

# The Paper

## OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

WWW.THEPAPER24-7.COM

### ➤ TODAY'S VERSE

Isaiah 12:2 Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.

### ➤ FACES OF MONTGOMERY

People who call our community their own.



One of our roving photographers caught Cameron and Cooper outside and having fun and the boys were nice enough to offer a smile! 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).

### ➤ THREE THINGS You Should Know:

**1** They came from all corners of the earth to attend a birthday party at Guisachan House in the village of Glen Affric in the Scottish Highlands recently. The event was held to celebrate the birth of the first litter of Golden Retrievers 155 years ago. The event attracted 466 dogs and their owners. According to the Golden Retriever Club of Scotland, "the Golden as we know it today was bred at Guisachan, Glen Affric, near Inverness, the Scottish Estate of Lord Tweedmouth, from a series of matings which commenced by mating a good looking yellow coloured Flat Coated Retriever with a Tweed Water Spaniel called 'Belle' (a breed now extinct but believed to be a small liver coloured dog with a curly coat)."

**2** Burger King has cheered up vegetarians with its newest fast-food offering: a meatless hamburger sandwich. So far it's available in its stores in Thailand, only, and it is being called the "real cheeseburger" because the bun is filled with at least 20 slices of American cheese, but no burger, and it has gone viral throughout the country. At least one Thai Burger King location has had to curtail deliveries in order to ensure availability at its store. But not all customers think it is a tasty treat. One patron told CNN it's a bit too much cheese. "I could only finish half of it," she said.

**3** Thinking about moving to Nebraska? If so, you might want to check out a rather unusual residence-- a renovated missile silo. YouTube's Andrew Flair purchased the nuclear bunker last year for \$550,000 and turned it into an 2,000 square foot underground home. It's listed for sale for \$750,000 as "an opportunity to own a piece of cold-war military history and the ultimate survivalist retreat, weekend escape or perhaps an Airbnb." And it comes, "complete with electricity, hot and cold running water, working septic system with lift station, and a water purification system."

## 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!

## 156 Million

The Indiana Department of Transportation will work toward net-zero carbon emissions by encouraging electric vehicle use and increasing fuel efficiency, thanks to an expected \$156 million in federal funds.

The state hired HNTB Indiana to develop the strategy in a contract worth

## \$199K

## 3.2%

Indiana's unemployment rate as of June

## 63.6%

Indiana's Labor Force participation.

## 115,930 Open Job Postings

As of July 17, there are 115,930 open job postings in the Hoosier state.

## 65%

Percent of federal funds allocated to urbanized areas throughout the state, many opportunities for transit will be in partnership with metropolitan planning organizations in Indianapolis, Bloomington and Northwest Indiana. For example, INDOT said it plans to continue to support commuter rail projects in Northwest Indiana with the Double Track and West Lake Corridor projects

INDOT is working on developing ways to track emissions, and would aim to meet the nation's net-zero emissions by...

## 2050

## 154 Million Metric Tons

In 2020, Indiana emitted 154 million metric tons of carbon dioxide — the eighth-highest in the country. From 2015 to 2020, transportation represented 22% of Indiana's emissions, which is less than the national average in part due to the state's high emissions in the electricity sector, according to the draft plan.

## \$150 for EV \$50 for Hybrid

The plan's list of potential incentives for electric vehicles does not include getting rid of Indiana's current electric vehicle fees, which could discourage people from switching to electric. Since the legislature's road-funding package was passed in 2017, electric vehicle users have paid an extra \$150 to register their vehicle each year. For hybrid vehicles, the fee is \$50.

State lawmakers included the increases in the next biennial budget, although new salaries won't take effect until Jan. 1, 2025.

### ➤ HONEST HOOSIER

Some schools are starting this week? Are you kidding me? That's just wrong.



### ➤ INSIDE TODAY'S EDITION

Casey Williams.....A3  
Classifieds.....A3  
Carrie Classon.....A4

### ➤ THE MONTGOMERY MINUTE

Say Cheese!

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!

### ➤ TODAY'S HEALTH TIP

If you must have a trampoline, only ONE person at a time!  
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.



