

The Commercial Review

Portland, Indiana 47371

www.thecr.com

\$1

A golden opportunity



The Commercial Review/Ray Cooney

Former professional wrestler and Olympic gold medalist Kurt Angle addresses the crowd Saturday night at the beginning of Delaware County Championship Wrestling Invasion V at Jay Community Center. Angle spent time earlier in the day with members of Jay County Wrestling Club, sharing advice from his career.

Jay wrestlers learn from Olympic champ

By RAY COONEY
The Commercial Review

Invasion V was more than just a fundraiser.

It was about more than the spectacle of professional wrestling.

It offered an opportunity for local athletes to learn from a man who reached the pinnacle of their sport.

Jay County Wrestling Club athletes spent about 40 minutes Saturday afternoon learning from Olympic gold medalist Kurt Angle, who went on to have a career in professional wrestling and was the featured attraction for the evening's Delaware County Championship Wrestling Invasion V event at Jay Community Center.

"It's fascinating," said Jay County High School senior Lina Lingo, a state

medalist a year ago. "You get to meet someone who's so passionate about the sport that you love so much. It's inspiring."

Angle, 55, a native of Mt. Lebanon, Pennsylvania, won the freestyle wrestling gold medal in the heavyweight division at the 1996 Summer Olympics in Atlanta. He defeated Abbas Jaddidi of Iran by referee's decision in overtime in the gold medal match. (The match was tied 1-1 after regulation and a scoreless three-minute overtime period.)

He was a two-time NCAA Division I heavyweight champion at Clarion University of Pennsylvania and earned gold at the 1995 world championships.

See **Golden** page 2



Aubree Fulk, 9, Greenfield, cheers Saturday night during the Delaware County Championship Wrestling Invasion V event at Jay Community Center. The fundraiser for Jay County Wrestling Club featured retired professional wrestler Kurt Angle.

Debate questions are being accepted

Governor candidates will meet on Oct. 24

The Tribune-Star (Terre Haute)

Tribune News Service

The Indiana Debate Commission is accepting questions from Hoosier voters who want to pose questions to Indiana's three gubernatorial candidates on the Nov. 5 ballot.

It is a three-way contest this year between Republican Mike Braun, Democrat Jennifer McCormick, and Libertarian Donald G. Rainwater II.

All three candidates have agreed to participate in the Oct. 24 debate which will be moderated by Commission member Laura Merrifield Wilson, a political science professor at University of Indianapolis and host of "Positively Politics," a radio show on WICR-FM 88.7.

The debate will be broadcast from 7 to 8 p.m. Eastern from WFYI-TV in Indianapolis and will also be live-streamed on the commission's website and YouTube channel.

The commission invites Hoosier voters to submit questions via its website www.indianadebatecommission.com using the "Ask Your Question" link at the top of the homepage.

Questions will be vetted by members of the commission and accepted for full consideration through Oct. 11.

Hoosiers whose questions are selected also may be offered the opportunity to ask their questions on pre-taped video during the hour-long debate. Consistent with past practice, candidates do not receive the questions in advance from the commission.

Since its founding in 2007, the commission has produced 24 statewide debates in U.S. Senate and gubernatorial elections. The commission, a non-profit organization which hosted its first debates in 2008, is the only independent organization in the state that provides free broadcast satellite feeds and web streams to all news media.

Israel bombs Beirut as strikes escalate

By HENRY MEYER

Bloomberg News
Tribune News Service

Israel bombed the center of Beirut for the first time in almost a year of hostilities with Lebanon's Hezbollah, stepping up air assaults following the killing of the Iran-backed group's chief last week.

The strike on a building in the heart of the Lebanese capital early Monday killed three senior members of a Palestinian group called the Popular Front for the Liberation of Palestine, Lebanon's state-media reported. Hamas, still at war with Israel in Gaza, said

the head of its Lebanese branch died in an attack on his home in southern Lebanon.

In a hint of a ground operation, Defense Minister Yoav Gallant told tank crews on the northern border that Israel would use "all the capabilities" it has "and you are part of this effort." The assassination of Nasrallah was "a very important step but it is not the final one," he said.

Hezbollah's deputy, Naim Qassem, said the group's forces are prepared to fight the Israelis on the ground if they stage an incursion. "We are ready if the Israelis decide to

enter by land," he said in a televised speech, his first public comments since the assassination of leader Hassan Nasrallah on Friday.

The attacks signal no let up in Israel's campaign to paralyze its enemies in Lebanon and elsewhere after the killing of Nasrallah, which Prime Minister Benjamin Netanyahu called the biggest-ever blow to Iran's network of proxy militias spanning from Gaza to Yemen, Lebanon, Syria and Iraq.

Hezbollah's attacks continued. Israel said it intercepted a drone over Mediterranean waters that the Army Radio

said was probably heading for an offshore rig for the Karish natural gas field.

Israel has said it's preparing a potential ground incursion into southern Lebanon, a step the U.S. and others fear would risk a drawn-out conflict pitting Tehran against Washington. Israel's special forces have been carrying out small, targeted raids for months across the border in Lebanon, ahead of a possible ground operation this week, the Wall Street Journal reported.

Israeli strikes on Lebanon in the past two weeks have killed at least 1,000 people, including 100

in the last 24 hours, and forced hundreds of thousands from their homes, according to local officials.

While most of Hezbollah's senior leadership has been killed and much of its arsenal destroyed, officials say it retains substantial capability to inflict losses on Israeli forces and fire missiles across the border.

French Foreign Minister Jean-Noel Barrot was scheduled to meet Lebanese Prime Minister Najib Mikati in Beirut on Monday. He'll also see House Speaker Nabih Berri, who's a close ally of Hezbollah.

See **Bombs** page 2

Weather

The temperature in Jay County hovered between 64 and 70 degrees Sunday. There was about a tenth of an inch of rain.

The forecast calls for a low in the mid 40s tonight with a 30%

chance of rain and winds gusting to 20 miles per hour. Expect sunny skies Wednesday with a high in the upper 60s.

See page 2 for an extended outlook.

In review

United Way of Jay County and Second Harvest Food Bank will host a free food tailgate at 10 a.m. Wednesday at Jay County Fairgrounds, 806 E. Votaw St., Portland.

Income verification is not required.

Coming up

Wednesday — Coverage of this week's Jay School Board special meeting.

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



Golden ...

Continued from page 1
“This is what I love to do,” said Angle, referencing his opportunity to spend time with the youth athletes. “I spoke the wrestlers backstage and I gave them a good message about being persistent and never giving up and all the obstacles that I had to overcome to be a champion. I just want them to know that things don’t come easily. You have to work for it.”

He told them about knee injuries he suffered prior to NCAA tournaments and breaking two of his cervical vertebrae during the 1996 Olympic Trials.

“Sometimes in life, your back’s going to be up against the wall,” he said. “And there’s going to be a small chance of you being able to succeed. But if you’re persistent and you believe in yourself and you can overcome that adversity. That makes you even stronger. ...”

“It’s not always about being the best. It’s about taking part and doing it, and finishing what you started.”

