

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 43:18-19 *Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland. (NIV)*

➤ 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 Prophetstown State Park invites you to create a one-of-a-kind scarecrow for its 14th Annual Trail of Scarecrows, Oct. 1–Nov. 5. Support your local community, highlight an organization, promote special events or just show off your creativity to thousands of visitors this fall. This event is open to businesses and families alike. The scarecrows will be featured along Prophetstown's paved accessible trail. Promote recycling and upcycling by repurposing used items and materials to create fun (and funky!) art for this special event. It's free to participate and there are no registration fees. The public will have the chance to vote for their favorite scarecrows by making donations to the Interpretive Services Fund for Education, Arts, Culture and History Programs at Prophetstown State Park. By donating at least \$1, park guests can cast 100 votes for their favorite. Prizes are awarded for the most votes so spread the word to vote for your scarecrow. If you are unable to sponsor a scarecrow, please consider donating merchandise or gift certificates for contest prizes or gifting a monetary contribution for interpretive services programs.

2 The Montgomery County Relay for Life is dedicated to helping communities attack cancer. Through funds donated, time given, or awareness raised, communities are teaming up to make a difference. The annual event is scheduled for Sept. 16, from 12 pm - 8 pm in Crawfordsville. You can participate by forming a team, raising money and celebrating at the event while honoring survivors and remembering lives touched by purchasing a luminaria. Please help spread the word to help them grow the success of this event! Click the button to visit the website to register a team and for more information.

3 Governor Eric J. Holcomb is directing flags at state facilities across Indiana to be flown at half-staff in honor of Patriot Day. Flags should be flown at half-staff from sunrise to sunset on Monday, September 11, 2023. Governor Holcomb also asks businesses and residents statewide to lower their flags to half-staff in remembrance of the victims of the terror attacks on September 11, 2001.

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!

260 Acres

Indiana has lost more than 260 acres of wetlands in the two years since a new state law made Hoosier lands more vulnerable to flooding and environmental damage, according to a group of environmental organizations.

350 Acres

IDEM issued permits — or determined a permit was not needed — to build on nearly 350 acres of wetlands in the state. Only 85 of those acres — about a quarter — required mitigation, meaning building would have to take place elsewhere.

800,000 Acres

Indiana is home to more than 800,000 acres of wetlands, equal to about 3.5% of the state's geography.

2 Year, \$4 Million Project

The Indiana Diaper Bank, based in central Indiana, will helm the 2-year, \$4 million project, which will distribute 200 diapers every other month to qualifying families.

30,000 To 171,000 Diapers

"We know this is probably not enough. It sounds like a lot of money but diapers are not cheap," Ashley Burns, the president and CEO of the Indiana Diaper Bank told the Indiana Capital Chronicle. Burns reported that her small nonprofit had quadrupled the number of diapers it distributed in the last year — from 30,000 in May 2022 to 171,000 in May of 2023 — signifying the ongoing and outstanding need.

250 Percent

Products would be dispensed in the parking lots of various Women, Infant and Children (WIC) offices, providing a direct connection to hundreds of Indiana residents whose gross monthly income is at or below 250% of the Federal Poverty Level — or \$6,250 for a family of four — which is the cutoff for eligibility.

\$54.4 Million

Indiana regularly receives hundreds of millions of dollars in TANF funding, or Temporary Assistance for Needy Families, from the federal government to alleviate poverty. States have spending discretion and Indiana routinely holds back monies — such as \$54.4 million earlier this year.

\$75 Million To \$150 Million

The state's public health investment was around \$6.9 million, compared to the 2024 commitment of \$75 million followed by \$150 million in 2025.

The Daily Almanac

Sunrise/Sunset
RISE: 7:23 a.m.
SET: 8:05 p.m.

High/Low Temperatures
High: 82 °F
Low: 58 °F

Today is...

- Patriot Day
- Make Your Bed Day
- Women's Baseball Day

What Happened On This Day

- **2012** Attacks on The US Diplomatic Compounds in Benghazi, Libya. About 150 Islamic militants attacked two different US diplomatic buildings in the city with gunfire, grenades, and mortars. 4 Americans including US ambassador J. Christopher Stevens died in the attack.
- **2007** Russia Tests Father of All Bombs. The world's most powerful non-nuclear bomb was a thermobaric bomb – it detonated mid-air and uses the oxygen in the air to create an explosion. The energy released by the bomb equaled 44 tons of TNT.
- **2001** September 11 Attacks in the United States. A series of 4 coordinated suicide attacks were carried out by the terrorist group Al Qaeda on the morning of September 11. Nineteen militants hijacked 4 California-bound airplanes from east coast cities in the US and used the planes to target major American landmarks.
- Births On This Day**
 - **1885** D. H. Lawrence English novelist
 - **1924** Rudolf Vrba Czech/Canadian holocaust survivor, educator
- Deaths On This Day**
 - **1971** Nikita Khrushchev Soviet politician, 7th Premier of the Soviet Union
 - **1941** Christian Rakovsky Bulgarian revolutionary, politician

➤ HONEST HOOSIER

We will never forget.



