July 17, 2025

Huntingburg Hress

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2025 Miss Dubois County queen court



Introducing the 2025 Miss Dubois County queen court! Miss Dubois County 2025 - Taylor Blackgrovel Miss First Runner Up - Laurian Gayso; Queens Court - Lexi Fuhrman; Queens Court - Brooke Buening; Miss Photogenic - Taylor Blackgrovel; Miss Congeniality - Taylor Blackgrove; Teen Miss Dubois County 2025 - Kinley Schnell; Teen First Runner Up - Alexis Eckert; and Teen Second Runner Up - Ava Verkam.

Rotary Club of Dubois County announces finalists for 13th Annual ATHENA Leadership Award



Megan Durlauf

The Rotary Club of Dubois County is proud to announce five outstanding women leaders as finalists



Diana Fischer

Laura Grammer

impact of the following extraordinary community leaders: Megan Durlauf is a changemaker



Clara Fromme



Dr. Tara Rasche



leaders. Since its founding in 1982, more than 8,000 recipients around the world have received this prestigious honor. As Plato once said, "What is honored in a country will be cultivated there"—a sentiment reflected in every ATHENA celebration. The Rotary Club of **Dubois County extends** its sincere gratitude to this year's Platinum Sponsors: **Dentons Bingham** Greenebaum LLP, German American Bank, Memorial Hospital and Health Care Center, and Old National Bank. The ATHENA Awards Banquet offers an inspiring opportunity for local businesses and individuals to support and uplift women leaders in our community. Additional sponsorships, as well as individual and table tickets, are now available. For more information or to purchase tickets, visit www. duboiscountyrotary. com or follow the Rotary Club of Dubois County on Facebook and Instagram. Finalist headshots courtesy of Brescher Photography.

Dubois County Bombers spark excitement in Huntingburg – **Celebrating Art**, Achievements. and Community

By Laurna Todd **ING Writer**

HUNTINGBURG, IN - The atmosphere in Huntingburg is electric with excitement over the breathtaking new mural on Historic 4th Street! This vibrant masterpiece pays homage to League Stadium, the spirit of baseball, and the fierce sense of community embodied by the Dubois County Bombers. Officially unveiled on June 24 during the lively 4th Friday celebration, this mural beautifully emphasizes the strong bond between the Bombers and the residents of Huntingburg.

Since their entry into the national Prospect League in 2024, the Bombers have been on an impressive journey filled with outstanding accomplishments. They clinched the coveted **Bluegrass World Series** title in 2018, triumphing over former MLB stars in a nail-biting finale! Additionally, their victories in the Ohio Valley League championships in 2015 and 2017 showcase their unwavering commitment to excellence, as highlighted on the DC

Bombers website.

teaching English at Jasper High School, where she launched programs like the Shakespearean Festival

lifelong champion for education and youth. She has led initiatives to expand college and career readiness, mentored countless educators, and served on numerous community boards. Known for her resilience and servant leadership, Dr. Rasche has empowered generations of students and women leaders through her example and encouragement. The evening will also feature keynote speaker Lilly King, Olympic gold medalist and 18-time World Champion swimmer. 'We are honored to welcome Lilly King as our keynote speaker for this year's banquet," said **ATHENA Chairperson** Manda Combs. "Lilly is a powerful example of resilience, determination, and grace under pressure. Her journey-marked by perseverance and triumph—inspires all of us to lead boldly and believe fiercely in our potential." The ATHENA Leadership Award honors individuals who exemplify professional excellence, community service, and a dedication to mentoring and supporting women

for the 13th Annual ATHENA International Leadership Awards. The 2025 awards banquet will be held on Wednesday, September 17, at the Huntingburg Event Center, where all nominees will be celebrated and one finalist will be named the ATHENA Leadership Award Recipient.

This year's ATHENA Leadership Award finalists are: Megan Durlauf, Diana Fischer, Clara Fromme, Laura Grammer, and Tara Rasche.

"The ATHENA Leadership Awards Banquet is a powerful celebration of these incredible women who lead with courage, compassion, and conviction right here in Dubois County," said Rotary Club President Deidra Church. "These honorees are not only breaking barriersthey're building bridges for the next generation of leaders to rise.'

The event will recognize the lasting

in recovery services and criminal justice reform. As Director of Operations at Dove Recovery House -Dubois County, she provides traumainformed residential care for women overcoming addiction. A former corrections leader, Megan has dedicated her career to building systems of hope and healing. She is also a mentor, nonprofit board chair, and tireless advocate for women and youth.

Diana Fischer is a nurse, educator, and CEO of Fischer Farms Natural Foods, where she has helped build a nationally respected farm-to-table business. A former nursing instructor and community volunteer, Diana is known for her tireless work ethic, generosity, and humility. She mentors women, donates thousands of dollars in food to those in need, and leads by example across healthcare, business, and service.

Clara Fromme is a lifelong educator and community servant who spent over 30 years

and dual credit courses. Even in retirement, she continues to tutor, teach. and volunteerhaving written a 325-page History of Celestine book and serving at Memorial Hospital, her church, and local nonprofits. Clara is known for quietly lifting others through education, mentorship, and a life of service.

