Ag Economy Barometer index rose 5 points to a reading of 115, a 12% increase compared to the previous year. The sentiment growth is largely attributed to farmers' improved perceptions of their farms' financial conditions and prospects. This month's Ag Economy Barometer survey was conducted from Nov. 13-17.

The Index of Current Conditions rose 12 points to 113 while the Index of Future Expectations improved by 2 points to 116. The Farm Financial Performance Index also rose in November to a reading of 95, which is up 3 points from October. The financial index reached its low point back in the spring. The November reading was 25% higher than in May and 10% higher than at the start of fall harvest in September.

"Farmers' expectations regarding financial performance have improved, with fewer producers' expecting worse performance than a year ago," said James Mintert, the barometer's principal investigator and director of Purdue University's Center for Commercial Agriculture.

The Farm Capital Investment Index has fluctuated throughout 2023 but rebounded this month to a reading of 42, up 7 points from October. Over the last several months, producers who view the investment climate as favorable were asked why they feel that way. The percentage of respondents choosing "strong cash flows" has been drifting lower since summer when approximately 40% of respondents chose that as their primary reason. This month just 22% of respondents chose "strong cash flows" with "higher dealer inventories," chosen by 29% of respondents, claiming the top spot as to why now is a good time to make large investments, implying a

potential change in market conditions.

"This shift suggests that farmers might be seeing a moderation in farm equipment price rises, making it a more favorable time for large investments," Mintert said.

In November, perspectives on farmland values changed little compared to October. The Short-Term Farmland Values Expectations Index maintained its position at 125, while the long-term index fell 5 points. Among respondents who expect farmland values to rise over the next five years, they overwhelmingly attribute their optimism to non-farm investor demand, followed by inflation.

Top concerns for the upcoming year include higher input costs (32%), rising interest rates (26%) and lower crop and/or livestock prices (20%). Notably, there has been a shift in concern throughout the year, with fewer producers expressing worry over higher input costs compared to the beginning of the year. Instead, more producers are now concerned about rising interest rates and lower crop and livestock prices.

This month's survey was conducted the same week that Congress voted to extend the 2018 Farm Bill's provisions to Sept. 30, 2024. Anticipating the extension by Congress, the November survey gauged the preferences of corn and soybean producers regarding farm safety net programs for 2024. Over two-thirds of respondents expressed a preference for the Agricultural Risk Coverage (ARC) farm program, while nearly one-third leaned toward enrolling in the Price Loss Coverage (PLC) program, assuming the extension of the current Farm Bill's provisions. Despite preferences emerging, uncertainty prevails, particularly for soybean (52% declining to choose) and corn (43% declining to choose) producers when deciding to choose between programs.

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Photo courtesy of Purdue Agricultural Communications

Honeybee instrumental insemination, shown here, is an important technology beekeepers use to artificially select for traits of interest. Researchers at Purdue University and the University of Edinburgh hope to add to the bee breeders' toolbox by incorporating genomics.

Research Team Explores Genomic Options To Enhance Honeybee Resilience

Beekeepers lose between 30% and 40% of their colonies annually, mostly to parasites and pathogens. Losses during one bad year in Indiana reached 60%.

"The traditional methods of bee breeding have been around for nearly 100 years," said Purdue University's Brock Harpur, assistant professor of entomology. Although breeders have made progress, many of their methods remain unchanged even with the recent availability of affordable gene sequencing.

"The honeybee genome was sequenced in 2006. There really hasn't been a lot of bee breeding in this country that's been empowered by that resource," he said. Harpur aims to change that with Purdue's Luiz Brito, associate professor of animal sciences, and Gregor Gorjanc of the Roslin Institute at the University of Edinburgh in Scotland. They seek to validate genomic breeding tools while designing a system that bee breeders can implement themselves.

Their work is among the projects supported by \$11.6 million in grants allocated from the U.S. Department of Agriculture National Institute of Food and Agriculture earlier this year to promote healthy pollinator populations. Agricultural pollination production from the beekeeping industry in the U.S. is valued at more than \$19 billion annually.

"That excludes honey production, which is another huge industry," Harpur said. "Bee breeding is central to that. Beekeepers historically have responded to industry threats with breeding.

The goal here is to help them do that better with genomics resources."

Five years ago, with genetic samples priced at \$400 each, that prospect would have been costly. But the price has dropped to about \$50 per sample. A 2017 economic case study of Canadian honeybee colonies assessed the value of an expensive sequencing technology.

"They were looking at one trait versus the many we're hoping to predict," Harpur said. "They showed that if a beekeeper used these more expensive genome-enabled breeding techniques, they could increase their profits by between 9% and 96%. Using genomic technology, we think we can increase the amount of money that beekeepers make."

Harpur's lab, which operates a gene sequencing service for beekeepers, has sequenced nearly 2,000 samples from across the country. "If you're a beekeeper, you can send us a bee, and we'll sequence it and tell you about it and where it's from," he said.

Harpur can use the genotypes from that same database to see how effectively they predict breeding values under ideal conditions. He also uses simulated datasets to explore the statistical validity of his approach on supercomputers at Purdue's Rosen Center for Advanced Computing.

The simulations allow the researchers to assess how many samples are enough to statistically validate their goals.

"If we have a thousand samples, is that enough?" Harpur said. "Do we need 10 times more? A hundred times more?"

And furthermore, if those thousand samples come from 10 different populations, does that matter?"

The computer simulations also enable the scientists to analyze thousands or millions of honeybee genomes with many different histories and from many different situations to see how well their genomic predictions fit reality.

The simulations can even help identify which of the many available genome sequencing methods might work best, Harpur noted.

Harpur works closely with bee breeding organizations nationally, especially the Indiana Queen Breeders Association. Some trials and genomic data collection already have begun. "We're going to start local, show that this works and then move to a more global scale," he said.

As an evolutionary biologist, Harpur sees the project as a way to answer questions both for bee breeding and for basic science. How does the artificial selection of bee breeding affect bee colonies, which consist of tens of thousands of highly social individuals?

"They're all genetically related, and they all collectively manifest these traits that we're interested in," he said. "When I talk about honey production, that's not the action of one bee. That's the action of thousands of related bees."

"So, when you make a prediction on a single genome for a trait that thousands of individuals contributed to, how exactly does that math work out? And how exactly does selection work in a case like that?"

BBB Tip: The Naughty List - BBB's 12 Scams Of Christmas

With 2023 quickly winding down, Better Business Bureau has compiled our naughty list of the top 12 scams of Christmas. When shopping or donating this holiday season, watch out for schemes trying to swipe your cash or steal your personal information.

You can avoid most of the scams on this list by taking a few simple precautions. Always exercise caution with social media ads promoting discounted items, holiday events, job opportunities, and donation requests, as well as direct messages from strangers. If you are asked to make a payment or donation by wire transfer, through a third party, or by prepaid debit or gift card, treat it as a red flag.

1. Misleading social media ads: As you scroll through your social media feeds, you often see products advertised. Always research before you buy. BBB Scam Tracker receives daily reports of people paying for items that they never receive, getting charged monthly for a free trial they never signed up for, or receiving an item that is counterfeit or much different from the one advertised. The 2022 BBB Online Scams Report found that online purchase scams were the most common cons reported to Scam Tracker. Before ordering, check out the business profile on BBB.org and read the reviews.

2. Social media gift exchanges: Each holiday season this scheme pops back up, and this year is no different. The older version was called "Secret Sister." A newer version of this scam revolves around exchanging bottles of wine; another suggests purchasing \$10 gifts online. Another twist asks you to submit your email to a list where participants get to pick a name and send money to strangers to "pay it forward." There is even a twist about "Secret Santa Dog" where you buy a \$10 gift for your "secret dog."

In all of these versions, participants unwittingly share their personal information, along with those of their family members and friends, and are further tricked into buying and shipping gifts or money to unknown individuals. And-- it's an illegal pyramid scheme. Stick to buying your friends gifts from trustworthy businesses, and check BBB.org before you buy.

3. Holiday apps: Apple's App Store and Google Play list dozens of holiday-themed apps where children can video chat live with Santa, light the menorah, watch Santa feed live reindeer, track his sleigh on Christmas Eve, or relay their holiday wish lists. Review privacy policies to see what information will be collected. Be wary of free apps,

as they can sometimes contain more advertising than apps that require a nominal fee. Free apps can also contain malware. Be sure to read reviews as well.

4. Fake texts that say you've been hacked: BBB receives tons of reports on Scam Tracker about fake texts and emails, many of them claiming your Amazon, Paypal, Netflix or bank account has been compromised. Victims are told there has been suspicious activity on one of their accounts, and it further urges them to take immediate action to prevent the account from being compromised. Be extra cautious about unsolicited calls, emails, and texts; contact the business directly and don't click on any links.

5. Free gift cards: Nothing brings good cheer like the word "FREE." Scammers have been known to take advantage of this weakness by sending bulk phishing emails requesting personal information to receive free gift cards. In some of these emails, scammers impersonate legitimate companies and promise gift cards to reward their loyal customers. They may also use pop-up ads or send text messages with links saying you were randomly selected as the winner of a prize.

If you have received an unsolicited email with gift card offers, do not open it. Instead, mark it as spam or junk. However, if you opened the email, do not click on any links.

6. Temporary holiday jobs: Retailers typically hire seasonal workers to help meet the demands of holiday shoppers. Shippers and delivery services are top holiday employers this year because of the increase in online orders and the need to get most of these packages delivered before Christmas. These jobs are a great way to make extra money, sometimes with the possibility of turning into a long-term employment opportunity. However, job seekers need to be wary of employment scams aimed at stealing money and personal information from job applicants. Keep an eye out for opportunities that seem too good to be true.

7. Look-alike websites: The holiday season brings endless emails offering deals, sales, and bargains. Be wary of emails with links enclosed. Some may lead to look-alike websites created by scammers to trick people into downloading malware, making dead-end purchases, and sharing private information. If you are uncertain about the email, do not click any of the links. Instead, hover over them to see where they reroute. Go directly to the official website; you can check their listing on BBB.org/search to verify you have the right one.