### ➤ TODAY'S QUOTE

"All new news is old news happening to new people."  
-Malcom Muggeridge

### ➤ TODAY'S JOKE

What do you call a pig on a leash?  
Pulled pork.

### ➤ OBITUARIES

JOHN MICHAEL "MIKE" HUBBLE JR.

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



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**Sunrise/Sunset**  
RISE: 6:37 a.m.  
SET: 9:11 p.m.

**High/Low Temperatures**  
High: 88 °F  
Low: 63 °F

**Today is...**

- Amelia Earhart Day
- National Drive-Thru Day
- National Tequila Day

**What Happened On This Day**

- 1977 The 4-day long Libyan-Egyptian War comes to an end. The border war began with thousands of Libyans marching towards Egypt's borders.
- 1959 Kitchen debate between Nixon and Khrushchev. A series of debates, now popularly called the kitchen debates, occurred between U.S. Vice President Nixon and Soviet Premier Khrushchev in Moscow. Nixon was visiting a house built as part of an exhibit in the American National Exhibition.
- 1923 The Treaty of Lausanne is signed between Turkey and the countries that formed the Allied Powers in the First World War. Under the treaty, Turkey had to give up all the territorial claims made by the Ottoman Empire and agree to new borders.

**Births On This Day**

- 1897 Amelia Earhart American pilot, author
- 1802 Alexandre Dumas French writer

**Deaths On This Day**

- 2012 Robert Ledley American scientist, invented the full-body CT scanner
- 1862 Martin Van Buren American politician, 8th President of the United States

13 WTHR
7 DAY FORECAST
INSIDE QUIK

62/83 STRAY STORMS	63/88 HEATING UP STRAY STORM	66/90 HOT STORM CHANCE	71/91 HOT STORM CHANCE	72/93 HOT STORM CHANCE	73/93 HOT STORM CHANCE	72/88 HOT STORM CHANCE
SUN	MON	TUE	WED	THU	FRI	SAT

## OBITUARIES

### John Michael "Mike" Hubble Jr.

January 22, 1971, Thursday, July 20, 2023

John Michael "Mike" Hubble Jr., 52, Ladoga, passed away July 20, 2023, at Hendricks Regional Health. He was born on January 22, 1971, in Crawfordsville to John Michael "Mike" and the late Irma Sue (Sandlin) Hubble. On May 27, 2021, he married Ronda (Busch) Hubble. She survives.



Mike graduated from South Mont High School and then attended Ivy Tech earning his welding certification. He became a mechanic and worked for Kenny Vice Ford, and then IndyGo where he was still currently employed. Mike had many things he enjoyed in life, among them were farming, playing corn hole, jeeps, restoring cars, and dancing. He was a fun, loving person, willing to give the shirt off his back to anyone. He will be greatly missed.

He is survived by his wife, Ronda Busch Hubble, children; Evan Hubble, Addyson Hubble, Briana (Clifton) Cloncs, Cole (Amber) Smith, grandchildren; David and Hayden Cloncs, parents, Mike (Janet) Hubble, sister, Christy Hubble, nephew Dakota (Christina) Wilbur (their children Allayna, Jameson, Owen), mother-in-law, Rosalie Busch, step siblings; Valerie, Victoria, and Douglas, sister in laws: Rebecca (Bobby) Meny, Robin Busch, and brother in law Roger Busch.

He was preceded in death by his mother, grandparents John and Belle Hubble, Roy and Alpha Sandlin, and his first wife Tonya Thompson.

Funeral service will be 11:00 AM, Tuesday, July 25, 2023, at Ladoga Christian Church 124 West Elm Street, Ladoga, Indiana 47954 with Pastor David Bower officiating. Friends may gather for visitation 4-8 PM Monday at the church. You are invited to visit [www.serviesmorgan.com](http://www.serviesmorgan.com) where you may share a memory or condolence with the family. Servies & Morgan Funeral Home has been entrusted with the funeral arrangements.

## Close Game Makes For Good Golf

The weather remained mild this past week but that does not mean that our senior golfers played a mild game!

The first place team of Scott Baker, Cliff Lunsford, Steve Rister and Joe Irvin scored ten-under-par and ended only one stroke in front of the second place team of Jim Long, Steve Wunningham, Alan Personett and Stan Walker, who finished at nine-under-par. The third place team, scoring

eight-under par, of Vane Pyle, Dick Baker, Terry Powell and Steve Snyder trailed behind second place, again by only one stroke.

