

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

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➔ TODAY'S VERSE

Isaiah 50:10 "Who is among you that fears the LORD, That obeys the voice of His servant, That walks in darkness and has no light? Let him trust in the name of the LORD and rely on his God." (NASB)

➔ 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 Please join The Farm At Prophetstown and help the promote their fundRAISE the Barn event at The Farm at Prophetstown. All proceeds from this event benefit the restoration and preservation of their historic Red Gambrel Barn. Event will take place at the Farm on September 23rd beginning at 6pm. Live music, Silent Auction, Square Dancing, Food and more! Flier attached! The barn restoration is currently underway, come out and see the progress!

3 The Ladoga-Clark Twp Public Library will hold a special meeting to approve the library budget on October 17th at 5:30 pm at the library, 128 E Main St. Ladoga IN. This meeting will replace the regular October meeting of October 31st.

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!

\$335,226

From 2019 to 2022, legislators were reimbursed for \$335,226 for costs associated with legislative travel, including hotels, flights and conference registration fees. Only three trips took place in 2020 — before the pandemic — meaning the majority of the costs came from just three years.

\$1,775 Per Trip

The 100-member Indiana House of Representatives accumulated a total cost of \$218,359, or \$1,775 per trip

\$1,113 Per Trip

The 50-member Senate saw \$116,867, or \$1,113 per trip, in expenses.

\$9,267 Total Travel Cost

Sen. Jeff Raatz, R-Richmond, who chairs the Senate Education and Career Development Committee and is a member of the Appropriations Committee, racked up \$9,267 in travel costs over the course of 11 trips, making him the top spender and the most frequent traveler in the Senate.

Nearly \$80k in Indiana Taxpayer \$

ALEC, which raked in nearly \$80,000 in Indiana taxpayer dollars over the three years of active traveling, has a secretive reputation and is often criticized for giving a platform for corporations and lobbyists to influence legislators.

80 Percent

Historically, Indiana hasn't had balanced spending between facility and home-based care with 80% of Medicaid funds going towards institutions rather than home and community-based services. By not focusing on maintaining a sustainable, person-driven LTSS system, too many Hoosier families struggle to find affordable, quality home care.

\$10.8 Billion

Often the duties are falling to the estimated 790,000 Hoosiers who are unpaid family caregivers. These individuals are providing more than 740 million hours of care to their loved ones which is valued at \$10.8 billion each year.

\$374,200 Coming To MCCF

The Montgomery County Community Foundation (MCCF) is proud to announce that it has been selected as a recipient of the Early Years Initiative from Early Learning Indiana. The Early Years Initiative is a \$50-million competitive grant program focused on enhancing the learning and development of infants and toddlers in Indiana communities. The generous support for this initiative comes from Lilly Endowment Inc. Through this grant, MCCF will receive \$374,200 in funding to increase professional development opportunities for local child care programs and partner with the City of Crawfordsville to expand the Project Swaddle and Project Bundle programs. The Early Years Initiative places special emphasis on serving families in low-income households.

➔ HONEST HOOSIER

Here's a tip of the seed corn cap to Crawfordsville's own Richard Allen "Dick" Dietz - a Major League baseball player who was born on this date in 1941!



➔ TODAY'S HEALTH TIP

Remove ticks by grasping them with tweezers as close to the skin surface as possible.

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.



➔ OBITUARIES

NONE

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



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➔ 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

"Never bend your head. Always hold it high. Look the world straight in the eye."
-Helen Keller

➔ TODAY'S JOKE

Anyone know why elephants are so wrinkly?
Because they're pretty darn hard to get on an ironing board.

The Daily Almanac

Sunrise/Sunset
RISE: 7:30 a.m.
SET: 7:53 p.m.

High/Low
Temperatures
High: 74 °F
Low: 53 °F

Today is...

- National Cheeseburger Day
- National Respect Day
- World Bamboo Day

What Happened On This Day

- 1998 The Internet Corporation for Assigned Names and Numbers (ICANN) is founded.

