

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

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CRAWFORDSVILLE, INDIANA

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TODAY'S VERSE

Isaiah 30:21 *And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.*

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 Indiana Wesleyan University National and Global (IWU) will begin offering courses at the Plainfield Correctional Facility near Indianapolis. IWU's partnership with the Indiana Department of Correction creates a unique opportunity to provide support and preparation for incarcerated learners. These courses generate credits and offer inmates an Essential Business Practices Certificate. The program tailors to the career goals of men and women after they are released from prison.

2 The 3rd annual Midwest Railroad Fair, presented by the Linden Depot Museum, is scheduled for Saturday Aug. 12 from 10 a.m. to 4 p.m. at the Linden Depot Museum. The fair is a tribute to railroads past, present, and future. Enjoy the exhibits, the vendors, the food, and explore the museum and model railroad attractions. Prepare to be delighted as you watch the 1837 steam engine replica with a full crew and passengers. The museum has unique exhibits including marble stairs from the Chicago Union Station, a stone sleeper dating back to 1827 and a telltale used to warn workmen on top of box cars of approaching low bridges or tunnels. This is just a small sample of the adventure awaiting you at the Linden Depot Museum. Everyone is invited to the fair and railroad nostalgia at its finest! The museum is located at 520 N. Main Street in Linden. For more information, go to <http://www.lindendepotmuseum.org/>

3 Senator Mike Braun welcomed members of the 1st Battalion of the 163rd Field Artillery of the Indiana Army National Guard back home after a 9-month deployment in Iraq. "It was my honor to help Brigadier General Lusk welcome home the 1st Battalion of the 163rd Field Artillery of the Indiana Army National Guard in Evansville. They've been in Iraq providing air defense support for the last year. Welcome home, God bless, and thank you for your service!" - Senator Mike Braun



Photos courtesy of DeAntha Wright-Thornburg

What is left of the decimated home of Gen. Dick Chastain.

Community Still In Shock Mourning Death Of Gen. Dick Chastain

It's been two days, but the community is still coming to grips with the untimely and tragic deaths from an early Saturday explosion.

According to the Montgomery County Coroner, retired Gen. Dick Chastain and companion Marilyn Fox, 91, were killed in a blast that leveled the home in the 2900 block of 400 North around 8 a.m. Saturday. According to preliminary reports Chastain's adult son David was flown by lifeline to an Indianapolis hospital.

The cause is under investigation, but officials are reportedly investigating the possibility of a gas leak. The explosion leveled the house.

"The sheriff's office will continue to assist the Crawfordsville Fire Department and the Indiana State Fire Marshal," Montgomery County Sheriff Ryan Needham said in a release.

A 90th birthday celebration had been planned for Saturday afternoon at the Darlington Community Center. Chastain was known by many and a large crowd was expected.

"The community will be saddened by this tragic loss," County Commissioner John Frey told The Paper. "I can't believe this has happened."

Chastain has served a number of roles in the Montgomery County community. He was a member of the county council for more than a decade. That's where current county attorney Dan Taylor got to know him closely.

"He was very serious about his dedication to public service, and he brought

with him an impressive level of professionalism," Taylor said Saturday. "We were fortunate to have him on our county council. He was also very fun to be around. His wit and good nature helped him be the great leader he was. On a personal level, he made me better, and my estimation is that he had that effect on most everyone with whom he interacted."

County manager Tom Klein agreed. "He was on the council before I got here, but I know he was well respected," Klein told The Paper. "He was a conciliator and a good member of the council."

"Dick was a great public servant, served many years as general in the National Guard," retired Sen. Phil Boots said. "The National Guard guys loved him. He wanted to do whatever he could to make Montgomery County better."

Boots and Chastain were part of Kiwanis for a long time.

"There's just a lot of things I could say about the guy," Boots said. "He was well loved both here and around the state."

Crawfordsville Mayor Todd Barton spoke for many.

"Our entire community is profoundly saddened by this tragedy," he told The Paper. "General Chastain dedicated his life to serving our nation and community, and he set the bar high for everyone whose life he touched. His legacy of service will continue to serve as an inspiration for all of us. Our thoughts and prayers are with his family, and the family of his wife during this incredibly



GEN. DICK CHASTAIN

difficult time."

County GOP Chair Jim Johnson echoed those sentiments.

"Our hearts ache for everyone who knew Dick," Johnson said. "He was everything you want in an elected official. He showed us what genuine dedicated public service looks like and he set the example for how to serve the right way . . . the way he could use humor to ease tension in a meeting or be frank in making a point are just a few of the unique qualities that made him such a valuable and effective member of the council and within our local party. We are absolutely devastated and heartbroken by this news. We give great thanks for his service to Montgomery County for so many years."