Angle, who started wrestling at age 7, was named the greatest shoot wrestler of all time by USA Wrestling in 2006. He was also voted one of the top 15 college wrestlers.

He was inducted into the International Sports Hall of Fame in 2016.



Photo provided

Olympic gold medalist Kurt Angle spent time Saturday with members of Jay County Wrestling Club. He shared a message of perseverance. “Sometimes in life, your back’s going to be up against the wall,” he said. “And there’s going to be a small chance of you being able to succeed. But if you’re persistent and you believe in yourself and you can overcome that adversity. That makes you even stronger.”

Angle’s message about perseverance resonated with JCHS senior Mallory Winner, a three-time state champion.

“I took away that even somebody that’s won a gold medal ... there’s always going to be adversity, no matter what,” she said. “You’re not going to always win. You’ve just got to keep pushing through it and find a way to find the positive get better from it.”

JCHS senior A.J. Myers said

Angle’s comments about his motivation stood out.

His father David died in a construction accident when Angle was 16 and his coach David Schultz was murdered in 1996 just months before the Olympics.

“You get to hear his side of the story,” said Myers. “Everybody does it for a different reason.”

Following his amateur career, Angle became a professional

wrestler with the World Wrestling Federation (it has since been renamed World Wrestling Entertainment) and later Total Non-Stop Action Wrestling. He was a four-time WWE champion, one-time world heavyweight champion and one-time WCW champion in WWE and six-time TNA world heavyweight champion.

He headlined WWE’s WrestleMania in 2003 against fellow former amateur wrestler Brock

Lesnar at Safeco Field in Seattle.

Angle continues to make two or three appearances at independent wrestling shows each month.

“It’s basically to pay homage to my fans,” he said. “They’ve been so loyal to me. I haven’t wrestled in seven years and when I go to these events they always show up. ...”

“I have such a strong fan base. I’ll continue to do that until the end of time.”

CR almanac

Wednesday 10/2	Thursday 10/3	Friday 10/4	Saturday 10/5	Sunday 10/6
69/45	75/50	75/45	71/46	74/46
Sunny skies with a high of 69 and a light wind. The low will be in the mid 40s.	Expect a high of 75 with mostly sunny skies.	Skies will be mostly sunny again with a high of 75.	The forecast calls for a high of 71 degrees under sunny skies.	Skies will be mostly sunny with a high of 74. There is a slight chance of afternoon rain.

Lotteries

Powerball Estimated jackpot: \$258 million	20-22-23-26-28-29-30-35-37-44-46-54-62-71-73-74 Cash 5: 6-20-23-28-39 Estimated jackpot: \$80,000
Mega Millions Estimated jackpot: \$93 million	Ohio Sunday Midday Pick 3: 9-8-4 Pick 4: 9-5-4-9 Pick 5: 0-1-3-5-4 Evening Pick 3: 8-7-8 Pick 4: 5-4-3-7 Pick 5: 4-5-3-6-3 Rolling Cash 5: 16-20-23-26-36 Estimated jackpot: \$160,000
Hoosier Sunday Midday Daily Three: 6-3-5 Daily Four: 4-3-4-9 Quick Draw: 4-5-11-13-16-17-20-23-26-37-48-52-55-56-57-60-64-73-75-77 Evening Daily Three: 6-8-7 Daily Four: 7-6-3-9 Quick Draw: 5-6-14-17-	

Markets

Cooper Farms Fort Recovery Corn.....3.75 Nov. corn3.76 Wheat4.65	Nov. beans10.09 Wheat 5.39
POET Biorefining Portland Corn.....3.75 Nov. corn3.75 Dec. corn4.05	ADM Montpelier Corn.....3.77 Nov. corn3.77 Beans10.15 Nov. beans10.23 Wheat5.28
The Andersons Richland Township Corn3.75 Nov. corn3.75 Beans10.09	Heartland St. Anthony Corn.....3.60 Nov. corn3.60 Beans9.65 Jan. beans10.03 Wheat5.03

Today in history

In 1960, Nigeria gained its independence from Britain.
In 1971, Walt Disney World Resort opened in Florida.
In 2022, the inaugural Portland Main Street Festival, a partnership between Bizy Dips, John Jay Center for Learning, Portland Main Street Connect and Arts Place, was held on Main Street in Portland. —The CR

Citizen’s calendar

Tuesday 4 p.m. — Jay County Development Corporation, Community Resource Center, 118 S. Meridian St., Portland. 5:30 p.m. — Portland Park Board, council chambers, fire station, 1616 N. Franklin St. 7 p.m. — Salamonina Town Council, School-house Community Center.	Wednesday 8 a.m. — Upper Wabash River Basin Commission, lower level conference room, Wells County Public Library, 200 W. Washington St., Bluffton. 7 p.m. — Pennville Town Council public hearing and meeting, Pennville Town Hall, 105 N. Washington St.
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Bombs ...

Continued from page 1

Mikati said the Lebanese army is ready to deploy to the Israeli border to implement a United Nations resolution on de-escalating the crisis.

Hezbollah began cross-border rocket attacks on Oct. 8 in solidarity with Hamas, a day after the Palestinian group staged an unprecedented attack in Israel, triggering the Gaza war. Both Hezbollah and Hamas are designated as terrorist groups by the U.S.

Another front has opened up in Yemen, where Israeli fighter jets bombed a seaport and several power stations Sunday following a string of attacks this month on central Israel by Iran-backed Houthi rebels.

Netanyahu gave the order Friday to assassinate Nasrallah from his hotel room in New York, just before giving a defiant speech to the United Nations General Assembly that rejected a U.S.-backed push for a cease-fire in Lebanon. Washington, Israel’s closest ally, was given only a last-minute heads up as its latest bid to stop the violence failed.

Friday’s massive strike against Nasrallah — it leveled several buildings and killed a senior commander of Iran’s Islamic Revolutionary Guard Corps, among others — was the latest in a series of dramatic attacks. They began earlier this month when thousands of pagers and walkie talkies belonging to Hezbollah members exploded.

Hezbollah is now selecting Nasrallah’s successor. His cousin, Hashem Safieddine, is seen as the front-runner.

Iran is in no rush to retaliate, judging by Supreme Leader Ayatollah Ali Khamenei’s first reaction, in which he suggested Hezbollah and Lebanon would lead the response. Iran’s foreign ministry said Monday the country won’t send forces to Lebanon to fight Israel.

The U.S. believes Iran is restrained by the weakening of its most important proxy, according to a person familiar with American policy. Moreover, when Iran attacked Israel directly in April, its hundreds of missiles and drones were almost all intercepted.

Agencies announce support efforts

By WHITNEY DOWNARD
Indiana Capital Chronicle
indianacapitalchronicle.com

Indiana Gov. Eric Holcomb announced a cross-agency initiative Monday to provide more support to children with high acuity mental and behavioral health needs and keep youth in crisis in the least restrictive setting possible.

“Our agencies are working with a growing number of families who have children with significant and complex mental and behavioral needs,” Holcomb said in a release.

