

▶ TODAY'S VERSE

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

▶ FACES OF MONTGOMERY

People who call our community their own.



Stacie Cook was very cheerful recently when one of our friendly roving photographers happened by. Thank you for your smile, Stacie!

▶ THREE THINGS You Should Know:

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

2 Celebrate the migration of birdlife through the Indiana Dunes region this May 12-15 at the eighth annual Indiana Dunes Birding Festival. The entire festival program schedule has now been released, featuring over 150 individual trips, programs, and workshops. The event is being organized by the Indiana Audubon and includes both the Indiana Dunes National Park and Indiana Dunes State Park as site hosts.

3 The DNR Division of Historic Preservation and Archaeology (DHPA) is sponsoring the Historic Preservation Month photo contest again in 2022. The subject of entry photos must be in Indiana, be at least 50 years old, and be something that was designed/built by people. It can be a building that's been restored to perfection or one that needs some love. The photos should be JPEG files (less than 10MB). Each photo and the required entry form should be emailed to aborland@dnr.IN.gov as attachments. Photographers can submit up to three photos, but submit only one photo and entry form per respective email. For the complete rules and guidelines and the required entry form, visit our website. The contest deadline is Friday, April 1.

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

WWW.THEPAPER24-7.COM



Photo courtesy of Linden Depot Museum

The Linden Depot Museum is opening Friday, April 1st.

Linden Depot Museum Is Preparing To Open For Another Exciting Season

The Linden Depot Museum is preparing for another exciting season beginning Friday, April 1. Hours are Friday, Saturday and Sunday from noon to 5 p.m.

The Museum will be showcasing two new exhibits this year: marble stairs from the Chicago Union Station and a European HO model train layout. The movie, *The Untouchables*, was filmed in 1987. The memorable scene of a baby carriage careening down a stair-

case was filmed in the Chicago Union Station. The marble staircase was replaced in 2017 and the Linden Depot Museum has acquired some of the marble stairs and has created a unique display.

Another great exhibit is being constructed and can be seen in progress. The Museum received a donation of European HO model trains. These trains are distinctly different from American trains. An exhibit is being created that highlights

the unique equipment and track layout that is used in Europe.

With fuel prices so high, vacation travel has become prohibitive. The museum is a destination to spend some time exploring the history of railroads from another era. A visit to the museum is just \$6 for adults and \$1 for children 12 and under; this is a bargain along with free parking. The museum is located at 520 N. Main Street, Linden, IN 47955. Questions call 765-427-3630.

Do You Remember The Little Schools' Nicknames And Colors?

When you attend a sporting event at a Montgomery County school today, it's easy to remember the teams' nicknames and colors as there are only three schools...the Crawfordsville Athenians (blue and gold), the Southmont Mounties (red and gray), and the North Montgomery Chargers (blue and orange).

But prior to consolidation in 1972, there had been twelve small high schools here in our county. Below is a list of the little schools. See if you can recall the nicknames and colors of their athletic teams. (I will provide the answers at the end of this column.) Alamo, Bowers, Coal Creek (consolidation of

New Richmond and Wingate), Darlington, Ladoga, Linden, New Market, New Ross, Waveland, and Waynetown.

Most of these little schools had mascots, often portrayed by the elementary or high school students who dressed accordingly. Our school had mascots as early as 1917. Many of the fans dressed in the school colors when they attended the games. At tourney time in the Crawfordsville gym, one could easily determine where the students and fans were located, just by picking out the colors of a seated section. To the residents of Montgomery County, basketball game night was usually the high point of a week's activities, and the high school was the center of action. And when their team won the County Tourney or Sectional, who was there to celebrate with



BUTCH DALE
COLUMNIST

▶ See BUTCH Page A5

A Letter To Losers

Dear Athlete,

We see you out there, young man. We see you with your head cradled low. We see your daughter. We see the tears collecting in your eyes, eyes that you shield from us, so we cannot sup-pose weakness in your humanity.

We see your hand tremble, as you reach out in weedy approbation; to shake the very hand that snatched your dream from beneath your pillow.

Everything seemed so right, just one week ago. Now? Now,



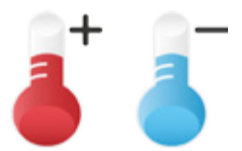
JOHN MARLOWE
COLUMNIST

▶ See JOHN Page A5

The Daily Almanac



Sunrise/Sunset
RISE: 7:48 a.m.
SET: 8:02 p.m.



High/Low Temperatures
High: 55 °F
Low: 50 °F



Wacky Holiday Today

- National Goof-off Day
- National Agriculture Day
- As Young As You Feel Day



What Happened On This Day

- 1963 The Beatles release their first album
- 1960 The laser is patented
- 1997 Tara Lipinski becomes the youngest female figure skating world champion



Births On This Day

- 1976 Reese Witherspoon American actress, producer
- 1936 Ron Carey American union leader

Deaths On This Day

- 1820 Stephen Decatur American navy officer
- 2009 Jade Goody English nurse, author

▶ HONEST HOOSIER

Nationally known cartoonist Bill Holman was born right here in C'ville on this day in 1903. He passed away in 1987, but some of us won't forget Smokey Stover, Spooky and Nuts and Jolts.



▶ INSIDE TODAY'S EDITION

Obituaries.....A2
Meeting Notes.....A3
Slim Column.....A4
Classifieds.....A4

▶ TODAY'S HEALTH TIP

If you're on medications from multiple doctors, make sure each one knows your entire list. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in *The Paper* and online at www.thepaper24-7.com.



▶ THE MONTGOMERY MINUTE
Want To Go?

Students from an University of Indianapolis Applied Event Management course, in collaboration with Special Olympics Indiana, will host the tenth annual Special Olympics Youth Basketball Tournament on Saturday, March 26, at the University of Indianapolis. Clinic will be beginning at 9 a.m., tournament will be beginning at 12 p.m. The event is free and open to the public.