Chastain turned 90 on Aug. 4. He was born in the southern Indiana community of Salem and graduated from Campellsburg High School in 1951. He graduated from Purdue University with a bachelor of science degree in agriculture.

He enlisted in the U.S. Army in 1955 and worked his way through the ranks to general.

The Daily Almanac

Sunrise/Sunset
RISE: 6:50 a.m.
SET: 8:56 p.m.

High/Low Temperatures
High: 76 °F
Low: 68 °F

- Today is...**
- Purple Heart Day
 - Beach Party Day
 - National Lighthouse Day

What Happened On This Day

- **2008** War Between Russia and Georgia Breaks Out. The conflict began over South Ossetia and Abkhazia, two breakaway regions of Georgia.
- **1974** Daredevil Walks a High Wire Between Twin Towers of the World Trade Center. French high-wire artist Philippe Petit, who was 24 years old at the time, walked 8 times across a high wire between the two towers in 45 minutes.
- **1782** George Washington Institutes the Purple Heart. Then known as the Badge of Military Merit, the Purple Heart is a military decoration. In 1932, on the 200th birth anniversary of Washington, it was decided that the award would be given to those wounded or killed while serving in the United States Armed Forces as a result of enemy action on or after April 5, 1917. August 7 is annually observed as Purple Heart Day in the United States.

Births On This Day

- **1975** Charlize Theron South African model, actress
- **1876** Mata Hari Dutch spy

Deaths On This Day

- **2005** Peter Jennings Canadian/American journalist
- **1957** Oliver Hardy American comedian, actor

HONEST HOOSIER

I just noticed there's 146 days left in the year. Where'd the first 220 go?



INSIDE TODAY'S EDITION

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

TODAY'S HEALTH TIP

Consider sitting on an exercise ball instead of a chair - it helps your balance and keeps you more alert. 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

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 QUOTE

"A fool thinks himself to be wise. But a wise man knows himself to be a fool."
William Shakespeare

TODAY'S JOKE

What bear is the most condescending?
A pan-duh!

OBITUARIES
TODD L. WHITTINGTON

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



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7 DAY FORECAST

86 MOSTLY SUNNY, LESS HUMID	62/84 SUNNY & PLEASANT	61/85 SUNNY & PLEASANT	64/85 SUN AND CLOUDS	66/86 MORE MUDDY, P.M. STORMS	70/87 MUDDY, SPOTTY STORMS	67/87 MUDDY, SPOTTY STORMS
SUN	MON	TUE	WED	THU	FRI	SAT

OBITUARIES

Todd L. Whittington

March 10, 1964, Thursday, August 3, 2023

Todd L. Whittington, 59, passed away on August 3, 2023 surrounded by his family at Wellbrooke of Crawfordsville.

He was born on March 10, 1964 to John and Vicki (Brook) Whittington in Danville, IL. Todd was a graduate of North Montgomery High School, Class of 1982. Todd married Kathryn Wilson on December 8, 1990 in Crawfordsville, spending just over 2 years together until her passing in 1993. He then married Sheila Price and they later divorced.

Todd was a machine operator for RR Donnelly and Lakeside Book Company for over 35 years. He often fixed up cars and motorcycles and would play a round of golf with friends.

Todd is survived by his parents, John and Vicki Whittington; son, Jacob Whittington; 2 siblings, Jeffrey Whittington and Amy Keller (Jeff); and several nieces, nephews and extended family. He will be dearly missed by his two lifelong friends, Gale Redden and Jeff Nunan.

He was predeceased by his grandparents, Fuson and Irene Whittington and Eston and Dorothy Brook.

Cremation was chosen with Sanders Priebe Funeral Care entrusted with arrangements. A private burial of his cremated remains will be held at a later date in Indian Creek Hill Cemetery. Share memories and condolences at www.SandersFuneralCare.com.

Winning Golf Team Lead By 3 Strokes

Our Senior Golfers hit the links this past week and enjoyed a less hot but still as muggy climate.

The humidity seemed to agree with our leading team of Jim Long, Greg Crossen, Joe Noble and Jack Foos as they scored twelve-under-par and commanded a lead of three strokes over the second place team of Herald Mennen, Gerry Moore, John Lewis and Bill Combs, who managed a score of nine-under-par.

The third place team of Vance Pyle, Les Cardy, Cliff Lunsford and Joe Irvin only trailed behind second by one stroke with a score of eight-under-par.

Dick VanArsdel and Bill Boone won proxys on holes five and thirteen, respectively. Longest drive, of someone 80 years old or older, went to Boone.