The Family and Social Services Administration will be one of the four state agencies participating alongside the governor’s office in the Children with High Acuity Needs Project, as well as the Department of Correction, the Department of Child Services and the Department of Education.

Capsule report

State awarded

Indiana Department of Natural Resources recently received the 2024 Interior States Region Abandoned Mine Land (AML) Reclamation Award from the Office of Surface Mining Reclamation and Enforcement. “The Abandoned Mine Land Reclamation Awards honor the best examples of AML reclamation in our nation,” said Sharon Buccino, the office’s principal deputy director, in a press release. “Our State and Tribal partners work hard to remove health hazards and reclaim former coal communities. Indiana is consistently recognized for reclamation projects that make communities safer, while improving the quality of life for its citizens.”

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Daughter won't offer forgiveness

DEAR ABBY: My older sister had an affair with an old boyfriend that lasted several months. She was 58 and had been married for 38 years. Her husband, who is a wonderful person and father of their three grown children, forgave her. He's a devout Catholic, and divorce was out of the question. She has made every effort to ask for forgiveness from her husband and children and fix the issues in her marriage.

Dear Abby



the other two adult children have forgiven their mother for the affair. No one can force the daughter to accept that her mother, like so many others, is flawed. People make mistakes. Your sister will have to go on with her life and hope that as this daughter matures, she will learn to forgive as the Lord forgives most of us after we have repented.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

The lingering problem is her oldest child (a daughter, age 35) who is unwilling to forgive and seems to hate her mother now. My niece refuses to have any kind of relationship with her mom. This situation is so painful for my sister that it's kind of destroying her. Please offer any advice. — SADDENED IN OKLAHOMA
DEAR SADDENED: Your sister's husband and

Identity changes in time

By OLIVIA SMITH
The Commercial Review

I've been acting for most of my life.

Since I was 9, I've been involved in school plays and community theater. Putting on a face is easy for me once I know what you expect of me. Then, like that, I'm performing. All I have to do is introduce myself.

"My name is Olivia Smith."

This is how a conversation goes in a small town in the USA. After introducing myself, the person I'm talking to gives me a blank stare, trying to figure out who I am. So I elaborate, saying my mom is Jenni Hickerson (her maiden name), and like that they want to know everything about how my family is and tell me how much I look like my mom. This response causes me to go into full "small town talk" explaining how my mom is doing well, the store she owns is good, busy but good. My grandparents are doing well and are healthy, enjoying vacation this week. Actually, my grandma just subbed at school for so and so. Usually I enjoy these conversations but there are times when I fake a smile, keep my answers short and run off quickly because I'm not in the mood to pretend that I know the person. This is when I am my mother's daughter, smiling and listening.

"My name is Olivia Smith." "Tim's daughter?" Over the summer I worked at the company where my dad works. We didn't

You're on Your Own, Kid



work anywhere close to each other, different buildings in fact, but still I was known. My dad is the head of the department of family health and he is known for his kindness. There, interactions are usually quick because we both have to get back to work. I put on a smile and answer their questions and get back to the task at hand. This is when I am my father's daughter, polite but quiet, not prone to engage in long conversations.

Then there are the interactions when I don't have to introduce myself at all, where I'm comfortable to be myself with my friends and family. Where I can laugh so hard my stomach hurts and I can cry about anything I need to. I feel comfortable to be myself. I've let the people I care about see who I truly am. Being myself means showing the good, bad and the ugly. My family and friends have seen it all and then some. It's the definition of taking off the mask.

"Hey. My name is Olivia Smith, my major is communications and I'm from Fort Recovery, Ohio. That's about an hour and a half north of here." Right now, this is my least favorite. It may always be

my least favorite but right now it's for a different reason. College is a difficult transition for everybody but the identity shift that it has caused is interesting. I went from being confident in who I was to caring about what others thought of me. I got quieter and I don't talk that much. I didn't realize how much my identity was based on my friends or parents or hobbies or whatever else. On some level, it's kind of cool to think about what new and exciting people I'll meet and how different I will be.

In the town I live in, names are everything. They tell how people know you. I didn't have a big name, so I always had to elaborate on who I was related to. Since I didn't have a big family name, I didn't have the expectations that came with it. It allowed me to create an identity for myself. There were times I had to put on a face and act how someone expected me to.

In college, no one knows me, or my name, or my family, or who I am as a person. I could completely reinvent myself.

Identity is funny. We, as humans, are obsessed with figuring out ourselves, who we are as a person. I think I am all my aspects rolled into one — daughter, sister, friend and stranger. So I'd like to introduce myself: Hi, my name is Olivia Smith. I'm from Fort Recovery, Ohio. I go to college at Cedarville University. My parents are Tim and Jenni Smith. I am always learning new things about myself and the world.

Painting workshop is Oct. 8

The Anna Bier Gallery of Greenville, Ohio, will host a paint pouring workshop at 6 p.m. Tuesday, Oct. 8.

The event in the Anna Bier Art Gallery inside St. Clair Memorial Hall will cover paint pouring, a con-

temporary technique that allows participants to create abstract designs by pouring and manipulating acrylic paints on canvas. The workshop will teach the basics of the technique, including mixing paints and pouring methods.

The workshop is open to anyone 14 and older. Pre-registration is required. The fee is \$30.

To register, or for more information, go online to darkecount-yarts.org/annabiergallery or call 440-813-0367.

Community Calendar

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

Tuesday

COMPASSIONATE CONNECTIONS RECOVERY SUPPORT GROUP — A group for anyone with a substance use disorder that helps individuals find connections as they develop long-term recovery meets at noon each Tuesday in the IU Health Jay Outpatient Behavioral Health Center, Entrance C, 510 W. Votaw St., Portland.

BRYANT COMMUNITY CENTER EUCHRE — Will be played at 1 p.m. each Tuesday. The public is welcome.

A BETTER LIFE - BRIANNA'S HOPE — A faith-based recovery group for substance abuse. Meal starts at 6 p.m. and the meeting is from 6:30 to 8 p.m. every Tuesday at the Nazarene Fellowship Building across from the

Nazarene church, 249 E. Center St., Dunkirk. For more information, call Amanda Price at (765) 283-2107.

ALCOHOLICS ANONYMOUS — Will meet at 7 p.m. at Zion Evangelical Lutheran Church, 218 E. High St., Portland. For more information, call (567) 279-8352 or (260) 729-7000.

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.

SINGLES AND SEPARATES SUPPORT GROUP

— For anyone who's lost a loved one or has a spouse living in long-term care or suffering from an illness, the group will meet at 2 p.m. the first Wednesday of each month in the Arthur & Gloria Muselman Wellness Pavilion in Berne. For more information, call Sarah Conrad at (260) 589-4496.

COMMUNITY REINFORCEMENT AND FAMILY TRAINING — A non-confrontational, evidence-based intervention for helping families affected by addiction meets at 4 p.m. each Wednesday in the IU Health Jay Outpatient Behavioral Health Center, Entrance C, 510 W. Votaw St., Portland.