Laura Grammer is a business leader, innovator, and passionate community builder. As 3rd generation co-owner of Ackerman Oil and QYCCO, she empowers employees through career training programs and handson mentorship. She played a key role in revitalizing the Jasper Strassenfest and has led countless civic efforts with creativity and heart. Laura's leadership blends strategy, humor, and a deep commitment to helping others succeed.

Dr. Tara Rasche is the first female superintendent of the Northeast Dubois **County School** Corporation and a

Excitingly, the Bombers have also broken new ground with a groundbreaking broadcasting collaboration with HomeTeam Network, launching highdefinition, AI-powered live-stream coverage of every game-home and away—starting in 2025. To enhance the local fan experience, the team has introduced thrilling promotions like goat races and helicopter cash drops, in addition to stadium upgrades such as exclusive "Flight Decks" and a complete overhaul of the concessions.

But the Bombers' impact goes beyond the baseball field; their dedication to the community is truly inspiring! Initiatives like the Bombers Boosters nonprofit and the inclusion of Olivia Pichardo, the first female player in Division I baseball, emphasize their commitment to diversity and community pride.

With this stunning mural, a series of championship wins, exciting streaming innovations, and a passionate focus on community engagement, the **Dubois County** Bombers are forging a legacy that radiates joy and unity throughout every corner of Huntingburg. Let's keep cheering them on!

Deputies seek help finding suspect who dumped dog in Dubois County field

DUBOIS COUNTY, Ind. (WISH) -**Deputies in Dubois** County were seeking the public's help locating a

suspect who was seen dumping and abandoning their dog in a field.

The Dubois County Sheriff's Office

announced they'd launched a criminal investigation Wednesday. The dog had been dumped sometime

around 9:30 p.m. July 2 in a field off County Road 400 South outside of Birdseye.



This one thing serves you will throughout life

Teresa LeNeave – leneave2@comcast.net

Television (even cartoons) teach kids that it's funny to have an attitude. Movies teach kids it's okay to have an attitude. And, parents teach them it's okay to be disrespectful when a bad attitude is ignored. Then, we pretend we don't know why kids struggle with good attitudes.

When kids are toddlers, everything is cute. I know. I think everything my grandchildren do is cute. When they pout, I even think that is cute. I guess, kids have been pretty much the same since the beginning of time because the Bible has so much to say



about honoring your mother, your father, and your elders. The Bible is very explicit, and to the point, when talking about honor. I don't think anyone could read what the Bible says about honoring parents and not understand it.

What does it mean to honor your father and

mother ... to have a good attitude?

To honor your father and mother means to revere (respect), prize and value. Do we as adult revere, prize, and value our parents? Or, do we think they are adults and we have our own lives to live? ... Never forget your children watch what you do and will probably treat you just like you treat your

parents. Honor, to me, is something that stems from an inward attitude and it always values the position of the other.

Those who honor their parents are blessed according

Sober-Minded

to Jeremiah 35:18-19. In Jeremiah, the blessing extended from generation to generation. I believe it still does today.

"Children, obey your parents in the Lord, for this is right. Honor your father and mother which is the first commandment with a promise, so that it may be well with you, and that you may live long on the earth" (Ephesians 6:1-3).

In my opinion, we have to teach our children / grandchildren well, because this world is trying very hard to teach them wrong. When it really comes down to learning, kids learn from watching. What do they see in us? Do they hear me talk respectful? Do they see me be kind or hateful? What they see, they learn.

Why is it important to teach honor to children? One simple statement answers that question: Because it serves them well throughout life. After a child is mature and on their own, the ability to show honor and respect will serve them well in honoring authorities who are above them such as employer, teachers, pastors, even the President. Ask any school teacher how important honor and respect is. Ask any employer who their most valuable employees are. Honor trickles into every vein of your life and it leaks into the life of following generations.

By Brandon Bramlett

I couldn't see straight. My mind was swirling like a rollercoaster. Time came to a standstill, but I couldn't stand still at all. In a moment of youthful genius, I popped a big ol' pinch of chewing tobacco into my lip after my friend asked, "You ever had Copenhagen?"

Refusing to look like a wimp, I cleared my throat and said, "Had it? I love this stuff."

Plot twist: it did not love me back. Within minutes, I looked less like Clint Eastwood and more like a nauseated youngster who swore off carnival rides forever. Nicotine surged into my bloodstream, and I couldn't think or speak clearly. I saw stars like Bugs Bunny and promptly plummeted off the back of my friend's four-wheeler. That was the first time I experienced any kind of intoxication, and it taught me a valuable lesson: when your mind is fuzzy, your body follows.

The Scripture also teaches this invaluable lesson: a clouded mind leads to a careless soul. That is why the Bible repeatedly commands believers to be "sober-minded" (Titus 2:2; 2 Tim. 4:5; 1 Peter 1:13). And this means much more than abstaining from alcohol, tobacco, or other drugs. Biblical sobriety is about keeping your mind alert, clear, and free from spiritual intoxication. When intoxicated, a person is out of touch with reality-and when

we are spiritually inebriated, we become out of touch with what is holy.

