

➔ TODAY'S VERSE

Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." (NIV)

➔ FACES OF MONTGOMERY

People who call our community their own.



Nova Curran smiles happily while playing with her mom. Nova is the daughter of Levi and Kelsey Curran. Kelsey is the paginator for The Paper. Are you a proud parent or grandparent? Got a great photo of your loved one? E-mail it to news@thepaper24-7.com along with the pertinent info (and your contact information so we can reach you if we have questions). C'mon, let's show off as many bright and smiling faces as we can and make clear exactly why Montgomery County is such a great place to raise a family!

➔ THREE THINGS You Should Know:

1 The Paper of Montgomery County once again has free tickets to give away for the Christmas Gift + Hobby Show. This year's extravaganza is scheduled for Nov. 9-13 at the Indiana State Fairgrounds. All you have to do to win two tickets (valued at \$28) is send us a selfie of you and our front page (Print or Online Edition). Be sure to tell us who you are, where you are from and a little bit about yourself so we can include it if your photo is selected to publish on our front page. If we use your smiling photo on our front page - you win! It's really that simple! You can text or e-mail it to news@thepaper24-7.com.

2 These eight "JOES" are an inspiration for America's senior citizens, says the Association of Mature American Citizens [AMAC]. They call themselves, JOES, because they belong to a group known as the Jumpers Over Eighty Society. And they recently showed the stuff they're made of when they jumped in formation at the International Skydiving Hall of Fame Celebration in DeLand, FL. Oh yeah, the stunt earned them a place in the Guinness Book of World Records previously held by a six man skydiving team of octogenarians.

3 Hoosier Heartland State Bank is proud to offer FREE financial education classes to the community! This 3-course series will begin Monday after Thanksgiving. Classes will be held on Mondays at 7 p.m. at HHSB's Success Center, located in Crawfordsville at 1623 S U.S. Highway 231. NOV. 28: Financial Plan Basics: Intro to Budgets. DEC. 5: Budgeting: Managing Debt, Borrowing Basics, and Credit Cards. DEC. 12: Planning for Retirement: How Much is Enough? Space is limited! Go online to register or contact Lacey Rogers at lrogers@myhhsb.com or 765-364-0784.

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!

\$200,000

Duke Energy is dedicating an additional \$200,000 in financial assistance to its Indiana customers who may be struggling to pay their energy bills. Qualifying Duke Energy customers can receive up to a \$300 credit annually. Year-to-date, Duke Energy has aided nearly 1,700 Indiana households with more than \$378,000 in energy bill assistance through its Share the Light Fund.



\$80,000

Purdue University and Eli Lilly and Company (NYSE: LLY) are establishing an innovative new pharmaceutical manufacturing scholarship program and have renewed their strategic research collaboration in a series of moves that will expand their impact in Indiana and improve lives on a global scale. Lilly has committed \$92.5 million to the West Lafayette campus through these two programs.

Lilly

6,700

Indiana Farm Bureau Health Plans today announced it will not raise rates for Traditional Health Plans, which provide health coverage options for individuals and families, for the 2023 calendar year. This is the second year in a row that the suite of more affordable health care offerings has not raised its rates for Traditional Health Plans. INFB Health Plans has over 3,000 enrolled plans at the end of the third quarter, which equates to nearly 6,700 Hoosiers covered.

18,000

The nation's economy has been tumultuous in recent years, but, thankfully, Indiana is trending in a positive direction. Our state is currently exceeding many of our pre-pandemic economic benchmarks, showing the resilience of Hoosiers and importance of smart investment. In a study by Pew Charitable Trusts, Indiana is shown to be a leader in job growth, especially when compared to our midwestern neighbors. Since February 2020, the last month before the pandemic, Indiana created 18,000 new jobs. For comparison, Illinois is down 76,401 jobs, Michigan is down 96,000 and Ohio has lost 124,200 jobs.



38,000

Indiana residents in both rural and urban areas have until the end of the calendar year to take the Indiana Speed Test and get their dot on the map that informs future broadband funding across the state. The Indiana Speed Test is a crowd-sourced internet speed test that focuses on enabling cost-effective planning and deployment of broadband. The Indiana Speed Test has been taken almost 38,000 times over the past 18 months in 30,000 unique locations in the state.