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 SMART RECOVERY —

A group for those struggling with addiction that focuses on motivation, coping with cravings, managing thoughts, feelings and behavior, and living a balanced life meets at 11 a.m. each Thursday in the IU Health Jay Outpatient Behavioral Health Center, Entrance C, 510 W. Votaw St., Portland.

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.

PORTLAND LIONS CLUB — Will meet the first Thursday of the month at Portland Lions Civic Center, 307 W. 100 North. The meal will be served at 6:30 p.m. and the meeting will begin at 7 p.m.

FORGET-ME-NOT — A support group for parents, friends and relatives who have lost a baby through miscarriage, birth or illness will meet from 7 to 9 p.m. at St. Vincent Randolph Hospital, Winchester, in community room 1. For more information, call Kimberly Sibery at (765) 964-6075 or Nikki Bosworth at (765) 584-6452.

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Sudoku

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

Level: Beginner

Saturday's Solution

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

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Tennis can help with mental health

By DR. BRIAN HAINLINE

U.S. Surgeon General Vivek Murthy warns that today's youth mental health crisis is the "defining public health issue of our time."

He's right. American adolescents are experiencing unprecedented levels of mental health challenges.

Fortunately, there's a way to reverse these trends. I've spent my career studying the intersection of sports and mental health, including roles as the chief medical officer at NCAA, co-chair of the International Olympic Committee Consensus Meeting on Mental Health in Elite Athletes, and fellow of the American College of Sports Medicine. Sports can help kids combat depression, become more resilient, and find a strong sense of purpose.

Encouraging more kids to get involved in youth sports — and particularly in tennis, which offers several unique advan-

Dr. Brian Hainline



tages — could help solve the mental health crisis.

Kids are experiencing mental health challenges at shockingly high rates. More than four in 10 high schoolers report ongoing feelings of sadness and hopelessness.

Sports offer an antidote. Participating in sports is linked to lower rates of depression and anxiety. This is especially true for girls. Girls who participate in sports experience mental health disorders at rates up to 2.5 times lower than their inactive counterparts.

Sports help young people

build self-worth. The ability to set goals — getting faster, stronger, or fitter — and then put in the hard work to achieve them provides a sense of accomplishment.

Tennis is especially equipped to help young Americans grow up mentally resilient. As president of the U.S. Tennis Association, I have seen first-hand how the sport can connect individuals and open doors of opportunity for those who might otherwise be left on the outside looking in.

Tennis has one of the lowest barriers to entry of any sport. Unlike other sports that require costly gear and a field full of players, all a kid needs to start is a \$20 racquet, a few balls, and a partner. There are more than 250,000 tennis courts across the United States.

Tennis also promotes family bonding. People can play tennis well into their golden years

— meaning parents and even grandparents can play with kids. Research shows depression rates are lower among children who report close relationships with their parents.

The sport also promotes stronger communities. Local clubs, tournaments, and events create opportunities to connect. The USTA recreational league has 330,000 players from all backgrounds and walks of life. By encouraging intergenerational interaction and inclusivity, tennis fosters a sense of belonging and shared purpose. Strong community cohesion is associated with positive mental health outcomes.

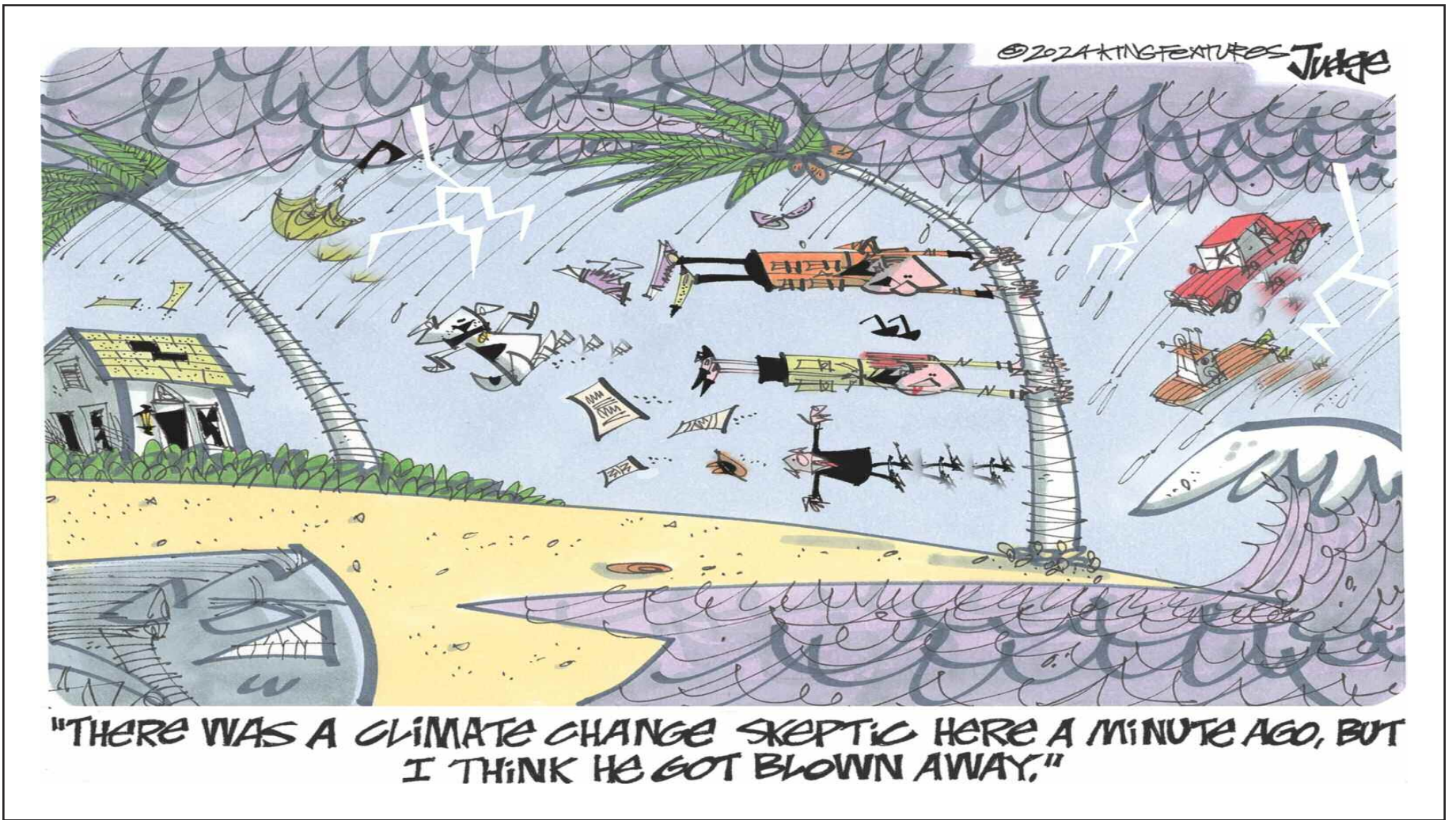
Tennis has physical health benefits, too. Playing tennis for three hours a week can lower the risk of heart disease by over 50%. Another long-term study discovered playing tennis could extend one's life by

up to a decade — longer than any other sport.