▶ TODAY'S QUOTE

"Without music, life would be a mistake." Friedrich Nietzsche

▶ TODAY'S JOKE

How do you get Pikachu on a bus?
Poke him on.
(Don't worry, some of us didn't get that one either!)

▶ OBITUARIES

NONE

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



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13 WTHR 7 DAY FORECAST

72 MAINLY SUNNY, WARMER	50/55 RAINY, HEAVY AT TIMES	55/62 RAINY, BREEZY	41/44 SHOWERS AND COOLER	37/50 CHANCE OF SHOWERS	34/42 CHILLY, MIXED SHOWERS POSSIBLE	28/45 CLOUDY AND COOL
MON	TUE	WED	THU	FRI	SAT	SUN

Meeting Notes

Historic Preservation Commission

City of Crawfordsville
 5:30 PM
 March 23, 2022
 Council Chambers, 300 E Pike Street, Floor Two, Crawfordsville, IN 47933
 Meeting Agenda
 I. Call to Order & Roll Call
 II. Consideration of Minutes
 A. January 26, 2022
 III. Consideration of Financial Reports
 IV. Old Business

V. New Business
 A. Consider a Certificate of Appropriateness for 227 E Main Street, commonly known as the Ben Hur Building for Anderson Partners, LLC
 VI. Tommy Kleckner with Indiana Landmarks
 A. Update of Preservation Ordinance: Removal of Historic District Designation proposed language
 B. Update of Design Guidelines
 VII. Miscellaneous
 A. Next Meeting: April 27, 2022 at 5:30 p.m.
 VIII. Adjournment

Meeting Notes

MONTGOMERY COUNTY BOARD OF ZONING APPEALS

AGENDA
 WEDNESDAY
 MARCH 23RD, 2022, 10:00 AM
 MONTGOMERY COUNTY COURTHOUSE ROOM 103
 100 E MAIN ST

CRAWFORDSVILLE, IN 47933
 I. CALL TO ORDER
 II. APPROVAL OF JANUARY MEETING Minutes
 IV NEW BUSINESS:
 A. ZV2204 - Public Hearing- Development standard variance, Ratcliff Homes
 III. OTHER BUSINESS
 IV. ADJOURNMENT

Meeting Notes

MONTGOMERY COUNTY PLAN COMMISSION

AGENDA
 WEDNESDAY
 MARCH 23RD, 2022 4:00 PM
 MONTGOMERY COUNTY COURTHOUSE RM 103
 100 E MAIN ST. CRAWFORDSVILLE, IN 47933
 I. Call to Order

II. Approval of January 2022 meeting minutes
 III. New Business:
 A. RZ2022-1 - Public Hearing - Rezone request for Richard Ewoldt Property
 B. RZ2022-2 - Public Hearing - Rezone Request for Chris & Debra Stokes Property
 C. PA2201 - Public Hearing - Hunters Glenn Phase II Plat amendment
 IV. Other Business: Adjournment

5 Ways To Spring Clean Your Routine

(StatePoint) Falling short of your goals? In a period of stagnation? It may be time to spring clean your routine. Here are a few tips and ideas for getting more done with greater ease.

1. Spruce up your settings: Do you find some of the push notifications on your phone distracting? Give yourself the gift of fewer beeps and buzzes by spending just a few minutes reviewing and changing the notification settings of your apps.

2. Squeeze in self-care: Taking regular breaks from your work is essential. Not only are these interludes good for your mind and body, they can actually help you be more creative and productive. However, if you're someone who loses track of time easily when you're concentrating, you may need a tool to remind you to step away from your workstation. That's where a watch like those in the G-Shock lineup can be of assistance. Equipped with multi-function alarms, a step tracker and a heart rate monitor, you may just be motivated to use your break to take a brisk walk.

3. Reduce mealtime stress: If weeknight dinners are rushed and chaotic but you don't want to resort to takeout more than once or twice a week, try subscribing to a meal kit service that delivers all the ingredients and instructions you need to create delicious

and wholesome home-cooked meals. The good news is that many such services have ever-changing menus, as well as flexible options for those who are on special diets. These kits can also be a good way for kitchen novices to master basic culinary skills before embarking on more complicated efforts.

4. Stay focused: Everyone is overscheduled these days. Having tech tools handy that keep you task-oriented can help ensure you never miss an important meeting or appointment. Those who embrace classic styles should consider Casio Edifice watches. Particularly suitable for those who frequently travel or work with others in different time zones, the watch displays the time of cities all around the world. And because the watches are water-resistant and in many cases, solar-powered, it's a timepiece you can rely on.

5. Write it down: On the first of each month, take a few moments to jot down any goals you have for the month ahead, as well as any habits you want to start or stop. Take time to note how you are planning to fulfill your objectives. At the end of the month, review what worked and what didn't.

Getting out of a rut can be as simple as making a few tweaks to your routine. Lean on tools and strategies designed to help.

Rokita Warns Hoosiers Of Dangers With Rent To Own



Todd Rokita

Many Hoosiers dream of buying a home but may not have a good credit score or enough savings for a down payment to take a traditional loan. So, what if a landlord or a company offered the chance to eventually own the house you are renting? Be aware, while rent-to-own may be a feasible option, it is not always as sound as renting or buying a home. Rent-to-own deals may have more than one catch.

"Some companies may look to take advantage of individuals who don't qualify for a traditional loan, but do not want to rent forever and want to achieve the American dream of homeownership," Attorney General Todd Rokita said. "Our office is committed to making sure Hoosiers are aware and prepared to avoid unfair, abusive, or deceptive business practices."

How rent to own works: You sign a lease contract

that includes clauses with an option to buy, usually at the end of one to three years of leasing period. You will pay a premium on top of your monthly rent which does not count towards your down payment. A well-arranged rent to own deal provides time to build or repair your credit while you gain equity on your future home thus speeding the process to obtain ownership. However, be aware that usually you will still have to get a mortgage on the remaining balance when the lease ends.