Come Be A pART Of It With Athens Arts

Learn to use a loose watercolor technique taught by a member artist from Athens Arts. Come and join Carol Baird who will teach you the fun technique by making holiday cards. It is easy to use this technique to make cards year-round! No prior experience needed to enjoy this creative class.

Pick from 12 example cards to paint. All paints, brushes, and

watercolor papers are supplied. Take home the card you make and impress family and friends. The class is easy and fun for all.

Class will be on Thursday, Nov. 17. Choose either an afternoon session (1 - 3 p.m.) or an evening session (6 - 8 p.m.). Class is open to anyone 12 years and older. Cost is \$35. Classes meet at Athens Arts, 216 E. Main Street, Crawfordsville, IN.

To reserve a spot for the class, stop by Athens Arts Thursdays and Fridays 10 a.m. - 6 p.m. or on Saturday from 10 a.m. - 2 p.m. or call 765.362.7455 during business hours to pay via credit card.

If you have questions or need more information you may text or call Carol Bard at 765-366-5842.

➔ HONEST HOOSIER

Happy Halloween, Montgomery County!



➔ INSIDE TODAY'S EDITION

Gwynn Wills.....A2
Carrie Classon.....A2
Casey Williams.....A3
John Roberts.....A4

➔ TODAY'S HEALTH TIP

Make sure your shoes have good arch support and fit correctly to help prevent foot, ankle, knee, hip and back problems.

Today's health tip was brought to you by Dr. John Roberts. Catch his column each week in The Paper and online at www.thepaper24-7.com.



➔ THE MONTGOMERY MINUTE

Join The Team!

Looking for a part-time job that doesn't involve the words: Would You Like Fries With That? The Paper of Montgomery County offers jobs that include pagination and page design, basic clerical and some photography and writing. We're looking for bright and eager people to join our winning team! This could be the perfect job for part-time students all the way up to Baby Boomers looking for something to do. Let us know you are interested by sending an e-mail with your resume and a note telling us what you love about newspapers to jobs@thepaper24-7.com.

➔ TODAY'S QUOTE

"Shadows of a thousand years rise again unseen, voices whisper in the trees, "Tonight is Halloween!"
Dexter Kozen

➔ TODAY'S JOKE

What do skeletons say before beginning dining?
Bone appetit!



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The Paper appreciates all our customers. Today, we'd like to personally thank Andrew Blacketer for subscribing!



13 WTHR 7 DAY FORECAST

| | | | | | | |
|---------------------------|----------------------------|------------------------------|------------------------------|--------------------------|-----------------------------|--------------------------------------|
| 57/63 SHOWERS AND COOL | 51/67 DECREASING CLOUDS | 45/70 MAINLY SUNNY & MILD | 45/73 MAINLY SUNNY & MILD | 53/75 HAZY SUN & WARM | 58/76 NEAR RECORD WARMTH | 60/73 CHANCE OF RAIN FALL BACK |
| MON | TUE | WED | THU | FRI | SAT | SUN |

The State Of Illinois

A few weeks before Halloween and many years ago, when I was still married to my former husband, he and I and a couple we knew all decided we would celebrate Halloween dressed as the Midwest.

At the time, it seemed like a clever idea. I was from Minnesota, my former husband was from Wisconsin, our friend, Becky, was from Iowa, and her husband, John, was from Illinois. We were all in our early twenties, all living in Oregon, and, as we imagined ourselves dressed as our home states, it seemed like the best idea ever.

We were no longer all living in the same city. And we didn't see Becky and John again until Halloween. Honestly, I forgot all about the idea. I had time on my hands and so I designed and sewed elaborate costumes. I went as Medusa, with posable snakes bobbing up and down on my head. My former husband was Poseidon; he had a staff wrapped in fishing net and filled with seashells, and a crown on his head that lit up in the dark. Before LEDs, this was an accomplishment.

I was rather proud of our costumes, and we went to meet John and Becky. Becky was costumed as a striking geisha, and John arrived... dressed as the State of Illinois.

"I thought we were going as the Midwest!" John complained.

I had so completely forgotten about the idea that I was startled to see John outfitted in an enormous sheet of bright yellow corrugated cardboard shaped like the Land of Lincoln, his face popping out somewhere near Peoria.

I couldn't feel too guilty if his own wife had not alerted him to a change in plans. It struck me that this did not bode well for the marriage (and, in fact, they were divorced a short while later). But John was stuck as the sole representative of the Midwest, and he was mightily embarrassed as we headed out to enjoy Halloween.

