

# SUNDAY

# The Paper

## OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper



Photo courtesy of Wabash College

## Wabash College Receives \$25 Million Grant From Lilly Endowment

Wabash College will roll out the welcome mat to the Crawfordsville community and provide unprecedented support for Montgomery County's nonprofit agencies thanks to a \$25 million grant from Indiana's Lilly Endowment Inc. as part of its College and Community Collaboration (CCC) initiative.

The aim of the Lilly Endowment initiative is to encourage Indiana's colleges and universities to work closely with community stakeholders to envision and jointly undertake significant community development efforts to create more vibrant places in which to live, learn, work, and play.

"Wabash is eternally grateful that Lilly Endowment recognized the various ways Wabash can and will support the nonprofit ecosystem in Montgomery County through our people, programs, and places, and we are excited to work with our community partners to improve the quality of life for all our citizens," said Wabash President Scott E. Feller.

The grant will help nonprofits gain access to the College's resources, purposefully strengthen ties with the Latino community, and fund early childhood education in Montgomery County, among other efforts to enhance community collaboration. The \$25 million, five-year grant is the largest-ever foundation gift received by the College.

Using a \$250,000 planning grant from Lilly Endowment, earlier this year the College embarked on the most ambitious comprehensive demographic research ever conducted in Montgomery County. Working with Prolific LLC, the College interviewed and held focus groups with teachers, principals, religious leaders, non-profit volunteers, immigrant business owners, College staff, local elected officials, and business leaders. The research focused on how to improve

quality of life in Montgomery County and in the city of Crawfordsville and the ways in which the College could support those efforts.

"This was truly eye-opening research – even for those of us who have called Montgomery County our home for decades and decades," said Jim Amidon, who was College's principal investigator. "While those of us who work at Wabash don't see town-gown divisions, we quickly realized that our community sees the College differently – as 'insular' and 'existing only for itself.' That drove our efforts to design a proposal to use Wabash's enormous human and physical resources to open our doors to the community."

"Crawfordsville and Wabash College have a long, rich history of collaborative partnerships dating back to the College's recovery from a devastating fire in 1838," said Crawfordsville Mayor Todd Barton. "We fully recognize that our successes are inextricably intertwined, and I applaud Wabash's effort to help address some key factors affecting the quality of life in our community."

In the broadest terms, the grant builds on important partnerships with a wide swath of local leaders and will focus on three categories: Non-Profit Connectedness; Trust-Building and Belongingness; and Capital Investment. Funding will be allocated to:

- Nurture stronger nonprofit development, fundraising, and event infrastructure;
- Create and enhance community gathering spaces to grow nonprofit capacity, celebrate accomplishments, and strengthen relationships;
- Leverage Wabash's resources - human and physical - to address the underserved Latino community through added services and student engagement;
- Build collaborative initiatives across city and county

government, the nonprofit sector, and the College;

- Provide accessible, high-quality childcare with early access to postsecondary education planning and student engagement in partnership with the Montgomery County Community Foundation (MCCF), City of Crawfordsville, Montgomery County, and local industries;
- Add to and revitalize Wabash's physical connection to downtown Crawfordsville's businesses, organizations, and community spaces.

"Taken together, these efforts will raise our collaboration to new heights and prepare us to weather the demographic and economic challenges we will face in the years to come, while dramatically improving the quality of life for all who call Montgomery County home," said President Feller.

For two years, Wabash has been working with the architectural and planning firm Shepley Bulfinch on plans for a new campus and community engagement center. A significant amount of the grant from Lilly Endowment will support the construction of a 38,000-square-foot center that will include a new dining hall, community event space, meeting rooms, and public-facing pub-style restaurant, among other amenities.

"What we heard from nonprofits in our research is that they simply don't have places which offer wrap-around services where they can hold their annual meetings or expand programs into large-scale fundraisers," said Matt Salzman, director of foundations, corporations, and government relations at Wabash. "Our new campus and community engagement center will provide access to flexible event space with on-site catering and our partnership with the MCCF will further nurture and support nonprofit development, fund-

raising, and event infrastructure here in Montgomery County."

Work with nonprofits will be directed by Wabash staff in close partnership with the MCCF and nonprofit leaders. The goal is to provide access to these programs to encourage collaboration, grow fundraising, expand connections, and provide sustainability for our nonprofit partners.

This coalition will expand programmatic offerings in a reimagined MCCF Nonprofit Learning Series that will include the skills of the professional staff at Wabash to encourage community engagement with external organizations. Nonprofit Resource Programming will encourage volunteerism and internships, expanding community engagement opportunities for Wabash staff and students. Nonprofit Access Grants will provide funding to defray hard costs associated with fundraising events.

Another significant and important aspect of the College's initiative builds on a previous Lilly Endowment grant-funded program, "Restoring Hope, Restoring Trust," and will focus on serving the needs of the growing Latino community – both on campus and in Montgomery County.

"The nonprofit pillar of our initiative will be unprecedented in its ability to engage the community, yet there remains a concern that there will be unmet needs that will require more direct and intentional resources at Wabash, especially in empowering the broader Latino community to trust in our collective mission and build a true sense of belonging," Salzman said.

To meet the need both in the community and with Wabash's growing Latino student population, the College will hire a Latino Partnership Coordinator and develop a Latino Community Center adjacent

to the main corner of campus. The center will be home to the Wabash student group, La Alianza, which has built trusting relationships with local Latino-owned businesses. The College plans to launch English Language Learning (ELL) programs for native Spanish speakers. Wabash will also help immigrant families navigate the often-confusing path to higher education.

"Immigrant families have settled in Crawfordsville because of good jobs and excellent schools," added President Feller. "Our goal is for young people to realize that college is an option for them regardless of language and income barriers."

Finally, a portion of the grant will help fund the Montgomery County Early Learning Center to meet one of the community's greatest needs. Spearheaded by the MCCF and funded in part by the city, county, and local industries, the new center will provide early childcare and education in a renovated and expanded facility that used to be the county's government center. The nearly 15,000-square-foot, \$5 million facility will provide high-quality childcare for approximately 124 children from infants through age five.

The College will implement its bold plans for the new initiative immediately – beginning work on renovation of the building that will house the Latino Community Center, making improvements to parking and wayfinding on campus, and hiring key staff. The College hopes to break ground on the new campus and community engagement center in June.

Wabash is one of six Indiana higher education institutions receiving implementation grants through Lilly Endowment's competitive initiative. Lilly Endowment anticipates making additional grants through the CCC initiative in 2024.

### ➤ TODAY'S QUOTE

"That's what Christmas is all about, Charlie Brown."  
Linus Van Pelt

### ➤ TODAY'S JOKE

Where does Mistletoe go to become famous?  
"Holly" wood!

### ➤ TODAY'S VERSE

Romans 8:38 - 39 "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow - not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below - indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord." (NLT)

Brought to you by:

Have a very Merry Christmas!

7 DAY FORECAST

TODAY: CLOUDS TO SUN, HIGH 43

25/49 SUNNY, WARMER	26/53 SUNNY AND PLEASANT	33/48 MOSTLY CLOUDY	37/49 MOSTLY CLOUDY, SHOWER POSSIBLE	34/46 SUNNY AND WINDY	30/47 SUNNY
THU	FRI	SAT	SUN	MON	TUE

HONEST HOOSIER



A quick trip up north!

**I**ndiana

**F**acts & **F**un



**Number %**  
**÷ Stumpers**

- Did You Know?**
- Lake county is part of Northwest Indiana and the Chicago metropolitan area, and contains a mix of urban, suburban and rural areas. It was founded in 1837.
  - The population in 2010 was 496,005 with 27,317 residing in the county seat, Crown Point
  - It is the home to a portion of the Indiana Dunes and to Marktown, Clayton Mark's planned worker community in East Chicago.
  - According to the 2010 census, the county has a total area of 626.5 sq mi square miles

1. What percentage of people live in Crown Point?  
≥
2. How old is Lake County?  
≤
3. How many live in the county, but not in Crown Point?  
≥
4. What is the population density of the county?  
≤

**%** **÷**  
Answers: 1. About 1 percent 2. 182 Years 3. 468,688 People 4. 994.1/ sq. mi.

**Got Words?**

Located in the northernwest part of the state, Lake County is close by to one of the largest cities in the country, Chicago. How do you think this location might impact the people who live and work in Lake County?

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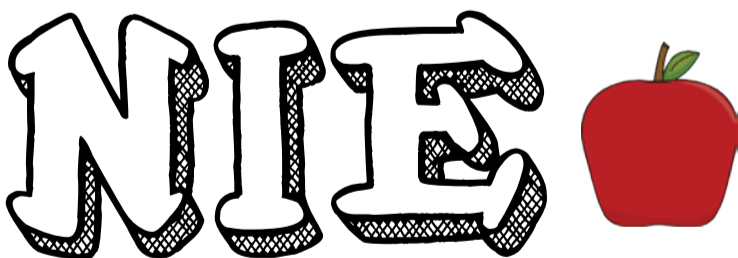
**Word Scrambler**

Unscramble the words below!

1. KELA
2. CCHIGOA
3. WCRON TPOIN
4. NESDU
5. TWNOKRMA

Answers: 1. Lake 2. Chicago 3. Crown Point 4. Dunes 5. Marktown

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# SUNDAY

## Indiana the Strong

Sunday, Dec. 17, 2023

B1

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Photo courtesy of Purdue Agricultural Communications

**Purdue Beef Basics in the Eastern Corn Belt is a virtual, multi-session program that will take place in February and March. Hosted by Purdue Extension, the program is aimed at the beef cattle industry and will cover topics including an overview of beef cattle, behavior and facilities, health, genetic selection, forages, nutrition, and reproduction.**

## Purdue Beef Basics In The Eastern Corn Belt Program To Highlight Key Topics For The Beef Cattle Industry

Purdue University Extension is offering Purdue Beef Basics in the Eastern Corn Belt — a virtual, multi-session program aimed at the beef cattle industry that will take place in February and March.

