

# PUMPKIN SPICE

## & a lower price

Anything Goes!

by ShawMark

shawmark.com

# ZAHN'S

## FLOOR COVERING

310 N. GREEN STREET • 765-364-0517

**➔ TODAY'S VERSE**

Isaiah 53:5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

**➔ FACES OF MONTGOMERY**

People who call our community their own.



Denise Wray has become the newest owner of The Parthenon Good-to-Go Express and smiles brightly with Jack Jacko. Thanks for the smiles!

**➔ THREE THINGS You Should Know:**

**1** Ernie on Sesame Street loved his rubber duckie; it was his "joy of joys," as he put it. Likewise, Charlotte Lee up in Seattle loves rubber duckies so much that she has – so far – collected 5,631 of them to date. It was enough to get the attention of the judges at the Guinness Book of World Records who have declared it to be the largest rubber duckie collection on the planet. But that's not enough for Ms. Lee to stop now. She told the guys at Guinness that her collection is still growing.

**2** Tickets are available now for the Rotary Jail Museum Ghost Hunts. Please pay attention to the date and time you select, some events take place just before or just after midnight. The Fan Meet & Greet with the Fourman Brothers from Paranormal Nightare is a FREE event - we are only selling pre-purchase tickets for the Ghost Hunts on October 28 & 29. Night Tours on October 27 are \$10 at the door.

**3** Falls of the Ohio State Park will have a celebration of the 20th anniversary of the installation of the park's Lewis and Clark statue, sculpted by the late artist Carol Grende, Oct. 28, from 10 a.m. to 4 p.m. at the Interpretive Center. The event will include presentations in the auditorium by Mandy Dick, a reenactor of William and George Rogers Clark's sister, Lucy Croghan, at 11 a.m.; by Filson Historical Society historian Jim Holmberg on the Falls' connection to the Lewis & Clark expedition at 1 p.m.; and by Phyllis Yaeger of the Lewis and Clark Expedition Commission on the history of "The Handshake" statue. Visit ([on.IN.gov/fallsoftheohiosp](http://on.IN.gov/fallsoftheohiosp)) for more information.

# The Paper

## OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper 50¢

CRAWFORDSVILLE, INDIANA

WWW.THEPAPER24-7.COM



Photo courtesy of CFD

**Crawfordsville Superintendent Dr. Rex Ryker, Division Chief Brian Bechtel, Cody Haslam, Mitchell McCollum, Payton Busenbark, Hose Elementary Principal Jennifer Hall, Andrew Traylor, and Christen Saunders**



Photo courtesy of CFD

**Sommer Elementary Student Council Representatives, Sommer Elementary Principal Suzi Gephart, Andrew Traylor, Division Chief Brian Bechtel, and School Resource Officer A.J. Rice**

### Hose Elementary And Sommer Elementary Win 2023 Fire Drill Contest

Crawfordsville Fire Department Division Chief Brian Bechtel has announced the 2023 winners of the CFD Fire Drill Contest for the Crawfordsville and North Montgomery school districts.

The 2023 Crawfordsville winner was Hose Elementary. Sommer Elementary took the win this year for the North Montgomery school district. Previous winners and trophy holders were Hoover Elementary and Sugar Creek Elementary.

Division Chief Bechtel awarded the two schools their traveling trophies earlier this month. Along with the trophy, each school was awarded a \$200 check from the Crawfordsville Professional Firefighters Local Union 4143 to use as they would like.

"We always appreciate working with the fire department to make sure we're doing the best that we can to prepare our

community for any emergency. We would also like to thank the local fire fighters' organization for their donation made to our school," said Sommer Elementary School Principal Suzi Gephart. "This donation will be given to our Sommer Student Council to support service projects."

Each year, for over 10 years, the fire drill contest is conducted during the month of October as an activity for National Fire Prevention Month. The fire drill competition is more than a trophy and funding though; it is meant to be a learning opportunity for the kids.

"The competition is a fun way to get the kids excited about fire safety," Division Chief Bechtel said. "We hope that they can take what they learn and apply it in any situation. We are proud of the staffs' hard work and dedication with instilling fire safety in our schools."

### A Few Thoughts From Butch On His Birthday...



**BUTCH DALE**  
Columnist

I turned 75 years old today. Yes, three quarters of a century. Very difficult to fathom. Wasn't it just a few months ago that I was attending school, playing basketball, learning to drive, and chasing a cute little gal? Now that cute little gal and I will have been married 57 years this coming weekend. How did she put up with me all those years? And our four "little kids" are ages 52, 49, 44, and 35. I have finally reached "old-timer" status! Some of you out there are in the same boat.

