

The Commercial Review

Portland, Indiana 47371

www.thecr.com

\$1

County looking at new phone system

Proposed upgrade would be cloud-based program

By BAILEY CLINE

The Commercial Review
The county is considering upgrading its phone system.

Representatives from Allstar Communications of Fort Wayne pitched a cloud-based phone service to Jay County Commissioners during their meeting Monday.

Allstar Communications currently handles the county's phone services. Representatives from the company proposed upgrading the county's phone service to an online, cloud-based program, which would cost just under \$1,300 more monthly with a one-time fee of about \$3,600. (The county currently pays about \$2,350 in monthly service fees.)

Commissioners reached out to the company recently after a representative from Level 365 suggested the county switch phone services, offering a monthly fee of \$2,136.36 and a one-time cost of \$18,538.74. Level 365 provides unified communications, or a cloud program, to connect office phones, computers and cell phones through a common app. Some of its features include call forwarding and a voicemail-to-email option.

Eric White and Jay Kimes of Allstar Communications explained their company could offer virtually the same services if the county were to upgrade to the system created by NEC, an information technology and electronics corporation.

See County page 2

Dedicated to Dunkirk



The Commercial Review/Ray Cooney

Confusion dating back about two decades had the streets of Quincy Place on the north side of Dunkirk on the verge of going to a tax sale. Dunkirk City Council earlier this month agreed to pay the back taxes on the streets and on Monday accepted their dedication to the city from developer The Biggs Group of Decatur.

City accepts streets from developer

By RAY COONEY

The Commercial Review
DUNKIRK — Streets that had been privately owned for about 20 years are now property of the city.

Dunkirk City Council on Monday approved a resolution to accept the dedication of the streets in Quincy Place to the city.

City attorney Wes Scheme-

naur explained to council at its previous meeting that confusion dating back to the early 2000s has the streets in Quincy Place — Hart Drive, Shrack Lane and Merry Court — on the verge of going up for tax sale. (They were subsequently pulled from that sale.) He told council there had apparently been a discussion amongst Dunkirk City Council to accept ownership of the

streets two decades ago, but the process was not followed through to completion. As a result, developer The Biggs Group, Decatur, had unknowingly continued to own and pay taxes on the streets. That changed recently when Biggs sold its final lots in the development. The taxes were unpaid, leading them to be in the tax sale. Dunkirk City County on Sept.

12 approved paying the \$4,639.81 in back taxes for the streets. Biggs has since signed the documentation to dedicate the streets to the city.

Council members Jesse Bivens, Bryan Jessup, Tom Johnson, Kevin Hamilton and Christy Curts on Monday approved the resolution accepting city ownership of the streets.

See Dedicated page 5



The Commercial Review/Ray Cooney

Horse-drawn ride

Visitors to Jay County Historical Society's Heritage Festival start their way on a horse-drawn carriage ride Sunday on the north side of Jay County Historical Museum in Portland.

FR applying for grant

By BAILEY CLINE

The Commercial Review
FORT RECOVERY — Fingers crossed.

Fort Recovery Village Council authorized an application Monday for the \$500,000 Small Government Program grant offered through Ohio Public Works Commission.

Fort Recovery is applying for the grant in hopes of doing a total reconstruction of Butler Street between Fort Site to Main streets. The project would cost about \$1.5 million, including repaving the street and replacing the traffic signal, street lights, curbs, sidewalks and water line. If the village needs additional financial assistance, the program also allows applicants to request more funding with a 0% interest rate loan.

For other financial help with the program, Fort Recovery has approximately \$2.3 million in

Village hopes to use funds for reconstruction of Butler Street

unappropriated dollars in its general fund. (The village started saving extra dollars after the height of the coronavirus pandemic hit.)

Village administrator Randy Diller also gave council two other potential Butler Street projects on Aug. 21 they could complete with the grant if selected: reconstructing Butler Street from George Street to the village's west corporation limit for about \$1 million or replacing the water line on Butler Street from Fort Site Street to Williams Street for about

\$744,000. Council decided at that time to stick with the reconstruction of Butler Street from Fort Site to Main streets.

Plans are to submit the grant to Ohio Public Works Commission sometime this week. The grant approval had been on the agenda during council's regular meeting Sept. 18, but there were only four council members present, meaning they could not legally pass the resolution. All six council members attended Monday's meeting, which lasted approximately three minutes.

Deaths

Norma Wilson, 77, Portland
Details on page 2.

Weather

Jay County had a high temperature of 70 degrees Monday. The low was 57.

Showers are expected tonight with a chance of thunderstorms and a low in the upper 50s. Skies will be mostly cloudy Thursday with a high in the lower 70s and a 50% chance of rain. See page 2 for an extended outlook.

In review

Jay County Public Library will host Pumpkin Slime & Autumn Time from 4 to 5:30 p.m. Thursday. Children will get to make autumn-themed slime and crafts and will also get to enjoy some snacks. Advance registration is requested by visiting the library, 315 N. Ship St., or calling (260) 726-7890.

Coming up

Thursday — Results from the JCHS boys soccer game against Blackford.

Friday — Coverage of this week's Jay County Council meeting.



County ...

Continued from page 1
The new system would allow recording and transcribing calls, as well as transferring calls off-site to a cell phone or other device. (The choice to record calls would be up to each department head.) It also has its own messaging system, allowing employees to communicate via text without using their personal cell phone number, as well as video call capabilities. Phones could operate with ethernet cables or through their own built-in wifi. Although the contract would be with NEC, tech support is offered locally through Allstar Communications. Kimes said they would offer training sessions for employees as needed. "Are most other counties doing this?" asked commissioner Brian McGalliard. Kimes confirmed many counties and municipalities are switching to cloud-based phone systems. He noted the current phone system at the sheriff's office hasn't been updated since 1995.

With the new program, White explained, the county would eliminate the need for utilizing five different phone carriers, reducing its monthly bill by about \$2,350. Commissioners agreed to review the proposal. Also Monday, they heard a request from Steve Nearing to amend truck restrictions. Commissioners approved an ordinance Aug. 28 barring trucks from several county roads during construction on Indiana 26 and U.S. 27. Nearing asked commissioners to consider opening county road 100 North or 300 East to truck traffic, noting there are fewer houses located along those roads between Portland and Fort Recovery. County attorney Wes Schemenaur pointed out the ordinance amendment wouldn't become effective until near the end of October if commissioners took action as soon as the next meeting Oct. 9. Commissioner president Chad Aker said he would like to

touch base with highway superintendent Eric Butcher and Sheriff Ray Newton before making a decision. Also Monday, commissioners approved a contract with Crown City Logistics for trash pickup at Jay County Jail. The rate came in at \$132.50 per month. In other business, commissioners Rex Journay, Brian McGalliard and Aker: •Agreed to sponsor a haunted house event, pending insurance approval, at Jay County Country Living. Former director Melissa Blankley, who is continuing to assist the county, explained that someone recently reached out to her requesting to use the facility's basement for a Halloween-themed display. •Decided to require sealed bids for automobile purchases. McGalliard brought up the matter, noting a local car dealer had requested the formal process. •Tabled a request to offer Aflac Insurance to county employees, noting the county's

current broker, One Digital, offers similar services. •Heard from Butcher, who noted prep work has been completed for the above-ground fuel tanks being installed at Jay County Highway Department. He expects it will take another two months until the tanks are delivered. •Were informed Indiana Residential Care Assistance Program is performing its regular audit this week at Jay County Country Living. Blankley also noted the facility has 24 residents and is close to being full, with two open rooms, or space for about seven residents, left. •Learned about three workshops for entrepreneurs coming up in December through East Central Indiana Regional Planning District. •Learned county vehicles are exempt by Indiana code 9-20 from size and weight requirements on county roads. (Commissioners asked Butcher to look into the matter after a local truck driver told commissioners the county had been

exceeding size and weight limits.) •Approved several claims, including \$20,329.49 for computer upgrades at Jay County Sheriff's Office through INdigital of Fort Wayne, \$16,800 for a change order in Beam, Longest and Neff's engineering for replacement of the Seventh Street bridge over the Salamonie River in Portland — plans are to seek a Community Crossings grant to replace the bridge and add sidewalks in 2024 — and \$6,573.60 for phishing prevention training through global software company KnowBe4. •Heard from Jay Emergency Medical Service director Gary Barnett about August's monthly expenses and income, which came to \$136,195.52 and \$95,031.70, respectively. •Revised the 2023 holiday schedule to accommodate Jay County Highway Department employees' new four-day work week. Highway workers will observe Veterans Day on Nov. 9 and Thanksgiving on Nov. 22 and 23.

CR almanac				
Thursday 9/28	Friday 9/29	Saturday 9/30	Sunday 10/1	Monday 10/2
73/55	76/55	77/54	78/53	79/53
There's a chance (40%) of rain Thursday, when the high will be in the low 70s.	Friday's forecast shows mostly sunny skies with a low in the low to mid 50s at night.	Sunny skies are expected. The high will be in the mid to upper 70s.	Another day of sun on Sunday, bringing out warm temperatures in the upper 70s.	Monday looks to be sunny again. The high will be near 80 degrees.

