

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

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TODAY'S VERSE

Matthew 11:28 - 30 Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

FACES OF MONTGOMERY

People who call our community their own.



Gary Behling smiles brightly during a Kiwanis meeting and a beautiful act of charity. Thank you for your smile Gary!

THREE THINGS You Should Know:

1 Joel Strasser of Kuna, ID took Christmas decorations to a new level, earning himself a page in the Guinness Book of World Records, according to the Association of Mature American Citizens [AMAC]. He did it by decorating his beard with 710 Christmas baubles, knickknacks and ornaments. It is the fourth time in four successive years that he's been honored by the Guinness judges. In 2019 he set the record with 302 baubles, in 2020 he did it again with 542 ornaments and last year he managed to adorn his whiskers using 686 festive knickknacks. His secret: "My technique has evolved and gotten a lot more specialized over the years that I've been breaking the record. I stuck them in a lot more haphazardly at first and that's why those first beard bauble record numbers were so low ... I found that if I take my time and really focus on the individual strands of beard hair and small groups of hair, I can manage to fit so many more in there."

2 Patoka Lake will host its 35th annual eagle watch event on Jan. 7 from 10 a.m. to 3 p.m. The event will include both indoor and outdoor activities. Indoors, see Patoka's resident bald eagle and other raptors as interpretive naturalists Dana Reckelhoff and Wade LeHue share the birds' story. There will be children's activities from 12:40 to 2:30 p.m. Outdoors, join wildlife specialist Brian Finch on a driving tour of sites bald eagles frequent. Finch will talk about the history of the bald eagle reintroduction program in the 1980s, and lunch will be provided. The cost for this event is \$25 per person. Advance registration is required by calling the Patoka Lake Nature Center at 812-685-2447. All reservations are final. No cancellations will be accepted. This event is limited to the first 65 registered participants.

3 Miki Sudo and her husband, Nicholas Wehry, are known as The Hungry Couple in their hometown of Tampa, FL. The Association of Mature American Citizens [AMAC] explains that they earned their moniker not because they eat a lot, but because they eat so fast -- fast enough to get in the Guinness Book of World Records. Between them they recently downed 18 hot dogs for Guinness records -- she scoffed down six frankfurters in one minute and he gulped 12 wieners in three minutes. Oh yeah, Miki also holds the record for eating a whole burrito in 31.47 seconds.

Happy New Years!

Happy holidays to all of our readers out there! The new year is fast approaching and in that spirit, The Paper is offering these great tips and tricks to help you start off the year right and have a great rest of it too. We hope you enjoy and have a Happy New Years!

Plan to Succeed in Your New Year's Resolutions with These Helpful Tips

(StatePoint) The new year is often a time to set new goals. However, statistics show that very few people are successful in keeping their resolutions. Why? Likely, because they don't have a realistic, long-term plan. And, as Ben Franklin said, "If you fail to plan, you are planning to fail."

This year, create "SMART" goals—as in Specific, Measurable, Achievable, Relevant and Timely. Here are a few ideas on how to set yourself up for success with some of the most common New Year's resolutions.

1. Focus on Fitness

According to a survey of adults who made a New Year's resolution, the most popular goal (48%) was to exercise more. The best way to stick to it is to do something you enjoy. So whether it's running, biking or yoga, find a way to make

it fun. That might mean purchasing new workout clothes or equipment or finding a friend to join in to socialize with and to keep you going. Just remember to start slow, track your progress and you'll soon be getting fit in your favorite way.

2. Connect with Family and Friends

With busy schedules, staying connected with friends and family can be difficult. Resolving to keep in touch can be easy though, thanks to new digital tools. Luckily, a subscription service like AmericanGreetings.com allows you to send a variety of digital greetings for any holiday or occasion. To ensure you keep in touch, the personalized greeting cards can be pre-scheduled for delivery by email up to one year in advance or can be sent via text or social

Help Your Body and Feet Stay Fit in '23

(StatePoint) While you may want to tone your abs, glutes and triceps in the new year, there's one often-overlooked area of the body that deserves your attention too: your feet!

"A lot of people hit the gym or dust off their home exercise equipment in January," says Danielle Butto, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS).

"But without proper precautions, a new exercise routine can cause foot and ankle injuries that could sideline you just as you're hitting your stride."

According to ACFAS, here's what to know as you follow through on your resolution to get fit:

Common Injuries

- Don't play through the pain

New Trends in Health Care to Come in 2023

(Family Features) With many people preparing for health and wellness resolutions in the new year, understanding the state of access to care and other patients' booking choices may give a sense of optimism for 2023.

