

➔ TODAY'S VERSE

Job 27:6 My righteousness I hold fast, and will not let it go: my heart shall not reproach me so long as I live.

➔ FACES OF MONTGOMERY

People who call our community their own.



Elder Bliss and Elder Piper (left to right) smile grandly while carrying out their missionary work for The Church of Jesus Christian. Thank you for your smiles!

➔ THREE THINGS You Should Know:

1 Indiana fishing and hunting licenses are available for purchase. Valid from April 1, 2022, to March 31, 2023.

2 New York City gets a bum rap for being a cold-hearted, what's-in-it-for-me kind of a place. But sometimes you hear about how some of its eight-and-a-half million inhabitants can expose a tendency for kindness and honesty, says the Association of Mature American Citizens [AMAC]. Take the case of Eduardo Martinez. He was rushing to get to work and dropped his wallet in Times Square. When he realized his loss he retraced his steps and frantically began searching for the wallet; after all, it contained no less than \$4,000 in cash. Two police officers saw how agitated he was and approached him and gave him back his wallet. It seems that an unidentified fellow commuter found the wallet on his way to work, saw the cops and turned it over to them.

3 Jay Ohrberg won the Guinness record for the world's longest car in 1986. The auto was originally 60 feet in length but, according to the Association of Mature American Citizens [AMAC], Ohrberg, whose business was customizing automobiles, decided to extend it to 100 feet long. The super-limousine hadn't been seen in quite a while until another car buff, Michael Manning of Nassau County, NY, found it recently, apparently abandoned and in disrepair. "I first found the car at an autobody show in New Jersey and it was garbage. It was covered in graffiti, the windows were broken, the tires were flat, but I fell in love with it anyway." Manning decided to rebuild it and the folks at Guinness, once again, declared it to be the world's longest car. If you're wondering how you find a parking space for an auto that long, don't worry; Manning has put it on display at the Dezerland Park Car Museum in Orlando, FL.

The Paper

OF MONTGOMERY COUNTY

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BTN By The Numbers, a look at what's in the news . . . by the numbers. These are just numbers, not suggestions that they mean more or less than what they are. We do not suggest that one number is connected to another. These are simply facts with no extraneous details, bias or slanted reporting. To borrow (and perhaps mangle a bit) a quote from legendary fictional detective Joe Friday, it's just the numbers, ma'am!

The most pressure-filled four laps in racing have become even more challenging for those looking to qualify well and win the pole position for the 106th Indianapolis 500 presented by Gainbridge. Starting in reverse order of speeds based on Day One, each of the top 12 drivers will have a guaranteed attempt to post a traditional four-lap qualifying time starting at 4 p.m. The fastest six will advance to the Firestone Fast Six at 5:10 p.m. to determine positions one through six and compete for the NTT P1 Award for pole. The slowest six will fill out starting positions seven through 12 according to their recorded time. In the Firestone Fast Six, each entrant is again guaranteed one attempt and will qualify in reverse order based on their Top 12 qualification results. The fastest wins pole position, which includes a \$100,000 prize, with the remaining five drivers filling out the remainder of the first two rows.

500

\$10,000

The Indiana Department of Veterans Affairs (IDVA) will award grant money to non-profit organizations throughout the state that assist veterans with a variety of services. Through the GVS program, the IDVA plans to award grants ranging from \$10,000 to \$100,000 depending on the volume of eligible applicants' needs and the availability of funding.

9th The ninth annual Purdue Day of Giving, held Wednesday, April 27, invited donors to power the university's next giant leap, and they responded with a resounding \$68.2 million in contributions, outstripping last year's \$52.5 million and setting a record for most dollars raised for higher education through a single-day campaign. The 24-hour online, social media-driven event inspired a record 26,726 gifts and brought Purdue Day of Giving's cumulative total, since 2014, to \$309.7 million.

North Central Health Services (NCHS) has announced a \$2 million Community Benefit Partnership grant to Ivy Tech Community College Lafayette for the expansion of the nursing program. The grant was made public at an announcement made on April 25 on the Ivy Tech Lafayette campus. The grant will help Ivy Tech accept and graduate more nursing students from the program, impacting the growing need for nurses at area hospitals and healthcare facilities. One of Ivy Tech's challenges is the limitations placed on the number of students that can be accepted into the nursing program by accreditation requirements and space on campus.