You can probably guess what happened next. John was the hit of the evening. There were an



CARRIE CLASON
The Postscript

astounding number of Illinois transplants in this small Oregon town, and every single one felt a special bond with John, who was, by nature, a shy and bookish guy. Slightly inebriated women came flying at him from across the street.

"Illinois! It's Illinois!" they screamed, as if he was a visiting rock star.

They scrutinized the carefully detailed Illinois road system searching for their hometowns. I felt as if I was witnessing the reunion of long-lost siblings.

"Quincy! I found Quincy!" a woman shrieked. It looked as if she might cry. I was not sure she was going to let John go.

The snakes bouncing on my head and my former husband's illuminated crown could not hold a candle to Quincy, Illinois.

This all happened many years ago, and yet I remember John, and I feel like him on many occasions. I tend to stick to the plan. I keep working away on my little projects, and I feel foolish when I realize that, not only has everyone I know moved on to something new, they probably think I'm a little daft not to have done the same. I frequently feel a little naïve, a little embarrassed, still puttering away.

But I've learned that staying the course has benefits, even if they are not the ones I imagined.

After whatever group I was a part of has evaporated, interest disappeared, momentum vanished, I think of John, proudly representing the State of Illinois—for no obvious reason and all on his own.

Till next time,
Carrie

Photos from the column and a link to YouTube videos can be found at CarrieClason.com.

There Will Be Dragons . . . Conclusion

After the incident the first night Rick and Reba moved in, it was several days before I saw them again. Perhaps it was embarrassment or just coincidence our paths didn't cross. Of course I was really busy with work and school and my son, Wade.

"Who moved in next door, Mom?" He didn't waste anytime noticing the old rusted out van sitting behind the apartment next door.

"A really nice lady and her son," I answered.

"Oh boy! Do you think he will play with me?" Always looking for interaction, my sweet boy made friends with just about anyone.

"Actually, the son, Rick, is a lot older than you. He may be twice your age."

"Let's see twice means 2 and I'm 8 so if I multiply 2 times 8 that makes . . ." I looked over to see him concentrating on the mental math. "Sixteen! Wow! He's old!"

"Well, he may be older than you, but definitely be nice to him. He needs to see some friendly faces."

One morning before I left for classes at the university, I heard a knock. I had the curtain pulled across the heavy sliding glass door so I couldn't see who it was immediately. It was Rick and he looked scared.

"Can you come quick? Something's wrong with Mom," he stood shivering from the cool November morning or perhaps fright. I followed him next door and he pointed towards the stairs.

"Reba? Reba?" I called, taking the steps two at a time. I reached



GWYNN WILLS
A Better Word

her bedroom door and she was laying on her back, arms and legs splayed in all directions. Her mouth was open but her eyes were closed. I

"Reba, wake up." No response. "Rick, we need to call 911. Do you have a phone?"

"No ma'm."

"OK, you stay right here and I'll go call," I said as I ran out the door.

I waited until the ambulance arrived and Reba was loaded for transport. Rick hopped into the rust bucket van and drove behind the emergency vehicle, following it to the hospital. I was torn. I needed to go to class and then to work. But this man-child needed help so I ditched my plans and went to the hospital.

Rick and I sat in the waiting room. I attempted small talk but his replies were terse and avoidant. It became very clear to me he did not want to reveal any of the past life he and his mom had lived. Eventually a doctor greets us.

"Are you Reba's relatives?" he asked. Rick nodded and I explained I was a concerned neighbor. He turned to Rick.

"Your mom is severely dehydrated, son. She also

has signs of dementia. How long has she been claiming dragons are trying to kill her?"

Reba stayed overnight in the hospital and I invited Rick to stay with Wade and me. He seemed relieved not to be alone and not the one in charge. We managed to get Reba home the next day and settled. Things fell back into a regular routine, at least for me. For Rick and Reba, I wasn't so sure.

The apartment was quiet. Reba remembered telling Rick goodbye but didn't know where he was going. She was so confused. One moment she was in her bedroom, the next she was in a castle surrounded by ladies in waiting.

"Where is the King?" she mumbled to herself. She located her clothes and pulled them on. "My hat, ladies. Where's my hat?" She frantically searched the room throwing clothes and bed linens askew.