Purdue Extension educators and specialists and industry experts will facilitate and lead program sessions. Among the topics to be covered are an overview of beef cattle, behavior and facilities, health, genetic selection, forages, nutrition, and reproduction.

Producers with less than five years of experience and those interested

in exploring the industry are encouraged to attend. The program will run from Feb. 6 until March 26, 2024, on Tuesdays from 6-8:30 p.m. ET, and on Thursdays from 7-8 p.m. ET. The cost is \$50 and the registration deadline is Jan. 24, 2024.

Sabrina Allen, Purdue Extension educator, agriculture and natural resources, and program co-host, says, “We hope that producers walk away from this training with increased confidence and awareness of what producing beef cattle entails.”

Keith Johnson, professor of agronomy, Ex-

tension forage specialist and event speaker, says, “The Purdue Beef Basics program will provide attendees with the ability to better communicate with those that supply inputs necessary to be a successful cattle producer. The program will also introduce participants to a network of professionals that will prove valuable as they begin or further establish their beef business.”

To register for the program, visit the Extension event website. For questions or other inquiries, email allen484@purdue.edu or jmrichards@purdue.edu.

## Dolly Parton’s Imagination Library Of Indiana Announces New State Director And Engagement Coordinator

The Indiana State Library and The Dollywood Foundation are pleased to announce the hiring of Melinda Brown as State Director of Dolly Parton’s Imagination Library of Indiana and Katie Mullins as its Community Engagement Coordinator.

Brown has an extensive history working in the nonprofit sector, most notably with Stayin’ Alive, a Franklin County community organization that addresses substance abuse. Brown helped launch a local Imagination Library program in Franklin County in 2007 and continues to serve as a member of the Board of Directors. With the Imagination Library of Indiana, Brown will manage all aspects of the statewide program, staffing, budget management and developing strategies for fostering and sustaining statewide Imagination Library efforts.

“Working with the Indiana State Library to implement Governor Holcomb’s Next Level Agenda to reach children birth to 5 years of age, by gifting books through Dolly Parton’s Imagination Library is an invigorating honor!” Brown said.

Mullins has a comprehensive background in public libraries, including ten years of experience as an executive director, most recently with the Eckhart Public Library. During her time as an executive director, Mull-

ins honed her leadership, librarianship and strategic planning skills, while instilling a love of reading in children. In her new role, Mullins will develop and maintain strong relationships with local and community partners, volunteers, and supporters statewide.

“This opportunity allows me to fulfill many of my passions - early literacy, philanthropy and building community partnerships in the best possible way, with books,” Mullins said.

In August, Governor Eric J. Holcomb announced the expansion of the Imagination Library of Indiana’s statewide book-gifting program. The goal of the expansion is to make books available to children ages 0-5 in every zip code in Indiana. Since the statewide launch, 16 new programs have been established bringing the total to 70 counties. The program is serving 89,278 children. The program will soon be available to more children in Indiana at no cost to families. The Indiana State Library is the State Program Sponsor and assists in the coordination of the statewide program and governs the state match.

To learn more about becoming a community partner, contact Katie Mullins at kmullins@imaginationlibrary.com.

To enroll in this program and learn more as it expands across the state,

visit [www.imaginationlibrary.com](http://www.imaginationlibrary.com).

### About Dolly Parton’s Imagination Library

Since launching in 1995, Dolly Parton’s Imagination Library has become the preeminent early childhood book-gifting program in the world. The flagship program of The Dollywood Foundation, a 501(c)(3) non-profit organization, has gifted over 200 million free books in the United States, Canada, United Kingdom, Australia, and The Republic of Ireland. This is achieved through funding shared by The Dollywood Foundation and Local Community and [State/Provincial/National] Partners. The Imagination Library mails more than 2.8 million high-quality, age-appropriate books directly to children’s homes each month. Each child enrolled in the program receives one book per month from birth to age five - at no cost to families. Dolly envisioned creating a lifelong love of reading and inspiring children to Dream More, Learn More, Care More and Be More.

The program’s impact has been widely researched, and results demonstrate its positive impact on early childhood development and literacy skills. Penguin Random House is the exclusive publisher of Dolly Parton’s Imagination Library.



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THE PAPER



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# SUNDAY

## In The Kitchen

Sunday, Dec. 17, 2023

C1

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## Simplify Holiday Hosting *from Start to Finish*

### FAMILY FEATURES

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

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

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

### Plan Your Guest List and Menu

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

### Start Grocery Shopping Early

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

### Maximize Prep Time

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

### Enlist Help with Cooking

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

### Make Cleanup a Cinch

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

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

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

For more hosting tips and tricks, visit [UltimateThanksgivingExperience.com](http://UltimateThanksgivingExperience.com).



### Ultimate Cheesy Herb Sourdough Stuffing

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

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

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

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

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

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

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



# SUNDAY

## In The Kitchen

Sunday, Dec. 17, 2023

C2

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

## Sweet and Savory Ways to Shake Up Holiday Celebrations

FAMILY FEATURES

**T**is the season for sweet and savory favorites – from the mouthwatering desserts you crave each year to starters and snacks that hold over hungry guests. Elevate your holiday entertaining with the right combination of appetizers, main courses, sides, sweets and beyond that start with the same seasonal staple: pecans.

As a versatile nut that can be used throughout the holidays, pecans have you covered so you can cook and enjoy a myriad of dishes, add festive flair to decor, or provide a nutritious snack in the midst of season-long indulgences. This year, pick up an extra bag of pecans to create nutritious, delicious dishes to enjoy on-the-go or serve to guests.

To help celebrate the holiday season, the American Pecan Promotion Board introduced a digital Pe-Calendar to highlight the many ways pecans can be enjoyed in and beyond a traditional pie. From Dec. 7-18, the interactive calendar will unveil tasty recipes for pecan fans to enjoy, along with fun games that can enter you in to win exciting prizes each day. From delicious Baked Brie with Pecans and Cranberry Orange Chutney to nutritious Pecan Snack Mix with Cranberries and Chocolate, along with prizes, the calendar provides an ultimate way to shell-cebrate with the must-have holiday nut.

To sign up for daily email reminders to open a new door for chances to win nutty prizes, or to find additional holiday recipes, visit [EatPecans.com](http://EatPecans.com).

### Pecan Snack Mix with Cranberries and Chocolate

Recipe courtesy of Jess Larson and the American Pecan Promotion Board

Prep time: 10 minutes

Cook time: 5 minutes, plus 10 minutes cooling time

- 1 cup pecan halves
- 1 cup rice squares cereal (wheat or cinnamon)
- 1/2 cup pretzels
- 2 tablespoons unsalted butter
- 1 tablespoon brown sugar
- 1 1/2 tablespoons pure maple syrup
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup dried cranberries
- 1/2 cup dark chocolate chips

In large, microwave-safe bowl, add pecans, rice squares cereal and pretzels. In small, microwave-safe bowl, add butter, brown sugar, maple syrup, salt and nutmeg. Microwave butter mixture 1-2 minutes until melted then pour over dry mix. Toss well to combine.

Microwave snack mix in 45-second intervals, about 4-5 intervals total, until mix is fragrant, golden and toasty.

Cool mix completely then stir in cranberries and dark chocolate chips.



Baked Brie with Pecans and Cranberry Orange Chutney

### Baked Brie with Pecans and Cranberry Orange Chutney

Recipe courtesy of the American Pecan Promotion Board

Cook time: 24 minutes

Servings: 8

- 1 bag (12 ounces) fresh cranberries
- 1/2 cup maple syrup, plus 1 teaspoon for garnish, divided
- 1/2 cup water
- 1 orange, zest and juice only
- 1 teaspoon freshly chopped thyme, plus additional for garnish, divided
- 1 teaspoon freshly chopped rosemary
- 1 tablespoon bourbon (optional)
- 1 round brie (13.4 ounces)
- 1/2 cup roasted pecan pieces
- crackers
- toasted bread
- apple slices

Preheat oven to 350 F. Line baking sheet with parchment paper or silicone baking mat.

In medium saucepan over medium-high heat, bring cranberries (reserving some for garnish), 1/2 cup maple syrup and water to boil. Reduce heat to medium-low and cook, stirring occasionally, until cranberries pop and mixture thickens, 8-10 minutes.

Remove cranberry mixture from heat and stir in orange zest, orange juice, 1 teaspoon thyme, rosemary and bourbon, if desired.

Place brie on parchment-lined baking sheet. Bake 5-7 minutes, or until inside of cheese softens while outside remains intact.

Transfer brie to serving platter and top with chutney and toasted pecans. Drizzle remaining maple syrup over brie and garnish with remaining fresh thyme and reserved cranberries. Serve with crackers, toasted bread and apple slices.



Pecan Snack Mix with Cranberries and Chocolate

# KAREN ZACH



Think writing a column on genealogy is easy?

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

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# SUNDAY

## In The Kitchen

Sunday, Dec. 17, 2023

C3

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## A Full Menu of Festive Holiday Flavor



### FAMILY FEATURES

Cooking up a successful holiday gathering calls for everyone's favorite recipes. From the centerpiece main dish to fresh salads and appetizers, roasted sides and baked sweets, you can take seasonal get-togethers up a notch by mixing traditional classics with newfound favorites. Consider this full-fledged menu of flavor to give guests a memorable holiday experience from beginning to end and find more festive recipe ideas at [Culinary.net](http://Culinary.net).

Photo courtesy of Getty Images

### Fresh Flavors for Holiday Festivities

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

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

Visit [FreshExpress.com](http://FreshExpress.com) to discover more fresh, easy and healthy recipes for the holiday season.