\$2m

1 Hoosier Heartland State Bank was just named among the top extraordinary banks in the United States by The Institute for Extraordinary Banking. HHSB was recognized with the Institute's BanksGiving Bank Award for Extraordinary Philanthropy, taking home top honors in their size category and overall. The BanksGiving Bank Award recognizes their commitment to the strategic direction of their communities and to making profound impacts within the communities they serve.

1,702,292 According to the Indiana State Department of Health on Friday, that's how many Hoosiers have been diagnosed with the virus.

10,700 Number of COVID-19 cases found so far in Montgomery County, according to the State Health Department.

81,173,065 According to the CDC, that's how many Americans have been diagnosed with the virus.

22,646 How many Hoosiers have died because of this pandemic.

161 How many people in Montgomery County who have lost their lives to the pandemic.

991,030 How many Americans have lost their lives to the pandemic

➔ HONEST HOOSIER

Another school year is rapidly approaching the end. Another batch of seniors entering the world. Good luck to all of you and may you have at least half the answers you think you do.



➔ TODAY'S HEALTH TIP

New babies should sleep on their backs or sides. 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.



➔ INSIDE TODAY'S EDITION

- Obituaries.....A2
- Carrie Classon.....A2
- Brian Howey.....A2
- Casey Williams.....A3
- John Roberts.....A4
- Clue.....A5

➔ THE MONTGOMERY MINUTE

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➔ TODAY'S QUOTE

"On our own we cannot end wars or wipe out injustice, but the cumulative impact of thousands of small acts of kindness can be bigger than we imagine."

- Queen Elizabeth II

➔ TODAY'S JOKE

If the CDC required Indy 500 drivers to wear masks, would that make it Mask Car Racing.

➔ OBITUARIES

Sohn Lee Bowling
Marion Luther Kiger

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The Paper
OF MONTGOMERY COUNTY

The Daily Almanac

Sunrise/Sunset
RISE: 6:46 a.m.
SET: 8:43 p.m.



High/Low Temperatures
High: 70 °F
Low: 47 °F



Today is...

- Brothers and Sisters Day
- National Truffle Day
- World Tuna Day



What Happened On This Day

- 1989 The Iron Curtain begins to crumble as Hungary dismantles its border fence
- 1997 Tony Blair becomes British Prime Minister, ending 18 years of Conservative Party reign
- 2011 Osama bin Laden killed by U.S. commando



Births On This Day

- 1729 Catherine the Great Russian wife of Peter III
- 1975 David Beckham English footballer, coach

Deaths On This Day

- 1519 Leonardo da Vinci Italian painter, sculptor
- 1972 J. Edgar Hoover American, 1st Director of the FBI

13 WTHR 7 DAY FORECAST

47/70 MOSTLY SUNNY	56/73 BREEZY AND PARTLY CLOUDY	51/66 MOSTLY CLOUDY	53/70 RAIN RETURNS	53/65 COOL WITH SHOWERS	49/68 PARTLY CLOUDY, MOSTLY BREEZY	57/75 WARMER
MON	TUE	WED	THU	FRI	SAT	SUN

OBITUARIES

Sohn Lee Bowling

July 30, 1961 - April 29, 2022

Sohn Lee Bowling, age 60, of Kingman passed away unexpectedly on his way home from work on Friday morning, April 29, 2022.

He was born in Clinton, Indiana on July 30, 1961 to the late Jesse Lee & Iola Ann (Harwood) Bowling.

Mr. Bowling graduated from Fountain Central High School in 1980 and married his high school sweet heart, Cyndi Hinote, on April 12, 1980. He worked at Raybestos in Crawfordsville for the last 34 years in the paper mill. He loved the outdoors and loved doing anything outdoors; gardening, yard work, hunting, fishing, trapping, ginsenging, mushrooming, had a love for animals, taking buggy rides with his favorite son, Malachi, and Jeep rides with his wife. Mr. Bowling didn't know a stranger, was always the life of the party, and he had that personality where everyone loved him instantly. He was so proud of the life he built with his wife, loved his family and grandkids dearly, and was the rock of his family. He will be missed by many.