Lotteries

Powerball Monday 10-12-22-36-50 Power Ball: 4 Power Play: 2 Estimated jackpot: \$835 million	Daily Four: 1-8-4-3 Quick Draw: 6-7-13-14-21-23-24-28-37-39-42-48-50-56-61-62-63-64-71-72 Cash 5: 5-17-20-25-29 Estimated jackpot: \$125,000
Mega Millions Estimated jackpot: \$230 million	Ohio Monday Midday Pick 3: 8-5-1 Pick 4: 9-8-7-8 Pick 5: 8-5-0-6-4 Evening Pick 3: 0-1-1 Pick 4: 4-7-4-7 Pick 5: 4-3-9-5-8 Rolling Cash: 4-18-28-31-38 Estimated jackpot: \$100,000
Hoosier Monday Midday Daily Three: 2-4-2 Daily Four: 4-2-9-7 Quick Draw: 1-2-7-10-11-21-26-29-35-38-40-46-53-54-58-59-64-67-72-76 Evening Daily Three: 8-1-9	

Markets

Cooper Farms Fort Recovery Corn.....5.42 Oct. corn5.27 Wheat4.82	Dec. beans12.87 Wheat 5.02
POET Biorefining Portland Corn.....5.37 Oct. corn5.22 Oct./Nov. corn4.62	Central States Montpelier Corn.....4.67 Oct. corn4.47 Beans12.50 Oct. beans12.90 Wheat5.46
The Andersons Richland Township Corn4.52 Jan. corn4.77 Beans12.46	Heartland St. Anthony Corn.....4.62 Oct./Nov. corn4.32 Beans12.54 Oct. beans12.39 Wheat5.03

Today in history

In 1540, Pope Paul III approved the Jesuit order that was founded by St. Ignatius of Loyola.
In 1912, "Memphis Blues," which is considered the first blues song, was published by W.C. Handy.
In 1972, Portland Park Board decided to defer plans for major repairs at the Portland youth center until 1973. Contractor Paul Baldauf told the board it would take that time to determine the exact reason cracks had developed in the foundation and south wall of the building.
In 2020, Jay County Commissioners approved a rule to suspend the email accounts of Jay County government employees within a month if they did not complete their required cybersecurity training. —The CR

Citizen's calendar

Wednesday 7 a.m. — Jay County Board of Health, health department, 504 W. Arch St., Portland. 6 p.m. — Jay County Council public hearing, courthouse, 120 N. Court St., Portland.	6 p.m. — Dunkirk Park Board, city building 131 S. Main St. Thursday 7 a.m. — Jay School Board special meeting, General Shanks, 414 E. Floral Ave., Portland.
---	---

Obituaries

Norma Wilson
July 7, 1946-Sept. 24, 2023
Norma Wilson, age 77, a resident of Portland, passed away on Sunday, Sept. 24, 2023, at Persimmon Ridge in Portland. Norma was born on July 7, 1946, in Avon, Kentucky, the daughter of Elmer and Clarice (Lewis) Riddle. She graduated from Parker High School in Parker City, Indiana, and worked for Jay Garment in Portland for many years and retired from FCC in Portland. Norma was a member of the Portland Moose Lodge. Norma enjoyed walking, loved her grandchildren, enjoyed collecting Thomas Kincaid paintings and Teddy Bears and was an avid view-

er of Turner Classic Movies. Survivors include: Her children — Chad Claycomb (wife: Angel), Portland, Indiana, Andy Claycomb (wife: Kim), Shelbyville, Indiana, and Raina Stolz (husband: Justin), Portland, Indiana. Her siblings — James Riddle, Albany, Indiana, Denny Riddle, Hartford City, Indiana, and Marena Dye (husband: Elwood), Niles, Michigan. Eleven grandchildren and six great-grandchildren. She was preceded in death by a son, Derek Wilson; two sisters, Car-



lene Woolard and Deanna Jackson; and one brother, Marvin Riddle. Visitation will be held on Thursday from 4 to 6 p.m. at Williamson-Spencer and Penrod Funeral Home in Portland. Memorial services will follow at 6 p.m. on Thursday at the funeral home with Pastor Erick Riddle officiating. Condolences may be expressed at williamsonspencer.com. *****
The Commercial Review publishes death notices for those with a connection to our coverage area free of charge. They include the name, city of residence, birth/death date and time/date/location of services. There is a charge for obituaries, which are accepted only from funeral homes or mortuary services.

Felony arrests

Drunk driving
A Decatur man was arrested Monday for drunk driving and other related charges. Timothy D. Johnson, 42, 333 N. 16 St. Apt. 4, is charged in Jay Superior Court with two Level 5 felonies for causing serious bodily injury when operating a vehicle while intoxicated and causing serious

bodily injury when operating a vehicle with a blood alcohol level of 0.08% or higher, as well as a Class C misdemeanor for operating a vehicle without having a license. The court recommended Monday that Indiana Bureau of Motor Vehicles suspend Johnson's driving privileges. He's being held on a \$10,000 bond in Jay County Jail.

Nonsupport
A Muncie man was arrested Friday for nonsupport of a dependent. Steven D. Pace, 38, 310 E. Berkley Ave., is charged in Jay Superior Court with a Level 6 felony. He was released on a \$300 bond from Jay County Jail.

Capsule Reports

Deer accident
Damage is estimated between \$5,000 and \$10,000 after a deer ran in front of a Hartford City man's vehicle, causing an accident about 10 a.m. Sunday. Michael L. Anderson, 67, was driving his 2020 Chevrolet Malibu east on county road 200 North in Jay County when a deer ran in front of him. He wasn't able to avoid hitting the animal.
Trick-or-treating set
Redkey Town Council on Thursday set trick-or-treat hours for 6 to 8 p.m. Oct. 31. Redkey Fire Department will host its costume contest at 5:30 p.m. Oct. 31. Also at the meeting, council: •Spoke with Nate Kimball, an East Central Indiana Regional Planning District employee who is serving as Jay County's community coordinator. Kimball provided information about the owner occupied rehabilitation program being created for low income Jay County residents. The program will be funded with the \$1 million Jay County is receiving for being a part of the Hoosier Enduring Legacy Program (HELP), a planning process through the Indiana Office of Community and Rural Affairs for how to spend federal coronavirus relief funds through the American Rescue Plan Act. •Were informed Redkey will be flushing hydrants starting Oct. 2. •Made \$184.37 in water bill adjustments. See page 5

SERVICES
Today
Grube, Larry: 10:30 a.m., St. Peter Catholic Church, 1477 Philothea Road, Fort Recovery.
Milligan, Judith: noon, Swiss Village auditorium, 1350 W. Main St., Berne.
Thursday
Wilson, Norma: 6 p.m., Williamson-Spencer and Penrod Funeral Home, 208 N. Commerce St., Portland.
Service listings provided by
PROGRESSIVE DEL TORO OFFICE PRODUCTS
120 N. Meridian St.
Portland, Indiana 47371
(260) 726-9201
progressiveofficeproducts.com

PART-TIME JOB OPPORTUNITY
Inserter Position Available
Need to get out of the house for a few hours?
This job is perfect for you!
Flexible/ varying hours
solid work ethic, willingness to learn and reliability are a must.
Apply within or send resume to: business@thecr.com
The Graphic Printing Company • The Commercial Review
309 West Main Street • Portland, IN 47371
Office Hours: 10 am - 4 pm, Tuesday - Friday
260-726-8141
Equal Opportunity Employer

FULL TIME ADMINISTRATIVE ASSISTANT
JAY COUNTY EMERGENCY MANAGEMENT AGENCY
2023 SALARY: \$28,264.60
WORK SCHEDULE
• 35 hours weekly (Monday – Friday)
• Occasional evening, weekend, and overnight hours as necessary for community outreach, training, etc.
• Ability to respond to the EOC for emergencies on a 24-hour basis as necessary.
DUTIES
• Performs department bookkeeping duties to include preparing and recording claims/payroll, maintaining an up-to-date budget, and filing/recordkeeping.
• Answers telephones, greets visitors, responds to inquiries, provides information/assistance to the public, and takes messages for department personnel.
• Assists with damage assessments, data recording, EOC operations, and other tasks required during emergency situations.
• Assists department personnel in maintaining/updating plans, policies, and procedures.
REQUIREMENTS
• High school diploma or equivalent
• Must possess or be able to obtain the necessary National Incident Management (NIMS) and FEMA Professional Development Series certifications.
• Working knowledge of basic accounting, standard office procedures, and Microsoft software.
• Ability to effectively communicate both orally and in writing.
• Ability to work on several tasks at the same time, and work rapidly for long periods, often under time restrictions.
• Must have a valid Indiana driver's license and be able to travel off-site as necessary.
All interested applicants can submit their resume to the Jay County Emergency Management Agency, 224 West Water Street, Portland, IN 47371 or to the Director via email srhodehamel@co.jay.in.us.
Applications will be accepted until September 27, 2023.

