

TODAY'S VERSE

Matthew 25:40 "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'" (NIV)



Happenings

Monday, Jan. 22, 2024

WABASH COLLEGE All Campus Reading at Scholars Lounge Lilly Library, 11:15 a.m.

Tuesday, Jan. 23, 2024

WABASH COLLEGE All Campus Reading at Scholars Lounge Lilly Library, 11:15 a.m.

Wednesday, Jan. 24, 2024

WABASH COLLEGE Artist Talk at Fine Arts Center, noon Art Exhibition Reception at Fine Arts Center, 4 p.m Basketball at DePauw, 8 p.m.

Thursday, Jan. 25, 2024

ATHENS ARTS Class: How to draw eyes (1-3 p.m. or 6-8 p.m. - reservation required) WABASH COLLEGE Board of Trustees meeting

Friday, Jan. 26, 2024

WABASH COLLEGE Board of Trustees meeting

Saturday, Jan. 27, 2024

WABASH COLLEGE Board of Trustees meeting

Sunday, Jan. 28, 2024

NORTH MONTGOMERY SCHOOLS High School Robotics Fundraiser at Fieldhouse, 2 p.m

Wednesday, Jan. 31, 2024

WABASH COLLEGE Basketball at Kenyon

Thursday, Feb. 1, 2024

WABASH COLLEGE Lecture Series, Blackness in Mexico - Dr. Anthony Jerry at Baxter Hall, 7 p.m.

Friday, Feb. 2, 2024

WABASH COLLEGE Faculty & Staff Workshop at Malcolm X Institute, 12:10 p.m.

Wrestling at Univ. of Indianapolis, 10 a.m.

Sunday, Feb. 4, 2024

WABASH COLLEGE Special Olympics Basketball at Wabash College, 6 a.m.

Tuesday, Feb. 6, 2024

WABASH COLLEGE Faculty meeting, 4:15 p.m.

Wednesday, Feb. 7, 2024

WABASH COLLEGE Sports Gambling discussion at Fine Arts Center, 7:30 p.m

Thursday, Feb. 8, 2024

CRAWFORDSVILLE SCHOOLS Crawfordsville School Board at Hose Elementary, 5:30 p.m.

Friday, Feb. 9, 2024

WABASH COLLEGE VAS: The Doubleclicks at Fine Arts Center, 7:30 p.m.

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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!



11:06 p.m.

The exact time of the March Equinox here in the Northern Hemisphere. Folklore tells us that at the exact moment of the equinox, an egg can be balanced on end. The truth is that because eggs have many flaws, they can be balanced on their ends at any time of the year. There is no truth to the idea that the lunar or solar gravitational forces have anything to do with it.

The number of days from today until spring. The March Equinox signals the beginning of spring in the Northern Hemisphere. This year that occurs on March 19.

12

The number of hours of sunlight we get (approximately) on the equinox - which actually comes from two Latin words meaning equal night (aequus and nox).

3-1

This is the date meteorologists recognize as the first day of spring. The year is divided into four seasons and spring begins March 1 and ends May 31.

29

The number of days in this Leap Year in February, meaning we have to wait one extra day for March to arrive!

92.8 vs. 89.8

The number of days we can enjoy spring in the Northern Hemisphere is 92.8. Those in the Southern Hemisphere have 89.8. Of course, our spring signals in the start of warm weather (we hope!). In the south, it's the opposite.

Gene and Pee Wee and Harmon's Sundries



BUTCH DALE Columnist

As I mentioned previously, 50 years ago most of the small towns in Montgomery County had numerous businesses up and down their main streets. My hometown of

Darlington had more than 25, all family owned "Mom and Pop" establishments, either retail or service oriented, within a three-block section of Main street. The busiest place of all was smack dab in the center of Main... Harmon's Sundries, more commonly



See BUTCH Page A5

TODAY'S HEALTH TIP

Cracking your knuckles does not appear to lead to arthritis..