Rent-to-own is sometimes regarded as a great

chance to "stop throwing money away on rent." But what may look like a genuine path to owning a home may end up being a financial burden down the road—these deals can end up being scams. Consumers should do their research and due diligence before entering into a contract or rent-to-own agreement. Sometimes too late, the tenant/buyer finds out:

- the "seller" doesn't really own the property
- property taxes have not been paid
- the house has major issues (lead, asbestos, hidden damages) or is in terrible shape
- after the contract is signed the seller does not perform promised repairs, or
- the house is in process of foreclosure

Besides these possible risks, and even in legitimate rent-to own transactions, the contract terms are not always clear nor convenient for the

buyer—or may even be flat out tricky. Consumers should be on the lookout for nonrefundable upfront fees, higher rent payments, "miss a payment and you lose the deal" terms, an obligation to buy the property, or being locked into paying more than what the home is worth. Also, once you opt to buy the home, not qualifying for a mortgage may force you to forfeit any monies you paid on top of your rent. If you are not sure of your ability to get financing in time, avoid rent-to-own homes.

If you believe you are victim of unfair, abusive, or fraudulent business practices, please report your encounter to the Consumer Protection Division of Indiana Attorney General Todd Rokita's Office, which works every day to safeguard the rights of Hoosiers. Visit www.IndianaConsumer.com for more information.

Food Finders Food Bank Announces Annual Blue Jean Ball



Food Finders Food Bank announced today that the food bank will host its ninth annual Blue Jean Ball on Saturday, May 7, 2022. The Blue Jean Ball, in partnership with the Purdue University College of Agriculture, and presented by Cargill and Indiana Packers, is the signature event to solely benefit the food bank. The ball increases community awareness and raises mission critical funds to ensure the food bank continues to address the essential needs of our Hoosier neighbors struggling with hunger.

"The Blue Jean Ball is fun," says Katy Bunder, CEO at Food Finders Food Bank. "What could be better than wearing comfy clothes, eating good food, and buying fun auction items while raising money to feed people in our community that don't have enough nutritious

food? We are excited to host the event in-person once again!"

The food bank distributes more than eleven million pounds of food annually to nearly 76,000 Hoosiers through the combined efforts of 100 partner agencies, meal programs and the food bank's programs; Backpack, Fresh Market, Mobile Pantry, Senior Home Delivery, Education and Resource Coordination.

Since its inaugural event in 2013, the Blue Jean

Ball has raised nearly \$600,000 towards operating funds needed to continue Food Finders' mission of alleviating hunger. The food bank has used recent proceeds to help grow its existing direct-service programs and meet the increased demands from the COVID-19 pandemic.

Thanks to the generosity of community sponsors, all of the ticket and auction proceeds directly benefit the food bank.

Returning Blue Jean

Ball guests will enjoy a refreshed look and feel at the ball, the first in-person event since 2019. Like other nonprofits, the 2020 event was canceled and the 2021 ball was held virtually. The popular dress code of donning your best denim and pearls remains the crowd favorite. The evening, hosted by K105 WKOA's Shamus, will include a new dinner menu from Outpost Catering. Local auctioneer, John Fields will host the ball's silent and live auctions.

The Blue Jean Ball will take place on Saturday, May 7 at Beck Agricultural Center in West Lafayette. Individual and full-table tickets are on sale now and can be purchased online or by calling the food bank.

For more information about the Blue Jean Ball, please visit www.food-finders.org. Or call, 765.471.0062

Helping Schools & Students Recover From Pandemic Challenges

(StatePoint) Over the past two years, public schools have faced continual disruptions brought about by COVID-19. Experts say that federal relief funds have given the nation a one-time opportunity to learn from the experience and to focus recovery efforts and resources on delivering high-quality instruction and support for students in ways that will accelerate their learning and meet their social and emotional needs.

"The federal government has provided \$189 billion in resources for states and localities targeted at education recovery. If unchecked and unsupported, states risk bending to the pressure of forces more concerned with political expediency and ideology than sound policy that helps students," says Jim Cowen, executive director of the Collaborative for Student Success. "Parents, educators, administrators and policymakers deserve credible information about effective policies and practices that are using these funds to accelerate student learning."

According to Cowen, this is why the Collaborative for Student Success, in partnership with The Center on Reinventing Public Education (CRPE) and the Economics Lab at Georgetown University, launched EduRecoveryHub.org, a one-stop resource that showcases emerging practices in schools supported with Elementary and Secondary School Emergency Relief funding (ESSER) and other federal recovery funds that can be replicated nationwide.

From improving school facilities to easing teacher shortages, the site provides insights into the smart investments that best ensure schools recover stronger and every student benefits. Parents and families can use this site to advocate for their students and point to good ideas that meet specific needs as they talk to teachers, principals, and school board members. Educators and district staff can learn from their colleagues about ways in which they are overcoming the lingering challenges of the pandemic. The site

also allows policymakers to reference and compare state-by-state recovery information and access expert analysis from diverse viewpoints. A panel of national and state-based organizations and experts serving or representing parents, school and district leaders, classroom educators, and the civil rights community review and comment on specific practices they support.

"As difficult as pandemic learning has been, our research has shown many bright spots: schools and educators who have gone above and beyond by making powerful connections with students, finding creative ways to deliver personalized learning, and working with community partners to ensure students are healthy and ready to learn," says Robin Lake, director of CRPE. "But many of these efforts are ad hoc. The unprecedented federal investment will allow school systems to implement effective approaches -- if they pay attention to what we know has worked."

"The federal investment represents a once-in-a-gen-

eration opportunity for school districts to help students re-engage in school, get back on track in reading and math, and earn sufficient credits to graduate ready for college or a career," says Chad Aldeman, policy director of Educonomics Lab. "In the wake of the pandemic, we are seeing districts use funds in new ways to address challenges and improve student outcomes. These savvy, nimble investments may catch on in other communities and help propel students forward."

