

➤ TODAY'S VERSE

Acts 2:38 Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.

➤ FACES OF MONTGOMERY

People who call our community their own.



Calab Chastain and Ava Schultz were kind enough to offer nice smiles for one of The Paper's roving photographers. Many thanks!

➤ THREE THINGS You Should Know:

1 Governor Eric J. Holcomb is directing flags to be flown at half-staff to honor the life and legacy of former Secretary of State Madeleine Albright. Flags should be flown at half-staff immediately until sunset on Sunday, March 27. Gov. Holcomb is asking businesses and residents in Indiana to lower their flags.

2 Two coaches who have manned the sidelines for the Indiana Pacers have been named to the list of the 15 greatest coaches in NBA history, unveiled during the "Inside the NBA" pregame show on TNT and in commemoration of the NBA's 75th Anniversary season: Larry Brown and Jack Ramsay. Brown owns the best win percentage of any coach in franchise history, going 147-67 (.687) in Indiana from 1993-97. Coaching the team at the peak of Reggie Miller's career, Brown helped lead the Pacers to the Eastern Conference Finals in both 1994 and 1995. Indiana was the last stop in the coaching career for the legendary "Dr. Jack" Ramsay, who spent a little over two seasons with the Pacers from 1986-88. He tallied the final 79 of his 864 career wins with the Pacers and currently ranks 14th on the all-time wins list, just ahead of current Pacers head coach Carlisle. He was Reggie Miller's first NBA head coach.

3 Heather Hogarty, a shepherdess in Northumberland, U.K., was showing off her newborn lamb for the cameras recently. The lamb was born with five legs but the extra limb doesn't seem to bother it. And Heather says it is quite healthy. Although it's a one-in-a-million occurrence, ten years ago one of her sheep gave birth to a five-legged lamb called Quinto and had a long and healthy life.

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

WWW.THEPAPER24-7.COM



Boomer Bits



Ask Rusty – Do Immigrants Get Social Security Benefits?

Dear Rusty: I am 90 and a long time Social Security recipient - I signed up at age 62, which I now know was not wise, but I digress. We see from various sources that immigrants, legal and illegal, get Social Security benefits merely by attained age, regardless of contributions. Is that true? **Signed: Curious Nonagenarian**

Dear Curious: Rest assured that illegal immigrants (or "illegal aliens," "undocumented workers" or whatever one chooses to call them) are not entitled to collect Social Security benefits. It is, however, possible for legal immigrants to collect Social Security benefits if they have individually earned the right to do so, including those who are the legally-present dependent (spouse or child) of someone who is collecting Social Security benefits. By "legal immigrant" I mean those who have immigrated to the United



Social Security Matters

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

States and have applied for and received either a Permanent Resident Card ("green card") or who have subsequently acquired U.S. citizenship. It's also possible to obtain an "Employment Authorization Document" which grants a foreign citizen temporary authority to work in the U.S., mainly used by citizens of other countries who work in the U.S. (typically those working for an international corporation which has a U.S. presence). In all cases, however, only legal residents who work, earn, and contribute sufficiently to Social Security from their earnings,

or who are a legal dependent of someone who is collecting Social Security, can receive Social Security benefits.

The criteria for Social Security eligibility are very strict and those without legal U.S. residency status are not eligible to collect benefits. Especially on today's social media outlets, we often see uninformed people espousing the belief that illegal immigrants enjoy access to Social Security benefits which is simply not true. That's not to say there are no instances of

➤ See RUSTY Page A7

Three Tips For Living A Heart-Healthy Lifestyle

(Family Features) Following a healthy diet, prioritizing exercise and limiting alcohol and tobacco intake can have a dramatic impact on your day-to-day life, especially if you have a heart condition such as atrial fibrillation (AFib).

AFib is an irregular heart rhythm that affects more than 6 million people in the United States and can increase the risk of stroke and heart failure. AFib symptoms include heart palpitations, fatigue, shortness of breath and difficulty breathing.

One of the most notable risk factors for AFib is high blood pressure. An unhealthy diet and unhealthy habits can be contributing factors to high blood pressure, so making adjustments to diet and daily routines can help manage symptoms and help you lead a healthier life.

Consider these three tips to help you start living a heart-healthy lifestyle.

➤ See HEART Page A7

Doctors Are Not Just Telling Patients To Eat Nutritional Meals, They're Giving Them Tasty, Healthful Recipes

by John Grimaldi

"You are what you eat" may not be as simple as it sounds. Health advocates are bound to offer that piece of advice no matter how old you are. Parents are apt to warn their kids that junk food is a definite no-no. And when you arrive at the point in your life known as "senior citizenship," your health care providers, to be sure, will continue to remind you that your diet is a critical element of your lifestyle as we age, according to Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC].