Survivors include his wife of 42 years, Cyndi Bowling of Kingman; two children which he was so proud of, Sohna (Justin) Williams of Veedersburg and Chadlee (Yasa) Bowling of Sylvania, and his beloved fur son, Malachi; seven grandchildren Mitchell (Samantha) Jennings, Kierstin (Ethan) Oppy, Jaysa Bretney, Uriah (Hannah) Kyger, Hunter Dillon, Kaitie Dillon and Alexis Williams; five great-grandchildren Haven, Olive, Aliza, Beau and Jedediah; and two brothers John (Amy) Bowling of Marshall and Sam Bowling of Veedersburg.

Visitation is scheduled to be held at Sanders Funeral Care, 203 S 1st Street, in Kingman on Thursday, May 5, 2022 from 4 p.m. - 8 p.m. The funeral is scheduled to be held at the funeral home on Friday, May 6, 2022 at 11 a.m. with Pastor Jason Davis officiating. The service will be recorded which can be viewed on his obituary page at www.sandersfuneralcare.com. Burial will follow at Kingman Fraternal Cemetery.

Memorial donations may be given to K-Love Radio Network at <https://donor.klove.com/>.

Share memories and condolences online at www.sandersfuneralcare.com.

Marion Luther Kiger

April 30, 2022

Marion Luther Kiger, 89, of Darlington, IN passed away at Wellbrooke of Crawfordsville 4:36 PM Saturday April 30, 2022.

He was born in Rainsville, Warren County, IN the son of the late John and Oral (Tribbet) Kiger, and was a graduate of Linden High School.

Mr. Kiger was a veteran of the U.S. Navy, serving during the Korean War from 1952 until 1956. He married Rosemary Newlin at Crawfordsville, IN February 5, 1981. He farmed for many years near Darlington until retiring in 2008. Mr. Kiger also worked as a veterinary assistant for Dr. Lidakey, and sold seed to farmers. He attended Stonewater Church in Linden and was on the Greater Lafayette Honor Flight October 14, 2015.

Survivors include his wife; daughter Belinda May Kiger of Linden; son John Alan Kiger of Crawfordsville; and two brothers, Dean Kiger and Gerald Kiger (Janice) both of Linden; three grandchildren Amy Shirar Malelo, Cary Brock and Kyle Kiger; and by his five great-grandchildren Kiera, Angela, Kaydence, Charlie and Xander.

He was preceded in death by his daughter Debra Lynn Griffin; and two sisters Mereadus Craig and Wilma Runyon.

Friends may call at the Hahn-Groeber Funeral Home, Linden, IN, scheduled from 10 a.m. until the funeral service, which is scheduled to be held at 11 a.m. Thursday May 5, Pastor Mary Hollis officiating. Interment will follow in Linden Cemetery.

Memorial contributions may be directed to Stonewater Church in Linden.

Hahn-Groeber Funeral Home of Linden is honored to serve the Kiger family.

Please leave memories and condolences online at www.hahngroeberfuneralhome.com.

Obituary deadline
The Times publishes obituaries daily at www.thetimes24-7.com, and in its print product every day with the exception of Sundays and Tuesdays. All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG.
Daily obituary deadline is 4 p.m. for the following day's print publication.
To read more obituaries, visit www.thetimes24-7.com.

ThePaper24-7.com

Biblical Scenarios Surrounding the Despot Putin



BRIAN HOWEY
Howey Political Report

Are you losing sleep at night as Russian despot Vladimir Putin continues to rattle his nuclear saber? It's a question I've been posing to Hoosier Members of Congress these past few weeks.

"You need to know I am receiving fairly frequent classified briefings these days," U.S. Sen. Todd Young told me on April 13. "You need to know that and know there are certain classified things I cannot discuss."