One sip from the bottle of lies sold by sin, Satan, and society is all it takes to start seeing double. A few breaths of the smoke of worldliness makes it impossible to walk a straight line on the path of righteousness. The potent pills of constant distractions

can impair your conscience, making you desensitized to sin and numb to spiritual danger. For this reason, Paul warned, "Wake up from your drunken stupor, as is right, and do not go on sinning" (1 Cor. 15:34a). Soulintoxication fogs your senses and leads to sin, and the antidote is snapping out of it through sober-



Spiritual drunkenness also hinders your readiness for Christ's return. Thus, Paul exhorted: "So then let us not sleep, as others do, but let us keep awake and be sober (1 Thess. 5:6). Peter likewise warned that the devil targets Christians who are half-awake, bleary-eyed, and mind-numbed (1



Peter 5:8). He even stated that spiritual inebriation stifles our prayers: "Therefore be self-controlled and sober-minded for the sake of your prayers" (1 Peter 4:7b). Hence, being sober-minded is indispensable for conflict against Satan and communion with the Son.

Do not wait until you are spiritually slumped over to learn this lesson the hard way. Resist spiritual sedatives and let God renew your mind through His word (Rom. 12:2). Don't allow spiritual toxins to captivate your mind-let Christ take your thoughts captive (2 Cor. 10:5). Be sober-minded because sin is seductive, Satan is stalking, and the Savior is soon to return.

"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour." -1 Peter 5:8 ESV

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Taking God at his word

Even though it's only July, the deer hunters are getting prepared for another season. While it may be several weeks until the season opens, there is much to do to be ready for opening day – especially if you hunt with bow and arrow. Right now, I'm checking trail cameras, hanging tree stands and trying to figure out where the deer are likely to be early in the season. And it is not always where one might think. I am reminded of an Alabama hunt several years ago. I was with a friend on a piece of property that was owned by a rancher who not only raised

cattle but managed for quality deer. It really was a beautiful place and just riding around caused me to get extremely excited about the possibilities. That afternoon would be our first hunt. so the rancher "carried us" (that's Alabama vernacular for drove us) to the stands we would hunt. As we passed through the pasture he pointed to one lone cedar tree about 200 yards from a wood line and said, "Somebody needs to sit right there." My partner and I silently wondered where exactly he was talking about. And then he said, "See that blue

milk crate? Sit on it and lean up against that cedar tree." Now this was not exactly the place where either of us imagined we would spend our time hunting. After all. it didn't look like or feel like it had anv possibility whatsoever of producing anything but shade for an afternoon nap. I was expecting my tree stand to be labeled Lone Wolf or something, but this one said Mayfield Dairy. After debating on which one of us would have this honor, my friend drew the short straw and jumped out of the truck (boy was I relieved!). That evening he killed

a giant 11 pointer and another buck with an even wider rack that next morning. Who would've ever "thunk" it? The moral of the story: It is better to take the word of the rancher than go to with what feels good or looks good. Period! I wished we would focus more on that same truth in our experience with God.

Let me ask you something. Do you have to feel the presence of God to know He is there? Or are you satisfied with His simple word that says, "I will never leave you or forsake you?" Do you need to see some manifestation of His

workings to believe He is at work? Or can you simply believe His word when He says, "I am working all things for your good?" On Sunday morning as you sit in church, do you base the quality of your experience on what you may have felt or seen? Or do you understand that true faith simply believes His word, sometimes without any emotions whatsoever? Your answers to these questions will expose the depth of your faith. Is God's word good enough? Or does it need to be scotched up with something that appeals to the senses. I hope you are someone who will simply take God at

His word and get out of the truck even when it seems He is placing you on a milk crate. Gary Miller gary@outdoortruths. org

Gary Miller has written Outdoor Truths articles for 22 years.

He has also written five books which include compilations of his articles and a father/son devotional. He also speaks at wild-game dinners and men's events for churches and associations. Stay updated on Outdoor Truths each week by subscribing at Outdoortruths.org



CLUES ACROSS

- 1 Resorts
- 5. One point south of southwest
- 9. Musical performances
- 11. Matched
- 13. Four-footed animal part 15. Express severe disapproval of 41. Thrust a knife into
- 33. Tampa ballclub 34. Semitic language 36. Sheltered sides
- 38. Ocean

44. Ringworm

48. Fighting back

52. Cease to exist

59. Moved quickly

56. Caps

57. Repents

53. Insects in adult stage

54. Freestanding sculpture

58. Brown and Wallace are two

- 39. Electronic point of sale

46. Father of Aoris (Greek myth.)

43. 12th month (abbr.)



Coloring Fun

- Type of leaf 17. Preparatory 19. Walk heavily 21. Succulent plants 22. Rectangle of grass 23. Lump in yarn 25. Too 26. Foot (Latin) 27. Afflicts 29. Smoothed
- 31. Mind (Greek)
- **CLUES DOWN**

1. Goes bad 2. Yard structure

- 3. They
- 4. Marine invertebrate
- 5. European river
- 6. Office supplies firm
- 7. Physically abused
- 8. Service stations in Australia
- 9. Kills
- 10. Liquid body substances
- 12. Brave or noble act
- 14. Sicilian city
- 15. Conqueror
- 18. Elected officials
- 20. Type of "pig"
- 24. Drop of viscous substance
- 26. Monetary unit of Spain 28. Guarantees 30. Coloring materials 32. Reddish browns 34. Square measure 35. Will not 37. Canned fish 38. Appeared 40. Six (Spanish) 42. Took off 11. Particular to a given individual 43. Negligible amount 45. Posts in a Greek temple 47. 49 50. 51. Guns

•	Witnesses
	Phil, former CIA
	Places to park
	Guns

55. Dance to pop music



Word Search

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Find the words hidden vertically, horizontally, diagonally, and backwards.