Says Weber, "Moms, dads and physicians have been telling us that ever since Anthelme Brillat-Savarin wrote his book in 1825, 'Physiology of Taste, or Meditations of Transcendent Gastronomy.' As he put it back then, Tell me what you eat and I will tell you what you are. But don't be put off; healthy eating does not mean you have to sacrifice your taste buds in favor of nutrition. The two need not be contradictory. In other words,

you can have your cake and eat it too, as another saying goes."

Talk about preparing tasty dishes that are good for you. Dr. Linda Shiue, like most doctors, is an advocate of healthy eating. So when she joined a Harvard Medical School conference in 2012 attended by doctors, chefs and dietitians she found an unusual way of helping her patients: teach them how to cook healthy meals.

The conference prompted her to train as a chef at the San Francisco Cooking School and now she is not only an internist, but she's also a trained chef. In fact, Dr. Shiue wrote her own cookbook, Spicebox Kitchen. In her own words, "I like to think of a spicebox as the cook's equivalent of a doctor's bag--containing the essential tools to use in the art of cooking. Learning to use spices is the best way to add interest and vibrancy to simple home cooking."

In a profile that appeared in Bon Appétit she explained, "I'd often felt like I wasn't doing

➤ See JOHN Page A7

The Daily Almanac

Sunrise/Sunset
RISE: 7:41 a.m.
SET: 8:06 p.m.

High/Low Temperatures
High: 38 °F
Low: 31 °F

Wacky Holiday Today
• Purple Day
• Brothers' & Sisters' Day
• Solitude Day

What Happened On This Day

• 1975 The Biological Weapons Convention comes into effect
• 1979 The Israel-Egypt Peace Treaty is signed
• 2000 Vladimir Putin is elected President of Russia

Births On This Day

• 1874 Robert Frost American poet, playwright
• 1944 Diana Ross American singer, actress

Deaths On This Day

• 1892 Walt Whitman American poet, author
• 1827 Ludwig van Beethoven German pianist, composer

Wrapping Up Readers' Choice 2022

Want MORE?

Please turn to page A4 and A5 for the winners, runner ups, and honorable mentions in the **FOOD** category and page A6 for the **MEDICAL** category. Stay tuned for these categories: **SERVICE** and **ENTERTAINMENT** next week!

Readers' Choice is wrapped up for another year, and once again, The Paper's annual promotion to recognize your favorites in a multitude of categories was a huge success.

Back when our company was founded, the staff at The Paper brought Montgomery County this fun and good-na-

➤ See READERS' Page A7

➤ HONEST HOOSIER

A tip of the seed corn cap to whoever wins the final crowns of Hoosier Hysteria tonight. And thank you everyone for another wonderful year. I still miss the old tournament, but at least we still have something.



➤ TODAY'S HEALTH TIP

Eating quickly can triple your chance of becoming overweight – put the fork down between bites and allow your stomach to realize it's full.

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.



➤ OBITUARIES
NONE

➤ INSIDE TODAY'S EDITION

Obituaries..... A2
Births..... A2
Faith..... A3

➤ THE MONTGOMERY MINUTE

What a deal for churches!

Please remember that any church in the county is eligible for a free ad from the friendliest newspaper in Montgomery County. The Paper will give small ads at no cost to any church inside Montgomery County. The church provides basics like service times and contact info, and can include a message of faith and inspiration. The normal cost of the ad is \$50 to \$65 and The Paper is absorbing 100 percent of the cost. To take advantage, just contact Paper Publisher Tim Timmons at ttimmons@thepaper24-7.com

➤ TODAY'S QUOTE

"Listen to the mustn'ts, child. Listen to the don'ts. Listen to the shouldn'ts, the impossibles, the won'ts. Listen to the never haves, then listen close to me... Anything can happen, child. Anything can be."
Shel Silverstein

➤ TODAY'S JOKE

Why don't calculus majors throw parties?
They never drink and derive!

The Paper appreciates all our customers. Today, we'd like to personally thank Christine Phifer of Crawfordsville for subscribing!



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The Paper
OF MONTGOMERY COUNTY



➔ OBITUARIES

Marie Lena (Hornyik) Pickerill

April 24, 1970 - March 21, 2022

Marie Lena (Hornyik) Pickerill, of Pueblo West, Colo., passed away suddenly on March 21, 2022 while on a trip with girlfriends in Pagosa Springs, Colo.

She was born on April 24, 1970 in Blacksburg, Va. to Karl & Irene Hornyik and grew up in Corvallis, Ore.

