

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

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TODAY'S VERSE

John 1:1-5 In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not.



Happenings

Wednesday, Dec. 27, 2023

GOVERNMENT
Crawfordsville Historic Preservation Commission, City Building, 5:30 p.m.
CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Offices closed

Thursday, Dec. 28, 2023

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Offices closed

Friday, Dec. 29, 2023

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Offices closed

Saturday, Dec. 30, 2023

WABASH COLLEGE
Offices closed

Monday, Jan. 1, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Offices closed

Tuesday, Jan. 2, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Wabash College faculty meeting, 4:15 p.m.

Wednesday, Jan. 3, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Wabash College basketball vs. Denison, at Wabash, 7 p.m.

Thursday, Jan. 4, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break

Friday, Jan. 5, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Wrestling at NWCA National Duals

Saturday, Jan. 6, 2024

WABASH COLLEGE
Wrestling at NWCA National Duals
Basketball at Wooster, 2 p.m.

Winters Around the Old Stove . . .



BUTCH DALE
Columnist

When winter rolls around, and snow is swirling up against the windows of our old farmhouse, my thoughts drift back in time to 70 years ago when I was just 5 years old and living in another old farmhouse . . . a tenant house provided to my folks when they farmed "on halves" for the landlord. That house sat on a hill back off the road. It had no insulation, and only two trees to block the wind that always seemed to blow constantly out of the north and the west. The inside was cold and drafty, and the only heat was from two pot-bellied coal stoves . . . one in the living room and a smaller one in the kitchen, although we also had a gas oven for cooking that could provide some additional warmth.



The coal shed was attached to the back porch on the east side of the house, and on cold frosty mornings I was sent to the shed with the coal bucket to fetch more. The coal made soft, crackling sounds as it burned and I prodded the chunks with the iron poker. I stood by the stove as my mother fixed my breakfast, which during the winter was usually oatmeal or cream of wheat with a spoonful of brown sugar on top. My folks drank their morning

coffee at a table near the stove as their bacon and eggs sizzled in the iron skillet . . . and of course after breakfast, Dad lit up a Chesterfield cigarette to begin his work day as he headed to the barn to milk the cows.

The house had no water heater, so mother had to heat water in a large pan on top of the coal stove, which almost seemed to glow after a few minutes. When I

➔ See BUTCH Page A3

LWV Volunteering Pays It Forward

"You can study government and politics in school, but the best way to really understand the process is to volunteer your time." — Rob McKenna



The League of Women Voters, open to men as well as women, is a nonpartisan, multi-issue political organization that encourages informed and active participation in government. For information about the Montgomery County LWV, visit: www.lwvmontco.in.org or message to LWV, PO Box 101, Crawfordsville, Indiana 47933.

In a recent conversation with Bari Weiss, The Atlantic's Caitlyn Flanagan reflected on her father's constant response to Flanagan's arguments about issues that mattered. "But what's the other side's best argument?" He'd ask to her dismay. Any teacher of critical thought and rhetoric worth

their salt always asks their students to address the counterargument and the audience. When that happens poorly, the currency of ink is wasted and participants in a democracy miss out on understanding the "other" side. Since democracy is a civic bargain that necessitates compromise, understanding both sides means understanding what we're giving away to make a peaceable bargain. Also recently the New Yorker's Adam Gopnik reviewed two books on the state of democracy, and noted that historian Heather Cox Richardson misses the mark with her book Democracy Awakening: Notes on the State of America. She seems to preach only to a sympathetic

audience, prompting Gopnik to ask, "To whom is it directed? If you accept this history, you'll accept her diagnosis, and if you don't, her book won't make you. Opposing arguments aren't seriously entertained, even to be dismissed." Then Gopnik turns to the Civic Bargain by Brook Manville and Josiah Ober to be challenged about recent hype that democracy is in a state of demise, particularly because the previous president resisted the American tradition of a peaceful transfer of power. Yes, that stressed our democracy, and, yes, we may be in either a crisis or experiencing growing pains. It all depends on how we the people elect to respond to

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TODAY'S HEALTH TIP

Eating right, exercising and getting adequate sleep often help fatigue
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



TODAY'S QUOTE

"Peace on earth will come to stay when we live Christmas every day."
Helen Steiner Rice