Proxys went to Powell and Lee on holes two and eleven, respectively. Longest Drive, of someone 80 years old or older went to Pat McDowell.

Here's hoping that the weather continues to stay warm and our senior golfers keep the games competitive with these close scores.

## Letters

### Writer Says Pay For County Employees Needs Review

Dear Editor,  
 Recently I learned that our Montgomery County elected officials are each assigned as a "Department Liaison" in the many entities in county government. That individual is to represent that department and understand its duties and responsibilities. Those people assigned to each department are to interact with that department.

Having inquired within the county government center, few could recall the last time their assigned "liaison" appeared or spent time with its staff. None have spent the hours needed or attended a learning conference with staff to have a thorough understanding of the responsibilities of county government.

How can our elected officials understand the duties performed by the Assessor's Office, Auditor's Office and Treasurer's Office? More than \$100 million pass through county government each year.

There is more than pushing a pen across a piece of paper. Staff must understand county, state and federal government financial rules. Each year they spend hours at conferences reviewing just to keep up with changing laws and procedures to be implemented in their offices. Those individuals are responsible for keeping accurate records of those persons certified or those to renew or update certifications and licenses.

Our elected officials want everyone to believe that public safety is the highest priority. It may be when it comes to serving the public. But without the people in the county and city government offices, without that check being recorded and sent each week, our community would come to a standstill. The primary issue causing most of the problems in Montgomery County government is what is a sustainable wage. The county government does not believe all deserve a livable wage. A new hire at the assessor's office makes \$30,000 a year. A truck driver at the county government hires in at \$42,000. There is something wrong with this

picture. Until the county government reviews and brings all those up to a sustainable wage, we will continue to see a revolving door. The more individuals we hire, train, fit with uniforms and equip, plus schooling, only to find out six to 12 months later they will leave that position and travel to another county for \$6,000 to \$10,000 more.

At Tuesday's meeting, the President of the County Council, David Hunt, hinted that a 4.9 percent pay increase was being discussed. That isn't enough for those hiring at \$30,000 a year. The assessor's new hire will make \$15 an hour. Why take a position demanding detail and certification to perform the most basic task in a government office?

An individual can step into a truck at the county highway department for \$42,000 a year. With paid vacation, insurance and overtime. What will the county decide? No one at the county highway department has anything near the responsibility of those at the auditor, treasurer or assessor offices. What is a sustainable wage to keep qualified individuals in our community? The council awarded the Sheriff's department a \$9,000 increase for any new hire. In less than one hour, they 'waved their magic wand and granted a windfall of cash to any new hire at the Sheriff's department.

Politicians will say there is a bigger picture. Maybe so, but the question is, what is a sustainable wage for an entry-level position for a quality applicant in today's economy at county government offices? Until we review the current wages of all those in surrounding counties and adjust our pay scale to equal those in other counties, we will continue to lose qualified individuals after their one to two-year probationary period to another county. The duties, questions and responsibilities to keep our community safe and qualified individuals here living in our community sit squarely on the shoulders of our elected Montgomery County Council.

DeAntha Wright-Thornburg  
 Crawfordsville

## Meeting Notes

### Montgomery County Plan Commission Minutes Wednesday June 28

The Montgomery County Plan Commission met on Wednesday June 28. Members present were Steve Canfield, John Frey, Tom Cummins, Tricia Herr, Robert Campbell, Randy Denhart and Jordan Burkett. The staff present were Marc Bonwell, Don Orr and Dan Taylor.

The meeting was called to order at 4:00 pm. Steve Canfield made a motion to approve the previous meeting minutes. The motion was seconded by Bob Campbell. Motion carried 7-0.

#### DPR2023-1:

Marc Bonwell presented the staff report. The current Nucor site is located on the west side of Nucor Rd north of 500 S. The parcels involved in the expansion in total is approximately 100 acres. The property is in production as industrial manufacturing and zoned industrial.

The applicants are requesting approval of the developmental plan for the Nucor Coating Complex to be added to the existing Nucor site. The addition is for an industrial building and additional parking.