Interactive and easy-to-use, the EduRecoveryHub is updated frequently. Individuals or organizations can reference these evolving resources or share their own examples of innovative programs in education by visiting edurecoveryhub.org.

From innovative ways to address student mental health needs to work being done to accelerate academic learning, spotlighting education recovery efforts across America can spark progress and improvements in other communities.



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The Season Of Sneezing Is Here Again



JOHN R. ROBERTS, M.D.
Montgomery Medicine

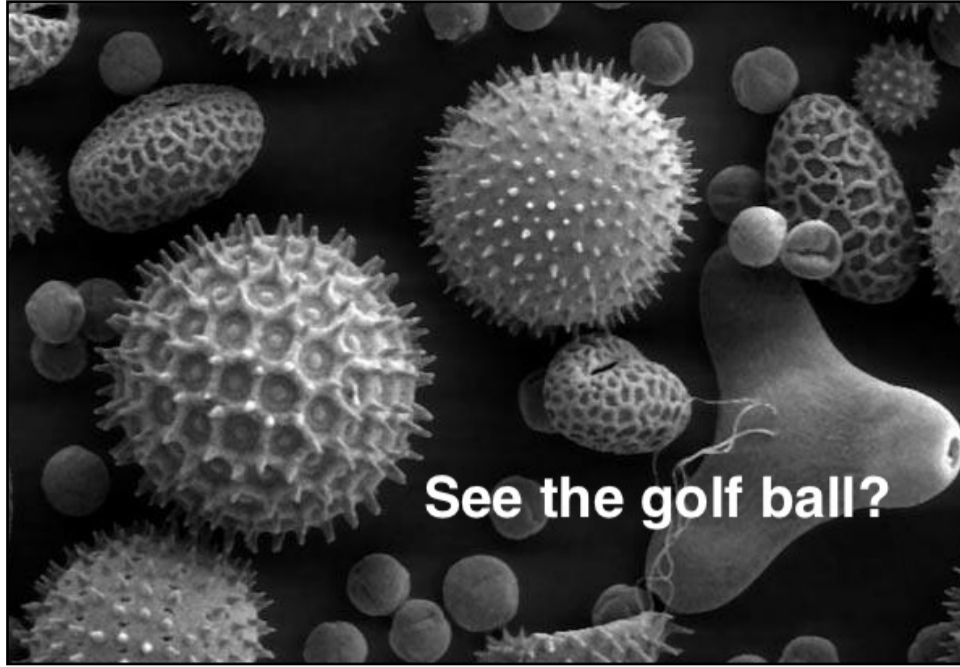
It's once again time to run my annual column on allergies. Some of our readers may already cursing the annual return of allergy symptoms. Tree pollen levels (Oak, Cedar/Juniper, Nettle) in Indiana have been high recently. Spring allergy symptoms can make it even more difficult to differentiate who might have lingering COVID-19 symptoms or just run of the mill allergy symptoms.

Seasonal allergies are a major problem for many people. When allergy sufferers are asked about their quality of life, they generally rate allergies as more bothersome than heart disease and sometimes even cancer. Many different things cause allergies; I want to focus on the seasonal type.

Seasonal allergies are caused by pollen. Pollen contains the male genetic material of plants; it is analogous to sperm in animals. The key to survival of any biologic organism is to disseminate its genes as far and wide as possible to combine with that of others in the species. Pollen is an exquisite vehicle to accomplish this task.

There are two main categories of pollen – anemophilous (wind-loving) and entomophilous (insect-loving). Anemophilous pollen is very lightweight which allows it to move great distances, particularly on windy days. Anemophilous pollen is produced by trees, grasses and weeds. Golf ball engineers have used biomimicry of pollen grains to design the dimples on the balls to allow them to fly farther.

Entomophilous pollen is produced primarily in plants that bear flowers. It is much heavier and



stickier, allowing it to be picked up and spread by insects such as bees. The loss of pollinating insects due to things like insecticide use and climate change is a real threat to these types of plants. Entomophilous pollens are much less likely to cause allergies since they are not typically inhaled or blown into noses by the wind.

Plants produce and release pollen at various times of the year, hence the seasonal nature of allergies. Trees in Indiana start pollinating in late February and usually end sometime in May. Each species of tree pollinates for around one to two weeks.

Grasses start pollinating in April and continue through May. Hoosiers then get a little break until about mid-August when ragweed starts up and continues until sometime in October. The allergy season has become longer over the past two decades, starting two to three weeks earlier and lasting two to three weeks longer. This is very likely due to warming from climate change.

Pollen grains contain proteins on their surfaces that attach to the tissues on the inside of the nose. In order to develop allergies, a person's immune system must be genetically programmed to recognize these proteins as foreign invaders. This occurs in about 40 percent of people.

A person's immune system reacts to these proteins by creating a specific class of antibody

called immunoglobulin E (IgE). The process of developing IgE in sufficient quantities to cause problems can take anywhere from two to ten years. This is why people often don't develop allergies until they have been exposed to an allergen for a number of years (the family dog's skin dander for instance).

When IgE is produced it attaches to the surface of specialized mast cells where it sits, waiting to do its job. When pollen finds its way to a mast cell coated with IgE programmed to react to it, it binds to the IgE and causes the cell to release various substances that cause allergy symptoms.

One of the most common molecules released by mast cells is histamine. It causes the typical nasal symptoms of congestion and watery discharge as well as red, itchy, watery eyes, and perhaps wheezing. These physical effects are all designed to do one thing – cough, sneeze, or flood the allergen out of the body.

Diagnosing pollen allergies is fairly straightforward. The offending agent can often be determined based on the time of year a patient develops symptoms. Sometimes the services of an allergist are required to do skin or blood tests to identify the specific offender(s).