### Cornish Game Hen with Kale Sweet Potato Salad

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

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

Heat oven to 350 F.

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

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



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

Fill cavity of each hen with apple stuffing.

Place hens in 13-by-9-by-2-inch baking dish. Tie legs together and tuck wings under. Baste with butter mixture.

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

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

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

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

Serve Cornish game hens with sweet potato kale salad.

### A Festive, Everyday Side Dish

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

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

Ideal for this Perfect Roasted Little Potatoes recipe, these little potatoes are a tasty, fresh whole food that you can feel good about serving. Ready in half an hour with minimal prep and a few simple ingredients, it's a perfect side dish for any occasion. Visit [littlepotatoes.com](http://littlepotatoes.com) for more information and holiday inspiration.

### Perfect Roasted Little Potatoes

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

- 1 1/2 pounds The Little Potato Company Little Potatoes
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1-2 tablespoons fresh parsley, chopped

Preheat oven to 400 F.

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

Spread potatoes in single layer on rimmed baking sheet lined with parchment paper.

Bake 30 minutes, or until tender.

Sprinkle with parsley and serve.

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



### Get Creative with Delicious, Decorative Cookies

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

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

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

Find holiday recipes, baking tips and more at [dominosugar.com](http://dominosugar.com).

### Ornament Cookies

Prep time: 25 minutes plus 1 hour to decorate  
Cook time: 20 minutes  
Yield: 2 dozen cookies

### Cookies:

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

### Royal Icing:

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

To prepare cookies: In large bowl, beat butter and sugar until light and fluffy. Add vanilla and

egg; beat until well combined. Scrape sides of bowl as needed. Add flour and salt; beat until just combined.

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

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

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

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

Color royal icing with food coloring and decorate cookies.

# SUNDAY

## In The Kitchen

Sunday, Dec. 17, 2023

C4

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

## 4 Savvy Steps Toward Grocery Store Savings

### FAMILY FEATURES

**W**hether you live alone or have multiple mouths to feed each day, grocery bills can add up. It's an inevitable expense for everyone, but there are tried-and-true ways to limit your spending and put money back in your pocket.

It all starts by considering the number of meals you need to make each week and creating a flexible menu. Ask family members to help brainstorm recipe ideas for the week then take inventory of ingredients you already have on hand. When it's time to head to the store, consider these financially savvy tips to avoid overspending.

### Stick to Your List

It may sound obvious, but avoiding impulse purchases is one of the easiest ways to save at the store. Creating a menu and buying only what you need keeps the bill lower when you head to the checkout counter. As an added bonus, this helps limit food waste at home by avoiding buying more than what your family can actually eat.

### Sign Up for Loyalty Programs

Many grocery stores and chains offer the opportunity to join free loyalty programs. Oftentimes, these programs include savings provided only to members without having to sift through coupons. Alternately, some provide cash back rewards or additional savings once you accrue a certain level of points, while others include partnerships with other retailers, like gas stations, that provide savings at the pump based on your grocery spending.

### Shop for Seasonal Produce

While it's easy to get caught up buying specific items for specific recipes, remember to keep seasonality in mind. Oftentimes, in-season produce is more readily available and, therefore, cheaper. Take fall for example, when Envy Apples – a cross between Braeburn and Royal Gala apples – can help your favorite autumnal recipes pop and allow you take full advantage of the best nature has to offer. Enjoy seasonal classics like apple pies, crumbles and tarts, and consider adding this Baked Apples with Coconut and Crumble Topping recipe to your dessert rotation.

Saving additional money this year can be as simple as scanning your Walmart receipt using the Fetch app, where you can accrue points with every purchase of Envy Apples. It's as easy as snapping your receipt, earning points to shop available offers then redeeming those points for rewards like gift cards.

### Stretch Your Meals at Home

While it may not show a direct impact on your receipt, taking recipes further at home can limit how often you head to the store. For example, leftovers from one evening's rotisserie chicken dinner can be repurposed for the following day's lunches. Or you can turn steak night scraps into a memorable weekend steak-and-egg brunch. When you cook a large meal for guests, don't let all the extra food go to waste; freeze portions separately then enjoy them later as a family dinner.

Find more fall recipe inspiration that helps you stretch your grocery budget at [EnvyApple.com](http://EnvyApple.com).



Scan for More Tips and Tricks

### Baked Apples with Coconut and Crumble Topping

Servings: 8

- 6 Envy Apples
- 3/4 cup dark chocolate
- 1/2 cup chopped roasted hazelnuts
- 1 cup instant or rolled oats
- 1/2 cup dried coconut
- 2 tablespoons flour
- 1/3 cup butter
- 2 tablespoons brown sugar
- maple syrup or honey, for serving

Core apples then score skin around apple a few times. Cut small slice from top and bottom to make apple more stable and give room for crumble topping.

Finely chop chocolate and combine with hazelnuts.  
 Arrange apple slices in lined baking dish. Fill center of each apple generously with chocolate and hazelnut mixture (reserve about 2 tablespoons for topping).  
 Preheat oven to 350 F.  
 Combine oats, coconut, flour, butter and brown sugar; mix well.  
 Top each apple generously with crumble mixture, creating small mound on top of each apple; sprinkle with reserved chocolate and hazelnut mixture.  
 Bake apples 20-25 minutes, or until crumble is golden and apples start to soften.  
 Serve with drizzle of maple syrup or honey.

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## KENNY THOMPSON



With decades of experience as an award-winning sports writer and sports editor – most of it covering Purdue athletics – Kenny Thompson has a perspective and inside knowledge that few others have. Whether it's putting what's going on in the Big Ten in historical perspective or shooting straight from the hip on what's happening today, no one has a better take on Purdue and sports than Kenny!

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Photo courtesy of MelindaMyers.com

A fern set upon rocks in a tray minimizes the chance of root rot and increases humidity around the plant.

## Caring For Plants Overwintering Indoors



**MELINDA MYERS**  
Columnist

Gardeners are notorious for pushing the limits of their growing zones. Tropical plants, succulents, and other plants that are not hardy to the winter climate often end up indoors for the winter. It usually starts with one or two plants that you just can't part with or are concerned you won't be able to purchase next year. Since you are taking a couple of plants in for the winter, why not add a few more?

Now that the plants have been indoors for several weeks or months you are faced with keeping them alive and the leaf litter on the floor to a minimum. As the plants adjust and acclimate to their new environment, some leaves may have turned yellow or brown and dropped off the plant. This is due to the lower light and humidity indoors.

New leaves better adapted to the lower light indoors should begin appearing. If the plants do not appear to be acclimating to the indoors, try increasing the amount of light they receive. Move them in front of a sunnier window or under artificial lights. A combination

of natural and artificial lights works well.

Select a location free of drafts of hot and cold air. Avoid placing plants above heat vents or near drafty windows and doors. Succulents prefer cool but draft-free locations over winter.

Next, help your plants deal with the dry air indoors. Group plants together for an attractive display and to increase the humidity around each plant. As one plant loses moisture from its leaves and transpires, the others benefit from this added moisture.

Reduce maintenance and increase the humidity by setting plants on a layer of gravel, marbles, or a similar material set in trays or saucers. The pebbles elevate the pots above any water that collects in the saucer, helping reduce the risk of waterlogged soil that can lead to root rot. This technique allows you to water thoroughly while eliminating the need to pour off the excess water. As the excess water evaporates, it increases the humidity around the plants.

Adjust your watering schedule to compensate for the reduced light and changes in room temperature and humidity. Check the soil moisture before watering. In general, water thoroughly when the top inch of soil is dry. For succulents, allow the top few inches of soil to dry and water just often enough to prevent the plants from shriveling.

Most indoor plants do not need to be fertilized in winter. Only those that

are actively growing will need additional nutrients. Don't be fooled by leggy growth and paler leaves on overwintering plants. Lower light is more likely the culprit than a lack of nutrients.

Regularly check the plants for insects and diseases. Examine the upper and lower leaf surfaces and along the stems. Then do a bit of research to properly identify the pest and find the best control options. If you opt to use a pesticide, read and follow all label directions for safe and effective control.

Prune as needed in spring to encourage fuller more compact growth. Begin fertilizing with a dilute solution of any flowering houseplant fertilizer as days lengthen, sunlight increases, and your plants show signs of improved growth.

As you move the plants into the garden next season, decide if it was worth the effort or better to purchase new plants. But as a gardener, you will likely repeat the process next year as it is part of the fun of gardening.

*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.*

## Consumers Grapple With Confusion Over Food-Date Labels

The use of food-date labels such as "use by" and "best if used by" causes consumer confusion that results in many Americans discarding food that is safe to eat or donate, according to the November 2023 Consumer Food Insights Report.

The survey-based report out of Purdue University's Center for Food Demand Analysis and Sustainability assesses food spending, consumer satisfaction and values, support of agricultural and food policies, and trust in information sources. Purdue experts conducted and evaluated the survey, which included 1,200 consumers across the U.S.

The Congressional Research Service recently reported that 7% of all U.S. food waste is because of date labeling confusion. "The goal of this month's CFI survey was to gather consumer perceptions about what these food date labels mean," said the report's lead author, Joseph Balagtas, professor of agricultural economics at Purdue and director of CFDA.

The USDA Food Safety and Inspection Service defines "use by" and "best if used by" as references to peak food quality rather than the date after which the food is no longer safe to eat. However, there is no official standard for food date labeling in the U.S., which leads to an unsurprising mix of responses as to what they mean.

"Over half of consumers connect 'best if used by' and 'use by' dates with food safety, while over 30% believe these labels are related to food quality," Balagtas said. "This information problem is a kind of market failure and leads to waste."