When a senator begins his answer with that scary preface, we should take serious note. "What we also need to know is that we could invite the use of nuclear, biological or chemical weapons by showing weakness, just as we could by showing too much strength," Young continued. "The President is trying to get that balance right and he needs to because we have Vladimir Putin with nuclear capabilities; it's not clear we have the sort of protocols in place that we did during the Soviet era as you indicated."

What I had "indicated" was that in 1962 Soviet Premier Nikita Khrushchev and in 1973 when his predecessor Leonid Brezhnev held power at the Kremlin, they had a governing structure in place. They had to answer to the Politburo, which two years after Khrushchev attempted to put Soviet nukes 90 miles off the Key West beachline, sacked him. Vladimir Putin has no such structure. He's a solitary strongman losing a war.

"It's also not clear how stable he is; the extent to which he is prepared to escalate when push comes to shove," Young said of Putin. "There are so many known unknowns that what we have right now it's a very tense and dangerous time."

This past week, Putin was at it again. "They must know that our response to counterstrikes will be lightning fast. Fast," he said just days after Russia tested its new intercontinental Sarmat (or Satan) nuclear missiles. "We have all the weapons we need for this. No one can brag about these weapons and we won't brag about them. But we will use them."

U.S. Rep. Victoria Spartz, returning from her native Ukraine after seeing the atrocities at Bucha, described a dire gathering threat. "We cannot be naive and not acknowledge that a major world conflict has already started," she said. "China and Russia are using a hybrid and multimodal strategy around the world to destabilize and control." The Noblesville Republican called for continued pressure on the despot Putin "to get to the table" and negotiate.

Earlier this month following the embarrassing sinking of its Black Sea flag ship Moskva, Russian state TV presenter Olga

Skabeyeva implored Ros-siya 1 viewers to "recognize" that the country was now "fighting against NATO infrastructure, if not NATO itself. One can safely call what it has escalated into World War III."

In 2007 at the American ambassador's Spaso House residence in Moscow, I watched then Ambassador William Burns join U.S. Sen. Richard Lugar and Sam Nunn of the Nuclear Threat Initiative meet for the 200th anniversary of U.S. and Russian diplomatic relations. This past week, we watched Nunn question now CIA Director Burns on Putin's current state of mind.

"Given the potential desperation of President Putin and the Russian leadership, given the setbacks that they've faced so far, militarily, none of us can take lightly the threat posed by a potential resort to tactical nuclear weapons or low-yield nuclear weapons," Burns responded. "I have watched over the years as Putin has stewed in a combustible combination of grievance and ambition and insecurity."

According to Foreign Policy Magazine, in a 2014 speech, Putin referred explicitly to Russia's strategic weapons when he declared that other states "should understand it's best not to mess with us." That was the year that an amended Russian military doctrine stated this: "The Russian Federation reserves the right to use nuclear weapons in response to the use of nuclear and other types of weapons of mass destruction against it and/or its allies, as well as in the event of aggression against the Russian Federation with the use of conventional weapons when the very existence of the state is threatened."

When Defense Sec. Lloyd Austin III returned from Kyiv after meeting with President Zelensky on Sunday, he explained, "We want to see Russia weakened to the degree that it can't do the kinds of things that it has done in invading Ukraine."

At a Russian military base in Geodeziya, I watched Nunn, Lugar and Burns push a button in 2007 that incinerated a Soviet SS-25 missile motor that had once been aimed at the U.S. The Nunn-Lugar Cooperative Threat Reduction Program had secured Soviet nukes after the USSR had collapsed.

"Twenty percent of our electricity is fueled by nuclear power," Nunn said of U.S. energy needs. "Fifty percent of that fuel comes from the highly enriched uranium that has been blended down into energy producing fuel that was once on the end of a warhead that was aimed at America. So, by definition, 10 percent of the electricity in America comes from warheads that have been deactivated." Nunn would add, "The Old Testament talks of converting swords to ploughshares and that's what we're doing."

Today, we are facing a vastly different biblical scenario of truly frightening dimensions.

- The columnist is publisher of Howey Politics Indiana at www.howeypolitics.com.



CARRIE CLASSON
The Postscript

"Dress for the job you want!" was advice I heard from an early age.

