

SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Winter Holidays Bring More Heart Attack Deaths Than Any Other Time Of Year

The American Heart Association offers information and resources to prepare for heart healthy holidays



American Heart Association®

The joy of the winter holiday season is often marred for many as research shows that more people die from heart attacks during the last week of December than at any other time of the year. The American Heart Association, the world's leading voluntary organization focused on heart and brain health for all, says being aware of this annual phenomenon and taking a few important, heart-healthy steps may save lives.

"The holidays are a busy, often stressful, time for many of us. Routines are disrupted; we may tend to eat and drink more and exercise and relax less. We're getting too little sleep and experiencing too much stress. We also may not be listening to our bodies or paying attention to warning signs, thinking a trip to the doctor can wait until after the new year," said Dr. William Gill, a cardiologist who is president of the American Heart Association's Indianapolis board of directors. "While we don't know exactly why there are more deadly heart attacks during this time of year, it's important to be aware that all of these factors can be snowballing contributors to increasing the risk for a deadly cardiac event."

Scientific research finds an uptick in cardiac events during the winter holiday season. A study published in *Circulation*, the flagship journal of

the American Heart Association, reported that more cardiac deaths occur on December 25 than on any other day of the year; the second largest number of cardiac deaths occurs on December 26, and the third largest number occurs on January 1.

Winter weather has been noted as a trigger for increased heart attack risk due to restricted blood flow through constricted vessels caused by cold temperatures. However, another study published in *Circulation* found that even in the mild climate of Los Angeles County, about a third more heart attack deaths occur in December and January than in June through September. These findings were supported by a study published in the *Journal of the American Heart Association* by researchers in New Zealand, where the December holidays fall during that area's summer season.

"Research also shows that the biggest increases in these holiday heart attack deaths are among people who are not in a hospital. This highlights the importance of recognizing symptoms and seeking immediate medical care. Don't ignore heart attack warning signs because you don't want to spoil the holidays, the consequences could be much worse," Gill said. "It also calls attention to the need for increased awareness of knowing how to perform Hands-Only CPR. You could be out holiday shopping, enjoying an office party or spending time at a family gathering and witness someone having a heart attack and going into cardiac arrest. Starting CPR immediately and calling 9-1-1 could be the difference in life or death in those situations. Hands-Only CPR is something nearly everyone can learn and do."

Gill notes that while it's important to live heart-healthy all year long, there are a few tips you should gift yourself and your loved ones as we approach the holiday season:

- Know symptoms and take action: Heart attack signs vary in men and women and it's important to recognize them early and call 9-1-1 for help. The sooner medical treatment begins, the better the chances of survival and preventing heart damage.
- Celebrate in moderation Eating healthfully during the holidays doesn't have to mean depriving yourself, there are still ways to eat smart. Look for small, healthy changes and swaps you can make so you continue to feel your best while eating and drinking in moderation, and don't forget to watch your salt intake.
- Plan for peace on earth and goodwill toward yourself: Make time to take care of yourself during the busy holiday. Reduce stress from family interactions, strained finances, hectic schedules and other stressors prevalent this time of year, including traveling.
- Keep moving: The American Heart Association recommends at least 150 minutes of physical activity per week and this number usually drops during the hustle and bustle of the holidays. Get creative with ways to stay active, even if it's going for a family walk or another fun activity you can do with your loved ones.
- Stick to your meds: Busy holidays can cause you to skip medications, forgetting them when away from home or not getting refills in a timely manner. Here is a medication chart to help stay on top of it, and be sure to keep tabs on your blood pressure numbers.

The American Heart Association has more on ways to live heart-healthy during the holidays and all year long at heart.org.

➔ TODAY'S QUOTE

"Resolution One: I will live for God. Resolution Two: If no one else does, I still will."
Jonathan Edwards

➔ TODAY'S JOKE

What did Mary Poppins want from Santa? Supercalifragilisticexpialisnowshoes!

➔ 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)

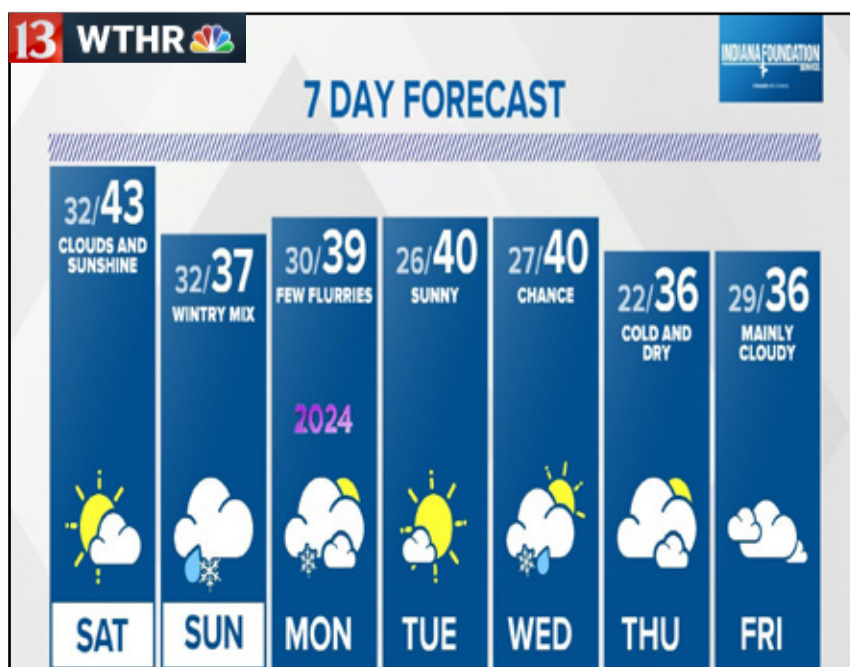
➔ TODAY'S HEALTH TIP

Taking medications like ibuprofen and naproxen can reduce the effectiveness of SSRI antidepressant medications like Prozac, Paxil, Zoloft and Lexapro. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in *The Paper* and online at www.thepaper24-7.com.



➔ HONEST HOOSIER

Have a happy and safe New Year, Montgomery County! See you next year!



HONEST HOOSIER



Quite the county!

Indiana

Facts & **F**un



Number % Stumpers

1. What percentage of people live in La Porte the city? \geq
2. How old is LaPorte County? \leq
3. How many live in the county, but not in the City of La Porte? \geq
4. What is the population density of the county? \leq

Answers: 1. About 20 percent 2. 187 Years 3. 89,414 People 4. 186/sq mi

Did You Know?

- LaPorte county is part of the Northwest Indiana and Michiana regions of the Chicago metropolitan area.
- The population in 2010 was 111,467 with 22,053 residing in the county seat, La Porte
- LaPorte County was formed in 1832. La porte means “the door” or “the port” in French. French travelers or explorers so named the area after discovering a natural opening in the dense forests that used to exist in this region, providing a gateway to lands further west
- According to the 2010 census, the county has a total area of 613.26 Square miles

Got Words?

Located in the northernwest part of the state, LaPorte 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 in LaPorte County but work elsewhere?

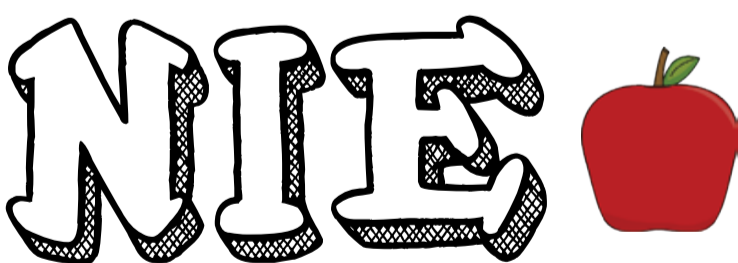
Word Scrambler

Unscramble the words below!

1. TEPORLA
2. CCHIGOA
3. CHRENF
4. STEW
5. RFOESTS

Answers: 1. LaPorte 2. Chicago 3. French 4. West 5. Forests

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Sunday, Dec. 31, 2023

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Physician Says Residency Programs Must Reassess Post-Roe Training For Miscarriage, Abortion Care

By Kelcie Moseley-Morris

More than a year after the U.S. Supreme Court overturned Roe, many have raised concerns about training for obstetrician-gynecologists, particularly in states with civil and criminal penalties for providers if they perform abortions. But researchers from the Person-Centered Reproductive Health Program at the University of California San Francisco have found there is reason to be concerned about training for family physicians in ban states as well.

A study published in the November-December issue of the *Annals of Family Medicine* found that 29% or 201 of 693 accredited family medicine residency programs in the U.S., are in states with abortion bans or significant restrictions on abortion access. The study used publicly available data from the American Medical Association to conduct the analysis, and found 3,930 residents out of 13,541 were in states where abortion is banned or heavily restricted.

This has implications for family physicians who are often tasked with helping patients manage early pregnancy loss, or miscarriage, the researchers said, as well as patients who self-manage an abortion at home with medication. Any of those patients might need follow-up care from a family physician, the study said.

States Newsroom spoke with one of the lead researchers, Dr. Christine Dehlendorf, about the results of the study. Her responses have been edited for clarity and conciseness.

States Newsroom: Why did you think it was important to conduct this study?

Dr. Christine Dehlendorf: We really just wanted to be descriptive about what the reality was. It was less than what was seen in previous analyses of OB residencies (which showed about 45% were in ban or heavily restricted states), but that was based on the assumptions of what bans would look like post-Dobbs. It is an evolving map — we know the abortion policy landscape is changing on a daily, weekly, monthly basis, so this is a moment in time that tells us already a substantial portion of residents are having their training influenced.

The residents that are in those programs are not going to have access to comprehensive reproductive health training because they're not experiencing it within their state context. They cannot see abortions, cannot perform them, cannot learn how



Dr. Christine Dehlendorf

to care for patients after abortions in the same way they would be able to if they were working in a state where abortion was unrestricted.