To examine the outlook for 2023, Zocdoc, a free platform where people can find and book in-person or virtual health care appointments across more than 200 specialties and 12,000 insurance plans, analyzed appointment booking trends and conducted a provider survey. The results are reflected in the report, "Healthcare Hope for the Holidays: 2022," which provided three key insights.

Happier Providers, Happier Patients

Experts Discuss Unexpected Hotel Travel Trends for 2023

(Family Features) Following the COVID-19 lockdown, outdoor and drivable destinations were in high demand for domestic travelers. As the country has reopened, Americans embraced the idea of getting back to normal and began traveling much as they did prior to the pandemic.

However, travel trends for 2023 suggest there is no normal when it comes to travel planning. Instead, individual interests are driving decisions about where to go and what to do.

"We see a detailed and robust picture of travel into 2023," Expedia Brands President Jon Gieselman said.

"We're seeing a surge in trips to culture capitals, a new wave of interest in wellness retreats and a spike in demand for outdoor destinations beyond just beaches and mountains. It's not a new normal so much as people

branching out to unexpected trends in what we're calling the 'no normal.'"

A close look at these trends suggests there is no "one-size-fits-all" approach to travel in 2023. Insights sourced from the company's first-party data, and from custom research of thousands of travelers and industry professionals across 17 countries, show value, alternative wellness options and hotels that cater to evolving traveler needs are heavily influencing travel choices.

Consider these conclusions from the experts at Hotels.com:

3-Star Superstars

Travelers are seeking smarter ways to see the world without compromising on comfort or cool factor. In the U.S., nearly one-third (32%) of travelers are

The Daily Almanac

Sunrise/Sunset:
RISE: 8:09 a.m.
SET: 5:30 p.m.

+ -

High/Low Temperatures:
High: 52 °F
Low: 40 °F

Today is...:

- International Jewish Book Day
- National Pepper Pot Day
- Tick Tock Day

What Happened On This Day:

- 1937 The Irish Free State is replaced by a new state, Ireland, with adoption of a new constitution
- 2006 The UK settles its Anglo-American loan, post-WWII loan debt
- 1913 Cecil B. DeMille starts filming Hollywood's first feature film, *The Squaw Man*

Births On This Day:

- 1809 William Gladstone English politician and Prime Minister of the UK
- 1972 Jude Law English actor, director and producer

Deaths On This Day:

- 1929 Wilhelm Maybach German businessman and founder of Maybach
- 1986 Harold Macmillan English politician and Prime Minister of the UK

HONEST HOOSIER

You thinking about resolutions yet? Had to admit it, but I am.

INSIDE TODAY'S EDITION

Service Directory.....A4
Classifieds.....A4

THE MONTGOMERY MINUTE

Join The Team!

Sagamore News Media is looking for talented sales people. Whether you sell by phone or in person, we want to talk with you. Hourly rates begin at \$15 per hour and only go up from there. If you have good sales skills, this might be the job you have been looking for. Apply today by e-mailing resume to jobs@thepaper24-7.com.

TODAY'S HEALTH TIP

If you have bad breath, try flossing your teeth regularly. 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.

TODAY'S QUOTE

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."

- Benjamin Franklin

TODAY'S JOKE

What do you call a Christmas joke after Christmas?
NoLOL!

OBITUARIES

Toni Lee Britton
James David 'Dave' 'Meathead' Mitton

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



7 DAY FORECAST

40/52 CLOUDY, BREEZY, MILD	50/52 RAINY AND MILD	46/48 RAIN EARLY	40/50 CLOUDY AND MILD	44/56 WARM WITH LATE DAY RAIN	53/61 SCATTERED	53/55 TURNING COLDER LATE
THU	FRI	SAT	SUN	MON	TUE	WED

OBITUARIES

Toni Lee Britton

November 2, 1951-December 23, 2022

Toni Lee Britton, 71 of Crawfordsville, passed away early Friday, Dec. 23, 2022 in her home.

She was born on Nov. 2, 1951 in Crawfordsville to the late Roland 'Bud' and Carol Barkalow Britton.

Ms. Britton was a 1970 graduate of Crawfordsville High School. She was proud to be a mother, mamaw and homemaker. She most recently was employed at Big R (Stock & Field).

Most will remember her from Beautiful Buds Bait Shop in Crawfordsville. The shop was established by Ms. Britton's father and she spent many years helping out there.

She was a member of the Church of the Latter-Day Saints in Crawfordsville. She had an unshakable optimism, a positive outlook on life and never met a stranger. To know her was to love her. She loved animals and was known to take into her home any 'way-word animal she would find. At times, her home was akin to a small zoo. She was a member of the NRA and Ducks Unlimited.

She was the most proud of her grandchildren who she loved and adored; she loved all things relating Disney and enjoyed taking her grandchildren to Disney World in Orlando. She was a fierce defender of President Donald J. Trump, loved all things 'Trump' and passed away, certain he would be elected a second time.