"King George is coming. I must be ready for him," she imagined herself surrounded by a crowd. Finally she spied her pointed hat with the veil. She placed it on her head and walked down the stairs and out into the back yard of the apartment complex. Behind the row of buildings was a heavily wooded area. Reba made her way out into the woods barefoot and dressed in the heavy tunic and hat. If anyone glanced out of their window, they would have wondered what was going on. It was the middle of a workday and Reba slipped away unnoticed.

When I arrived home with Wade in tow, I saw Rick standing on the back patio with a panicked look on his face.

"I can't find mom! She's gone!" He ran off toward the woods with me and Wade trailing after. Then I heard a roar. Then a scream, then silence.

"Wade, you stay here and wait for me, OK?" I sprinted up the hill, not knowing what I would find deeper into the thick of the woods. I heard there had been some bear sightings and even a rumor of a wildcat or two. It was hard for me to believe, but I guessed anything was possible.

When I reached them, Reba was standing over the still body of Rick.

"My King, you saved me but the dragon will go for another day," she announced in a very strange British accent. I couldn't believe what I was seeing or hearing. I knelt down next to Rick and felt for a pulse. There was none.

"Hail King George!" The bravest of the brave," a delusional Reba announced. I looked for signs of an attack. No blood. No bear or wildcat tracks, but I looked closer and next Rick's body. I saw them; footprints, several footprints of a creature with four toes; three pointing forward and one backward. It was then I knew; there will be dragons.

Gwynn Wills is a former speech therapist, certified Amherst Writers and Artists workshop Affiliate and Leader and founder of The Calliope Writers Group. After growing up in Crawfordville, her and her husband returned several years ago.

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Photos courtesy of Genesis

The 2023 Genesis GV60 Is An EV Fan Favorite

One of my favorite test cars this year was the Kia EV6. While driving it, I realized the world had changed. It's everything we expected in a future-think EV, but there's always room for more style, more technology, and a total upscale makeover. For that, we get the 2023 Genesis GV60 from Hyundai/Kia's luxury brand.

It sports twin strips of LED lights on each side of its fascia echoing other Genesis models, but the GV60 adds a hint of Porsche in its curvy hood, arching roofline, and wrap-around taillamps. Accentuated fenders cosset 21" wheels for that concept car look. I especially like how the lower body appears to fold over the rocker panel and the rear glass tabs around to the side glass – all very nicely rendered.

When the car was de-

livered, the driver asked if I needed help setting up the facial recognition and fingerprint systems. I said, "The what?" Yep, there's a camera in the door pillar and sensor on the starter that allows owners to enter and start the vehicle without keys. He should also have mentioned how the car can back into a garage while its owner stands outside with the key fob. That's an indicator of more technology that takes luxury beyond Nappa leather seats with lime green stitching, aluminum trim, and microfiber headliner.

A big touchscreen accesses devices connected via Apple CarPlay or Android Auto and are wirelessly charged. Bang & Olufsen audio, heated/ventilated front seats, heated rear seats, and a heated steering wheel soothe travelers. Safety systems abound. Auto-

matic emergency braking, blind spot warning with steering assist, and rear passenger alerts are a start. There's also Safe Exit Assist that prevents passengers from stepping into traffic. Drivers will appreciate adaptive cruise and a head-up display too.

Beneath the skin, the GV60 shares much of its advanced architecture with the EV6 and Hyundai IONIQ5. That means the battery pack send power to all four wheels for 235 miles all-electric range and can rapid recharge 10-80% in just 18 minutes. It will take about 7 hours on a 240v home charger or 68 hours from a wall socket. I'd install a charger or scope out the local DC fast chargers.

Beyond quick recharge, the GV60 is a delight to drive with 429 horsepower and 516 lb.-

2023 Genesis GV60 Perf.

Five-passenger, AWD Crossover
Powertrain: Li-Polymer batteries/motor
Output: 429hp/516 lb.-ft.
Suspension f/r: Elect. Ind/Ind
Wheels f/r: 21"/21" alloy
Brakes f/r: regen disc/disc
Must-have features: Style, Tech
Driving range: 235 miles
0-60 mph: 4.0s
Recharge (10-80%): 18m
Economy city/hwy: 97/82 mpg-e
Assembly: Ulsan, Korea
Base/as-tested price: \$58,890/69,560

ft. of torque underfoot. Step down for instantaneous response: 0-60 mph in a scant 4 seconds. You may not need that to get the kids to school or your friends to dinner, but it sure is fun to set grandma back in her seat. Heavy batteries sit low in the chassis and work with the electronic suspension for both a

heavy driving feel on the highway and quick reflexes when requested.