THREE THINGS You Should Know

- 1 Time is rapidly running out to both help the community and help yourself on your taxes. The annual United Way fund drive is in its final hours and is getting close to the goal of \$375,000. The money is needed to support 19 non-profit agencies serving Montgomery County and your help is important. Will you be the donation that pushes the drive over the top? Won't you please consider a gift where a gift is most needed? Go to www.uwmontgomery.org or mail a check to United Way in Montgomery County, PO Box 247 Crawfordsville, IN 47933.
- 2 Don't forget that exciting changes are happening at your favorite Montgomery County Online Edition. You're now getting The Paper piping hot and fresh in your e-mail inbox at 4 a.m. on Mondays, Wednesdays and Fridays – except for holidays. The price is still \$42 and you can renew or buy a subscription at www.thepaper24-7.com. And sorry to say, but the price of the Print Edition is going up from \$79 to \$84. You can avoid the price hike by paying in our office by Friday!
- 3 As the year winds down, we hope some of you responsible people will consider adding a pet to the family. Avoid the idea of giving a pet to a child for Christmas who might not be ready for the responsibility. But do embrace the idea in a home that is ready, able and willing to care for the newest furry member of the family. If so, the Animal Welfare is who you should contact. Go by (1104 Big 4 Arch Rd.), call (362-88460, surf the web (www.mcawl.com) or follow them on Instagram (@mocoawl). They'll make it easy!

TODAY'S JOKE

Who is the king of Santa's rock and roll helpers?
Elvis! (Thank you, thank you very much!)

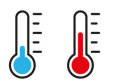
THE MONTGOMERY MINUTE

The Indianapolis Home Show is coming back to the Indiana State Fairgrounds for the 102nd time and guess who will have free tickets once again? That's right, your favorite Montgomery County newspaper! Mark the dates on your calendar – Friday, Jan. 19 through Sunday, Jan. 28. This Indiana tradition is the oldest home show in North America and to get your FREE tickets from us, all you'll have to do is send us a selfie with your smiling face, our front page (electronic or print) and your name and contact information. And hey, if you want to say something nice about us, we wouldn't object! Don't send it yet. Watch for the contest beginning in a few weeks.

The Daily Almanac

Sunrise/Sunset

RISE: 8:09 am
SET: 5:29 pm



High/Low Temperatures

HIGH: 46°F
LOW: 33°F



Today is...

- Visit the Zoo Day
- National Fruitcake Day



What Happened On This Day

• **1845** Anesthesia used for the first time for childbirth. Dr. Crawford W. Long, an American physician, gave ether to his wife during the birth of their second child. The event revolutionized the use of anesthesia in medicine and surgery.

• **1821** Charles Darwin begins his journey on the HMS Beagle. It was during this 5-year long voyage that the English naturalist worked on his Theory of Evolution. He published the evidence supporting it in his 1859 book, On the Origin of Species.



Births On This Day

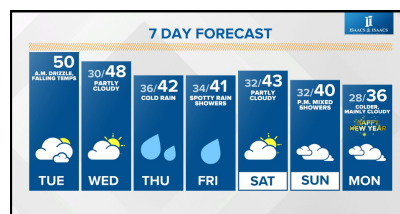
- **1822** Louis Pasteur-French chemist, microbiologist
- **1571** Johannes Kepler-German astronomer

Deaths On This Day

- **1985** Dian Fossey-American zoologist
- **1958** Harry Warner-Polish/American businessman, co-founded Warner Bros.



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



OBITUARIES

Lou Ann Lamson-Tomaw

April 22, 1941 – Dec 20, 2023

Lou Ann Lamson - Tomaw, age 82, of Crawfordsville, passed away at St. Vincent Hospital in Indianapolis on Wednesday, December 20, 2023 after a short battle with Acute Leukemia. She was born on April 22, 1941 to the late Thomas "Tommy"



Lamson and Ester (Myers) Lamson. Lou Ann graduated from Crawfordsville High School. She married J.D Tomaw, he preceded her in death. Lou Ann worked for years at RR Donnelley in Crawfordsville, Overpeck Gas in Wallace, and Hillsboro Restaurant and Bar. She attended Alamo Christian Church. Lou Ann was a member of the Crawfordsville Moose and American Legion. She was a familiar face to many and enjoyed being in the company of others. Lou Ann enjoyed helping people by donating her time to the various programs offered by the Moose, American Legion, and Alamo Christian Church, such as food donations, Childrens Christmas and bingo.