➤ 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

Keep high calorie snack foods out of sight - you'll eat fewer of them. 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

I never learn anything talking. I only learn things when I ask questions. -Lou Holtz

➤ TODAY'S JOKE

Why couldn't the pirate play cards? Because he was sitting on the deck!

➤ OBITUARIES

NONE

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



7 DAY FORECAST

80 SUNNY, WARMER	58/82 PARTLY CLOUDY, MILD	62/74 SCATTERED SHOWERS	52/71 SUNSHINE, COOLER	48/73 COOL START, MOSTLY SUNNY	49/75 COOL START, MOSTLY SUNNY	52/78 SUNNY, WARMER
SUN	MON	TUE	WED	THU	FRI	SAT

Results From CDPL/Master Gardener Seed Library Sunflower Contest



Photos courtesy of Master Gardener and CDPL

CDPL and Master Gardener received over 20 photo entries for each category. Winners received admission tickets and a mug from Oakhill Tree Farm and a Sunflower LEGO Set. Left: Tallest Sunflower - 14 ft Nora, Jonas and Simon Carlson. Middle: Largest Flower head - 18 inches Douglas Keeling. Right: Me and My Sunflower- Oakley Bengé.

Team Of House, Phelps, Powell, Enquest, Sheldon Fire 14-Under

The sizzling hot team of Steve House, Fred Phelps, Terry Powell, Gary Enquest and Bill Sheldon shot 14-under par to top the senior golfers last week. Bill Boone, Steve Wingham, Phil Rister, Jack Foss and Jack Phillips came in second, three shots back. And that was

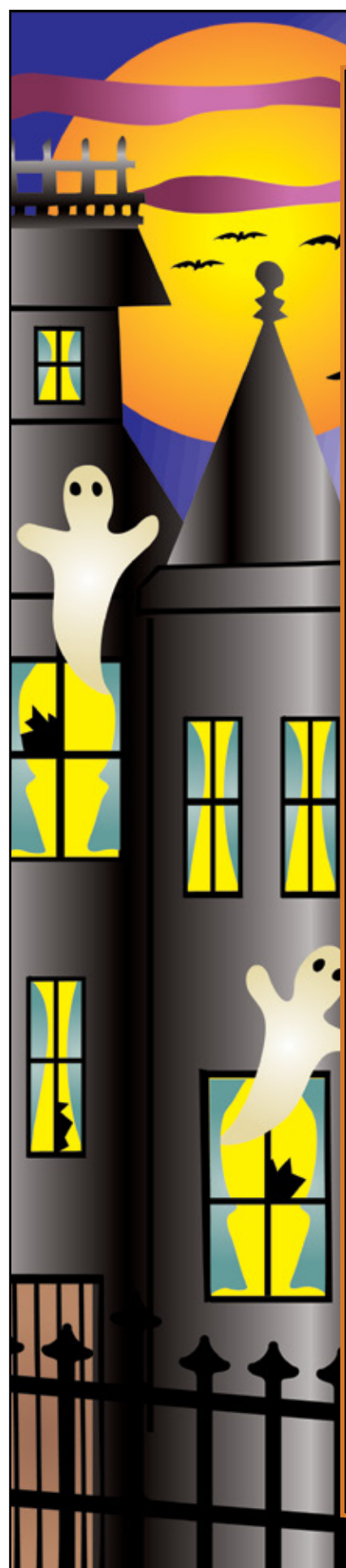
one shot better than the third-place team of Rhett Welliever, Dick VanArsdel, Brad Kenny and Joe Jatke.

Proxys went to Ron Stewart on No. 4 and Dan Welliever on No. 10. And Fred Phelps added to his good day by winning long drive for someone 80 or older.

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Halloween Writing Contest

We're having our fun and frivolous Halloween Writing Contest and the entries are being accepted now.

Here's how it works:

Four winners will be selected and those stories will be published, along with the author's name and photo, in October. If the judges select any stories as honorable mentions, those will be published on our web site.

We'd suggest dusting off the cobwebs – unless cobwebs, creaky stairs and paintings with moving eyeballs are appropriate to your story – and getting busy. You know the first rule of writing, right? Butt in chair!