She earned a Bachelor of Science degree in political science from Tulane University and ultimately earned a PhD in Athletic Training from Oregon State University. She met John while working at Purdue University and they married in 2004. They had their two children, Jonas and Maddie and raised them in Crawfordsville, Ind. until moving the family to Pueblo West, Colo. in 2017 so that she could pursue a position teaching Athletic Training at Colorado State University-Pueblo.

Mrs. Pickerill loved skiing, camping, hiking, her cats and decorating the house at Christmas. She and John really enjoyed gardening together and preserving their harvests to share with family and friends, especially spaghetti sauce. She was an amazingly outgoing, intelligent person who could strike up a conversation with a total stranger and make friends in minutes. She was active at St. Paul's Catholic Church. She had a beautiful voice and loved to sing at Mass.

Survivors include her husband, John Pickerill; their children, Jonas (15), Maddie (12) and step-son Jack (age 26 of Harrisonburg, Va.); mother, Irene of Corvallis, Ore.; her sister, Galena (Chris) of Sandy, Utah; brother, Karl (Neysa) and their girls Beyza (15) and Lydia (16) of Seattle, Wash.; uncle, Chester and aunt, Daiva; and, cousin Ingrid of Chicago, Ill.

She is preceded in death by her father, Karl; and cousin, Andrea.

There will be a Rosary Saturday, March 26 at 9:30 at St. Paul's Catholic Church, followed immediately by a funeral Mass, with a private interment to follow in Chicago. A reception will follow the Mass at the church. Arrangements are being made by Montgomery & Steward Funeral Home with online condolences available. Donations can be made in honor of Marie to the Heart Health Foundation (hearthealthfoundation.org).



Channel Catfish Stocked In Urban Fishing Lakes

The DNR recently stocked selected urban fishing locations with more than 2,000 channel catfish ranging from 10 to 14 inches with an average of 12 inches. Fish were stocked here, with county listed in parentheses.

- Diamond Valley Park Pond (Evansville, Vanderburgh) – 225 fish
- Dobbs Park Pond (Terre Haute, Vigo) – 200 fish
- Dubarry Park Ponds (Indianapolis, Marion) – 200 fish
- Garvin Park Lake (Evansville, Vanderburgh) – 200 fish
- Krannert Lake (Indianapolis, Marion) – 225 fish
- Meadowlark Park Pond (Carmel, Hamilton) – 100 fish
- Munger Park Pond (Lafayette, Tippecanoe) – 150 fish
- Northeast Lakeside Pond (Fort Wayne, Allen) – 300 fish

- Robinson Park Lake (Hobart, Lake) – 300 fish
- Washington Township Park Pond # 2 (Avon, Hendricks) – 100 fish

These lakes receive three stockings total each spring, typically between late March and the first week of June.

The catfish daily bag limit is 10 per angler with no size restriction. DNR's urban fishing program offers an exciting and safe way for families and anglers to experience the fun of fishing. Find out more about urban fishing opportunities and future stockings at wildlife. IN.gov/fishing/urban-fishing.

Anglers 18 and older must have a valid Indiana fishing license to fish at these locations, but those 17 and younger do not. Licenses can be purchased at on.IN.gov/INhuntfish.

To view more DNR news releases, please see dnr.IN.gov.

Accepting Applications For Student Member Of The Indiana Commission For Higher Education

The Indiana Commission for Higher Education is seeking applicants for the next Student Commission Member position. The student member, to be appointed by Gov. Eric Holcomb, will serve on the Commission from July 1, 2022 through June 30, 2024.

The student member is a full voting member of the Commission for Higher Education, which is a 14-member coordinating body for the state's public postsecondary education system. In addition to the student member, the Commission consists of one faculty representative, one representative from each of the nine congressional



INDIANA COMMISSION for
HIGHER EDUCATION

districts in Indiana and three at-large members.

To qualify, the student may be a full- or part-time undergraduate or graduate student, must be enrolled through the spring 2024 semester at an Indiana public higher education institution and live in the state of Indiana.

The 2022 Student Application and Agreement to

Lt. Gov. Crouch, IHCD Announce \$90 Million In Multifamily Bonds, Low-Income Housing Tax Credits To Five Developments

Lt. Gov. Suzanne Crouch and the Board of Directors for the Indiana Housing and Community Development Authority (IHCD) today announced five developments have received awards from the Low-Income Housing Tax Credit (LIHTC) program, in conjunction with Multifamily Tax Exempt Bonds. This funding is used to incentivize private developers to fund the construction, acquisition and rehabilitation of affordable housing communities throughout Indiana.