Genesis is quickly developing its own brand of luxury for today's upscale buyers. The vehicles are artfully styled, lavishly equipped, and perform like they were born in Europe. They can also be a lot of fun and remind you



CASEY WILLIAMS
Auto Reviews

the future is going to be an extraordinary place where this may be my new favorite car.

A base price of \$58,890, or \$69,560 as-tested, puts the GV60 against the Volvo XC40 Recharge, Mercedes-Benz EQB, Jaguar I-PACE, and Lexus RZ 450e.

Storm Forward!

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

County Commissioners Hear You

As many of you know, Montgomery County is being considered as a possible location for solar energy sites. During this exploratory time, your Montgomery County Commissioners believe it is important to gather as much information as possible on all sides of the solar energy question. Before any decisions are made, the Montgomery County Plan Commission and the Montgomery County Commissioners have as their primary goal finding the right and best answer for residents, or in other words, what makes the most sense for Montgomery County in terms of the future, safety and overall direction? Below are some of the questions that have been asked and the answers we have learned so far. Thank you all for your input!

Your County Commissioners encourage you to continue the conversation. *We are listening!*

Q: What are County Officials doing to address concerns about Commercial Solar Energy Systems?

A: Many members of the public have contacted County Officials regarding this important issue. Some citizens want to lease their land to solar developers in order to capture the economic benefits available to landowners. Some citizens oppose these developments. In August 2022, the Board of Commissioners adopted text amendments to the Zoning Ordinance which provided for enhanced setbacks and other changes designed to protect adjacent, non-participating landowners. Currently, the Plan Commission will continue to review the issues and may propose to the Board of Commissioners additional text amendments to the Zoning Ordinance.

Q: Is the County providing economic development incentives to the solar developers?

A: No. In June 2022, Cold Spring Solar, LLC requested tax abatement for its project, but the County Council denied this request. No other requests for such incentives have been received by County Officials.

Q: Can the County prohibit commercial solar energy systems?

A: No, but it can consider changes to its Zoning Ordinance to restrict where the projects may be located, under what conditions such projects are allowed, and what process must be used for such approvals. These are the types of matters the Plan Commission is considering at this time.

Q: Who decides this issue?

A: The Board of Commissioners. The Plan Commission is advisory, and this means that it makes recommendations to the Board of Commissioners regarding possible changes to the text of the Zoning Ordinance.

Q: What is the timetable for consideration of changes to the text of the Zoning Ordinance?

A: If the Plan Commission makes a recommendation to the Board of Commissioners for text amendments, the Board of Commissioners will consider those proposed changes approximately 30 days after the Plan Commission certifies its recommendation to the Board of Commissioners.

Q: Does the public have the right to be heard on such text amendments?

A: Yes. The public has the right to speak at both the Plan Commission meeting when the text amendments are considered and the Board of Commissioners' meeting when the text amendments are considered.

Q: Are there restrictions on how far the County can go in regulating Commercial Solar projects?

A: Yes. There are several state law limitations and state and federal constitutional restrictions which apply to County planning and zoning. In its regulation of commercial solar projects, the Board of Commissioners must comply with these laws and restrictions.

Q: The Comprehensive Plan indicates that the preservation of prime farmland is one of the primary purposes of planning and zoning in Montgomery County. Does the Comprehensive Plan require the Board of Commissioners to take action to preserve prime farmland and protect it from solar projects?

A: No, the Comprehensive Plan is a statement of objectives for future development, a statement of policy for land use development, and a statement of policy for the development of public ways, public places, public lands, public structures, and public utilities. The Plan is a vision for land use and development in the County. Although the Comprehensive Plan is a very important guide to land use policy, it is simply one of five factors the Board of Commissioners must consider when making amendments to the text of the Zoning Ordinance. These five factors are (1) the comprehensive plan, (2) the current conditions and the character of current structures and uses in each district, (3) the most desirable use for which the land is adapted, (4) the conservation of property values throughout the jurisdiction, and (5) responsible development and growth. The law requires the Board of Commissioners to consider the totality of all five factors. No one factor controls the decision.



MONTGOMERY COUNTY
BICENTENNIAL * 1822-2022

MoCoNoWriMo

Montgomery County Novel Writing Month

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Entry Information:

Early-bird entry fee is \$30
After Oct. 31, entry fee is \$50

All work submitted must be original and all rights must be owned by the person submitting. Copyrighted material is not allowed.