8. Fake charities: The

last few weeks of the year is a busy time for charitable donations. Donors are advised to look out for fraudulent charities and scammers pretending to be individuals in need. Avoid impromptu donation decisions to unfamiliar organizations. Responsible organizations will welcome a gift tomorrow as much as they do today. Verify a charity at BBB's Give.org. Where possible, donate to the charity through their website and use a credit card.

9. Fake shipping notifications: More consumers are making purchases online, and there is also an increase in the number of notifications about shipping details from retailers and carriers. Scammers are using this new surge to send phishing emails with links enclosed that may allow unwanted access to your private information or download malware onto your device. They may also try to trick people into paying new shipping fees.

10. Advent calendars: This year, there seem to be more advent calendars for sale than ever; CNN has a list of over 60 calendars, and many are in hot demand. In past years, BBB received reports to Scam Tracker about advent calendar ads on social media not delivering as promised. Some were not received, and others received inferior products or incomplete orders. Consumers should research before they buy, read reviews and look up the company on BBB.org before purchasing. BBB also has a shopper's guide to help you purchase that niche advent calendar.

11. Top holiday wishlist items: Low-priced luxury goods, jewelry, designer clothing, and electronics are almost always cheap counterfeits and knock-offs. The same applies to popular toys. This year, Barbie and Ken, Bitzee, and Paw Patrol headphones are some of the items in high demand. Be very cautious when considering purchasing popular toys from resellers on Facebook Marketplace and other platforms.

12. Puppy scams: Many families may be considering adding a furry friend to their household this year. However, be on the lookout for scams. Many would-be pet owners turn to the internet to find their future cat or dog, but experts say a shocking 80% of sponsored pet advertisements may be fake. Be sure to see the pet in person before making a purchase.

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.

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State Grants More Than \$6,800,000 To Support Victims Of Sexual Assault

The Indiana Criminal Justice Institute (ICJI) awarded more than \$6,800,000 in grant funding to organizations that support victims of sexual assault in Indiana through two grant programs.

The funding will go to support rape crisis centers and nonprofit organizations that provide core services, direct intervention, and related assistance to victims of sexual assault in Indiana. The funding was provided through the Sexual Assault Services Program (SASP) and Sexual Assault Victim Assistance Fund Grant (SAVAF).

"These grants are not only an investment in healing, but an investment in justice, safety, and a brighter future in Indiana," said Devon McDonald, Executive Director for ICJI. "By empowering survivors and equipping organizations that support them with the resources they need, we create a ripple effect of resilience and

hope that extends beyond the individual."

The SASP grant program provides direct intervention and related assistance to victims of sexual assault and their families. These funds are made available to rape crisis centers and related non-profits through the U.S. Department of Justice Office on Violence Against Women.

For the 2024 grant cycle, \$896,007.98 was awarded to 11 organizations across the state. These funds will support sexual assault programming and advocacy services in Indiana.

The SAVAF grant program was established in 2016 by the Indiana General Assembly. This program provides a comprehensive state-wide response to support victims of sexual assault. This includes establishing and maintaining rape crisis centers along with providing services that work to address the physical, psychological

and emotional needs of victims.

For the 2024-2025 grant cycle, \$5,907,452.45 was awarded to 17 organizations across the state. Some areas funded in the grant cycle include safe shelter, counseling, crisis lines, advocacy support, referrals, and prevention services.

"The organizations receiving funding provide more than just direct support," said Kim Lambert, ICJI Victim Services Director. "They are leading the fight against sexual assault by engaging communities and implementing innovative prevention strategies."

The grants were approved by the ICJI Board of Trustees earlier this month and will be made available to organizations starting in January.

The following is a list of the 2024 SASP award recipients.

Organization; County; Award

- YWCA Northeast In-

diana; Allen; \$96,782.88

- A Better Way Services, Inc.; Delaware; \$79,150.25

- Crisis Connection, Inc.; Dubois; \$64,730.98

- Family Service Association of Howard County, Inc; Howard; \$101,550.83

- North Central Indiana Rural Crisis Center, Inc.; Jasper; \$51,898.95

- Fair Haven Inc.; Lake; \$141,738.73

- The Stepping Stone Shelter for Women, Incorporated; Laporte; \$64,968.82

- Children's Bureau; Marion; \$91,458.41

- The Caring Place; Porter; \$41,407.00

- Albion Fellows Bacon Center, Inc; Vanderburgh; \$134,412.89

- Council on Domestic Abuse, Inc.; Vigo; \$27,908.24

The following is a list of the 2024-2025 SAVAF award recipients.

Organization; County; Year 1 Award; Year 2 Award; Total Award

- A Better Way

Services, Inc.; Dela-

- ware; \$286,383.94; \$302,448.32; \$588,832.26

- The Center for Women and Families, Inc.; Floyd; \$83,613.11; \$85,183.19; \$168,796.30

- Prevail Inc. of Hamilton County; Hamilton; \$113,337.15; \$117,208.87; \$230,546.02

- North Central Indiana Rural Crisis Center, Inc.; Jasper; \$72,015.71; \$72,715.00; \$144,730.71

- Assist Indiana Inc.; Johnson; \$417,003.56; \$534,472.15; \$951,475.71

- Children and Family Services Corporation; Knox; \$133,755.00; \$135,355.00; \$269,110.00

- Fair Haven Inc.; Lake; \$298,433.91; \$323,071.79; \$621,505.70

- Grace Horizon, Inc.; Madison; \$143,190.50; \$140,190.50; \$283,381.00

- Children's Bureau; Marion; \$219,328.96; \$208,693.53; \$428,022.54

- Unconditional Inc; Marion; \$135,841.00; \$135,840.99; \$271,681.99

- Latino Coalition Against Domestic and Sexual Violence Incorporated; Marion; \$157,987.84; \$163,936.16; \$321,924.00

- Middle Way House, Inc.; Monroe; \$67,533.19; \$67,533.19; \$135,066.38

- Safe Passage, Inc.; Ripley; \$222,479.00; \$284,166.49; \$506,645.49

- Family Justice Center of St. Joseph County, Inc; St. Joseph; \$148,724.75; \$160,758.13; \$309,482.88

- YWCA Greater Lafayette; Tippecanoe; \$128,595.41; \$168,087.49; \$296,682.91

- Albion Fellows Bacon Center, Inc; Vanderburgh; \$82,584.16; \$77,476.51; \$160,060.67

- Council on Domestic Abuse, Inc.; Vigo; \$106,992.73; \$112,515.16; \$219,507.89

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SUNDAY

In The Kitchen

Sunday, Dec. 10, 2023

C1

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

Cooking Clean

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



Chef Dean Sheremet

FAMILY FEATURES

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

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

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

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

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

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

Learn more about cooking with propane and find recipes from Sheremet at Propane.com/ChefDean.

DO'S AND DON'TS OF COOKING WITH GAS

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

Do:

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

Don't:

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



Spaghetti and Clams

Spaghetti and Clams

Recipe courtesy of chef Dean Sheremet on behalf of PERC

Salt

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

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

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

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

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

Skirt Steak with Salsa Verde

Recipe courtesy of chef Dean Sheremet on behalf of PERC

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

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

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

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

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

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

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



Skirt Steak with Salsa Verde

SUNDAY

In The Kitchen

Sunday, Dec. 10, 2023

C2

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5 COZY WAYS TO ADD WARMTH TO COLD-WEATHER MEALS

FAMILY FEATURES

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

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

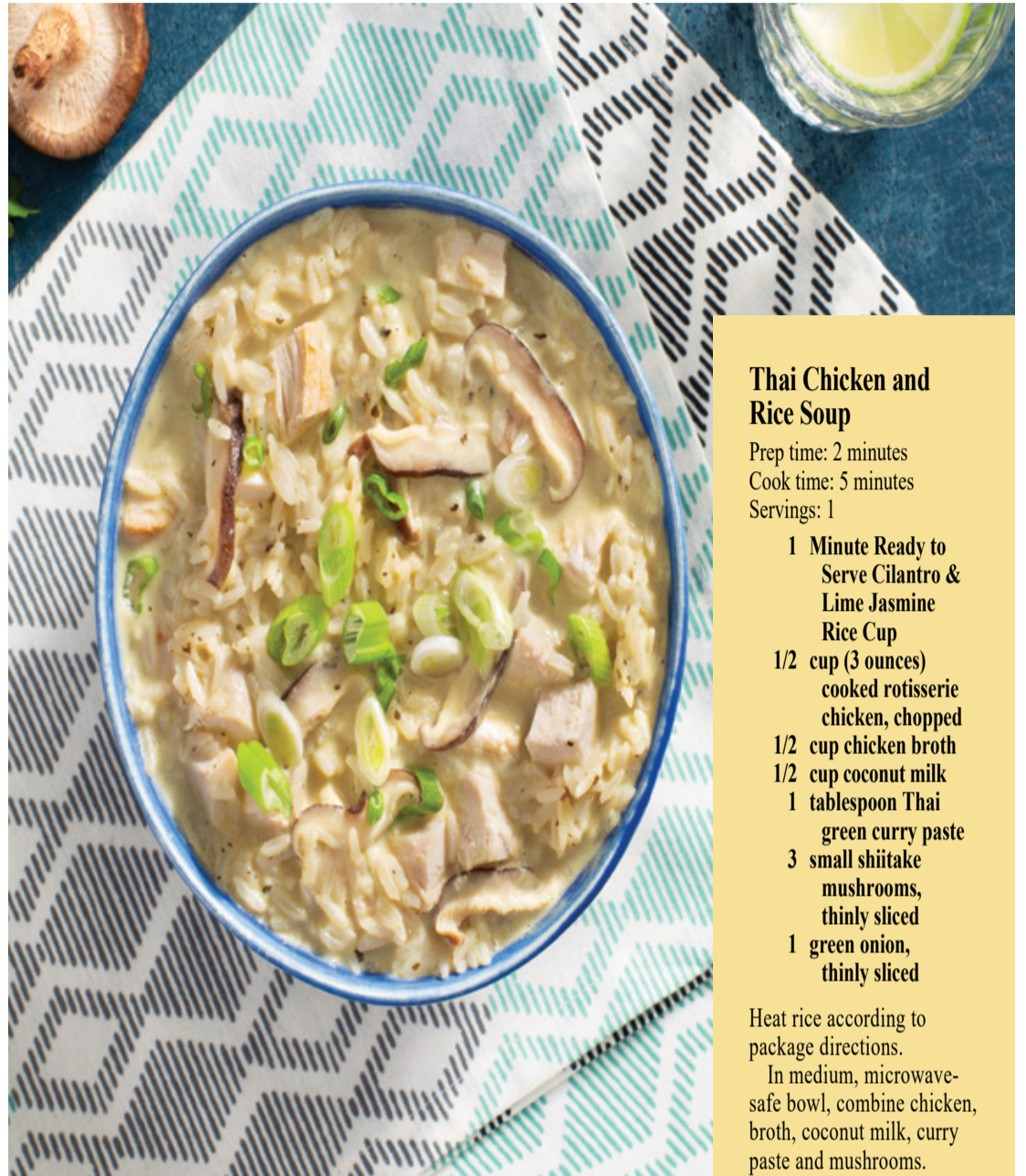
Cheese

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

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

Rice

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



Thai Chicken and Rice Soup

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

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

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



Parmesan Chicken and Rice with Spinach and Artichoke

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

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

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

Pasta

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

Curry Paste

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

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

Cayenne

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

Find more comfort food recipes at MinuteRice.com.