"These awards are major investments in Indiana's infrastructure," Crouch said. "These five properties will greatly benefit their communities and the Hoosiers who live there. Preservation and creation of affordable housing is critical to ensuring long-term affordability that allows residents to thrive in neighborhoods and to maintain consistency in their neighbors, schools, jobs and healthcare."

These investments represent a variety of housing types including new construction, preservation of existing housing, family housing and affordable assisted living for seniors. Below is a breakdown of the awards:

Vita of Greenfield, developed by Vita Investment Holdings, LLC, will receive \$21M in multifamily bonds and \$799,296 in tax credits annually for 10 years for



Lt. Gov. Crouch

the construction of 110 rental units for seniors of mixed income. In addition to helping to meet the need for affordable senior housing, this investment will provide a continuum of care by offering assisted living services for those who need assistance with activities of daily living.

Vita of New Whiteland, developed by Vita Investment Holdings, LLC, will receive \$21M in multifamily bonds and \$864,236 in tax credits annually for 10 years for new construction of mixed income housing that will offer assisted living services for seniors ages 62 and older. These services will include assistance with bathing, grooming, dressing, toileting, personal hygiene, ambulating, meals, shopping, medication delivery and reminders, transportation, housekeeping and laundry.

Barrington Village will receive \$30M in multifamily bonds and \$1.5M in tax credits annually for 10 years to preserve and rehabilitate 172 units of affordable housing. Millennia Housing Development, Ltd. is

acquiring and rehabilitating Stonekey Apartments on the southeast side of Indianapolis. The renovation of the property will afford significant upgrades to each unit. Community upgrades include a picnic pavilion and community building where residents will have access to services such as a resident liaison, resident activities programming and neighborhood watch.

Carriage House of Kendallville will receive \$9M in multifamily bonds and \$565,183 in tax credits annually for 10 years to preserve 150 units of affordable housing. The Gene B. Glick Company project consists of 1-bedroom garden style units and 2- and 3-bedroom townhome-style units throughout 18 buildings. The scope of rehabilitation includes replacement of siding, windows and roofs; replacement of HVAC systems; replacement and upgrades to cabinets, appliances and plumbing and bathroom fixtures.

Beechwood Court will receive \$8.7M in multifamily bonds and \$876,204 in tax credits annually for 10 years to create 83 units of affordable housing in New Albany. Southern Indiana Community Housing Corp. will build on the vacant land of an existing public housing site that will be demolished to make way for the redevelopment. The development will feature a mix

of single-family detached homes, duplexes, single-family/duplex combos and one three story multifamily units. This neighborhood-campus style development will also be home to a fully accessible park, picnic shelters, commercial-grade playground and accessible community garden.

IHCD receives applications for Housing Tax Credits and Multifamily Bonds under the Qualified Allocation Plan (QAP). The QAP, which is unique to each authoring state, details selection criteria and application requirements for the LIHTC program, Multifamily Bonds, HOME funds, Development Fund and the National Housing Trust Fund in conjunction with tax credits. It also contains all deadlines, application fees, restrictions, standards and requirements.

"IHCD is committed to providing affordable housing for the residents of Indiana," said Jacob Sipe, Executive Director of IHCD. "These tax credits for the development of housing provide safe, affordable options for Hoosiers and their families and will also create economic activity for these communities."

The Indiana Housing and Community Development Authority (IHCD) administers and manages the federal tax credits which provide incentives for the creation and preservation of affordable housing units in Indiana.

Bon Jovi Gives Local Bands Chance To Be Opening Act

Rock and Roll Hall of Fame band Bon Jovi announced today the chance for local bands across the country to perform on the highly anticipated Bon Jovi 2022 Tour, produced by Live Nation and sponsored by Hampton Water. Bands are encouraged to submit an audition video of original music for the chance to open for the band at a concert stop on the tour. One local band will be selected for each tour date, including the tour stop in Indianapolis on Tuesday, April 19, 2022 at Gainbridge Fieldhouse. For more information and to upload a submission, visit www.bonjovi.com. Submission deadline is Friday, April 8.

The Bon Jovi 2022 Tour will launch this spring in arenas nation-

wide. Tickets are on sale now at LiveNation.com.

Bon Jovi spent much of the past two years recording and releasing new music, while also creating livestream performance content and launching Bon Jovi radio for their fans. Bon Jovi's 2020 was one of the most critically acclaimed album releases of that year with USA Today calling it "BRILLIANT" and Associated Press highlighting the depth of lyrics within the songs that "chronicle pain, loss, fear and death from the coronavirus, police killings and mass shootings."

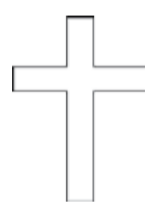
Bon Jovi remains one of the most prolific and sought-after tour tickets in live music today, and getting back on tour was a top priority for the band. "We have all

missed touring and we know that nothing can replace the energy of a live show for the fans or the band," said Jon Bon Jovi.