Here's hoping that the rainy weather this upcoming week does not hinder our Senior Golfers.



Photo courtesy of Crawfordsville/Montgomery County Chamber

Chamber Of Commerce Celebrates AZ Installers LLC And Spyderman Pest Management

The Crawfordsville | Montgomery County Chamber of Commerce celebrated AZ Installers LLC with a Ribbon Cutting Ceremony at Fusion 54. AZ Installers specializes in installing windows, entry doors and sliding glass doors.

Owner Angel Zapata stated, "Our company prides itself on reliability, integrity, and quality work. We always make sure that durability, energy efficiency, and security are kept in mind. We want to be able to educate our clients on doors and windows, as well as the process of installation and

add-ons." In addition, Zapata expressed how excited their company is to be part of our growing community, as Angel has lived in Crawfordsville his entire life.

AZ Installers can be reached at 317-345-9330 or follow their Facebook page.

For additional information regarding the chamber, visit the website at <https://www.crawfordsvillechamber.com/> or email Stacy Sommer at ssommer@crawfordsvillechamber.com.

The Crawfordsville / Montgomery County

Chamber of Commerce celebrated Spyderman Pest Management with a Ribbon Cutting Ceremony at Fusion 54. Owner Brett Hall dedicated himself to learning and understanding the most effective methods for eradication and prevention of pest management. His goal is to provide exceptional pest control solutions that prioritize the well-being of both customers and the environment.

Hall mentioned, "I have been affiliated with Montgomery County my entire life and would love to help keep unwanted pests out of your homes and businesses using my eco-friendly

tactics." When asked what sparked the interest in pest control, Hall stated, "It really started when I was a child. I have always had an interest in bugs and how they work. I grew up and quickly realized that the passion was still there, so I created a game plan to quickly be executed. Because of that, I am happy to say that I love what I do."

Spyderman Pest Management is located in Lebanon. Owner Brett Hall and CEO Kaiti Turpin can be reached for a free quote at 765-355-1171. Visit their website at spydermanpestmanagement.com.

Thanks for reading The Paper!

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Photos courtesy of Honda

Gen-Friendly 2024 Honda HR-V Is A Whole Lotta Crossover For \$25k

Twenty-five thousand dollars may still be a lot of money to most of us, but it is a pittance for a new automobile. At that price, one should normally expect many compromises in terms of quality, features, and engineering. Automakers rarely make their best effort for drivers in the cheap seats, but the redesigned 2023 Honda HR-V crossover is a case point that Honda is not most automakers.

Honda claims the all-new HR-V is America's most popular SUV with first-time and Gen-Z buyers, however I suspect "higher generational" drivers will want one too.

Standing curbside, the HR-V looks more mature than the previous generation, boasting larger and more flowing flanks aping the latest Civic, Accord, and larger CR-V. In fact, it even seem a little German in its more muscular proportions and

2023 Honda HR-V Five-passenger, FWD Crossover

Powertrain: 2.0-liter I4, CVT
Output: 158hp/138 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 17"/17" alloy
Brakes f/r: disc/disc
Fuel economy city/hwy: 26/32-MPG
Assembly: Celaya, Mexico
Base/As-tested price: \$25,395/\$25,850

arching roofline – like an affordable Porsche Macan. Front styling is a little amorphous, but handsome enough. The previous model was based on the Fit; this one feels more like a Civic crossover. Base models get 17" alloy wheels to fill the fenders. Inside, there's another dollop of that Civic feel with style that's more

LIKES

- Upscale features
- Precise handling
- Super affordable price

sports car than crossover. Seats are cloth, but are stitched in waffle pattern and are all-day supportive. Steering wheels are rubber, but have controls for audio and cruise. The center flybridge console is at arm height with a small storage area and USB ports beneath. Air vents are cleverly hidden in a swath of mesh plastic that stretches across the dash. There's a lot of hard plastic, but upscale soft stuff where appreciated. It's cost-conscious without feeling cheap.

And, it's very well equipped. Push button starting, automatic climate control, and auto up/down power windows are a start. Devices connect via Bluetooth, Apple CarPlay,

DISLIKES

- Buzzy CVT
- No Sport mode
- Amorphous front

and Android Auto. The 7" touchscreen with volume and tuning knobs was super intuitive. Safety is bolstered by standard automatic emergency braking, lane keep assist with steering nudge, adaptive cruise, hill descent control, and road departure mitigation. Everybody deserves to be comfortable and safe.