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SUNDAY

In The Kitchen

Sunday, Dec. 10, 2023

C3

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Raspberry Streusel Muffins

Go Whole Grain for a Healthy Heart

FAMILY FEATURES

Eating healthy is a priority for many Americans but knowing where to start and with what foods may be a little trickier. One way to level up the nutritional value of your meals is to better understand whole grains and why they are important for a heart-healthy diet.

As a key feature of heart-healthy diets, whole grains like sorghum, oatmeal and brown rice are rich sources of dietary fiber, may improve blood cholesterol levels and provide nutrients that help

the body form new cells, regulate the thyroid and maintain a healthy immune system.

However, according to a survey by The Harris Poll on behalf of the American Heart Association, U.S. adults are least knowledgeable about refined vs. whole grains compared to other foods like fruits, vegetables and proteins. Also, when asked to identify whole grains and refined grains, most adults incorrectly believe multi-grain bread is a whole grain and only 17% believe sorghum is an example of a whole grain when

it is, in fact, a nutritious whole-grain option.

If you're looking to try more whole grains, sorghum is a primary ingredient in these heart-healthy recipes for Pancakes with Blueberry Vanilla Sauce, Raspberry Streusel Muffins and Garden Vegetable Stir-Fried Sorghum. These flavorful dishes can be part of an overall healthy diet as recommended by the American Heart Association's Healthy for Good initiative, supported by the Sorghum Checkoff.

Find more heart-healthy meal ideas at Heart.org/healthyforgood.

Raspberry Streusel Muffins

Recipe courtesy of the American Heart Association and Sorghum Checkoff
Servings: 12 (1 muffin per serving)

Muffins:

- Nonstick cooking spray
- 1 1/2 cups whole grain sorghum flour
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 3/4 cup low-fat buttermilk
- 1/3 cup firmly packed light brown sugar
- 3 large egg whites
- 1/4 cup canola or corn oil
- 2 teaspoons grated lemon zest
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen unsweetened raspberries, thawed if frozen

Streusel:

- 2 tablespoons whole grain sorghum flour
- 2 tablespoons light brown sugar
- 2 tablespoons uncooked quick-cooking rolled oats
- 2 tablespoons chopped pecans
- 2 tablespoons light tub margarine
- 1/2 teaspoon ground cinnamon

To make muffins: Preheat oven to 400 F. Lightly spray 12-cup muffin pan with nonstick cooking spray.

In large bowl, stir sorghum flour, cinnamon and baking soda.

In medium bowl, whisk buttermilk, brown sugar, egg whites, oil, lemon zest and vanilla. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing. Spoon batter into muffin cups. Top each muffin with raspberries.

To make streusel: In small bowl, stir sorghum flour, brown sugar, oats, pecans, margarine and cinnamon to reach texture of coarse crumbs. Sprinkle over muffins, gently pushing into batter. Bake 16 minutes, or until wooden toothpick inserted in center comes out clean. The USDA recommends cooking egg dishes to 160 F.

Transfer pan to cooling rack. Let stand 5 minutes. Carefully transfer muffins to rack. Let cool completely, about 20 minutes.



Pancakes with Blueberry Vanilla Sauce

Pancakes with Blueberry Vanilla Sauce

Recipe courtesy of the American Heart Association and Sorghum Checkoff
Servings: 4 (2 pancakes, 1/4 cup sauce and 2 tablespoons yogurt per serving)

Sauce:

- 2 teaspoons cornstarch
- 1/3 cup water
- 1 cup blueberries
- 1 tablespoon sugar
- 1 1/2 teaspoons vanilla extract

Pancakes:

- 1/2 cup quick-cooking rolled oats
- 1/2 cup whole grain sorghum flour
- 1 1/2 tablespoons firmly packed light brown sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 cup fat-free milk
- 1/2 cup unsweetened applesauce
- 1 large egg
- 1 tablespoon canola or corn oil

Topping:

- 1/2 cup fat-free plain Greek yogurt

To make sauce: Put cornstarch in medium saucepan. Add water, stirring to dissolve. Stir in blueberries and sugar. Bring to boil over medium-high heat. Boil 1-2 minutes, or until sauce thickens slightly. Remove from heat. Stir in vanilla. Cover to keep warm. Set aside.

To make pancakes: In medium bowl, stir oats, sorghum flour, brown sugar, baking powder and cinnamon.

In small bowl, whisk milk, applesauce, egg and oil. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing.

Heat nonstick griddle over medium heat. Test temperature by sprinkling drops of water on griddle. Griddle is ready when water evaporates quickly.

Pour 1/4 cup batter for each pancake on griddle. Cook 2-3 minutes, or until tiny bubbles appear on surface and bottoms are golden brown. Flip pancakes. Cook 1-2 minutes, or until cooked through and golden brown on bottoms. The USDA recommends cooking egg dishes to 160 F.

Transfer pancakes to plates. Spoon sauce over pancakes. Top each serving with 2 tablespoons yogurt.

Garden Vegetable Stir-Fried Sorghum

Recipe courtesy of the American Heart Association and Sorghum Checkoff
Servings: 4 (1 1/2 cups per serving)

- 1 cup uncooked whole-grain sorghum
- 2 teaspoons toasted sesame oil
- 2 medium garlic cloves, minced
- 1 teaspoon gingerroot, peeled and minced
- 1 cup fresh or frozen broccoli florets, chopped, thawed if frozen
- 1 cup snow peas, trimmed and halved
- 1/2 cup carrot strips, sliced into matchsticks
- 1/2 cup red bell pepper, diced
- 1/2 cup button mushrooms, thinly sliced
- 1/2 cup frozen shelled edamame, thawed
- 2 large eggs
- 2 tablespoons low-sodium soy sauce, divided
- 1/2 cup water chestnuts, rinsed and drained
- 1/4 cup green onions, diagonally sliced

Prepare sorghum using package directions, omitting salt. Once cooked, spread sorghum in

even layer on rimmed baking sheet or 13-by-9-by-2-inch baking dish. Let stand 5-10 minutes at room temperature. Refrigerate, uncovered, 20 minutes, or until cool.

In large nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook garlic and gingerroot 30 seconds, stirring frequently. Increase heat to medium-high. Cook broccoli, snow peas, carrots, bell pepper, mushrooms and edamame 10-12 minutes, or until vegetables are tender-crisp, stirring frequently.

In small bowl, using fork, beat eggs and 1 tablespoon soy sauce.

Reduce heat to medium. Stir water chestnuts and sorghum into vegetable mixture. Push mixture to sides of skillet. Pour egg mixture into center of skillet. Using heatproof rubber scraper, stir 1-2 minutes, or until partially set.

Stir vegetable mixture into partially cooked egg mixture. Cook 1 minute, or until eggs are cooked through and sorghum is heated through, stirring constantly. The USDA recommends cooking egg dishes to 160 F.

Remove from heat. Stir in remaining soy sauce. Sprinkle with green onions.



Garden Vegetable Stir-Fried Sorghum

SUNDAY

In The Kitchen

Sunday, Dec. 10, 2023

C4

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Sweeten the Holiday Season with Deliciously

Creamy Desserts

FAMILY FEATURES

Once the table is cleared and gifts are put away, it's often time for one of the favorite moments of holiday gatherings. The taste (and smell) of those divine desserts you may only make once a year is enough to keep guests hungry even after the main course.

Put a new staple on holiday menus for years to come with this Cran-Raspberry Quinoa Pudding Trifle that combines fresh raspberries, vibrant cranberry sauce, orange juice and orange zest for a unique dessert. Ready in 30 minutes, it can be an easy way to impress everyone at the table with a creamy pudding base inspired by favorite winter flavors.

As a tasty treat that's ideal for just about any occasion, this take on rice pudding is made using Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just

10 minutes. Its light, nutty flavor and versatility creates a pudding that's perfect for a wide range of pairings, from satisfying chocoholics or pumpkin-spice fanatics to whipping up a sweet, simple dessert.

For a comforting dish full of familiar cold-weather flavors, serve Pumpkin Pecan Rice Pudding Bars. Pumpkin-spice fanatics can enjoy their favorite ingredient mixed into a rice pudding base sweetened with coconut milk, brown sugar, vanilla extract, whipping cream and maple syrup.

This holiday-inspired dessert relies on the fluffiness of Success Boil-in-Bag White Rice as a high-quality, precooked solution. The boil-in-bag rice is quick and easy with no measuring and no mess, and it's ready in 10 minutes to make seasonal recipes a cinch.

Find more sweet holiday recipe inspiration at SuccessRice.com.



Cran-Raspberry Quinoa Pudding Trifle

Pumpkin Pecan Rice Pudding Bars

Prep time: 10 minutes
Cook time: 40 minutes
Servings: 4-6

- 1 bag Success White Rice
- 1 cup pecans
- 4 cups coconut milk
- 1 can (15 ounces) pumpkin puree
- 3/4 cup brown sugar
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- 3 eggs
- 1/2 teaspoon vanilla extract
- 1 cup heavy whipping cream
- 2 tablespoons maple syrup

Prepare rice according to package directions. Preheat oven to 350 F. Spread pecans on baking sheet and toast 8-10 minutes. Cool then chop.