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

"Genius begins great works. Labor alone finishes them." Joseph Joubert

TODAY'S JOKE

What's a baby computer call its father? Data.

THREE THINGS

You Should Know

1 The United States Supreme Court has declined to review a federal court ruling in favor of a transgender student and his family challenging a discriminatory restroom policy at an Indiana public school district. Represented by the ACLU of Indiana, an adolescent transgender boy and his parents filed a lawsuit against the Metropolitan School District of Martinsville in December 2021 for failing to provide him with access to bathrooms consistent with his gender in violation of his rights under Title IX, the law prohibiting sex discrimination in educational programs, as well as the Equal Protection Clause of the Fourteenth Amendment. In an August 2023 opinion, the Seventh Circuit Court of Appeals found the school district policy did likely violate the student's rights under Title IX and equal protection.

2 The Susan B. Anthony Pro-Life America group gave Senator Mike Braun an "A+" ratings on their National Pro-Life Scorecard. The new score takes into account votes and legislative action for every member of Congress in the first session of the 118th Congress. As SBA List wrote in their scorecard, "Sen. Braun has stood up against the extremist nominees of the pro-abortion Biden-Harris administration, and against pro-abortion action both in the administration and through legislation advanced by Majority Leader Chuck Schumer. Sen. Braun has voted consistently to defend the lives of the unborn and infants."

3 Good news for potential home buyers, house prices were down last month. New data from MIBOR Realtor Association shows a decrease in median sales price and decrease in active inventory compared to a year ago. The median sales price for a single-family home in central Indiana was \$278,000, a slight decline of 0.7 percent over last year and a 4.1 percent decline from the previous month. Closed sales were down 16.9 percent and pending sales were relatively flat, up just 0.6 percent, year-over-year. The typical listing received 97.4 percent of the asking price, compared to 97.7 percent last December.

THE MONTGOMERY MINUTE

A new exhibit, Light in Winter, is on display in the Mary Bishop Memorial Gallery at the Crawfordsville District Public Library. This work is a collaboration of creative storytelling by Elsie Koning and Lydia Stewart. It will be on display through Feb. 9. The public is welcome to visit the gallery during CDPL's regular hours of operation. A limited amount of work will be for sale through the Circulation department.

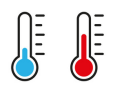
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The Daily Almanac

Sunrise/Sunset

RISE: 8:04 am SET: 5:55 pm



High/Low Temperatures

HIGH: 33°F LOW: 32°F



Today is...

- International Sweatpants Day
• National Hot Sauce Day



What Happened On This Day

- 1970 The Boeing 747 takes off on its first scheduled flight.
• 1943 World record for fastest temperature change. The fastest temperature change recorded in history occurred on this day in Spearfish, South Dakota. The temperature increased from -4°F (-20°C) to +45°F (+7°C) in the span of two minutes.



Births On This Day

- 1906 Robert E. Howard - American author
• 1788 Lord Byron - English poet

Deaths On This Day

- 2008 Heath Ledger - Australian actor, director
• 1901 Queen Victoria of the United Kingdom

## Revitalization of Ben Hur Building – An Update

By DeAntha Wright  
 For The Paper

At the corner of Water & Main stands a well-known landmark often seen as the grandfather of our community. The Ben Hur Building was completed in 1911. The grandeur of the early 1900s characterizes neo-classical architecture. Much of the same style of architecture can be seen in our Masonic Temple and other historic buildings across the country.

With its dramatic use of white marble, terrazzo floors, and stained glass, this building is on the Montgomery County Interim Report of Indiana Historic Sites. The Ben Hur Building was the center of commerce for much of the 20th century. Tenants of the building in the early 1900s were Wabash alums, lawyers, accountants, doctors, and dentists who chose the Ben Hur Building as a premier business address.