Art classes start soon

Arts Place has a variety of art classes scheduled to start in the coming weeks.

The next class scheduled to begin is macrame bracelet making on Oct. 4. Other classes to begin in October include toddler art for 3 to 5 year olds on Oct. 6, intermediate wheel throwing and Halloween cookies and canvas on Oct. 16, and American folk art for homeschoolers Oct. 26.

Additional classes are slated to begin in November and December.

To register for classes, visit myartsplace.easybooking.site. For more information, email visualarts@myartsplace.org or call (260) 726-4809.

VA health care

The deadline for some veterans to enroll in VA health care is Sept. 30.

Veterans who deployed to a combat zone, left active duty between Sept. 11, 2001 and Oct. 1, 2013, and never enrolled in VA health care are eligible to enroll directly in VA health care. They can apply online at va.gov or in person at a VA facility.

Auction scheduled

Arts Place will host its annual holiday benefit auction Nov. 17.

This year's event is themed after "A Christmas Story." (Jay County Civic Theatre will present its production of the musical Dec. 7, 8, 9, 15, 16 and 17 at Arts Place.)

Taking Note

The auction will feature refreshments, a silent auction and a live auction.

For more information, email jcc@myartsplace.org or call (260) 726-4809.

Auditions set

Creative Arts Theater of Wells County will hold auditions for its production of "White Christmas" Oct. 6 and 7.

Auditions will be held from 6 to 9 p.m. Oct. 6 and 9 a.m. to noon Oct. 7 at the Creative Arts Council, 428 S. Oak St., Bluffton. They are open to ages 12 and older.

Those interested in auditioning are urged to pre-register at wellscreativearts.com/holiday-production.

Performances will be Dec. 7, 8 and 9. For more information, call (260) 824-5222.

Exhibit open

"Landscape: Speculations and Provocations" is on display until Oct. 5 at the Jay County Campus of Arts Place.

The exhibit features the work of Ruth Lantz. The Illinois artist draws inspiration from landscapes

and digital art forms, including video games.

Arts Place is open from 10 a.m. to 8 p.m. Monday through Thursday and 10 a.m. to 4 p.m. Friday.

For more information, email visualarts@myartsplace.org or call (260) 726-4809.

Grants available

Indiana Destination Development Corporation has announced the availability of two grants — the Indiana Destination Development Grant and IN Indiana Placemaking Activation Grant.

The placemaking activation grant offers communities the opportunity to create IN Indiana artwork and signage in highly visible locations throughout the state. (The City of Portland, Arts Place and Portland Main Street Connect partnered to receive a grant this year that funded the new mural on the north side of Community Resource Center.) The development grant offers funding for "high-impact projects that raise Indiana's capacity for attracting visitors, providing tourism experiences and enhance residential quality of life."

"Indiana is a diverse state that's full of character, and we plan to continue showcasing that through these placemaking and development projects," said Lt. Gov. Suzanne Crouch.

The deadline to apply is Feb. 2. For more information, go to visitindiana.com.

Marriage lost spark years ago

DEAR ABBY: I have been married to a man I'll call "Ed" for 15 years. We are seniors, but he is 17 years older than I am. I have three children from a previous marriage who are grown and on their own. I think my husband is gay but never came out of the closet. He watches gay porn and once confessed to me he had a fantasy about another man. For the last 10 years, he has refused to have sex and is always making excuses ("I'm old," "I'm tired," "Tomorrow").

Abby, I crave love and intimacy. Ed is cold, distant and a loner. He refuses to travel or do anything for fun. He's well-off financially, never had kids and is a good provider. However, that is all he does. I want to leave him, but I feel guilty because of his age and because he has been a responsible provider over the years.

I love him as a person, but not as a husband. Please advise. — DEPRESSED AND STUCK IN PENNSYLVANIA

DEAR D & S: There is

Dear Abby



more to marriage than sex. There is supposed to be communication, affection, mutual respect, understanding and compassion for each other.

From what you have written, you have none of those.

Address this with Ed before you freeze to death. Ask him if marriage counseling would help him to better understand your needs. If he refuses, and all you get out of this marriage is access to his money, make an appointment with an attorney to discuss what your rights may be in the "equitable distribution" state of Pennsylvania after a 15-year marriage. After that, you will have a better idea of what to do.

Community Calendar

Notices will appear in Community Calendar as space is available. To submit an item, email news@thecr.com.

Wednesday

WEDNESDAY MORNING BREAKFAST CLUB — Will meet at 8 a.m. in the east room of Richards Restaurant. All women are invited to attend. Includes activities and devotional time.

PING PONG — Will be played from 11 a.m. to noon on Wednesdays at West Jay Community Center.

PORTLAND ROTARY CLUB — Will meet at noon each Wednesday in the cafe at John Jay Center for Learning, 101 S. Meridian St., Portland.

EUCHRE CLUB — Will meet at 2 p.m. the fourth Wednesday of each month at Chalet Village Health and Rehabilitation in the North Lounge.

AL-ANON FAMILY GROUP — New Beginnings, a support group for friends and families of alcoholics, will meet at 6:30 p.m. each Wednesday in the Zion Lutheran Church, 218 E. High St., Portland. For more information, call (260) 726-8229.

A BETTER LIFE - BRIANNA'S HOPE — A faith-

based recovery group for all kinds of addictions, will meet from 6:30 to 8 p.m. each Wednesday at Redkey United Methodist Church, 122 W. Main St. Come early for a meal. For more information, call Pastor Randy Davis at (765) 369-2085.

Thursday

CELEBRATE RECOVERY — A 12-step Christian recovery program meets at 10 a.m. and 6:30 p.m. each Thursday at A Second Chance At Life Ministries, 228 S. Meridian St. in Portland. For more information, call Brenda Eads at (260) 726-9625 or Dave Keen at (260) 251-8792.

LAWYERS IN LIBRARIES — Free and confidential consultations with a lawyer are available from 10 a.m. to noon at Jay County Public Library, 315 N. Ship St., Portland. Consulting is available on topics including divorce, custody, guardianship, tenant-landlord issues, bankruptcy, debt collection, estates and immigration. Those interested in participating should sign up in advance at the library, 315 N. Ship St., Portland, or by calling (260) 726-7890.

DEMENTIA SUPPORT GROUP — Meets at 5:30 p.m. at Persimmon Ridge Rehabilitation Centre, 200 N. Park St., Portland.

MISSISSINEWA CHAPTER OF THE NATIONAL SOCIETY OF THE DAUGHTERS OF THE AMERICAN REVOLUTION — Will meet at 6:30 p.m. Thursday, Sept. 28, at Jay County Historical Museum. The program is on revolutionary era wedding attire. For more information, call Kathy Selman at (260) 251-1694 or Sue Sommers at (260) 726-2678.

Friday

PAST RECOVERY SERVICES — Peer Addiction Support Team recovery support group meets at 10 a.m. and 5 p.m. each Friday at the Jay County Drug Prevention Coalition office at 100 N. Meridian St., Portland. For more information, call (260) 251-3259.

Saturday

ALCOHOLICS ANONYMOUS — Will meet at 10 a.m. at Zion Evangelical Lutheran Church, 218 E. High St., Portland. For more information, call (260) 251-3336 or (260) 729-7000.

LOCALS MARKET — Is held from 8 a.m. to noon each Saturday in May through October on East Main Street in Portland. For more information, contact The Flower Nook at (260) 726-7166.

Sunday

A BETTER LIFE - BRIANNA'S HOPE — A faith-based recovery group for all kinds of addictions, will meet from 6:30 to 8 p.m. each Sunday at The Rock Church, 1605 N. Meridian St., Portland. Come early for a meal. For more information, call (260) 766-2006.

Monday

PORTLAND BREAKFAST OPTIMISTS — Will meet at 7 a.m. for breakfast at Richards Restaurant.

PING PONG — Will be played from 9 a.m. to noon each Monday at Jay Community Center.

CAREGIVER SUPPORT GROUP — Will meet at 1 p.m. the first Monday of each month at Portland Place, 430 W. Lafayette St. For more information, call (800) 589-1121.

EUCHRE — Will be played starting at 1 p.m. each Monday at West Jay Community Center, 125 Hoover St., Dunkirk. TAKE OFF POUNDS

SENSIBLY (TOPS) — Will meet for weigh-in at 4:30 p.m., with the meeting at 5 p.m., at Trinity United Methodist Church, 323 S. Meridian St., Portland. New members welcome. For more information, call (260) 726-5924.

PREGNANCY CARE CENTER — Free pregnancy testing with ongoing support during and after pregnancy. The center is located at 216 S. Meridian St., Portland. Hours are 1 to 5 p.m. Monday through Friday. For more information or to schedule an appointment, call (260) 726-8636. Walk-ins accepted.