Sudoku Puzzle How it Morker

Sudoku Answers

HOW IT WORKS:
Sudoku puzzles are fomatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku,
the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in
each row, column and box. You can figure out the order in which the numbers will appear by using
the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to
solve the puzzle! Good Luck!

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Word Search Answers

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Gerry L. Powell

Jerry L. Powell, age 79, went to be with his Lord and Savior, Jesus Christ, on July 7, 2025 at Deaconess Gateway Hospital, Evansville, IN. A private funeral service was held at Nass & Son Funeral Home. Burial at Fairmount Cemetery. A Condolences may be shared online at:

nassandson.com

Anthony 9. "Tony" Salamone, 9r.

CANNELTON — Anthony J. "Tony" Salamone, Jr., 78, passed away unexpectedly on July 11, 2025, at his home in Cannelton with his wife at his side.

Tony was a United States Navy veteran. Huber Funeral Home, Cannelton Chapel, is assisting Tony's family with his request to be cremated. There were no scheduled services.

Memorial contributions may be made to Rivers Edge Animal Shelter.

Robert Louis "Lou" Posner

Robert Louis "Lou" Posner, 82, passed away peacefully on July 9, 2025 at the Heartford House in Owensboro, Kentucky.

Lou was a United States Navy veteran.

Lou chose to have a green burial in Kessler Woods in Indianapolis, Indiana, where he will be surrounded by trees and nature. A celebration of life will be held at the William Tell Center , 645 Main Street , Tell City, on Sunday, August 24, 2025 beginning at 11:00 CST.

Alice Irene (Hills) Kowal

Alice Irene (Mills) Kowal, 96, was born on August 27, 1928, a daughter of Henry L. and Gertrude (Loftis) Mills. She passed away peacefully at Oakwood Health Campus on July 6, 2025.

Funeral services were gekd on Friday, July 11, 2025, at Huber Funeral Home, Tell City Chape. Burial in Greenwood Cemetery.

Mary 9. Kellems

Mary J. Kellems, 84, passed away on July 6, 2025, at her home in Lewisport, Kentucky.

Funeral services were held on Wednesday, July 9, 2025, at Huber Funeral Home, Cannelton Chapel. Burial in Millstone Cemetery.

Linda 9. Wilz

JASPER — Linda F. Wilz, age 75, of Jasper, Indiana, passed away at 1:22 a.m. on Monday, July 14, 2025, at Legacy Living in Jasper, Indiana.

A Mass of Christian Burial was held on Wednesday, July 16, 2025, at St. Joseph Catholic Church in Jasper, Indiana. Burial in Fairview



The giant Turkey Hill Cow looms over festival goers sampling ice cream at Taste of Omaha on May 31, 2015, in Omaha, Neb.

Kent Sievers/Omaha World-Herald via AP, FILE

US ice cream makers say they'll stop using using artificial dyes by 2028

By Jonel Aleccia

(AP) — Ice cream makers representing about 90% of the U.S. supply of the frozen treat have pledged to remove artificial dyes from their products in less than three years, federal health officials said Monday.

The move is the latest voluntary effort by food manufacturers to heed calls from the Trump administration to remove synthetic dyes over concerns about potential health effects. In recent weeks, companies including Nestle, Kraft Heinz and General Mills said they would pull artificial colors from their foods, too. "This is a

Renaissance moment for health in America," U.S. Food and Drug Administration **Commissioner Marty** Makary said at a news conference. About 40 makers of ice cream and frozen dairy desserts said they would remove seven petroleumbased dves from their products by 2028, according to Michael Dykes, president of the International Dairy Foods Association. The colors are Red 3, Red 40, Green 3, Blue 1, Blue 2, Yellow 5 and

Yellow 6. The trade group wouldn't identify the firms, although Turkey Hill Dairy chief executive Andy Jacobs joined the gathering.

The national focus on artificial food dyes is "a good step to take," but officials should not ignore larger known contributors to chronic disease, including the added sugars and saturated fat commonly found in ice cream, said Deanna Hoelscher, a University of Texas nutrition expert.

"Just taking out or changing the food dye source is not necessarily going to make it a healthy option," she said. "It still is a food that should be consumed in moderation."

However, Makary also hinted that new federal dietary guidelines, expected later this year, would challenge established links between saturated fat and heart disease, ending what he called "a 70vear demonization of natural saturated fat." The average American eats about 4 gallons of ice cream a year, the IDFA said. Health advocates have long called for the removal of artificial dyes from foods, citing

mixed studies showing that they may cause some neurobehavioral problems, such as hyperactivity and attention problems, in some children. The Food and Drug Administration has maintained that approved dyes are safe and that "most children have no adverse effects" when consuming foods made with them.

Health Secretary Robert F. Kennedy Jr. has criticized the dyes and pressured manufacturers to remove them from foods. In their place, manufacturers should use dyes made from fruit juices, plant extracts and other sources, federal officials said.