Many of our community residents will remember the revolving door and the activity at the lunch counter just around the corner. One resident recalled the elevator operated by a kind old gentleman. He kindly tolerated kids with candy. I remember it costing my Mom only 5 cents. My husband recalled getting his first pair of glasses at the Ben Hur Building. But what he remembered most was that 100-year-old building had no central air in those days.

The future of this historic building has been uncertain for many years. Any investor would first have to deal with years of neglect. Water damage, mold, lead paint, and asbestos are just a few of the



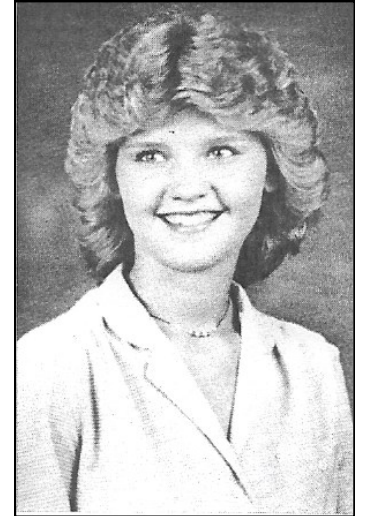
elements that greet any investor. Joh Anderson of Brownsburg formed AP Development LLC. & Anderson Partners in 2010. He previously worked with two larger Indianapolis law firms. In 2018, AP Development gained control of the building from the Montgomery County Commissioners after several failed revitalization efforts. He became the owner of the Ben Hur Building in 2019 to revitalize this historic building. As legal counsel, Mr. Anderson concentrates his community revitalization projects utilizing New Market Tax Credits and Rehabilitation/Historic Tax Credits.

In 2019, our worlds were put on hold by COVID-19, and three years passed. As a community, we have been admiring this beautiful structure from the exterior. Little did we know there was much work going on inside. Anderson came before the Redevelopment Board to keep everyone current on the project. In the years since COVID-19, they have dealt with removing lead paint, asbestos, and more. The state awarded the project a \$100,000 in historic renovation grant for renovation and

preservation of the exterior. To date, 49 market-rate apartments are planned for the building. The apartments would be 800 to 1100 sq ft. with street-level parking. The lower floors will house retail, and plans for a restaurant have been voided. Anderson shared with the board he hopes to have the apartments ready for tenants in late 2024. Plans also include the return of the most memorable memorabilia, the revolving door at the front of the building.



## Butch Dale's Flashback Trivia



Do you recognize this person?

HINT:

She loves to pass out grant money to deserving organizations!

Answer on Page A3

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# 34-30 Or Fight!



## DICK WOLFSIE Funny Bone

Have you seen my pants lately?

My 34-30-inch pants. That's my size. Yes, I have a 34-inch waist and two 30-inch legs. If you ever wondered how I measure up, now you know.

I am not proud of this. I didn't aspire to it (except when I was a 36). But I'm not unhappy with it either, although I'd rather be a 33.

Now, I ask you again. Have you seen my pants? No, not the ones I am wearing, although I'm beginning to think that they were the last 34-30s made in America. I'm looking for another pair of 34-30s. Where have all the 34-30s gone?

Every Saturday morning, I head out the door to look for pants. I'm either waddling around in a pair of 36-30s or scrunched into 32-28s.

First, I go to Kohl's to look for pants. Man, do they have pants. And they have some really great sizes: 38-33, 42-28, 30-36, 40-34, 36-28. And that's just the beginning. The entire rack of clothes is a testimony to the myriad and wonderful ways that God works. Imagine creating humans in so many shapes. I'm pretty sure that all squirrels would wear pretty much the same size pants.

But God, in his omnipotence, should have seen that creating men with 34-inch waists

and 30-inch legs was unnecessarily cruel. God should have known that 34-30 men would never find pants. Men like this are destined to be naked. There's no question that Adam was a 34-30.

I look through the other sizes, hoping that some 34-30 who forgot his credit card may have hidden away his size so he could return the next day and reclaim his treasure. Maybe there's a 34-30 in between the 44-30s and the 32-28s. That's where I once hid a pair of 34-30s. No luck. Let me tell you something: You can hide some of your income from the IRS in a bank in Switzerland, but you can't hide a pair of 34-30 pants. Someone will find them.