SN: What does that mean for those residency programs?

Dehlendorf: What that means is that residency programs need to be very intentional about their curriculum and seek out ways for residents to get experience with reproductive health care, including ways they can get that training out of state.

In typical family medicine residency programs, you have your routine primary care curriculum, and then also specialty rotations (e.g., dermatology or other specialties), where you get more dedicated time with that topic. Having abortion be restricted will influence training in both of those contexts. You won't see people who recently had an abortion and be able to help manage post-care, like bleeding, and you will not be able to provide abortion medication. You won't be able to see patients who have abortions in hospital settings.

So residency programs will have to think about how, in the absence of this natural way people would be exposed, how they can substitute and supplement the curriculum to make sure people have that exposure. The experience of residency is a moment in time, and the reality is they will be taking care of these patients regardless of whether they're in states with abortion restrictions.

SN: What supports can family physicians provide to those experiencing a miscarriage or who are self-managing an abortion?

Dehlendorf: People need to be able to go to their primary care doctors with any questions they have, including about bleeding or other side effects. Early pregnancy loss is a very common experience, and the skill set for caring for that and first trimester abortion are very similar.

SN: How concerned are you that these programs won't provide this training?

Dehlendorf: I'm very concerned that programs will not pay adequate attention to this newfound gap in their curriculum, and therefore that their residents will not be comprehensively trained, and

their future patients will be negatively impacted by that.

Patients are going to receive less patient-centered care. Ideally, primary care providers should be able to take care of people throughout the reproductive health cycle. If we can't do that, what that means is care will be fragmented in a way it doesn't have to be. It also means some of those patients won't receive care at all, and some will receive lower quality care.

SN: Who might be affected the most by this lack of training?

Dehlendorf: We know that family physicians provide care in areas where there are no other health care professionals, and they are the safety net for underserved communities, rural or urban, where there is no access to specialty care. Those providers need to be able to provide the full scope practice of family medicine, including the full scope of reproductive health care. Those are the communities that are most likely to be impacted.

SN: What can be done to help support those training opportunities?

Dehlendorf: From an educational lens, people in states with abortion access funding training opportunities for people in states without it is something that is absolutely essential.

SN: What other implications might this have on family medicine?

Dehlendorf: Prior to Dobbs, there was a lack of recognition of the critical role that abortion access played in many aspects of our medical institutions and health care system, and that includes the fact that we prescribe medications that can cause birth defects with the knowledge that abortion could be available to the patient if needed. There have been cases of people being denied those medications because access is not available.

All of those things are affecting our lives and health. It's multi-faceted, and we're just beginning to see the impacts that are going to influence the system, and how it will fail to meet people's needs in places where abortion is restricted.

Kelcie Moseley-Morris is an award-winning journalist who has covered many topics across Idaho since 2011. She has a bachelor's degree in journalism from the University of Idaho and a master's degree in public administration from Boise State University. Moseley-Morris started her journalism career at the Moscow-Pullman Daily News, followed by the Lewiston Tribune and the Idaho Press.

Applications Open For Undocumented Students In Indiana To Apply For TheDream.US College Scholarship

TheDream.US, the nation's largest college access and success program for immigrant youth, today offered a reminder that its current scholarship application round is open, with expanded eligibility criteria to support the higher education dreams of more Dreamers with and without DACA or TPS. Applications are open to immigrant students who came to the U.S. before the age of 16 and before Nov. 1, 2018. All undocumented students who meet the eligibility criteria are welcome to apply.

The application deadline for the Opportunity Scholarship, for students who live in Indiana and other locked-out states where they cannot access or face limited in-state tuition eligibility, is January 31, 2024. The Opportunity Scholarship provides up to \$80,000 to cover tuition, fees, and on-campus housing and meals for a bachelor's degree at one of five out-of-state colleges - Chris-

About TheDream.US

TheDream.US is the nation's largest college and career success program for undocumented immigrant students, having provided more than 10,000 college scholarships to Dreamers attending over 80 partner colleges in 21 states and Washington, DC. We believe everyone, regardless of where they were born, should have equitable access to a college education, a meaningful career, and opportunities to contribute to the communities they call home. For more information on TheDream.US, visit www.thedream.us

tian Brothers University in Tennessee; Delaware State University; Dominican University in Illinois; Eastern Connecticut State University; or Trinity Washington University in Washington, DC.

Abraham Flores is a TheDream.US Scholar who lives in Indiana but attends Eastern Connecticut State University as an Opportunity Scholar. Abraham says of the Opportunity Scholarship: "It can certainly change your life in a positive manner. These scholarships do wonders and help you a lot, mentally and finan-

cially. They take a big weight off your shoulders. Eligible Dreamers should be sure to apply as soon as possible!"

Gaby Pacheco, president and CEO of TheDream.US said: "We encourage all eligible immigrant youth in locked-out states to apply for the Opportunity Scholarship before the application deadline at the end of January. During a time of uncertainty for many Dreamers, we will remain steadfast in our support of undocumented youth and their college and career success."

Community Health Network To Pay \$345 Million In Federal Settlement

By Leslie Bonilla Muñoz

Indianapolis-based Community Health Network has agreed to pay the United States a whopping \$345 million to settle decade-old allegations that it submitted fraudulent claims to Medicare, the U.S. Department of Justice announced Tuesday.

The U.S. alleged that, in 2008 and 2009, Community leadership began recruiting physicians — many of them specialists — to get their "downstream referrals." Community paid those physicians far above market value and included incentives based on referral targets, according to the U.S. complaint. Then, it allegedly submitted those inflated claims to Medicare.

The Stark Law bans hospitals from billing Medicare for certain services referred by its own physicians unless the doctor's compensation is consistent with fair market value and not based on referrals.

"Hoosier Medicare patients deserve to know that their care is based on their medical needs, not their doctor's financial gain," said Zachary A. Myers, U.S. Attorney for the Southern District of Indiana, in a news release. "When doctors refer patients for CT scans, mammograms, or any other medical service, those patients should know the doctor is putting their medical interests first and not their profit

margins."

But the powerful Indiana Hospital Association said there was no proof of "unnecessary care" provided to patients and called the settlement amount "extraordinary."

"... When adopted, the (Stark Law) had a laudable purpose(;) to prevent physicians from receiving financial incentives that result in a patient receiving unnecessary care," health law expert Steven Pratt said on the association's behalf. "Unfortunately, the law is not being enforced to achieve this purpose. Instead, without showing any unnecessary care or any harm to patients or Medicare, hospitals are frequently required to pay extraordinary damages to settle claims."

The Stark Law settlement amount is the largest of kind — and it's the second one Community has paid in recent years. The health system agreed to a \$20.3 million settlement in 2015, also over Medicare billing.

Pratt said Congress could step in to change what Stark Law settlements can include "so that any damages are based upon patients having received unnecessary care, and any settlement amounts do not unnecessarily contribute to health care costs."

Community also entered into a corporate integrity agreement this month with the U.S. Department of Health and Human Services' Office

of the Inspector General. It sets in place five years of government monitoring.

The settlement comes from a 2014 whistleblower complaint by Community's former Chief Financial and Chief Operating Officer Thomas Fischer.

"I am grateful for this recovery. These claims are not mere technicalities; they directly affect patients, hospital employees and the high cost of healthcare," Fischer said in a separate news release from his Indianapolis legal counsel. "This puts money back into the healthcare system and is a victory for the Indiana taxpayer."

But most of the case continues, even 10 years on, according to firm DeLaney & DeLaney.

The settlement includes only the claims on which the federal government intervened. The firm said it would continue to pursue additional fraud claims against Community, as well as Fischer's own employment and retaliation claims.

Leslie joins the Indiana Capital Chronicle after covering city government and urban affairs for the Indianapolis Business Journal for more than a year. She graduated from Northwestern University in March 2021, and has reported for the Chicago Tribune, Voice of America and student publications in Evanston, Illinois, Washington, D.C., and Doha, Qatar.

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SUNDAY

In The Kitchen

Sunday, Dec. 31, 2023

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Warm, Pop-able Treats Perfect for Sharing

FAMILY FEATURES

On a cold winter night, there's nothing quite like the combination of playing games and indulging in delicious popcorn treats.

Fuzzy blankets and a roaring fire can create a warm, inviting ambiance that inspires loved ones to settle in for some time together on those blustery, cold days. The friendly competition of a classic board game or thrilling virtual reality battle can generate energy and excitement while the smell of freshly popped popcorn heightens the atmosphere. With each pop and crunch, the night is transformed into a cozy and memorable experience, creating cherished moments that will be remembered long after the snow has melted.

For added ambiance, pull out your cocktail glasses for a clever way to serve Old Fashioned Bourbon Maple

Popcorn with Pecans. Accented with bourbon, orange and bitters, this maple-glazed popcorn is a fun cocktail-inspired snack for sharing with or without the alcohol.

If you're one who favors spicy heat, this Spicy Korean Barbecue Popcorn won't disappoint. This sweet and spicy snack delivers a delicious explosion of flavor in every bite, making it a perfect addition to a finger food buffet or self-serve snack station.

There's nothing quite like coffee to warm up a winter day, and when combined with cocoa, it creates a perfect snack that's both sweet and surprising in this Mocha Popcorn. For another easy treat that turns up the temperature, consider this Sugar and Spice Popcorn that combines sweet and heat in a craveable winter mix.

Explore more ideas to warm up your winter entertaining at popcorn.org.

Old Fashioned Bourbon Maple Popcorn with Pecans

Servings: 4-6

- 8 cups popped popcorn
- 1/2 cup chopped toasted pecans
- 1/3 cup maple syrup
- 1 tablespoon bourbon
- 2 tablespoons butter
- 1 tablespoon orange zest
- 1 dash bitters

Place popcorn and pecans in large bowl.