Lou Ann had a love for all animals, especially horses and the rodeo. Her pride and joy were her two dogs, Daisy Mae and Punky. They were a great source of love and joy for Lou Ann. She lived in a close-knit neighborhood where she formed many friendships.

Lou Ann is survived by cousins, Kathy M. Witt, Dennis Myers, The Hallett Family and The Ingersoll Family.

In lieu of flowers, memorial donations may be given in Lou Ann's memory to Home for Friendless Animals, 7649 W. County Road 200 S, Waynetown, Indiana 47990.

A celebration of life gathering will be held at the Crawfordsville Moose Lodge, 402 Waynetown Road, in Crawfordsville on Saturday, January 6, 2024 from 12:00 pm until 3:30 pm. A small service will be held at 3:00 pm with Pastor Kevin Howey officiating and Women of the Moose Ceremony. Share memories and condolences online at www.SandersFuneralCare.com.

Ronald "Dean" Hockett

April 29, 1953 – Dec 19, 2023

Ronald "Dean" Hockett, age 70, of Crawfordsville, passed away on December 19, 2023 at Franciscan Health Indianapolis. He was born in Crawfordsville on April 29, 1953 to the late Richard Leon and Della Mae (Tolliver) Hockett.



Dean graduated from South Montgomery High School in 1972. He married Shirley Ann Hall on August 31, 1998, she preceded him in death on April 21, 2018. Dean retired from RR Donnelley after 27 years of service as a press operator. He was a member of the Eagles, Moose, and the Crawfordsville American Legion Post 72. He enjoyed golfing.

He is survived by his son; Richard (Cierra) Hockett; daughter, Christina Whitaker; brothers, Gary (Donna) Hockett and Curtis (Debbie) Hockett; sister, Judy (Jim) Thomas; grandchildren, Megan, Amanda, Rikki, Asher, and Mallorie; great-granddaughter, Brooklyn; and several nieces and nephews.

He was preceded in death by his parents and his wife, Shirley.

Visitation will be at Sanders Priebe Funeral Care, 315 S. Washington in Crawfordsville on Saturday, December 23, 2023 from 11:00 am until the time of funeral service at 1:00 pm. Burial will follow at Oak Hill Cemetery North.

In lieu of flowers, memorial donations may be given in Dean's memory to Marie Canine Cancer Center, 1706 Lafayette Ave, Crawfordsville, IN 47933

Sanders Priebe Funeral Care is entrusted with care. Share memories and condolences online at www.SandersFuneralCare.com.



Thank
You
For
Reading
The Paper



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LWV

From Page A1

those surprising stressors. Having read Manville and Ober's history and analysis, one can appreciate their approach to how self-governing citizens deal with tensions around unbending moral mandates (whether this is addressing abortion, climate change, equity for all or poverty) versus compromise. Democracy never finishes the work, they assert. Democracy requires its people to remain awake, active and engaged, not as angry vigilantes but as contributors. That is the civic bargain, they say. Those tensions between moral imperatives and compromise remain an uneasy but effective means of giving citizens the right to self-governance in the most pitched battles of our day. Since its founding, the League of Women Voters has pledged itself to this civic bargain with its expectation of civic engagement. Each local League has the mandate to study critical issues – where tensions may arise – and to take stances but all Leagues are called to invite membership of people

of all ideological persuasions, to educate each other and to hold our representatives accountable to the people, because that is the central functioning principle of democracy. It's what drives the volunteers who chair the League's board, attend the meetings and run the Observer Corp. Each is committed to the role of democracy in working on governance issues between people who inevitably have strong stances that disagree with one another. Our volunteers include pro-life and pro-choice people. Some support school choice in some forms, while others stand strongly for the protection of public education. Each can see the best arguments for both sides and is working out how to vote for a healthy democracy in their time and place. The League invites diverse volunteers and welcomes you. Here's what some of our volunteers, say about being members of the League of Women Voters - why they participate and why it matters. Joyce Burnett, who has been treasurer

since 2008 and a member much longer, says, "Democracy won't survive unless we make an effort to support it. It is important to be connected to your community, and volunteering helps me do that." Karen Gunther, board secretary, has served with the League for nearly 17 years. Like many of our members, she's filled multiple positions and learned about the League when she was younger. Her mother was a member. Over the years, Gunther and other League members have given resources to multiple "valued" causes. It's sort of a truism that active people tend to support many causes. Locally members support the Free Clinic, Youth Services Bureau, Animal Welfare League, HUE and its many smaller committees, local churches, the Economic Health Committee, Crawfordsville Planning Commission, the Zoning Board, teaching classes at the library, and Community Growers of Montgomery County, to name a few. Each of those makes our community better