BREAD OF LIFE COMMUNITY FAMILY MEAL — Will be served from 5:30 to 6:30 p.m. at Asbury United Methodist Church, 204 E. Arch St. in Portland. Everyone is welcome.

PORTLAND EVENING OPTIMIST CLUB — Will meet at 6 p.m. the first and third Monday of each month at Richards Restaurant.

NARCOTICS ANONYMOUS — Will meet at 6:30 p.m. each Monday at A Second Chance At Life Ministries, 228 S. Meridian St. in Portland. For more information, call Brenda Eads at (260) 726-9625 or Dave Keen at (260) 251-8792.

GAMMA ALPHA CHAPTER OF PSI IOTA XI — Will meet at 7 p.m. Monday, Oct. 2, at Jay County Public Library, 315 N. Ship St., Portland.

PROTECT

WHAT MATTERS MOST

Whether you are home or away, protect what matters most from unexpected power outages with a Generac Home Standby Generator.



FREE
7-Year Extended Warranty*
A \$735 Value!

NO MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(866) 953-2203

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.





WINDOW NATION

EXCLUSIVE MONEY SAVING OFFER

0%
DOWN

0%
PAYMENTS

0%
INTEREST

FOR 2 YEARS
AND

**BUY 2 WINDOWS
GET 2 FREE!**

SERVICE
99.5%
of our windows are installed right the first time, requiring no follow-up service.

SATISFACTION
96%
customer satisfaction on clean up & safety in over 150,000 homes.

SELECTION
1500+
locally-made custom styles and options to choose from.

Call (866) 553-0725

*Offer Valid on Potomac and ComfortSmart Models. 4 Window Minimum. Cannot be combined with any other offer. Excludes labor. Based on 10 Georgetown model. Double hung/sliding windows with standard installation. Subject for Credit Approval. Offer Ends 9/30/23



Sudoku

7			2					
4			3					
			9	6	1			4
		1					9	2
					6			
2			8	1	5			
	8		7		2			
6								5
						3	6	7

Level: Intermediate

Tuesday's Solution

6	4	5	1	8	9	7	2	3
3	8	9	4	2	7	1	6	5
7	2	1	5	6	3	4	9	8
4	9	3	8	7	6	5	1	2
1	5	6	2	3	4	8	7	9
2	7	8	9	1	5	6	3	4
5	6	4	7	9	2	3	8	1
9	1	7	3	5	8	2	4	6
8	3	2	6	4	1	9	5	7

The objective is to fill a nine-by-nine grid so that each column, each row, and each of the nine three-by-three boxes (also called blocks or regions) contains the digits from 1 to 9 only one time each.



THE ADVOCACY CENTER

We had our Golf Tournament on Sunday, September 10th at the Portland Golf Club.

Proceeds from the Golf Tournament will go towards raising the start-up funds and general operating costs needed to establish the new child advocacy center location in Portland.

Financial assistance will go a long way towards ensuring that Jay County child victims receive the best practice response that they deserve.



We would like to thank our Birdie Sponsor: Jay Petroleum

Historic markers can be confusing

Editor's note: This column is being reprinted from Sept. 29, 2004. Like many journalists, Jack had an affinity for history. Though he questions some accuracy here, his musings might remind some folks about an aspect of Jay County's history that they forgot, or never knew about.

By JACK RONALD
The Commercial Review

Ideally, a historic landmark ought to provide future generations accurate information about the past.

But sometimes, they only add to the confusion.

That thought drifted across my mind Saturday afternoon as I sat in the sun on the porch of the Balbec cabin, watching the tractor pulls and eating a bowl of ham and beans.

Jay County's track record when it comes to historical landmarks is a little spotty.

Most of the landmarks — usu-

Back in the Saddle



ally a rock or boulder with a plaque attached — date from a flurry of historic enthusiasm on the part of the Daughters of the American Revolution in the late 1920s.

The D.A.R. raised the money and installed a number of historic markers at various spots in the county.

In Portland, you'll find a stone marker at the southeast corner of the courthouse lawn honoring the late John P.C. Shanks, who served his country both as a general and in Congress. You'll also find a marker on North Wayne

Street which denotes the site of the first school.

And if you drive south on U.S. 27 a ways, you'll find another marker on the east side of the highway. That one, at Treaty Line Road, marks what was believed to be the boundary established by the Treaty of Fort Wayne between the U.S. government and the Indians. That treaty, which followed the Treaty of Greenville, gave the U.S. additional land — including parts of what is today Pike and Madison Townships.

But there are a couple of historic markers that sometimes confuse as much as they enlighten.

One marks the site of Liber College, a short-lived educational institution in the little settlement of Liber, southeast of the county seat.

The marker is accurate enough, but because it also bears

the date that it was installed by the D.A.R., some folks jump to the conclusion that Liber College existed into the 20th century and the 1920s.

That's simply not the case. The college was strictly a mid-19th century phenomenon and was followed by other local attempts at higher education like Eastern Indiana Normal College, which was located near Arch and Middle streets on Portland's west side.

Even greater confusion is to be found at Balbec, where I was enjoying that lunch in the sunshine Saturday.

There a stone marker rightly denotes the Balbec cabin, restored and maintained by Bill and Jan Hurst and volunteers who help with Balbec Days, as a stop on the Underground Railway.

Fugitive slaves made their way up from the Deep South through

Cincinnati to places like the Levi Coffin house in Fountain City, then up to Balbec as they moved north in search of freedom.

But the Balbec marker goes one step too far, suggesting that Eliza in the book "Uncle Tom's Cabin," stayed there.

Since Eliza was a fictional character in a novel, that falls short of any test for historical accuracy. It's possible that some of the fugitive slaves that Harriet Beecher Stowe used as models for her fictional Eliza did pass through Balbec. Some of them might even have been named Eliza. But it's a real leap to suggest that the Eliza, a product at least in part of a novelist's imagination, stopped there.

Does it matter? Maybe not. History — particularly local history — tends to get blended with folklore over the years.

And it sure didn't have an impact on the quality of the ham and beans.

Bidenomics isn't achieving its goal

San Gabriel Valley Tribune
(West Covina, California)
Tribune News Service

President Biden is campaigning for re-election on a strong economy. He said recently, "Bidenomics is just another way of saying, 'Restore the American Dream.'"

Some things look pretty good. Unemployment in August stood at just 3.8%, up a bit from July's 3.5%. That's 19 straight months below 4%, effectively full employment.

White House talking points include presiding "over \$1.7 trillion in deficit reduction — a larger reduction than under any other President in American history." What that means is Biden cut the deficit from the huge and irresponsible numbers under President Trump, \$3.13 trillion in fiscal 2020 and \$2.77 trillion in 2021. Fair enough. But the non-partisan Congressional Budget Office projects a \$1.5 trillion deficit for the current fiscal year 2023, which ends on Sept. 30.

That's not much progress in a time of prosperity. And the national debt hit \$33 trillion for the first time on Monday, double what it was a decade ago. Due to high interest rates, interest payments on the debt dig in at \$633 billion for 2023.

There are other signs things aren't right, especially for ordinary Americans. On Sept. 12, the U.S. Census Bureau clocked an 8.8% yearly drop in real median household income after taxes from 2021-22. And the poverty rate after taxes as measured by the Supplemental Poverty Measure jumped a sharp 59% to 12.4%. It noted much of that increase resulted from ending some programs from Biden's \$1.9 trillion American Rescue Plan of 2021.

But it's that overspending that has goosed inflation. And although the rate has dropped from 6.5% in all 2022 to a 3.7% yearly rate in August, that's still too much. The August number also was up from July's 3.2%.

The inflation caused the Federal Reserve Board to increase the fed funds interest rate from 0% to 5.5% the past 18 months. Which in turn, according to Freddie Mac, goosed the average fixed 30-year home mortgage

Guest Editorial

As with running up excessive personal credit card debt, the bill for the federal overspending always has to be paid.

from 3.22% in Jan. 2022 to 7.08% by next month, sharply dropping home affordability.

The "indicators are sending conflicting information, making it very difficult to predict the performance of the economy in the near future," says Raymond Sfeir, director of the A. Gary Anderson Center for Economic Research at Chapman University. On the positive side, he said, real personal consumption expenditure increased 2.2% in May, 2.4% in June and 3% in August compared to the same months of last year. "It accelerated, showing resilience by the consumers."

Negatives include inflation, especially rising gas prices. According to the Auto Club, the hit at the pump in Southern California rose 52 out of the past 57 days. In Orange County on Sep. 18, the average was \$6.02. And he warned that on Oct. 1 the moratorium on paying student loans ends, which will reduce consumption.

"My conclusion still is that a slowdown will occur at the beginning of 2024," Sfeir said.

As with running up excessive personal credit card debt, the bill for the federal overspending always has to be paid. That time is now. And although Biden is not the only culprit, Bidenomics caused its share of the problem.