I may have a few aches and pains now and then...mostly when I first get out of bed in the morning, but overall I stay active and feel pretty darn good. I am a survivor. Seven members of my 1966 high school graduating class of 34 are deceased, and a few others have serious health issues. Four of my fellow police officers are dead, and two others in poor health. I quit smoking 23 years ago and started exercising more...or I wouldn't be around today.

The changes that have occurred during my lifetime are almost unbelievable. Our phone in 1957 was a crank-type oak wall phone...A theater ticket--a quarter, bottle of Coke or candy bar--a nickel, gallon of gas--27 cents. Our school PTO purchased Converse All-Star basketball shoes for each boy on the team...\$6.00 a pair. The same exact shoes today are nearly \$60.00. My wife and I were married in 1966, and our first house, located on a double lot in Clarks Hill, cost \$5500. Well, you get the idea.

Computers, the Internet, E-mail, cell phones, debit cards, satellite TV, microchips, etc. have changed our way of life. In the 1950s, conformity was the rule. We dressed alike and thought the same things. The husband worked, and the wife stayed home and raised the kids. Men dressed like men. Women dressed like women. Very few people had tattoos. No one wore nose rings, colored their hair green, split their tongue, pierced their lips, or had buttocks implants. Back then people paid 50 cents to see a carnival freak show. Now all you have to do is visit Wal-Mart or the mall.

As a kid in the 1950s, you

➔ See BUTCH Page A4

### The Daily Almanac

Sunrise/Sunset  
RISE: 8:09 a.m.  
SET: 6:53 p.m.

+ -

**High/Low Temperatures**  
High: 78 °F  
Low: 64 °F

**Today is...**

- American Beer Day
- Frankenstein Day
- Navy Day

**What Happened On This Day**

- 1991 Turkmenistan Declares Independence from the Soviet Union. The Central Asian country had been a separate republic of the USSR since 1925. Saparmurat Niyazov, the head of the country under the Soviets, continued ruling the country under the title of President for Life until his death in 2006.
- 1904 New York City Subway Begins Operations. The oldest underground subway system in the United States, construction of the transit system began in 1902.
- 1682 City of Philadelphia Founded. The historical city in the State of Pennsylvania was founded by English entrepreneur, William Penn. Penn received the land as a payment to fulfill a debt that King Charles II owed to Penn's father.

**Births On This Day**

- 1932 Sylvia Plath American poet
- 1858 Theodore Roosevelt American politician, 26th President of the United States, Nobel Prize laureate

**Deaths On This Day**

- 2013 Lou Reed American singer-songwriter, guitarist, producer
- 1975 Rex Stout American author

**➔ HONEST HOOSIER**

I think for Halloween I'm going to trick or treat as Donald Trump. That means I can call anyone I don't like names, act like a spoiled brat, exaggerate (or just lie) about everything and yet still be the lesser of two evils.



**➔ TODAY'S HEALTH TIP**

In addition to keeping track of what you eat, also determine how and why you eat to try and find ways to cut back. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at [www.thepaper24-7.com](http://www.thepaper24-7.com).



**➔ OBITUARIES**

None

The Paper appreciates all our customers. Today, we'd like to personally thank **WILLIAM BARTLEY** for subscribing!



8 51246 00100 5



**➔ THE MONTGOMERY MINUTE**

**Athens Arts Annual Meeting:**

If you are an artist, an art enthusiast, an appreciator of art, thinking of volunteering, someone wanting to join our board, become a member or guest artist, or simply not sure about Athens Arts, please come and see what we are all about! Athens Arts is scheduled to host their annual meeting on Thursday Nov. 9 at the Crawfordsville District Public Library from 6 p.m. to 7 p.m. There is a meet and mingle from 5:30 p.m. to 6 p.m. beforehand. Learn about how your contributions have made Athens Arts grow! Learn about the wonderful organizations that partner with Athens Arts! Learn about committees and how you can #bepARTofit! Learn the needs of the gallery moving forward and how your continued support can assist Athens Arts in our mission and vision! Share your thoughts with us! We want to grow th arts with you!

**➔ TODAY'S QUOTE**

"Charlie Brown is the one person I identify with. C.B. is such a loser. He wasn't even the star of his own Halloween special."  
-Chris Rock

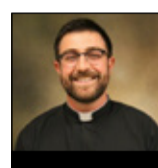
**➔ TODAY'S JOKE**

Why don't monsters eat popcorn with their fingers?  
They eat fingers separately.