As all ordinances involved requirements have been met, the staff recommends approval of Development Plan

Review DPR2022-1 with the stipulation that any revisions to the approved plan are required to meet all conditions subject to development and final occupancy.

The public hearing was opened at 4:03 PM. There being no public comments, the public hearing was closed at 4:03 PM.

Steve Canfield made a motion to approve the request with the stipulation that any revisions to the approved plan are required to meet all conditions subject to development and final occupancy. The motion was seconded by Randy Denhart. The motion carried 7-0.

#### Foxes Run Drainage :

The Developer is requesting a waiver of the 154.6 chain link fence requirement and would like to place bollards for protection.

Roger Azar, representing the Developer, explained the fence waiver request. A berm along SR 231 will be erected.

Tom Cummins made a motion to accept the waiver request. The motion was seconded by Bob Campbell. Motion carried 7-0.

There being no further business, the meeting was adjourned at 4:30 PM.

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Thanks for reading The Paper!



Photos courtesy of Mercedes and Casey Williams

## 2023 Mercedes-Benz Glc300 Crossover Finds Its Vibe On The Hoosier Bourbon Tour

Among my passions are cars, surfing, and... bourbon. Fortunately, I have a fun group of friends who appreciate all of those except, well, surfing. I can surf on my own, but have truly enjoyed our multiple bourbon runs to Kentucky in cars equal the challenge. This time, though, we decided to narrow our imbibing closer to home – traveling to three Indiana distilleries. To and fro, we responsibly sample a 2023 Mercedes-Benz GLC300.

**Indianapolis Motor Speedway to Starlight Distillery in Borden, Indiana: 114 Miles**

After a quick breakfast at Charlie Brown's Steak and Pancake House, a Speedway institution, we set wheels towards Starlight Distillery in Borden, Indiana just north of Kentucky off I65. Navigation clocks a mite under two hours, just enough time to make our 10:30am tour.

We quickly settle into a downsized version of the S-Class sedan's interior, dominated by flat screen gauges, tablet-style touchscreen, and dash with textured black wood veneer. Metal weave console trim adds allure. Seats are made of MB-Tex, a hard-wearing vinyl that will likely out-live Earth, and the front ones are heated. So is the leather-wrapped steering wheel. Rear legroom is a little tight, but four and their luggage fit.

Some may disagree, but I find the infotainment screen easy to use.

### 2023 Mercedes-Benz GLC300 4MATIC Five-passenger, AWD Crossover

Powertrain: 2.0-liter T4, 9-spd  
Output: 255hp/295 lb.-ft. torque  
Suspension f/r: Ind/Ind  
Wheels f/r: 19"/19" alloy  
Brakes f/r: disc/disc  
0-60 mph: 6.2s  
Fuel economy city/hwy: 23/31-MPG  
Assembly: Bremen, Germany  
Base/As-tested price: \$47,100/\$56,650

ment screen easy to use. Just press windows on the screen for navigation, audio, climate, and phones to expand. Dual zone automatic climate control blows ice cold, the dual-pane sunroof brightens the cabin, and the Bermester audio system is crisp and full. Devices connect via wireless Apple CarPlay or Android Auto and have their own wireless console charging garage. I'd add a head-up display.

Marking miles on I65 South, the 2.0-liter turbocharged four-cylinder engine provides old-school V8 performance. By the numbers, it conjures 255 horsepower, 295 lb.-ft. of torque, and 23/31-MPG city/highway. Power routes to 4MATIC all-wheel-drive system through a nine-speed automatic transmission to keeps revs in their happy

### LIKES

- Rich interior
- Refined performance
- Quiet cruising

range. Whether cruising at spirited speeds or dispensing 0-60 mph in 6.2 seconds, there's adequate scoot. We make our tour time.

Starlight is produced by Huber's Orchard & Winery, a purveyor of delights including a fresh produce market, bakery, winery, and family-style restaurant. For much of its founding in 1843, Huber's was a family farm and orchard, which explains why many of its spirits are laced with fruit. It's too early to eat, but not to sip. Let the tour begin!