Author Esther Dyson became the first chairperson of the now non-profit organization, which was initially under the oversight of the U.S. Department of Commerce. In 2009, the Department of Commerce gave up its control over ICANN, which is responsible for maintaining the Domain Name System (DNS) on the Internet.

- 1959 Vanguard 3 is launched into Earth's orbit. The geocentric satellite was launched into Earth's orbit by a Vanguard rocket, built by Glenn L. Martin Company, which is now known as Lockheed-Martin.
- 1934 USSR joins the League of Nations. It was expelled just a few years later for its aggressive actions towards Finland.

Births On This Day

- 1961 James Gandolfini American actor
- 1709 Samuel Johnson English author, lexicographer

Deaths On This Day

- 1970 Jimi Hendrix American singer-songwriter, guitarist, producer
- 1961 Dag Hammarskjöld Swedish diplomat, economist, author, 2nd Secretary-General of the United Nations, Nobel Prize Laureate



All 3 Teams Managed To Play Closest Game Yet!

This week our Senior Golfers went out and played the closest game of golf this community has seen with the first place team of Scott Baker, Jim Lee, John Lewis, Terry Powell and John Hatke scoring twelve-under-par and the other two teams scoring the same! Second place went to the team of Carl Wilson, Bill Boone, John Stull, John Welliever

and Bill Sheldon. Last but certainly not least with a tying score of twelve-under is the team of Rhett Welliever, Gary Enquest, Fred Phelps, Scott Simpson and Jack Foos.

Proxys went to Foos and Bill Combs on hole five and eleven, respectively. Longest Drive of someone 80 years old or older went to Dick VanArsdel.

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Photos courtesy of Mercedes and Casey Williams

Examining The Mercedes W123, "The Finest Saloon Car Of The 20th Century"

On November 6, 1979, my grandmother bought a new Mercedes-Benz 280E and paid \$22,943 for the privilege. I know because I have the invoice. That's over \$80,000 in today's money for a car with AM/FM radio, vinyl seats, and hubcaps. But, Grandma owned the best car in the world – a car named 1977 Import Car of the Year by Motor Trend magazine and featured in a book titled, "Mercedes-Benz W123: The finest saloon car of the 20th Century?"

A Legend Born

"W123" is Mercedes' internal designation for its "E-Class" from 1976-1985. My grandmother had many choices in 1979. She could have purchased the basic 240D diesel, 300D diesel, 280E sedan, 280CE coupe, or 300CD diesel. The wagon had not yet arrived, nor had the later and very popular 300D Turbodiesel. My grandma was not into diesels nor the flamboyance of a coupe, so a

Pastel Blue 280E it was.

Created under designer Friedrich Geiger and Chief Engineer Hans Scherenberg, the W123 seems more engineered than styled, and while Mercedes threw the engineering book at its new model, styling was nonetheless carefully considered.

"We have attempted to create a balanced, dynamic, non-aggressive form – one that lends these vehicles a special character – by emphasizing horizontal lines both at the front and rear, suggesting a slight wedge shape from the side aspect, reducing the use of chrome trim and, in the truest sense of the term, introducing rounded lines," Scherenberg said. "We are as unimpressed by revolutionary leaps of style as by fashionable gimmicks."

The wide chrome grille, quad round lamps, and ribbed taillights that are still echoed in the light patterns of modern Mercedes are memorable, but

style was an evolution of the Mercedes 600 flagship sedan that debuted in 1963. As with the 600, vacuum-operated central locking allowed owners to unlock or lock all portals from either front door or the trunk. Doors thunked close as if stamped from military-grade steel. Later models pioneered airbags and anti-lock brakes.

From The Inside

I loved riding in that car before child seat laws. I'd sit on the flip-down armrests where I could see the wide hood with star at the end. My grandma would turn the key in the dash, click the gear selector through its notches, grab the large rubberized steering wheel, and off we'd go. Springy seats and a wafting suspension seemingly erased any unpleasantness beneath. Whether driving to the Ft. Wayne Zoo, Holiday Inn at Beef & Boards, or Daytona Beach with my parents, that car felt as safe as my grandma's arms.