I took this advice to heart. I was working a lowly job in a government office while applying for jobs in businesses around town. I had never worked in business, but I had a freshly minted business degree, so I bought some suits and, every day, I showed up for my job (answering the same boring questions on the telephone) dressed for the job I wanted rather than the one I had.

The day I got the call for an interview, I clearly remember I was wearing a lavender jacket with gray slacks and a striped blouse. It was not one of my dressier outfits, but it was still considerably dressier than what anyone else in the office was wearing—other than my boss.

"I know this is short notice..." the voice at the other end of my phone said, "but could you come in for an interview at 5:00?"

Since I got out of work a little past four, a change in wardrobe was out of the question. On my lunch break, I bought a little dragonfly pin and pinned it to the lapel of my lavender jacket. I arrived early to my interview with my dragonfly pin.

I got the job. I decided that dressing for the job you want was advice with some merit after all.

That was many years ago. My approach to dressing has remained more or less the same. Almost all the clothes I buy are used and, once I settle on an ensemble, I wear the same thing day in and day out.

When I went back to school for a degree in writing, the degree was

paid for by teaching classes. Since I had never taught before, I figured I had better at least dress like a teacher. I chose a variety of full skirts and matching scarves.

I didn't notice their similarity until one of my students said, "We call you 'the green lady' because you wear green every day."

But green is a good color for new beginnings, and that was what I was doing. It turned out that I didn't need to worry about dressing like a teacher anyway. I was so much older than my peers in the program that everyone assumed I knew more than they did. I did not.

During the pandemic, I nailed my "writing costume," an ensemble that consisted of black stretch pants and the same shirt in a variety of colors. One day I'm in teal, the next in purple, but the shirt is exactly the same. I'm still wearing my writing costume. Today my shirt is black.

But I'm starting to wonder if a change might not be in order.

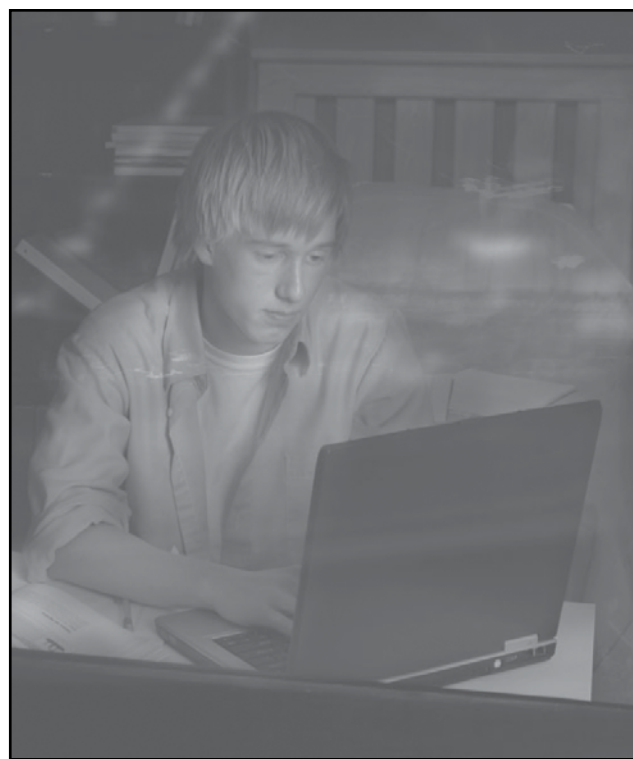
My husband, Peter, and I recently returned from Mexico, and spending an extended time in a different place has made me feel different. I returned to a closet full of clothes that I hardly recognize and have no desire to wear. The clothes in my closet look stodgy. The clothes in my closet seem to think I'm an older person than I am—no matter what my driver's license might say.

I thought of my old mantra about dressing for the job I want. What would I wear if I were dressed for the life I wanted right now?

I honestly don't know. But I'm wearing 13 bracelets all in various shades of blue, a leftover from my time in Mexico. They are impractical and a little silly and they are making me very happy. Maybe that's a start.

Till next time,
Carrie

- Carrie Classon is a freelance writer and author and lives in New Mexico. Her columns appear each week.