It's hands-down the most experiential bourbon tour we've enjoyed. We start by sampling wines and spirits, then proceed through the barrel room, production, bottling, and stillhouse. We taste "white dog" coming out of the copper still and wake double-oak bourbon still resting in its barrel. Huber began selling brandy in 2004, expanding into bourbon ten years ago. Bottles range \$30-\$80. The Farm to Glass Tour cost \$24.99 and took about an hour - well worth it! Go to [Starlightdistillery.com](http://Starlightdistillery.com) for more.

\*\*\*  
**Starlight Distillery to Hard Truth Distillery in Nashville, Indiana: 81**

### DISLIKES

- Blend-in styling
- No head-up display
- Tighter rear legroom

Miles

Cargo hold filled with Starlight's finest, we target Hard Truth in Nashville, Indiana – about an hour away. I fully expect nav to send us back to I65 for another quiet cruise, but instead plots through wood, dale, and corn fields. It's raining hard, but that's no challenge for the GLC.

Unlike fancier Mercedes with air suspension that wallow like 1970s American luxury boats, the GLC's was a model of precision. We cross narrow backroads that require finesse from the helm as the chassis twists and pivots over hills and curves that are more Kentucky than Indiana. On straighter roads, the heavy feel and hushed ride are classic Benz. The Dynamic Select modes adjust steering weight and throttle response from Eco to Sport.

We arrive at the Big Woods Pizza Co. in downtown Nashville for lunch. Big Woods began distilling upstairs in 2015, but now has a 325-acre property nearby. Selling under the Hard Truth brand, it's famous for Maple Bourbon Cream and Toasted Coconut Rum, but also a full line of bourbons in the \$30-75 range. The welcome center includes a

restaurant, gift shop, and even a live performance stage. Go to [hardtruth.com](http://hardtruth.com) for info.

\*\*\*

**Hard Truth Distillery to Hotel Tango in Indianapolis, Indiana: 58 Miles**

With stomachs full and more hooch under the hatch, we're rolling again. It's a quick drive back to I65 North for Indy. My friend's wife soon falls asleep in the back seat – and she sleeps peacefully protected by a safety suite including lane keep assist, active blind spot intervention, and automatic emergency braking. Drivers must keep hands on wheels, but the vehicle traces its path and changes lanes automatically with the click of a turn signal.

Miss Snoozy wakes as I sponge the brakes into downtown Indianapolis and the Hotel Tango carpark. I've been here before and always enjoy sitting in the relaxed lounge, by the fireplace in winter, ingesting a range of beverages and pretzel sticks with vodka cheese. Beyond HT's two bourbons, regular and Reserve, spirits include vodka, gin, lemoncello, and the toasted marshmallowy bourbon-based Shmallow. Prices range \$30-75. Check [hoteltangodistillery.com](http://hoteltangodistillery.com) for details.

Admiring the GLC when I return to grab my phone, it's not flashy. Sure, there's a big Mercedes grille star up front, and cues like the arching



**CASEY WILLIAMS**  
Auto Reviews

roofline and thin wrap-around taillamps echo the brand's EVs, but it's an understated tailored design over 19" wheels. I like the vehicle, but would choose a more distinguished color than Polar White.

We chill for an hour before heading back to Speedway. During a long day of heavy driving and light tasting, the GLC300 found its vibe on our Hoosier bourbon tour. Like the quality of distillates, we found in unlikely places, the GLC was a pleasant surprise – a very competent and luxurious compact crossover that would be a delight to sip daily.

A \$47,100 base price rose to \$56,650 as-tested, making it tough competition for the BMW X3, Audi Q5, Lexus NX, Cadillac XT4, Lincoln Corsair, and Genesis GV70.

Storm Forward!

Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on YouTube @AutoCasey.

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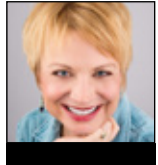
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# All The Beautiful Flowers Deery Makes Visits And Discusses Upcoming Events



**CARRIE CLASSON**  
The Postscript

I was reluctant to come back from Mexico this spring, knowing it would still be cold and wet and cloudy. But I'd gotten used to looking for pretty things while in Mexico. I wanted to share the festivals and the art and the colors. I'd been taking pictures and sharing them on Facebook so my friends and family could see a little bit of the world that surrounded me.

Then I got back up north, and it seemed like everything had turned to gray.