My neighbor in Indianapolis, Jon Dawes, owns a very different W123 – a 1983 240D with right-hand drive and a manual transmission. A fair portion of W123s sold in the U.S. were 300D Turbodiesels. They had a larger five-cylinder engine and the turbo gave them almost livable performance. Jon's car with the smaller non-turbo engine has about 70 horsepower, but fuel economy is quite good. With just 215,000 miles on the odometer, it's still a young car. Diesel-powered W123s routinely travel over 500,000 miles with 1,000,000 miles not strange at all. They go slowly into forever, which is why so many found favor as taxis around the globe.

Even with the top 2.8-liter inline-six, my grandmother's car was not fast. It produced just 142 horsepower, routed to the rear wheels through a four-speed automatic transmission. During a test with Motor Trend, one ran 0-60 mph in 11.9

seconds. Fuel economy rates 14/19-MPG city/highway, or about the same as today's V8-powered Chevy Suburban. Compared to American luxury boats, though, those numbers were frugal. And, unflappable handling from the four-wheel independent suspension was decades ahead of American luxury sedans. This was a '90s car built in the '70s.

A Legend Still

My grandma was in good company as the W123 was popular among celebrities as varied as Bonnie Tyler, Barry Gibb (Bee Gees), Rue McClanahan (Golden Girls), and Lady Gaga. Like Rue, my grandmother eventually traded in her W123 for a newer Mercedes – a 1987 190E and later the 1995 C220 I inherited. The W123's gauges, gear selector, controls, seats, and handling are virtually identical in the C220 from twenty years later. There was simply no need to change them.



CASEY WILLIAMS
Auto Reviews

The W123 was the kind of car that owners, like Lady Gaga, who could afford new cars, saw no reason to get rid of the one they already had. It was epically durable and rewarding to drive. It exudes class in any era. Gaga looks just as chic stepping out of hers in Versace as my grandmother did in dress slacks and sandals the day she drove away.

Storm Forward!

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

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Let's Try And Get Some Sleep, Up North With Mom and Dad A Deeper Look Into Insomnia



JOHN R. ROBERTS, M.D.
Montgomery
Medicine

This week I want to focus on basic prevention and treatments for insomnia. If the cause of insomnia is not readily identifiable

it's helpful to keep a sleep diary for 2-4 weeks to share with your doctor. It should include sleep and wake times, naps, and actual time spent sleeping. You can download a blank sleep diary at bit.ly/3KHxjE7.

Poor sleep hygiene is one of the most common things we find when taking a sleep history or reviewing a sleep diary. Sleep hygiene is defined as "daily activities and habits that are consistent with or promote the maintenance of good quality sleep and full daytime alertness."

When we ask patients what they do when they can't fall asleep in a few minutes, most people answer that they continue to lie in bed and watch the clock. A key concept to remember is that the bedroom should be reserved for sleep and sex. It should not be used for watching TV, surfing the Internet, playing video games, doing work, exercising, etc. Your brain needs to be trained that when it's in that room it should be relaxing and recharging. Your bedroom should also be cool.

If you find yourself in bed unable to fall sleep, you should get out of bed and go to another room. Engage in a low-energy activity such as reading (no electronic screens). The room should have the minimum light you need

to do the activity. Do this until you become drowsy and then go back to bed. If you find you can't sleep after 15-20 minutes, get out of bed again and repeat the process. You may have to do this numerous times. However, don't be tempted to sleep in the following day.

It's important to have a ritual before going to bed. This should include quiet "wind down" time for at least 30 minutes before retiring. A warm bath or shower before bedtime can be helpful for most people. A light snack may also promote drowsiness.

Having a consistent wake time is more important than a regular bedtime. This is extremely difficult for folks that may work nights Monday through Friday who are then off on the weekends. They need to try and maintain the same schedule as closely as possible and get the same total number of hours in bed that they get while working nights.

A tip for night workers is to put on dark wrap-around sunglasses before leaving the workplace and wear them until you get in a dark room at home. This helps to keep the brain's daytime switch from being turned on and allows you to get to sleep more easily.