In large saucepan over medium-high heat, combine milk, pumpkin, brown sugar, pumpkin pie spice and salt. Bring to boil, stirring constantly. Slowly add about 1/2 cup hot liquid to eggs and beat well. Stir egg mixture back into saucepan and cook over medium-high heat 2 minutes. Remove from heat and stir in cooked rice, vanilla and pecans.

Pour mixture into greased 13-by-9-inch baking dish. Bake, uncovered, 30 minutes, or until knife inserted near center comes out clean.

Whip heavy cream to soft peaks then add maple syrup and continue beating until peaks form. Serve with warm pudding.

Tip: For sweeter pudding, increase brown sugar to 1 1/2 cups.



Pumpkin Pecan Rice Pudding Bars

Cran-Raspberry Quinoa Pudding Trifle

Prep time: 25 minutes
Cook time: 5 minutes
Servings: 6

Quinoa Pudding:

- 2 bags Success Tri-Color Quinoa
- 4 cups almond milk
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

Creamy Yogurt Layer:

- 2 cups plain Greek yogurt
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 cup heavy cream

Cran-Raspberry Layer:

- 1/2 cup cranberry sauce
- 1/4 cup orange juice
- 1 teaspoon orange zest
- 2 cups fresh raspberries
- 1/2 cup sliced almonds, toasted
- 2 cups gluten-free vanilla cookies, chopped
- 1/2 cup fresh raspberries

To make quinoa pudding: Prepare quinoa according to package directions, substituting almond milk for water. Drain, reserving almond milk.

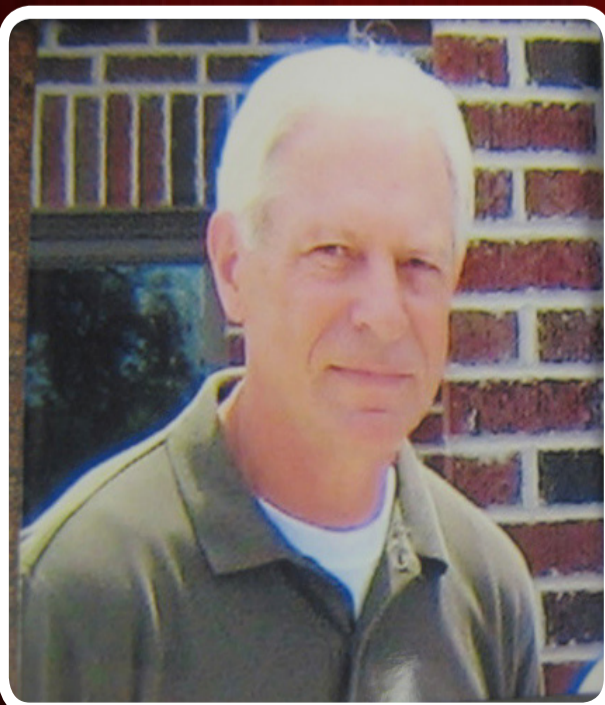
Remove quinoa from bags and stir into almond milk in saucepan over medium heat. Stir in honey, vanilla and cinnamon. Bring to simmer. Cook, stirring constantly, 5-8 minutes, or until thickened slightly. Refrigerate 45-60 minutes, or until well chilled.

To make creamy yogurt layer: In large bowl, stir yogurt, honey and vanilla. In separate bowl, beat cream until stiff peaks form. Stir whipped cream into yogurt mixture until blended. Refrigerate until ready to use.

To make cran-raspberry layer: In medium bowl, stir cranberry sauce, orange juice and orange zest. Gently fold in raspberries.

To assemble: In 10-cup trifle dish, layer 1/3 quinoa mixture, 2 tablespoons almonds, 1/3 cran-raspberry mixture, 1/3 vanilla cookies and 1/3 yogurt mixture. Repeat layers twice. Garnish with remaining raspberries and almonds.

BUTCH DALE



John "Butch" Dale is a former teacher, County Sheriff, author, artist, and local historian. He is the librarian at Darlington and has been there for 33 years! You never know what Butch might offer his readers two times each week...from funny and nostalgic stories about his childhood and hometown...to stories about life and death incidents when he was Montgomery County Sheriff. Sometimes he highlights sports stars from our county's past...or he might just poke a little fun at some of our national politicians and celebrities. He can make you laugh, make you cry, help you to appreciate the past or make you think about the future. But no matter what, Butch will keep you on your toes and keep you entertained!

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SUNDAY

In The Home

DAY

Sunday, Dec. 10, 2023

D1

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Dress Up The Holidays With Succulent Plants



MELINDA MYERS
Columnist

Many people are opting for more natural elements in their holiday displays and those that easily blend with their home décor. Popular succulent plants fit this trend whether decorating your home, setting a festive table, or giving as a gift. You and your guests will enjoy the easy care of succulents and the beauty they provide beyond the holidays.

Small-scale cacti and succulents provide a multitude of opportunities for use in holiday celebrations. Just select containers that complement, but don't overpower their charm.

Use them to dress up the table by making them into place cards for your guests. Plant individual succulents in a small clay pot and set one by each place setting. Include the guest's name or holiday wish on a plant tag set in the pot or written on the container. Send them home with your guests to enjoy for months to come.

Repurpose holiday mugs, champagne glasses, bottles and other items into succulent planters. Fill whatever container you choose with a well-drained cacti and succulent mix and display it on beverage or serving tables and trays. Just be careful not to overwater since the container you choose may lack drainage holes.

Empty wine bottles also make fun planters to display any time of the



Photo courtesy of MelindaMyers.com

A succulent wreath placed around a candle makes a festive holiday centerpiece.

year. You will need to cut a large opening or several smaller holes into the side of the wine bottle or you may opt to buy one that is pre-cut. Fill the bottle with a cacti and succulent mix. The wine bottle planter can be displayed on its side but needs support to prevent it from rolling off the table. One simple method uses two corks and strong wire to create a cradle for your bottle garden. You can also plant just the bottom of the wine bottle and stand it up for a different look. Or consider drilling several holes in the side of the bottle. Plant small succulents in the holes. Secure the plants in place with a bit of sphagnum moss or glue if needed to hold the plants in place once the bottle is set upright.

Create a centerpiece for gatherings by planting them in a shallow container. Their unique shapes and colors blend nicely with any décor. Or display individual potted specimens in the container to enjoy throughout the evening. When the party

is over, each guest can pick a plant to take home.

You won't need much space to enjoy the subtle colors and dramatic forms of these drought-tolerant plants. Skip the seasonal greenery and use succulents to dress up candle displays. Create a terrarium of succulents using any clear glass container with an open top or lid set ajar. Succulents do not thrive in the humid conditions of closed containers.

Take it one step further and create a succulent tree. Fill a cone-shaped wire frame with moist sphagnum moss. Use cuttings or small plants to cover the frame. You may need to expand the opening to fit the roots through the wires and into the moss.

Include the name and care directions when sending plants home with guests. This makes it easier for the recipient to keep their gift thriving once it arrives home. Suggest they keep it near a sunny window where temperatures are a bit cooler and free of hot and cold air drafts.

Water succulents thoroughly and only when the soil is dry. Pour off any excess water that collects in the saucer. Avoid overwatering plants growing in containers that lack drainage holes. As the days lengthen and the light intensity increases, the plants will need more frequent watering. Fertilize once or twice during the time the plants are actively growing.

Be sure to keep a few succulents for yourself. A succulent centerpiece is a great addition to any gathering at any time of the year.

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.

Unexpected Paint Projects That Work In Any Room

(StatePoint) Are you looking to spice up your space in the new year? Get some inspiration from those who've already taken the plunge.

The following design ideas were inspired by projects from Frog-Tape's 2023 Paintover Challenge. The friendly competition required participating DIYers to complete a room makeover, including one featured paint project, using inspiration from the brand's Design Trends. The participants completed their transformations with a limited budget, paint and painter's tape – and you can, too.

Paint Appealing Patterns

Pretty patterns, such as gingham, checkerboard and stripes, offer an element of surprise and whimsy to a room. These designs can go on floor tiles, or anywhere in need of color, like walls and tables.

Achieve a modern and clean look with neutral hues or add dimension and movement by using varying paint finishes. Whichever scheme you choose, be sure to tape off the pattern with a quality painter's tape, like FrogTape Delicate Surface, to keep lines sharp, even on freshly painted surfaces.

Defy Tradition with Bold Colors

While neutral tones like gray and beige will never go out of style, mixing colors can lead to that "wow" factor. The Bohemian Bazaar design trend dares DIYers to go bold with bright hues, like bright yellow or teal. Use dramatic colors to make a statement in any space like an office, bedroom, or even somewhere truly unexpected like the pantry.

Make them Marvel with a Mural

Whether it's in a kid's play area, bedroom or basement, creating a mural can add a personalized touch and make a wall pop. Don't let the idea intimidate you. While a more seasoned DIYer may illustrate an image or even include words, murals can be as simple as stripes for beginners. No matter how basic or complex you decide to go, complete the look by carrying the color scheme or pattern throughout the area with furniture, décor and other accessories.

For more project ideas, visit <https://www.frog-tape.com/>.

You might be surprised how much you can enhance your space with a great idea, a little bit of paint and a high-quality painter's tape.

Preventing Bug Infestations At Home Can Reduce Your Anxiety

(StatePoint) A new survey reveals a pervasive fear of bugs among Americans. This is bad news considering that the average home has more than 100 kinds of bugs living in it.

According to a Proctor & Gamble survey, 71% of Americans suffer from what Zevo calls "bugxiety." Much more than a mere nuisance, many respondents confessed to extreme reactions and

big emotions after a bug sighting.

But you don't have to live in fear. Here's your five-part plan for handling insects and achieving a sense of calm:

1. For round-the-clock protection, use strategically placed Zevo Flying Insect Traps in the kitchen, garage and areas where doors and windows are open and closed frequently.

2. Seal cracks around

windows and doors. It's a cost-effective, DIY project to keep bugs out.