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Photos courtesy of Subaru

2023 Solterra is the Electric Subaru for Subaru People

Subaru knows its people, who are among the most loyal to any automotive brand. They love their Outbacks, Foresters, Ascents, and WRXs. They are also among the most environmentally conscious, dog-friendly, off-roading auto owners around. They take their kids to school and hike on the weekends. What they haven't had until now is an electric vehicle of their own. That changes with the 2023 Solterra that I just sampled in California.

A little background. The Solterra was co-developed with Toyota, which offers the similar bZ4X and Lexus RZ 450e. Manufacturing is by Toyota in Japan, rolling out of the plant better known for the Lexus LC and Toyota Supra. It's the product of a thoroughly functional blended family.

Styling is more Toyota than Subaru with roof and pillars reminiscent of the RAV4, but Subaru

clearly influenced final details. The front fascia outline echoes Subaru's trademark grille, black wheelwell cladding and C-shaped lighting elements are pure Subaru, and the roof rack supports 700 lbs. of tent and campers. Aero is enhanced with flow-through air blades in front, underbody tray, and split hatch spoiler.

There's a lot of Toyota inside, too. The intuitive widescreen infotainment system could have come from a Tundra, but the flatscreen gauge cluster is placed high and deep for a heads-up effect. Seats come in cloth or StarTex vegan leather. Storage abounds with the flybridge console, door cubbies, and roomy luggage compartment.

Our test car was loaded like a Lexus with standard heated seats, Harman Kardon audio, panoramic sunroof, wireless Apple CarPlay/Android Auto,

and power hatch. A full suite of crash avoidance systems include automatic emergency braking front/rear, lane keep assist, and safe exit assist to keep passengers from stepping into traffic.

Getting to the numbers, the Solterra can travel 222 miles per charge and replenish to 80% in an hour. The electric powertrain delivers 215 horsepower and 249 lb.-ft. of torque - enough to whoosh 0-60 mph in 6.5 seconds. It's not Tesla fast, quick enough for a compact crossover. One-pedal driving engages regeneration early and often to maximize range and to ease city driving. It's also handy when flipping through curvy backroads, inducing the right amount of deceleration when you would normally downshift.

Our Solterra drive route left from our hotel a block from the beach in Santa Barbara - a perfect venue

2023 Subaru Solterra

Five-passenger, AWD Crossover
Powertrain: Li-ion batteries/motors
Output: 215 hp/249 lb.-ft
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: regen disc/disc
Must-have features: Performance, Utility
Driving range: 222 miles
0-60 mph: 6.5s
Economy: 104 mpg-e
Base price: \$44,995 (minus \$7,500 fed credit)

for testing urban and freeway driving. It's near-silent, with only faint motor whine, whether slipping through traffic or surfing on-ramps. All that torque carried us through coastal mountains as if propelled by a swift sea breeze. The suspension is tuned for comfort over athletics, but it's completely competent.

One expects an EV to excel in Southern California beach traffic, but might not imagine it scurrying up the side of mountains. A flight to Catalina, where we

drove miles on unpaved roads and straight-up rough trails, proves it can. Class-leading 8.3" of ground clearance is no match for the Forester Wilderness that served as our escort, but Dual Function X-Mode with Grip Control used all of the electric torque to deftly power up the trails and creep down the other side. Apply power whenever and wherever you want with zero drama. It's simply enchanting.

Subaru clearly understands its customers and



CASEY WILLIAMS
Auto Reviews

conjured an EV that will surely join many loyal owners' garages...and attract new acolytes as well. A base price of \$44,995 plus destination makes it one of the most expensive Subarus, but a \$7,500 tax credit brings down the price considerably. The hardest part of owning a Solterra may be getting one as they're sure to be in short supply.

Storm Forward!

- Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ AutoCasey.

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Musculoskeletal Injuries and How to Take Care of Them



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Summer sports will be beginning soon and gardening and other outdoor chores are well underway. If they haven't already, weekend warriors will soon be doing all sorts of things to keep doctors who treat musculoskeletal injuries busy. I want to give everyone some pointers in how to take care of the inevitable sprains and strains of spring and summer.