The FDA has approved new natural color additives in recent months, including a new blue color made from the fruit of the gardenia announced Monday. Gardenia (genipin) blue is approved for use in sports drinks, candies and certain other products, the agency said. Makary also sent a letter to food manufacturers on Monday that "encourages" them to speed up removal of

the dye known as Red 3, which was banned in January. Food makers have until 2027 to remove the dye, which was found to cause cancer in laboratory rats, but not humans.

Some food companies have said they will stop using artificial dyes, but relying on voluntary action rather than regulatory requirements won't guarantee compliance, said Thomas Galligan, a scientist with the Center for Science in the Public Interest, a consumer advocacy group.

"Talk is cheap," Galligan said. "It's easy for companies to make promises to look like they're being compliant and generate goodwill among consumers and the Trump administration, but it remains to be seen if they will actually follow through."

Cemetery.

James "Jim" Anthony Schroeder

JASPER — James "Jim" Anthony Schroeder, 78 of Jasper, Indiana, passed away surrounded by family at home on July 13, 2025.

A Mass of Christian Burial for James "Jim" Anthony Schroeder will be held at 10:00 a.m. on Thursday, July 17, 2025, at St. Joseph's Catholic Church in Jasper, Indiana, with burial to follow in Fairview Cemetery in Jasper.

Reese Elaine Eckerle

Reese Elaine Eckerle, passed away at birth with her mother and father on Friday, July 11, 2025, at Memorial Hospital and Health Care Center in Jasper, Indiana.

Private family services and a burial were held. Online condolences may be made at www. becherkluesner.com

Scott T. Wigand

IRELAND — Scott T. Wigand, age 61, of Ireland, Indiana, passed away at 7:30 p.m. on Friday, July 11, 2025, at home.

A Mass of Christian Burial was held on Wednesday, July 16, 2025, at St. Mary Catholic Church in Ireland, Indiana. Burial in the church cemetery.

Online condolences may be made at www. becherkluesner.com

Gerald E. Jacob

BRETZVILLE — Gerald E. Jacob, 88, of Bretzville, Indiana, passed away on Sunday, July 13, 2025, at Memorial Hospital and Health Care Center in Jasper.

Funeral services for Gerald Jacob will be held at 11:00 a.m., Saturday, July 19, 2025, at St. Mary's Catholic Church in Huntingburg with burial to follow at St. Mary's Cemetery. Rev. Biju Thomas will officiate at the funeral Mass. Military graveside rites will be conducted by the V.F.W. Post #2366 Memorial Detail.

Friends may call for visitation at the Nass and Son Funeral Home in Huntingburg from 8:00 a.m. until 10:45 a.m., Saturday morning, the day of the service.

Condolences may be shared online at: www. nassandson.com

The Associated Press Health and Science Department receives support from the Howard Hughes Medical Institute's Department of Science Education and the Robert Wood Johnson Foundation. The AP is solely responsible for all content.

the same. Eating whole

because of the fiber and

the protective nutrients.

including antioxidants.

Fruit juice is a more

concentrated source

doesn't have the fiber

absorption. Excessive

to moderate sugar

of fructose that

fruit is the best type

The sweet truth about fruit and sugar

Fresh fruit is a delicious treat that can be enjoyed any time of year, but consumption seems to heat up as the mercury rises. Many fruits come into season in spring and summer. Cherries, melons, plums, nectarines, and blueberries are just some of the tasty fruits that are typically enjoyed during warm months. But for those who are trying to eat healthy, they may wonder if fruit — which tends to be high in sugar — aligns with their diet and exercise plans.

People long have been advised to monitor their sugar consumption. Harvard Health reports that the effects of too much sugar intake can result in elevated blood pressure, inflammation, weight gain, diabetes, and fatty liver disease. Yet fruits are listed on the USDA's **Dietary Guidelines** for Americans, with experts saying adults should aim for 1.5

to two cups of fruit per day, or about two servings. That's because not all sugar is created equal. Fruit contains naturally occurring sugar (fructose) rather than the added sugar that is in many foods, baked



goods and candy. According to the Cleveland Clinic, the body processes natural sugars differently than it would sugar in cookies and cakes. Healthline indicates that fructose is only harmful in large amounts, and it is difficult to get excessive amounts of fructose from fruit. That means for most people, the amount of sugar in fruit is safe to eat.

Fruits tend to be loaded with fiber and water, which can help a person feel fuller,

> fruit juice intake can cause fat deposition in the liver, obesity, and insulin resistance since juice is stripped of the fiber and often nutrients during processing. Those who want to avoid the fruits with the highest sugar concentration should skip mangoes and apples, which have 46 and 25.1 grams of suga in one piece of fruit, respectively. However,

apples, which have 46 and 25.1 grams of sugar in one piece of fruit, respectively. However, unless a person has diabetes or another health condition where blood sugar levels need to be monitored, individuals shouldn't fret about the fruit in sugar, as most don't eat enough for the sugar to be a concern.

longer. And the high fiber content means the fruits will take a atural while to digest and the fructose will be ar processed by the liver kes. slowly, which should tes not cause a sugar spike hly like added sugar would. That isn't to say that

That isn't to say that all forms of fruit are

University of Evansville rejoins New American Colleges and Universities Network (NACU)



EVANSVILLE, IND. — The University of Evansville (UE) is proud to announce it has rejoined the New American Colleges and Universities (NACU) - a national consortium of small, mission-oriented institutions that foster collaboration, innovation, and student success.