**13 WTHR 7 DAY FORECAST**

<b>64/78</b> RAINY, SLEET RAIN & STORMS	<b>55/62</b> RAIN LIKELY LATE	<b>54/58</b> RAINY AT TIMES, POSSIBLE COOLER	<b>37/47</b> EARLY MORNING RAIN, COOL & CLEARING	<b>29/45</b> CHILLY HALLOWEEN	<b>27/43</b> A.M. SNOW THICKENS POSSIBLE	<b>28/50</b> BRIGHT AND CHILLY
FRI	SAT	SUN	MON	TUE	WED	THU

## Why Do Catholics Focus So Much On The Church Rather Than Just On The Bible?



**MICHAEL BOWER**  
Guest Column

This month, I have been writing articles about Catholicism. These articles are not meant to proselytize,

but simply to give an explanation to any interested inquirers, since I know a lot of people wonder about what exactly Catholics do and why. Today, I would like to focus on the fact that Catholics focus a lot on the Church, rather than just the Bible.

I will admit that when I was a kid growing up Catholic, I was sometimes jealous of my friends who attended other churches. I used to love learning bible stories and sometimes I wished that at my church I was able to learn about the Bible. Unfortunately, Catholics tend to have a reputation for not knowing the Bible as well as our Protestant brothers and sisters. This truly is unfortunate and I think Catholics can learn a lot from how Protestants do such a good job of studying the Bible.

However, this lack of knowledge on the part of Catholics is not because

the Catholic Church doesn't appreciate the Bible. As a matter of fact, nearly all Catholic traditions and teachings are rooted in the Bible, including everything that happens at Mass on Sunday! Nevertheless, the Catholic Church disagrees with Protestant Churches who believe in 'Sola Scriptura'. Sola Scriptura means that you believe the Bible is the supreme authority on the teachings of God. As Catholics, we do see the Bible as authoritative, but not as the only and supreme authority. We believe this because of the simple fact that as the Bible itself teaches, Jesus didn't come to found a book; he came to found a Church. As a matter of fact, for the first few centuries of Christianity, the New Testament had not been put together yet, but only existed as individual writings. It was the Catholic Church who ultimately made the decision on which books were included in the Bible and which ones weren't.

This doesn't mean that the Catholic Church disagrees with anything in the Bible. It doesn't if it did, then those books wouldn't have been included in the first

place! The Church just recognizes that before there was a Bible there was the Church, and it is the Church who put it together.

Therefore, it is actually the Church which is the supreme authority, but it is not as if the two are in conflict at all.

By the way, if you have ever wondered why Catholic Bibles have more books than Protestant Bibles, here is why: When the Protestant Reformation took place in the 1500's and people started breaking off from the Catholic Church, there was a debate about 7 books of the Old Testament. Some reformers, including Martin Luther, noticed that the Rabbinic Jews of his day did not include those 7 books in their version of the Old Testament. So, he removed them from his Bible. He presumed the Catholic Church had added them in after the days of Jesus.

However, he was incorrect. Modern scholars acknowledge that there was no consensus among the Jews of Jesus' day on which books should be considered inspired and which ones not.

Nevertheless, from the earliest days of the

Church, those 7 books were considered inspired by the Catholic Church and that is why they have always been included in the Bible. It was not until the Protestant Reformation that Christians stopped including those books in their Bibles. That's why Catholic Bibles have more books: it is just those seven books of the Old Testament. With regard to the New Testament, the list of books is the same in Catholic and Protestant Bibles.

My name is Father Michael Bower and I can be reached at m.bower@stbernardville.org or by calling the parish office at (765) 362-6121.

*--Fr. Michael Bower grew up in Zionsville. After being lackluster in faith in his teens, he had a deep conversion to belief in Christ and His Church as he was finishing high school. Shortly thereafter he felt the call to discern God's will for his life in seminary. He has been the pastor of Saint Bernard in Crawfordsville since August of 2020. He is also chaplain to the Newman Center at Wabash College. In his free time, he likes to play sports and especially enjoys playing the banjo and mandolin in the Fr Bower Band.*

## BLOOMFIELD Painting



Residential / Commercial  
27 Yrs Experience  
References Available

812-381-1734



exp REALTY

I WANT TO BE YOUR GO-TO AGENT!

I'm the KEY to your new home! If you are ready to find yours or know someone who is, give me a call. I can't wait to hear from you!

CLARK DALE  
www.exprealty.com  
PHONE: (765) 918-1773

Call us today!