"One potential fix to misinformation is for the government to set standards for food date labels to help inform consumers what is and is not safe to eat to help reduce food waste in the U.S. The recently proposed Food Date Labeling Act is an attempt to achieve that

goal."

The November survey also looked at consumer perceptions of foodborne illness risks. Food-risk attitudes are divided into three groups: risk-averse, risk-neutral and risk-loving. The groupings were based on respondents' self-assessed risk tolerance for food at home (FAH) and food away from home (FAFH) on a scale from 0 (risk-averse) to 10 (fully prepared to take risks or risk-loving). The summaries broken down this way focus on CFI data from January to November 2023.

"We found that consumers believe the risk of contracting a foodborne illness is higher when eating food at a restaurant compared to eating food they prepare at home themselves, which is consistent with data on the incidence of foodborne illness," Balagtas said. "So it is not surprising that we also see that consumers who are more risk-averse when it comes to their food eat home-cooked meals more frequently than consumers willing to take more risks with their food consumption."

A variety of store-bought goods has the potential to contain foodborne bacteria that cause illness. Even so, consumers were more likely to select raw meat items as foods that pose a high risk of foodborne illnesses.

"We see a gap of more than 20 percentage points in the rate at which raw meats were selected compared to leafy greens, milk, flour, and raw fruits and vegetables, despite the fact that some of these items that are perceived as 'safer' have caused foodborne illness outbreaks in the past," Balagtas noted.

The Interagency Food Safety Analytics Collaboration, a group tasked with monitoring the causes of foodborne illnesses in the U.S., recently reported that the contribution of fresh produce to foodborne outbreaks is comparable to that of raw meats and, in some cases,

greater.

The November survey also showed that food insecurity has dropped slightly for the fifth straight month, to 12.6%. "We do observe higher rates of food insecurity among risk-loving consumers, though this difference is likely the result of the correlation between age and food-risk attitudes," said Elijah Bryant, a survey research analyst at the center and co-author of the report. "Generally, older consumers with more resources, on average, tend to be more food secure and less willing to take food risks, while younger people more willing to take risks tend to have fewer resources, resulting in higher rates of food insecurity."

Consumers also were asked to recall their food behaviors over the last month. "Those who are classified as risk-loving reported eating fruits and vegetables without washing them, eating rare or undercooked meat and eating raw dough or batter more frequently than those who are risk-averse," Bryant said.

Consumers less willing to take risks with their food were also less likely to agree with claims about the health benefits of nonconventional food items. These claims include organic being more nutritious than nonorganic, plant-based milk being healthier than dairy milk and gluten-free food being healthier than products containing gluten.

This may be indicative of risk-averse consumers being more resistant to alternative foods in the food system that stray from what they perceive as the norm, Bryant said.

The Center for Food Demand Analysis and Sustainability is part of Purdue's Next Moves in agriculture and food systems and uses innovative data analysis shared through user-friendly platforms to improve the food system. In addition to the Consumer Food Insights Report, the center offers a portfolio of online dashboards.



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## Gifts and Stocking Stuffers for Creatives and Art Lovers

FAMILY FEATURES

**W**hen looking for the perfect present, hone in on your loved ones' favorite hobbies. The options for creatives and art lovers are nearly endless, with stocking stuffers and thoughtful gifts ranging from pens and pencils to markers, personal drawing lessons and beyond.

Give the gift of creative expression this holiday season with a present that helps spark ingenuity and encourages recipients to tap into their creative sides through drawing, journaling and more. Consider this assortment of drawing and writing tools to excite the imagination of anyone who unwraps them.



Photo courtesy of Shutterstock



### Fast-Drying Markers for Vibrant Art

Uncap the possibilities of dazzling art with a Sharpie Permanent Marker Holiday Pack, a limited edition set of 30 fine point and 30 ultra-fine point colored permanent markers that allows users to switch between bold strokes and intricate detailing. Remarkably resilient, the iconic permanent ink writes on most surfaces, dries quickly and resists smearing to create vibrant, eye-popping impressions. Included in the pack is one exclusive "mystery marker," revealing one of three surprise colors. Shop this gift exclusively at Walmart.com.

### Draw, Shade and Illustrate with Colored Pencils

Give the ultimate gift to aspiring artists with the Prismacolor Technique Landscape & Nature Drawing Set. This 3-in-1 set pairs high-quality art supplies with nature and landscape-themed digital lessons, which teach fundamental skills as you create three unique pieces of artwork. The set includes 38 Soft Core colored pencils, one Turquoise Graphite pencil, two illustration markers, one mini sharpener, one eraser and one drawing pad. Find these art essentials exclusively at Target.com.



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# SUNDAY

## Business

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# NEWS DAY

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## 4 Cornerstones For Navigating Change While Staying True To Personal Values And Ideals

Within fiction lies the seeds of powerful transformation and inspiration. Some of the most motivational guidebooks are parables, including *Who Moved My Cheese* by Spencer Johnson and *Oh, The Places You'll Go* by Dr. Seuss. Both have encouraged and uplifted business visionaries, entrepreneurs and graduates for decades. Stepping into this treasured category is *The Island of the Four Ps: A Modern Fable About Preparing for Your Future* by Ed Hajim.

Hajim believes that you can't find the roadmap to success on any GPS or search engine. Instead, this engaging fable, lushly illustrated by Gabriela Leal, drops you into the mind of a young man on a quest to find himself and his personal path to success and happiness. As he meets challenges, we gain a deeper understanding of how to navigate change while remaining true to our values and ideals. The beauty of telling this in fable format lies in its accessibility. "I don't believe there's only one way to deal with life transitions. And even if you accept my ideas wholly, there is no single right way to put them into action," writes Hajim. *The Island of the Four Ps* allows us to find the guidance that's uniquely right for us.

To create this book, Hajim used his own extraordinary life as a framework. Kidnapped at the age of 3 by his father, driven across the country and told his mother had died, Hajim spent his childhood in and out of foster homes and orphanages. The intelligence, resilience

and innate leadership he used to rise from deprivation to the pinnacle of personal and business success provides the insight he shares with readers.

At the heart of the book are the four Ps — which have guided Hajim throughout his life. He offers his hard-won wisdom on each of these cornerstones.

- **Passions:** Find your passions; find the things that excite and motivate you. Recognize that passions do change and you must monitor them throughout your lifetime.

- **Principles:** Find the rules that you want to follow and the lines you won't cross. They provide an important structure and bring organization to your life.

- **Partners:** No individual can succeed alone. Consider the kind of friends, collaborators, and advisers you'll need around you, recognizing that those needs will evolve.

- **Plans:** Find your plans, write down where you want to go and how you plan to get there. Pay attention to your environment, things that will happen during your lifetime, and try to find a wave or a cycle that you can marry with your passions and principles.

Ultimately, Hajim's dream is to help anyone fighting to make their dreams a reality. "I hope *The Island of the Four Ps* will prompt you to contemplate who you are and what you want in life. Ideally, it will spur you to action — helping you engage fully in life, pursue new experiences, and surf the waves of change," Hajim says.

**About the Author**

ED HAJIM is the author of the critically acclaimed memoir, *On The Road Less Traveled*. The son of a Syrian immigrant, he is a seasoned Wall Street executive with more than 50 years of investment experience. He has held senior management positions with the Capital Group, E.F. Hutton, and Lehman Brothers before becoming chairman and CEO of Furman Selz. Hajim has been the co-chairman of ING Barings, Americas Region; chairman and CEO of ING Aeltus Group and ING Furman Selz Asset Management; and chairman and CEO of MLH Capital. He is now chairman of High Vista, a Boston-based money management company. In 2008, after 20 years as a trustee of the University of Rochester, Hajim began an eight-year tenure as chairman of the university's board. Upon assuming that office he gave the school \$30 million — the largest single donation in its history — to support scholarships and endow the Edmund A. Hajim School of Engineering and Applied Sciences. Through the Hajim Family Foundation, he has made generous donations to organizations that promote education, health care, arts, culture and conservation. In 2015, he received the Horatio Alger Award, given to Americans who exemplify the values of initiative, leadership and commitment to excellence, and who have succeeded despite personal adversities. Married for 57 years, he and his wife, Barbara, have three children and eight grandchildren.

## Purdue Global Law School Launches New AI Course

Purdue Global Law School has introduced a new course to address the evolving artificial intelligence landscape and the challenges and opportunities it presents for society and the law.

The new course, CL810 — Artificial Intelligence Law, was designed to help students understand AI's legal impact, particularly in the areas of intellectual property, privacy and regulation of the technology itself.

"Law schools should be preparing students not just for the world as it exists today but also for how it is likely to exist in the future," said Martin Pritkin, dean of the law school. "Purdue Global Law School, which has technological innovation woven into its DNA as the nation's first fully online law school, seeks to be ahead of the curve in addressing the impact of game-changing AI."

The course, which will be taught by Shaun Jamison, associate dean for academic affairs, will feature 15 modules that touch on topics such as ethics and governance, plagiarism, AI and criminal justice, and the future of AI and the law.

"One of the best ways that students learn is through critique and self-reflection," said Jamison, who created the course with Pritkin. "AI can help by creating an essay answer or an arbitration decision based on a fact scenario, and the student can then critique it. For the reflection part, a student could also run some of their work through AI for critique and feedback in addition to the feedback they get from the pro-

fessor. We're also investigating using AI for client interviewing simulations."

Regarding concerns about the dangers of AI when it comes to practicing law, Jamison believes the benefits outweigh the risks but says it's important to keep a healthy balance of AI and human interaction.

"We need to consider the possibility of bias in AI or even where it may not perform as well as we expect," Jamison said. "That's why it's important to have human oversight and quality control of AI. When you use an AI tool, do you know what steps were taken to avoid bias? What data was used? This is important in the law because the law evolves. If we train AI based on discriminatory applications of the law, then the AI will be influenced by this and perpetuate past wrongs."