in unique way. Board member Alex Thomas has worked with the League off and on for years. She and Board Co-president Summer Ervin head the Lunch with the League. Thomas says the League is an asset to our community, educating citizens about exercising their right to vote and government transparency which helps democracy work. Myra Dunn Abbott facilitates the Active Voter Services Committee because voting is "paramount to democracy!" She and her husband Paul ensure that there are rack cards with dates and voting locations in 20-plus locations county-wide. Her committee promotes 411 to help voters check their registration and learn about candidates. 2024 is a critical year, she says. "Our ultimate goal is increasing voter turnout. We work closely with Karyn Douglas, Clerk-Treasurer for Montgomery County. [Douglas] believes our work has helped make Montgomery County citizens aware of the importance of voting

and increased voter turnout." Having been in the League in multiple states since Dunn Abbott was young, she found that "People of all stripes have revered the League for its work." Currently serving as co-president, Helen Hudson has volunteered for 50 years in all manner of positions, building a memorable network of friends in the League. Hudson taught students for 40-plus years that "democracies don't just happen. They are very intentional attempts to honor each individual in a society's ideas and thoughts. What a precious heritage. League always helps forward that mission of democracy." Hudson adds, "The League began with the mission to educate women newly empowered to vote because of the 19th Amendment. From the

start, women leaders knew that it was not registering to vote that really made the difference but helping all citizens become aware and understanding about issues at the local, state, and national levels." Happy Holidays from the League of Women Voters!

-The League of Women Voters is a nonpartisan, multi-issue political organization which encourages informed and active participation in government. For information about the League, visit the website www.lwvmontcoin.org; or, visit the League of Women Voters of Montgomery County, Indiana Facebook page.

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↓ BUTCH From Page A1

was a baby, my mother bathed me in the kitchen sink, but when I was older, my brother and I used a large metal washtub . . . and scurried to be near the stove to dry off. I remember that there always seemed to be soot on surfaces inside the old house, and Mom spent countless hours dusting furniture and the woodwork. I slept upstairs where the only heat was that which drifted up through a small register in the floor. On many occasions I could see my breath, and in addition to pajamas, I often wore a stocking cap and gloves! I made sure to warm my pillow on the stove in the living room before heading upstairs. During the winters, no one in our family strayed too far from those old pot-bellied coal stoves. After my sister was born in 1954, the landlord replaced the coal stoves with two fuel oil stoves. I wouldn't say the house was any warmer, but at least the soot problem was solved. One winter our folks purchased an electric blanket for my brother and I to use in that upstairs bedroom. That was nice! But a month later, we woke up to smell something burning . . . and there was a criss-cross pattern on the

blanket where the wires had burned the cloth. So much for that! A classmate of mine purchased that old farmhouse on the hill after my folks moved to town, and he put in a wood stove. Several years ago, the house caught fire and burned to the ground. As I stated in a previous column, a cousin remarked that it was the warmest that house had ever been! The house that my wife and I live in today is the house in which she grew up. Yes, it's almost 125 years old, and it has no insulation . . . but it has LP gas central heat, and there are two rows of pine trees that surround it to help block the wind. We shut part of the upstairs off each winter to save on LP gas and keep the downstairs living quarters warmer. I am thankful for many things in my life, but each winter I am especially thankful to live in a WARM house . . . and I will never forget those childhood days around the old pot-bellied stove.

— 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

Year End Ambitions and Reflections



CARRIE CLASSON
The Postscript

It's the time of year when I look back and see where I've been and wonder where I'm going. On the shortest days of the year, I like to do a little recalibration. I take a look at what I had hoped to do and ways in which I want to change my thinking. Some years I have had major changes in the works—going back to school or starting a new career. Other years, my biggest ambition has been to finish off the last of the Christmas cookies before the year's end in case they have an end-of-the-year expiration date and pose a danger to those with a less robust constitution. This year is somewhere between the two. Part of becoming older and a bit more at peace with myself is looking at the new year a little differently. Instead of a series of challenges to overcome and changes to enact, I look at the new year with a renewed sense of wonder. Instead of looking at new mountains I'd like to conquer, I like to spend a little time questioning the things I do every day without thinking, and how those things could be better. Some are profound. Most are not. "I'm changing lipsticks," I tell my friend, Cheri. She does not seem to register that this is a major life event. "I only do this once every 10 years or so," I add, so she understands the enormity of the choice. "I had Thanksgiving dinner with a woman whose lipstick stayed on for the entire meal," I explained. "I want to be like her." I got the sense Cheri did not think this end-of-year ambition was worthy of her attention. I decided not to tell her about my other goal: to