3. Wash up after meals. Regularly sweep and vacuum to prevent crumbs.

4. Make a thick line of used coffee grinds around your home's perimeter. Not only will it naturally prevent ant invasions, it's beneficial mulch for your garden, too.

5. Apply Zevo On-Body repellent before heading outdoors for

peace of mind and up to 8 hours of protection from mosquitos and ticks.

To learn more, visit zevoinspect.com or follow the conversation on Facebook and Instagram with the #ZEVOit hashtag.

While bugs are an inevitable part of life, having a plan to handle them at home and while on the go, can help you react with less stress and fear.



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SUNDAY

In The
Home

Sunday, Dec. 10, 2023

D2

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Photos courtesy of Getty Images

CAREER READY

3 strategies to prepare teens for life after school

FAMILY FEATURES

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

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

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

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

Help Kids Cultivate Durable Skills

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

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

Bridge Passions and Hobbies to Careers

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

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



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

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

Get a Head Start on Credentials or College Credit

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

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

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

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

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

For more information on online schools and career readiness programs for teens, visit ConnectionsAcademy.com.

SUNDAY

Business

Notes and

NEWS DAY

Sunday, Dec. 10, 2023

F1

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Purdue University Wins Patent Infringement Lawsuit Against STMicroelectronics



Purdue University has won its patent infringement lawsuit against STMicroelectronics.

U.S. patent 7,498,633 covers groundbreaking technology involving silicon carbide semiconductors invented by Purdue's James Cooper and his graduate student/postdoctoral researcher Asmita Saha. On Dec. 4, a jury returned a verdict in Purdue's favor, finding that ST infringed the patent by selling infringing silicon carbide semiconductors. The jury awarded Purdue \$32.5 million in past compensatory damages, plus a running royalty on future sales.

"Winning this case is a great victory for Purdue," said Brian Edelman, Purdue Research Foundation (PRF) president. "As the university's tech transfer and commercialization arm, we take managing and protecting Purdue intellectual property very seriously, and we hold ourselves and others accountable to the highest standards. Our preference is to reach a licensing agreement, but we have a moral obligation to protect Purdue

IP, and that includes going to court to defend our rights. The jury recognized this semiconductor research from Purdue researchers, and the decision is great news for the inventors, Purdue University and Purdue Research Foundation."

"Purdue University is a top 4 patent-generating university in America. As a public land-grant institution, we support inventors and entrepreneurs to translate research to societal impact," said Purdue President Mung Chiang.

"Through programs such as Purdue Innovates, we mentor students and faculty, foster a culture of discovery, license world-changing technologies to market and protect their intellectual property rights as needed."

"Purdue and its people deserve the benefit of the innovation for which our university is known worldwide," said Mitch Daniels, Purdue Research Foundation board chairman. "Our work to protect that innovation against unfair exploitation has now been vindicated. We will continue to stand by our research and the great work being done at Purdue."

As a land-grant university, Purdue University has the fiduciary and moral responsibility to protect inventions made by students and faculty. Purdue Research Foundation manages the Purdue Innovates Office of Technology Commercialization (OTC), which operates the technology transfer process. OTC vets invention disclosures from university personnel, applies for patents and other intellectual property protections, and

licenses innovations to established and startup companies worldwide. In the 2022 calendar year, PRF secured 192 patents from the U.S. Patent and Trademark Office, placing Purdue fourth among all U.S. universities.

"Purdue Research Foundation has seen the worldwide impact of research created at Purdue University's campuses, colleges and schools," said Brooke Beier, Purdue Innovates senior vice president. "We are pleased to be partners in licensing this government-funded intellectual property to industry, so it reaches the public and impacts people's lives."

Under the Bayh-Dole Act, contractors of inventions arising from federal government-funded research, such as U.S. universities, own, patent and commercialize inventions through licensing. At Purdue, revenues from licensing are distributed among the inventors, their affiliated departments and the Purdue Research Foundation, which reinvests back into the commercialization and innovation ecosystem.

"This case is representative of the diligent efforts PRF has made to protect Purdue innovations from unauthorized use," said Ken Waite, Purdue Innovates Office of Technology Commercialization chief patent counsel and director of intellectual property. "Because of the impact on the public and Purdue University, PRF understands the importance of investing in the process to protect Purdue intellectual property."

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Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

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765-918-4949



Woodland Heights Christian Church

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

Weekly Sunday Schedule:

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

Visit us online at WHCC.US

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

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

A family for everyone



Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

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

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

300 S. Third Street • New Market
(765) 866-0421
Tony Thomas, Minister

Sunday Worship at 10:00 am
In the Sanctuary or
in the Parking Lot Tuned to 91.5 FM

Nursery Provided for Worship
Sunday School at 9:00 am (All Ages)

nmcc@sbcglobal.net • newmarketcc.org

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



*Helping
people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

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

Both services are streamed



NORTH CORNERSTONE CHURCH

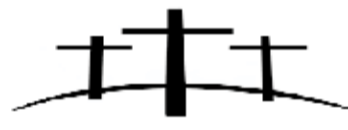
Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

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



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

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

ladogachristianchurch@gmail.com

www.ladogacc.com



HOPE CHAPEL

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

Service Times:

Sunday 10:30 a.m.

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

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm

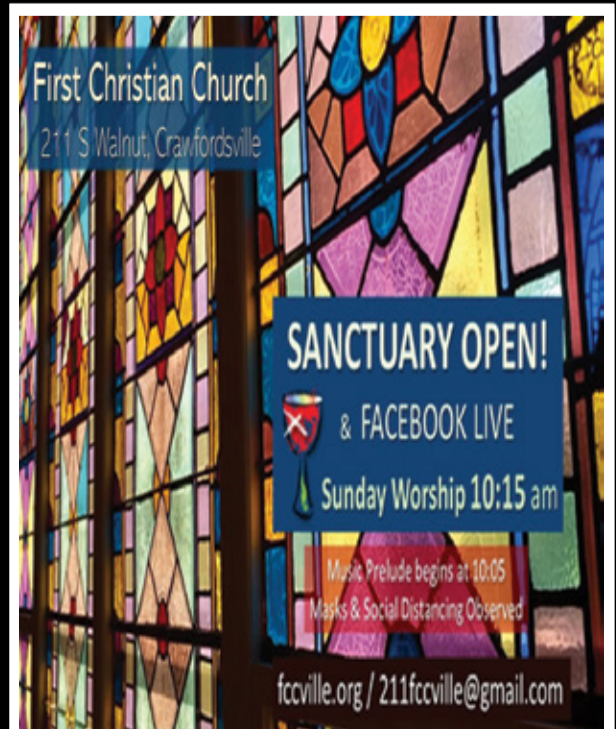


FIRST UNITED METHODIST CHURCH

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

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

All are welcome to join and
all are loved by God



Faith Baptist Church

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

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

Where church is still church
Worship Hymns
Bible Preaching




EAST SIDE BAPTIST CHURCH

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

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through
truth and love



Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

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



Congregational Christian Church

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101 Academy Street • Darlington
765-794-4716

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

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and Facebook

CHRIST'S UNITED METHODIST CHURCH

909 E. Main Street - Crawfordsville

Coffee Fellowship @ 10:45 a.m.

Worship @ 11 a.m.

Dr. David Boyd

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765-362-2383

christsumc@mymetronet.net

View live and archived services on our FB page.

CHRIST'S UNITED METHODIST CHURCH

909 E. Main Street - Crawfordsville

Coffee Fellowship @ 10:45 a.m.

Worship @ 11 a.m.

Dr. David Boyd

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

SUNDAY

Health and WELLNESS

Sunday, Dec. 10, 2023

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Discovery Points To A New Approach To Treating Liver Cancer

A breakthrough in the understanding of the relationship between a naturally occurring enzyme and the liver cancer drug sorafenib could improve the effectiveness of the drug, which currently prolongs the life of liver cancer patients for only two to three months. A study of the relationship between the enzyme DDX5, liver cancer and sorafenib, published in the Nature journal Cell Death & Disease, points to the potential for a more effective therapy that combines existing anti-cancer drugs with treatments that spur production of this enzyme.

"If we can find a way to continuously express DDX5 in the liver during treatment, then sorafenib and other multi-tyrosine kinase inhibitors have much better anti-tumor efficacy," said Ourania Andrisani, lead researcher and Distinguished Professor of Basic Medical Sciences in the College of Veterinary Medicine at Purdue University. "This is a foundational discovery, and from this, we can think of new ways to develop effective therapies for liver cancer."

More than three-quarters of a million people worldwide die annually from liver cancer, and survival rates, even in affluent countries, remain poor, ranging from less than 10% in several European countries to 30% in Japan, according to a 2022 article published in the Journal of Hepatology. More than half of liver cancer cases worldwide are caused by chronic infection by the hepatitis B virus (HBV), which is one of Andrisani's research topics. As part of her investigations into HBV, Andrisani is

tracing the role of DDX5 in biosynthesis of the virus. DDX5 — one of a class of proteins called RNA helicases that modify the structure of RNA — is involved in all aspects of RNA biology.

In the new study Andrisani's team tackles the relationship between DDX5 and sorafenib, a well-established treatment against liver cancer whose effectiveness is short-lived. In an analysis of liver cancer cells and health care records from patients treated with sorafenib, patients with higher levels of DDX5 lived longer than those with lower levels. Intriguingly, sorafenib itself decreased levels of DDX5 in liver cancer cells and liver cancer animal models, and RNA sequencing indicates that the drug activates genes indispensable to the Wnt/ β -catenin pathway, a series of molecular steps normally active during embryonic development of the liver and associated with liver cancer when improperly activated.

Next, using engineered liver cancer cells, the research team showed that boosting DDX5 protein levels improves the efficacy of sorafenib in reducing the growth of the liver tumors. The liver cancer cells were engineered to turn on production of the DDX5 protein when treated with the antibiotic doxycycline. Tumors generated from the engineered cells implanted in mice were treated with sorafenib either together with doxycycline or without doxycycline as a control. The tumors treated with doxycycline were significantly smaller by weight than those not spurred to produce high levels of DDX5. During

a two-week treatment of the mice with sorafenib and doxycycline to make DDX5, the tumor weight was reduced by an average value of 50%, while doxycycline alone or sorafenib alone did not have a significant effect on tumor weight.