Nelson Mandela, who made great use of sports in bringing South Africa together, famously declared, "Sport has the power to change the world ... It speaks to youth in a language they understand. Sport can create hope where once there was only despair."

We need that hope more than ever. For many kids, it can be found on their local court.

Hainline is chair of the board and president of the United States Tennis Association and recently transitioned from the NCAA as their chief medical officer. He co-chaired the International Olympic Committee Consensus Meetings on both pain management in elite athletes and mental health in elite athletes. He is a clinical professor of neurology at NYU Grossman School of Medicine. This piece originally ran in Detroit News.



Response to COVID provided a soft landing

By MICHAEL J. HICKS

The Federal Reserve's decision to cut interest rates by a half a percent in September marks a turning point in the most successful fight against inflation in U.S. history. This appears to be the quintessential soft landing for our economy — an end to inflation, without a recession.

So, how did we get here, and why was this time different?

Inflation is the general lower value of currency and is always caused by an excess supply of money. The excess supply of money comes from two sources. Governments can spend far more than they raise in taxes, injecting money directly into the economy. Or, interest rates can be kept very low, causing an increase in money supply through the banking system.

If households and businesses are rational and have good information about government spending, then they would treat excess government spending as a future tax increase. This tax increase can come in three forms. We could see an actual tax increase, we could see big future cuts in spending below tax revenues, or we could see inflation. In practice, we might see all three of these, as all three reduce government debt.

Monetary policy is a more common cause of inflation. It results from central banks, like our Federal Reserve, allowing too much money to be created through the banking system. Economists criticize central banking authorities

Michael J. Hicks



for inflation because their control of the money supply tends to discipline government spending.

The COVID-19 pandemic was a perfect example of both fiscal and monetary policy contributing to inflation. Every nation in the world did two things to help sustain their economy through the pandemic. Every nation with a central bank cut interest rates, mostly to levels that were at or near zero. Every government tried to prop up domestic demand through payments to individuals and businesses.

In the U.S., we passed the CARES Act (under the Trump administration), the largest single stimulus package of any nation, at any time in the world. We later passed a much smaller American Rescue Plan (Biden administration). The Fed also cut interest rates to levels that were effectively zero, allowing banks to borrow without cost from the Federal Reserve system.

The first real hints of inflation began to hit in spring 2021 and peaked a year later. The timing of inflation means that the full weight of responsibility for rising price levels falls on the Federal Reserve, Congress and the

Trump administration. It was they who cut rates and passed the unfunded CARES Act.

No Biden administration spending was in place before inflation started. That doesn't free Biden from responsibility for the duration and magnitude of inflation. As I wrote at the time, the American Recovery Act was too large. It worsened and lengthened our period of inflation. But, the Biden administration could not possibly have caused inflation, because inflation was happening before any of its policies took effect.

Throughout 2021, both the Biden administration and the Federal Reserve were hampered in their judgment of the inflation threat by economic data that painted the economy as much weaker through 2021 than it was. The economic recovery happened in sectors that should not have led in economic growth, primarily services. So, it was not until administrative data became available in winter 2022 that the recovery turned out to be stronger than anyone knew.

The Federal Reserve began aggressively raising interest rates through 2022 and 2023. Unsurprisingly, these cuts had about a six-month lagged effect on inflation, so we began to see inflation slow in September 2022.

Wages are also affected by inflation, but with about a one-year lag. So, for the first 12 months or so of inflation, the average real wages in the U.S. dropped. Fortunately, they've been rising since

spring 2022, and are now above the pre-COVID level for all but the highest income workers.

None of this is really a miracle of monetary policy. A 36-month bout of inflation, which at annual rates, wasn't in the top ten worst years out of the past half-century, is easy to remedy. The hard part was ending inflation without also causing a recession. And this time, the Fed really nailed it.

In the early days of inflation, the U.S. unemployment rate hit 50-year lows, and labor markets offered broad opportunities to workers of all skill and education levels. In many ways, 2021 and 2022 may be viewed as the best labor market conditions for less-educated workers in half a century. Americans were buying goods and particularly services, and that fueled record job opportunities and wage growth.

However, short-term inflation is almost always accompanied by strong labor markets. So, the Fed's challenge was in ending inflation without cutting demand so quickly that jobs were lost. That is where good fortune and good analytics played a role.

The inflation of 2021 and 2022 led to such heavy demand for jobs that the U.S. economy had millions of unfilled positions. The goal of the Fed was to reduce inflation while only cutting the demand for jobs that weren't filled. From the spring of 2022 through early 2024, it was able to do that.

Job openings peaked at 12.1 million in March 2022, the

month the Fed first raised rates, and fell to 7.6 million by July 2024. Over the same time, total employment rose by 7.4 million workers. Inflation shrank from its highest levels down to below 2.5 percent per year — the target maximum.

The entire developed world experienced COVID inflation. The American experience was just about middle of the pack. We have been fortunate in now getting back to normal levels of inflation without having experienced a downturn. In fact, last quarter, the economy grew at a robust 3 percent in inflation-adjusted terms. That is quite the opposite of a recession.

Over the coming decades, as we more seriously study the economic effects of COVID, it seems clear that the U.S. response to inflation will be viewed as not merely the most effective of the time, but as among the most effective of all time. We are immensely fortunate to have dodged a deep recession.

This luck doesn't leave us without problems, just a much happier set of problems than we would've otherwise had to face. It was a miraculous soft landing.

Hicks is the director of the Center for Business and Economic Research and the George and Frances Ball distinguished professor of economics in the Miller College of Business at Ball State University. Email him at mhicks@bsu.edu.

The Commercial Review



US PS 125820

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VOLUME 151—NUMBER 118
TUESDAY, OCTOBER 1, 2024

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 — holidays are observed on Tuesday when they fall on a Monday) 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.

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—Thomas Jefferson

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Photo provided

Legislators visited

Area legislators took a tour of various Cooper Farms facilities last month, including a sow farm, a hog grow-out farm and a turkey breeder farm. Christopher Winslow of The Ohio State University was the keynote speaker for the event. He covered topics regarding water quality and managing nutrients responsibly.

Cash joins staff as sports writer

A new sports writer has joined the newspaper's staff.

The Graphic Printing Company has hired Will Cash, a native of Virginia, as part of its sports writing team. His first day was Monday.

He joins Andrew Balko and Ray Cooney in covering sports for The Commercial Review (Portland), The News-Gazette (Winchester), The News Times (Hartford City) and The News & Sun (Dunkirk).

Cash is a recent graduate of Liberty University, where he focused on sports journalism and digital media.

He loves NBA basketball and roots for the Los Angeles Lakers. He is also a fan of the Denver Broncos in the NFL and of Virginia Tech and Liberty University athletics.

Cash is from Waynesboro, Virginia, a city of just over 22,000 in the Shenandoah Valley of north central Virginia. He is now living in Winchester.

Bank holding drives

First Financial Bank will host a food drive from Oct. 7 through 25.