Don't leave Ukraine behind

By CHRIS KELLY
The Times-Tribune (Scranton, Pennsylvania)
Tribune News Service

Jeff Casella met his future wife while vacationing with his girlfriend in Russia. Oksana was a Ukrainian citizen. His girlfriend lived in Scranton.

"It made for a long flight home," Jeff joked Monday as we chatted about his latest visit to Ukraine with Oksana, his wife of 18 years and their 17-year-old son, Arthur.

Oksana's parents and brother still live in Mykolaiv, a southern port city of about 500,000. Russian war criminal Vladimir Putin's unprovoked invasion of a sovereign nation has exacted a heavy toll on Mykolaiv. Jeff and Oksana tried to convince her parents to leave and live with them in Old Forge, but her brother is of age for military service and can't desert his homeland.

Oksana's mother and father won't leave their son behind. What parents would?

"Mykolaiv is a big part of the war because they're directly between Odesa and Kherson," Jeff said. Civilians in all three cities have endured heavy bombing and water, power and food shortages. Russian forces occupied Kherson and Mykolaiv early in the war, but the Ukrainian military retook the cities and still holds them.

The Casellas recently returned from 10 days in Ukraine. I've shared a few stories of locals who went to Ukraine or the region as volunteers, but my Old Forge neighbors are the first I've heard of who went to a war zone to visit the in-laws.

"Well, you can't fly (into Ukraine), obviously," Jeff said. "We flew into Rome, and then we had a flight to Istanbul, Turkey. And then from Istanbul, we flew into Moldova (a former Soviet "republic" turned democracy).

"And then we drove from Moldova into Ukraine."

It seems odd that a family can pack up a rental car and explore a country torn by war, but Jeff said their American passports made them welcome at every turn.

Chris Kelly



"It's actually a very tricky situation to get in there," Jeff said. "We hit about seven or eight checkpoints before we made it to Mykolaiv. As soon as they saw the United States passports, they were like, 'What are you doing here?' And then they're like, 'Thank you, and have a nice day.' They love us over there."

And they love life, laughter and a free Ukraine. Despite all the destruction, deprivation and depravity they've endured at the hands of Putin, Jeff said the spirit of the Ukrainian people remains as indomitable as ever.

"Kids are going back to school, buildings are opening back up. Banks and businesses and federal buildings are open," he said. "The people in Ukraine are just living their life. They're not worried about anything. They're like, 'Whatever happens is going to happen, but we can't live our life around this. We have to live our life through this.'"

Jeff related an experience he and his family shared with some locals at a public pool.

"These guys were doing cannonballs, and I'm a decent-sized guy, and they called me over to do cannonballs," he said. "They couldn't speak English and I can't speak Ukrainian, but we understood each other and we had a great time. I called us the 'Ukrainian Swim Ballet Team.' We still text back and forth. Google Translate works fabulously."

For the record, Arthur, a senior at Old Forge High School, is fluent in Russian and Ukrainian. Jeff said he and Oksana are proud of their son's love and interest in Ukraine and grateful he could experience the hope, resilience and determination of its people firsthand.

"I believe Ukraine is on the verge," Jeff said. "Just a little bit more help, a little bit more support, and this thing is over," Jeff said. "Russia will run out of there like they ran out of Afghanistan. I believe it'll happen."

I do, too, but time (and aid) may be running out. America has come to Ukraine's defense from the first day of the invasion. President Biden and a bipartisan majority of Congress have devoted more than \$60 billion in military and humanitarian aid to Ukraine. Churches, schools, other institutions and everyday Americans have given their time, money and other resources to the cause.

But polls show public support for continued aid is softening, a sorry trend for a nation that bills itself as the apex defender of democracy. Politicians and professional prevaricators (redundant?) are pushing to cut off aid and abandon Ukraine to Putin.

"We are offering this aid, but we are getting so much in return and so many people don't understand that," Jeff said. "And most of it's in weaponry that we can't use anyway. Most missiles and bombs and grenades have a shelf life. That is what they're getting, and it's not costing us nearly as much as it would if we actually ended up in a war with Russia."

Democracy is under attack around the world and here at home. Considering the mess we're in here at home, it's easy to forget that Ukraine and its people are fighting on the front lines not just for freedom, but for their very existence. Jeff Casella's in-laws and the "Ukrainian Swim Ballet Team" deserve better than to be left behind.

What defender of democracy would do that?

Slava Ukraini!

Kelly, the Times-Tribune columnist, is blessed with interesting neighbors. Email him at kellysworld@timeshamrock.com.

The Commercial Review



US PS 125820

HUGH N. RONALD (1911-1983), Publisher Emeritus
JOHN C. "JACK" RONALD (1948-2022), Publisher Emeritus

LOUISE RONALD
Board president

TONIA HARDY
Business manager

RAY COONEY
Editor and publisher

BRIAN DODD
Production manager

"Were it left for me to decide whether we should have government without newspapers or newspapers without government I should not hesitate to prefer the latter."
—Thomas Jefferson

Subscription rates

Internet-only: Three days - \$3; Monthly auto-pay - \$10; 13 weeks - \$32; six months - \$60; one year - \$108.

City (walking - where available): Monthly auto-pay - \$11; 13 weeks - \$35; six months - \$66; one year - \$118.

Motor route (where available): Monthly auto-pay - \$12; 13 weeks - \$43; six months - \$72; one year - \$136.

Mail: Monthly auto-pay - \$13; 13 weeks - \$47; six months - \$78; one year - \$147.

Home delivery problems: Call (260) 251-9588

VOLUME 150-NUMBER 106
WEDNESDAY, SEPTEMBER 27, 2023

www.thecr.com

The Commercial Review is published daily except Sundays, Mondays and four holidays (New Year's Day, Fourth of July, Thanksgiving and Christmas) by The Graphic Printing Co. Inc., 309 W. Main St., Portland, Indiana 47371. Periodical postage paid (USPS 125820) at Portland, Indiana. Postmaster: Send address changes to The Commercial Review, 309 W. Main St., P.O. Box 1049, Portland, Indiana 47371 or call (260) 726-8141.

We welcome letters to the editor, which are accepted by email only to letters@thecr.com. They should be 700 words or fewer, signed, with city/town of residence and include a phone number for verification purposes. We reserve the right to edit for content and clarity.

Measures considered to avoid shutdown

By ERIK WASSON
and BILLY HOUSE

Bloomberg News
Tribune News Service

Moderate Republicans are working with Democrats on a rarely used procedure to shorten a near-certain U.S. government shutdown and protect themselves from the anticipated political backlash from a federal funding lapse.

The plan puts these vulnerable Republicans, including several from Democratic-friendly districts in New York, firmly at odds with hardliners in their own party. It could, however, limit a disruptive shutdown that threatens to stretch for a month or more to a little more than a week.

The ploy would deal a new blow to Speaker Kevin McCarthy, to whom these moderates have been loyal. The speaker already maintains tenuous control over the House's fractious Republican majority, and using a maneuver to work around him weakens his leverage to extract concessions from Democrats.

Known as a discharge petition, the procedure was adopted by the House in 1910 as a check on the speaker's power and would force a vote on a bill without his approval. Discharge petitions have been successfully deployed just twice this century.

Meanwhile, a bipartisan

Republicans consider discharge petition as Senate nears short-term funding plan that would keep government open for 45 days

group of senators is nearing a deal on a plan that would fund the government for 45 days, people familiar with the talks said. McCarthy would face a tough choice on whether to hold a vote on such a measure since House conservatives have vowed to oust him if he does. The discharge petition could be used to bring the Senate bill to a vote.

The House, which returns on Tuesday after a weekend break extended to mark Yom Kippur, has just five days before the shutdown deadline.

Given their narrow majority, only five Republicans must join with Democrats to bring it about. Thirty-two Republicans have already signed onto a bipartisan bill to fund the government through Jan. 11 and provide military aid to Ukraine.

Representatives Mike Lawler and Marc Molinaro, both New

York Republicans who represent areas Democrat Joe Biden carried in the last presidential election, already have publicly threatened to join Democrats in such a petition, and other GOP moderates are ready to do so.

"Many of us are not in a position to support shutting the government down," Molinaro told reporters last week, as he sought to leverage the threat of a discharge petition to get conservatives to back a stopgap spending bill that included GOP border security demands.

Veteran New York political consultant Tom Doherty, a top aide to former three-term GOP Governor George Pataki, said it's "smart" for Lawler and Molinaro to support the maneuver.

"Going outside the norm and shutting down the government

doesn't play well in those districts," Doherty said.

The discharge petition can be used to force a vote on that within nine "legislative days" when Congress is actually in session.

A discharge petition was last used to force a vote on a reauthorization of the Export-Import Bank over conservative objections in 2015. The rare maneuver was also deployed in 2002 to get a vote on campaign-finance legislation opposed by House Republican leaders.