On paper, the 2.0-liter four-cylinder engine should be potent enough in a compact crossover, but it routs its 158 horsepower and 138 lb.-ft. of torque through a continuously variable transmission that unfortunately screams like a scalded puppy when putting power to the road. While delightfully smooth and quiet at cruise, climbing to speed rattles ear-

drums. Drivers can select a drive mode to make the throttle less sensitive for fuel economy, but there's no Sport mode for sharper response.

I drove from Indianapolis, Indiana to near Memphis, Tennessee and back – nearly 14 hours through flat cornfields, rolling Kentucky hills, and more challenging highway deluged by a rainstorm through western Tennessee. Unlike some competitors who use a torsion beam rear suspension, the Honda gets a fully independent set-up and quick steering. It likes to play on twisty backroads, but settles comfortably on the highway and on city streets. It feels sophisticated, very Honda, and far more fun than required.

More than a third of HR-Vs are bought by Gen Y. It's also the #1 SUV for Hispanic buyers. If I did a survey of any other demographic, I imagine it would



CASEY WILLIAMS
Auto Reviews

rank high with them too. That's because everybody wants a well-engineered, fuel-efficient crossover that is one of the most affordable new cars available. Prices start at just \$25,395 for an LX trim with front-drive. Add \$1,500 for all-wheel-drive. A completely loaded HR-V barely scrapes \$30k. Storm Forward!

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

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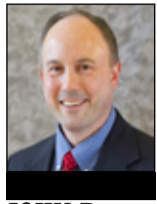
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Stress Fractures, A Serious Repetitive Micro-Trauma



JOHN R. ROBERTS, M.D.
Montgomery Medicine

I saw a college athlete recently who complained of shin pain. He had been upping his running mileage in preparation for the upcoming cross country season. His pain was due to a stress fracture. Every year, somewhere between five and 30 percent of athletes develop a stress fracture. Briefhaupt first described the condition in 1855 when examining military recruits, a group that frequently develops stress fractures.

Everyone is familiar with bone fractures, especially those from an acute injury. Even untrained eyes can usually identify the fracture lines on an X-ray; the bone often looks like a broken stick. Stress fractures, however, can be much more difficult to diagnose.

Stress fractures, as the name implies, are caused by ongoing stress on bone tissue. This repetitive microtrauma causes disruption of the microscopic structure of the bone over time that eventually exceeds the bone's ability to heal itself. A tiny crack subsequently develops in the bone that may or may not be visible on an X-ray. Think of bending a piece of metal over and over – it eventually weakens and breaks.

Stress fractures predictably occur in bones that are prone to repetitive stress based on the sporting activity. The fractures can involve any bone, but the most common locations and their associated sports include the hip, leg, and foot (runners & jumpers), the spine (gymnasts, divers, and volleyball players), arms (throwers), and ribs (rowers). The forces experienced by bones in the feet and legs can be up to twelve times a person's weight. Stress fractures are one of the five most common injuries in runners and account for up to half of injuries in soldiers.

Risk factors for stress fractures can be divided into intrinsic (originating within the person), and extrinsic (coming from outside the body). Intrinsic factors include being genetically female (twice as likely as in males), weak or imbalanced muscles, prolonged rest that can lead to weak bones, leg misalignment, being tall, and having poor foot structure.

One very important intrinsic risk factor is osteopenia (decreased bone mineral density) and its more severe form, osteoporosis. This is especially worrisome in young female athletes who can develop the "female athlete triad." This triad includes disordered eating such as anorexia and bulimia, amenorrhea (no

menstrual periods) and decreased bone density. Any young woman who has a stress fracture needs to be evaluated for the female athlete triad.

Extrinsic risk factors usually include an excessive amount or intensity of training, a poor training surface (too hard or irregular), and worn out or improperly fitted shoes. Running shoes should be fitted correctly to the foot structure, preferably at a professional running shoe store, and should be changed out every 300 miles or so. Other extrinsic factors include smoking, poor nutrition, and medications, especially oral steroids.

People with stress fractures typically present with a common history. The pain usually comes on gradually and is felt at the end of the activity causing the pain. The pain then becomes more severe, causing the person to limit participation. During the early phase of the injury the pain is relieved with rest. This is usually not the case as the damage progresses. Many patients complain of pain at night and athletes frequently have a hard time pinpointing a specific location of the pain.

The physical exam often offers clues to the diagnosis. Pressing or tapping the affected area usually elicits pain. Swelling or redness may be present. Putting stress on the bone by hopping, etc. may worsen the pain.

If the history and physical exam does not identify the problem other tests need to be performed. Conventional X-rays are frequently normal. Often CT or MRI scanning is required to locate and assess the severity of the fracture. Nuclear bone scans can also be helpful. Which study to order is usually determined by the site of the possible fracture as well as other medical conditions the patient may have.