polish off all the dangerously old Christmas cookies. But I have a few other ideas for the new year as well. I just got word that an old friend of mine has a ruthless form of cancer. We have not been in touch for years, but he was a good friend in high school, and the prognosis is not good. It is so hard for me to imagine the youthful, cheerful, impossibly energetic person he has always been becoming so ill and facing anything so dire. And yet he is. And so could we all. And so, the biggest change I would like to make in the new year is to stop behaving as if I have all the time in the world. While I don't know how much time I have (and I hope it is still considerable), none of us knows. I'd like to be a little gentler on myself in this new year. I'd like to treat myself like a person who is not going to live forever—simply because I am not. Today would be a good day to write to my old friend and tell him I have nothing but wonderful memories of him. Today would be a good day to lay aside all my petty grievances against people who might think differently than I do or hold different beliefs. Today would be an excellent day to let go of any fears I have of being rejected or blamed or embarrassed. On the shortest days of the year, it's good to be reminded that my time is short as well. It's a good time to do the things that matter and the things that bring me joy. It's a perfect time to send out a little more kindness, eat a few more cookies and buy new lipstick. Till next time, Carrie

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

THE PAPER

PUBLIC NOTICE

City of Crawfordsville, Indiana
Notice of Adoption of Annexation Ordinance
46.46 total acres--429 West 150 South, Crawfordsville, Indiana

Notice is hereby given that on December 11, 2023, the City of Crawfordsville Common Council adopted Ordinance 38-2023, "An Ordinance to Annex Properties Known as approximately 46.46 acres located north at 429 West 150 South (current parcels 54-10-07-700-045.002.025, 54-10-07-700-045.003-025, and 54-10-07-700-045.000-025) and the associated right-of-way."

The Ordinance annexes into the City of Crawfordsville approximately 46.46 total acres located at 429 West 150 South, Crawfordsville, Indiana. The territory consists of three parcels, currently owned by Rock Point Baptist Church, Inc. Upon the annexation taking effect, the 46.46 acres of real estate (parcel numbers 54-10-07-700-045.002.025, 54-10-07-700-045.003-025, and 54-10-07-700-045.000-025 will be zoned "R-1, Residential." The Ordinance will take effect 30 days after its adoption and upon proper filing and recording.

The Ordinance may be examined at the office of the City of Crawfordsville Clerk-Treasurer, 300 East Pike Street, first floor, Crawfordsville, Indiana, 47933.
By: Terri Gadd
City of Crawfordsville Clerk-Treasurer

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Franciscan Health Tightens Visitor Restrictions

LAFAYETTE – With increasing activity of respiratory viruses such as flu, COVID-19 and RSV, Franciscan Health hospitals in Lafayette, Crawfordsville and Rensselaer are implementing new visitation restrictions effective now.

- Visitors must be at least 18 years of age.
- If visiting a patient who has respiratory symptoms, visitors are asked to keep a mask on and do not visit the cafeteria, coffee & gift shops or waiting rooms.
- Those having symptoms suggestive of respiratory illness, including, but not limited to: cough, fever, shortness of breath, sore throat, runny or stuffy nose, body aches, diarrhea, tiredness, headache and vomiting, will not be allowed to visit.
- Visitors should continue to practice good hand hygiene.

The new policies are being implemented with input from Franciscan Alliance leadership and in accordance with guidelines from the CDC and Indiana Department of Health. The rate of influenza-like illness (ILI) reported in patients has increased across the state. ILI is defined as a temperature of 100°F or greater with a cough and/or sore throat. Franciscan Health urges everyone age 6 months and older to get a flu shot as the first and most important step for protecting against flu viruses.



We appreciate our readers!