There are numerous treatments for allergies. Avoidance is the most important prevention strategy – stay indoors when possible, particu-

larly on windy days, and run the air conditioning instead of opening windows. Saline (salt water) rinses can be very effective at rinsing pollen out of the nose. This can be done using commercial products such as a Neti Pot or squeeze bottle such as Sinus Rinse[®] manufactured by NeilMed.

Antihistamines are also a mainstay of treatment. These medications block the release of histamine by mast cells. There are numerous antihistamines available both off the shelf and by prescription. Older antihistamines like Benadryl[®] (diphenhydramine) often cause drowsiness, but remain very effective. Newer medications like Claritin[®] (loratadine), Allegra[®] (fexofenadine), Zyrtec[®] (cetirizine) and XY-ZAL[®] (levocetirizine) are generally less sedating but tend to be a bit more expensive.

Other treatments are also available such as nasal steroid sprays like Flonase[®] (fluticasone) and sprays to prevent mast cells from releasing histamine. Severe allergy sufferers, or those who fail other therapies, may need to move on to allergy injections under the skin or drops under the tongue to reduce the severity of allergy symptoms.

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.

March Is National Social Work Month

With as many lives as have been changed by COVID-19 over the past two years, the 2022 “National Social Work Month” theme for March of “The Time is Right for Social Work” is quite fitting.

Led by the National Association of Social Workers, the theme underscores the contributions social workers have made to this nation for more than a century and how the services they provide are needed more than ever as the nation addresses issues such as economic inequality, systemic racism, the need for improved health and mental health care and COVID-19.

The highlight of the special month is “National Social Workers Day” on March 15.

Emily Owens, LCSW, is the Deputy Chief Clinical Officer at Hamilton Center Inc. (HCI) and thinks the special month is important to help people better understand the contributions made by social workers.

“Your general lay person doesn't know everything that social workers do,” Owens said. “A lot of times, they hear the term ‘social work’ and immediately think of child protection. They might have even a negative connotation with that. It's important for people to be aware that most social service agencies and even some bigger corporations now hire social workers to assist employees with their everyday stressors and to help route them to treatment possibilities if needed.”

In 1984, the White House officially recognized National Social Work Month. Since then, each year has had its own theme and goal to bring more understanding to what social workers do.

Past themes have focused on societal issues like AIDS/HIV, hate crimes, violence prevention, children in poverty and homelessness. In the late 1990s and early 2000s, the themes for this month were geared more toward awareness on how social workers can help their communities.

William Andrews, MSW, is a therapist at HCI's Hendricks County office. He entered the social work field based upon the hierarchy of his household as a youngster.

“I'm the oldest of six children and I've always been the people-helper type,” he said. “I got an undergraduate degree in psychology because I had never heard about social work. I got a job working with teenagers, but I found that my skills weren't strong enough at the time to meet their needs.”

Andrews admits he didn't want to follow the psychology program through to the doctorate level, but still wanted to

provide direct service. “I started looking around and I found out about the Master of Social Work (MSW) program,” he added. “I got my MSW and have been in the field ever since.”

Andrews has experienced many positive outcomes during his career. Among them are:

- Helping a mother deal with her child's suicide;
- Assisting clients with addiction issues to become alcohol/drug free, find good jobs, experience healthy relationships and become active parents in their children's lives;
- Assisting clients break off abusive relationships and become independent; and
- Helping a combat vet deal with PTSD.

Like many industries in today's world, attracting new hires as social workers is becoming more and more difficult.

Owens said the additional career options for social work graduates makes it more difficult for community mental health facilities like Hamilton Center.

“There's just so many more opportunities now for social workers,” she said. “Lots of colleges, large corporations and hospital systems need social workers. Right now, there's just not even enough people going into the field. Even though we've seen an increase over the years, it's still not enough to meet the need.”

Owens added that other opportunities exist to generate more interest in the field. She noted that student loan forgiveness for social workers, especially in those rural counties where the need is great, could be helpful.

She points to HCI's internship program as a successful way for the organization to attract more candidates. “Being able to provide internship possibilities for those students that are in social work programs and other related human services fields gives them a good opportunity to gain experience and see all the wonderful things the organization can offer,” Owens said.

Hopefully they'll want to either stay with Hamilton Center or stay within the field in the communities where they went to school or areas of great need.”

Hamilton Center, Inc. is a regional behavioral health system in Central and West Central Indiana with corporate offices located in Terre Haute, IN. Services are provided to children, adults, and families, with specialized programs for expectant mothers, infants, and people who may be struggling with stress, life changes, or relationship issues, as well as more serious problems such as depression, anxiety disorders, and serious mental illnesses.

How To Get More Mileage From Your Car

(StatePoint) With car supplies still not meeting today's demand, experts believe that prices are going to remain elevated on both new and used cars for the foreseeable future.

However, industry insiders say that you can reap more mileage from a vehicle by shopping carefully and by performing regular maintenance.

“Staying up-to-date on car maintenance is not only good for your wallet, it's safer for you, your passengers, and everyone else on the road. However, those with used cars should be particularly proactive about car care,” says James “Ty” Goodin, director of service operations at Byrider, the nation's largest used car and finance network of dealerships.

According to industry projections, used cars still represent the majority of annual car sales,

and market share is only expected to grow, so if you're driving a previously owned vehicle, you're in good company. You also have some support. In time for April, which is National Car Care Month, the experts at Byrider are offering the following tips to help you keep your used car on the road longer:

- Pay attention to any unusual noises, odors or other warning signs that your vehicle needs maintenance. Brush up on what each symbol means on your dashboard and never ignore a warning light. This is your car communicating an issue that needs to be addressed.
- Take good care of the body of your vehicle. Wash your car regularly, inside and out.
- Work only with trusted mechanics. Using repair services that hire Automotive Service

Excellence (ASE)-certified technicians can help ensure you get quality repairs using quality parts.