317-966-0055

We fix & replace HVAC units



Home Team HVAC

Based out of Putnam County

Artistry and Quality in Every Job



Sugar Creek Craftsman

TILE • MASONRY • MORE

Bobby Phillips

765-585-8783



**STERLING QUALITY ASSURANCE**

Call us Today!  
317.342.8242

Full Remodeling, Bathroom, Kitchens, Basement Finishing, & Room Additions

www.sterlingqualityassurance.com  
sterlingqualityassurance@gmail.com

**R&R STUMP REMOVAL LLC**

Garden Tilling  
Bush Hogging

Randy 812.241.4004 | Roy 765.719.1916

HHSB PRESENTS **FINANCIAL EDUCATION**

Hoosier Heartland State Bank

Mondays @ 6:00 PM  
HHSB's Success Center

**OCTOBER 23**  
Financial Plan Basics & Budgeting

**OCTOBER 30**  
Managing Debt & Borrowing Basics

**NOVEMBER 6**  
Bank Accounts, Spending & Savings Plans

**NOVEMBER 13**  
Retirement Plan Basics: What You Need to Know!

**NOVEMBER 20**  
Real Estate: Buying vs. Renting & Getting Approved for a Mortgage

Space is limited, scan to reserve your spot!

1623 S US-231, Crawfordsville IN • www.myhhsb.com Member FDIC

Thank You for Reading The Paper!

www.thepaper24-7.com

Please visit us online:  
thepaper24-7.com

Buy. Sell. Rent. Lease.



THE PAPER classifieds.

# Remembering A Tragedy In Boilermaker History



**KENNY THOMPSON**  
Columnist

There are very few reminders on the Purdue University campus today of the greatest tragedy in Boilermaker athletics history.

A plaque inside the entrance to Felix Haas Hall, located just a short drive north on University Street from Ross-Ade Stadium in West Lafayette, lists 17 names. Twelve players, an assistant coach, a trainer and three fans were killed in a train collision with a coal train on the outskirts of Indianapolis on Oct. 31, 1903.

More than 100 others, including future Indiana Gov. Harry G. Leslie, were injured. Leslie's injuries were so severe that for a brief time it was thought he had perished as well.

Until that day, Oct. 31 was remembered as the birthday of university founder John Purdue.

The day was supposed to be a celebration of the annual game between Purdue and Indiana. This was long before the Old Oaken Bucket was introduced into the rivalry.

Nearly 10,000 fans were expected to witness "one of the greatest (games) ever played on Indiana soil," the Lafayette Journal front page declared.

The Big Four Railroad provided a private, wooden car for the team. The traveling party consisted of more than 50 players,

coaches and local businessman Newton Howard, who was invited as a tribute for his support. Twelve more cars would carry the band, students and adult fans – 964 people in all.

Protocol at the time called for the players to ride in the first passenger car behind the locomotive and the tender. That custom would prove fatal. The 14-car train left Lafayette at 8 a.m. and was scheduled to make the 60-mile trip in two hours. The journey ended 15 minutes early.

A switching mistake sent seven coal cars – made of steel – toward a collision course with the Purdue train. Traveling at 25 miles an hour on the outskirts of Indianapolis, the Purdue train rounded a curve at 18th Street, next to a gravel pit.

Less than half the cars had rounded the curve when engineer W.A. Schumaker saw the coal cars rapidly approaching. Unable to avoid a collision, Schumaker and fireman Harry Van Tuyl jumped for their lives.

Steel met wood. The results were catastrophic.

The locomotive was demolished on impact. The tender was overturned, burying Van Tuyl beneath a heap of coal. He only suffered slight injuries.

The players' coach was splintered in two, with the bottom half underneath the tender.

Nine players plus assistant coach E.C. Robertson, trainer Patrick McClaire, Howard and students Wilbert Price and George Shaw died

instantly. A tenth player, Joseph Coates, died two hours later at City Hospital.

The death toll reached 16 when player Thomas A. Bailey, a freshman from New Richmond, died the next day. A 12th player, Harry O. Wright, would pass away 30 days afterward in St. Vincent's Hospital.

Leslie would be reminded of the accident every day for the rest of his life. A compound leg fracture left him with a permanent limp. Leslie also suffered multiple jaw fractures but somehow regained his health in time to serve as manager for the 1904 team.

One of the players, I.S. Osborne, described the moment of impact to the Lafayette Journal.

"My feet shot from under me and I was plunged forward," Osborne said. "I have no distinct recollection of what happened, but from the crashing of glass I must have shot through one of the car windows.

"It seemed as if the fall would never end. I struck the ground and someone fell on top of me. After that I do not remember anything."

Teammate F.M. Hawthorne of Wingate was also launched through a window.

"I only know I felt myself flying through the air. It seemed to me I was five minutes on the way. I found myself lying across the ditch when I came to. I was about 30 feet from where I started. I can't shut my eyes now, though, without feeling that sickening sensation

of going through the air in the darkness."

The second car, carrying the band, jumped the track and rolled down an embankment. All of them survived.