About Bon Jovi:

Over an illustrious career spanning more than three decades since their formation in 1983, Bon Jovi has earned their place among global rock royalty and was inducted into the Rock

& Roll Hall of Fame as well as the Songwriters Hall of Fame. With over 130 million albums sold worldwide, and extensive catalog of hit anthems, thousands of concerts performed in more than 50 countries for more than 35 million fans, and ticket grosses well over \$1 billion around the world in the last decade alone. Bon Jovi is the consummate rock and roll band.



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

A family for everyone

Never miss a public notice on legal proceedings!
After it prints in your local newspaper, it goes online:

IndianaPublicNotices.com
ThePaper24-7.com

exp REALTY

FOR SALE

Clark Dale
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william.dale@exprealty.com

FAITH

INCLUDE YOUR INFORMATION The Paper of Montgomery County is asking churches to send us church news by noon on Thursday. Information can be e-mailed to: churchnews@thepaper24-7.com

The following is a listing of church services and various programs that organizations around Montgomery County have sent The Paper. If you would like to have your church information included in this free listing, simply e-mail it to churchnews@thepaper24-7.com by Monday for the Wednesday Print Edition.

There may be closures due to health concerns with the COVID-19 pandemic.

FREEDOM BAPTIST CHURCH

If you're looking for something special to do this Christmas, Freedom Baptist Church near Waveland has you covered! On Sunday morning Dec 12 at 9:30, we will be featuring acclaimed jazz pianist Luke Gillespie in a free concert of Christmas music. Gillespie is Professor of Jazz Studies at Indiana University Jacobs School of Music and has performed with David Baker, Buselli-Wallarab Jazz Orchestra, Sylvia McNair, Ann-Margret, Arturo Sandoval, and many others. Stick around for coffee and donuts following the program. Freedom Baptist Church is on SR 234 west, just minutes west of the intersection at SR 234 and SR 47. You won't want to miss this!

NEW MARKET CHRISTIAN CHURCH

Church News for Saturday, March 26, 2022 from New Market Christian Church

The Sanctuary as well as the Drive-in Parking Lot are open for Worship held at 10:00 am. Tony Thomas will speak on "Cries from the Cross: Why Have You Forsaken Me?" His text is from Matthew 27:45-46.

SUNDAY SCHOOL begins at 9:00 am. COFFEE & DONUT FELLOWSHIP is at 8:30 am the first Sunday of each month. The next fellowship is April 3. The worship service and Sunday school are open to everyone.

NEW MARKET FIRST BAPTIST

-The Lord's Closet will be open from 9:00 a.m.-12:00 pm. this Saturday. Lots of clothing. This is the last week for winter clothing. We will be replacing them with spring and summer clothing. Everything is free. Donations are accepted at this time also Sunday morning will be Holy Grounds and Sunday School at 9:00 a.m There are classes for all ages. Worship service will be at 10:00 a.m .with child care and jr. church. On Wednesday evening at 7:00 p.m. we have Bible Study in which we are studying ACTS. Everyone is welcome to attend. We are located at 206 S, First St. in New Market

FIRST CHRISTIAN CHURCH

Sundays: Worship (Casual Traditional/Family Friendly/Childcare) - 10:15 am, Adult Faith Learning/Sunday School - 9:15 am, Good News Cafe - 9:15 am, Wednesdays: WOW! - Mid-week Youth Program (Grades 1-12) - 4:30 - 7 pm, Faith Learning and Dinner, Rev. Darla Goodrich, We are located at: 211 S. Walnut St. Crawfordsville IN 47933 Telephone: 765-362-4812

YOUNG'S CHAPEL CHRISTIAN CHURCH


If contemporary worship is not your preference, then you Might want to visit us. A small country Bible based church made up of very friendly, compassionate, loving people. A church where every-one knows everyone's name. You will be warmly welcomed here. Why not try us out? 4527 North 200 East, Crawfordsville Bible Study 9:30 a.m. Worship 10:30 am.