McCarthy would be under heavy pressure from ultraconservatives to block a vote on reopening the government. Hardliners have privately threatened to oust him if temporary funding is approved through a discharge petition, a House GOP leadership official said.

Yet some of the tools to block

a discharge petition would be politically risky.

Russ Vought, a former Donald Trump budget director who is advising hardliners, said in a social-media post that McCarthy could keep the House in recess to prevent the magic nine legislative days from being reached. But a break for lawmakers would be hard to defend while federal employees go without pay and government services are disrupted.

Representative Matt Gaetz of Florida, one of the Republican hardliners, threatened to travel to the district of any New York Republican who signs a discharge petition to campaign against them in their primaries.

But Lee Miringoff, director of the Marist College Institute for Public Opinion in Poughkeepsie, said Gaetz's threat isn't likely to deter moderates such as the lawmakers in New York, where he doubts any far-right Republican primary challenge would succeed.

"Republicans need these seats" to keep the majority, and it would be more difficult for the party to keep them with less centrist-minded candidates, Miringoff said. More valuable to the incumbents is the "bit of cover" a discharge petition provides against blame for the shutdown.

Dedicated ...

Continued from page 1
Council also heard from Griffin Schermer about plans to rehabilitate a trailer park at the east end of Ohio Street.

Schermer explained that he has been involved in projects with similar properties in Connersville, Bedford, Brazil and Westport. He said plans would call for cleaning out the current park, redoing the infrastructure and bringing in new trailers for rent.

Dunkirk Mayor Jack Robbins noted that the state license for the facility is lapsed and that Schermer wanted to seek support from city council before continuing through the process to get it renewed.

"It's not good right now, so you've only got one direction to go," said Jessup.

Council gave its blessing for the project, with Robbins asking Schermer to keep him updated on the licensing process with the state. Jessup also suggested that council review its ordinances regarding trailer parks, with Schemenaur suggesting the process should begin with the local zoning board.

Council members also gave final approval of the \$2.74 million 2024 budget for the city.

It's up from \$2.05 million this year, though the bulk of the increase comes from federal coronavirus relief funds from the American Rescue Plan Act that are being spent on a detention pond and storm sewer project that is already underway. Removing those funds, the budget went up by about 8.7%.

In other business, council:

- Set residential trick-or-treat hours for 6 to 8 p.m. Thursday, Oct. 28. The city's Trunk or Treat event at Dunkirk City Park will be held during the same period.

- Approved the following: a water bill adjustment of \$415.83 for 224 W. Pleasant St.; a donation of \$200 for

the Toys for Tots co-ed softball tournament Oct. 21 (last year's tournament brought in 8,000 toys); Jordan Wolford as a new member of the West Jay Community Center board; a \$500 sponsorship for Glass Days Inc. for downtown decorations; holding the city's Turkey Drop at 10 a.m. Nov. 18; paying claims totaling \$116,342.37; allowing clerk-treasurer Tina Elliott to seek a better interest rate on a \$195,987.10 CD for the sewage department; and hiring Winget's Tree Service of Dunkirk to put a new fence around the water tower for \$8,050.

- Heard a request from park board president Eva Kreps for a new fund for park improvement needs. Schemenaur will look into what needs to be done to create the new fund.

- Tabled discussion of the updated employee handbook at Bivens' request.

- Heard information regarding the county's owner-occupied rehabilitation program. The program is being funded with the \$1 million the county is receiving through Indiana Office of Community and Rural Affairs for being a part of the state's Hoosier Enduring Legacy Program (HELP) that assisted with planning for how to spend federal coronavirus relief funds through the American Rescue Plan Act. Kimball said the county is still working on getting approval for its application process from the state but that he is hopeful applications will be available in early October with the first round of projects to begin in January.

- Was reminded by Hamilton that visiting hours for former Dunkirk Police Chief Billy Meacham are from 5 to 8 p.m. Wednesday at Dunkirk Church of the Nazarene with services to follow at 11 a.m. Thursday. Meacham died Friday at the age of 79.

- Canceled its Oct. 9 meeting. Council's next meeting will be at 7 p.m. Oct. 23.

Capsule Reports

Continued from page 2

- Paid \$256,046.41 in claims, the majority of which covered paving costs this year. The work came in at nearly \$11,000 under budget, and council agreed Thursday to return \$7,562.24 to Indiana Department of Transportation's Community Crossings program for the work.

New BMV hours set

Indiana Bureau of Motor Vehicles recently announced new hours that will go into effect Oct. 1.

The Portland branch of the Indiana BMV will be open from 9 a.m. to 5 p.m.

Monday, Wednesday and Friday.

Hours for other nearby branches are as follows:

Hartford City — 9 a.m. to 5 p.m. Tuesday and Thursday

Winchester — 9 a.m. to 5 p.m. Monday, Wednesday and Friday

Bluffton — 9 a.m. to 5 p.m. Monday through Friday

Decatur — 9 a.m. to 5 p.m. Monday through Friday

Muncie — 9 a.m. to 6:30 p.m. Tuesday, 9 a.m. to 5 p.m. Wednesday, Thursday and Friday, and 9 a.m. to 12:30 p.m. Saturday

HEALTHCARE

Foods to avoid when diagnosed with high cholesterol

The foods people eat are one of two main sources of cholesterol in the blood. Elevated levels of cholesterol have been linked to a host of negative outcomes, including atherosclerosis, heart attack, stroke, mini stroke (transient ischemic attack), and peripheral arterial disease.

The consequences of high cholesterol underscore the significance of a healthy diet and how important it is to avoid certain foods after being diagnosed with high cholesterol. The Harvard Medical School notes foods high in saturated fat are especially worrisome, as they can elevate cholesterol and lead to weight gain. Individuals diagnosed with high cholesterol are urged to work with their physicians and, if possible, a nutritionist to create a diet that can help them get on a healthy track. In the meantime, the following are some foods to avoid after being diagnosed with high cholesterol.

Red meat
Harvard Medical School



notes that red meat, which includes beef and lamb but also pork, tends to be high in saturated fat. That's particularly so for hamburgers, ribs, pork chops, and roasts. Fish is a healthy alternative to red meat, but individuals who don't want to cut red meat out of their diets entirely should choose lean meats and consume them only on occasion in small portions (three ounces or less per serving).

Fried foods

Foods absorb cholesterol, saturated and trans fats during the frying process, which makes them unhealthy for anyone, but especially people already di-

agnosed with high cholesterol. The Cleveland Clinic recommends baking instead of frying. Baking skinless chicken breasts and fries tossed in a small amount of olive oil is a healthy alternative to fried chicken and traditional French fries.

Baked goods

Baked treats like cookies and pastries are some additional high-cholesterol foods to avoid. Harvard Medical School notes that such foods are typically made with large amounts of butter and shortening. However, individuals who like to bake don't necessarily have to give up this beloved

hobby. The right substitutions can help to make baked goods safer treats for people with high cholesterol. Nutritionists and physicians may recommend certain butter substitutions, which may include Greek yogurt, applesauce and bananas.

Processed meats

Harvard Medical School notes that fatty cuts of meat tend to be used when making processed meats, which includes sausage, hot dogs and bacon. Turkey bacon is one alternative bacon lovers have looked to as a healthy option over traditional bacon. However, the Cleveland Clinic notes that turkey bacon is high in saturated fat and sodium, neither of which is good for anyone, much less people diagnosed with high cholesterol.

Many people are diagnosed with high cholesterol as a result of the foods they eat. Avoiding various foods can help lower cholesterol levels and steer clear of the potentially deadly outcomes associated with high cholesterol.

John Cascio, DDS

Cascio Family DENTAL CARE

(260) 726-7006
110 W. North St. contact@casciofamilydentalcare.com
Portland, IN 47371 *Find us on Facebook*

george family DENTISTRY

ACCEPTING NEW PATIENTS
Malcolm C. George D.D.S. • 112 N. Ship St., Portland, IN • (260) 726-4710

Adams Physical Therapy Services, Inc. *Live Free From Pain!*

Two Convenient Locations to Serve You:

111 West North Street
Portland, IN 47371
(260) 726-6828

953 East Washington Street
Winchester, IN 47394
(765) 584-3665
Toll Free: 1-888-222-0130 www.adamspservices.com

Evening Appointments Available

ELITE EYE CARE, PC

1111 N Meridian Street
PO Box 1268
Portland, IN 47371
Phone: (260) 726-4210
Fax: (260) 726-9347

Abby E. Small, O.D.
drf.abbysmall@gmail.com

David A. Fullenkamp, O.D.
drf.dave@gmail.com

M/W/F 8:00 am to 5:00 pm T/Th 8:00 am to 7:00 pm

This Health Page Proudly Brought To You By These Outstanding Health Professionals.