In small saucepan over medium-high heat, combine maple syrup, bourbon and butter; bring to boil. Cook, swirling pan, 3-5 minutes, or until mixture thickens to corn syrup consistency. Stir in orange zest and bitters.

Drizzle maple syrup mixture over popcorn; toss to evenly coat. Cool completely and serve.

Tips: Substitute bourbon with rye or whiskey. For "mocktail" popcorn, substitute with non-alcoholic bourbon or whiskey.



Old Fashioned Bourbon Maple Popcorn with Pecans



Spicy Korean Barbecue Popcorn

Spicy Korean Barbecue Popcorn

Servings: 4-6

- 8 cups popcorn
- 1/4 cup honey
- 2 tablespoons brown sugar
- 1 tablespoon butter
- 1 tablespoon sesame oil
- 1 tablespoon gochujang (Korean chili paste)
- 1 tablespoon soy sauce
- 1 teaspoon garlic powder
- 4 teaspoons toasted sesame seeds
- 1 tablespoon gochujaru (Korean chili flakes)
- 1 green onion, thinly sliced (optional)

Place popcorn in large bowl.

In small saucepan, combine honey, brown sugar, butter, sesame oil, gochujang, soy sauce and garlic powder; bring to boil. Cook 3-5 minutes, or until mixture thickens to syrupy consistency.

Drizzle honey mixture over popcorn and sprinkle with sesame seeds and gochujaru; toss to evenly coat. Garnish with green onion, if desired. Serve immediately or cool completely.

Tip: Substitute green onion with 1 teaspoon freeze-dried chives, if preferred.

Sugar and Spice Popcorn

- 2 tablespoons brown sugar
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 2 teaspoons ground cumin
- 2 quarts (8 cups) air-popped popcorn
- butter-flavored nonstick cooking spray

In small bowl, combine brown sugar, chili powder, paprika and cumin; mix well.

Place cooked popcorn in separate bowl; spray lightly with nonstick cooking spray and sprinkle with spice mixture.

Toss to mix until kernels are coated. Store in airtight container.



Sugar and Spice Popcorn



Mocha Popcorn

Mocha Popcorn

Yield: about 6 quarts

- 6 quarts popped popcorn
- nonstick cooking spray
- 3 cups sugar
- 1/3 cup unsweetened cocoa powder, sifted
- 1 tablespoon espresso powder or instant coffee granules
- 1 cup milk
- 1/4 cup powdered sugar

Place popcorn in large bowl sprayed with nonstick cooking spray; set aside.

Line baking sheet or work surface with waxed paper or foil.

In large saucepan, stir sugar, cocoa, instant coffee and milk. Cook until mixture registers 250 F on candy thermometer, stirring occasionally.

Pour hot mixture over popcorn; stir to coat popcorn completely.

Spread popcorn onto prepared surface and allow to cool. Sprinkle with powdered sugar.

Break into pieces to serve. Store in airtight container.

SUNDAY

In The Kitchen

Sunday, Dec. 31, 2023

C2

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

5 Steps to Start Each Day STRONG

FAMILY FEATURES

How you begin each day affects more than whether you make it to work on time. In fact, those early morning hours are often the foundation for your entire day.

Set yourself up for success with these tips to help you maximize your mornings. Whether you're an early bird or a night owl, starting the day the right way can help you power through your to-do list.

Wake Up On Time

Set your alarm for a reasonable hour that gives you ample time to get ready for the day ahead. If you have a commute or children or pets who need attention, be sure to factor in time for unexpected events like traffic jams or accidents. Avoid setting your alarm early and hitting snooze repeatedly; the quality of sleep you'll add is poor and you'll likely end up feeling more tired than if you'd just risen with the alarm.

Get Your Body Moving

Even a light workout is a great way to rev up for a new day. Prioritizing your health to start the morning can put you in a healthier mindset. Completing a workout before the day is even fully underway gives you something to be proud of, which helps boost your mental well-being. What's more, an early workout gets your blood pumping, which supports stronger cognition and produces more energy.

Treat Yourself

It's never too early to give yourself a little TLC, and a delicious coffee-based drink is a great way to perk up your morning with a tasty treat. The best indulgent coffee beverages start with quality coffee. Consider options from Eight O'Clock Coffee, which has selected and roasted high-quality, 100% Arabica coffee for more than 100 years. The rich, smooth flavor means you can drink it black, but it's also the perfect base for a decadent latte with maple and vanilla or a classic iced caramel macchiato.



Maple Vanilla Latte

Photos courtesy of Shutterstock

Establish a Self-Care Routine

While you're still working toward being fully awake, a routine that lets you dive into daily preparations on autopilot can be helpful. Making time to take care of yourself can give you greater confidence to tackle the day, so find a pattern that fits and run with it. Aside from basic hygiene, take time to moisturize your skin and apply sunscreen. Also build in time to focus on your mental health, whether you make some notes in a gratitude journal or meditate to manage stress.

Eat a Healthy Breakfast

Countless studies support the benefits of eating a nutritious breakfast. It's good for your metabolism and digestive health. It also gives your body the fuel it needs to help you push through the day. You're likely to think faster and be a more effective problem-solver when your body has proper nourishment. Eating early in the day also affects your mood; you're less likely to be irritable if you're not hungry.

Find more inspiration to perk up your mornings at eightoclock.com.

Maple Vanilla Latte

- 1 1/2 cups milk, divided
- 1/2 cup strong-brewed Eight O'Clock French Vanilla Coffee
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- ground cinnamon, to taste

In microwave, heat 1 cup milk. Pour coffee into mug and, using milk frother, top with warm milk. Stir in maple syrup, vanilla extract and cinnamon, to taste. Using milk frother, foam remaining milk then add to mug.

Salted Caramel Macchiato Iced Coffee

- 1/2 cup Eight O'Clock Caramel Macchiato Coffee, chilled
- 1 cup milk
- 1/2 cup ice
- squeezable caramel sauce
- 1 pinch sea salt

Stir together chilled coffee and milk. Pour over ice into glass. Drizzle caramel sauce on top and sprinkle with sea salt.



Salted Caramel Macchiato Iced Coffee

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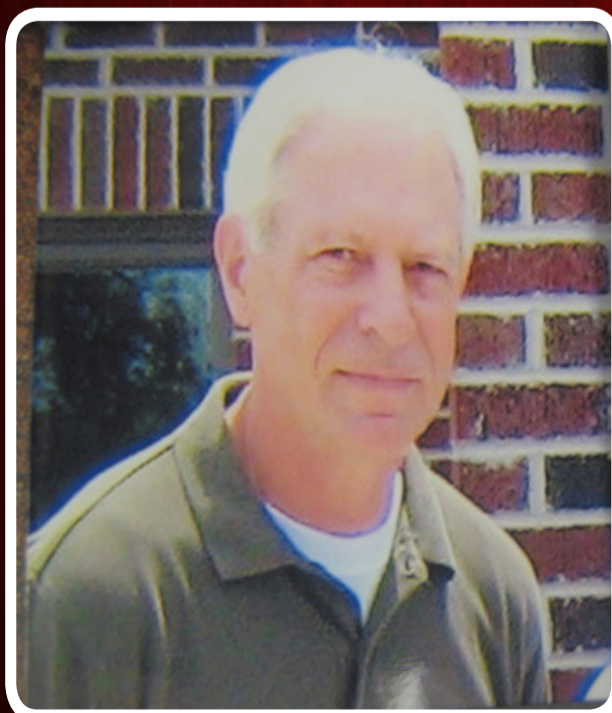
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BUTCH DALE



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!

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

SUNDAY

In The Kitchen

Sunday, Dec. 31, 2023

C3

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

Set the Menu for a Successful Year



BLT Wraps with Avocado Spread

FAMILY FEATURES

If your goals for 2024 include a healthier lifestyle and added nutrition, your mission is likely to start with a refreshed menu. Add a few newfound favorites to this year's rotation like wraps, salads and smoothies to power each day and propel yourself toward wellness success.

These easy-to-make, better-for-you recipes offer simple solutions to keep your goals on track without taking

flavor off the table. Begin busy days with an energy boost from a Strawberry Oatmeal Smoothie then tackle lunchtime cravings or make family dinner a cinch with BLT Wraps with Avocado Spread. For a hearty salad to pair with favorite meals or enjoy all on its own, this Roasted Cauliflower and Potato Spinach Salad is an ideal way to make 2024 your best year yet.

Visit Culinary.net to discover more nutritious solutions in the new year.

Wrap Your Way to a Nutritious Year

Planning and executing a more nutritious menu can often be thwarted by lunchtime cravings or busy weeknights that leave little time to cook at home. Rather than giving in to those takeout temptations, turn to easy recipes you can create yourself with just a few simple, on-hand ingredients.

Grab tortillas out of the pantry and a few favorites from the refrigerator to make these BLT Wraps with Avocado Spread, which are perfect for meal-prepping weekday lunches or whipping up at a moment's notice for a family dinner. Bacon, a nearly unanimous favorite, teams up with a homemade avocado spread, lettuce and tomatoes for fresh taste without the hassle.

For a satisfying meal without leaving behind health goals, serve with a hearty salad or Spanish rice and banana peppers on the side.

BLT Wraps with Avocado Spread

Servings: 4

- 8 slices bacon
- 1 avocado, peeled and pitted
- 1/4 cup sour cream
- 1 lime, juice only
- 1/2 teaspoon hot sauce
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 4 flour tortillas
- 4 large red leaf lettuce leaves
- 2 large tomatoes, cut into 1/4-inch slices

Spanish rice (optional) banana peppers (optional)

In large skillet, cook bacon until crispy. Drain on plate lined with paper towels. Set aside.