WOODLAND HEIGHTS CHRISTIAN CHURCH

Woodland Heights Christian Church
468 N Woodland Heights Drive
Crawfordsville IN 47933-9689
Telephone Number: 765-362-5284
Fax Number: 765-362-6641
Lead Minister: Tim Lueking
Worship Minister: Wayne Wilkinson
Youth Minister: Bryson Feese
Worship Service Times for Sunday:
Traditional service at 8:15a.m. & Contemporary service at 10:30a.m. All Sunday School classes at 9:30a.m., Children's classes for birth to 5th grade at 10:30a.m. All services will be streamed live on our live.whcc.us platform, Facebook, YouTube, and Twitter.
Pray Like Jesus: Praying in Pursuit of Provision – Matthew 6:11

NEW MARKET UNITED METHODIST CHURCH

Reverend William "Bill" Pike Office: 765- 866-0703 email: bill.pike@in-umc.org. Please come join our small town church for a friendly church service using hymnals and the rituals of church that you grew up with. 101 East Main Street, P.O. Box 326, New Market, IN 47965. Office Phone: 765-866-0703 www.newmarketumc.org Facebook.com New Market United Methodist Church Indiana Open Hearts--Open Minds--Open Doors Sunday School 9:30 and Worship Service 10:45



Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:
Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

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

Services
Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm

Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:



Breakfast and Bible - 9:30

Church - 10:30

a small church with a big heart!

Dr. Curtis Brouwer, Pastor
765-918-4949



Christ's United Methodist Church

Pastor Dirk Caldwell

We're here and we can hardly wait to see you

Sundays at 11 a.m.!

909 E Main Street • Crawfordsville
765-362-2383
christsumc@mymetronet.net

Livestreamed and archived at christsumc.org
Click the video tab, then the Livestream Link

-----or-----
Watch us on our FB page



New Market Christian Church

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

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

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

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



Helping people to follow Jesus and love everybody!

2746 S US Highway 231
Crawfordsville

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

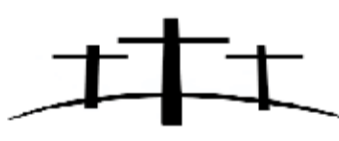
Both services are streamed



LADOGA CHRISTIAN CHURCH

Church Service at 10 am

124 West Elm Street • Ladoga
(765) 942-2019
ladogachristianchurch@gmail.com
www.ladogacc.com



Liberty Chapel Church

Phil 4:13

Church Services:
Sunday School 9 am

Church 10 am

Wednesday Children's Awana Program
6 pm-8 pm



Linden United Methodist Church

Making disciples of Jesus Christ for the transformation of the world

Sunday Worship 10:00 AM
in person or on Facebook at
www.facebook.com/LindenUnitedMethodistChurch

Sunday School 9:00 AM

Pastor Clint Fink

Email: lindenum@tctc.com

Website: lindenumchurch.org

"Making disciples of Jesus Christ for the transformation of the world."