"This is not a reason to stop taking pictures!" I thought.

And what I meant was that it was no reason to stop looking for beautiful things. My time in Mexico had trained me to be on the lookout for things that were interesting and lovely, and to share those things with others. I said it was for my friends and family, but it was really me who benefited most. I noticed more. I remembered more. I appreciated things more deeply when I took a picture.

So, I decided I would continue.

It was slow going at first. The first spring flowers poked their heads through the mud, and I took a picture. It didn't

look like much on a gray day. But when I later looked at the little purple flowers up close on my computer, I saw details I hadn't noticed earlier, and I realized that, tiny as they were, they had a powerful beauty.

Then spring came in earnest. Suddenly, there were so many flowers to photograph. I started posting several photos a day. Every day, I walked by beautiful gardens and discovered new things that had emerged overnight.

Then it got very hot, and all the spring flowers withered and finished.

"Well, that was fun while it lasted," I thought.

But within a few days, the harder summer flowers started making an appearance, undaunted by the heat. I saw enormous thistle flowers blooming, and the first sunflower burst open. There were hollyhocks and hostas and lilies in profusion. I kept taking pictures.

And here's the funny thing. I never really noticed flowers before.

My mother and sister are avid gardeners. Both of my grandmothers were. I have always been the black sheep in a family of gardeners—and I still am. I don't enjoy digging in the dirt. I don't have a green thumb. It always feels like work to me, and reading a book always sounds like more fun.

But it turns out that I

love flowers far more than I knew. I love the shapes and the colors and the varieties and the seasons. I love how some will take over for a while, commanding attention, and then they fade and something new comes to the fore.

And I know that none of it happens by accident. I now appreciate gardeners and gardening in a way I never have in my life.

"What's this called?" I ask when I post a photo. "Isn't this beautiful? Does anyone know its name?" And someone always does, and I learn something new and appreciate these flowers even more.

I will never be a gardener, and that's OK. Not everyone is a musician or a writer or an actor, but we all get to enjoy the music and the books and the plays they create.

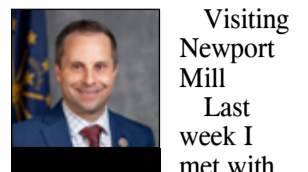
I am now an avid fan of gardens. And, whenever I get a chance to see the folks responsible, I make sure to let them know.

"I've been watching your garden all summer," I tell them. "I took pictures!"

So far, they all seem very pleased.

Till next time,  
Carrie

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



**SPENCER DEERY**  
Guest Column

Visiting Newport Mill

Last week I met with employees at the Newport Mill in Cayuga and toured the facility owned by International Paper. Using massive machinery, the mill turns recyclables into paper products, especially the paper that lines drywall. I enjoyed learning more about the Mill and the business needs of the rural parts of District 23. Furthering the economic prosperity of our rural counties remains one of my highest priorities.

\*\*\*

**Eliminating Textbook Fees for Families**

As Hoosier families prepare to send their K-12 students back to school, one expense they will no longer need to budget for is the annual textbook and technology fee. As a father to three in public schools, I know these fees can be in the hundreds of dollars and a real burden to many Hoosier families. I am thrilled to have played a role in eliminating this special tax in the last session.

Instead, our new state budget allocates \$160 million to cover these expenses

beginning this school year, which is part of the state's historic \$2.9 billion investment in new K-12 education funding.

Creating high-quality educational opportunities for Hoosier students is critical to our students' – and state's – long-term success. I passionately supported these initiatives so parents can feel confident in the quality of education their students receive and we can better prepare the next generation of Hoosiers.

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**Visit the 2023 Indiana State Fair**

The 2023 Indiana State Fair is right around the corner, and the 18-day festival will celebrate Indiana's rich agriculture history and basketball legacy.

Aside from the fair's traditional activities, new events for this year's theme will include:

- HOOPEST Outdoor Amusement Park;

- Pacers Sports & Entertainment Immersive exhibit;

- Land of Legends:

Indiana Basketball Legacy, in partnership with the Indiana Basketball Hall of Fame;

- Space Ham: An Augmented Reality Experience;

- Gene Hackman's 1951

Chevy from the movie "Hoosiers;"

- The Evolution of the Game exhibit; and

- The Indiana Historical Society's Chuck Taylor and Indiana Basketball exhibit.