Survivors include her daughter Stephanie (Carrie) Cowan of Crawfordsville; son Shawn (Kezia) Blackwell of Crawfordsville; 7 grandchildren Tori Martin, Jetta Martin, Lizzie Martin, Mila Blackwell, Alec Blackwell, Owen Blackwell and Aida Blackwell; 'Bonus Family' of Randi Baker, Mindy Wilcox, Lynn Dyer; 7 bonus grandchildren Jaydelyn Phillips, Emrick Phillips, Jade Gann, Emaree Wilcox, Jacob Bowman, Katie Bowman and Derek Bowman; brother Richard Britton of Crawfordsville; special dog Wicket.

She was preceded in death by her parents.

An informal gathering/celebration of life is scheduled to be held from 4-6 p.m. on Friday, Dec. 30, 2022 at Family and Friends Funeral Home of Wingate.

The family requests memorial contributions be made in Toni's honor to the Montgomery County Animal Welfare League.

To sign the guest book or share a condolence, visit familyandfriendsfh.com

Toni requests no one wear black or formal clothing - come casual. To honor her, feel free to wear anything Disney, camo, sparkle, or 'Trump' related!

James David 'Dave' 'Meathead' Mitton

December 1, 1953-December 24, 2022

James David 'Dave' 'Meathead' Mitton, 69, of Williamsport, passed away at 11:30 p.m. on Saturday, Dec. 24, 2022 in Compassus Inpatient Care, Indianapolis from complications of a stroke.

He was born in Danville, Illinois on Dec. 1, 1953, son of the late James and Dorothy Ingalsbe Mitton.

Mr. Mitton married Billie Abernathy Foster in her home on Jan. 6, 2007.

He was a 1972 graduate of Fountain Central High School. He was always involved in agriculture and known as a 'jack of all trades'. Mr. Mitton was employed many years on the Mehaffey farm where he was involved in all aspects of production agriculture. He was proficient in operating anything mechanical. He had also driven a semi for Hubner Seeds and a snowplow for the State Highway Department.

He was a dedicated member of the Masonic Lodge, joining in 1978, first in West Lebanon, Williamsport and then most recently the Pine Village Lodge. He was a 'Past Master' several times. Mr. Mitton was also active in the Attica Fraternal Order of Eagles. He had served in all officer chairs and board of trustees. He was often found preparing food on the grills or in the kitchen for Friday night dinners at the Eagles.

Mr. Mitton enjoyed hunting, fishing, hunting mushrooms, gardening and farming. His outgoing personality and 'endless line of knowledge' endeared him to everyone he met. He enjoyed mixing it up with people and enjoying an occasional beverage. Most of all, he was a friend to all and was always willing to lend a hand.

Survivors include his wife Billie; son Zack Mitton of Williamsport; daughter Paige (Scott) Brost of Williamsport; step-daughters Jennifer (Michael) Hicks and Paula (Lance) Rasmussen, both of Attica; brother Darrell (Jackie) Mitton of Lafayette; grandchildren Kloeey Mitton, Ace Mitton, Wade Brost. Camden Brost, Kobe Hicks, Kamryn Hicks, Kerigan Hicks and Madison Rasmussen; former wife, with who he had children, Nancy Anderson Mitton of Pine Village; aunt JoAnn Herron of Crawfordsville; many nieces and nephews; and a community of people fortunate to call him a friend.

Visitation is scheduled to run from 3-8 p.m. on Monday, Jan. 2, 2023 at the Sterling Christian Church, Veedersburg, with Masonic Services scheduled to begin at 8 p.m. by the Pine Village Masonic Lodge. Funeral services are scheduled for 11 a.m. at the church with Pastor David Sims officiating. Burial will follow in Highland Cemetery, Williamsport.

The family requests memorial contributions be directed to the Warren County Community Foundation-Valerie McIntosh Memorial Fund. Family and Friends Funeral Home of Wingate is assisting the family.

Visit them online to sign the guest book or leave a condolence at familyandfriendsfh.com



RESOLUTIONS

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or can be sent via text or social media. Plus, you can even include a gift card. Best of all, one subscription unlocks access to the entire American Greetings' online library, including SmashUps video greetings, Creatacard digital cards, and Pics & Wishes multi-media messages. Subscriptions are \$6.99 per month or \$29.99 per year.

3. Improve Finances
 If improving your finances is one of your goals, the best place to start is to track your previous year's expenses and categorize them. You might be shocked how those daily lattes or online impulse buys add up! Then, find a financial system that works for you. This could be as simple as a spreadsheet outlining and recording your set expenses and discretionary funds; or syncing your data

to your online accounts utilizing a budget-tracking app. Once your system is in place, you'll be able to find areas for improvement and set new financial goals for the future.