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




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



First Christian Church

211 S Walnut, Crawfordsville



SANCTUARY OPEN!
& FACEBOOK LIVE
Sunday Worship 10:15 am

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

fccville.org / 211fccville@gmail.com

Readers' Choice 2022 Results - Food Category

<ul style="list-style-type: none">• Bakery Winner – Jack’s Donuts Runner Up – Maxine’s on Green Honorable Mentions – Warehouse Bakery, Kroger, Wal-Mart, Casey’s General Store ****• Banquet Facility Winner – Stone Creek Lodge Runner Up – Crawfordsville Country Club Honorable Mentions – Historic Ladoga – Old Normal, Cochran’s, Eagles, Hidden Hollow Farms ****• Bar and Grill Winner – Backstep Brewing Co. Runner Up – Applebee’s Honorable Mentions – Canning Factory, Barefoot Burger, Waveland Pub, Francis and Mount ****• Caterer Winner – The Juniper Spoon Runner Up – Maxine’s on Green Honorable Mentions – Cochran’s Catering	<p>& Cakes, Bon Appetit, Robin Pirtle, Francis and Mount, Miller Quality Meats, Harry’s Hideout ****</p> <ul style="list-style-type: none">• Chinese/Japanese Restaurant Winner – Beijing Runner Up – China Buffet Honorable Mentions – China Inn, Yamato’s ****• Coffee Shop Winner – Joshua Cup Runner Up – Good To Go Xpresso Honorable Mentions – 1832 Brew, Jack’s Donuts, Starbucks ****• Fast Food Restaurant Winner – Culver’s Runner Up – Wendy’s Honorable Mentions – Steak n Shake, Beijing, Buffalo Wild Wings, Subway (US 231) ****• Ice Cream Place Winner – Dari-licious Runner Up – Culver’s Honorable Mentions – Big Dipper, Lindy Freeze, Dairy Queen,	<p>Steak n Shake, Emporium 109 ****</p> <ul style="list-style-type: none">• Italian Restaurant Winner – Brother’s Pizza Runner Up – Valentino’s Honorable Mentions – Pizza Hut, Mama Fazio’s, Italian Pie & Bakery, Greek’s ****• Liquor Store Winner – Ken’s Runner Up – Malt Shoppe Honorable Mentions – Kork & Keg ****• Meat Processor Winner – Four Seasons Market Runner Up – Moody Meats Honorable Mentions – Miller Quality Meats, This Old Farm, Back 40 Amish, Ladoga Frozen Foods ****• Mexican Restaurant Winner – Little Mexico Runner Up – El Charro	<p>Honorable Mentions – Rancho Bravo, Mi Corcel, Aki Les Voy Takeria ****</p> <ul style="list-style-type: none">• Best Omelet Winner – The Breakfast Co. Runner Up – Forum Honorable Mention – Neighborhood Café ****• Best Tenderloin Winner – Sunoco Runner Up – Culver’s Honorable Mentions – Alice’s Restaurant, Francis and Mount, Creekside, Neighborhood Café ****• Best French Fries Winner – McDonald’s Runner Up – Culver’s Honorable Mentions – Barefoot Burger, Steak n Shake, Arby’s, Alice’s Restaurant ****• Best Milk Shake Winner – Dari-licious Runner Up – Big Dipper Honorable Mentions – Culver’s, Dairy Queen, Steak n Shake, Lindy	<p>Freeze, Emporium 109 ****</p> <ul style="list-style-type: none">• Best Onion Rings Winner – Sunoco Runner Up – Culver’s Honorable Mentions – Applebee’s, Buffalo Wild Wings, Arby’s, New Ross Steak House ****• Best Cup of Coffee Winner – Good To Go Xpresso Runner Up – Joshua Cup Honorable Mentions – 1832 Brew, Mary Lou, Jack’s Donuts, Starbucks ****• Dine-In Restaurant Winner – Applebee’s Runner Up – Little Mexico Honorable Mentions – Cracker Barrel, Creekside Lodge, Barefoot Burger, Cozy Corner ****• Best Donut Winner – Jack’s Donuts Runner Up – Warehouse Bakery Honorable Mentions – Casey’s, Kroger, Wal-	<p>Mart ****</p> <ul style="list-style-type: none">• Best Burger Winner – Culver’s Runner Up – Barefoot Burger Honorable Mentions – Crawfordsville Country Club, Creekside, McDonald’s, Steak n Shake ****• Best Chili Winner – Wendy’s Runner Up – Arni’s Honorable Mentions – K&K Café, Neighborhood Café ****• Best Cookie Winner – Subway Runner Up – McDonald’s Honorable Mentions – Steak n Shake ****• Best Bagel Winner – The Breakfast Co. Runner Up – Forum Honorable Mentions – Neighborhood Café ****• Pizza Place Winner – Arni’s Runner Up – Brother’s Pizza Honorable Mentions – Pizza Hut, Ladoga Pizza King, Little Caesar’s, Pizza Pie & Bakery
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Readers' Choice 2022 Results - Medical Category

<ul style="list-style-type: none">• Audiologist Winner – Beltone Runner Up – Hearing Care Professionals Honorable Mentions – Crawfordsville Audiology	Winner – C’Ville Docs Runner Up – Crawfordsville Home Health Care Honorable Mentions – Franciscan Home Care	Vincent Honorable Mentions – IU/Arnett Health, Witham	**** • Physician Winner – John Roberts Runner Up – Scott Douglas Honorable Mentions – Barry Mathison, Joshua Krumenacker, Kyle Graper, Katie L. Towles	Barton Runner Up – Aimee Barnett Honorable Mentions – Stephanie Ross, Jennifer Mertl, Corinna Cain, Jill Reisman, Penny Husnberger	**** • Optometrist Winner – Dr. Boyd Runner Up – Sugar Creek Eye Center – Dr. Scheidler Honorable Mentions – Dr. Ledgerwood, Pearle Vision
**** • Podiatrist Winner – Dr. Chae Hiskes	• Hospital/Medical Center Winner – Franciscan Health Crawfordville Runner Up – St.	**** • Nursing Home Winner – Well-brooke Runner Up – Whitlock Honorable Mentions – Bickford Cottage, Lane House, Ben Hur, Hickory Creek, Williamsburg	**** • Nurse Practitioner Winner – Jamie	**** • Pharmacy Winner – CVS Runner Up – Walgreen’s Honorable Mentions – Kroger, Wal-Mart	**** • Orthodontist Winner – All Smiles Runner Up – Dr. Aaron Altschul



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➤ RUSTY *From Page A1*

fraud, but rest assured that those cases are vigorously sought and eventually found and prosecuted by Social Security's Inspector General's office.