HHSB's Charley Quigg Joins Crawfordsville East Team

Hoosier Heartland State Bank is excited to welcome Account Specialist Charley Quigg back to the Crawfordsville East branch. Charley began her career with HHSB in Many 2022, working primarily at the Roachdale location. At Crawfordsville East will continue to provide personalized financial solutions to customers while contributing to the growth and success of the branch. "We are so excited to have Charley Quigg join us. Charley started as a part time float out of the East

Branch so she's coming back home," Janet Evans, Assistant Branch Manager of the East location, said. "She has been heading up our Roachdale Branch as an Account Specialist this past year and we look forward to her making connections with customers and making our East team the best it can be." Charley graduated from North Montgomery High School and studied at the University of Indianapolis. She is a resident of Crawfordsville where she lives with her



Charley Quigg

boyfriend and 2 year old son. In her free time, Charley enjoys spending time with her family, reading, and watching her boyfriend race. Contact Charley Quigg today at 765-364-0784 or info@myhhsb.com.

Be Careful With Latest Diet Crazes, Fads



MONICA NAGELE Guest Columnist

As the new year unfolds, the familiar chorus of cleanse and detox diets rings loud. These regimens advocate fasting, adhering to a strict diet of fruits and vegetables, and consuming peculiar concoctions to purportedly expel toxins from the body. Yet, amidst the detox enthusiasm, a critical question looms unanswered: What specific toxins do these diets target, and is there any evidence supporting their efficacy? The body, it turns out, possesses innate mechanisms for self-cleansing. The liver plays a pivotal role in neutralizing harmful substances, facilitating their elimination through urine, feces, and sweat. The kidneys and lungs collaborate to maintain the body's pH balance. Contrary to the detox trend, there is limited scientific backing for the assertion that such diets effectively eliminate toxins. In the age of social media, numerous posts propagate supposed signs indicating the need for a detox. However, scrutinizing these indicators reveals their dubious nature. Bloating, a common consequence of

digestion, is normal unless persistent, indicating potential gastrointestinal issues requiring medical attention. Food cravings, often misconstrued as signals for detox, stem from various factors such as hormonal imbalances, PMS, inadequate sleep, poor diet, dehydration, or stress – issues a detox diet may exacerbate rather than alleviate. Constipation, another purported sign necessitating detox, is usually tied to insufficient physical activity and dehydration. While increasing fiber intake aids bowel movements, it must be complemented by adequate water consumption to avoid complications. Constant colds, fatigue, trouble sleeping, and headaches are likewise touted as signals for detox, but a well-balanced diet rich in fruits, vegetables, whole grains, and lean proteins can address these issues more effectively than a cleanse. As the new year beckons, a myriad of transformative diets vies for attention. However, caution is advised before embracing these trends. Rather than succumbing to the allure of elimination diets, which often lead to short-term success followed by relapse, a more sustainable approach involves incorporating positive changes. Adding nutritious elements to one's diet, such as fruits, vegetables, low-fat dairy, lean proteins, and whole grains, is a pragmatic strategy. This

approach not only enhances overall well-being but also leaves less room for less nutritious choices, gradually crowding them out. For those embarking on a journey of self-improvement this year, the allure of quick fixes may be tempting. However, the wisdom lies in adopting strategies that stand the test of time. A well-balanced diet, brimming with nutrient-dense foods, may lack the glamor of trendy detox plans but proves to be a reliable and effective choice. In conclusion, as the marketing frenzy for new year diets intensifies, it is crucial to discern between fads and evidence-based practices. The body's natural cleansing mechanisms are robust, and a sensible, balanced diet remains a cornerstone of good health. Rather than falling prey to the allure of detox diets, consider the enduring benefits of a nourishing and sustainable approach to nutrition. As we navigate the realm of New Year's resolutions and wellness trends, consider the lasting benefits of a balanced diet over fleeting detox fads. For insightful discussions on sustainable nutrition and well-being, tune in to my podcast, "Bite by Bite: Nutrition for Life," available on Spotify.

Monica Nagele, MS/RD, is thePurdue Extension Montgomery County Extension Director, Health and Human Science Educator

Negele Calls for Additional Vetting, Community Input

In the ongoing debate regarding the water situation between Tippecanoe and Boone counties, and the state's involvement, State Rep. Sharon Negele voiced the following last week. "The voices of local residents are being heard, and I will continue to work tirelessly to ensure decisions regarding our region and state's water policies receive appropriate review and input from impacted communities," she said. "I appreciate state leaders granting our request to halt water pipeline development as we continue to gather data, and I am committed to working with them on this important issue. My



State Rep. Sharon Negele

approach will continue to be thoughtful and transparent, and reflect the needs of those I am honored to represent."