NACU connects campuses that share UE's values and goals, offering a platform to collaborate on initiatives, learn from best practices, and pursue strategic partnerships. Through NACU, UE will have access to resources such as leadership development programs, datasharing initiatives, and specialized opportunities like the Washington Internship Institute.

"It's an exciting step forward for the University of Evansville," said President Christopher M. Pietruszkiewicz. "NACU brings a powerful network of collaborators who are deeply committed to education, innovation, and service, values that align with our mission and our belief in the ability of education to change lives and, in turn, change the world. We're proud to rejoin this community and look forward to all we can achieve together."

The University of Evansville is a private, comprehensive university with a solid foundation in the arts and sciences and professional schools in business, engineering, education, and health sciences. Established in 1854, UE is recognized across the globe for its rich tradition of innovative, academic excellence and dynamic campus community of #Changemakers.

Home of the Purple Aces, UE is located in the southwestern region of Indiana and offers over 75 majors, 17 Division I sports, and a unique study abroad experience at Harlaxton, the University's very own Victorian manor located in the countryside of England. For more information, please visit evansville.edu.

USI to waive undergraduate application fee July 21st through August 1st



Maddux Marshall named to Easternb Illinois University's Spring 2025 Dean's List

CHARLESTON, IL — Maddux Marshall, of Huntingburg, has been named to Eastern Illinois University's Spring 2025 Dean's List in recognition of academic excellence.

Majoring in Exercise Science: Pre-Occupational Therapy, Marshall is among fewer than 900 students named to the Spring 2025 Dean's List.

Eastern Illinois University is proud to recognize academic excellence by naming high achieving students to the Dean's List. This honor recognizes students who have achieved a GPA of 3.8 or higher and is a testament to these Panthers' dedication to academic excellence.

"Congratulations

to Maddux on this well-deserved recognition. Earning a place on the Dean's List reflects your dedication, resilience and commitment to academic excellence, qualities that define what it means to be a Panther," said EIU President Jay Gatrell.

Dorothy Sherer named to spring 2025 chancellor's list

FAIRBANKS, AK — Dorothy Sherer of Huntingburg, IN, has been named to the spring 2025 chancellor's list at the University of Alaska Fairbanks.

Students receiving a 3.9 grade point average or higher are placed on the chancellor's list, while those receiving outstanding academic achievements.

UAF is a Land, Sea and Space Grant institution and is the leading doctoral degree-granting institution in the state of Alaska. Since it was founded in 1917, UAF has been internationally recognized for research relating to

The University of Southern Indiana is excited to announce a free undergraduate application period for students interested in beginning their college journey this fall. Undergraduate freshmen and transfer degree-seeking students can enjoy a waived application fee Monday, July 21 through Friday, August 1 with the promo code, APPLYUSI.

"We recognize many students are still finalizing their college



plans, and we want them to know that opportunities are still available," said Rashad Smith, Assistant Vice President for Undergraduate Admissions. "We're waiving the application fee for new undergraduate freshmen and transfer students to make it easier for them to take that next step and support a successful start at USI this fall."

Prospective undergraduate students should apply via the USI application by midnight Friday, August 1 using the promo code APPLYUSI. In addition to acceptance to the University, applicants will also be considered for merit-based scholarships.

Learn more and apply at USI.edu/ apply. a grade point average of between 3.5 and 3.89 are named to the deans' list. The lists recognize students' the Arctic and sub-Arctic in areas such as biology, geophysics, engineering, natural resources and climate.



Registration open for Indiana's Premier Manufacturing Expo returning August 21st – bigger, smarter and more connected than ever

Plainfield, IN — The Indiana Chapter of the National Tooling and Machining Association (INTMA) and the **Precision Machining** Association Indiana District (PMA) are pleased to announce that registration is now open for the 2025 Indiana Manufacturing Suppliers Expo, taking place on Thursday, August 21, 2025, from 1:00 to 6:00 PM at the **Embassy Suites in** Plainfield, IN.

This one-day event gathers hundreds of manufacturing professionals to explore innovations, network with suppliers, and unlock insights - all at no cost to attend. New for 2025 -Education Tracks including AI in Manufacturing (\$35 with lunch)
Live Raffles Every

30 Minutes • Cocktail Networking Hour with top-tier sponsors and associations

Supported by leading industry associations and sponsors, the event is the only manufacturing supplier-focused expo in the state this year.

"Indiana's small manufacturers and suppliers are the heart of our economy - bringing cuttingedge tech, consistent quality, and real innovation. This Expo



unites that community, building meaningful partnerships and fueling growth. And with AI reshaping how we make things, this year's expanded education sessions are essential - packed into one power-packed afternoon, they give manufacturing leaders the tools to not just keep pace, but lead." - Dan Kendall, Managing Partner of Aeris Advisor and PMA Indiana District Chair

For media inquiries or to schedule an interview, contact:

Kerry Hacker, NTMA Indiana Chapter Executive, at khacker@ intma.org Jean Rivers, PMA Indiana District Administrator, at jean@bluellama.events

About the Hosts The Indiana Chapter of the NationalTooling and Machining Association (INTMA) helps Indiana manufacturers achieve business success through advocacy, education, networking, information, programs and services.