In previous work, Andrisani's team found that DDX5 inhibits HBV replication and that levels of DDX5 drop with chronic HBV infection. Her work also shows that DDX5 helps to repress the Wnt/ β -catenin pathway.

Andrisani said a potential therapy based on the new findings would involve delivering mRNA to liver cells, causing them to produce DDX5 protein, just as mRNA was used in the COVID-19 vaccine to direct cells to make the viral protein.

"We're hopeful that this finding will inspire therapeutics that take advantage of this mechanism," Andrisani said. "It would be a clean, neat approach because we could target the cancer cells within the liver and continue the treatment only for as long as the patient is taking sorafenib. Once the treatment is over, delivery of DDX5 mRNA will also stop."

Andrisani, a member and program co-leader of the Purdue Institute for Cancer Research, collaborated with researchers at Purdue, the Cancer Research Center of Lyon in France, and China Pharmaceutical University.

"RNA helicase DDX5 modulates sorafenib sensitivity in hepatocellular carcinoma via the Wnt/ β -catenin-ferroptosis axis" was published with the support from the National Institutes of Health.

Escaping The Black Hole Of Worry

By Bryan Golden

Worry is an all-consuming black hole which drains your time, emotions, and physical wellbeing. Worry is insidious because you are so used to it that you aren't aware how often, or how readily, you worry. For some people, worry is a way of life.

We grow up being taught, by example, to make worry a regular activity. We worry about what happened. We worry about what is happening now. We worry about what might happen. We worry about what others will do. We worry about what other people won't do. We worry about just about everything.

Worry becomes a default reaction to uncertainty. At the very least, worry is like being in a rocking chair; it's a lot of activity which doesn't get you anywhere. At its worst, worry causes, or worsens, physical and mental ailments.

Some of the many conditions worry can be responsible for include stress, anxiety, headaches, high blood pressure, coronary issues, sleep disorders, and eating disorders. Ironically, people commonly react to the onset of these maladies by worrying even more.

Taking control of and reducing worry has no negative side effects. The only impact of this strategy is a substantial improvement in your quality of life, and a markedly higher level of

happiness.

Regardless of how much you currently worry, you can substantially decrease the level. This starts with recognizing how much you worry and then making a commitment to doing what it takes to reduce the degree to which you worry. Here are some practical strategies for reducing worry.

Stop worrying about the past by recognizing there is nothing you can do to change it. There are two lessons to be learned from your past; what worked and what did not. Eliminate any behavior which does not bring you your desired results. Keep repeating those actions which have been successful. Past bad decisions are counteracted by making better decisions now.

Issues, which you are concerned about, fall into two categories. There are those things which you can't do anything about. Since there's nothing you can do about them, let each one go. Your energy is better spent with the second category, those things you do have influence over. With these issues, replace worry with action by taking the necessary steps required to accomplish your objective.

Keeping things in perspective reduces worry. Many of the things you worry about don't matter, or are irrelevant. Don't devote any time to them. They are not worthy of your attention. Ask yourself if what you are

worried about today will matter 5 years from now. If it won't, save yourself the 5 years and stop worrying about it now.

Have positive expectations for today and tomorrow. Don't think about what you don't want. Do not become embroiled in an endless cycle of what if scenarios of what could go wrong. Instead, focus your concentration on visualizing exactly what you want to achieve and how you want your future to look.

There is a solution for every problem. Your objective is to find it. Stop rehashing problems over and over, from every possible angle. Identify a problem once, and then get to work fixing it. Solutions are only implemented through action.

Believe in yourself. You have what it takes to live the life you want. You can attain your goals. Your past does not limit you, it prepares you. Don't allow bad experiences to pollute your future.

You can escape the black hole of worry. Start making positive changes today. Implement at least one of the above strategies. Once you have done so, add another. In less time than you realize, your worrying will substantially diminish.

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@columist.com or visit www.DareToLiveWithoutLimits.com Copyright 2023 Bryan Golden

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SUNDAY

Health and WELLNESS

Sunday, Dec. 10, 2023

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Managing Your Family's Year-Round Health



FAMILY FEATURES

Now is a good time to check in and make sure your entire family is protected from infectious diseases.

According to the Centers for Disease Control and Prevention (CDC), vaccines help create protective antibodies that fight off infections. Timely routine vaccinations, such as MMR (measles, mumps and rubella) and Tdap (tetanus, diphtheria and pertussis), are known to prevent around 4 million deaths annually, yet only 1 in 5 adults are up to date on their vaccines.

Convenience, accessibility and lack of trust all play fundamental parts in why vaccination numbers are low across some demographic groups and geographic regions. Community pharmacies and clinics, such as the Kroger Family of Companies' Pharmacies and The Little Clinic, have emerged as accessible and convenient options for people seeking needed healthcare services outside of traditional settings. These facilities offer a range of high-quality services, including medication counseling, health screenings and immunizations.

Routine preventive care, including vaccine administration, can take place at various points throughout the year and is not limited to a single season. Certain populations, such as people who are 60 years of age and older, those with chronic diseases and some minority populations, are more at risk for contracting certain infections and are encouraged to maintain updated vaccinations and boosters throughout the year. (For children younger than 5 years of age, check with your local pharmacist or clinician for vaccine guidelines.)

The CDC recommends everyone 6 months old and older get an annual flu vaccine. Influenza, more commonly known as the flu, is a highly contagious respiratory virus that infects the nose, throat and lungs, and could lead to serious illness, hospitalization or death. Dominant flu strains are constantly shifting and protection from a single flu vaccine declines

over time. To reduce the risk of getting or spreading the flu, it's important to get a yearly flu vaccination.

Retail pharmacies and clinics hold a unique position in the local communities they serve and are deeply committed to vaccine education and outreach. In addition to providing protection against illnesses such as influenza, vaccines also offer protection against hepatitis A, hepatitis B, varicella (chicken pox), measles, RSV, pertussis (whooping cough), COVID-19 and more. By equipping people with consistent, factual information, retail pharmacies and clinics empower them to make informed decisions about their health and the health of their loved ones.

Research shows schools and colleges have the potential to cultivate a higher disease transmission rate that affects all ages, from students to staff and teachers, due to the proximity of people within buildings. When students are protected against vaccine-preventable illnesses, they experience fewer absences due to illness, allowing them to fully participate in classroom activities and maximize their learning potential.

Ensuring children are current on their vaccines also creates opportunities for parents and caregivers to check their own preventive health statuses. The National Institutes of Health notes vaccine-preventable diseases cost the country approximately \$27 billion annually in lost wages and increased healthcare costs. Missing routine immunizations could result in missed work and medical bills that could prevent people from being able to provide and care for their families.

Unlike some traditional healthcare settings, retail pharmacies and clinics are easily accessible. They are often located within local communities and have extended hours that cater to busy schedules, allowing flexibility for people getting their families vaccinated. In fact, 90% of the U.S. population lives within 5 miles of a pharmacy. Options like the Kroger Family of Companies' Pharmacies and other retail pharmacies have established vaccine clinics within their pharmacy and

clinic locations, making vaccinations a seamless and convenient part of the healthcare experience they provide.

Annual Gallup Polls consistently show pharmacists and nurse practitioners are among the most trusted people in the medical field. Healthcare professionals at retail pharmacies and clinics undergo rigorous training and possess in-depth knowledge about vaccines, proper storage and handling as well as administration techniques. These professionals contribute to the

confidence of their patients and the health of the community at large.

Retail providers disseminate accurate information about vaccines and address vaccine hesitancy and misinformation within their local communities. By prioritizing proactive vaccinations, retail pharmacies create an environment that supports the overall well-being of students, teachers, staff and families alike, helping communities live healthier lives.

To learn more about annual vaccination needs, visit kroger.com/vaccinations or plan a visit to a local pharmacy or clinic.



Stay Up-To-Date on Recommended Vaccines
Check the boxes on this form to keep track of your and your family's vaccinations

<h3>Infant to Age 15</h3> <p><small>Please note: The Kroger Family of Companies' Pharmacies and The Little Clinic can only administer vaccinations for children 15 months and older.</small></p>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Hemophilus Influenzae Type B (Hib) <input type="checkbox"/> HPV (Human Papilloma Virus) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Meningitis (Meningococcal) <input type="checkbox"/> Polio
<h3>Age 16 to 49</h3>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Hepatitis A <input type="checkbox"/> Hepatitis B <input type="checkbox"/> HPV (Human Papilloma Virus) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Meningitis (Meningococcal) <input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)
<h3>Age 50 to 64</h3>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Shingles (Herpes Zoster) <input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)
<h3>Age 65+</h3>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Flu (Influenza) <input type="checkbox"/> Pneumonia (Pneumococcal) <input type="checkbox"/> Shingles (Herpes Zoster) <input type="checkbox"/> RSV (Respiratory Syncytial Virus)

For more information or to make an appointment, please visit Kroger.com/vaccinations

You may be eligible for other vaccines based on underlying medical conditions or other considerations. Please talk to your healthcare provider for a recommendation on which vaccines are right for you.

SUNDAY

Voice of our PEOPLE

Sunday, Dec. 10, 2023

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The Horse Folks



KAREN ZACH
Around The County

One of my all-time favorite pictures in the hundreds on the Montgomery County INGen-Web page hubs and I do is that of Robert Allen Bonwell, his wife, Linda Jane "Jennie" Malsbary and their two children, son Earl J. and daughter, Opal. It called my pen so here ya' go – enjoy!

Robert Allen was born in Warren County July 28, 1853, son of James A. (born in Brown County, Indiana) and Jane (Sayers) Bonwell and farming and horses was in his blood. At age 29, he married 23-year old, Jennie, daughter of John Vernon Malsbary and Sarah Elizabeth Johnson, Jennie born 3 April 1859 in Montgomery County (according to FindAGrave but pretty sure it was in Jackson Township, in Tippecanoe County near the small town of Sugar Grove). She was one of a decade of children, Robert's family about half as many. These two celebrated their 50th anniversary at their home at 1009 W. Wabash Crawfordsville in the Spring of 1932. Sadly, the next year same season Jennie passed while she was attending the home coming service at their church (ME in New Market – obit) being sick for some time, Robert died in July the next year with chronic nephritis, uremia and arteriosclerosis (Death Record). Both were active in the church and Robert in politics serving eight years as county superintendent of roads (Republican) and wondered if Bonwell Corner on Road 700 S where it connects to US 231 was named to honor him or perhaps they had land there? At the time of his passing at age 80 he was on the Crawfordsville City Council. I think that's amazing! An interesting bit of information on Robert is that he was one of 17 charter members (New Richmond Record 13 March 1913) of the Henry Clay Lodge 288 Knights of Pythias which was chartered on Jan 16 in 1891 and was a member well over 50 years.