Pritkin said, "AI does, or soon will, affect virtually every aspect of our society and our economy — and so does the law. Law students and others need to understand how these two critical fields intersect so that they can better navigate the changing legal profession or whatever field they may be in."

Students can begin signing up now through the school's academic catalog for the course, which begins Jan. 3 at the start of the next term. The course is an elective in which students will earn three credits upon completion.

For more information or to register and attend this class, contact [pglawcoordinator@support.purdueglobal.edu](mailto:pglawcoordinator@support.purdueglobal.edu).

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of Christ**

153 E 300 South • Crawfordsville  
[southsidechurchofchristindiana.com](http://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  
Dr. Gary Snowden, Minister

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

[nmcc@sbcglobal.net](mailto:nmcc@sbcglobal.net) • [newmarketcc.org](http://newmarketcc.org)  
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Love One Another &  
Reach Out to Our Neighbors*



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christian church**  
*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**

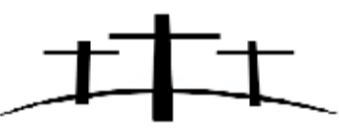
**Sunday Worship 10:00 AM**

Sunday School 9:00 AM

Rev. Clint Fink

Website: [northcornerstonechurch.org](http://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



**LADOGA  
CHRISTIAN CHURCH**

**Church Service at 10 am**

124 West Elm Street • Ladoga  
(765) 942-2019  
[ladogachristianchurch@gmail.com](mailto:ladogachristianchurch@gmail.com)  
[www.ladogacc.com](http://www.ladogacc.com)



**HOPE  
CHAPEL  
A UNITED PENTECOSTAL CHURCH**

110 S Blair Street  
Crawfordsville, IN 47933  
[www.hopechapelupci.com](http://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](http://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



First Christian Church  
211 S Walnut, Crawfordsville

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Sunday Worship 10:15 am

*Music Prelude begins at 10:05  
Masks & Social Distancing Observed*

[fccville.org](http://fccville.org) / [211fccville@gmail.com](mailto:211fccville@gmail.com)

Faith Baptist Church
5113 S 200 W • Crawfordsville
(765) 866-1273 • faithbaptistcville.com
Sunday School 9:30AM
Sunday Morning 10:30 AM
Sunday Evening 6:00 PM
Prayer Mtg Wednesday 7:00 PM
Where church is still church
Worship Hymns
Bible Preaching

EAST SIDE BAPTIST CHURCH
2000 Traction Rd • Crawfordsville
765-362-1785
www.eastsidebc.com
Services:
Sunday School at 9 am
Church at 10 am
Help and hope through
truth and love

Crossroads Community Church of the Nazarene
SUNDAY
9:00 AM: Small Group
10:15 AM: Worship
5:00 PM: Bible Study
WEDNESDAY
6:00 PM: Mid-week Service
117 E State Road 234 • Ladoga
765-866-8180

Congregational Christian Church
“Be a blessing and be blessed”
101 Academy Street • Darlington
765-794-4716
Sunday School for all ages 9:30am
Worship 10:30am
You can find us on Youtube
and Facebook

First Baptist Church
CRAWFORDSVILLE, INDIANA
Sunday School/Growth Groups: 9:00 AM
Worship Service: 10:30 AM
Youth Group Wednesday at 6:30
You can watch us on YouTube and Facebook
Watch Sunday Mornings

CHRIST'S UNITED METHODIST CHURCH
909 E. Main Street - Crawfordsville
Coffee Fellowship @ 10:45 a.m.
Worship @ 11 a.m.
Dr. David Boyd
A community still committed
to the UMC
765-362-2383
christsumc@mymetronet.net
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- Apostolic: Garfield Apostolic Christian Church, Gateway Apostolic (UPCI), Moriah Apostolic Church, New Life Apostolic Tabernacle, One Way Pentecostal Apostolic Church, Apostolic Pentecostal: Cornerstone Church, Grace and Mercy Ministries, Assembly of God: Crosspoint Fellowship, First Assembly of God Church, Baptist: Browns Valley Missionary Baptist Church, Calvary Baptist Church, East Side Baptist Church, Faith Baptist Church, First Baptist Church, Freedom Baptist Church, 211 S. Walnut St., 362-4812, Sunday: 9:22 a.m., Contemporary Cafe worship, 9:30 a.m. Adult Sunday School, 10:40 a.m. Traditional Worship, WEDNESDAY: 5-7 a.m. Logos Youth Dinner & Program, Pastor: Rev. Daria Goodrich, Ladoga Christian Church, Love Outreach Christian Church, New Hope Chapel of Wingate, New Market Baptist Church, New Richmond Christian Church, New Ross Christian Church, Parkersburg Christian Church, Providence Christian Church, Waveland Christian Church, Waynetown Christian Church, Whitesville Christian Church, Woodland Heights Christian Church, Young's Chapel Christian Church, Sunday School: 9:30 a.m., Worship: 10:30 a.m., Pastor: Gary Edwards, Church of Christ: Church of Christ, 419 Englewood Drive 362-7128, Sunday School: 9:30 a.m., Worship: 10:30 a.m.; 6 p.m., Wednesday Bible Study: 7 p.m., Southside Church of Christ, 153 E 300 South, east of US 231 765-720-2816, Sunday Bible Classes: 9:30 a.m., Sunday Morning Worship: 10:30 a.m., Sunday Evening Worship: 5 p.m., Wednesday Bible Classes: 7 p.m., Preacher: Brad Phillips, Website: southsidechurchofchristindiana.com, Church of God: First Church of God, 711 Curtis St. 362-3482, Sunday School: 9:30 a.m., Worship: 10:30 a.m.; 6 p.m., Pastor Chuck Callahan, Grace Avenue Church of God, 901 S. Grace Ave. 362-5687, Sunday School: 9:30 a.m., Worship: 10:30 a.m.; 6 p.m., Pastor Duane McClure, Community: Congregational Christian Church, 402 S. Madison St., Darlington 794-4716, Sunday School: 9:15 a.m., Worship: 10:30 a.m., Crawfordsville Community Church, Fairgrounds on Parke Ave. Crawfordsville 794-4924, Worship: 10 a.m., Men's prayer group, Mondays 6:30 p.m., Pastor Ron Threlkeld, Gravelly Run Friends Church, CR 150 N, 500 E, Crawfordsville, 765-4924, Worship: 10 a.m., Harvest Fellowship Church, CR 500 S, 866-7739, Pastor J.D. Bowman, Worship 10 a.m., Liberty Chapel Church, 500 N CR 400 W 275-2412, Sunday School: 9 a.m., Worship: 10 a.m., Linden Community Church, 321 E. South St., Linden (Hahn's) Sunday: 9:15, Yountsville Community Church, 4382 W SR 32 362-7387, Sunday School: 9:30 a.m., Worship: 10:30 a.m., Pastor Alan Goff, Episcopal: Bethel African Methodist Episcopal, 213 North St., Crawfordsville 364-1496, St. John's Episcopal Church, 212 S. Green Street 765-362-2331, Sunday Eucharist: 8 a.m. and 10:30 a.m., Christian Formation: 9:15 a.m., Midweek Eucharist Wednesday: 12:15 p.m., Full Gospel: Church Alive!, 1203 E. Main St. 362-4312, Worship: 10 a.m.; Wednesday, 7 p.m., Enoch Ministries, 922 E. South Boulevard, Crawfordsville, 765-4840, Sunday, 10 a.m., Pastor: Jeff Richards, New Bethel Fellowship, 406 Mill St., Crawfordsville 362-8840, Pastors Greg and Sherri Maish, Associate Pastors Dave and Brenda Decker, Worship 10 a.m., Victory Family Church, 1133 S. Indiana 47 765-362-2477, Worship: 10 a.m.; Wednesday 6:30 p.m., Pastor Duane Bryant, Lutheran: Christ Lutheran ELCA, 300 W. South Blvd. 362-6434, Holy Communion Services: 8 a.m. and 10:30 a.m., Sunday School: 9:15 a.m., Pastor: Kelly Nelson, www.christchurchindiana.net, Holy Cross (Missouri Synod), 1414 E. Wabash Ave. 362-5599, Sunday School: 9 a.m., Worship: 10:15 a.m., Adult Bible Study: 7 p.m., Wed. Minister: Rev. Jeffery Stone http://www.holycross-crawfordsville.org, Phanael Lutheran Church, Lutheran Church Rd., Wallace Sunday School: 10:30 a.m., Worship: 9:30 a.m., United Methodist: Christ's United Methodist, 909 E. Main St. 362-2383, Sunday School: 10 a.m., Worship: 11 a.m., Darlington United Methodist Church, Harrison St. 794-4824, Fellowship: 10:00 a.m., Sunday School: 10:30 a.m., Pastor Dirk Caldwell, First United Methodist Church, 212 E. Wabash Ave. 362-4817, Sunday School: 10 a.m., Traditional Worship: 9 a.m., The Gathering: 11:10 a.m., Rev. Brian Campbell, North Cornerstone Church, 609 South Main St. P.O. Box 38 339-7347, Sunday School: 9:30 a.m., Worship: 10 a.m., Rev. Clint Fink, Mace United Methodist Church, 5581 US 136 E 362-5734, Sunday School: 9:30 a.m., Worship: 10:40 a.m., Mount Zion United Methodist, 2131 W. Black Creek Valley Rd. 362-9044, Sunday School: 10:45 a.m., Worship: 9:30 a.m., Pastor Marvin Cheek, New Market United Methodist Church, Third and Main Street 866-0703, Sunday School: 9:30 a.m., Worship: 10:45 a.m., New Ross United Methodist Church, 108 W. State St. Sunday School: 10 a.m., Worship: 9 a.m., Waveland Covenant United Methodist Church, 403 E. Green St. 866-0703, Sunday School: 10:30 a.m., Worship: 9:15 a.m., Waynetown United Methodist Church, 124 E. Washington St. 243-2610, Worship 9:30 a.m., Johnny Booth, Mormon: Church of Jesus Christ of Latter-day Saints, 125 W and Oak Hill Rd. 362-8006, Sacrament Meeting: 9 a.m., Sunday School: 10:20 a.m., Nazarene: Crossroads Community Church of the Nazarene, US 231 and Indiana 234 866-8180, Sunday School: 9:30 a.m., Worship: 10:30 a.m., Pastor Mark Roberts, Harbor Nazarene Church, 2950 US 231 S 307-2119, Worship: 10 a.m., Pastor Joshua Jones www.harbornaz.com, Orthodox: Holy Transfiguration Orthodox, 4636 Fall Creek Rd. 359-0632, Great Vespers: 5 p.m. Saturday Matins: 8:30 a.m., Divine Liturgy: 10 a.m., Sunday Rev. Father Alexis Miller, Saint Stephen the First Martyr Orthodox Church (OCA), 802 Whitlock Ave. 361-2831 or 942-2388, Great Vespers: 6:30 p.m. Saturday Wednesday evening prayer 6:30pm Divine Liturgy: 9:30 a.m. Sunday, Presbyterian: Bethel Presbyterian Church of Shannondale, 1052 N. CR 1075 E., Crawfordsville 794-4383, Sunday School: 9 a.m., Worship 10 a.m., Wabash Avenue Presbyterian Church, 307 S. Washington St. 362-5812, Worship: 10 a.m., Pastor: Dr. John Van Nuys, Roman Catholic: Saint Bernard's Catholic Church, 1306 E. Main St. 362-6121, Father Michael Bower, Worship: 5:30 pm Saturday; 9:30 am, 12:15 - Spanish Mass, 5:00 pm at Wabash College Chapel (during school year) www.stbernardcville.org, United Church of Christ: Peasant Hill United Church of Christ - Wingate, Worship: 9:30 a.m., Sunday School: 10:30 a.m., Pastor Alan Goff, United Pentecostal: Pentecostals of Crawfordsville, 116 S. Walnut St., Crawfordsville 362-3046, Pastor L. M. Sharp, Worship: 2:30 p.m., Prayer Meeting: 10 a.m., Tuesday Bible Study: 6 p.m., Wednesday, Non-denominational: Athens Universal Life Church, Your Church Online http://www.aulc.us (765)267-1436, Dr. Robert White, Senior Pastor The Ben Hur Nursing Home Sundays at 9:00am Live Broadcast Sundays at 2:00pm Bickford Cottage Sundays at 6:00pm, Calvary Chapel, 915 N. Whitlock Ave. 362-8881, Worship: 10 a.m., 6 p.m., Bible Study, Wednesday: 6 p.m., Rock Point Church, 429 W 150S 362-5494, Sunday church services are 9:15 a.m. and 11 a.m., Youth group is from 6 p.m. to 7:30 p.m. on Sunday, Small Groups: Throughout the week, The Church of Abundant Faith, 5529 U.S. Highway 136 Waynetown, IN Reverend John Pettigrew Sunday Worship: 9:45 am (765) 225-1295, The Vine Christian Church, 1004 Wayne Ave. Crawfordsville Service at 10:02