Negele (R-Attica) represents House District 13, which includes all of Benton and Warren counties, and portions of Fountain, Jasper, Montgomery, Newton, Tippecanoe and White counties.



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THE PAPER

THANKS FOR THE MEMORIES



DICK WOLFSIE Funny Bone

Here is part two of my yearly look back on the people, places and things that gave me ideas for my column. Most of the originals are posted on my Facebook page after they are published, so if you missed one you can check it out.

Thanks to the website that offers cooking tips. Here's one of their tips. Don't cook your asparagus with the rubber band still on the stems. Yes, if your spears are exceptionally chewy one night, I think you have discovered the culprit.

My appreciation to some quack doctor who said he invented a mobile app that would cure acne if you held the phone to your head. He was arrested for fraud. Asked if he would serve his sentence like a man, he said "Breaking out is not an option." He also said his wife was worried that even a short prison sentence would jeopardize their marriage. "She's my main squeeze," the dermatologist told everyone. Which is NOT something his PR agency wanted him to say.

In one column I celebrated Indianapolis' high ranking for cities with the most rats. The Crossroads of America (Indy's nickname) was rated 15th, indicating exactly what was crossing those crossroads. So, the rats were rated higher than the Cubs this year. Washington DC was rated fourth on the list with a half a million rats, 500,535 if you count Congress.

Thanks to my wife, who wanted to try a new Chinese restaurant. She found one online and ordered the food. I called back to know how long it would take to get there. "Where do you live?" I was asked. I told him the northside of Indianapolis. "Oh, about six hours. Sir, you are calling a Chinese restaurant in Canton, Ohio." "No problem," I said. "I love Cantonese food."

While eating breakfast one morning I noticed I had sliced my finger when cutting the bagel. I told Mary Ellen we had to go to the emergency room because of all the blood and white ooze coming from the injury. After some testing, the doctor told me it was cream cheese and jelly.

Kudos to a new chess website. Before venturing into this I wanted to assess the competition. Each player has a bio online. Cauty is an international grandmaster. The bio says he is very tricky and "might catch you with your pants down." I suggest you not play him on Zoom. My favorite was Zara. Her write-up says she is a good sport, loves animals, is a nonsmoker and wants to play with someone who likes romantic dinners. Hmmm, maybe she thinks she's on ChessMatch.com.

I was frustrated that I can never find the TV remote, so I tied a piece of dental floss around the device and connected it to the couch leg. Great results. I don't miss nearly as many shows and I have 34 percent less plaque.

In bad weather, I started jogging in Walmart and Costco, sometimes getting in as many as six miles on a rainy day. I only do Costco now. Walmart started charging me mileage.

Have a great 2024

Congress faces two shutdown deadlines with no action yet on spending

By Jennifer Shutt
Indiana Capital Chronicle

WASHINGTON — Congress is staring down a funding cliff in mid-January and a second one in early February, but neither of those deadlines have inspired House and Senate leaders to broker agreement on the dozen bills that were supposed to become law by Oct. 1. Appropriators are concerned the upcoming election year and competing legislative priorities have pushed their work to the back of the line, increasing the odds that Congress stumbles into a partial government shutdown in the new year. The lawmakers who work on funding bills are equally frustrated that leaders may simply lean on a third stopgap spending bill to keep the government funded for the rest of the fiscal year, throwing months of work on the dozen full-year spending bills out the window. Senate Appropriations Chair Patty Murray, D-Wash., said in mid-December that using a stopgap spending bill, also called a continuing resolution, to fund the government for the entire fiscal year would be "unprecedented and reckless." "We cannot just throw up our hands, act like nothing in the world has changed in the past 12 months, abdicate our responsibility to our constituents and box in our nation's future by putting the government on autopilot," Murray said. Maine Sen. Susan Collins, the top Republican on the committee, has also rejected the idea of Congress using another continuing resolution, saying during a floor speech in late November the "temporary funding patches lead to harmful uncertainties, needless inefficiencies and wasted taxpayer dollars." A full-year stopgap spending bill would cut defense spending by \$34.6 billion compared to what the Senate spending panel approved in its bipartisan bill, she said. Senate Minority Leader Mitch McConnell, a Kentucky Republican, said Tuesday that using a continuing resolution to fund the government for the rest of the fiscal year is "unacceptable." "It's devastating, particularly for defense and we've got all of these wars going on," McConnell said. "So we need to reach an agreement on the topline and get about getting an outcome as soon as possible."