So, what is the explanation for my problem? Humpty Dumpty was a 46-24 and the guy on stilts at the State Fair is probably 32-64. They didn't have a problem finding pants.

The truth is that 34-30 is so common stores can't keep the size in stock. I know that when I see a pair of 40-29s, they are going to be there for a while. Men who are 36-32 are probably trying to squeeze into my 34-30s. There ought to be a law. I have my rights. And that guy now has his tights.

No one cares about 34-30s. We are normal around the middle, average from crotch to cuff. There is nothing distinctive about us. Except a lot of us don't have any pants that fit.

When I had a 35-inch waist, the salesmen told me they didn't manufacture many 35-inch-waist pants because very few men were that size. I told him that to go from 34 to 36, you have to pass through 35 first.

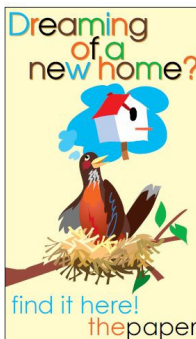
Usually between Thanksgiving and New Year's.

## Meeting Set to Learn About Strawberry Festival Queen and Junior Royalty



Interested individuals are invited to attend an upcoming informational meeting to learn more about the Strawberry Festival Queen and Junior Royalty Program, a unique opportunity for contestants to gain experience and build confidence. The informational meeting, which will be held on February 8th at 6pm, in the Donnelly Room at the Crawfordsville Public Library will provide an overview of the program and its requirements. The Junior Royalty Program is open to boys and girls ages 6-10 as of May 1st, 2024 and is \$25 to enter. The Strawberry Festival Queen program is open to high school girls with a \$45 entry fee. All contestants must reside or attend school full time in Montgomery County. The queen program offers girls the chance to learn and practice interview skills, as well as compete for scholarship funds. At the informational meeting, program director, Jessica McClamroch, will provide an overview of the program, discuss the expectations and

guidelines, and answer any questions. The queen program is based on the belief that young individuals need to be empowered to develop their skills and pursue their dreams by learning to be their best self. The Scholarship Queen Program is an excellent opportunity for young women to gain experience and build confidence. The program provides a safe and supportive environment for girls to explore their potential and develop their leadership and interview skills. If you are interested in learning more about the Strawberry Festival Queen or Junior Royalty Program, please email [sfestqueen@gmail.com](mailto:sfestqueen@gmail.com) for more details.



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# ZIPPY 2024 SUBARU OUTBACK TOURING MIXES A TOUCH OF LUXURY WITH RENOWNED CAPABILITY



**CASEY WILLIAMS**  
Auto Reviews  
Since it was introduced with wacky Crocodile Dundee advertising in the late '90s, the Subaru Outback has set the standard for all-capable station wagons, predicting the wave of crossovers that have drowned out family sedans and mini-vans. Over the generations, they have become more refined, more capable, and in the case of our 2024 Touring edition, a credible luxury car.

I've been looking forward to this review because my family has owned two Outbacks – a 2017 Premium and the 2022 Wilderness we drive now. They've been fantastic cars for our family, comfortable on long drives between Indianapolis and Dallas to see relatives, plenty of space for my daughter's gear, and all-road capability when snow tumbles down. I especially like the jacked ride height, black trim, and turbo engine on our Wilderness. But, for our next Outback, we might be ready for something even more luxurious and not as exuberant.

All Outbacks were updated for 2024 with a bit more of that Wilderness style in gray plastic on the front bumpers, more aggressive wheelwell accents, and fortified lower body cladding. The black grille and headlamps were restyled too. Chrome window trim, satin silver mirror caps, faux skid plates front/rear, and 18" wheels add bling to Touring editions. Unlike on my Wilderness, the roof rack has extendable cross bars built in so it's super easy to attach bicycles, kayaks, and roof carriers (Wilderness racks are specially fortified for roof tents).