Their beautiful daughter here in the picture was a well-known woman in the New Market area having married Walter Saylor. She had taught at Fairview school a few years before her marriage. The Sayers had three sons: Robert, Charles and Ralph and one daughter, Barbara. Likely many of you reading this will have known at least one of these if not all (I knew half).

Opal Elizabeth Bonwell Saylor passed at age 86 in July 1974.

Earl was born near New Richmond 14 March 1884 (obit) and died age 86 in 1970. My favorite story I found about Earl was that after he had attended an entertainment the day after Christmas in 1900 on the 3rd day of 1901, he put an ad in the New Richmond Record saying that whatever party took his overshoe by mistake to please leave it at Claypool and Fry's store, "where I have also left his for rightful exchange!" Too cute!

Earl loved his horses and was found to win in shows: example in a very large (about 5,000 in attendance) annual (so bet he went often) Waynetown Horse Show in June 1935 (Lafayette Journal-Courier on the 7th) the horse he entered won a first!

Of course along with horses can come accidents as found in October 1900 (Record 4th) when Earl with the Rough Riders Club was thrown from his horse with fairly severe injuries falling on his face into the gravel. He had facial cuts and a scalp wound thought to be from the heels of his horse. He was obviously tough as he didn't even miss a day of school!

Earl farmed but involved in politics like his Dad, serving multiple terms as trustee and commissioner. Also, as his father, he belonged to the K of P, Masons, the New Market Methodist Church (as his parents) and Masons. At age 24, he married Ruth Hoss, daughter of Frank and Charlotte (Bowers) Hoss, who was born in St. Joseph, Ill. She was extremely involved in DAR, OES, the New Market Methodist Church, Women's Clubs, her family and home. Earl and Ruth were parents of two sons, Robert and David. R&E were married 58 years before she passed in October 1968, he following in July 1970. They are buried at the Masonic (Oak Hill Grant Avenue) Cemetery.

I didn't know the New Market Bonwell brothers, Robert or David well, but knew Wilda a bit (great wife of David who had a wonderful antique store, The Stables – thanks NP for reminding me as I enjoyed this at least once). Their son Dennis and wife Kay had three children (Michelle, Marc who I remember being in our son's class and being a good baseball player, and Megan).

David and Wilda had horses and if you went through New Market you saw them – always so beautiful and lively. This is definitely a lovely picture and these four people (and those after) were indeed a good, clean, God-loving family!

Karen Zach is the editor of Montgomery Memories, our monthly magazine all about Montgomery County. Her column, Around the County, appears each Thursday in The Paper of Montgomery County. You can reach her at karen.zach@sbcglobal.net.

Darlington's Biggest Basketball Upset Victory



BUTCH DALE
Columnist

If you ask Montgomery County basketball fans to name the biggest basketball upset victory in Darlington's history, most folks would point to the Indians' great Sectional tourney championship win in 1969, when they defeated the Speedway Sparkplugs, the Marion county champions, by a score of 56 to 54. I was at that championship final, one of the most exciting games I have ever witnessed. A last second shot by Speedway bounced off the rim, and the Darlington crowd went absolutely crazy! Yes, even though the Indians were undefeated during the regular season and had easily won the County tourney (defeating Waynetown 92-42, clobbering New Ross 107-52, and demolishing Linden in the championship 89-49), they were considered underdogs against Speedway.

However, I have looked at the results of hundreds of Darlington games since basketball first started at the school in 1907...and I believe the biggest upset victory occurred at the Montgomery county tourney in 1965. And I remember that game very well as I was a member of the team!

Entering the tourney, my team had a record of 4 wins and 7 losses, two of the wins against the tiny schools of Alamo and Kingman. Our starting five was Joe Mahoy and Eddie Gable as guards, Phil Mahoy at center, and Wayne Palmer and myself at forwards...not a one of us six feet tall. We had to play an excellent New Market team, with a record of 8-3, in the first game. They were led in scoring by Jerry Hester, Glen Smith, Jim Slavens, and Dale Conrad. And to top it off, the Purple Flyers were coached by Jack Hester, one of the all-time greatest coaches in Montgomery county history. The outlook for our team winning this first game was not good.

In that first quarter, we outthusted, outrebounded, and outshot New Market, and led 22-12 at the end. Wayne Palmer and I both had a hot hand in that first half. I hit eight baskets and Wayne connected on five, and when the first half ended, we were ahead 38-26. Our coach, Galen Smith, decided to slow the pace down in the second half. New Market started hitting baskets, and at the end of the third quarter, we led by only four, 44-40. In the last quarter, New Market put on a full court press, but when



Photo courtesy of Butch Dale

1965 Darlington H.S. Basketball Team – Bottom Row: Eddie Gable, Wayne Palmer, Dan Hampton, Dave West, Joe Mahoy, Bob Woody, mgr. Back Row: Galen Smith, coach, Phil Mahoy, Dick Clouser, Frank Rose, Butch Dale, Tim Budd, Bob Shelton, mgr.

they did, they made several fouls. Ed Gable and Wayne Palmer came through for us, and canned eight free throws, and along with three baskets, we survived by a final score of 58 to 52...a minor miracle.

Unfortunately, our next game on Saturday afternoon, was against the New Ross Blue Jays, who had beaten us earlier in the season by a score of 88-60. They had already defeated Waynetown 72-51 and Linden 70-49 to reach the semifinals. And to top things off, New Ross had won fifteen straight games--the longest winning streak of any school in the state! They had an outstanding team, led by Ron Haffner, Bob Williams, Gary Harrison, Terry Moore, and Chuck Grenard. In fact their subs, such as John Budd, Pat Evans, and Denny Norman, just to name three, could have been starters on any other team in the county.

The Blue Jays started out hot, leading 8-2 after just a couple of minutes. But then their shooting hit a dry spell, and we caught up to tie it 11-11 at the end of the first quarter. Amazingly, my team led at halftime 20-16 in a defensive battle. Both teams battled back and forth in the third quarter and were tied at 32. Joe Mahoy got hot in the fourth quarter, hitting three baskets. With my team leading 45-41, New Ross started fouling, hoping we would miss the free throws, but Ed Gable came through again. After Terry Moore fouled out, Joe Mahoy iced two more free throws with six seconds left. We had won...49 to 45. Joe led in scoring with 17, I scored 14, and Ed scored 13...seven of which were free throws. Our fans went wild...and we also won the County Keg--the first time we had won it since 1957. Everyone who watched that game at the Crawfordsville gym was stunned at the results. I could hardly believe it myself. The "thrill of victory!"

That night we had to play Coal Creek in the championship game. After defeating New Market and New Ross, we had no doubt that we could beat the Bearcats. It was not to be. Larry Lidester, Steve Snyder, Chuck McKnight, and Lee Fouts combined for 43 points. Although

we made 21 free throw shots, our outside shooting was off. Joe Mahoy's last second shot bounded off the rim, and we lost 47-45...and we handed the Keg over to the Bearcats...the shortest time any school ever owned the traveling trophy. The "agony of defeat!"

Anyone who has ever watched Montgomery county basketball knows that strange things can happen. Just a few games later, we played Coal Creek again. I hit my first eleven shots in a row. We outplayed the Bearcats in each quarter, won 62 to 45, and got the Keg back! We had it until the last game of the season when we traveled to Waynetown, who had a record of 6-12. Easy pickings...right? Wrong. I started out hitting my first three shots, but halfway through the first quarter, a Waynetown player purposely elbowed me with an uppercut to the chin. He knocked some teeth loose and my tongue was bleeding profusely, and I was out of the game until just a few minutes were left in the last quarter. We lost the game 58-51...and we lost the Keg.

Sectional time....We had to play...guess who? Coal Creek. They wanted revenge for losing the Keg earlier. Larry Lidester scored 16 points, and Rich Stonebraker added 11, but the other Bearcat players were cold. Joe Mahoy and I both scored 18 points each, and we won 47 to 45...the exact same score in which Coal Creek had defeated us in the championship game of the County tourney!

In that 1965 season, I learned how to win, and I learned how to lose. I discovered that miracles can happen. If my team had played New Ross a hundred times, we might have won once. That Saturday afternoon victory was that one time. You can never predict how a game might turn out. That year was the most exciting season during all of the years that I played basketball.

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



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Sunday, Dec. 10, 2023

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Wow! Thanks For The Response!



TIM TIMMONS

Two Cents

We asked and you delivered. Boy, did you deliver!
To recap – a week ago in this very space your favorite Montgomery County daily took the opportunity to ask what you wanted this paper to look like in 2024. Do you

still want seven editions a week? One? Somewhere in between? Do you want more pages? Less? What do you want to pay (and no, not even one of you took the easy shot and said “Free!” And I thank you kindly for that!)
A few of you also shared your thoughts on the state of the Colts – and like most of us – said you are pleasantly surprised . . . so far. Yeah, me, too. Especially after last Sunday!
Anyways – the overwhelming majority who replied said that you did not need an Online Edition seven days a week – and a few of you said you did not need a Print

Edition at all. Suggestions ranged from one day to five. One of you even said that you would be happy just getting Karen Zach’s monthly Montgomery Memories!
Oh, and before I forget – thank you kindly to so many of you who said you would not object very much to a price increase. No one was jumping up and down about it, but several of you said some very kind things about how long we have held the line on our subscription rates while others have not. Thanks much!
So the purpose of this week is several things. First and foremost, many

thanks to so many of you who responded. I expected eight or nine maybe and got dozens instead. Also, thanks so much for the thoughtfulness you exhibited. I’ve long said that the readers of The Paper of Montgomery County are several notches above most. You are not just smart and informed, you are classy, friendly and kind. I hope you also know you are appreciated!
And the last goal of this week is to delve a little deeper into the question of frequency. No, we have not made a decision to reduce the number of days we publish yet – but if we do, what’s the mag-

ic number?
One seems a bit low. But is five too many? Is every other day better? Two times a week? I know we’re all busy, so what sort of schedule fits best with you? What’s your routine?
We send out our electronic carrier force – I like to think of it like a fleet of cute little electronic boys and girls on bicycles – bright and early at 4 a.m. Statistics from our partners at Constant Contact show that a fair amount of you read it between that 4 a.m. and 5:30. And that most of you read it after 8 a.m.
Some days are more well read than others –

although that varies.
That said, before we make any decisions, here’s one more request for your input – and one more thank you! Sincerely! To respond, just shoot me an e-mail (ttimmons@thepaper24-7.com) and let me know what you think. Frequency is the question, but like last time – I enjoy hearing any thoughts you have.
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 ttimmons@thepaper24-7.com.