Minimum word count: 15,000

E-mail your entry to Tim at The Paper,
ttimmons@thepaper24-7.com.

Entries should be in a word format file, or simply pasted in the body of the e-mail.

Judged by these local award-winning writers and authors:



Gwynn Wills



John Marlowe



Tim Timmons

Amherst-certified instructor, Gwynn Wills, will conduct a writing seminar for early entrants on Oct. 31 at Fusion 54 at no charge

Need some inspiration for your MoCoNoWriMo project?
Join Gwynn Wills for a morning or evening session of prompt generated writing.
Read what other participants in Gwynn's writing groups have to say:
"The AWA Method pushed me to shut off my internal censor so that creative ideas could flow more easily."
"To my surprise, Gwynn's facilitation of the Amherst Writers & Artists Workshop uncovered powerful opportunities for personal reflection - sometimes fun, sometimes nostalgic, and once, life-shifting."
"The Amherst Writers and Artists Workshop method is a true breath of fresh air; whenever I'm feeling stuck or guarded in my writing."

The seminars are free for MoCoNoWriMo participants, but it is recommended you sign up in advance. The morning session will be from 10-11:30 and the evening session from 6:30-8:00 on Monday, Oct. 31 at Fusion 54. Please contact Gwynn at gwill6735@me.com to sign up or if you desire further information.



Exercise Is Not Just For The Young

“All parts of the body if used in moderation and exercised in labors to which each is accustomed, become thereby healthy and well developed, and age slowly; but if unused and left idle, they become liable to disease, defective in growth, and age quickly.”



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Hippocrates
Few things benefit the body more than maintaining physical fitness (anyone remember Jack LaLanne)? While doctors routinely recommend exercise for younger patients, we're realizing how critical it is for our older patients as well. Regular exercise, even in one's senior years, can still reduce your risk of a number of health conditions, particularly heart attacks, strokes, and falls. It also may be one of the few things that helps slow the onset of dementia.

Most communities are blessed to have many options available to seniors for exercise, especially programs that are supervised. I prefer supervised activities because a trained professional typically leads the individual or a group. This person can make recommendations to get the most out of a program in the safest way possible.

Why is regular exercise so important for seniors? You may have noticed that as our bodies age a number of physiologic changes occur. We lose muscle mass and tone that leads to weakness and difficulty with balance. Flexibility becomes an issue (the most common cause of night time leg cramps). Our bones become weaker from reduced weight-bearing activity. Balance problems along with poor flexibility and weak muscles often lead to falls and fractures. Our hearts and lungs can also get out of condition resulting in reduced stamina and difficulty

breathing with activity. This can lead to a reduced level of confidence and independence.

Regular exercise can go a long way to delay or even reverse some of these effects of aging. Exercise is a critical component in the treatment and prevention of conditions such as arthritis, diabetes, high blood pressure, obesity, elevated cholesterol, heart disease, stroke, dementia, depression, and anxiety.

Exercising in the water is one of the best and safest ways for seniors to work on their fitness. Aquatic programs are excellent for people with painful arthritic joints, particularly the knees, hips and back. Water buoys up the body, reducing stress on the joints. The natural resistance of the water helps build and tone muscles and also improves balance. I had one patient a few years ago who faithfully attended his aquatics classes and was able to graduate from his wheelchair to using a walker.

Exercising on dry land is certainly acceptable. Again, I usually recommend supervised programs such as Silver Sneakers®. This is a program that is available to all seniors. Many Medicare Advantage plans even pay for memberships at a partnered exercise facility because they know that regular exercise greatly reduces hospitalizations and medical expenses.

More information on the program can be found at www.silversneakers.com. Simple things like gardening, yard work, or walking are certainly better than sitting all day. Walking should always be done in a safe area that is flat and well lighted.

Another benefit of regular exercise that most seniors don't consider is socialization. Seniors often become socially isolated either through the death of a spouse and/or loss of friends. This has certainly been exacerbated with COVID-19. Organized exercise programs provide a way for seniors to get out and interact with people. Most of my patients who have joined one of these programs can't wait to get back for the next session. Regular exercise is also very good for improving mental health and keeping the mind sharp.