Bank branches will accept canned and non-perishable boxed food donations in bins at:

- Portland — 112 N. Meridian St.
- Hartford City — 101 W. Washington St.

The items donated will be distributed to local organizations.

Last year, First Financial Bank associates and volunteers donated over 6,600 food items throughout its four states of Ohio, Indiana, Kentucky and Illinois.

Fisher granted

The U.S. Department of Agriculture recently announced a grant to Fisher Packing Company.

The department awarded a \$923,864 grant to the Portland-based company to increase processing capacity through the Meat and Poultry Processing Expansion Program.

The funding will help Fisher obtain inspection under the Cooperative Interstate Shipment program at its Pennville site and expand processing capacity at its

Business roundup

Redkey location. Additional processing capacity will include products such as beef sticks and bacon.

"Fisher Packing Company will expand their processing capacity, meet consumer demand, and create 20 new full-time jobs, benefiting 1150 local producers," said USDA Rural Development Indiana deputy state director Curtis Johnson in a press release. "The USDA's support for rural Hoosiers through programs like MPPEP exemplifies a commitment to fostering economic growth and job creation in our local communities."

Providing assistance

Jay County REMC and Indiana Michigan Power sent crews south ahead of Hurricane Helene to be ready to help with electricity restoration efforts.

Jay County REMC teamed with other electric cooperatives in the state, to send 40 lineworkers to help Cobb EMC near Marietta, Georgia.

"Every cooperative in the Indiana electric cooperative family is an integral part of a state and national network of hundreds of fellow cooperatives," said John Cassady, CEO for Indiana Electric Cooperatives, in a press release. "It is incumbent upon us to work together and help one another in times of disaster; to make sure our power delivery systems are repaired as quickly, safely and cost-effectively as possible."

I&M sent fleet technicians and safety support staff to Georgia. They were scheduled to work 16-hour days performing duties such as repairing and replacing damaged power poles and power lines.

"We know firsthand how much mutual assistance is appreciated when we have storms that impact our customers. That's why we are proud to safely return the support when other communities

and power companies need it the most," said I&M manager of distribution system Donny Williams in a press release. "While it's hard for us to leave home, we know helping turn the lights back on for impacted neighborhoods along with the messages of gratitude and support we receive makes it worth the effort."

Meridian expanding

Meridian Health Services has started to offer a speaker series for junior high and high schools.

The series features discussions of daily challenges for teens and provides support and resources. The series kicked off with an event in August at Southside and Northside middle schools in Muncie.

For more information, visit meridianhs.org/speaker-series.

Meridian also announced that it is completing an arrangement with Lutheran Health Network's Bluffton Medical Group and Dukes Medical Group to acquire the operations assets and staffing of its family medicine and pediatric clinics in Bluffton and surrounding area, as well as those in Peru. The change will go into effect Nov. 1.

"This is good news for our patients, staff and providers, as well as each community and we know all will be in good hands," said Julie Thompson, chief administrative officer of Bluffton Regional Medical Center, in a press release.

"The transition of full ownership to Meridian will keep the clinics in their current location with current providers, and Meridian's FQHC status will enable these clinics to offer additional services," added David Brooks, Chief Administrative Officer for DMH.

Chamber honors

The Greater Muncie Chamber of Commerce honored Thomas Kinghorn on Sept. 28 at its Legacy Dinner.

Kinghorn is president and CEO of the George and Frances Ball Foundation. The award goes to someone who "has made extraordinary, sustained, and positive contributions to the Muncie-

Delaware County community at large, and who has provided leadership in the development of programs, events, and new traditions that promote goodwill and community pride."

"His accomplishments are vast, and our community is a better place because of Mr. Tom Kinghorn," said Stephen Brand, president of the chamber's board of directors.

IU Health named

IU Health has been named the title sponsor of the 500 Festival Mini Marathon.

The company has been involved in the mini-marathon previously, including providing services to runners throughout the race. It has also been the presenting sponsor for the 500 Festival Education Program for 10 years.

"We are thrilled to welcome IU Health as the title sponsor for the 500 Festival Mini-Marathon," said Bob Bryant, president and CEO of the 500 Festival, in a press release. "Their commitment to health and wellness has been instrumental in the growth and success of our events. We look forward to collectively expanding our initiatives to inspire fitness and active living across Indiana for all Hoosiers."

President named

Indiana Manufacturers Association has named Andrew Berger as its new president and CEO.

He will start in his new role Jan. 1.

Berger has served as an Indiana Manufacturers Association lobbyist for the last 10 years. He was most recently senior vice president of governmental affairs.

He is a graduate of Hanover College and earned his law degree from Indiana University - Indianapolis.

"We are delighted to name Andrew Berger as our new President and CEO," said Indiana Manufacturers Association chair Angie Holt. "After completing a thorough search process, the IMA Executive Committee determined Andrew possessed the background, skills and vision to

lead the IMA into the next phase of its 100-plus year service to the Indiana manufacturing community. Andrew has the experience and connections needed to effectively serve the evolving needs of our industry."

Awards are scheduled

The Indiana Chamber of Commerce annual awards dinner is scheduled for 6:30 p.m. Wednesday, Nov. 13.

The dinner will be held at the Indiana Convention Center in downtown Indianapolis. NBC chief political analyst Chuck Todd will be the guest speaker.

To register, visit indianachamber.com.

Also, the chamber's 2025 Indiana Safety and Health Conference has been scheduled for Feb. 24 through 26 at the Indiana Convention Center. The event will feature the Indiana forklift rodeo, various speakers, educational breakout sessions and an innovation showcase featuring safety tools and products. Continuing education credits will be available for wastewater operators.

To reserve a spot, visit insafety-conf.com/registration.

CareSource names

Steve Smitherman has been named as CareSource's new Midwest regional vice president, with Dr. Cameal Wright moving into the role of market president for Indiana.

Smitherman will oversee Indiana, Michigan, Kentucky, West Virginia and Arkansas for CareSource, a nonprofit health plan. Wright will lead CareSource's overall work in Indiana.

"Over the last decade, CareSource has made a real impact on the lives of Hoosiers, and I'm proud to have been a part of that journey," Smitherman said in a press release. "In this new role, I look forward to working with our teams across the Midwest to continue driving innovative solutions that improve the health and quality of life of those we serve."

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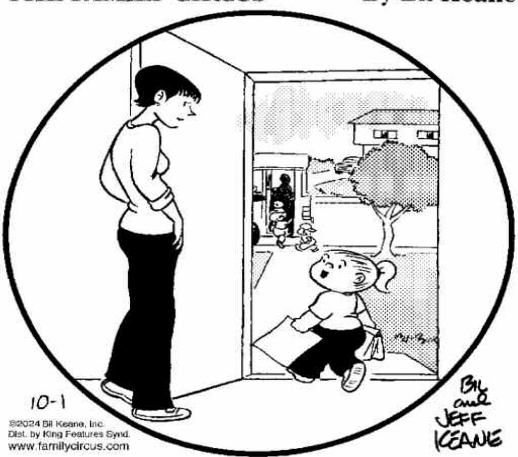
SPEED BUMP

Dave Coverly



THE FAMILY CIRCUS

By Bil Keane



"I hope Greg sits next to me on the bus. He always smells like peanut butter."