4. Get Organized
 Getting organized is always a top resolution for the new year—and managing your schedule is a simple way to relieve stress and improve productivity. Start by outlining your daily, weekly or monthly commitments with a planner or online calendar. Google Calendar, for example, is a free option that allows you to view and color code appointments by category. Plus, by recording and prioritizing your responsibilities, you'll also be able to see your free time, so you can make time for things you enjoy.

5. Make Time for Mental Health

In addition to improving physical fitness, managing mental wellness should be at the top of the resolution list. According to Mental Health First Aid, Americans cited enhanced self-confidence (64%), increased productivity (67%), and increased happiness (71%) as the top benefits of mental self-care. So, start your year by adding "mental break" moments to your daily and weekly schedule (maybe on your new calendar). Self-care can be anything from meditation and sleep, to cooking or reading, as long as it helps you decompress, unwind and find your mental zen.

New Year's resolutions can feel overwhelming; but by using available tools to plan ahead and keep you on track, you'll have realistic ways to achieve your goals.

HEALTH

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Provider and health care staff burnout can have a negative effect on patient experience, and 52% of providers surveyed indicated they agreed or strongly agreed practices will face increased financial challenges in 2023. However, savvy providers and support staff are taking steps to run more efficient practices, including using technology. This saves providers time and stress, giving them more time to focus on patient care.

In 2022, positivity pervaded providers' perspectives on technology:

- 64% of providers indicated they agreed or strongly agreed their scheduling software helped their practice run more efficiently.
- 57% agreed or strongly agreed their telehealth solution was easy and intuitive to use.
- 36% agreed or strongly agreed insurance verification and eligibility software helped their practice run more efficiently.
- 71% of providers agreed or strongly agreed scheduling software will help run a more efficient practice.
- 69% agreed or strongly agreed technology will help practices run more efficiently.
- 59% agreed or strongly agreed their telehealth solution will become more intuitive and easier

to use. **Technology Can Speed Up Access to Care**

Amidst the unprecedented landscape of labor and supply costs rising, and physician and staff burnout a reality, innovation is driving positive change for patients. With a growing number of people embracing technology as a driver of access to an improved health care experience, and patients and providers aligned on telehealth as a supplement to in-person care, there are reasons for optimism.

Expediting patients' access to care by surfacing the 20-30% of appointments that become available last minute due to cancellations and rescheduled appointments allows Zocdoc to enable faster speed-to-appointment for patients, compared to the averages reported in the Merritt Hawkins 2022 Survey of Physician Appointment Wait Times.

- **Cardiology:** Typically 1-3 days with 39% seeing a cardiologist within 48 hours, compared to 26.6 days national average appointment wait time
- **Dermatology:** Typically 1-3 days with nearly 30% seeing a dermatologist within 48 hours, compared to 34.5 days national average appointment wait time
- **OB-GYN:** Typically 1-3 days with nearly 26% seeing an OB-GYN within 48 hours, compared to 31.4 days national average appointment wait time
- **Orthopedic surgery:**

Typically 1-3 days with nearly 38% seeing an orthopedic surgeon within 48 hours, compared to 16.9 days national average appointment wait time

• **Family medicine (PCP):** Typically 1-3 days with 42% seeing a PCP within 48 hours, compared to 20.6 days national average appointment wait time

Looking Back to Look Forward

Unique, actionable insights into consumers' health care behavior can be derived from 2022 data, providing a glimpse into what's to come. Examining the industry's journey affords the opportunity to predict what may continue to resonate in 2023.

For example, patients got back to regular care appointments after delaying or canceling appointments following the COVID-19 pandemic's onset.

Additionally, telehealth usage declined in all specialties except mental health, moving virtual care toward being a specialty- and case-specific care modality. Consider these appointment trends from January-November:

- 18% of appointments across all specialties were conducted via telehealth.
- Excluding mental health, just 9% of booked appointments were conducted via telehealth.
- 88% of mental health appointments were conducted via telehealth.

To find more information or book an appointment, visit Zocdoc.com.

TRAVEL

From Page A1

more concerned with value for money than ever before with data showing interest is up more than 20% globally in three-star hotels.

In 2023, 40% of U.S. travelers plan to stay in 1-3-star hotels, and 34% plan to book a vacation with added value inclusions, such as free parking or breakfast. Showing a shift in mindset from the post-pandemic bucket-list mentality and moving toward a more spontaneous approach, one-third of travelers would rather go on more trips in three-star properties than splurge on one big luxury getaway.