# SUNDAY Health and WELLNESS

Sunday, Dec. 17, 2023

H1

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

## Shining A Light On Seasonal Depression

For some, depression is as predictable as the changing of the seasons. Depression comes in many forms. Some work to overcome depression all year round. Some experience depression triggered by certain events like the loss of a loved one, losing a job or going through a relationship issue. For many, the darker, shorter days of Fall and Winter can be difficult, bringing with them the urge to oversleep, overeat and generally withdraw and “hibernate” rather than engage fully in life. Seasonal Affective Disorder (SAD) is a type of depression that comes and goes with the seasons, with symptoms typically starting in the late fall and early winter and going away during the spring and summer. Affecting about one in five people, SAD is not a case of “the holiday blues,” brought on by high levels of stress and anxiety but is the result of the seasonal decrease in sunlight that leads to changes in our brain chemistry. “Do you know when you start getting drowsy

at night? That’s melatonin,” said Dr. Siquilla Liebetrau Bowen Center Vice President of Clinical Services. “Melatonin is a hormone naturally produced by the brain in response to darkness.” It helps regulate our internal clock and sleep habits. Shorter and darker days cause the brain to release more melatonin than needed, resulting in lower energy and depressed mood. Being aware of your environment and different therapies can help most people improve their situation when dealing with SAD. “Sitting in a dark house is very bad for you, especially if you have seasonal affective disorder,” says Dr. Liebetrau. She suggests developing habits of opening curtains and getting outside as much as possible during the day. Some people find relief by using a light box; a therapeutic, full spectrum, 10,000 lux light that filters out harmful UV light. Sitting with the proper type of light daily for 20 minutes can lead to

improvement within two weeks. “While using a light box can help, don’t forget to still try and get as much natural light as you can,” said Dr. Liebetrau. Vitamin D supplements can also be helpful, replacing the vitamin D we naturally obtain from sunlight. Eating well-balanced, healthy meals is important as always. Make sure to stick to your schedule in order to stay socially engaged and physically active. As always, if your situation interferes with daily life, talk with your doctor about seeking therapy or medication. **About Bowen Center** Bowen Center is a non-profit Community Mental Health Center in Indiana providing mental care, primary health care, addiction recovery treatment, and life skills coaching services. Bowen Center strives to strengthen its communities and to improve the health and well-being of those it is privileged to serve. For more information, visit BowenCenter.org.

## 10 Tips To Help Children With Special Needs Enjoy The Holidays

The holidays are upon us, and while there’s loads of merry-making and fun to be had – the changes and sensations of the season can add stress to the lives of children with special needs and their families. The Episcopal Center for Children (ECC), a nonprofit organization serving children with special needs ages 5-14 in the greater Washington, DC area, offers the following tips to help. “Children with special needs enjoy the holidays but they are especially sensitive to the changes in routines that the holidays bring,” said Stephanie Nash, LICSW, president and CEO of ECC. “Making a plan, thinking about your child’s needs, and adjusting your expectations can help you create a positive holiday experience for the entire family.” **Tip #1 – Make a plan for the holidays and share it with your family. Create a schedule for your family’s holiday activities and post it for your child to see. You may find it helpful to use pictures to help a young child. Talk about the schedule with your child, so he or she can anticipate what will happen.**

**Tip #2 – Remind your family about holiday plans. Review the schedule. Discuss the schedule with others in your home, so they understand what is going on and how they can best support your child with special needs (and everyone else in the family), so everyone can have a fun holiday.** **Tip #3 – For holiday gatherings, give your child a job and a plan. Ask your child to help collect coats, give out treats, or greet arrivals. Rehearse the plan. Give your child a schedule or plan for a festive occasion so he or she knows what to anticipate and when things will happen.** **Tip #4 – Maintain routines as much as possible. There may be special activities for the holidays, but try to keep your child’s schedule as close to “normal” as possible. Routines are key for helping children coping with special needs, and it’s especially important for children to stick to regular medication and sleep schedules as much as possible.** **Tip #5 – If your child is sensitive to unfamiliar smells, help manage them. Cinnamon is a common holiday fragrance. One way to help a child experience this smell minimally (and gauge reaction to it), is to add cinnamon to play compound before an event. Ask guests visiting your home to not wear heavy perfumes if your child is sensitive to them and think about other smells like evergreens.** **Tip #6 – Eat healthy foods and consider how new or special foods impact your child. During the holidays there are all sorts of fun foods and treats to enjoy. Some children are more affected than others by dietary changes. Pay attention to your child’s moods and how diet and situational changes may be impacting him or her. If you are at an event, bring along food that is familiar to your child if you think it may be needed.** **Tip #7 – Take breaks when needed. Sometimes children need a break from the hubbub of holiday activities and busyness. Fill a bag or backpack with a few favorite toys, games or activities. If you see your child is getting stressed, get out the bag and find a quiet spot to play.** **Tip #8 – Do not allow presents to be a hindrance to enjoyment. Toy packaging today can frustrate children and parents alike. Children who have trouble with fine motor skills may find unwrapping some gifts frustrating. You can adjust packages to their comfort level by loosening ribbons and paper, or pre-cutting fasteners. Ask others who give your child gifts to be aware of his or her needs when it comes to wrapping presents. Some children find it dis-orienting to unwrap things that are new and unfamiliar to them. If that is the case for your child, wrap a few favorite toys for your child to unwrap.**

**Tip #9 – Get your child into the spirit of the season through gift giving. Gift giving provides an opportunity to practice social skills. Help your child make a gift for someone else, and practice how to give the gift to that person. Let your child experience the joy of giving.** **Tip #10 – Give your child the gift of your attention. Holidays can be busy for grown-ups and children. Make sure you spend a few minutes of quality time with your child every day. Give your full attention. Practice active listening, where you listen to what your child is saying and then repeat it back to them to demonstrate that you are listening. Focus on offering connection and support.** About the Episcopal Center for Children The Episcopal Center for Children (ECC) is a nondenominational, nonprofit organization that has been dedicated to serving the needs of children and their families for the past 125 years. In June 2019, the ECC suspended operation for its K-8 therapeutic school for children with emotional challenges from the greater Washington, D.C. Metropolitan area. The Board of Directors continues to be committed to its longstanding mission of serving children in determining plans for the ECC’s future. ECC currently offers an After School Enrichment Program and is working toward reopening its therapeutic school.