The Precision Metalforming Association (PMA) supports and promotes the precision machining industry throughout Indiana through advocacy, education, and networking.



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blue and white, low miles, used 1 season only. Very good condition, \$1800 Call 812-683-4266

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No 18 New Idea ground drive manure spreader. Operates like it should. Hard



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BUSINESS FOR SALE



1529 HWY 60, Ledbetter, KY **GREAT BUSINESS OPPORTUNITY** Fully

Equipped Building With 2 outbuildings \$285,000 For more info. Call James Powell 270-217-1882

FARMING EQUIPMENT

New Sudenga 10" x 36' Elec and (2) PTO Drive TransporT Augers w/ 17 Degree Hoppers - 270-209-0259

New Sudenga 13" x 82' Swing Away with electric drive wheel kit 270-209-0259

New Sudenga 13" x 72' Swing Away with electric drive wheel kit 270-209-0259

New Sudenga 10" x 71' Swing Away with or with electric drive wheel kit 270-209-0259

New AGI Hutchinson 13" x 74' Swing Away with Hyd drive wheel kit, Hyd hopper winch 270-209-0259

(two) NEW Sudenga drive over chain conveyor, 5,000 BPH & 7,000 BPH. 270-209-0259

NEW Batco Belt 1539 Conveyor electric and hydraulic drive. 270-209-0259

Demo wheat heart post pounder 270-209-0259.

KILLBROS - 1200, Factory ext's, 750 bu., new vertical augers, Exc. shape, 30.5x32 tires. \$10,500 OBO 217-493-2105

2015 NEW HOLLAND BIG BALER 330R Crop Cutter, 3 x 3 square bales w/preservative, rotor cutter, steerable tandem axle, hdy. folding roller chute, auto-lube, Intelli III monitor. 9778

bales, \$89,000 OBO. Call Robert at 815-291-6856.

2014 MASSEY FERGUSON 2270 BALER, 3 x 4 square bales w/ preservative knotter items \$50. Call 812-556-8054. Located in Jasper Indiana. (6-25-25)

FARM MACHINERY

For sale Oliver 520 square bailer, good to very good condition. \$1,200. Call 812-631-4167

(6-11-25-1x) For Sale: John Deere 9610 combine, four wheel drive, model 893 8-row corn head and 625 full finger flex bean head. \$40,000. Loogootee, Indiana.812-295-6807

HELP WANTED

Part-time cleaning position in Jasper. Wednesday and Saturday. (5 hours each evening). call 812-827-3145 for interview (tfn)

FOR SALE / GENERAL

Industrial air compressor, 10HP, 3 phase electric, 120 gal. horizontal tank, low compressor oil shutoff, works like new, \$1200. 765-238-9883 Hagerstown, IN

850 JD tractor finish mower, front loader, 3 point hitch, less than 1000 hours, great condition, sized for mowing a large yard/acreage. Asking \$11,500.270-898-2805.

(Dresser TD15c) bulldozer, 1000 hrs on overhaul, injector pump rebuilt, 70% undercarriage, radiator Ljust boild out, \$18,000 Call: 812-709-0263 Shoals, IN (tfn)

Bush Hog Brand Name, ditch bank mower. Model SM60, new blades, chain curtain. very good condition. \$5500, Dubois, IN 812-632-2771

2011 Kawasaki Ninja 250

Memorial Flowers for sale. Lots of options. 1273 South Main Street in Upland. Open 12 a.m.-6 p.m. Now through May 31st. More information 765-998-7591.

REAL ESTATE

54+/- ACRE FARM FOR SALE Lake Village, Arkansas. Very good income producing cropland with beautiful view of Lake Chicot. Beautiful home sites

766 +/- ACRE PROPERTY FOR SALE

Beautiful property located near Town Creek, Alabama. This previously wooded property is being cleared and converted to farm land, with approximately 300 acres already converted. Very good soils for cotton, corn, and soybeans. Would also make a spectacular cattle ranch. Excellent hunting with large bucks and lots of turkeys. MORE LAND AVAILABLE!

284 ACRE FARM FOR SALE Excellent 280 acres farm for sale in southeast Arkansas, including verv fertile, precision leveled, and irrigated farm land, plus exceptional duck and deer hunting. Super location, fronting on excellent paved highway.

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(7-10-25_tfn)

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REDUCED: RECENTLY 5 fenced acres in Pike County with 2 older homes (needs work), appliances,

some furniture, and some tools. Stocked pond, 3 out buildings, 2 large garden areas, and various fruits. Not negotiable. recently reduced to \$98,000 812-536-5308

100 acre prime tillable land, North Spencer county, road frontage, city water main, PUT YOUR TURKEY FARM HERE! Todd Schaus -Property Experts 812-480-2541.

MOVING Motivated seller 5 fenced acres in Pike County. 2 older homes (needs work), appliances, some furniture, and some tools. Stocked pond, 3 out buildings, 2 large garden areas, and various fruits. Not negotiable. recently reduced to \$98,000 812-536-5308

NEW Double wide or single wide. Financian available. ZERO Down w/land. Land/ Home package available. FREE delivery on your new home. 812-354-2197.