Attendees can save on parking and admission by purchasing tickets before July 28. Daily deals, including three dollar Thursdays and Military and First Responders Day, are also available.

The state fair will run from July 28 through Aug. 20, and will be closed on Mondays and Tuesdays.

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**Applications Open for Next Level Connections Broadband Grants**

Applications for round four of the Next Level Connections Broadband Grant Program are now open for local communities to increase broadband coverage.

Communities will be eligible to receive a maximum of \$5 million per grant to fund projects by telecommunications providers and utility cooperatives.

- Spencer Deery is an Indiana State Senator serving District 23 which includes Fountain, Parke, Vermillion, Warren and portions of Montgomery and Tippecanoe counties

## Let's Talk About Bursitis



**JOHN R. ROBERTS, M.D.**  
Montgomery Medicine

Most of these folks are suffering from bursitis. Most of you have probably heard the term, but what is it exactly?

Any time a medical term ends in the suffix "-itis" it indicates inflammation of the tissue or organ involved. In this case, bursitis is inflammation of a bursa sac around a joint (pleural bursae or bursas). Bursa is Latin for purse, a very good descriptor of what it looks like – a small sac made of connective tissue.

A bursa is lined by a specialized membrane that secretes fluid into the sac. This turns the bursa in to a little pillow filled with the slippery liquid that helps cushion structures around it while also allowing them to glide more easily over each other. You can demonstrate this by making your own model of a bursa. Put a little water in a small balloon and put an object like a book on top of it and roll it around on the table to get an idea of how bursas work.

Our bodies contain many bursas. The ones that cause the most problems are found around the shoulders, elbows, hips, and knees. These joints are fairly complex and have many bones, tendons, and ligaments that intersect and move against each other. Without the aid of bursas these structures would rub

together and cause a lot of pain as well as wear and tear.

All cases of bursitis have a common presentation. There is pain and tenderness around the involved joint, particularly with movement, often with associated swelling. There can be superficial redness and warmth as well. These are the four classic signs of inflammation: redness and swelling with warmth and pain.

The most common cause of bursitis is repetitive motion of a joint, especially in people who overdo things. Shoulder bursitis usually follows too much throwing (common in weekend warriors), pulling or pushing (yard work), or overhead activity such as painting a wall in an up-and-down or side-to-side motion using a roller or brush. The subacromial bursa is the one most commonly involved in the shoulder. It is found just under the outside end of the clavicle (collarbone).

The olecranon bursa in the elbow is also a common location for bursitis. You may have seen someone with swelling over the pointy part of the elbow. The point is formed by a protrusion of the ulna bone called the olecranon that has a bursa over it for the arm tendons to slide over. Bursitis in this location is usually the result of trauma from resting or rubbing the elbow on something or banging the elbow into things. Basketball players posting up in the paint are often afflicted from the constant elbowing they inflict.

Bursitis of the hip is not as common as bursitis of the shoulder or elbow. It is four times more common in women and can occur at any age. It is usually asso-

ciated with direct trauma such as a fall and is also common in runners. The bursa involved is called the greater trochanteric bursa and is found over the outside of the upper thigh where a protrusion of bone (the greater trochanter) can be felt. Often these patients describe pain up and down the outside of the thigh and increased pain when lying on the affected side.

The bursa most commonly involved in the knee is the pre-patellar bursa that is positioned between the kneecap (patella) and the skin of the knee. Pre-patellar bursitis results in swelling over or above the kneecap and pain with bending the knee. Since the knee is subject to skin abrasions and the bursa lies directly under the skin, it can also become infected.

Pre-patellar bursitis is usually caused by direct trauma and is often seen in those who kneel frequently. It has the nickname "housemaid's knee," for it was frequently seen in women who used to crawl on their knees while scrubbing floors. Carpet layers are also at increased risk.

Treatment for all types of bursitis involves resting, icing and anti-inflammatory medication. Occasionally the fluid has to be drained and the bursa may need to be injected with steroid medication to reduce the inflammation. Antibiotics are prescribed if infection is suspected. Occasionally surgery is required to clean out, or even remove the involved bursa.

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

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