So get yourself situated in front of a keyboard and let those fingers fly!

Tell us a ghost story, a spooky tale, perhaps a fiction piece about the ghost of Gen. Lew or Henry Lane, or perhaps a tale spun up from one of the pre-consolidation high schools. That's the great thing – it's a Halloween writing contest, so the who, what, where, and when are all up to you!

Write your Halloween-themed story and e-mail it to news@thepaper24-7.com or drop it off at our office, 127 E. Main St. in Crawfordsville (If you e-mail, please copy and paste the story in the body of the e-mail and not as an attachment)

Do not exceed 750 words

Connect your story to Crawfordsville and / or Montgomery County somehow.

The writing must be your own and original. You must own the rights to it and sign a release stating as such and giving us permission to publish it.

Get it to us by noon, Sept. 29.

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Photos courtesy of Stellantis

2024 Dodge Hornet Slaps An Historic Name On Its Stingin' Little Crossover Self

It dominated NASCAR, boogied through the '70s, starred in countless movies, and is now enjoying a trip from Italy dressed as a boisterous American tourist. No, this isn't an A-list actor from classic Hollywood, though "Doc Hudson" Hornet in Pixar's "Cars" was voiced by Paul Newman. Hornet reappeared on fenders in the '70s after Hudson merged with Nash to form AMC and on a 2006 concept car. Now, it's on the tailgate of the stingin' little 2023 Dodge Hornet crossover.

Champion Hornet Heritage

Hornet comes from solid breeding stock. The original 1951 Hudson Hornet was known for its streamlined styling and "step down chassis" in which the floorpan and passengers were set between the frame rails for a lower profile and improved center of gravity for safety and handling. In Cars, Doc Hudson was a "3-Time Winner of the Piston Cup", but in reality, the Hornet dominated NASCAR, winning 27 of 34 Grand National races in 1952, 22 of 37 in 1953, and 17 of 37 in 1954.

Not bad for a car with renowned luxury credentials.

But, the Dodge Hornet is an entirely different insect - essentially a domesticated version of the Alfa Romeo Tonale, though not entirely Americanized because it's assembled in Naples, Italy. Sure, it has snarling air extractors on its hood, angry hornets on its flanks, and looks menacing with 18" black wheels and black trim included in the Blacktop package, but the curvy muscular sheetmetal would look as sexy in Tuscany as Tucson. In GT trim, it's also a convincing Dodge. I'd say it's even a might sportier than the 1976 AMC Hornet Sportabout wagon.

Forget cheap plastic and cloth seats from The Malaise Era because the Dodge's interior cribs Alfa with deeply bolstered black leather sport seats, flat bottom steering wheel with bulging handgrips, and red stitching throughout. The steering wheel is canted forward in the Italian tradition.

Beyond that, it's pretty comfortable. Flatscreen gauges are clear and concise, and the slick

2023 Dodge Hornet GT Plus Five-passenger, AWD Crossover

Powertrain: 2.0-liter T4, 9-spd
Output: 268hp/295 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
0-60 mph: 6.5s
Fuel economy: 21/29 mpg city/hwy
Assembly: Naples, Italy
Base/As-tested price: \$30,735/\$40,710

center screen looks artful attached to the dash, but putting volume control in the console is a little too Audi. I'd prefer Chrysler Group's super intuitive infotainment with easy icons plus proper volume and tuning knobs. I have no complaints about wireless Apple/Android connectivity, sumptuous Harman Kardon audio, or dual-zone automatic climate control.

Twin H-Power to Hurricanes

The Hudson came with a standard electric clock, but twitched its sting from "Twin H-Power" pow-

LIKES

- Buff styling
- Agile handling
- Turbo-four engine

ertrains that applied twin one-barrel Carter carburetors (\$85 dealer-installed option) to the company's 5.0-liter inline-six engine for a then-potent 145 horsepower and 275 lb.-ft. of torque.

Today's Hornet is available as a plug-in hybrid with 30 miles EV range and putting out 288 horsepower and 383 lb.-ft. of torque, but our super fly buzzes about with Dodge's "Hurricane" 2.0-liter turbocharged four-cylinder engine, connected to a 9-speed automatic transmission, delivering 268 horsepower and 295 lb.-ft. of torque. The old Hudsons would have no hope of matching the latest Hornet's 0-60 mph time of 6.5 seconds.