It's interesting to me how many people come to my office after suffering an injury and don't have any idea how to admin-

ister some basic first aid. It's extremely important to treat injuries immediately to reduce the chances of additional damage and disability.

When a musculoskeletal injury occurs, a biochemical chain reaction is triggered to begin the process of healing the injury. Injured cells release various messengers that start the process; this also results in pain and swelling. The intent of this inflammation is to get the person to rest the injured area so it can heal. We naturally want to try and avoid pain and swelling associated with an injury.

The goal of orthopedic and sports medicine is to promote healing of an injury, but to also attempt to speed up the recovery process. We used to think the best way to do achieve this was to prevent or slow the body's normal inflammatory processes. However, our traditional treatment methodology may need to be tweaked. You may recall the

memory aid "RICE" that we have traditionally used to remind us how to treat acute injuries. This term was originally coined by Dr. Gabe Mirkin in his 1978 best-selling book, "The Sports Medicine Book." The RICE mnemonic has fallen into question more recently (bit.ly/3ktrr1E) with many starting to promote a more active recovery approach.

The "R" in RICE stands for Rest. If you have a strain or sprain, you should not continue to try and use the injured body part. Many people get up and dust themselves off and continue their activity, only to worsen the injury or suffer additional injuries or more severe problems later that evening or the next day. Everyone knows how stiff and sore an injured body part can be the day after it occurs. I like to have people rest for a day or two following an injury and then try to get them up and moving in a controlled fashion. Staying inactive for too

long leads to stiffness, reduced motion, and delayed recovery.

The "I" in RICE stands for Ice. We have traditionally recommended immediate icing after an injury. Recently, after a review of current medical literature, Dr. Mirkin has recanted his stance on icing. He is also not alone in advising caution when trying to shut down post-injury inflammation with oral medications.

It appears applying ice does reduce inflammation, but after about five minutes it also causes constriction of blood vessels that reduces release of Insulin-like growth factor 1 (IGF-1). This hormone is important for tissue growth and repair. Dr. Mirkin is now recommending application of ice for no longer than five minutes, and only for the purpose of decreasing pain. It will likely take a while for brief icing to be accepted in the sports medicine community. The "C" in RICE

stands for Compression. We have traditionally recommended applying something like an ACE bandage, neoprene sleeve, or splint over the area to compress it and keep tissue fluid from accumulating. Swelling may result in decreased blood flow to the area and delayed healing. The evidence supporting this treatment is mixed.

The "E" in RICE stands for Elevation. This goes along with compression. Elevating the injured area also helps prevent tissue fluid from accumulating. Typically when we recommend elevation, we are talking about elevating the injured area a few inches above the level of the heart.

So, how long do you have to employ RICE following an injury? I usually advise the shortest period possible post-injury, getting patients to start moving the injured area to start to work on regaining motion. Also recall that shorter icing

times may become the norm. Depending on the injury, you may also need formal instruction in rehabilitation by a physical therapist or athletic trainer. Musculoskeletal injuries often result in weakened muscles that need to be strengthened and re-trained to return to proper function and to protect the involved area from additional injury.

Taking NSAID medications like ibuprofen (Motrin, Advil) or naproxen (Aleve) is controversial in the treatment of musculoskeletal injuries. Like ice, these medications may slow recovery by blunting the immune response and decreasing the release of hormones like IGF-1. It's best to stick with acetaminophen (Tylenol) initially and talk to your health care provider before using these anti-inflammatory medications.

- Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine.

Photo courtesy of Karen Zach

100 cards for 100 years!