- Always gas up according to the manufacturer's recommendation. Use premium if the vehicle manufacturer suggests it.
- Likewise, use the proper oil per the recommendation of the manufacturer. According to AAA, most modern vehicles call for oil changes every 5,000-7000 miles, however, actual oil change intervals vary by the age and model of your car, along with other factors, such as the road conditions of where you drive most frequently.
- Use top quality tires designed for the weather and road conditions in your region. Be sure they are inflated per the specifications listed in the owner's manual. Swap them out seasonally if

needed.

• Opt for safety and reliability by purchasing a used vehicle only from a retailer that puts cars through a detailed inspection process. Streamline maintenance by seeking out dealers with an attached service department. “Ideally, the dealership can be a driver's go-to support,” says Goodin.

In the case of Byrider, every car sold comes with a warranty or optional service agreement, as well as discounted parts, labor and service. To learn more or find a Buy Here Pay Here dealership near you, visit byrider.com.

Used cars typically present the best value -- especially if you are proactive about extending the life of your vehicle. To do so, be sure to car shop wisely and stay on top of maintaining your vehicle.

We Didn't Want Anyone Thinking We Were Truck Drivers



Slim Randles
Home County

Want MORE HOME COUNTY?

In The Paper of Montgomery County, Slim is out of Albuquerque, N.M. and his writing is enjoyed all over the country.

Steve, the cowboy on the board of directors of the Mule Barn truck stop's philosophy counter and world dilemma think tank, swears on his coffee it happened.

"Tourist guy got off the train the other day when I was in the city picking up a friend," Steve said. "He asked me if I was a real cowboy, and I allowed I probably was, because I wasn't smart enough to get a real job. So he asked if I minded if he asked me some questions."

Steve sipped his coffee. "I said, 'Shoot' and the guy says he wondered why we wore these big ol' hats with the wide brims. So I explained to him they give us shade in summer and keep the rain and snow off our faces, and told him we could give the horse a drink by putting water in them.

"Then he thanked me and asked why we wore chaps. So I explained how they protected our legs from cactus and thorns, you know.

"He asked about wild rags like this one," he said, touching the blue silk scarf around his neck. "I told him it filtered dust and we could

tie our hats down with it in a high wind."

"Sounds reasonable," Doc said, "but I thought everybody knew that. Television and Westerns and all that."

"Well, yeah," Steve said. "Me, too. But I think this guy was from a city somewhere and didn't watch TV or eat anything that ever had a pulse. Looked kinda puny. But he was real friendly."

"So then he asked me about saddle horns. Wanted to know if they honk. This guy was really green, you know? He wanted to know about ropes and spurs, all kinds of questions like that. I did my best to answer him, too. Finally he says, 'Tell me why you cowboys always wear tennis shoes.'

"So I told him we didn't want anyone thinking we were truck drivers."

Even the truck drivers laughed at that one. Then they threw cracker packets at Steve.

Brought to you by the book Packing the Backyard Horse, enabling you and your own Ol' Snort to have some camping fun in the back country, available on Amazon.com.

American Express And The National Trust For Historic Preservation Bring Back \$1 Million Grant Program To Support Historic Small Restaurants

American Express (NYSE: AXP) announced the next installment of its Backing Historic Small Restaurants Grant Program, which will once again award \$40,000 grants, administered by the National Trust for Historic Preservation, to 25 historic small restaurants across the country.

The past year has continued to pose challenges for restaurant owners as they navigate the impacts of the pandemic, including the ebb and flow of foot traffic as new coronavirus variants emerged. According to the National Restaurant Association's 2022 State of the Restaurant Industry, more than half of restaurant operators surveyed have indicated that it would be a year or more before business conditions return to normal. Further, 96% of restaurant operators surveyed have experienced supply delays or shortages of key food or beverage items in 2021, and these challenges will likely continue in 2022.

To address these challenges, American Express is again working with the National Trust for Historic Preservation to bring back the Backing Historic Small Restaurant Grant Program, first launched in February of 2021, to help small restaurants that have contributed to the fabric of their communities so they can better serve their customers, financially recover, and grow their businesses. The focus of

the program will be on historic small restaurants that have been disproportionately impacted by the pandemic.

"Historic restaurants have long been some of the most important establishments in our communities," said Jennifer Skyler, Chief Corporate Affairs Officer at American Express. "They are places where families and friends gather, build relationships, share meals, and celebrate. While their future looks bright, many of these restaurants are still carrying the weight of the pandemic, and we are here to support them through this next phase of recovery."

"American entrepreneurship is a defining aspect of our nation's heritage, and historic commercial landmarks are essential to community identity and economic vitality," said Katherine Malone-France, Chief Preservation Officer for the National Trust for Historic Preservation. "This initiative acknowledges that legacy restaurants are not only welcoming spaces where people share their traditions and foodways, but also gathering places where history is made in meaningful ways, small and large, over and over again."

One 2021 grantee, Neir's Tavern, located in Queens, NY, said of their grant, "Learning that we were a recipient of a Backing Historic Small Restaurants grant

during this bleak time gave us hope, and played a big role in our pandemic recovery. It allowed us to move forward with the much-needed outdoor renovations, including new signage and an awning. We also purchased new tables and chairs. Neir's Tavern and the entire community are incredibly grateful for this generous grant."

Now in its second year, this program builds on American Express' ongoing Backing Small initiative to provide economically vulnerable small businesses with financial support and other resources to address their critical needs and challenges, which include Small Business Saturday and grant programs like the Coalition to Back Black Businesses and the recent Services That Back Us program.

Independent small restaurants that have been in business for over 25 years and that operate in historic buildings or neighborhoods are eligible to apply for grants. Restaurant owners can learn more and apply for the grant program here. Additionally, restaurant enthusiasts can nominate their favorite establishments that fit the criteria for consideration. Formal applications and public nominations will be accepted beginning at 10:00 AM ET on March 21, 2022, through 11:59 PM ET on April 4, 2022.