"Working as a team providing excellent dental care for you"

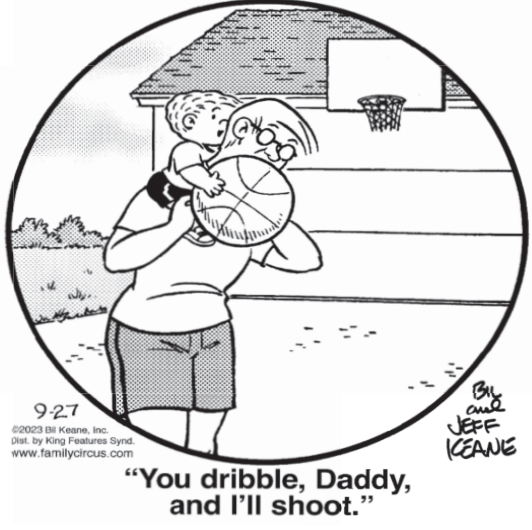
Vormohr Family Dentistry

Canterbury Lane
1413 West Votaw Street
Portland, IN 47371
(260) 726-7822

SPEED BUMP Dave Coverly



THE FAMILY CIRCUS By Bil Keane



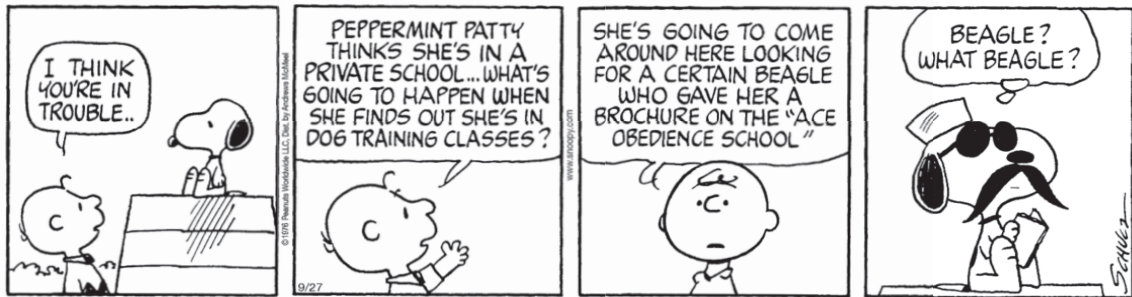
Contract Bridge By Steve Becker

The art of wishful thinking

South dealer. North-South vulnerable. NORTH: ♠ Q 3, ♥ Q J 10 3, ♦ A Q 10 4, ♣ 9 7 2. WEST: ♠ 9 6 5 4 2, ♥ 8 5, ♦ 9 6 5 3, ♣ J 6. EAST: ♠ 10 8 7, ♥ K 9 4, ♦ 8 2, ♣ A K Q 5 3. SOUTH: ♠ A K J, ♥ A 7 6 2, ♦ K J 7, ♣ 10 8 4.

The bidding: South 1NT, West Pass, North 2♣, East Dble. Opening lead — jack of clubs. Many players find defense a disagreeable chore that is not nearly as stimulating as being the declarer.

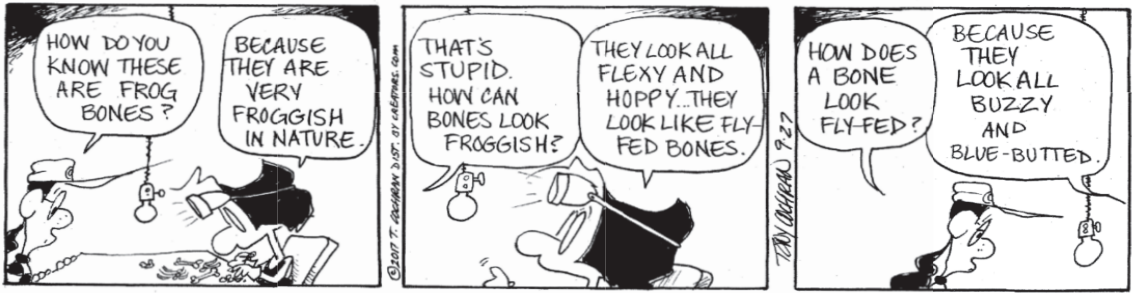
Peanuts



Rose is Rose



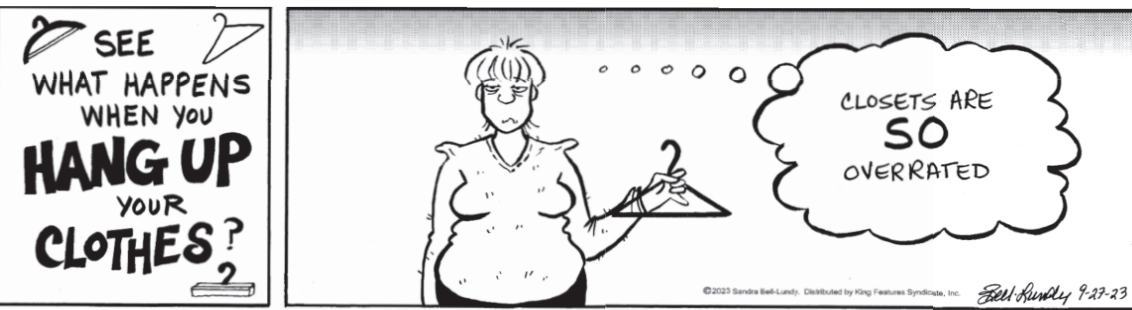
Agnes



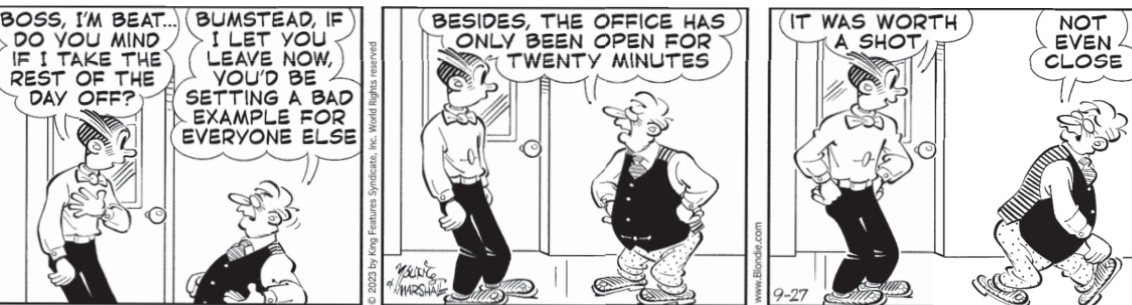
Hi and Lois



Between Friends



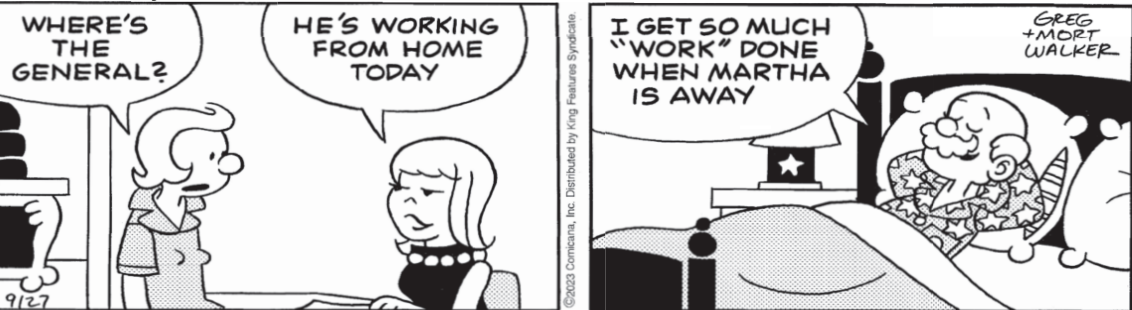
Blondie



Snuffy Smith



Beetle Bailey



Tomorrow: A stitch in time saves nine. ©2023 King Features Syndicate Inc.

CRYPTOQUIP

JE Z VRHKC GE S BGSYB XBTB
AZYWJHF ZVGRA Z DBTFBZHA,
CB XGRYU VB ACB AGS-WJKW
GE UJDKRDDJGH.

Yesterday's Cryptoquip: FAMOUS OLD SONG ABOUT A BIG STREAM OF WATER ALONG WHICH THOUSANDS OF COWS LIVE: "MOO RIVER." Today's Cryptoquip Clue: S equals P

CROSSWORD By Eugene Sheffer

Crossword puzzle grid with clues for Across and Down. Includes a solution time of 22 mins and a grid of letters.

STATEWIDE CLASSIFIEDS

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 1-877-327-0930

ADVERTISERS: You can place a 25-word classified ad in more than 140 newspapers across the state for as little as \$340.00 with one order and paying with one check through ICAN, Indiana Classified Advertising Network. For information contact the classified department of your local newspaper or call ICAN direct at Hoosier State Press Association, (317) 803-4772.