In medium bowl, mash avocado, sour cream, lime juice, hot sauce, Worcestershire sauce and salt with fork until combined and smooth.

Spread thin layer of avocado mixture over tortillas. Layer with lettuce leaves, tomatoes and bacon. Fold sides up and roll.

Serve with Spanish rice and banana peppers, if desired.



Roasted Cauliflower and Potato Spinach Salad

Fresh Flavors for the New Year

If you're among those looking to set goals and wellness intentions for the new year, it's important to equip yourself with the right tools, whether information or inspiration, to help support you on your journey toward a healthier lifestyle. That can start with something as easy as elevating your menu and the ingredients you keep on-hand.

For example, Fresh Express offers more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, including the French Blue Cheese Salad Kit, which combines a nutrient-dense salad mix of fresh baby spinach, spring mix, red cabbage and carrots, and is enhanced with aromatic blue cheese, crunchy garlic brioche croutons and a savory French blue cheese dressing. Available in the refrigerated produce department, the kit can be paired with better-for-you ingredients like roasted cauliflower and seasoned potatoes to make this Roasted Cauliflower and Potato Spinach Salad in less than an hour.

Visit freshexpress.com to discover more recipes and find a store near you.

Roasted Cauliflower and Potato Spinach Salad

Prep time: 15 minutes

Cook time: 40 minutes

Servings: 4

- 1 small head cauliflower, cut into florets
- 3 tablespoons olive oil, divided
- 2 teaspoons Italian seasoning, divided
- 1/2 teaspoon salt, divided
- 1 pound fingerling potatoes, quartered
- 1 package (8 ounces) Fresh Express French Blue Cheese Salad Kit

Heat oven to 425 F.

In large bowl, toss cauliflower florets with 2 tablespoons olive oil. Sprinkle with 1 teaspoon Italian seasoning and 1/4 teaspoon salt; mix well. Arrange in single layer on sheet pan.

Bake cauliflower 30-40 minutes, tossing once halfway through, until tender and lightly charred. Cool.

In bowl, toss potatoes with remaining olive oil. Sprinkle with remaining Italian seasoning and salt; mix well. Arrange in single layer on sheet pan.

Bake potatoes 20 minutes until tender and lightly browned. Cool.

Place greens from salad kit in large bowl; add roasted vegetables. Drizzle with dressing from salad kit; mix well. Top with croutons and blue cheese from salad kit.



Strawberry Oatmeal Smoothie

Start Each Day Strong

Giving your mornings a delicious boost doesn't have to be a chore. In fact, it can be just as easy as it is delicious with a fresh, fruity smoothie ready in a matter of minutes.

Just six blended ingredients are all you need to make this Strawberry Oatmeal Smoothie, a creamy solution that makes for a nutritious, refreshing and filling breakfast before heading out the door.

Strawberry Oatmeal Smoothie

- 1/2 cup rolled oats
- 1 banana
- 14 frozen strawberries
- 1 cup soy milk
- 1 1/2 teaspoons sugar
- 1/2 teaspoon vanilla extract

In blender, grind oats. Add banana, strawberries, soy milk, sugar and vanilla extract then blend until smooth. Pour into glass or to-go container and serve.

SUNDAY

In The Kitchen

Sunday, Dec. 31, 2023

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

Family-Friendly Fun to Beat Winter Blahs

FAMILY FEATURES

Cool winter days may have you tempted to burrow under a blanket and wait out the weather, but there are plenty of entertaining and affordable ways to enjoy quality family time together despite chilly temperatures.

Kids who are cooped up indoors during the winter often get restless, but you can make the most of that boredom by gathering everyone and discovering new ways to create memories together.

Get Your Game On

Forget about screen play and instead show the younger generation how much fun it can be to take on family rivals with classic board games or work in teams to complete age-appropriate puzzles. These activities allow everyone to participate and practice skills like problem solving while having fun.

Make a Meal Together

You likely know it's a good idea to gather the family around the table for a meal, but there's no need to wait until the food is done. Not only does cooking together give you something fun to do as a family, but it also helps kids develop important life skills and healthy habits, exposes them to new food options and allows them to practice reading and math when they follow recipes.

Get everyone in on the prep work with kid-friendly foods such as these flavorful frozen waffles that can be used as the base for simple and delicious recipes. A fun, easy way to enjoy a favorite cereal in waffle form, PEBBLES Waffles are available in beloved Fruity and Cocoa flavors. Start the day by making breakfast a family affair or mix things up and prepare a breakfast menu for dinner. Try one of these easy recipes for a sure way to put a smile on your loved ones' faces.

Explore What Surrounds You

Resist the temptation to huddle indoors and instead explore how your community transforms with the seasons. Look for the best sledding hills or check out seasonal attractions like ice rinks and festivals. Even taking a family drive to see the holiday lights or marvel at the way snow transforms your surroundings gives you a way to break out of the house and enjoy some entertaining fun.

Encourage Artistic Expression

Once kids are bundled up properly, there's little that tops good old-fashioned snow days. Snow angels, snow forts and snowmen are just the beginning. Inviting kids to create and design lets their imaginations run wild and, with a little luck, they'll run off some of that pent-up energy, too. If you're stuck inside, encourage creativity through arts and crafts, or make mealtimes a chance for children to explore their artistic sides by allowing them to customize toppings on favorites such as waffles.

Give Back to Others

It's never too early to learn the intrinsic good of giving back, and cold winter months are an ideal time to instill a giving mindset. As a family, you could volunteer time at a local food bank or work together to assemble care kits with warm blankets and socks for the homeless. You could write letters to soldiers or make seasonal greeting cards for seniors at a local nursing home. Big or small, they're gestures that make a lasting impression on young minds.

Find more family-friendly ideas for a winter to remember at postpebblescereal.com.



Fruity Smiley Face Waffle

- 2 Fruity PEBBLES Waffles
- 1 container whipped cream
- 1 cup Fruity PEBBLES cereal
- blueberries (optional)
- rainbow sprinkles (optional)

maple syrup (optional)

Heat waffles until golden brown and place on plate. Use whipped cream to make smiley face eyes, nose and mouth.

Place cereal on top of whipped cream to make eyes, nose and mouth colorful. Add blueberries, rainbow sprinkles and syrup, if desired.

Cocoa Smiley Face Waffle

- 2 Cocoa PEBBLES waffles
- 1 cup Cocoa PEBBLES cereal
- 1 container whipped cream
- chocolate chips (optional)
- chocolate sprinkles (optional)
- strawberries (optional)
- chocolate syrup (optional)

Heat waffles until golden brown and place on plate. Use whipped cream to make smiley face eyes, nose and mouth.

Place cereal on top of whipped cream to make eyes, nose and mouth colorful. Add chocolate chips, chocolate sprinkles, strawberries and chocolate syrup, if desired.

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.

Catch Dr. Roberts every Monday, only in Montgomery County's Favorite Daily Edition!



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Include Gardening In Your New Year's Resolution



MELINDA MYERS
Columnist

The New Year is filled with resolutions that usually involve dieting and exercise. Gardening is a great way to help accomplish those two resolutions, while also improving your mood, reducing blood pressure, managing anger, maintaining flexibility, and more.

Start the new year with a plan to incorporate healthy vegetables into your containers, gardens, and meals. Growing vegetables encourages you to eat more fresh produce and maximizes the benefits. You'll be able to harvest the vegetables at their peak of ripeness for the best flavor and maximum nutritional value. Plus, you control what, if any, chemicals are used in your gardens and containers.

Involve family and friends during the planning process and continue supporting each other in this healthful endeavor throughout the year. Research has found that making gardening a more social experience can intensify the physical and mental health benefits. Even sharing your surplus produce with others can reap greater health benefits.

Begin by growing a few microgreens this winter. These fast-growing nutritious greens are easy to grow and do not require much space or special equipment. Just repurpose some fast-food containers, fill them with a seed starting mix or quality potting mix, and plant the microgreen seeds. Many garden centers, catalogs, and organic food coops sell microgreen seeds and sprouting seeds.

Grow a few pots of herbs in a sunny window or under artificial lights. Herbs are a healthy way to add flavor to winter meals. Start them with seeds or purchase



Photo courtesy of MelindaMyers.com

Microgreens are fast-growing, easy-to-grow, nutrient-dense greens that can be grown indoors and do not require much space or special equipment.

transplants to shorten the time to harvest.

Plant these in a container with drainage holes filled with a quality potting mix. Follow the directions on the seed packet or plant tag for planting and care information. Once they are at least four to six inches tall, you can begin harvesting. Just make sure there will be enough leaves left on the plant to support new growth.

Look for new ways to prepare and incorporate vegetables into your diet. You'll find lots of recipes online and in cookbooks available from your library.

Start a list of vegetables you want to include and those that are suitable to grow in your location. Your state's extension service has information on what vegetables will thrive in your area and tips on when and how to plant and care for them.

Take stock of your current seed inventory. Make a list of any seeds and transplants you'll need to buy to boost the nutrition of your garden harvest. Greens like spinach, collards, Swiss chard and kale, carrots, beets, broccoli, Brussels sprouts, and red cabbage are among the most nutritionally dense vegetables.

Consider growing those plants

that are most productive and cost-effective for the available space. Look for vegetables like tomatoes and sweet peppers that produce an abundance of fruit from just one plant. Adjust your harvest techniques to keep plants like broccoli and greens producing beyond the first harvest. Once your list matches your gardening space, it is time to draw up a garden plan. If you are new to gardening, consider starting small and expanding over time. You will need sufficient time for planting and throughout the growing and harvest season to maintain, harvest, and utilize all the vegetables you grow.

Starting your nutritional gardening practices inside this winter will help generate momentum and keep you focused on your nutrition goals throughout the growing season.

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 radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' website is www.MelindaMyers.com.