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THE NATIONAL TRUST FOR HISTORIC PRESERVATION

The National Trust for Historic Preservation, a privately funded nonprofit organization, works to save America's historic places. SavingPlaces.org I: @SavingPlaces

1 Through the grant program, 25 small historic restaurant owners will receive a grant in the amount of \$40,000, with at least 50% used to support capital improvements; up to 25% used to cover costs associated with project management and administration of grant-funded work; and up to 25% to support general operating costs.

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Americans Lose 200 Hours Of Sleep Over Debt Stress, Survey Finds

(StatePoint) A new research study looking at how debt affects daily lives reveals that the true cost of debt is more than making the minimum payments. Having debt can also be detrimental to mental and physical health, and impact life decisions.

Commissioned by National Debt Relief and conducted by OnePoll, the survey finds that the average American loses over 200 hours of sleep annually over their outstanding financial obligations and has three "debt nightmares" a week.

In fact, seven in 10 feel like a "black cloud" hangs over them when they have to pay a bill or loan, and 71% feel debt has permanently affected them mentally. Those surveyed report an increase in anxiety (38%), stress (33%) and moodiness (32%) because of their debt problems, and 69% of respondents who have been in debt say it's made them withdraw from the things they love.

The survey also reveals a vicious cycle -- while 77% of people would feel guilty spending money on leisure items knowing they're in debt, three in five respondents also admit to feeling pressured to spend money they can't afford to hide their financial situation.

Unfortunately, debt is not just personal. The survey suggests that debt can also place a burden

on families and couples. In fact, people worry about debt so much that nearly three in five have even considered putting off marriage to avoid inheriting their partner's debt and 54% believe having a partner in debt is a major reason to consider divorce. Half of respondents are also afraid of eventually inheriting their parents' debt.

Experts say that when it comes to combating both debt, and the negative feelings it creates, it's important to be open with loved ones.

"Hiding debt can lead to feelings of loneliness and embarrassment around friends and family, or pressure to buy things you can't afford," says Natalia Brown, National Debt Relief's chief client operations officer. "Tell your loved ones your financial situation so they know your limits."

Brown also recommends adopting practices that improve your financial outlook in the short- and long-term while helping you avoid future debt. This includes having smart spending habits that align with your budget, getting health insurance to avoid exorbitant out-of-pocket spending on medical care, and setting up automatic savings. With these practices, Brown hopes more people will be prepared to pay a surprise \$400 bill, which the Federal Reserve reported 40% of

Americans would struggle to pay.

Debt management can be complicated, particularly if you owe multiple creditors or if your debt feels overwhelming. It's no surprise that nearly three-quarters of those polled wish there were tools and resources available to help them when they were at their worst in debt.

To help you pay off your debt faster or even lessen the amount you owe, Brown suggests enlisting the help of a service such as National Debt Relief, which negotiates with creditors on your behalf to significantly reduce your debt, so you can be debt-free in as little as 24-48 months. As a top-rated debt relief company, National Debt Relief has helped hundreds of thousands of clients over the past decade resolve over \$9 billion in unsecured debt on everything from personal loans and medical bills to credit cards and student debt. To learn more, visit nationaldebtrelief.com or call 1-800-781-5141.

With the ability to adversely impact mental health and harm relationships, debt is clearly more than just a financial burden. But there's good news -- a majority of Americans agree that getting out of debt feels like they're retaking control of their lives -- and there are debt resources out there to help.

Dishing Up Kidney-Friendly Recipes

(StatePoint) If you are living with -- or know someone who has -- a rare kidney disease, you know how important it is to speak with your healthcare team about proper management strategies, including diet modifications. This is especially important for those living with autosomal dominant polycystic kidney disease (ADPKD), a rare, genetic disease that causes fluid-filled cysts to develop on and progressively enlarge both kidneys.

Chef Duane Sunwold knows all too well how proper nutrition can be an important approach when it comes to managing kidney diseases. He was diagnosed with a rare disease over two decades ago, and after trying different treatments for 18 months, he began discussing dietary changes to promote kidney health with his medical team.

"Like many newly diagnosed patients, I was working closely with my healthcare team on strategies that can effectively manage my condition," said Sunwold. "As a chef I was particularly intrigued by adopting healthy eating habits that could positively affect my kidney health. While every condition and experience is different, I was thrilled that this approach helped my kidney disease."

Kidney disease patients should speak with their healthcare team to understand the risks of disease progression as well as effective management strategies, such as what specific diet modifications may be appropriate for them. However, some general guiding factors include limiting sodium, eating smaller portions of

protein, choosing foods that are heart healthy, and lowering phosphorus and potassium intake.

Delicious and Healthy Options

"Kitchen Creations for Kidney Health" is an assortment of kidney-friendly meals that are rich in flavor and meet several nutritional guidelines, including low-sodium options and plant-based dishes. If you or a loved one are living with a kidney disease like ADPKD, visit NephU.org/kitchen-creations for a number of healthy and delicious recipes to try. Recipes range from main dishes to appetizers to share, including the below crowd favorite:

White Bean Dip
6 servings
Ingredients:
1 (15 oz.) can cannellini beans, rinsed and drained
2 cloves roasted garlic
2 tablespoons lemon juice (juice of 1 lemon)
2/3 cup oat milk
2 tablespoons chopped parsley
1/4 teaspoon white pepper
1 teaspoon distilled vinegar
1 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon chives
1/2 teaspoon dried dill
Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of additional animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.
Directions:
In a food processor, combine beans, roasted garlic, lemon juice, oat milk, chopped parsley, white pepper, distilled vinegar.
Mix onion powder, garlic powder, chives, and

dried dill. Add this blend to the food processor.

Blend ingredients until smooth.