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-965-4916

BECOME A Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-888-965-1444 or visit dorranceinfo.com/hoosier

CHOOSE EARTHLINK Fiber Internet for speeds up to 5 Gigs, no data caps, no throttling. Prices starting at \$54.95. Plus, a \$100 gift card when you make the switch. Call 1-833-754-0929

CONNECT TO the best wireless home internet with EarthLink. Enjoy speeds from 5G and 4G LTE networks, no contracts, easy installation, and data plans up to 300 GB. Call 855-430-1496

DENIED SOCIAL Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-855-995-4758

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award - even with smoking history. NO obligation! We've recovered millions. Let us help!! Call 24/7, 844-229-7933

DIRECTV Sports Pack - 3 Months on Us! Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call 1-888-885-8931

FREE high speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-866-981-3302

Wendel's Carpets & Upholstery Cleaning. Von Schrader Dry Foam Cleaning. For Quick Drying, Residential & Commercial. Dave Wendel. Ph. 260-726-4520. Cell 260-729-2797

Out The CR Classifieds www.thecr.com

Schwartz Construction. CALL TODAY FOR A FREE ESTIMATE (765) 227-9499. Call 7:00 a.m. to 5:00 p.m.

Little JJ's Tree Service. Tree Trimming, Removal, Stump Grinding. Firewood available. 765-509-1956

GABBARD FENCE FARM • COMMERCIAL • INDUSTRIAL RESIDENTIAL • VINYL "SINCE 1969" rgfence@yahoo.com (765) 546-8801

Schwartz Home Improvement LLC. All types of construction. ✓ New Homes ✓ Garages ✓ Additions ✓ Post Frame Barns. Exterior Finishing: Roofing, Siding, Windows, Doors. Leave Message 260-301-1805

ROD PENROD, LICENSED AGENT. TURNING 65? Call me for all of your insurance needs. Medicare Supplements, Medicare Drug Plans, Medicare Advantage, Senior Life Insurance. Local Agent 260-418-9492 rpenrod@cgnaz.org

BAIL BONDS Travis Weaver 260-726-3189 across street from Jail

Dave's Heating & Cooling. Furnace, Air Conditioner, Geothermal Sales & Service. 260-726-2138. Now accepting MC/Disc/Visa

Boorman's Auto Sales & Service, Inc. Highway 67 W, Portland, Indiana. 260-251-9735

Out The CR Classifieds www.thecr.com

Bricker's Flowers & More. 414 N. Meridian St. Portland. Call or text to order 260-703-0304. Open 9:30-5:00 Monday - Friday 9:30-3:00 Saturday

E and E Construction Amish Crew BARN RESTORATION. Specializing in metal roofs, decks & more. FREE Estimates 260-301-1777

Pole Barns, Roofing, Siding, Garages, Custom Buildings. CALL TODAY FOR A FREE ESTIMATE (765) 227-9499. Call 7:00 a.m. to 5:00 p.m.

Full force attack

FRHS spikers dominate Newton in three sets

By **ANDREW BALKO**
The Commercial Review

FORT RECOVERY — Some nights, things just don't go your way. Other nights, everything goes your way.

Nearly everything was going right for Fort Recovery on Monday evening, as the team that oozed confidence dominated almost every aspect of the game.

The Division III No. 8 Fort Recovery High School volleyball team was riding a high after a victory over Division IV No. 9 Marion Local as they steamrolled the Newton Indians 25-17, 25-9, 25-13 on Monday.

Fort Recovery (10-2) was clicking on all cylinders, with a wide breadth of players contributing to the winning effort.

"It was a good game. It was nice to see how the girls came out on a Monday," FRHS coach Travis Guggenbiller said. "It always gets you a little nervous when you have Homecoming on that Saturday and you start a game on a Monday. ... The girls just showed up really well today, and that's everyone. I mean, we had all 11 of our girls contribute in some way, and that's nice to see."

Three players had six or more assists, five players had five or more kills, five players served aces and three blocked attacks.

Kennedy Muhlenkamp ran the offense as the setter for a large majority of Fort Recovery's rotations. The

ball often came to her while Fort Recovery was in system, allowing her to choose between some of her harder hitters like Teigan Fortkamp and Mara Pearson, or finding one of the middles like Paige Guggenbiller, Saige Leuthold or Karlie Niekamp.

"It was nice. We changed the lineup so it gave me more options," Muhlenkamp said. "The passes were really good tonight and they were on fire. I know that wherever I get the ball, they're going to put it away."

During the first set, Muhlenkamp and Kayla Heitkamp found their middles more often for soft kills over Newton's tall blocker, Sienna Montgomery. They found Leuthold three times and Paige Guggenbiller and Niekamp twice. Muhlenkamp also had three kills when Heitkamp was out on the floor.

The second set was more dominated by Pearson (three) and Fortkamp (five) while in the third the ball was spread around some more.

Muhlenkamp ended with 15 assists and Heitkamp with 14. Fortkamp tallied the most kills with 12. Olivia Rupp led Newton with six.

"We just mixed the ball up really well today," Guggenbiller said. "I thought our setters did a really nice job of finding the hitters. ... We served



The Commercial Review/Andrew Balko

FRHS senior Paige Guggenbiller goes up for a hit during the first set of Fort Recovery's 25-17, 25-9, 25-13 win over Newton on Monday. Guggenbiller totalled five kills with two in the first set and three in the third.

really aggressively today. We had eight aces but we had a lot of it where we only allowed them to have one hitter that they could set because they were out of system."

Muhlenkamp, Pearson and Kensey Gaerke all had two aces while Fortkamp and Cali Wendel each added one.

Fort Recovery really took control of the match in the

second set. Newton (11-3) was hanging with Fort Recovery for a one-point set at 6-5 before Pearson took a big swing for a kill that sparked a four-point run.

See **Attack** page 7

Rams offense stalls against Bengals

By **GARY KLEIN**

Los Angeles Times
Tribune News Service

CINCINNATI

— Last May, about 50 minutes from Paycor Stadium, Miami Ohio unveiled a statue of Rams coach Sean McVay.

McVay, who led the Rams to victory in Super Bowl LVI, was enshrined in the school's fabled Cradle of Coaches, an exclusive club of alums that features among others Super Bowl winners Weeb Ewbank and John Harbaugh.

On Monday night, McVay coached in Ohio for the first time since he and his trademark hair spike were immortalized in bronze.

And for much of the game, the Rams defense made injured Cincinnati Bengals quarterback Joe Burrow look like a statue.

But Burrow found some footing in the second half and the Rams could not counterpunch in a 19-16 defeat before 66,158 and a "Monday Night Football" audience.

Rams quarterback Matthew Stafford had two passes intercepted by Bengals linebacker Logan Wilson, and he was sacked six times.

See **Stalls** page 7

TOTAL JOINT REPLACEMENT
with **INDIANA UNIVERSITY HEALTH** in **MUNCIE**

BEHIND EVERY STRONG HIP IS

a highly skilled orthopedics team

- of pre-surgery coordinators
- expert orthopedic surgeons
- nurses
- post-surgery coordinators
- and physical & occupational therapists

WORKING TOGETHER TO GET YOU BACK TO FEELING YOUR BEST.

Same-Day Ortho appointments available in Muncie!

IU HEALTH ORTHOPEDICS AND SPORTS MEDICINE – MUNCIE

When you're ready to move on from hip pain, our highly skilled hip replacement specialists are with you every step of the way at Indiana University Health in Muncie.

Indiana University Health

To schedule a Same-Day appointment, call **765.702.2817** or visit iuhealth.org/MoveOn

© 2023 IU Health 4/18 MRG32802

Moser Motors
of **Portland**

GENUINE PARTS

2023 People's Choice Auto dealer

Moser Motors

Got to go Vehicles Prices Marked Down

<p>PC0055</p> <p>2012 Chrysler 200</p> <p>A/T P/S P/B T/W C/C Cloth interior, Alloy wheels</p> <p>\$10,495</p>	<p>PT0121</p> <p>2015 Chevrolet Equinox</p> <p>LTZ A/T P/B P/W T/W C/C Rear Camera, Power Seat, Leather, Chrome Wheels</p> <p>\$13,495</p>
<p>PC0015</p> <p>2018 Hyundai Elantra</p> <p>A/T P/S P/B T/W C/C Alloy Wheels</p> <p>\$13,995</p>	<p>PT0106</p> <p>2019 Dodge Caravan</p> <p>GT A/T P/S P/B T/W C/C Leather, Rear camera, Alloy Wheels, Power Slide Doors</p> <p>\$18,495</p>
<p>PC0038</p> <p>2020 Toyota Camry SE</p> <p>A/T P/S P/B T/W C/C Leather, Nav, Rear camera, Power seat</p> <p>\$21,495</p>	<p>PC0052</p> <p>2017 Mustang Premium GT</p> <p>Coupe, 45k miles, A/T P/S P/B T/W C/C P/W Leather black alloy wheels</p> <p>\$30,995</p>

260-726-3388 OR WWW.MOSERFORD.COM