FYI, there is another category of federal benefit known as Supplemental Security Income ("SSI") which has somewhat different eligibility criteria but still requires either legal residency as I've defined above, or another special residency status which defines them as a "qualified alien" (e.g., certain Indian tribes, refugees and those granted asylum, victims of human trafficking, etc.), as defined by the federal

government. SSI is, essentially, a general disability benefit for needy seniors, minors, and disabled adults with very little income and very few assets. Federal SSI benefits are paid from the general Treasury, not from Social Security funds, and do not detract from Social Security's finances. SSI is administered by each state, which usually provide other assistance in addition to the relatively small federal monetary benefit (\$841 per month for 2022).

As you are undoubtedly aware, all U.S. States have separate laws which may provide benefits to all

state citizens, regardless of their federal residency status, but that is entirely outside the realm of Social Security and does not affect Social Security's financial structure. To receive Social Security benefits, one must have either earned the right to do so by contributing sufficiently to the program or be the legally present dependent of someone who is (or was) collecting Social Security and meet all other eligibility criteria for the benefit claimed.

Regarding your decision to claim at 62, remember that life expectancy is always an unknown factor and deciding when to claim

always includes a large degree of uncertainty. We should all be comfortable knowing for certain that Social Security will be there for us until the end.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

➤ JOHN *From Page A1*

enough for my patients; that they weren't able to make the lifestyle changes they wanted to. In that moment I realized food could be a really great, creative way of guiding them towards healthier choices. I literally taught my first cooking class for patients a week after that and have been doing so at my clinic since."

Dr. Shiue is not alone, medical schools are beginning to offer culinary medicine courses; they're turning out young doctors who know their medicine and are versed in the art of offering patients appetizing healthy meals. The

Association of American Medical Colleges says they are "part of an emerging trend at medical schools across the country, one that teaches students how to cook so they will be equipped not only to take better care of themselves but also to counsel patients on the role that good nutrition plays in improving health outcomes."

No longer will doctors simply tell their patients that nutritious eating will prevent disease, he or she may be able to literally give them tasty recipes for a healthy lifestyle.

➤ HEART *From Page A1*

1. Follow a Heart-Healthy Diet

Too much sugar and salt can lead to high blood pressure, putting you potentially at risk for heart diseases, including AFib. When shopping for food, take time to read the nutrition facts and choose foods lower in sodium and sugar, or consider trying spices and herbs as a healthier alternative to salt. Another healthy swap is removing trans fats and saturated fats, like fried or fast foods and fatty meats like sausage and bacon, and instead trying unsaturated fats like seeds and avocados.

Whole grains are a good source of fiber that

play a part in regulating blood pressure and heart health. When eaten as part of a heart-healthy diet, whole grains can help reduce cholesterol, blood pressure and weight, and lower the risk of developing Type 2 diabetes by up to 32%. Dietary fiber can help improve blood cholesterol levels and lower your risk of heart disease. Incorporate vegetables, fruits, beans and whole grains into your diet to increase your daily fiber intake.

2. Get Some Exercise to Kickstart Your Heart

Exercise can help make both your body and heart stronger. The American Heart Association

recommends at least 150 minutes of moderate-intensity aerobic activity per week – that's 30 minutes a day, five days a week. Aerobic exercise can include walking, running, swimming, playing tennis and more.

It is also important to incorporate strength training exercises into your workout regimen at least twice a week. Any activity is better than no activity, so even making an effort to stand up throughout the day to walk around, parking farther away from a destination, or taking the stairs can make a difference.

3. Limit Alcohol and Tobacco Usage
Moderation is key

when consuming alcohol, as excessive consumption correlates directly to increased risk for high blood pressure along with other negative side effects, like triggering AFib episodes. In addition, tobacco use is strongly discouraged as part of any healthy diet, but it has particularly problematic effects on heart health, like damaging the function of your heart and the structure and function of your blood vessels.

To learn more about AFib and your treatment options, or to find an electrophysiologist near you, visit GetSmartAboutAFib.com.

➤ READERS' *From Page A1*

tured promotion that features local businesses, people, products and more and gives you, our readers, the opportunity to vote for your favorites. We often joke that this is like Chicago politics and encourage you to vote early and vote often.

You see, this has never been about the rigidity of the process. Instead, it is designed to be an absolutely fun and very positive way for our readers to cast a good light on their favorites. And oh, how you have responded! We annually see ballots that number in the hundreds of thousands – so many in fact that we had to find a way to automate the counting process.

This year, rather than unveil all the winners at one time like we have in the past, we are revealing several categories a day. Today's categories can be found inside and a quick list is also provided here. When the final winners, runner-ups and honorable mentions are revealed, we will compile all of them into one keepsake edition that will stay posted on our website for the entire year.

Lastly, we encourage you to pay attention to the many businesses who are saying thank you with their ads. Without those supporters, local news and specifically your daily edition, wouldn't be here.



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