Many seniors simply don't want to be bothered with a formal exercise program. Any exercise is better than no exercise, but seniors need to be careful not to do too much too fast. Certain medical conditions may preclude doing certain types of activities.

If you are considering starting an exercise program, it's always a good idea to discuss it with your physician. This is true especially if you suffer from obesity, diabetes, hypertension, heart disease, lung disease, have had a stroke or smoke. Your doctor may even provide you with an "exercise prescription" that outlines what he or she wants you to do or avoid. "A great set of basic exercises for seniors can be found at bit.ly/3zmEhtJ. "Just Do It" - it's not just for the young!

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

The Lincoln School For Colored Children

EDITOR'S NOTE:
In 1881 Crawfordsville School Trustees ordered a school be built at the southwest corner of Spring and North Walnut Streets to serve black students in grades 1-8. Once graduated, the students attended the integrated Crawfordsville High School. This site accommodated the vast majority of black families living in Crawfordsville's north end. Trustees purchased the lot in September 1881 for \$2,000. On Dec. 3, 1881, Hinckley and Norris won the contract to build the building for \$6,400. The architects designed a plain two-story red brick structure with playgrounds for all the black children who resided in that area. Lincoln School officially opened in September 1882 with 42 students. When the black population moved to the east end to work in the factories, Lincoln Building 1 was renovated into Horace Mann, and Lincoln Build 2 was opened on East Wabash Avenue. That building became Lincoln Rec Center and was demolished in 1981. This project began as a project historical research project to honor all those individuals who went to school in separate and unequal facilities as the law dictated.



John Evans

after studying at Wilberforce University, the University of Michigan, and the University of Chicago, he became a teacher in Indianapolis, served as a juvenile probation officer, and established the first colored YMCA on Senate Avenue in 1902. He served as its first executive secretary. The YMCA began working with Black communities in 1853. It opened a Colored Work Department in 1890 over the protest of many of its members. At that time, there were 36 black associations, primarily in academic institutions. By 1945, the last year African-American associations were reported as a separate category, there were 84 associations. Segregation of YMCA as a national policy ended in 1946.

John moved to Crawfordsville in 1905 to serve Lincoln School for Colored Children as principal, teaching all grades. He attended classes at Wabash on Saturday and after his workday ended at the school. It took him three years to complete his studies.

John holds the honor of being Wabash College's first African-American graduate in 1908. Between June 1940 and December 1941, John wrote to R E Banta, director of public relations for Wabash College. "As I look back at the days when I was a poor orphan, barefoot, usually hungry, and attending school, it all seems now like something like a dream that I can scarcely realize that such a career could have ever come to me, a Negro of ordinary ability."

His story was told and retold in the Wabash Bulletin, The Bachelor, and Wabash Notes. Speaking of his Wabash experience, he remembered Dr. Millis, who supervised his work in the Crawfordsville School System. Proud to be the first Negro who received a degree from Wabash, he

said, "what little success I have had in life was due to the fine Christian influence of dear old Wabash."

After graduating from Wabash, he moved to St. Louis, where he served in principalship positions at several elementary schools. Initially, he was appointed principal of the Garnett School, where he served for ten years. He then served as principal of the Wheatley School for a year and a half before being appointed principal of Lincoln School (St. Louis), where he served for many years, building it to become the largest elementary school in the city. He added to his already distinguished career principalships of the Continuation School, the Great Manual School, and the evening and summer schools for Blacks in St. Louis. John Blacks over the School Men's Club, an organization of school principals. He was a lifetime member of the Association for the Study of Negro Life in History (later renamed the Association for the Study of African-American Life in History). In 1920, the creation of Negro History Week came from this Association, which later evolved into African-American History Month.

John also attended Missouri State University and completed a master's degree in 1929 at the State University of Iowa. While there, he helped organize the Pine Street Branch YMCA, directed and sang in his church choir, and supported youth social centers for youth from his own funds.

John married Leona Mae Moxley on 30 September 1916 in Marsalis, Michigan. Leona was born in 1888 to parents Isaac and Fanny Leona Jeffries Moxley and worked as an investigator for Provident Association. Records indicate John and Leona had no children.

John died on 16 June 1953 at age 76 and was buried in Marsalis, Michigan. His wife, Leona, survived him and died in 1962 in Marsalis, Michigan. Despite his extraordinary record of service to the city of St. Louis, his death did not merit an obituary in the St. Louis Post-Dispatch, the city's leading newspaper.

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