The third car soared over the players' coach and landed on one of the coal cars.

An investigation cleared the Purdue train crew of wrongdoing. A dispatcher in Kankakee, Ill., failed to notify the Indianapolis yardmaster about the Purdue train.

The Big Four Railroad settled with the families of the deceased for between \$2,500 and \$3,000 apiece. That computes to nearly \$105,000 per family. The Big Four also contributed \$15,000 toward Memorial Gymnasium.

The Lafayette Journal launched a \$50,000 (more than \$1.7 million today) public fundraising campaign to build a memorial to the players. Memorial Gymnasium opened five years later with 11 steps, a landing and six more steps to represent the deceased.

John Wooden was among the Boilermakers to play basketball in Memorial Gymnasium, Purdue's home until Lambert Fieldhouse was completed in 1938. The facility became home to the women's gymnasium until 1985, when the building was remodeled to accommodate the Department of Computer Science. The building was renamed for Haas, a former dean and provost, in 2006 after the computer science department moved across University

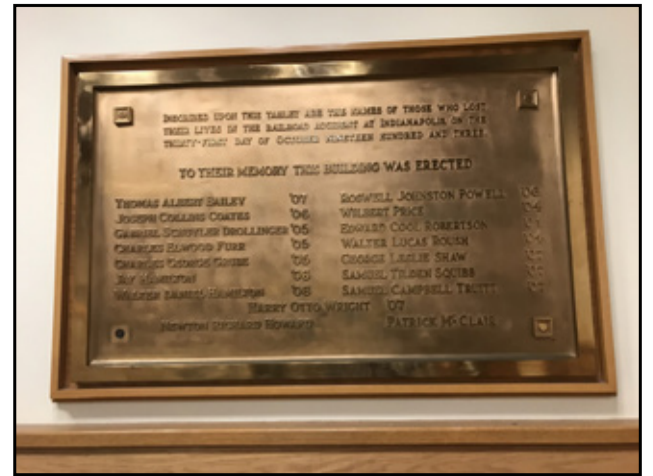


Photo courtesy of Ken Thompson

The plaque inside the entrance of Felix Haas Hall.

Street to Lawson Computer Science Building.

As a postscript to the tragedy, the Boilermakers posted a 9-3 record in 1904. Among the nine victories were a 27-0 win over Indiana at Indianapolis and 36-0 against Notre Dame in West Lafayette.

That record stood as Purdue's best until the 1929 Big Ten Conference champions finished 8-0.

\*\*\*

#### Noteworthy

Purdue safety Dillon Thieneman has been selected to The Athletic's Midseason Freshman All-American team.

The former Westfield standout leads all freshmen and was second in the Big Ten through six games with 62 tackles. Thieneman also leads all freshmen with three interceptions. ...

Another notable Westfield product, Purdue sophomore guard Braden Smith, is projected as one of five "breakout" guards for the 2023-24 season by The Athletic's Sam Vecenie.

"The next leap for

Smith will be just becoming entirely comfortable when guards play particularly high pressure against him defensively," Vecenie wrote. "I think that comes this year, and we see Smith as something like a 14-point, six-assist per game guy who knocks down shots and leads what should be one of the 10 best offenses in the country." ...

Purdue center Zach Edey, the reigning National Player of the Year in college basketball, was the only unanimous selection Monday when the Associated Press released its Preseason All-American Team.

Edey was joined on the team by former Michigan center Hunter Dickinson, now at Kansas; Armando Bacot of North Carolina, Kyle Filipowski of Duke and Tyler Kolek of Marquette.

- Kenny Thompson is the former sports editor for the Lafayette Journal & Courier and an award-winning journalist. He has covered Purdue athletics for many years.

**BLUE PILL PROMOTIONAL OFFER** **SAVE OVER \$500!**

Generic and Herbal versions of Viagra® right now as low as \$2 a pill. Mention the discount code **[STEELMAN]** and get the special **BUY 1 GET 1 FREE!** Call now for rush delivery in your unmarked package.

Change your life and call today! **1-800-515-6311**

**LIVING WITH DIABETES CAN BE PAINLESS**

If you administer insulin 3 or more times per day or using an insulin pump, **CALL NOW** and learn how a Continuous Glucose Monitor **CAN HELP YOU.**

Get **FREE** shipping of your new CGM, plus we will bill your insurance for you... **AT LITTLE OR NO COST!**

**CALL NOW! 866-641-0141**  
COPAYS AND DEDUCTIBLES MAY APPLY

## Classifieds

765-361-0100 ext. 15 | [class@thepaper24-7.com](mailto:class@thepaper24-7.com)

Monday - Friday 9 a.m. to 4 p.m.