Spending levels in debt limit deal

Congress and the Biden administration agreed to spending levels for fiscal year 2024, which began back on Oct. 1, as well as fiscal year 2025 when they brokered the debt limit deal last summer. The Senate Appropriations Committee wrote all 12 of its annual government funding bills to roughly that level and the committee approved them all following broadly bipartisan votes. The House spending panel, however, wrote its bills more than \$100 billion below those levels and added in dozens of conservative policy changes that infuriated Democrats. Those differing spending levels are among the many issues that have delayed the House and Senate from heading to conference committees to hammer out their differences. Speaker Mike Johnson, a Louisiana Republican, said before that chamber left for a three-week winter break that he agreed the spending bills should be written to the funding levels in the debt limit law. But he argued the Senate bills are above those numbers. "We're awaiting the other team, the other side, the other chamber to come forward with a number that we can agree upon that we write to," Johnson said. "And that's the impasse and that's what we're waiting on. But the law is the law." Collins said Tuesday that her preference would be for the final bills to reflect the topline spending level in the debt limit law "plus the side deal plus filling in with some emergency spending that" she and Chair Murray agreed to. The stalemate has aggravated both Democrats and Republicans on the Senate and House committees, who say leadership needs to give them the green light to begin talks ahead of the Jan. 19 deadline for four spending bills and the Feb. 2 deadline for the other eight appropriations measures. Arkansas Republican Rep. Steve Womack, chair of the Financial Services spending panel, said last week that congressional leaders should have told the committee weeks ago what the total spending level would be for the current fiscal year, known as the topline. "We're just in a bad spot. We've needed these topline numbers," Womack said. "I'm anxious to

go home for Christmas, but at the end of the day, I know if they gave us a topline today, we are just going to absolutely kill our staffs. These do not happen overnight."

'Chaotic' month predicted

Maryland Democratic Rep. Steny Hoyer, ranking member on the Financial Services spending panel, said January will be "chaotic" since the GOP leaders have "created a crisis." "They have created a chaotic, almost impossible situation for themselves and the country," Hoyer said. A shutdown, he said, is "more likely than it should be because of the timeframe and because of the irresolution and the deep division within the Republican Party." Kentucky Rep. Hal Rogers, the top Republican on the Commerce-Justice-Science spending subcommittee, said not having spending levels puts meeting the Jan. 19 and Feb. 2 deadlines in "severe jeopardy." Rogers said he believes Speaker Johnson understands the importance of getting agreement on the spending levels, but said that is challenging at the moment. "I think he fully understands that," Roger said. "But he's got to put together the votes to make that happen." Montana Democratic Sen. Jon Tester, chair of the Defense spending subcommittee, said Congress should use the topline spending levels that were put in the debt limit law that Republicans and Democrats voted to approve. "Toplines on appropriations, in my book, are set," Tester said. "They were agreed to and the speaker of the House voted for them months ago. And to go back is really bad form, bad business, word is not your bond, very anti-Montanian." Tester said he would work to get agreement between the Republican House and Democratic Senate on his bill before funding expires on Feb. 2, but said he wasn't sure that could happen. "It's got me very worried because there are no presents to open in January," Tester said, alluding to the fact that Congress normally negotiates the bills ahead of the winter break.

The prospect of Congress using a stopgap spending bill to keep the government funded for the rest of the fiscal year doesn't appeal to Tester, who said "God forbid"

when asked about the possibility. Oklahoma Republican Rep. Tom Cole, chair of the Transportation-HUD subcommittee, said using another stopgap spending bill, or a series of them, to fund the government — instead of passing the 12 full-year bills — is "very possible." "In some ways, it's even the most likely, but it should not be the desired outcome," Cole said. The odds of a partial government shutdown beginning next year are low, Cole said, though he didn't rule it out entirely. Wisconsin Democratic Sen. Tammy Baldwin, chair of the Labor-HHS-Education spending subcommittee, said "there's still nothing from the House" that would allow the chairs and ranking members to begin conference talks. Given the time crunch, Baldwin said, the best option would be for the House to pass the dozen government funding bills the Senate Appropriations Committee approved earlier this year on broadly bipartisan votes.



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