New Wave Wellness
 According to the survey, more than half (53%) of Americans are seeking wellness breaks but cite boredom with traditional retreats and want to experience something more exciting in 2023. Millennials are the top drivers of this as 60% of 25-34-year-olds are

seeking alternative wellness getaways. Most travelers want to explore new offerings in the U.S. However, Gen Z has a different view and would prefer to book an adventure to Norway, Turkey, Switzerland, Iceland or Sri Lanka.

To capture this awakened market, some hotels are offering advanced rejuvenation programs and hands-on activities that encourage travelers to get up close and personal with nature. Sylvotherapy (forest bathing) and fruit harvesting are popular alternatives to cooking courses, sport holidays and meditation sessions.

Hot Hotel Openings Around the World

Hotels that cater to evolving traveler needs are opening around the world. These properties offer far more than a place to sleep with destination restaurants, coworking spaces and beautiful interiors.

From an art-filled social hub in London to unbridled luxury in Rome, these are some hotels to have on your radar for the year ahead:

- La Palma, Capri, Italy
- 100 Princes Street, Edinburgh, United Kingdom
- Ikos Odisia, Corfu, Greece
- Celestial Suites, Kefalonia, Greece
- 1 Hotel Hanalei Bay, Princeville, Kauai
- Four Seasons Resort Tamarindo, Tamarindo, Mexico
- Alila Kothaifaru Maldives, Maldives, Indian Ocean
- Six Senses, Rome, Italy
- Atlantis The Royal, Dubai, United Arab Emirates
- art'otel London Battersea Power Station, London, Great Britain

Find more inspiration to take advantage of upcoming trends at Hotels.com

FEET

From Page A1

of an ankle sprain. Avoiding treatment can not only cause further damage to the ligaments which may take much longer to heal or possibly require surgery, but you may be overlooking a more serious injury -- a stress fracture.

• A stress fracture may feel like an ankle sprain at first, but you'll notice additional warning signs, such as swelling without bruising, and pain even during normal activities or when touching the area. If you have any of these symptoms, have your foot and ankle evaluated by a foot and ankle surgeon as soon as possible.

• Pain or swelling around your Achilles tendon after a workout could be indications of Achilles tendonitis. Untreated, a stretched or strained Achilles tendon may worsen over time, leading to stiffness and fatigue in your injured leg. Worse yet, untreated Achilles tendonitis could result in a ruptured tendon requiring surgery and a rehabilitation of several months.

• Heel pain that lasts for more than a day or two, or worsens when you stand after sitting for an extended amount of time, may be plantar fasciitis. This common condition is a result of inflammation of the tissue extending from your heel to your toes. If caught early, your foot and ankle surgeon can recommend at-home conditioning. In late stages, plantar fasciitis is harder to treat and takes longer to resolve.

Prevention Tips

The good news? Many injuries are preventable. Foot and ankle surgeons offer five tips to help you keep your feet and ankles healthy:

1. **Be smart.** Consider consulting a personal trainer at first to ensure you're practicing good form, and to increase the duration and intensity of your workouts gradually and safely.

2. **Stretch.** Incorporate mobility and stretching into your fitness regimen, particularly before and after workouts.

3. **Be footwear aware.** Wear properly-fitting athletic shoes that support the arch of the foot, provide heel cushioning and are designed for the exercise in which you're engaged. These measures can help you avoid plantar fasciitis and neuromas. Wear cotton or nonslip socks to help prevent painful blisters, which can become infected and cause more serious issues, especially if you have diabetes.

4. **Guard against bacteria.** Sweaty shoes, public showers, exercise equipment and the pool deck are breeding grounds for fungus, viruses and bacteria. Wear water shoes in public areas, and after workouts, and get your feet clean and dry quickly.

5. **Book an appointment.** Foot and ankle pain isn't normal. It signals a problem that needs to be evaluated, diagnosed and treated by a specialist who fully understands this part of the body. To find a foot and ankle surgeon near you, use the "Find a Physician" search tool at FootHealthFacts.org.

"When you exercise, your feet and ankles do a ton of work holding you up and absorbing the shock of each step you take," says Dr. Butto.

"So, as you kick off your new fitness routine, don't forget to protect them."



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There's Still Time to Give to United Way Fund Drive



GINA HAILE
Guest Column

Coming into the 2022 annual campaign, there were many reasons that gave us cause for concern. The economy was on the verge of recession, the job market was in flux and our non-profits were continuing to feel the long-term impacts of the COVID-19 pandemic. Any single one of those could have negatively impacted efforts to raise money. At the same time, needs in the community continue to grow. Money for critical services and programs funded by United Way – mental health, food insecurity, housing, childcare, and youth services, among others – are needed more than ever. In September,



we set our campaign goal at \$350,000 with cautious optimism that our community would want to see our agencies supported despite all those challenges.