Contract Bridge

By Steve Becker

Baiting the trap

West dealer. Both sides vulnerable. NORTH: ♠KQ, ♥K863, ♦AK52, ♣A94. WEST: ♠J108, ♥Q104, ♦J973, ♣Q75. EAST: ♠976532, ♥5, ♦84, ♣J1063. SOUTH: ♠A4, ♥AJ972, ♦Q106, ♣K82.

solely on a favorable diamond division, hoping the suit is divided 3-3 or that either defender has the singleton or doubleton jack. In all of these cases, South would be able to discard his club loser on dummy's fourth diamond.

But it would be a mistake to tackle the diamonds at this point. It is much better to first try putting West on lead, because he might not find the best defense. Accordingly, after cashing the ace of spades, South concedes a trump to West's queen.

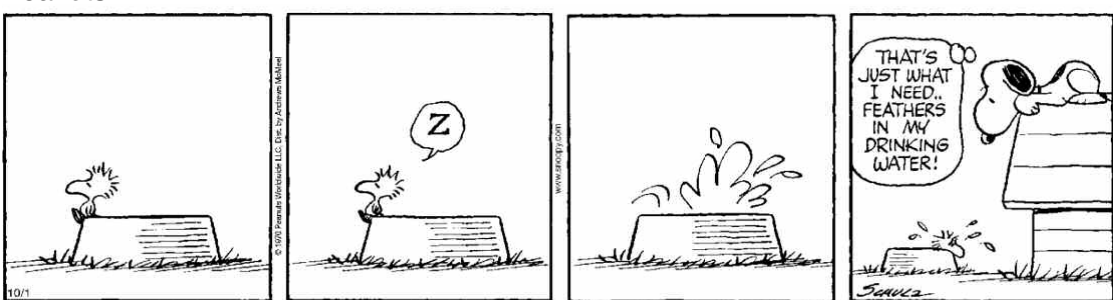
Now let's imagine you're West and see only dummy's hand and your own. You'd know you can't afford a spade return, which would hand declarer a ruff-and-discard. You would therefore have to decide whether to lead a diamond or a club.

It's impossible for you to know at this point that a club lead is safe and a diamond lead is fatal. Percentage-wise, a low diamond return appears to be the safer play. This loses only when South has both queen and ten of diamonds, while a club return loses whenever South has the K-J-10, K-J-x or K-10-x.

Since there are more club combinations than diamond combinations that could hand declarer a trick, you are much more likely to lead a diamond at trick six. If you do, it costs you a vulnerable slam.

Tomorrow: Why is he so good to me? ©2024 King Features Syndicate Inc.

Peanuts



Rose is Rose



Agnes



Hi and Lois



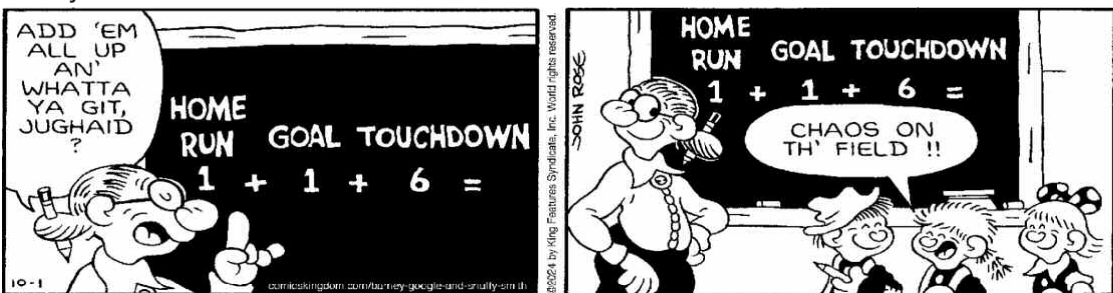
Between Friends



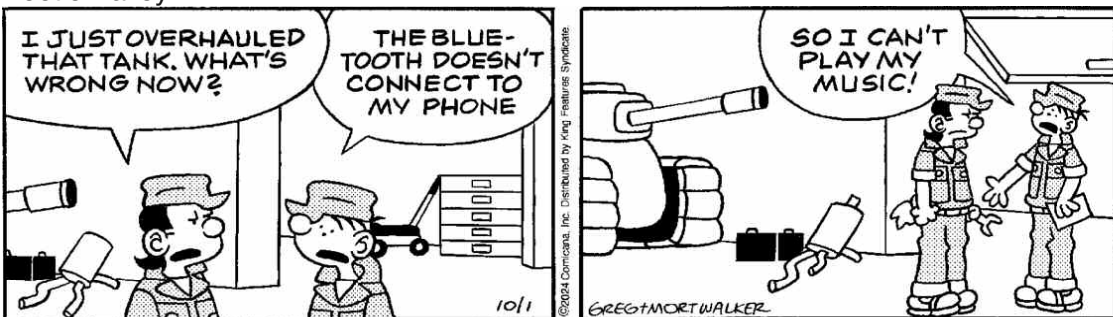
Blondie



Snuffy Smith



Beetle Bailey



10-1

CRYPTOQUIP

X CGA G EVM EKPPXBE DXP XB PDK DKGU AXPD G NJBPGXBKI JZ CJUG. WVNFXWM XP AGC G CJZP UIXBF.

Yesterday's Cryptoquip: WHEN A HAMMERHEAD OR A GREAT WHITE USES MOCKING IRONY, WHAT SHOULD YOU CALL THAT? SHARKASM.

Today's Cryptoquip Clue: E equals G

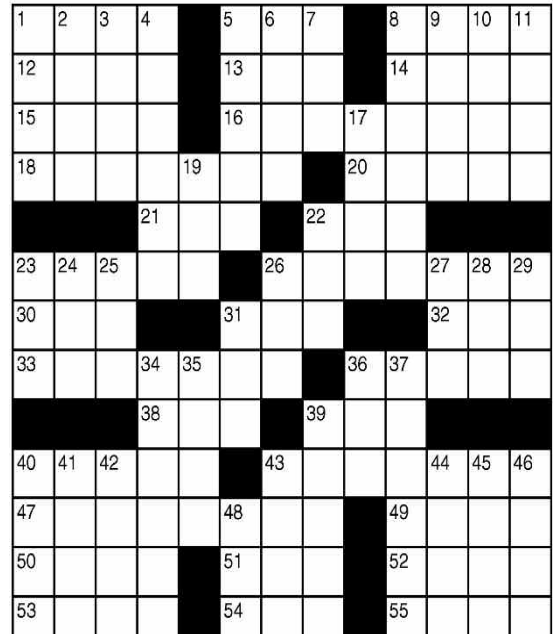
CROSSWORD By Eugene Sheffer

ACROSS 39 - Magnon, 40 Painter's stand, 5 Sony rival, 8 Loony some, 12 Track shape, 13 Charged bit, 14 Beige city, 15 St. Petersburg's river, 16 Governor Whitmer of Michigan, 18 Imp, 20 Mountain crest, 21 Abysmal, 22 Gorilla, 23 Mojito needs, 26 Walmart welcomer, 30 GI show org., 31 - choy, 32 Hearty quaff, 33 Lubricated, 36 Teaser ad, 38 Compete. DOWN 22 Noah's vessel, 23 Schlep, 24 Medit. nation, 25 Curly's bro, 26 Deity, 27 Eastern "way", 28 Shade tree, 29 Olds, 31 Quilters' meet-up, 34 Broad street, 8 Edict, 9 Sore spot, 10 Worry, 11 Melody of "post-", 17 Carton sealer, 19 Scale notes, 40 "Zounds!" pizzicato, 42 Vend, 43 Pleased, 44 Illinois neighbor, 45 Mr. Guinness, 46 Not even one, 48 Bikini top.