Deadlines for next-day publication:

Line ads: 1 p.m. | Display ads 11 a.m.

**2, 3, and 4 Bedroom Rental Homes**

**Call Hooks (765) 918-8700**

[www.hookshomes.com](http://www.hookshomes.com)

DISH Network. \$59.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-551-9764

DIRECTV - Switch and Save! \$39.99/month. Select All-Included Package. 155 Channels. 1000s of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels, FREE for 3 mos! Call 1-888-885-8931

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-977-7069

High-Speed Internet. We instantly compare speed, pricing, availability to find the best service for your needs. Starting at \$39.99/month! Quickly compare offers from top providers. Call 1-844-961-0666

ENJOY 100% guaranteed, delivered-to-the-door Omaha Steaks! Get 4 FREE Burgers Order The Griller's Bundle - ONLY \$79.99. Call 1-844-873-3738 mention code: 63281FHJ or visit [www.omahasteaks.com/family671](http://www.omahasteaks.com/family671)

Smart Home Installations? Geeks on Site will install your WIFI, Doorbells, Cameras, Home Theater Systems & Gaming Consoles. \$20 OFF coupon 42537! (Restrictions apply) 855-668-0067

LIVE PAIN FREE with CBD products from AceWellness. We guarantee highest quality, most competitive pricing on CBD products. Softgels, Oils, Skincare, Vape & more. Coupon Code: PRINT20 Call Now 833-226-3105

HEARING AIDS!! Buy one/get one FREE! High-quality rechargeable Nano hearing aids priced 90% less than competitors. Nearly invisible! 45 day money back guarantee! 844-932-3007

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 866-770-6849

New Starting Base Pay - .50 cpm w/ option to make .60 cpm for Class A CDL Flatbed Drivers, Excellent Benefits, Home Weekends, Call 800-648-9915 or [www.boydandsons.com](http://www.boydandsons.com)

DONATE YOUR CAR TO CHARITY! FAST FREE PICK-UP-24 HR RESPONSE! Help Children in Need, Support Breast Cancer Education/Prevention or Veterans. Tax Deduction 844-820-9099

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award. NO Obligation, NO risk! We've recovered millions. Let us help you!! Call 24/7, 844-284-4920

Looking to SELL your Home? Save time & money, connect with the Top Agents in your area to get more MONEY and close FASTER! Call 317-854-9781

Wesley Financial Group, LLC - Timeshare Cancellation Experts - Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-329-1207

Moving out of state in the next 30-60 days? Don't get taken for a ride! Moving APT offers a PRICE MATCH GUARANTEE and RISK FREE RESERVATIONS. Carriers are all licensed and bonded. Free quote! Call 1-844-875-1997

COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 86407! Restrictions apply. 888-715-8176

Need Help with Family Law? Can't Afford a \$5,000 Retainer? [www.familycourtdirect.com/Family/Law](http://www.familycourtdirect.com/Family/Law) - Low Cost Legal Services - Pay As You Go - As low as \$750-\$1,500 - Get Legal Help Now! Call 1-888-417-4602 Mon-Fri 7am to 4 pm PCT

Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-855-995-4758

SERIOUSLY INJURED in an AUTO ACCIDENT? Let us fight for you! Our network has recovered millions for clients! Call today for a FREE consultation! 844-517-6414

Guaranteed Life Insurance! (Ages 50 to 80). No medical exam. Affordable premiums never increase. Benefits never decrease. Policy will only be cancelled for non-payment. 833-535-1043

FREON WANTED: We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-313-9840 or visit [RefrigerantFinders.com](http://RefrigerantFinders.com)

[WWW.THEPAPER24-7.COM](http://WWW.THEPAPER24-7.COM)

# Dissing The Discount!



**DICK WOLFSIE**  
Funny Bone

Like most of you, I still receive little packets of coupons in the mail. I don't need my deck painted or my ducts cleaned out, but I am on the lookout for a good restaurant deal.

Not because I am cheap...okay that's part of it, but mainly because for the first time I want to feel like I actually saved money using one of these offers. Most of the coupons just sit in the kitchen drawer. I either forget them when we leave for dinner or they're for a restaurant 25 miles from the house. And it hardly seems worth the effort for a free Bloomin' Onion. (Excuse my Australian.)

Typically, coupons give you several options, requiring some crafty figuring in order to know how to most efficiently use them, which is why we brought along our adult son who has a year of college calculus under his belt. I just wasn't sure how much stayed in his head.

"It looks to me," began my wife eyeing the coupons, "that we can get a free burger as long as someone else also orders a burger, two for one." "Great," I said. "Brett and I will each have a

burger." "Hold it, Dad. I don't want a burger. I eat them all the time. I thought you didn't want me to eat so much red meat?"