Our industry campaigns started out slowly after several companies let us know they needed to delay their start. It made sense. Employee turnover was still an issue, and our HR teams were busy hiring and training new employees so they couldn't add more to their plate. However, our early Pacesetter totals began to come in and their numbers were equal to previous years, with our Crawfordsville School Corporation staff increasing their pledges by an amazing 54 percent. October left us hopeful.

A letter campaign to our individual donors, profes-

sional offices and other local businesses traditionally contributes about 30 percent of the funds for our campaign. Responses trickled in. Many long-time, faithful donors continued their support. Several new friends were added. Additionally, some industrial campaigns wrapping up experienced small losses. At the same time, a few others kept pace and a few, like CEL&P, experienced record growth. The good people at CEL&P had a 93 percent participation with 30 percent growth. On top of that, Acuity rallied to more than a 100 fold increase! We were extra thankful in November.

Our final efforts are now under way, this time focusing on our rural neighbors. As harvest wrapped up, this community gener-

ously began giving to the campaign. As we conclude our fourth and final month of the annual campaign, we are starting to believe that we were right to be optimistic. As other United Ways have struggled to meet goal, Montgomery County has once again stepped up. We are now within a few thousand dollars of that aggressive goal. On behalf of our partner agencies, we express our gratitude. But December is not over.

Please know it's not too late to support United Way in Montgomery County. In a community campaign, every dollar makes a difference. Your year-end gift is tax-deductible if made by Dec. 31. If you would be willing to donate, you can do so at www.uwmontgomery.org. You

Funded Partners

- Boys & Girls Club
- Camp Rotary
- Crawfordsville Adult Resource Academy
- Community Crest
- Family Crisis Shelter
- Fuzzy Bear Daycare
- Hand in Hand Creative Learning
- Montgomery County Head Start
- New Beginnings Child Care
- Pam's Promise Transitional Housing
- Recovery Coalition
- Sunshine Vans
- Trinity Life Ministry
- Volunteers for Mental Health
- Willson Family Literacy Preschool
- Youth Service Bureau

Funded Programs

The VITA Program offers FREE tax preparation and filing services to people who make \$68,000 or less and need assistance preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic programs. Kindergarten Countdown Camp is a free summer camp designed to prepare children with little to no preschool experience for their new roles as kindergarten students. The camps are taught by licensed, experienced teachers and take place in a school setting.

can also mail donations to PO Box 247, Crawfordsville IN 47933 or drop off your donation at the United Way office at 221 E Main St, Second floor.

As we make this final

push in the waning hours of 2022, we humbly ask for your support!

Gina Haile is the Area Director in Montgomery County for the United Way

The Paper SERVICE DIRECTORY

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Live United, Montgomery County! Join The United Way Campaign

Every school, business, and family has some type of safety plan. You do not call 911 or grab for your first aid kits every day, but when an emergency hits, you seek help. Recently, I visited with each of the United Way in Montgomery County partner agencies and I realized that these agencies play an important role in our community's safety plan.

Perhaps we reach for a band aid to attend to a small child and ensure they are cared for, protected, and able to continue forward prepared to tackle the next adventure. That's the role of our 5 partner daycares & preschools.

Perhaps you need multiple items from the kit – some gauze, antiseptic

wipes, a pair of tweezers. The hurt is a little more extensive and may take a few more strategies to address the multiple concerns. That's where our Boy's and Girl's Club and Youth Services Bureau enter the picture. Proving the entire "first aid kit" for schools-aged children. Taking care of educational, social, physical, and mental health needs as our youth develop.

Perhaps you need one of those protective wraps or a brace so you can protect your bones while they heal. Life has difficult challenges and obstacles and sometimes an individual simply needs additional resources to wrap around them. Crawfordsville Adult Resource Academy

(CARA) and Volunteers for Mental Health are two agencies that provide that extra support through education, counseling, and training.

Perhaps you are faced with an alarming emergency and you need a fire extinguisher. In our community we face the flames of domestic abuse, substance abuse disorder, and homelessness. Thankfully, you can call the Family Crisis Shelter, Trinity Life Ministry, the Recovery Coalition or Pam's Promise. These agencies provide food, shelter, counseling, and a network of services while providing a safe drug-free place for people to learn work skills and social skills so they can become productive members of

society and caring family members.

Perhaps as you age, you need a cane or a walker for safety or your vision lessens and you can no longer drive to a doctors' appointment or to pick up groceries or prescriptions. Perhaps your social security benefits can't be stretched any farther and you can't pay a utility bill. Our Sunshine Vans and Community Chest programs serve our elderly and disabled neighbors, providing aid and assistance for their unique needs.