Efficient Ways To Warm Your Home This Winter

(Family Features) Creating reliable and efficient heat for your home during the winter months may be easier than you think. Using propane appliances like furnaces, water heaters, fireplaces and kitchen appliances alongside other energy sources, like electricity, can help reduce the strain on the electrical grid.

With the capability to power all major systems in a home, propane offers homeowners an affordable, comfortable, reliable and efficient energy source. It's a clean, low-carbon option that is made in the United States and available right now.

Consider these energy-efficient, propane-powered appliances and their benefits compared to other energy sources, according to the experts at the Propane Education & Research Council.

Furnaces

Not only are propane-powered furnaces more efficient than other energy sources, but they can also provide a lot of comfort. They heat air to 115-125 F, making the indoor air feel consistently warmer than other options. Heat from air source heat pumps often supply temperatures lower than 100 F and are more affected by outdoor temperatures.

A propane-powered furnace has a 50% longer lifespan than an electric heat pump, reducing its overall lifetime costs to a homeowner. Energy Star-qualified propane furnaces can save up to \$75 in energy costs each year and are 15% more efficient than standard propane models. In addition, propane-powered residential furnaces emit up to 50% fewer greenhouse gas emissions than electric furnaces and 12% fewer greenhouse gas emissions

than fuel oil furnaces.

Fireplaces

A propane-powered fireplace is a great source for secondary heat and can be used in all climates. They provide 5-6 times the heating capacity of an electric fireplace and emit less soot and other air-polluting emissions than wood-burning fireplaces.

In fact, some parts of the U.S. have banned wood-burning fireplaces due to their negative effects on the environment. What's more, traditional wood fireplaces are about 15% efficient as secondary sources of heat while high-efficiency propane fireplaces are up to 90% efficient.

Boilers

Many homeowners appreciate the versatility of propane boilers, which offer high-level performance and space savings while also providing heat, hot water and even snow melt capabilities. This versatility also extends to the type of heating delivery system propane boilers serve, including hydronic baseboard systems, in-floor hydronic systems or even forced-air systems, in which hot water from the boiler (instead of a furnace) acts as the heat source.

Propane boilers have an expected lifespan of up to 30 years, according to the Environmental Protection Agency, but many boilers can last longer if serviced and maintained properly. Thus, the initial investment can provide long-term value beyond other heating alternatives. High-efficiency propane boilers also result in significantly reduced carbon dioxide emissions compared with those fueled by heating oil.

Learn more about how you can rely on propane to heat your home at Propane.com/ForMyHome.

KAREN ZACH



Think writing a column on genealogy is easy?

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THE COST OF RESILIENCY DURING POWER OUTAGES

FAMILY FEATURES

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

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

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



Matt Blashaw

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

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

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

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

5 TIPS TO STAY PREPARED AHEAD OF STORMS

Make a Plan

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

Prepare Your Propane System

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

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

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

Secure Doors and Windows

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

Have a Backup Power Source

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



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

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

and less expensive your standby generator can be.

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

Pack an Emergency Kit

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

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

Find more resilient storm preparedness solutions at Propane.com.

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Photo courtesy of Purdue University

Motorsports engineering students like Reed England get hands-on experience and unique learning and networking opportunities through the Purdue program in Indianapolis.

Racing Executives Cite Critical Workforce Need During Visit To Purdue University In Indianapolis

At the first motorsports symposium at Purdue University in Indianapolis, a wide array of topics were on the table. While machine learning and AI, electrification and hybrid technologies, driver safety, and autonomous racing were all discussed, one thing was made clear: the critical need for a skilled workforce.

Purdue University in Indianapolis motorsports engineering students and graduates took the first step toward filling that void by connecting in person with potential employers on Dec. 6 at the Lilly Auditorium in Indianapolis. Spearheaded by motorsports engineering program director Chris Finch and associate professor Hamid Dalir, the symposium put Boilermakers in front of industry leaders from racing teams like Andretti Global, manufacturers like Dallara USA and Goodyear Racing, and cutting-edge innovators from the Auto Research Center.

"The goal of this symposium was to provide a platform for motorsport industry leaders to highlight the research and educational requirements of the industry," Finch said. "It gave our faculty and students a great networking opportunity and better understanding of the unique technical nature of working in motorsports."

During the symposium, which included keynote presentations, a question-and-an-

swer panel and several informal networking opportunities, the workforce subject repeatedly arose. Alex Timmermans, chief engineer at Dallara USA, said finding qualified applicants was one of his biggest challenges. Other panelists, such as Henri Kowalczyk, echoed those sentiments.

"In my 20 years, the hardest part of my job has been finding skilled talent," said Kowalczyk, chief operating officer at Auto Research Center. "It definitely helps knowing the background of the (Purdue) program as these students rise to the top of our resume list."

Purdue University in Indianapolis has helped address workforce concerns as the nation's only ABET-accredited undergraduate motorsports engineering program. Between its campuses in Indianapolis and West Lafayette, Purdue has propelled students and graduates to impactful careers in the highest levels of racing, including NASCAR, IndyCar and the International Motor Sports Association.

That impact isn't limited to just the track, as many have gone on to work for manufacturers in the motorsports space such as Cummins, a global power technology leader, and Dallara USA. At Dallara, five of its seven full-time engineers are graduates from the Purdue engineering programs in Indianapolis.

The motorsports industry's

influence is particularly felt in Indiana, where hundreds of employers and thousands of jobs, which exceed the state average wage, are located within the state's borders. That leads to \$2 billion in annual economic impact for the state, Rollie Helmling, senior advisor for motorsports at the Indiana Economic Development Corporation, told symposium attendees.

Thanks to world-class facilities like the Indianapolis Motor Speedway in Speedway and Lucas Oil Indianapolis Raceway Park in Brownsburg, nearly a dozen NTT IndyCar Series teams have offices in central Indiana, and several NHRA teams, like Tony Stewart Racing and John Force Racing, are based in the area. The headquarters for both Dallara USA and Allison Transmission are less than five miles from the physical footprint of what will become the Purdue University in Indianapolis campus in 2024.

"Being in such proximity to the heart of the motorsports industry is a real advantage that allows us to connect students with potential employers right in our backyard," said Dan Hasler, chief operating officer of Purdue University in Indianapolis. "We can bring in students from all over the country to our motorsports engineering program, and they can stay to pursue their racing dreams right here in Indiana."

Indiana National Guard Soldiers, Airmen Exempt From State Income Tax

As tax season approaches, Hoosier National Guardsmen, which number approximately 12,000 troops, will no longer pay state income tax starting with their 2023 tax returns.

In April, the Indiana legislature passed the military exemption bill, House Bill 1034, and on May 1, Gov. Eric J. Holcomb signed it into law.

"By completely phasing out state taxes on military veteran retirement in 2022 and eliminating the state income tax for Hoosier Guardsmen in 2023, Indiana continues to demonstrate our state's enduring appreciation for the exemplary women and men who serve our local communities, state and nation in the Indiana National Guard," Gov. Holcomb said.

The tax exemption applies to all Hoosier Guardsmen, which includes traditional members, military technicians and full-time National Guard soldiers and airmen.

"I'm grateful for Gov. Holcomb's and the legislature's meaningful support for Hoosier Guardsmen through this exemption from state income tax," said Maj. Gen. Dale Lyles, Indiana's adjutant general. "Soldiers and airmen in our many uniquely rewarding careers will enjoy the additional benefit of keeping more of what they earn while serving our state and nation."

According to the Indiana Department of Revenue, a member of the National Guard is allowed a deduction from adjusted gross income for wages earned as a result of the member's military service, including service for National Guard state active-duty missions and federalized overseas missions.

The exemption also includes wages earned as a dual-status military technician. A dual-status technician is one who works full-time for the National Guard and must serve in the National Guard for that employment.

Exemptions do not apply for non dual-status technicians or independent military contractors. Exemptions also do not apply for wages earned from employment outside of military service.

Military personnel are required to file an Indiana income tax return if their gross income exceeds their exemptions. Income from all sources, both military and non-military, excluding military combat zone compensation, should be reported on the Indiana resident return, Form IT-40, even if the income is deducted in full for Indiana tax purposes.

More information can be found online at <https://www.in.gov/dor/files/reference/ib27.pdf>. Learn more about the Indiana National Guard at NationalGuard.IN.gov.

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Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



FIRST UNITED
METHODIST CHURCH
Follow in The Sun

212 E. Wabash Avenue
Crawfordsville
(765) 362-4817
www.cvfumc.org

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

All are welcome to join and
all are loved by God



Faith Baptist Church

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

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

Where church is still church
Worship Hymns
Bible Preaching




EAST SIDE BAPTIST CHURCH

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

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through truth and love



Crossroads Community Church of the Nazarene

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

WEDNESDAY
6:00 PM: Mid-week Service

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



Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington
765-794-4716

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

You can find us on Youtube and Facebook



First Baptist Church

CRAWFORDSVILLE, INDIANA

Sunday School/Growth Groups: 9:00 AM

Worship Service: 10:30 AM

Youth Group Wednesday at 6:30

You can watch us on YouTube and Facebook
Watch Sunday Mornings

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

View live and archived services on our FB page.

YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

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

SUNDAY

Health and WELLNESS

Sunday, Dec. 31, 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

Tips To Survive The Holidays

By Jagdish Khubchandani and Marc Ransford

From Diwali to Christmas to New Year's Day, people across this nation are pounded daily with advertising that tells us to buy for others, drink festively at holiday parties, and sing our favorite songs about Santa and his reindeer.

For many people, the season is a lonely one. No matter how many times we hear about the jolly old elf, we can't help but think about lonely days filled by lonely nights under the bright lights found at every holiday celebration.