Karen Zach and some other nice people are hoping the community will step up and send 100 birthday cards to Archie Krout, second from left on the back row, in time for his birthday on May 13. If you'd like to help Archie celebrate his 100th, the address is 100 Bickford Lane, Crawfordsville, Indiana 47933. Archie Dale Krout was born to Clarence Alva and Faye Louise (Keller) Krout, joining one brother, one half brother and three step siblings. His family lived in the Alamo-Wallace area and goes way back to early county history, to Michael Krout and Sarah Linebaugh Krout who had 14 children. Archie has always loved history, his country and his family. He married Mary Louise Kendall - parents of daughter, Linda. Mary died in 1989 and he then married good friend, Alberta Rhoads. They were able to enjoy each other for almost 14 years before she passed away. They had so much fun together, playing in a band and he would help her in her endeavors (great at DAR and he'd bring goodies to some of the gals. Karen Zach, who supplied this photo to The Paper, said Archie gave her a homemade peach cobbler, just an example of the things he did as he was a great cook. Here's an early Happy Birthday wish for Archie, and a hope that he gets 100 or more cards!



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The Paper Gives Back



The Paper of Montgomery County is joining the Crawfordsville Kiwanis Club in their fundraising efforts to purchase a special trike for a three-year old Crawfordsville boy named Kyson Shidler.

Kyson was born with spina bifida, a birth defect where the spine and spinal cord don't form properly.

In order to help maximize their fundraising, the Kiwanis have offered to match any community donations.



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CURRENT CLUE

WHERE WOULD THESE NAMES BE FOUND IN CRAWFORDSVILLE AND WHY WOULD THEY BE LISTED TOGETHER?
 ZEPHANIAH BALL; JAMES R. CARNAHAN; ISAAC C. ELSON; SAMUEL B. FERGUSON; SMITH S. FRY; THOMAS W. FRY; JOHN P. HAWKINS; JESSE L. HOLMAN; LYCURCUS RAILBACK; ROBERT SPILMAN; SAMUEL C. VANCE; WILLIAM C. WILSON; JOSEPH M. WISHARD; AND A LOT MORE.



RULES



1. RANDOM CLUES WILL APPEAR ON THIS PAGE SEVERAL TIMES DURING THE MONTH OF MAY. TO ENTER, SIMPLY ANSWER THE QUESTION AND TURN IN THAT ANSWER PER THE RULES BELOW. ANSWERS ARE WRITTEN, NOT OBJECTS.
2. THIS SCAVENGER HUNT REQUIRES PARTICIPANTS TO PICK UP NOTHING. RATHER, SIMPLY IDENTIFY AND WRITE OR TYPE THE EXACT INFORMATION THE CLUE REFERS TO.
3. E-MAIL THOSE ANSWERS TO TTWANNONS@THEPAPER24-7.COM. OR YOU CAN DROP THEM OFF AT THE PAPER'S OFFICE BETWEEN 9 A.M. AND 4 P.M. MONDAY THROUGH FRIDAY, 127 E. MAIN IN DOWNTOWN CRAWFORDSVILLE. NO PHONE CALLS OR ORAL ANSWERS WILL BE ACCEPTED. ALL ENTRIES MUST BE RECEIVED BY NOON, JUNE 3, 2022.
4. ABSOLUTELY NO OBJECTS OR ITEMS WILL BE ACCEPTED AS ANSWERS.
5. MULTIPLE GUESSES ARE ACCEPTED, BUT EACH ONE MUST BE IN A SEPARATE E-MAIL OR ON A SEPARATE PIECE OF PAPER IF DROPPED OFF AT OUR OFFICES.
6. PLEASE INCLUDE NAME AND CONTACT INFORMATION WITH EACH ANSWER.
7. WINNERS WILL BE DETERMINED BY THE BEST PERCENTAGE OF CORRECT ANSWERS. IN CASE OF TIES, A RANDOM DRAWING OF THOSE PARTICIPANTS WILL BE USED TO BREAK THE TIES.
8. NO PURCHASE REQUIRED TO PLAY.
9. WINNERS WILL BE NOTIFIED BASED ON THE CONTACT INFORMATION THEY PROVIDE. PRIZES MUST BE PICKED UP AT OUR OFFICE AND WILL NOT BE MAILED OR DELIVERED.
10. PARTICIPANTS AGREE TO ALLOW THEIR NAME TO BE USED FOR PROMOTIONAL PURPOSES WITH THIS CONTEST. WINNERS WILL BE ASKED TO COME TO OUR OFFICE TO PICK UP THEIR PRIZE AND HAVE THEIR PICTURE



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