We may not face a daily struggle or currently have a major life emergency, but we are thankful that there are agencies in place ready to assist when we do. This is why the 2022

United Way campaign is so important. The funds raised through these efforts will ensure that our 15 partner agencies can continue to be our community first aid kit – fighting for the health, education, and financial stability of all in Montgomery County.



KATHY STEELE
Guest Column

these agencies, which do so much good work in our county, keep their doors open. If you would be willing to donate, you can do so at www.uwmontgomery.org. Or you can mail donations to PO Box 247, Crawfordsville IN 47933. And if your employer doesn't offer the ability to donate through work, you can drop off the donation at 221 E Main St, Second floor.

Kathy Steele, retired superintendent of Crawfordsville Schools, is the drive chair for this year's Montgomery County United Way fund-raiser. She wrote this as part of the campaign efforts this year. Over the next several days, The Paper will urge you to Live United, Montgomery County! We'll share a continuing series that explains a little bit about each United Way agency. The annual fund drive helps

New Beginnings Child Care

The mission of New Beginnings Child Care is to provide a high-quality, Christian-based learning environment. They provide care to children between the ages of 6 weeks and 5 years through child-care and preschool. The Christian-based curriculum centers on academics, but also social and emotional learning skills such as focus, kindness, sharing, and more. United Way in Montgomery County funds are used to increase access to quality childcare for low-income families. The funds are used to provide partial scholarships to families requesting assistance through an application process.

Willson Family Literacy Preschool

We want to celebrate the work of Willson Family Literacy Preschool which provides tuition-free preschool classes for the most at-risk children. Target students are those learning English as a second language, those who are in foster care, those being raised by grandparents, and those who meet the federal free/reduced lunch program requirements. United Way in Montgomery County funding covers the cost of teaching assistants. Without these assistants, the number of children who could attend would be significantly lower as staff wouldn't have enough manpower to keep up. Additionally, funding for teaching assistants is critical to success for the students. The more interaction at-risk students can have with caring adults, the better off they will be!

Hand in Hand Creative Learning

Hand in Hand's mission is to provide high-quality, compassionate, developmentally appropriate early childhood education to Montgomery County children ages 5 and younger, with an emphasis on infant and toddler care. Their guiding principles are community engagement, creative teaching and learning, and holistic care. United Way in Montgomery County funds are used to stabilize the staffing in the classrooms. This includes partial funding of a teaching position and support of training modules for all the staff.

Montgomery County Head Start

Head Start serves as a

child and family development program for low-income infants, toddlers, and preschoolers. Children are provided with high-quality, research-based early learning experiences as well as a full assessment of their health and a full assessment of their health status to ensure status to assure that they transition into school healthy and ready to learn. United Way in Montgomery County funds are used to help offset the costs of child assessment systems. These systems allow the teachers/home visitors to track a child's progress and look for trends in each child's learning. This aids teachers and parents to best meet each child's educational needs.

Fuzzy Bear Ministry Preschool & Daycare

Fuzzy Bear Ministry is focused on the development of the whole child. They partner with families and the community to help children achieve sustainable growth academically, spiritually, socially, physically, and emotionally to prepare them for the next stage in life. They provide a safe, secure, and stimulating environment for infants six weeks old through pre-kindergarten. United Way in Montgomery County funds are used for the Family Relief Program (FRP) which was created to help families afford childcare. Through the FRP, Fuzzy Bear can offer scholarships, sliding scale fees, and financial grace to families in need.

Montgomery County Youth Service Bureau

The Montgomery County Youth Service Bureau believes every child deserves nurturing, encouragement, and the opportunity to become whatever they dream of being. They want to make a positive difference in the lives of children because they care. YSB has 10 core programs and provides evidence-based interventions such as mentoring, advocacy, restorative justice, and provision of basic needs. YSB helps youth grow into responsible adults by providing guidance and support. United Way in Montgomery County funds are integral to the YSB fulfilling their mission. Our funding provides critical operating funding to help pay salaries, buy program supplies and help with occupancy costs. Without these things YSB would not be able to provide the vital programs that serve between 4,000

and 5,000 children and youth annually.

Boys & Girls Club

Boys & Girls Club is a youth service organization that serves kids ages 5 to 18. They provide after-school programming, athletic leagues, and a summer program that is open Monday-Friday. They serve children from all 3 local school corporations and have been making a difference in the lives of many children since 1956. 100% of all United Way dollars go directly to programming. Without support from United Way in Montgomery County, the Boys & Girls Club would not be able to support our communities' children and provide these important programs.