Solution time: 22 mins.



Yesterday's answer 10-1



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Maddy Snow shot a 100 at the regional meet, see story below

The Jay soccer teams face Blackford today, see Sports on tap

Sports

Squeezing past the Spartans

Muhlenkamp's second-half goal pushes Jay County past Connersville

By **ANDREW BALKO**
The Commercial Review

Levi Muhlenkamp had a golden opportunity to give the Patriots the lead on a penalty kick without the Spartans' starting goalkeeper in the net.

Instead of getting to jog back to midfield to celebrate with his team, Muhlenkamp had to backpedal to get into defensive position after his shot was saved.

But the senior striker didn't let the stop get him down, finding a way to put the game-winning goal in, 10 minutes later.

Muhlenkamp scored twice, including the game-winning goal, to lift the Jay County High School boys soccer team past the Connersville Spartans 4-3 on Saturday.

Jay County (10-2) entered the second half with a one-score lead that got erased in the first four minutes after Connersville's Kaden Mapes sent a corner kick that Conner Graves intercepted with his head right in front of JCHS goalkeeper Peyton Yowell.

For the next 12 minutes, the Patriots fought to regain the lead and got their chance when Muhlenkamp got on a break with only Judd Garrett, the Spartans goalkeeper, between him and the net. Garrett left the goal to try and make the stop, and took Muhlenkamp out in the process, earning him a yellow card that forced the senior out of the game.

Graves, a Connersville (11-3-1) defender, quickly put on the goalie jersey and gloves to fill in for Garrett. Despite playing out of position, the senior managed to make the save, stopping Muhlenkamp's shot to the bottom left corner.

"I tried fooling him," Muhlenkamp said. "Right before I



The Commercial Review/Andrew Balko

Dylan Marentes, a senior at Jay County High School, stretches to control a ball during the Patriots' 4-3 win over Connersville Saturday. Marentes assisted the winning goal.

went, I looked opposite corner to make him think that's where I'm targeting and he just read it."

He didn't let the failed penalty kick get to him. He continued

to attack, failing once as Garrett successfully cleared the ball at the 21:15 mark, before Muhlenkamp broke through six minutes later.

After receiving a through ball

from Dylan Marentes, Muhlenkamp got a step on his defender and took the ball the distance before putting it in at 15:36 to go up 4-3.

"We all knew going in, this

game is going to be a tough game," Muhlenkamp said. "I knew the score is tied, I can't just get down on myself. I know I'm the offensive leader and I've gotta take it."

The goal was Muhlenkamp's 21st of the season, 15 more than the second-leading scorer, Marentes. Earlier in the game, Muhlenkamp crashed the goal on a deflected shot by Marentes to give JCHS the 3-2 lead with 1:52 remaining.

A pair of defensive mistakes gave Jay County an early 2-0 lead.

The first came on a corner kick from Marentes that went through Garrett's hands to open the game up at 15:31. Immediately following the score when the ball was passed backwards into play, one of the Spartan defenders mishandled it, kicking it upwards into his own arm for a handball violation. Aryan Montes scored on the following free kick with a ball to the top right corner of the goal.

The lead didn't make it to halftime, as Connersville got two shots past Peyton Yowell.

Mapes made the first goal after dribbling around defenders to take the ball himself at 12:30. The second came on a free kick by Cody Thomas near the opposite 40-yard line that Mitchell Steele managed to head into the net with 5:17 left before the intermission.

"We've got to quit giving games away," said JCHS coach Rodney Reynolds. "Mistakes obviously let them back in the game. And when you let them back in, the momentum turns and you see how it goes. ... I think we should have had a comfortable lead. They just wasn't playing our toughest game."

See *Squeezing* page 7



The Commercial Review/Ray Cooney

Jay County High School senior Maddy Snow plays back onto the fairway from behind a water tower on the first hole at Edgewood Golf Club on Saturday. She saved the hole for a bogey en route to a round of 100.

Snow satisfied

By **RAY COONEY**
The Commercial Review

ANDERSON — The score wasn't what she hoped it would be.

But for Maddy Snow, advancing through the sectional and getting to play another round in the tournament was a satisfying way to end her career.

Snow, a Jay County High School senior, shot a 100 as she played her final 18 holes as a Patriot in Saturday's regional tournament hosted by Lapel at Edgewood Golf Club.

"Coulda been worse, coulda been better," said Snow, who was a regional qualifi-

Senior finishes career in regional

er for the first time. "Just happy to be here."

Her score was not in contention for advancing to the state finals — the top three teams and top three individuals not on advancing teams move on — as Tipton's Josephine Butler earned the last spot with her 76.

See *Snow* page 7

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Patriots draw byes to semifinal

The boys got bounced in overtime of the championship last season.

The girls didn't make it past the opener.

This year, both teams only need one win to compete for a title.

Both Jay County High School soccer teams got first round byes and will play in the semifinal of the IHSAA sectional soccer tournaments as brackets got revealed Sunday.

See *Roundup* page 7

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While supplies last, no rain checks

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Whole Boneless Pork Loins or sliced and packaged bulk \$1.99/lb	\$1.49 <small>(bag weight)</small>	10 lb case of 80/20 Frozen Ground Beef in 1 lb Tubes	\$3.49 lb
Breakfast Style Sausage Patties	\$3.49 lb	Baby Back Ribs	\$2.99 lb
Boneless Arm Roasts	\$5.99 lb	Top Sirloin Steaks	\$8.99 lb

Pepperjack Cheese\$5.99/lb

From Fisher's Smokehouse

Ham Salad	\$4.99	Boneless Ham sliced or shaved	\$6.99/lb	Old Fashion Loaf	\$5.69/lb
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**while supplies last, no rain checks, sale prices reflected at the register*

300 W. Walnut St., Portland, IN
(260) 726-7355
Monday - Friday 8 am-5 pm • Saturday 8 am-1 pm • Closed Sunday

Call your order in today!
Freezer bundles are also available. They offer the perfect mix of our most popular cuts of meat in quantities small enough to not crowd your freezer or cramp your budget.
Save time and energy with call ahead ordering and have your order ready to go when you arrive.

www.fishermeats.com

Portland Veterinary Clinic
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http://www.portlandvet.net • Christian Bader DVM