It's no wonder, we are a planet full of lonely people. But we can survive and even thrive during the holidays by taking advantage of the season. Here are a few tips:

- Maintain a routine. As much as possible, holidays and loneliness in this pandemic should not disrupt your sleep-wake cycle, working hours, and daily activities.
- Engage in activities that focus on your personal health, training, diet, physical activity levels and health habits, as well as reassessing your work.
- Cook for yourself and others in need. Add more fruits, vegetables, vitamins, and proteins to your diet. (Most adults worldwide don't consume enough fruits and vegetables).

sume enough fruits and vegetables). Eat two or three meals a day.

- Go for a walk or exercise at home. Definitely go out in nature as much as possible. Only half of adults today get enough exercise.

- Don't let anxiety or being alone lead to binge eating or alcohol and drug use. Don't oversleep, but try to sleep at least seven hours a day.

- It is a good time to reassess your skills and training – consider taking an online course, pursuing certification, undergoing training or personality development, or learning a new language- short courses are available that can be done during holidays.

- Engage in spring cleaning, clear clutter and donate household items. Home clutter can harbor pollutants, lead to infections and result in unhygienic spaces.

- Being alone shouldn't translate to an unhealthy life on social media- you're likely overconsuming information and taking away time for yourself and from friends and family.

- Reach out to others and offer help. Consider providing for and helping those at risk or marginalized (e.g., the elderly, disabled and homeless; survivors of natural disasters; and people living in shelters). You will

certainly find someone in the neighborhood who needs some help.

- Check your list of contacts on email and your phone. It may be a good time to check on your friends' and family members' well-being. This will also help you feel more connected, social, healthier and engaged. "Be kind to all; you never know who is struggling and how you can make a difference."

- Engage in alternative activities to keep your mind and body active. For example, listen to music or sing; try dancing or biking, yoga or meditation; take virtual tours of museums and places of interest; sketch or paint; read books or novels; solve puzzles or play board games; try new recipes, and learn about other cultures.

- Don't isolate yourself completely – keep communicating with others.

Simply, the holidays were meant to be a joyous and happy time. So, instead of spending time in our homes, open the front door and get outside. You may be astounded that there are people - like you - who want to be your friend.

Jagdish Khubchandani is a Professor of Public Health at New Mexico State University. Marc Ransford is the founder of MR Public Relations, Indianapolis.

Take Control Of Your Blood Pressure

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

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

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

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

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

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

Maintain a healthy weight. If you're overweight or obese, you're at increased risk of high blood pressure. Losing as few as 10 pounds (or 3-5% of your body weight) can provide health benefits, including lowering or preventing high blood pressure. Talk to your health care provider about a healthy approach to weight loss, including caloric intake and activities that may help both lose and maintain weight.

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

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

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

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

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

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

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

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

This New Book Aims To Help Fibromyalgia Patients Feel Heard

Fibromyalgia may be an invisible illness, but Jenny Dunton doesn't want it to be a silent one, as well. In her new book, acclaimed radio host, Dunton takes readers on a deeply personal odyssey through the complexities of navigating fibromyalgia — an enigmatic and often misunderstood chronic illness.

"I believe patients desperately need to feel heard, understood, comforted and validated. I believe my book offers hope and compassion and a new way of understanding and thinking about FM," said Dunton, who has lived with fibromyalgia for nearly three decades.

Her story begins in the summer of 1996 when, as a recent college grad brimming with energy, she was suddenly struck with a sharp, piercing pain beneath her shoulder, marking the start

of her journey into the unknown world of fibromyalgia.

Readers witness in vivid detail Dunton's physical, social, mental and emotional pain, as she struggles to navigate a medical system that often doubts the "realness" of her condition. In one particularly traumatic incident, a medical mishap during a steroid injection further complicates her health.

Dunton's well-rounded approach leaves no stone unturned, as she intertwines life's experiences, both positive and negative, with her fibromyalgia journey. The impact of past trauma on physical and mental health is thoughtfully examined, offering insights into the connections between emotional well-being and chronic illness.

Along the way, she faces financial struggles and must apply for disability

benefits — an emotional rollercoaster that culminates in a nerve-racking day in court.

Weaving heartfelt introspection with plenty of research, Dunton shares valuable lessons she has learned, the challenges she has faced and the resilience she has cultivated over decades. Ultimately, she hopes to foster a collective sense of empowerment and understanding as she welcomes readers to embark on a shared journey characterized by unwavering support and limitless optimism for the future.

"Whether you've recently been diagnosed with fibromyalgia and just beginning your journey with this condition, or you've been living with it for years, my book can help you find the strength, hope, courage and resilience you need to keep moving forward," Dunton added.

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SUNDAY

Health and WELLNESS

Sunday, Dec. 31, 2023

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Self-Care for a Successful NEW YEAR

FAMILY FEATURES

Resolving to commit to better self-care can happen any time of the year, but there's something about the calendar flipping to a new year that signals a fresh start. It's the perfect starting point for new habits and a new approach to protecting your overall wellness.

Self-care takes many forms. Maintaining a well-balanced diet and getting plenty of exercise are some ways to promote your physical health. So is taking good care of your body's largest organ: your skin. When it comes to mental health, getting organized is a surprisingly effective way to manage stress and keep your goals on track so you feel a sense of accomplishment.

Start working toward a new year where your wellness is front and center with these ideas for simplifying and personalizing your journey. Look for more lifestyle advice and helpful wellness tips at eLivingtoday.com.



Plan for Success in the New Year

Give yourself a boost toward tackling this year's goals by getting organized. A planner can help you keep important information at your fingertips while making it easy to keep tabs on appointments, deadlines and more. You can even track progress against new habits or journal your way toward a healthier diet. Some people prefer physical planners they can write in and update manually while others find a digital version in a smart device is more convenient.



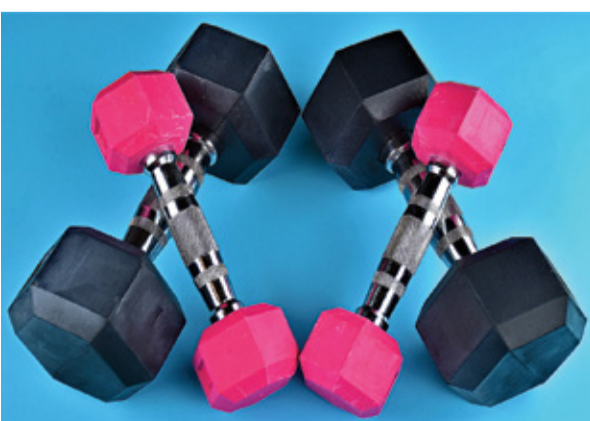
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Make Skin Care a Personal Priority

Your skin tells an important story about your overall health. Protecting it from harsh elements and sun damage can help ensure your skin stays supple and strong, providing the barrier it's meant to as it protects the rest of your body. Even seemingly minor irritations like dry skin can be problematic as scratching or cracking can lead to wounds and infection. Rely on a regular moisturizer and be conscious of applying sunscreen whenever you'll be outdoors.



Introduce Weights for Your Workout

Whether you've hit a plateau or you're just bored with your workout, adding dumbbells can introduce a whole new dimension by helping build muscle and burn more fat. Rotating muscle groups lets you give your muscles a chance to recover between workouts. The options are nearly endless, so think about how you'll use them, where you'll store them, whether shape or color matters and how much you want to spend.



Put Your Best Foot Forward

If stepping up your fitness game is part of your plan for 2024, be sure to start on the right foot with the right footwear for the job. Runners in particular should be conscious of quality shoes. Look for ample cushion, comfortable ankle support, overall quality construction and a snug fit that gives your toes some wiggle room. Even slight variations can affect your comfort, so trying on different options is likely your best path toward finding the perfect fit.



Prepare for Healthier Eating Habits

Portion control is a common challenge when you kick off a healthier eating plan. One way to keep your meals on the modest side is preparing them ahead of time. Meal prep containers make it easy to have freshly prepared foods in moderate portions ready whenever you're ready to eat. Look for compartments that let you enjoy a main dish and at least one side, and be sure the containers seal tightly to keep food fresh and prevent leaks.

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Aren't They Cute Together?



KAREN ZACH
Around The County

Meet Elbert and Maria Caldwell on their Golden Wedding Anniversary and they would go on to celebrate at least their 55th before Elbert's passing, Maria leaving her earthly body ten years later, lacking a few hours to her 93rd birthday! Along with them are their children, Elbert Eugene; Clara Marie; Hattie Stokes and Mary Belle.

This couple's descendent, Sande was generous to donate this and other Caldwell pictures to the Montgomery County GenWeb page and they are awesome ones, just inviting me to write their story! Maria's tale is particularly interesting having been born in Decatur, Illinois on 17 Nov 1855 Histories Vol 96 p 69). That family went on to Mercer County Kentucky, some of the earliest settlers there. He and his wife, Isabella had ten sons and three daughters and there are Durham marriages on his side of the family, as well. Elbert's grandfather, John was in the War of 1812.

Clara Maria Caldwell, first child of Elbert and Maria was born in Cameron, DeKalb Co MO and died in Louisville, Kentucky 21 July 1961. Cameron is interesting, lying in



three counties, DeKalb, Clinton and this is nifty, Caldwell. Her husband, Frederick Bascom Hillis was great with money and Elbert bought in to an oil company with him, making good profits. Clara and Fred moved to Louisville and were parents of Jeanette, Dorothy and Henry Hillis. They are buried in Louisville. Harriet Stokes Caldwell (Hattie) was also born in Missouri 6 June 1884 married Frank Radford at age 27 and died in Ladoga 5 Oct 1960 from carcinoma, most of this family dying from heart problems. Don't believe there were any children from Hattie and Frank – let me know if I'm wrong! Buried Roachdale Cemetery.