## Tips To Manage Diabetes During The Holiday Season

‘Tis the season for holiday gatherings with friends and family, and oftentimes these events can center around food. For the millions of Americans who have diabetes, this can be challenging to navigate. But enjoying spending time with loved ones and managing blood sugar levels shouldn’t have to be exclusive. Kathleen Dungan, MD and Kathleen Wyne, MD with The Ohio

State University Wexner Medical Center, have the following tips to manage diabetes during the holiday season: • Stick to a schedule - Eat as close to your regular times as possible. Plan in advance if there’s a change in your schedule in case you need to pack a snack. • Everything in moderation - Don’t miss out on pumpkin pie! If you know you’re going to want dessert, try to limit


your carbohydrate intake (such as potatoes or bread) during the meal. Avoid sugary beverages and alcohol. • Stay active - Physical activity is important in stabilizing blood sugar levels. Get everyone involved and take a walk with your family after dinner. • Be a smart cook - Instead of salt, use fresh herbs or lemon juice. You can also follow the diabetes plate method.

# DR. JOHN ROBERTS



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

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# SUNDAY

## Health and WELLNESS

Sunday, Dec. 17, 2023

H2

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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 rubeola) 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](http://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 10 months and older.</small></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> COVID-19</li> <li><input type="checkbox"/> Hemophilus Influenzae Type B (Hib)</li> <li><input type="checkbox"/> HPV (Human Papilloma Virus)</li> <li><input type="checkbox"/> Influenza (Flu)</li> <li><input type="checkbox"/> Meningitis (Meningococcal)</li> <li><input type="checkbox"/> Polio</li> </ul>
<h3>Age 16 to 49</h3>	<ul style="list-style-type: none"> <li><input type="checkbox"/> COVID-19</li> <li><input type="checkbox"/> Hepatitis A</li> <li><input type="checkbox"/> Hepatitis B</li> <li><input type="checkbox"/> HPV (Human Papilloma Virus)</li> <li><input type="checkbox"/> Influenza (Flu)</li> <li><input type="checkbox"/> Meningitis (Meningococcal)</li> <li><input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)</li> </ul>
<h3>Age 50 to 64</h3>	<ul style="list-style-type: none"> <li><input type="checkbox"/> COVID-19</li> <li><input type="checkbox"/> Influenza (Flu)</li> <li><input type="checkbox"/> Shingles (Herpes Zoster)</li> <li><input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)</li> </ul>
<h3>Age 65+</h3>	<ul style="list-style-type: none"> <li><input type="checkbox"/> COVID-19</li> <li><input type="checkbox"/> Flu (Influenza)</li> <li><input type="checkbox"/> Pneumonia (Pneumococcal)</li> <li><input type="checkbox"/> Shingles (Herpes Zoster)</li> <li><input type="checkbox"/> RSV (Respiratory Syncytial Virus)</li> </ul>

For more information or to make an appointment, please visit [Kroger.com/vaccinations](http://Kroger.com/vaccinations)

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# SUNDAY

## Voice of our PEOPLE

# DAY

Sunday, Dec. 17, 2023

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## You Talked, We Listened, Changes Coming



**TIM TIMMONS**  
Two Cents

What's that old saying, don't ask a question if you don't want to know the answer?

Truth to tell, I was more than pleasantly surprised at the volume of responses. A lot of you took the time to share your thoughts and

ideas to two questions we asked: How often do you want your edition of Montgomery County's favorite and are you willing to pay a bit more for it.

Heck, some of you even wrote back more than once with ideas.

Thank you so much! Like I've said in this space before, this paper has the smartest, kindest and best readers anywhere!

The results weren't exactly what I was hoping for.

Although the answers ranged from every day to once a week, the majority came in at two or three times a week.

And on the price,

almost everyone said a higher price would be OK.

So beginning at the end of this month, we are going to come out three days a week – Monday, Wednesday and Friday. On the price, we are not going to change the \$42 annual subscription, however, that is a price increase since we'll have fewer editions. We will continue to bill on a pro-rated basis so that all of our subscriptions expire Dec. 31.

And we are not making any changes to our Print Edition schedule. It will still come out on Wednesdays, although we are going to bump up that price from \$79 a year to

\$89.

For me, a newspaper guy, not putting out The Paper every day has a lot of mixed emotions. On one hand – the biggest hand – a wonderful boss decades ago taught me to listen to the customer. She said they may not always be right, but they should always be listened to and respected. Gail Hamilton was wise beyond her years.

On the other hand though, I'm a guy who still struggles with not having a printed edition every day. I liked the ones that when you opened them up felt as wide as a '57 Buick. I miss the Page 1 layouts that had a couple dozen stories with

one giant headline across the top of the page.

That said, even I get most of my news now on an electronic screen.

Progress? Yeah, I guess.

So what can you expect with the new schedule? Well, some old and some new. On the new side, we are already working on adding more local content. I'll hold off on that exactly that means right now, but we think (and hope) you'll like the new stuff and find value in it.

More than anything, we want to make The Paper an even more important part of your lives. We want to give you "news you can use" so that you don't ever want to miss

a day.

And lastly, we – and I'm at the top of this list – hope that you will continue to share your thoughts, ideas and reactions. Please do tell me if you like what you see with our new schedule – or not. We love the idea that we are a business that does not make decisions in a vacuum and that you were kind enough to help us. You talk and we'll keep listening.

*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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# SUNDAY

## Voice of our PEOPLE

Sunday, Dec. 17, 2023

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## Ask Rusty – I’m 65 And Working; Can I Collect Ex-spouse Benefits?

**Dear Rusty:** I turned 65 earlier this year, and I still work full time. I was divorced four years ago after 38 years of marriage, but my ex-husband has been collecting Social Security for at least 10 years now. Can I start collecting Social Security and still work full time? And can I collect my ex-husband’s amount if it is more than mine (and what is the best way to achieve this)? When I went to my local SSA office, they said they had no way of knowing that. *Signed: Working Divorcee*

**Dear Working Divorcee:** Although you are eligible to claim Social Security at age 65, because you are working full time you may wish to wait a bit longer to do so. That’s because Social Security has an “earnings test” which applies to anyone who collects ben-

efits before full retirement age, and you have not yet reached yours.

The earnings test imposes a limit on how much you can earn before SS takes away some of your benefits. If you exceed the annual earnings limit (\$22,320 for 2024), Social Security will want back \$1 in benefits for every \$2 you are over the limit and you will need to repay that, usually by having future benefits withheld. If you significantly exceed the limit, you may even be temporarily ineligible to receive SS benefits until you either earn less or reach your full retirement age (FRA) of 66 years and 8 months. So, if your earnings from working will significantly exceed the annual earnings limit (which changes yearly), it’s likely that your wisest move would be to wait longer to claim your Social Security. As a bonus for doing so, your



**ASK RUSTY**  
Social Security Advisor

monthly payment will have grown and will be higher when you claim later. The earnings test no longer applies after you reach FRA.

Regarding benefits from your ex-husband, you cannot collect his instead of yours. What you may be able to do, when you claim your own benefit, is to get an additional amount which brings your monthly payment up to 50% of his. In order for that to happen, you would need to satisfy the following criteria:

### 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](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).

- You are not currently married.
- The personal benefit you are entitled to at your FRA must be less than 50% of your ex-husband’s FRA entitlement.

If the above are true, when you claim your own SS retirement benefit you will also get a “spousal boost” to bring your payment up to what you’re entitled to as an ex-spouse. The amount of the spousal boost, if you claim Social Security at your FRA, will be the difference between

half of his FRA entitlement and your FRA entitlement. If you claim your benefit before your FRA, not only will your own benefit be reduced for claiming early, but the amount of your spousal boost will also be reduced (benefits claimed before FRA are always reduced).

Whenever you decide to claim Social Security, you will be automatically deemed to be filing for benefits from your ex-husband as well (you shouldn’t need to ap-

ply separately). You’ve already satisfied the basic criteria of at least 10 years married to get benefits from an ex-spouse and, if you satisfy the above criteria as well, you will be entitled to a spousal boost when you claim. But your current earnings from working full time will likely affect your eligibility to collect Social Security benefits at this time, so waiting until your full retirement age to claim may be your best choice.

If you will only slightly exceed the annual earnings limit you can consider claiming earlier, as long as you are comfortable with receiving a permanently reduced amount, and the prospect of not getting benefits for a number of months if you exceed the earnings limit (the number of months you will go without benefits depends on how much you exceed the limit by).

## The Best Gifts At Christmas



**BUTCH DALE**  
Columnist

Do you remember the best gifts you received for Christmas when you were a youngster? Perhaps it was that new Schwinn bicycle...maybe a Red Ryder B-B gun, a Lionel train set, a Nintendo game set...or perhaps a cute Cabbage Patch doll, a Barbie playhouse, a beautiful bracelet with your name engraved on it. We all have memories of Christmas gifts from our childhood years...many happy, some funny, and a few disappointing I suppose.

The first gifts that I can recall receiving (when I was about four years old) were a Gene Autry capgun, holster, and cowboy hat. My cousin who lived across the road also received the same items, and we wore these for months.

With five of us kids, it was often difficult for my folks to scrape up enough money to buy very many presents. Mom and Dad were both born in 1924, so they were five years old when the Great Depression started in 1929...tough times for most families. My father told me that for Christmas, he and his five siblings usually received an apple or orange and one gift...clothing or a toy. His favorite gift was a pair of leather boots with a pouch on one side that held a small pocket knife. My mother also came from a large family...she had five brothers and a sister. She told me that most of their gifts were homemade, but one year she received an art set. That gift changed her life, as she became an extraordinary artist...drawing, painting, and



also decorating hundreds and hundreds of “senior cords” for high school students.

My Grandpa and Grandma Dale could not afford to buy gifts for all of their grandkids...after all, there were twenty-two of us. But Grandma always made several dozen sugar cookies for all us, and they were the best! My Grandpa and Grandma Grimes always gave us “practical” presents. One year I received a pair of cufflinks and a tie clasp...the next year a pair of nail clippers. Oh well, I knew it was the thought that counts.