DWELLINGS FOR SALE

Home located in English, IN. Sits on two acres w/attached garage. 3bdr., 2 ba., \$65,000 Call Becky Higgins/Remax 812-267-6264.

105 acres (100 tillable acres) and home located at 6066 HWY. 142, Philpot, KY \$975,000 270-925-2961 (tfn)

STUMP GRINDING

to find them in this condition. \$4,250.00. 260-609-6912 Columbia City IN

#28199. Serial 1973 International 1066 tractor w/ cab. 18-4-38 rear tires w/9 Boc and Axle duals. 10:00x16 front tires. Rear weights, 2 hydraulic remotes 540/1000 PTO 3 pt and heat/ac, AM/FM radio, 3764 original hours. In frame overhaul at 3200 hours, top link, front weight bracket and torque good. As nice as you will find. 260-609-6912 Columbia City IN

New Idea 323, exc. shape, field ready. \$3500. 260-609-6912 Columbia City, IN

(CASE IH 7140) Magnum. Great tires. 5,100 hours. Front wheel assist. Dual, 200 horse. Asking \$41,500. 812-889-2415. Leave message. Will call back. (tfn)

2008 CIH 2412 cornhead 12 Row 20", just had new sprockets & gathering chains, exc. cond., \$35,000. 931-273-6153 Winchester, TN.

2010 Versatile-485, Cat., PS, 2395 hours, 4wd, QSX 15 L Cummins, recent overhaul, 710/42 Michelin tires 70%, factory AS, 6-hyd, remotes \$119,500. Call 618-535-3456. (tfn)

2011 JD 9230, 3-point PTO, ATready, 3012 hours, one owner, \$129,500-obo. Call (217) 242-9105 (tfn)JD-S550 684 Eng. hrs., 469 sep. hrs, 2WD duals, custom cab, 3- spd. elec. shift, contour master. Retiring. Asking \$180,000. (815) 228-4021. (tfn)

JD 7720, 4WD, 30.5x32 tires, long auger, \$12,000 OBO. Call 859-608-4942







Hoosier farmers committed to soil conservation

INDIANAPOLIS — According to a recent conservation survey, Indiana farmers planted an estimated 1.6 million acres of overwinter living covers. Indiana is among the top states in the nation for cover crop adoption.

"Hoosier farmers are committed to preserving one of God's most previous gifts - Earth," Lieutenant Governor Beckwith, Indiana's Secretary of Agriculture said. "Overwintering covers are just one tool that farmers use to preserve and enhance our farmland – ensuring they can pass down their property for generations. This is no easy task, and it can be costly. I applaud them for the extra effort."

Overwintering living covers (i.e. - cover crops and small grains, like wheat) are known for their environmental benefits. Cover crops and small grains help increase organic matter in the soil and improve overall soil health by adding living roots to the soil more months of the year. Cover crops also improve water infiltration into the soil, while other covers, like legumes serve as natural fertilizers.

Although the conservation transect does not differentiate between cover crops and small grains, Indiana farmers typically plant fewer than 300,000 acres of small grains annually, so cover crops vastly dominate the 1.6 million estimated acres. Apart from corn and soybeans, cover crops are planted on more acres than any other commodity crop in Indiana. Cover crops are typically planted in the fall after harvest and designed to protect the soil and keep roots in the ground throughout

the winter, which improves soil health and helps filter water runoff.

"As a farmer who contributes to planting a small portion of Indiana's 1.6 million acres of cover crops and wheat, I am thankful that thousands of other farms are committed to using these tools and reducing sediment loss and nutrient runoff," said Don Lamb, Indiana State Department of Agriculture director and Boone county farmer. "This commitment does not go unnoticed and I know its an extra investment, but I am grateful they are reaping the rewards."

As a result of the cover crops and other overwintering covers planted last year, it is estimated that 1.8 million tons of sediment was prevented from entering Indiana's waterways, which would fill about 18 thousand train freight cars.

The conservation survey also showed that about 70% of row crop acres were not tilled and about 18% had employed reduced tillage over winter, after the 2024 harvest. This early spring survey is not intended to quantify pre-planting tillage.

The conservation transect is a visual survey of cropland in the state. It was conducted between March and May 2025 by members of the Indiana Conservation Partnership, including the USDA Natural **Resources Conservation** Service, the Indiana State Department of Agriculture, Indiana's Soil and Water **Conservation Districts** and Purdue Extension, as well as Earth Team volunteers, to show a more complete story of the state's conservation efforts. To view the full report, see county specific data and learn more, click here or visit isda.in.gov.

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Arrow Creek Santa Gertrudis M. C. Longacre, Jr. Old Cedar Point Farm • Elizabethtown, KY • 270/505-2910

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ABOUT ISDA The Indiana State Department of Agriculture (ISDA) reports to Lt. Governor Micah Beckwith, Indiana's Secretary of Agriculture and Rural Development. Major responsibilities include advocacy for Indiana agriculture at the local, state and federal level, managing soil conservation programs, promoting economic development and agricultural innovation, serving as a regulatory ombudsman for agricultural businesses, and licensing grain firms throughout the state.



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