If you're still having trouble sleeping, it can be helpful to meet with a therapist to discuss relaxation therapy. Prayer and meditation are also commonly used to help the brain relax. Cognitive Behavioral Therapy for Insomnia (CBTI) is very helpful for most people; you can read more here: mayocl.in/2LSrmp8.

I touched on medications last week, but I want to briefly mention drugs that frequently

cause insomnia. Caffeine can stay in the system for up to eight hours so don't consume it within eight hours of bedtime if you're having trouble sleeping. Cold medications containing pseudoephedrine (Sudafed®) keep the brain awake. Nicotine is also a stimulant, so if you're a smoker, you should discuss quitting with your doctor. Alcohol is the absolute last thing you want to consume if you're having trouble with insomnia; it prevents the brain from getting into deep restful stages of sleep.

There are some natural products, particularly melatonin, that can help some people. It's important to start at a low dose, perhaps ½ to 1 mg, and to take it in the evening since our body's natural production starts to ramp up just after dark. Prescription sleep medications should be the absolute last resort for treating insomnia – they really don't have a significant effect. These medications are all very addictive and may cause unwanted or dangerous side effects in some people, particularly the elderly.

An excellent resource for more information on insomnia can be found at bit.ly/39XAkPC. Sleep specialist Dr. Chris Winter spoke recently at Wabash College. I would recommend his book, "The Sleep Solution: Why Your Sleep is Broken and How to Fix It." He also produces the podcast "Sleep Unplugged" with Dr. Chris Winter found on most podcast players.

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



CARRIE CLASSON
The Postscript

I'm staying "up north" with Mom and Dad, and that is always good.

My mom and dad have built a life that is pretty much exactly the way they like it. They have rituals and habits they do almost without thinking. But the amazing thing—to me—is that just about every one of these daily routines ends up giving them a healthier and much happier life.

At this point, my dad would snort, and my mom would say I was making them sound like saints, and they'd both shake their heads in unison and say that I like to exaggerate, and so I guess you'll have to take my word for it.

My dad turns 90 at the top of next year, and my mom isn't far behind. They still live in the beautiful home they designed and built together more than 30 years ago in the Northwoods. The house is not large, but it is perfectly suited to them. It sits high above the lake in the woods, so their nearest neighbors are squirrels and deer and raccoons, a variety of birds and the occasional bear. Loons fly over their home and land

in the lake. My mother keeps dozens of pots of flowers blooming outside the house. My dad keeps enough wood chopped and split to keep them in firewood all winter, and they are out biking or walking or snowshoeing every single day.

"We don't eat as much as we used to," my mother notes.

But what they eat is healthy. They've got a vegetable garden in town, as it is too shady in the woods for vegetables. Yesterday, they picked up fresh sweet corn and a cantaloupe from the farmers market.

And I feel as if this is the part of the story where I should tell you the really amazing thing about my parents. But, as I write this, I realize the really amazing thing is not any one thing. It is all of it. As their needs and desires have changed, their habits have remained positive and healthy and filled with joy.

I think I've known for most of my life I would never be as consistent or disciplined or sensible as my parents. They were this way when I grew up, and they remain every bit as remarkable now that I am getting old. I've even thought, from time to time, that it was a lot to live up to. Their marriage, lasting many decades, was

not one I could emulate in my first marriage. My moods fluctuate far more wildly. I require regular "reboots" to stay on track.

But I am no longer envious. I am now simply admiring. And I am grateful. I am so grateful they have taken such good care of themselves and so grateful that they are still here with me, active and happy and as practical as ever.

My dad says he's slowed down a lot, and turning 90 certainly gives a person plenty to think about. But just as I learned how to paddle a canoe and ride a bike by watching him, I now watch him managing the perils of aging with grace and elegance. And I am, once again, learning.

What I've just written, my father will dismiss. He'll say he wasn't so elegant the other day when he tripped over the door-sill and cut his hand open while bringing the laundry in from the line. He'll say he's doing nothing out of the ordinary, nothing worth writing about.

And that's why you'll have to take my word for it.

Till next time,
Carrie

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

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)

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