From an early age on, I went to Sunday school at the Methodist church. In fact, I earned an attendance award for not missing a Sunday in ten years. I believe this helped to shape my opinion of what Christmas should be...not an emphasis on receiving gifts, but instead...giving gifts to others and honoring the birth of Jesus. However, little kids love to receive presents, and I was no different. I don’t recall receiving any expensive gifts, but there were some that stick out in my mind....

When I was ten years old in 1958, I received a Daisy B-B rifle, which had been displayed in the showcase at Alvie Warren’s hardware store. It was one of my favorite presents, and I practically wore it out shooting it. The next year, my brother and I wrote out an ex-

tensive wish list of items from the Sears and Roebuck catalog. Santa must have had a rough year, as I only received a baseball, a shirt, a pair of socks, and a tube of Brylcreem hair tonic. But two years later, Santa recovered his finances and I received a baseball mitt and Milwaukee Braves hat...my best presents ever!

I think that many of you will agree that Christmas has become much too commercialized today. Some children receive more gifts on Christmas day than I received total in the seventeen years I spent at home before heading off to college. Some of my best memories are the Christmas programs at school and in church, walking around town with other members of the Methodist Youth Fellowship and singing carols, and just being with all of the Dale family aunts, uncles, and cousins for a big get-together and pitch-in meal on Christmas afternoon and evening.

The best present for me each year is to have everyone healthy and happy. But I will admit, the delight in opening those “special” gifts when I was a child are still floating around in my mind.

*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.*

## The New Stove . . .



**RANDALL FRANKS**  
Southern Style Columnist

The family had already gathered in the valley below the Gravelly Spur for an unbelievable feast of ham garnished with pineapple, green beans in a dish surrounded by little pearl onions, mashed potatoes and gravy, and dandelion greens seasoned with just the right amount of pepper and fresh churned butter.

The dinner was topped off with one of Grandma Kitty’s pumpkin pies.

She carefully prepared each item in her cast iron pots over the open flames of the hearth. She never complained about all the work that was involved in keeping the fire stoked and having to keep such close tabs on each item to make sure they were just right.

The days following Thanksgiving always meant there would be some leftovers for the family to enjoy in a variety of creations that she would lovingly craft to give the family the illusion that they were not eating the same dishes each meal.

For years, she toiled to make the three meals a day for her ever-growing family. One day when the family went to town that summer, Grandpa Bill noticed her lingering in Ollison’s General Store around a catalog with pictures of some new wood cooking stoves. Although she never

said a word, he saw in her eyes the desire she had for a wrought iron Home Comfort stove.

He decided then and there that she would have one. So he made an arrangement with Mr. Ollison to buy the stove, paying a bit at a time through the rest of the year to have it arrive just before Christmas.

Grandpa Bill had managed to keep the purchase a secret from the entire family. He even arranged for everyone to be gone to visit Cousin Winfrey Small so that when Mr. Ollison arrived in his wagon on Dec. 23, with a tarp covering the contents, no one could see.

Mr. Ollison and Grandpa Bill unloaded the stove and set it in the kitchen. He had worked all morning preparing the stove pipe so he could get it hooked up and have it ready when she returned.

He was making the last adjustment as he heard the wagon pull up in the yard. He quickly pulled a bit of red ribbon into a bow and set it in the middle of the stove. He sat down quietly at the table with his newspaper in his hand as if nothing was out of the ordinary.

As the kids rushed into the house, they did not even notice the large stove in the kitchen until Grandma Kitty dropped the pail she was carrying with her Christmas cookies inside. She stood in the middle of the kitchen floor, her hand over her mouth, holding back a flood of tears as she saw the stove.

The sound of the pail hitting the floor brought all the kids to the kitchen, and they began hovering around the stove.

Pearl said, “Did Santa come early?”

Grandpa Bill said, “Yes, he said he would be back in a couple of days, but he thought your mother might like to have her present early.”

Grandma Kitty had moved quietly to her kitchen chair, sitting down slowly, never taking her eyes off the stove except to wipe away the tears of joy flowing down her cheek.

Pearl said, “Why are you so sad about getting a present?”

“I’m not sad dear, I am just so happy I could not help crying,” she said.

“So you like the new stove?” she asked.

“I have never gotten a better present from Santa in my life,” she said.

She rose and gave Grandpa Bill a big hug.

“Thank you for telling Santa what I wanted,” she said.

“If he could, he would give you so much more,” he said.

“I have everything I need right here,” she said, as she gathered all her children close and hugged them tightly.

“The New Stove” is from the book “A Mountain Pearl” by Randall Franks.

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

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# SUNDAY

**Voice** *of our* **PEOPLE**

Sunday, Dec. 17, 2023

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## Bishop's Urgent Message Against Antisemitism: Unity, Prayer, And A Call For Peace

As a Christian leader, I bear a profound obligation and responsibility to oppose antisemitism whenever and wherever it occurs. As an African American United States citizen, I refuse to be ambiguous or approach this commitment to stand against violence and hatred directed toward Jewish people as somehow a binary choice or a denial of suffering of some over others. Injustice anywhere and hatred directed toward any people are a threat to the whole of the human family.

While the term antisemitism is used to address both attitudes expressed and acts of hatred and violence, it is experienced as expressed prejudice against Jews.

Reported acts of antisemitism and violence against Jewish people have been documented and are on the rise. Protests on college campuses and the aftermath of the attack by Hamas on October 7, followed by Israeli military response in Gaza, has elevated pain and suffering to the world's stage

for all to see.

Lost in the debates and devastating humanitarian crisis is the decades-long commitment of many people in the Jewish and Palestinian communities who have labored together to charter a peaceful future for all the people who call the Holy Land their home. As a United Methodist Christian, I am aware that Christians, too, have been complicit in antisemitism, Islamophobia, and the marginalization of peoples we choose, at times, to segregate by culture, race, language, or religion.

A resolution dating back to 2016 by The United Methodist Church on Christian Jewish Relations still has merits for our challenge today. "As followers of Jesus Christ, we deeply repent of the complicity of the Church and the participation of many Christians in the long history of persecution of the Jewish people. It is our responsibility as Christians to oppose antisemitism whenever and wherever it occurs."

As my Jewish neigh-

bors celebrate Hanukkah, I pray for safety and peace in their homes and places of worship, the safety that has eluded thousands who are on the move across the globe in search for sanctuary and safety.

As I celebrate Advent and the days and nights leading up to Christmas, I recognize that we all share one planet, and our religious and ethnic identities cannot excuse us from the work that will yield a world free from the grip of hatred and violence.

It is indeed the peacemakers who will be called the children of God (Matthew 5:9). In the words of the Gospel song by Rev. Hezekiah Walker, "I won't harm you with words from my mouth, I love you, I need you to survive." We need each other to build the world with a landscape of peace and justice for all.

Julius C. Trimble  
Resident Bishop  
Indiana Conference of  
The United Methodist Church

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# 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

**Travel**  
*or stay! and*  
**Play**

Sunday, Dec. 17, 2023

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## Expert Tips for Little Travelers During Winter

FAMILY FEATURES

Winter is one of the busiest times of year to travel. Whether you travel by train, plane or take a long road trip, it can be overwhelming – especially when you have young children. However, there is no need to worry, as preparing and anticipating possible obstacles along the way can help ensure a safe and enjoyable trip.

Most children are old enough to travel at about 6 weeks-2 months of age (after their first set of vaccinations), but it's best to share travel plans with your pediatrician to be sure.

Once you're clear for travel, you can keep the road smooth with these tips from Dr. Whitney Casares, a pediatrician, Gerber pediatric consultant, author and mom of two:

### Focus on Health and Safety

Frequent handwashing is one of the most effective ways to keep your baby healthy during travel. Avoiding sick people, giving plenty of opportunities for rest and offering a diverse array of nutritious food options (or breastmilk or formula if your baby is too young for solid foods) can also help.

When traveling by car, make sure your child is properly fastened in his or her car seat. If traveling by plane, follow all crew members' and airline instructions for a safe journey.



Photo courtesy of Shutterstock

### Provide Nutrition on the Go

Traveling can be a disorienting experience for little ones so being consistent with eating schedules can provide comfort and keep babies healthy, happy and energized along your journey. Wholesome travel snacks are an absolute must, especially for little ones.

High-quality snack and food options like Grain and Grow Strawberry Apple Puffs and Wonderfoods Natural Banana pouches are simple ways to offer your little one high-quality nutrition without the mess on road trips, airplane or train rides.

eating to avoid choking hazards and make sure snack time stays mess, and stress, free.

### Offer Soothing Play Opportunities

There are many toy choices for young children, so knowing what to pack while traveling and having backups is key. Compact toys like rattles and teething toys are some of the best choices for tiny travelers because they're easy to pack and clean. A stuffy or lovey can help console older babies and toddlers who may experience ear discomfort on an airplane or boredom on a road trip.

Travel can be tiresome even for adults who know what to expect. For little ones, it's even more so. Providing frequent breaks to stretch and get their wiggles out helps them not be overwhelmed by the experience of long travel days. Staying engaged with children is also key to keeping boredom or restlessness at bay.

### Stick to a Sleep Routine

A little disruption to sleep schedules is to be expected, so try not to stress about it if your little one isn't sleeping at usual times. To try to maintain your routine. If you plan on using a portable crib, have little ones practice sleeping in it for a few nights before you leave for your trip so they're already accustomed to it. Young sleepers can also benefit from sleep aids such as a white noise machine to ease the transition to a new environment.

To find more resources to help simplify travel or quality nutrition options on the go, visit Gerber.com.

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## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

## WANTED



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

### Please Read Our Disclaimer:

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

### Notice:

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

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