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Ask Rusty – I’m Returning To Work; What Should I Do About Social Security?

Dear Rusty: I started collecting Social Security at age 62 earlier this year. I had an opportunity to partner in a new business this year that will allow me to earn about \$200,000 in 2024. Because this is significantly above the allowed earnings when collecting early benefits, I need advice on how I handle this with the Social Security Administration. Am I supposed to call them and advise them of my change in income for 2024? If so, am I going to be penalized in any way? I expect they will stop all payments in 2024 once I alert them to the change. Will I be eligible for Social Security payments when I retire again? This is planned to take place before I reach full retirement age of 67. For information, my 2023 income will not ex-

ceed the 2023 allowable income limit. **Signed:** *Un-retiring Temporarily.*

Dear Un-retiring: You have a couple of options, considering that you recently claimed early Social Security benefits but are returning to work with income significantly more than the 2024 earnings limit of \$22,320. The first is to simply contact Social Security and tell them you are returning to the work force and tell them your anticipated 2024 income. They will suspend your SS benefits for all of 2024 (to avoid overpaying you and making you return those 2024 payments later). If you plan to continue in your new business beyond 2024, you can advise them of that as well and they will continue the suspension of your benefits, until such time as you either



ASK RUSTY
Social Security Advisor

discontinue working or reach your full retirement age (the earnings test no longer applies after you reach your FRA). At that time, SS will resume your monthly Social Security payments and, at your FRA, will give you time credit for all months your benefits were suspended, providing you with a higher monthly payment after your full retirement age is attained (with an adjustment for benefits

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

already paid). Your other option is to contact Social Security soon and request that your recent application for Social Security benefits submitted earlier this year be withdrawn. You have 12 months from the date of your application to do this, but you will need to repay Social Security all money which they paid to you or on your behalf (including your monthly payments, any income tax

you had withheld from those payments, and any dependent benefits which might have been paid based on your record). That will effectively "wipe the slate clean" with Social Security and will be as though you had never claimed, allowing you to simply wait until you stop working, or until your FRA, or even beyond your FRA, to re-apply for Social Security at a higher monthly

amount. The advantage of this option is that when your benefit restarts there will be no adjustment (reduction) for past benefits paid.

What I suggest you not do is simply wait to see what happens. That would result in Social Security catching up after the IRS informs them of your 2024 earnings, resulting in you receiving an Overpayment Notice from the SSA demanding repayment of 2024 benefits paid. In that case, you would need to quickly repay Social Security in a large lump-sum or have your SS benefits withheld until the debt for exceeding the earnings limit was repaid. In a nutshell, I suggest you call Social Security and tell them you are returning to work, what your earnings are expected to be, and for how long.

Butch Is Running For President!



BUTCH DALE
Columnist

Fellow Americans, friends and neighbors, illegal immigrants...I am hereby announcing my intention to throw my hat in the ring. I want to be your next President. After examining the qualifications of all of the 46 previous U.S. Presidents, I have reached the conclusion that our country certainly is the land of opportunity...anyone, yes, ANYONE can be elected to lead our nation. So why not me?

We have problems...the border, inflation, terrorism, race relations, energy, drugs, China, Russia...the list goes on and on. It's one worry after another. And now our country's biggest concern at present--Taylor Swift's romance with Travis Kelce. How will that turn out? I can't sleep at night just thinking about it.

Let's face facts, the President doesn't do a whole lot on his own. Take Joe Biden for instance. He is like the scarecrow in the Wizard of Oz... "And my head I'd be scratchin', while my thoughts were busy hatchin'...if I only had a brain." You see, Presidents appoint others to do all the work. The problem right now is that Ol' Joe selected people based on gender, race, politics, and connections...instead of qualifications. Let's face the facts. These people have failed to deliver. As your next President, I promise to appoint people who will get the

job done! Here are my picks....

Secretary of Defense... Clint Eastwood. (Yes, I realize that Clint is in his 90s. In his last movie, he looked like a 98 lb. homeless person on meth. But not to worry, he still has his Smith & Wesson 44 magnum handy. "Go ahead, make my day!")

Secretary of Agriculture... Willie Nelson (as a special consultant for marijuana cultivation, not only can Willie help farmers increase their profits, he can also keep the pot-smoking public just as dumb as ever.)

Secretary of Homeland Security... Chuck Norris (We need an expert to give instructions to the U.S. Border Patrol on more effective kick and karate chop techniques... NOT to illegal immigrants, but to all smug, liberal, anti-semitic, Hamas-loving politicians who hate America.)

Secretary of Health... Kim Kardashian (not too smart, but she looks pretty healthy to me.)

Secretary of the Treasury... It was difficult selecting one person, so I am appointing a committee of four... Jeff Bezos, Bill Gates, Elon Musk, and Mark Zuckerberg... (The U.S. is \$34 trillion in debt. These four alone can pay it off, and still have plenty left over... inflation problem solved!)

Secretary of Education... Fred Rogers and Big Bird (Would you be mine, could you be mine, won't you be my neighbor? Howdy neighbor!)

White House Press Secretary... Dolly Parton (for two good reasons...any questions?)

I would also make sure that various current politicians and celebrity "political sidekick hacks" are not kicked out on the street without a job. I will help them obtain a

profession to which they are better suited, such as... Jane Fonda (ambassador to North Vietnam), Whoopie Goldberg and women on The View (can have their own comedy show... OOPS, they already have that!) Bernie Sanders (financial advisor to Vladimir Putin), Alexandria Ocasio-Cortez (bartender at Hamas Bar & Grill), Barack Obama--(community organizer on Martha's Vineyard and part-time carnival barker), Michelle Obama (center for New York Knicks), Donald Trump (hair stylist for Howdy Doody), Melania Trump (my personal maid... NOTE: I will have to get my wife's permission first), Nancy Pelosi (centerfold for Mad Magazine), Maxine Waters (centerfold for Dog Journal magazine), John Kerry (Lurch on the TV remake of The Addams Family... perfect!) Kamala Harris (emcee for Bloopers TV show), Elizabeth Warren (will replace Tonto as the Lone Ranger's new sidekick), Al Sharpton (personal minister for North Korea's Kim Jong Un), Joe Biden (mannequin at J.C. Penneys), Jill Biden (author of book entitled "I Married an Idiot"), Hunter Biden (Chinese loan specialist and prison cellblock graffiti artist), Bill Clinton (gynecologist), Hillary Clinton (NOTHING)... just go away... PLEASE... JUST LEAVE US ALONE!

Please vote for me. Campaign cash donations accepted now. I need the money for groceries. Thank you.

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

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Actors Theatre Of Indiana Welcomes Actor/Jazz Vocalist Wayne Powers To Celebrate The Holidays

Actors Theatre of Indiana is excited to announce that jazz vocalist and actor Wayne Powers will be a special guest for ATI's CELEBRATE THE HOLIDAYS. Powers promises two unforgettable performances as he and his jazz trio join ATI on December 13 and 14 at the Studio Theater in Carmel.

Known as one of the last of the real "Saloon Singers," Powers is internationally acclaimed for his extensive work on stage, screen, recordings and his 20-year network TV career. "The Great American Songbook" is Powers' playground. This, along with some Hollywood stories, laughs, surprises and a swingin' 108th birthday tribute to Frank Sinatra, will provide a generous helping of Christmas cheer!

Powers started out as a nightclub singer in New York at age 16. He performed across the country, finally landing in Hollywood where he worked for Henry Mancini. He launched his decades-long network television career after being discovered in a live

improv comedy show with a then-unknown Robin Williams.

Williams went on to Mork & Mindy and movies, while Powers went on to Laverne & Shirley, Elvis and Me, One Day at a Time, Murder She Wrote, Simon & Simon, Full House, Alf, Doogie Howser and many others, including starring for two seasons in his own popular NBC sitcom, 13 East. Equally at home on television, radio, theatre, club or concert stage, music is his first love. He has played top jazz rooms and jazz festivals, consistently drawing large, enthusiastic star-studded crowds.

The critics agree: "Get yourself to a Wayne Powers show. The guy is really terrific!" (L.A. Jazz Scene) "Powers invests deep emotion into standards ... bringing a mature understanding to lyrics that sound as if he has lived each one. Like the Jazz greats before him - Sinatra, Eckstine, Prysock, Hartman - Powers understands that great singers are equal parts poets and performers, technicians and thespians. As he's proven over the course of a long

career, he's the complete package." (JAZZIZ Magazine)

Don't miss this chance to catch Powers at the Studio Theater at the Center for the Performing Arts December 13 and 14. Both shows will begin at 7:30 pm. You can get your tickets at atistage.org or by calling The Center for the Performing Arts box office at 317. 843-3800.

About Actors Theatre Of Indiana

Actors Theatre of Indiana was founded in 2005 with a mission to celebrate the power of theatre and contribute to the quality of life in central Indiana by offering high quality, professional theatre performances and programs that engage, inspire, educate and entertain. An award-winning Equity Professional Theatre company, Actors Theatre of Indiana is the resident professional theatre company of The Studio Theater at The Center for the Performing Arts in Carmel, Indiana, now in its 19th season of high-powered theatrical productions, world premieres and innovative community works.

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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.

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Charge: P/V Dealing Methamphetamine (Level 3)

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

Please Read Our Disclaimer:

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

Notice:

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

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