"Look, we just have to work together as a family. Okay, Mary Ellen, how about this? If one of us gets an Asian salad, the other gets a salad at half price, as long as the second salad is the same or a lesser value. Which salad do you want?"

"I don't like the salads here. I want the fish and chips dinner." "You can't have a fish and chips dinner, Mary Ellen. There's no discount for a fish and chips dinner."

"Why are we eating out if we can't get something we like?"

"Because once, just once, I want to show these restaurants that I am not a fool. They are NOT going to snare me into their trap. WE WILL SAVE MONEY. I don't care if we hate every morsel."

"Hey, Dad, if Mom gets the \$14.95 Cobb salad, this coupon says we get a free appetizer."

"No, that's exactly what they want us to do. That won't save us a penny, because we never order an appetizer. So, we don't gain anything."

"Okay, Dad. Here's a coupon for a 99-cent draft beer. But you have

to order the John Wayne Sirloin for 39.95."

I was tempted, I sensed growing dissension around the table.

"Here, Dick," said Mary Ellen, "this part of the coupon says we can get \$10 off the check if we spend at least \$50.00. Then we can order what we want. And what a concept—you know, enjoying what you eat."

"No, that would make the final bill \$40.00 and I want to keep dinner under forty."

"Why?" "I have no idea. It's just a personal goal I set."

Twenty minutes later, the waitress finally dared approach.

"We'll have two spinach salads, one of which one is free. And a tenderloin for my son, who was a consultant on this project."

"You know, Dick," said Mary Ellen, "I changed my mind. I think I'll have the fish tacos."

The bill was \$62.00. I didn't speak to Mary Ellen the rest of the evening. But I can't blame the expensive dinner on her. The coupon had expired.

*- Dick Wolfsie spent his career sharing his humor, stories and video essays on television, radio and in newspapers. His columns appear weekly in The Paper of Montgomery County. E-mail Dick at Wolfsie@aol.com.*

## ↳ BUTCH From Page A1

did what your parents told you to do. If not, you were in trouble, buster! I did my share of work on the farm, mowed yards in town, and helped neighborhood farmers. But the good thing is that I was pretty much on my own. It was great! "Be careful...and be back by six o'clock for supper." No seat belts or child safety seats. No helmets for bike or Cushman scooter riding (and I rode everywhere!). I spent a lot of time in town playing with friends, visiting the stores, talking with people of all ages. I made things in the shed with Dad's tools. I swam in the horse tank. I fished at nearby gravel pits. I explored in the woods. At a very young age I drove both the truck and tractor. I very seldom was sick, but if I had a terrible cold..."Grab the Vicks Vapo-Rub, and I'll fix you some chicken noodle soup. You'll get better." The only time we visited Doc Otten was if it was an emergency. "No use paying \$2.00 for a doctor visit."

Now my parents were not uncaring or negligent. They cared for us and loved us very much, as did the other parents in the community. They "let kids be kids." They did not satisfy our every desire and buy us anything we wanted. Yes, there were times when we got in

trouble or made mistakes. That's part of life. We learned from our mistakes. I think growing up this way made my generation more self-sufficient and more independent, more creative, and as an added bonus, less likely to crave material possessions.

When I was born in 1948, Harry Truman was President. I "liked Ike," watched JFK's assassination, saw Nixon resign and Clinton lie. I admired Ronald Reagan. I witnessed several U.S. wars, with one of my boys, Clark, serving in Iraq after 9-11. He attended Texas Tech and is now a real estate broker. I taught junior high, high school, and college for 16 years, and my daughter Shelle became a teacher. I served as a police officer and County Sheriff, and two of my boys, Neil and Brett, became police officers. I became a librarian (as a second job) in 1990 to help pay for my kids' college tuition...and I still do that today simply because I love it.

I found a photo of my birthday party when I turned one-year-old in 1949. There were twelve other kids present, along with their mothers. I believe that was the only actual party I ever had. On the remainder of my birthdays, my Mom baked a cake and prepared my fa-

vorite meal for supper that evening, and occasionally a friend stayed overnight. Dad lit the candles and everyone sang "Happy Birthday." That was typical for most kids in those days. We didn't need toys or other presents, because the best present was the care, guidance, and love from our parents.

The best thing about being this age is that I can do whatever I want to do. I am certainly set in my ways. I have gained much knowledge. Been there. Done that. And I can tell people what I REALLY think.