Treatment is fairly simple – break the cycle of repetitive stress on the bone. This is done by cross training to strengthen the muscles around the fracture site without putting undue stress on the fracture site. Rehabilitation usually takes four to 12 weeks depending on the site and severity of the fracture. Occasionally stress fractures do not heal and require surgical stabilization. One rule of thumb is to increase activity about ten percent a week during rehabilitation. There is some evidence in animal models that treating the pain with non-steroidal medications such as Aleve and ibuprofen may delay healing, so we usually try to stick with Tylenol and other local treatments such as icing.

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

Painter Provides A Sense Of Gravity



CARRIE CLASSON
The Postscript

I see him painting every afternoon.

Every day I take a walk and, when I am in San Miguel de Allende,

Mexico, my walk usually takes me through an old fabric mill that has been converted into gallery space. Most of the galleries sell the work of artists from Mexico City and beyond. But some of the galleries are spaces where artists are both working, and selling their work and the floor is spattered with paint, and easels hold paintings in various stages of completion.

Usually, I don't see the artists. They seem to be somewhat elusive. Perhaps they don't like being pestered by looky-loos coming by to see what they are doing and how they create their magic on canvas.

But one artist is always working. For a long time, I would wave as I walked by.

Then one day, I stopped to tell him how inspiring it was to see him working every day. I told him I was a writer and that sometimes it felt as if there was no one else writing.

"But I see you painting here, every day, and I feel less alone," I told him.

He said he was honored. He spoke English with an accent, but it was not a Spanish accent. He is Italian, as it turns out. His girlfriend is Mexican, from San Miguel.

His work is imposing. He does portrait art, and within the realistic paintings of his subjects, he has abstract art bursting out from inside them, as if their thoughts and emotions had turned into vivid colors and shapes.

"Do you have days when it is easier?" I asked. "Are there days when the painting flows more freely than others?"

I felt a little bad because, in order to answer the question, he paused his painting. He was

working on the background of a male figure. The background was flesh-toned, so the person almost melted into it. He was mixing colors of brown and white, painting, covering, mixing again. It was mesmerizing.

"No," he said. "I think the work flows on every day I am painting. If it is not flowing at all, I go home."

But I know he is always there—because I see him.

And then he told me he had not always been a painter. He was trained as an actor and worked in films in Italy. He hated it. He said he was only valued for how he looked.

Then he met his wonderful girlfriend, and he moved to Mexico to be with her. But he had no job. So he and a business partner set up a small export company. He spent eight months working on it and then—without warning—his partner quit. His business dream was over.

That was when he started to paint.

Now he has more commissions and offers to show in galleries than he can accept. People love his work, and so does he.

"It freed me, my partner leaving," he said. "If he hadn't done that, I would never have gotten to paint!"

"But how did you learn?" I asked.

"On YouTube!" he said. "I just practiced and practiced."

And I know this is true because he is the one painter who is there every day, working on a new canvas, carefully mixing the colors on his brush, contemplating what he sees growing before him.

I saw him there yesterday. He was concentrating intently, and I didn't want to take up his time. But it is a great comfort to know—even without seeing him—he is there right now, painting.

Till next time,
Carrie

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

Exercising School Bus Safety



SPENCER DEERY
Guest Columnist

Across Indiana, school buses will soon be on our roads again. Keeping our kids safe is an important enough

the bus to arrive and only approach the bus when the doors open after it comes to a complete stop.

Make sure children look both ways before crossing the street in front of the bus in case motorists do not heed state school bus safety laws.

On My Way Pre-K Enrollment Still Open

Enrollment for the On My Way Pre-K program is still open for the 2023-24 school year.

The program helps eligible four-year-old children from low-income families (now at 150% of the poverty level) learn early reading, math and science curriculum integral to their K-12 academic success through instructional hours, lessons, activities and books.

Families are partnered with a personal care representative who monitors each child's progress and provides access to live help over the phone or email six days a week.

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

issue that I wanted to pass along the graphic below from the Indiana State Police in case anyone needs the reminder.

If a school bus stops on a two-lane road with the red lights flashing and stop arm extended, all motorists must stop.

If a school bus stops on a multi-lane roadway without a barrier and with the red lights flashing and stop arm extended, all motorists must stop.

If a school bus stops on a multi-lane roadway with a grassy and/or concrete barrier and with the red lights flashing and stop arm extended, only vehicles behind the bus must stop. Vehicles approaching from the opposite side are not required to stop but should remain cautious.

Children should also stand six feet away from the curb while waiting for