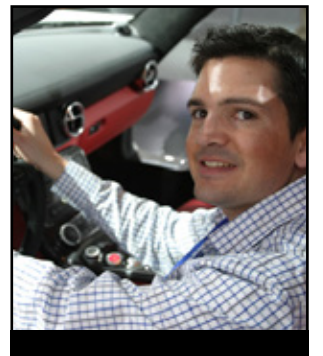
It's safe to say the Dodge Hornet GT would own 1950s NASCAR, but a proper performance crossover is not born of speed alone. Hailing from Italy suggests the Hornet performs as if old Enzo Ferrari was fettleing the

DISLIKES

- Fuel economy
- Harsher ride
- Volume/tuning controls

chassis. He's not, but the quite firm four-wheel independent suspension and sharp steering are more adept than the average crossover. Add to that torque-vectoring all-wheel-drives to sharpen corners and a Sport mode that makes the throttle more responsive, tightens steering, and employs a limited slip differential to lay power evenly. The Hornet is comfortable on the highway and over most city pavement, but is most fun over smooth twisty pavement.

And while we may dream of attacking two-lanes through Italy, it's more likely time spent in Dodge Hornets will be interrupted by belching kids and slobbering dogs en route to baseball practice. Keeping everybody safe are adaptive cruise, lane-centering steering with haptic counter steer (gently nudges back into lane), and automatic emergency braking. Blind spot warning, rear cross



CASEY WILLIAMS
Auto Reviews

path detection, and surround-view camera protect fenders and pedestrians too.

With an Italian accent and NASCAR heritage, Dodge has a stingin' little Hornet crossover that's unique among rivals. It's a fun commute to work, easy in daily errands, and occasionally enjoys a good romp through the country. A base price of \$30,735 or \$40,710 as-tested elicits competitors like the Subaru Crosstrek Sport, Chevy Equinox RS, Mazda CX-50, Acura RDX, and Buick Envision ST.

Storm Forward!

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

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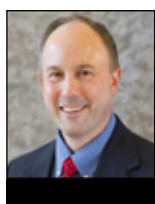
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“I Can’t Sleep Doc”, Causes Of Insomnia



JOHN R. ROBERTS, M.D.
Montgomery
Medicine

Insomnia is a huge problem in the United States. We spend over \$10 billion a year on sleep-related treatments and it's estimated we lose over

(RLS) can cause trouble getting to sleep or staying asleep. Sleep apnea may also cause frequent night-time awakenings. Over-the-counter medication use can cause chronic insomnia, particularly stimulants such as caffeine as well as sedatives, especially alcohol.

Caffeine is a huge problem and one of the first habits I ask about when I see someone who has trouble sleeping. Some people drink too much soda, coffee or energy drinks. I often discover they're doing it to keep themselves awake during the day because they can't sleep at night! This is a common practice in teens and college students so they don't miss out on social media postings. Caffeine can stay in your system for eight hours or longer.

Over-the-counter or prescription sleeping pills can also be habit-forming. People who take these often find themselves unable to stop taking them or they require larger doses to get the same effect. If they do stop them, they can suffer "rebound insomnia." Sleeping pills can also be very dangerous when used by the elderly. They can cause problems with balance and coordination leading to falls that often result in fractures or traumatic brain injuries.

Many people subscribe to the incorrect notion that alcohol helps them sleep. While alcohol has depressant effects on the brain, it actually alters various stages of sleep, especially deep sleep. This stage of sleep is critical for the brain to refresh itself. If the brain does not get enough deep sleep, the person constantly feels sleep-deprived.

Shift workers can develop chronic insomnia due to shift work sleep disorder. This condition can result when workers either change shifts or have a brain that is wired to only function properly if they sleep at night. More and more young people are suffering from "sleep phase delay" insomnia. This results from staying up late and sleeping in late. The problem arises when they want to go to bed earlier and can't get to sleep.

Next week I'll cover prevention and treatment of sleep disorders. Pleasant dreams!

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

Finding New Irresistible Treat, Apple Empanadas



CARRIE CLASSON
The Postscript

Usually, just as I am getting close to leaving Mexico, I find some absolutely irresistible treat and have to eat

it every single day until I leave.

I arrive back in the U.S. a few pounds heavier, wondering how I ever got so carried away. I return to my more or less normal eating habits and more or less normal weight, only to return and discover some new treat across the border.

This week, it was apple empanadas.

I didn't know what an empanada was. I thought it was a sort of meat sandwich and not something I'd get excited about. That was until Jorge, our benevolent landlord (possibly too benevolent), showed up at our doorstep with a small plate. On the plate were two large, crispy, perfectly browned triangles covered in cinnamon sugar and filled with apples.

"For you!" He explained, unnecessarily. "Empanadas!"