Volunteers for Mental Health

The mission of Volunteers for Mental Health in Montgomery County is to support healthy and happy mental health in citizens of Montgomery County. VMHMC has several endeavors including the Bridge Counseling Voucher Program providing counseling vouchers to students at all Montgomery County schools, Christmas Gift Life Program providing basic foundational support items to 235 individuals in 11 Montgomery County nursing home and transitional living facilities, and the Teacher Friend Program matching volunteers with teachers in all three school corporations to support academic success and remediation in the classroom. United Way in Montgomery County funds are primarily directed toward the Christmas Gift Lift program but ensure all VMHMC programs are supported

CARA

The Crawfordsville Adult Resource Academy (CARA) is an adult education program designed to help adults improve basic skills. CARA offers High School Equivalency Diploma preparation, academic remediation, career pathways and certifications, and language reinforcement for non-English speakers. The donations from United Way in Montgomery County are used in a myriad of ways to help teachers and students reach their goals. These funds help cover costs for High School Equivalency exams and help teachers purchase research-based curriculum that is relevant

and diverse. At CARA, students with learning disabilities can be tested by a school psychologist and receive accommodation as needed. Resources such as educational software, testing materials, technology for students in the classroom, and the ability to loan computers to those who need them for online classes are some of the ways that campaign donations help to fulfill CARA's mission.

Trinity Life Ministry

Trinity Life Ministry is a redemptive community that gives hope to those in addiction. This is done by transforming men and reconciling their families through the power of Jesus Christ. Trinity offers a 12-month residential addictions program for adult men and operates two thrift stores. One store is based in Lafayette and the other is in Crawfordsville. These stores help to support the residential program. United Way in Montgomery County funds are used to support the Family Ministry in whatever ways they need.

Community Chest

Community Chest is one program offered by Community Action Program of Western Indiana (CAP), whose mission is to empower communities, families, and individuals toward self-sufficiency by removing the causes and conditions of poverty. This is done through services, support and education. Community Chest is a supplement to the Energy Assistance Program and the Emergency Food and Shelter Pro-

gram. It is funded 100% by United Way in Montgomery County to provide emergency assistance with shelter and utility needs.

Pam's Promise Transitional Housing

The mission of Pam's Promise is to provide transitional housing to homeless women in Montgomery County. They provide temporary housing while case managers work side by side with clients to teach life skills, encourage faith and family rebuilding, and provide the necessary tools to transition the client into stable, sustainable housing. United Way in Montgomery County funds are used to provide clients with social service and case management staff who provide stability, accountability, and skills that are needed to transition out of homelessness.

Family Crisis Shelter

The Family Crisis Shelter is a residential emergency shelter for victims of domestic violence and/or sexual assault. They also provide remote case management and advocacy to survivors who are unable or unwilling to leave a violent relationship. Family Crisis Shelter also apartments to offer survivors safe housing with continued services as they rebuild their self-esteem and life after violence. United Way in Montgomery County funds are used to purchase remote services technology, as well as assist with operational costs and residential needs that are unable to be met through state and federal funding such as steel-toed

boots, children's clothing, and medicine.

Recovery Coalition

The Recovery Coalition was formed by recovering addicts, probation officers, a judge, and a social worker to bring together the recovery community in Montgomery County and to foster recovery for those still struggling with addiction. The Recovery Coalition created the Recovery Recreation Center to promote sobriety, community, fellowship, and growth for those in recovery. United Way in Montgomery County funds are used to pay the rent for the Recovery Recreation Center. Without this building, the Recovery Coalition would not have a place to host critical meetings or events for the recovery community and those seeking a better way of life.

Sunshine Vans

Sunshine Vans provides ground transportation for Montgomery County Residents who are at least 60 years old and/or disabled. All services are donation based and funds from the United Way campaign ensure vehicles and staff are in place to run this vital transportation service. Transportation can be used for many things including medical appointments, pharmacy, groceries, or other health and wellness needs. Sunshine Vans has been a part of Montgomery County for over 40 years. Last year they helped over 300 residents, provided over 6,000 round trips, and drove over 20,000 miles to serve our community.

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A Report on Our Stewardship

On Nov. 24, 2004, the company that would grow into Sagamore News Media published its first issue. Since then, we have committed ourselves to doing our part toward improving the communities in which we all live.

Thanks to our company, our owners and our employees, we submit this report to you. We believe that local ownership matters. We believe that not just having roots in a community makes a difference, but that what companies do with their time, treasure and talents matters. Some companies seem to continually cut back on the resources they use to serve our communities; cutting jobs and sending profits out of the state. But for us, it just means we get more involved.

From weekly church ads donated at no cost to sponsorship of community events to donated ads to investments of time and money, we don't just say it, we live it. SNM is proud to report that in 2022, we have donated more than

\$135,270

in the communities we serve!

Some of the great organizations that includes:

Boys & Girls Club
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United Way
VFW
Multiple Churches
Vacation Bible Schools
Kiwanis
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Rotary
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