Pour mixture into a bowl and chill in the refrigerator for 30 minutes before serving.

Serve with vegetables sticks like, celery, carrots, peppers.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.

If you would like to view more kidney-friendly recipes or submit one of your own for consideration, go to NephU.org/kitchen-creations. And when you gather around the table to enjoy these dishes, take the time to address important conversations about family health history. By discussing the risk of inherited conditions like ADPKD, which has a 50 percent chance of being passed down to a child, you'll help empower your loved ones to speak with their healthcare team early on before the disease progresses. Despite ADPKD only impacting an estimated 140,000 American adults, it is the leading inherited cause of kidney disease and fourth-leading cause overall of end-stage renal disease.

To learn more about ADPKD, including tips on how to start the conversation with your family members, check out ADPKDQuestions.com.

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Photo courtesy of Butch Dale

Darlington Mascots from 1955 to 1970. Top row: Bob Hole, Jim Ryker, Bruce Runnels, Donnie Threlkeld and Terry Cain. Bottom row: Mark Cochran and Nancy Weliever, Hobe Mennen and Terri McCauley, Jack Cain and Marsha Lough, Todd and Beth Weltner, and Sue Stout.

a bonfire, parade, horn-honking, and back-patting? Almost everyone! And the small schools savored the "underdog" role, especially when they played against Crawfordsville. Some fans wore the school colors for several days to show their pride.

My wife and I attended some North Montgomery high school and middle school basketball games this winter, as two of our grandkids play. I knew very few of the other players personally. Back before consolidation, I knew every player on the Darlington team, and I knew their siblings and parents. In fact, I knew just about every student in the school! I think fans in those days took more interest in the games because of that.

Here are some of the nicknames of some of the small schools outside

Montgomery County: Clarks Hill Hillers, Colfax Hickories, Dayton Bulldogs, East Tipp Trojans, Jackson Township

Rockets, Jamestown Little Giants, Kingman Black Aces, Klondike Nuggets, Marshall Bobcats, Mellott Derbies, North Salem Blue Devils, Pinnell Purple Dragons, Richland Township Red Devils, Roachdale Hawks, Russellville Bees, Stockwell Warriors, Veedersburg Green Devils, Wainwright Mustangs, and the Wallace Peppers.

Now, let's take a look at our county schools: Alamo Warriors (red and white), Bowers Black-shirts (black and gold), Coal Creek Bearcats (red and black), New Richmond Scrapper Cardinals (blue and red), Wingate Spartans (blue and gold), Darlington Indians (red and white), Ladoga Cannons (green and gold), Linden Bulldogs (black and gold), New Market Purple Flyers (purple and white), New Ross Blue Jays (blue and white), Waveland Hornets (red and white), and the Waynetown Gladiators (red and white).

I never understood

why New Market teams were called the Purple Flyers, but there were other schools around the state that also had strange names...such as the Plainville Midgets, Poseyville Posies, Summitville Goblins, Advance Osceoleons, Burlington Polar Cubs, Deer Creek Crickets, Raleigh Sir-Walters, Smithville Skibos, and the West Baden Sprudels. And when our little community of Mace here in Montgomery County had a high school many years ago, their teams were called the Galloping Guys.

I enjoy watching the three schools here play against each other, and I support North Montgomery, but I will always be a Darlington Indian to the day I die...Go red and white!

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

↳ JOHN From Page A1

everything couldn't possibly be more wrong.

All that you ever envisioned, at least as far as your young eyes can see into the future, is gone in a blink, in a jot, in a second.

Time is gone.

With time, you held in your hands the power to melt mountains, to turn steel to dust, to grind hard stone to meal. However, time slipped through your fingers -- right before us. We watched intently. We are witness. We saw it happening to you, right before our eyes. Yet we still not know how.

You molded time tightly in your hands, and in utter control of it, shaped it to your needs. But now it is no more, and you must endure watching it puff and waft gently into the ether of your youth.

Oh, it wasn't your fault -- although you want to blame yourself. Blame someone.

You don't owe us an apology. You don't owe us a thing. The debt is ours.

That's just the brutal irony of sport. Of life. All players want to play on. However, we find fairness in the integrity of the game. We honor the rule. The end comes when a whistle, a number, a clock, a buzzer --

a doctor's report -- some contrivance, obstructs the path to dreams, and says, "beyond here, you may not go".

And we don't go. We sense your pain, athlete, although we can't really feel it. Not the way you do, anyway.

We do understand your frustration. We saw what your opponent did to you. We saw their shadow cast upon you. We watched things happen to you that wouldn't happen again in a month of Sundays, or in a Blue Moon, rarely, and almost never. Your adversary strode unrelentingly, as if escorted by an entourage of divine hands, brushing you aside. Are they better? Or blessed?

That, too, hardly matters. Time is up.

Your opponent is respected, but we cannot love them. That's for others to do. We allow our-selves only to marvel. We only admit to our shock, not awe.

We saw what they did to you. To us. Often, we saw it coming even before you did, and therein lies the woe. That's the original sin of being your fan. We are not allowed to act on your behalf. We are only allowed watch. And talk. And talk we surely will.

Hopefully, we will talk with fondness, although that's not guaranteed. We will rely on the human brain, programmed to recall good times more quickly than the bad. There were plenty of good times. And there will be more. For you and for us.

We will move on. We will likely move on even faster than you.

That's because we feel no shame in letting you hold onto the baggage of what might have been, to let it reign over the realm of "what if's" in our lifetimes.

As fans, we will satisfy our own longings again through others. We will claim our share of another family's son or daughter for another term. We will exhaust them, just as we did you. Did generations before.

We will latch on again.

We will let them do all the work, like we let you. All the study. We will let them put in the extra shots, the laps, the sprints, the drills, like we did you.

We are parasites. And as such, we are grateful you took us along for the ride.

John O. Marlowe is an award-winning columnist for Sagamore News Media.

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