No use placing 75 candles on my cake today. By the time a third of these are lit, the first ones would be burned down to the nubbin. And if all 75 candles were lit at once, our smoke detector would start beeping. But that's OK. At this age, I don't want a big celebration. I just want to remember the great years I have had, be with my family, and then enjoy the peace and quiet...and I'm happy.

What the heck...might as well shoot for 100 now!

*- John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history*

## What Is A Healthy Glucose Response To Food?



**MONICA NAGELE**  
Purdue Extension Office



Continuous Glucose Monitors have been gaining in popularity lately, but are they necessary for someone without diabetes?

Let's break it down. Glucose serves as the primary energy source for all living beings, including humans. When we consume carbohydrates, our digestive system converts them into glucose, transporting it to cells throughout the body. Cells use glucose for essential functions like muscle movement, cognitive processes, and bodily maintenance.

Maintaining blood glucose within a specific range is vital for overall well-being. Deviations, either too high (hyperglycemia) or too low (hypoglycemia), can lead to health issues. The body tightly regulates these levels using hormones, primarily insulin, which lowers glucose levels, and glucagon, which raises them. Excess glucose is stored as glycogen in the liver and muscles for future use.

Consuming foods high

in simple sugars or rapidly absorbed carbohydrates can lead to glucose spikes and crashes. Spikes occur when blood sugar levels rapidly rise after consuming sugary snacks or beverages, providing a brief energy surge. However, the subsequent insulin response may cause a crash, leading to symptoms like fatigue, shakiness, and mood swings.

It's essential to note that such spikes and crashes are typically associated with excessive carbohydrate consumption or very low intake. A balanced meal should lead to a gradual rise in blood sugar, which should stabilize within 2 hours after eating.

For individuals without diabetes, blood glucose should remain under 100 mg/dL when fasting and should be 140 mg/dL or less 2 hours after a meal. Insulin plays a key role in maintaining these levels. If these levels are consistently high, it could signal a potential issue, and it's advisable to consult a healthcare professional for evaluation.

While CGMs have gained popularity, they are primarily designed for diabetes management. For those without diabetes, they are generally unnecessary. Blood glucose rises and falls naturally in response to food, and wearing a CGM may not provide significant benefits.

Balanced meal composition, combining carbohy-

drates with protein or fat, can help stabilize blood glucose levels and reduce hunger. Fiber, often lacking in low-carb diets, promotes digestive health and helps control glucose levels.

Frequent glucose spikes followed by crashes can lead to overeating and contribute to weight gain and obesity. Moreover, these fluctuations can increase the risk of developing type 2 diabetes and cardiovascular diseases. Therefore, maintaining stable blood sugar levels is crucial for long-term health.

In conclusion, while CGMs offer valuable insights for individuals with diabetes, they aren't necessary for those without the condition. Monitoring and managing blood glucose levels primarily benefit individuals with specific health conditions. To maintain a healthy glucose response, focus on balanced meals, portion control, and adequate fiber intake. Remember, it's the overall calorie balance, not a specific macronutrient, that affects weight management. If this is something you have been concerned about, check out the Bite by Bite podcast for more information. New episodes drop on the last Wednesday of the month.

*- Monica Nagele is the County Extension Director and educator of health and human science for the Montgomery County Purdue Extension.*

## State Beats Hell Out Of Satanic Temple Effort

Indiana Attorney General Todd Rokita and his legal team achieved an important win for life and the rule of law this week by successfully securing the dismissal of the Satanic Temple's lawsuit challenging Indiana's landmark 2022 pro-life law.

"This lawsuit was ridiculous on its face, but this

court decision is important because it sustains a pro-life law that is constitutionally and legally sound," Rokita said. "We Hoosiers continue to build a solid culture of life whether satanic cultists like it or not."

Following the U.S. Supreme Court's overturn of Roe v. Wade in the

2022 Dobbs case, Indiana was the first state in the nation to enact a sweeping pro-life law.

Among other things, the Satanic Temple baselessly argued that Indiana's pro-life law violated the Religious Freedom Restoration Act by criminalizing the exercise of the satanic ritual of abortion.

## Become an author today!

DON'T WAIT!

[www.mybook100.com](http://www.mybook100.com)

Learn how to get your book idea sold online and at bookstores nationwide.

Call or visit us to get your FREE authors guide to publishing! **800-448-1964**

## SAVE ON YOUR Travel Plans!

Spend your travel dollars when you get there not getting there!

- ✓ Up to **75%**
- ✓ more than **500 Airlines**
- ✓ and **300,000 Hotels** across the world!

Let us do the research for you for free... we'll save you time and money

We're not allowed to publish fares online so call for the best rates now **800-419-9625**

# relax & enjoy

# THE PAPER

# got stuff?

sell it in the classifieds.

765.361.0100