It was midafternoon and not exactly our coffee and pastry hour. (Full disclosure: My husband, Peter, and I didn't have a coffee and pastry hour, although this soon changed.) We cut one of those apple empanadas in half and tried it. And that was pretty much it.

We ate the second empanada. Then, I went downstairs to find Jorge.

"Where do we get more of these?"

Jorge laughed and gave me directions, but no address. The next day, I went hunting.

"But only after 2 p.m.!" he warned me.

Jorge said it was near the flower shop. There was a bakery across the street, but I'd been in there, and there were no empanadas.

San Miguel is a historic town, so they don't put up much permanent signage. They will hang a shingle out when they are open and take it down at night. Many times, I have walked

right by a business with no way to recognize it after it was closed.

On my first day, I found no sign of empanadas. On the second day, I asked a couple of gringos nearby, and they knew nothing about them. On the third day, I went into the flower shop and asked in Spanish. The owner pointed to the bakery.

"No, not the bakery." I told him it was empanadas, specifically, I was looking for.

The people in San Miguel are used to being asked stupid questions. They answer the same stupid questions over and over, and then gringos come up with new ones.

The owner of the flower shop stopped working on the roses at his table. He took me gently by the arm and guided me out the door. I wondered where we were going. He walked directly to the bakery that I had, by now, passed at least half a dozen times.

"Here are empanadas," he told me. Still, I doubted.

I stepped inside. There they were.

Miraculously, a whole new selection of baked goods had appeared.

Because a crispy apple pastry was something I would eat in the morning, I expected them to be there in the morning. But that would be foolish if you wanted to eat them warm and fresh from the oven in the afternoon, as they do in San Miguel.

I got the last two on the tray and brought them home to Peter.

"Now we're in trouble!" I announced as we ate an empanada each.

But, before I went home, I stopped at the flower shop to thank the store owner. The vocabulary I have in Spanish to explain that I am stubborn and pigheaded is limited. And now I think I should do something about that—both the vocabulary and the stubbornness.

Till next time, Carrie

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

Local Communities Awarded \$1.4 Million In Grants



SPENCER DEERY
Guest
Columnist

The Indiana Office of Community and Rural Affairs is awarding 17 communities over \$11 million in federal grants

having suicidal thoughts experienced symptoms of a mental health condition.

Suicide prevention should be addressed year-round, but in September we highlight the importance of helping those in need understand what resources are available and options for finding mental health treatment.

To better prevent tragedies and provide help to those who need it, the new 2024-25 state budget allocates an additional \$170 million for mental health resources, including veteran suicide prevention initiatives and the expansion of certified community behavioral health clinics in Indiana.

If you or someone you know is struggling with their mental health, visit [in.gov/BeWellIndiana](http://www.in.gov/BeWellIndiana) or call 2-1-1 to be connected to a mental health professional.

If you or someone you know is experiencing a mental health crisis, call the National Suicide and Crisis Lifeline at 9-8-8.

Special Enrollment Period Open for VA Health Care

Veterans who deployed to a combat zone, never enrolled in Veterans Affairs (VA) health care and left active duty between Sept. 11, 2001, and Oct. 1, 2013, are eligible to enroll directly in VA health care without first applying for VA benefits.

Veterans can apply online or in person at their local VA facility through Sept. 30.

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

\$40 billion in lost worker productivity due to sleeplessness.

Insomnia is a very complex subject that I can address only briefly in this column. I'll focus on some causes of insomnia this week. It's important to remember that insomnia is not a disease – it is a symptom of an underlying problem.

There are three types of insomnia. Transient insomnia lasts a week or less and is usually due to some type of limited stress. Short-term insomnia lasts one to six months and is usually caused by persistent stress, while chronic insomnia lasts greater than six months.

There are many causes of insomnia. Transient and short-term insomnias can be caused by stress as well as environmental factors such as sleeping in an unfamiliar bed or other location. Having too much light or noise in the room can also be contributing factors.

Chronic insomnia has numerous causes, the most common of which is anxiety. Trouble initiating asleep is the primary symptom of people suffering from anxiety. These folks usually report that they can't turn their thoughts off. I see this frequently in patients who are multi-taskers who feel as though they never get everything finished. Depression is also a common cause of chronic insomnia, though these folks usually present with "terminal insomnia," meaning they wake in the wee morning hours and are unable to get back to sleep.

Pain from arthritis or other conditions like Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) can lead to chronic insomnia. Lung disease such as COPD and heart disease, especially congestive heart failure, can lead to frequent episodes of waking at night. Chronic insomnia is also a symptom of PASC (Post-Acute Sequelae SARS-CoV-2), commonly known as "Long COVID."

Restless Leg Syndrome

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