Harold Asbury Caldwell was a farmer in the Ladoga area born 12 July 1890 there passing on Christmas Eve in 1949. He and wife Hallie had Marge; Dorothy; Nellie; Louise; Raymond; Joe and Harold Eugene

who died at age 20. These children married into the Warner, Clappitt, Powers and Applegate families. He is buried at Meharry Cemetery. Mary Belle Caldwell, their youngest was born 21 May 1896 in Ladoga and died there 28 November 1975. She had boarders and never married (although one census said she was divorced). She passed of stomach cancer along with a coronary. Buried Ladoga. Maria was said to have been particularly unselfish, kind and was so "grateful for every kindness shown her." (obit). Both lived good lives, loved their family and I'm sending blessings their way!

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



Photo courtesy of Butch Dale

Winters Around The Old Stove



BUTCH DALE
Columnist

When winter rolls around, and snow is swirling up against the windows of our old farmhouse, my thoughts drift back in time to seventy years ago when I was just five years old...and living in another old farmhouse...a tenant house provided to my folks when they farmed "on halves" for the landlord. That house sat on a hill back off the road. It had no insulation, and only two trees seemed to block the wind that always seemed to blow constantly out of the north and the west. The inside was cold and drafty, and the only heat was from two pot-bellied coal stoves...one in the living room and a smaller one in the kitchen, although we also had a gas oven for cooking that could provide some additional warmth.

The coal shed was attached to the back porch on the east side of the house, and on cold frosty mornings I was sent to the shed with the coal bucket to fetch more. The coal made soft, crackling sounds as it burned and I prodded the chunks with the iron poker. I stood by the stove as my mother fixed my breakfast, which during the winter was usually oatmeal or cream of wheat with a spoonful of brown sugar on top. My folks drank their morning coffee at a table near the stove as their bacon and eggs sizzled in the iron skillet...and of course after breakfast, Dad lit up a Chesterfield cigarette to begin his work day as he headed to the barn to milk the cows.

The house had no water heater, so mother had to heat water in a large pan on top of the coal stove, which almost seemed to glow after a few minutes. When I was a baby, my mother bathed me in the kitchen sink, but when I was older, my brother and I used a large metal wash-tub....and scurried to be near

the stove to dry off. I remember that there always seemed to be soot on surfaces inside the old house, and Mom spent countless hours dusting furniture and the woodwork. I slept upstairs where the only heat was that which drifted up through a small register in the floor. On many occasions I could see my breath, and in addition to pajamas, I often wore a stocking cap and gloves! I made sure to warm my folks on the stove in the living room before heading upstairs. During the winters, no one in our family strayed too far from those old pot-bellied coal stoves.

After my sister was born in 1954, the landlord replaced the coal stoves with two fuel oil stoves. I wouldn't say the house was any warmer, but at least the soot problem was solved. One winter our folks purchased an electric blanket for my brother and I to use in that upstairs bedroom. That was nice! But a month later, we woke up to smell something burning...and there was a criss-cross pattern on the blanket where the wires had burned the cloth. So much for that!

A classmate of mine purchased that old farmhouse on the hill after my folks moved to town, and he put in a wood stove. Several years ago, the house caught fire and burned to the ground. As I stated in a previous column, a cousin remarked that it was the warmest that house had ever been!

The house that my wife and I live in today is the house in which she grew up. Yes, it's almost one hundred and twenty-five years old, and it has no insulation...but it has LP gas central heat, and there are two rows of pine trees that surround it to help block the wind. We shut part of the upstairs off each winter to save on LP gas and keep the downstairs living quarters warmer. I am thankful for many things in my life, but each winter I am especially thankful to live in a WARM house... and I will never forget those childhood days around the old pot-bellied stove.

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

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Ask Rusty – If My Wife Claims Now, Will It Hurt My Social Security Amount?

Dear Rusty: I am 69 years old, and my wife turned 70 early this year. I am still working full time. My wife is not working, but she got a letter from Social Security saying she should take her Social Security as soon as possible.

My question is: since my wife has reached her full retirement age, can she take her SS without it affecting mine when I claim? I plan to work at least another year, depending on how the economy goes (I may have to work longer if it doesn't get better). I have IRAs and a 401k to pull from when I retire. Signed: *Anxious Husband*

Dear Anxious: The reason your wife received a letter from Social Security (SS) suggesting she claims

now is because her benefit reached maximum some time ago at age 70. Thus, there is no reason for her to wait beyond age 70 to claim. By delaying past age 70 your wife is losing money so she should apply as soon as possible. I suggest your wife call Social Security at 1.800.772.1213 (or your local office) right away to request an appointment to apply for her benefits and she should be sure to request six months of retroactive payments (SS will pay up to 6 months retroactively). If your wife has a "my Social Security" online account, she can also apply online at www.ssa.gov/apply, but she should be sure to request six months of retroactive benefits in the "Remarks" section of the online application. Because your wife is more than six months



ASK RUSTY
Social Security Advisor

past age 70, getting 6 months retroactive benefits will not reduce her age 70 benefit amount. Nor will your wife claiming her benefits now negatively affect your Social Security when you later claim.

Even though you plan to continue working, likely beyond 70 years of age yourself, you should not wait beyond age 70 to claim for the same reason – your benefit will reach

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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maximum when you are 70. You can apply for your benefits up to 4 months in advance, and specify you want benefits to start in the month you turn 70. If you haven't already done so, you may wish to create your own "my Social Security" online account now at www.ssa.gov/myaccount, which will make it easier for you to apply online at www.ssa.gov/apply when the time

comes next year. Applying online is, by far, the most efficient way, but you need to have your online account set up first to do so.

Just so you know, there is no need to worry that you won't get credit for work income earned after you have applied for your benefits. Even after you are collecting benefits, Social Security will automatically review your earnings each year when

that info is received from the IRS (after you file your income tax return). If your most recent earnings are higher than those in any of the 35 years of lifetime earnings used to calculate your benefit when you claim, Social Security will automatically increase your monthly payment amount. In other words, you shouldn't delay past age 70 to claim Social Security because you're working – you'll still get credit for those earnings, automatically.

So, I suggest that your wife take fast action to apply for her Social Security benefits to avoid losing any more money, and that you plan to apply for your benefits to start when you turn 70. There is no financial advantage to waiting beyond age 70 to claim, even if you continue working.

Whether you are selling your existing home or moving to your dream home, you need a real estate professional you can depend on. Clark Dale is a life-long Montgomery County resident, a graduate of Texas Tech and Indiana State universities, and a U.S. Army veteran. Clark is trained in all aspects of buying and selling a home. You can count on him to help meet your real estate needs.

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Brighter Days Are Just Ahead



RANDALL FRANKS
Southern Style Columns

A new year brings the promise of starting over. Many folks see it as a point to make a resolution to complete or change things in their life. Perhaps coming out of the Christmas season gives them hope to make their lives better.

In reality, each new day brings us the chance to improve our lives.

What have you wanted to do? We can start that landscaping project we always wanted to do by researching, formulating a plan and making sure we are going to be adding the new plants at the most optimum time for successful growth.

We can visit with people we care about for whom we never seem to find the time. Perhaps there is an old friend from school, a friend or family member that you feel disconnected with. A short phone call or just visit might help to bring new life to that relationship.

Remember that long list of repairs on the "Honey do" list for quite a while. I am sure there are an abundance of those items that can be found inside

the house away from the cold. There's nothing like a feeling of accomplishment to help improve the way you feel. Maybe you can get them done and if you are afraid you might miss something on television, they make those things in all sizes, I bet you can find one that can be plugged in nearby the place where you are working so you can listen as you work.

We do not need special days like New Year's to re-create ourselves but they do give us a moment to pause and think about what things we could do everyday to make our lives and surroundings into what we really want them to be.

Life is an experience in constant growth and learning. When we stop such growth we are stuck in a rut. I once heard a wise man say a rut is the closest thing to a grave.

Now I'm not advocating you go out and buy a Ferrari and spend a \$1,000 for a luxurious day at a Palm Springs spa. While I am sure all of us might enjoy driving through town in one of those luxurious autos waving to all those we wish to impress or feeling so pampered after we leave the spa, we all have to live within our means and meet our responsibilities, that is what being an adult is all about. There are people depending on us and often times we have to pass on those types of dreams to make sure there is food on the

table, heat in the house, and a roof over our heads.

Limits of budget and responsibility do not preclude people from improving themselves and learning throughout life.

Improvements can be little things. We do not have to take huge steps; many baby steps are still going in the right direction.

It may be as simple as getting up off the couch and taking a leisurely walk with your love ones around the block; turning off the television and reading a good book to your children; finding out more about the community you live in and as a family enjoying all the sites, sounds, and activities including entertainment, politics, clubs, volunteer organizations and church activities.

Surprise the people in your life with something they would not expect you do. Do something that you generally depend on another family member or employee to do. Give them a break, a day or an hour or two off to do something they enjoy while you look after their responsibilities.

A New Year's resolution to lose weight, quit smoking or take better care of yourself through exercise are important worthy goals for anyone who truly wishes to attain them but many times these are such huge tasks we can fall short and slip back into our previous habits becoming discouraged. The point is we

keep trying even though we might falter. It is the small victories that eventually lead to winning the war.

Sometimes it is the simple things that really make a difference in life. What will be remembered by those we encounter? Have we really done our very best with every task today?

Life can grow on you if you let it but the funny thing is it helps to be a participant. After you grow up though, you have to be your own coach and cheerleader, otherwise, you won't know when to get off the sidelines and get in the game.

What's great is God put us in the driver's seat; it is up to us to put the car in gear and drive. Just remember the goal is not to see how many folks we can run over rather it's to see how many we can give a lift along the way.

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

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DEI Comes To Jasper, Ind.



Dr. Richard Moss
Guest Columnist

The medical staff at our community hospital in Jasper, Indiana, a small, generally conservative berg in the middle of fields of corn and soy, received an email from hospital administration indicating that they would begin implementing Diversity Equity Inclusion (DEI) training. I responded with the following letter, sent this to the entire medical staff and hospital administrators including the CEO. I also sent it to members of the hospital board.

I have heard nothing back and do not know if they plan to proceed with their disastrous plans. I will continue to oppose it vigorously and must imagine that it is a small minority of leftist activists on the medical staff that pushed for it. I will do all that I can to ensure that it does not stand.

I RECEIVED your email to the medical staff regarding the new DEI initiative at Memorial Hospital, including 'talking points' and ongoing 'education and awareness training.' I would like to share some thoughts with you, and others, about DEI.

DEI, as the world knows, refers to Diversity, Equity, and Inclusion. This concept, like many seemingly innocuous-sounding slogans or acronyms, carries with it aspects quite sinister. It is a phrase that has swept the nation and all of our major institutions, including our universities and schools. DEI has become the new mantra, indeed, a booming industry and ethos, dominating our culture. But contained within it are concepts that are alien and antithetical to the Christian mission of Memorial Hospital, of "being for others." It is also hostile to the founding principles of the nation.

DEI is a hyper-aggressive and politicized quota system, a radicalized version of affirmative action for certain so-called "marginalized" people. It divides society into "groups" based on race,

sex, sexual orientation, ethnicity, religion, and so on. It gives preference to certain favored groups, which include, in descending order: Muslims, transgenders, gays, blacks, Hispanics, women. It disadvantages other groups currently out of favor, chiefly whites, males, heterosexuals, and Christians. Alas, there is another group that joins the list of the despised, perhaps the chief target of DEI hatred, the Jews.

Apart from being intensely divisive, it also reflects a world view that is not compatible with our biblical tradition, which holds that each person is an individual uniquely made in the image of God. This transcendent concept is peculiar to the West and accounts for its extraordinary success, chiefly here in the US, the greatest embodiment of Western thought and accomplishment, although certain alien ideologies, of which DEI is one, now threaten

it. But it is our emphasis on the individual, protecting individual rights and liberties, that has made Western nations in general, and America, in particular, so desirable and why all the world seeks to come here. It explains our economic growth, standard of living, and extraordinary cultural and technological achievements. It is based ultimately on the freedoms and protections of the individual precisely because of our belief in the sanctity of each person.

DEI rejects that. It is an identitarian ideology, a "caste" system, so to speak, that divides society into intersectional groups based on perceived wrongs committed by alleged dominant power centers in society, which it perceives as intrinsically racist or sexist or homophobic, and so on. Within the DEI calculus, there are oppressors and oppressed, victimizers and victims, and, as noted above, so-called "marginalized people." It emerges from standard Marxist ideology, except centered on culture or race rather than class, as originally conceived, hence the term "cultural Marxism." DEI is an extension of cultural Marxism, part of the "intersectional" hierarchy of "oppression" that divides society into odd categories, placing the groups allegedly most "oppressed" at the pinnacle of the pyramid, say blacks, women, or transgenders, and those designated most guilty

of "oppression" at the bottom (whites, males, Christians, Jews).

DEI represents a vision that discards eternal notions of good and evil with a new measure: the alleged "powerless" were good, the "powerful" were bad. We replaced colorblindness with race obsession . . . People were given authority in this new order not in recognition of their gifts, hard work, accomplishments, or contributions to society, but in inverse proportion to the disadvantages their group had suffered, as defined by radical ideologues. (Bari Weiss)

Rejecting the individual, it reduces American society into a collection of groups or tribes, hence the "tribalization" of society. This tribalization (racialization) is based on certain immutable, physical traits such as skin color and sex. This, by the way, has been the norm for all of human history and throughout the world. America was unique in that it rejected tribalization, group characteristics, and superficial appearance, and elevated the individual, which accounted for its historic success, and the reason so many sought to live here.

DEI, furthermore, has no place in any institution that values standards and color-blind meritocracy. If diversity becomes the driving force behind hiring and promotion, or even a small part of it, rather than skill, accomplishment, and merit, then it necessarily compromises standards. If the goal is diversity, and to have proportional representation in Memorial Hospital's work force, based on race, sex, sexual orientation, and other such trivialities, even in part, and do not contemplate the individual and his unique abilities and contributions over all else, then the system collapses and becomes simply one of groups or tribes competing with one another. Meritocracy necessarily dies in such a system. You can have DEI or meritocracy, but not both.

Shall we now have quotas for our doctors, nurses, technicians, and janitors based on DEI principles of proportional allocations for blacks, Hispanics, Gays, Lesbians, Moslems, and transgenders — over more qualified individuals of the wrong color, sex, or sexual orientation? Shall we treat patients based on such considerations? Such a concept is anti-

thetical to the mission of the hospital. It betrays the purpose of our institution and its religious and biblical basis for current fashionable, destructive, and divisive Marxist goals that have no place here and should be unequivocally rejected. Further, why is "diversity" a goal. Diversity is actually a challenge to overcome in the pursuit of "unity," which is a far more important aspiration.

DEI has become a quasi-religion. It is part of a cadre of similarly destructive and related leftist concepts such as "Critical Race Theory," "Social Justice," "Queer Theory," and "wokeism." DEI means the end of meritocracy, standards, quality of care, and the belief in the individual not as a member of a particular racial tribe but as a person forged in the image of God. It is antithetical to our faith, traditions and the founding principles of this nation. DEI prioritizes identity over excellence and balkanizes along racial and other lines. Replacing hard work, initiative, and accomplishment with proportional representation of favored groups, it elevates skin color, sex, or sexual orientation, over the sacred individual. It is also anti-white, anti-male, anti-Christian, anti-Semitic, anti-Western, and anti-American. Dissecting a society by superficial appearance is divisive not inclusive. It is nihilistic and foments hate and separatism. It is destructive of the mission of the hospital, of "being there for others," which is accomplished by providing the highest quality of care based on employing the finest individuals regardless of race, sex, ethnicity, and so on — and treating everyone, patients and staff, equally, as individuals. That is the ideal you should strive for — not scrutinizing trivial, surface features. You must reject DEI, a poisonous ideology. It shifts power to a corrupt agenda and bureaucracy that threatens achievers of every race and ethnic background, and, ultimately, America itself. You must rip DEI out root and branch for the sake of our institution — and the God we hold dear.

Dr. Richard Moss, a physician in the town of Jasper in Dubois County, is the author of "A Surgeon's Odyssey" and "Matilda's Triumph" available on amazon.com. Contact him on Facebook, Twitter and Instagram.

The Mexican Border: Experts Call It A Disaster Of "911" Proportions

By John Grimaldi

Tom Homan, former Acting Director of ICE, and Jaeson Jones, former Captain with the Texas Department of Public Safety, are veterans when it comes to the Mexican border and the dangers of the Biden administration's lackadaisical approach to border security that has created what they call a humanitarian crisis. They played important roles under President Donald Trump's successful efforts to secure America's back door; they created the website Border 911 after President Biden opened that door to the world's most desperate illegal migrants. As they put it in a recent interview with Rebecca Weber, CEO of the Association of Mature American Citizens and host of AMAC's Better For America podcast, "we're witnessing the largest U.S. intelligence failure since 911.

As Jones revealed, "the Biden administration opened our borders not only to Mexico but to the world and the cartels saw a massive gap and said to themselves, we can truly treat people as a commodity. Back in the day, it was about \$100 to cross the river. Today, if you are Mexican citizens, it costs about \$2,500. And, if you're Central Americans, it'll cost you \$3,000, if you are Chinese, it's \$5,000 and if you're Russian or Middle Eastern, it is \$9,000 to cross the river in south Texas."

Homan noted that he "worked for six presidents. Every president I worked for took steps to help secure the border because every president understood you can't have national security unless you've got border security. Every president, even Clinton Obama took steps to secure the border. But, of course, no one did more than President Trump. But Joe Biden is the first president in United States history who unsecured the border. Since he took the White House we've had over 360,000 children come across that border. This administration released them to so-called sponsors that they supposedly vetted. They can't find nearly 100,000 of those children. They released them to sponsors. Now they lost track, and they can't find them. Based on my 34 years' experience in numerous child trafficking investigations that I have conducted, many of those children right now are living with pedophiles, they're in pornographic movies. These children

are living a life of hell because this administration, refused to secure the border. We gave them a game plan for how to do it. They have the Trump policy. All they have to do is to put the Mexico program back in place. But because they have this open border, they refuse to do anything to slow the flow. In the last two months, ICE has opened up three different investigations where they found children in forced labor. These children live a life of hell. And while you and I and Jaeson are talking here right now, while we're talking, women are being raped by the criminal cartels, they are being sexually assaulted numerous times. And a child is going to die on the border. So, this isn't just talking points. People need to understand what's happening right now. Children are going to die, children are being sexually assaulted. So, this is the biggest humanitarian crisis this country has ever seen.

So, who is orchestrating this bloody drama? Homan says it's criminal entities such as the Los Zetas cartel. "It's one of the most hyper-violent cartels in Mexico. I worked the 72 migrants massacre in San Fernando [Mexico] in which 300 men, women and children were cut into pieces by Los Zetas. They had gone far beyond organized crime and the terrorist acts that they were committing were going to come here because we began seeing it with beheadings in the United States. Our national incident based reporting system and the Uniform Crime Report, under the FBI, did not capture transnational crime at the time. until it was already impacting our citizens. The United States government, Mexico and a global coalition of partners leveraging what we call the unified command, can collaborate, we can absolutely crush them. We know what we have to do. But I will tell you right now, if we continue to use a 60 year old, failed model of a law enforcement investigative model, we will never fix this problem."

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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 aides 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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Montgomery County's Most Wanted

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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

WANTED



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

Please Read Our Disclaimer:

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

Notice:

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

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

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