Even if you've driven luxury brands for years, you'll be impressed with the Touring's interior. Soft brown Nappa leather upholds the seats while contrasting stitched panels pad the dash and doors. Caress the soft leather-wrapped steering wheel too. All outboard positions get heated seats while the fronts add ventilation and drivers lux out with extendable lower cushions. Outback seats have always been comfy, but these supportive soft

throne rival Volvo. But, that's just what makes the Touring special. The large tablet-style touchscreen comes on all Outbacks and is easy to use with swipe capability and redundant buttons for key climate functions. Proper volume and tuning knobs are appreciated. Connect phones via Apple CarPlay and Android Auto. Add to that Harman Kardon audio and a power sunroof. I wish Subaru would add a dual-pane roof and head-up display, but safety is enhanced with adaptive cruise, automatic emergency braking, lane keep assist, and rear cross path detection with auto brake.

One of the biggest surprises in my Outback that's shared with the Touring XT is its powertrain. The 2.4-liter turbocharged four-cylinder engine dishes 260 horsepower and 277 lb.-ft. of torque. I don't love the Outback's continuously variable transmission, but the turbo eliminates the buzziness. It's quite pleasant on the highway. It's also a surprising barn stormer, able to rip 0-

60 mph in under 6 seconds – comparable to early '90s Corvettes. All that, and it achieves 22/29-MPG city/highway.

All-wheel-drive is standard and incorporates torque-vectoring to sharpen corners. X-Mode further configures the powertrain for steep slippery trails and engages hill descent control to modulate throttle and brakes downhill. Off trail, it just rumbles over rough pavement without a squeak and soaks up long highway miles like a luxury sedan. Turning is especially sharp whether carving trails or wedging into a tight garage.

Perhaps the best part of the Outback is its price, which is more comparable to compact crossovers than the mid-size crossover it is. Base models start under \$29,000 with our lavishly equipped Touring coming to \$42,795. Compare that to the Chevy Blazer, Kia Sorento, Volvo XC60, Honda Passport, Nissan Murano, and Ford Edge.

Storm Forward!



Photos provided by Subaru

Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on YouTube @AutoCasey.

Likes	Dislikes
<ul style="list-style-type: none"> <li>• Luxury interior</li> <li>• Turbo engine</li> <li>• All-road capability</li> </ul>	<ul style="list-style-type: none"> <li>• No head-up display</li> <li>• No dual-pane roof</li> <li>• Predictable styling</li> </ul>

**2024 Subaru Outback Touring XT**  
Five-passenger, AWD Crossover  
Powertrain: 2.4-liter T4, CVT  
Output: 260hp/277 lb.-ft. torque  
Suspension f/r: Ind/Ind  
Wheels f/r: 18"/18" alloy  
Brakes f/r: disc/disc  
Towing: 3,500 lbs.  
Fuel economy: 22/29 mpg city/hwy  
Assembly: Lafayette, IN  
Base/as-tested price: \$28,895/42,795

## United Way Can Help With Tax Preparation

United Way in Montgomery County will be a Volunteer Income Tax Assistance (VITA) program site for the 2024 tax season. The VITA program will offer free tax preparation and e-filing services to individuals and families with an annual household income at or below \$78,000. VITA tax preparers are certified by the IRS to

ensure that clients receive the refund for which they are eligible. In addition, clients save money by not having to pay fees associated with tax preparation. Through the VITA program, United Way will help hard-working individuals and families in our community take advantage of their tax dollars and reinvest

their returns back into Montgomery County. Many clients will use their tax refunds to pay bills, add to their savings accounts, purchase homes, and make home or car repairs. Clients can schedule in-person appointments at the United Way in Montgomery County office from Jan. 29 – April 12. The hours are

Mondays 1-4 p.m., Tuesdays 9 a.m.-2 p.m., Thursdays 9 a.m.-2 p.m. and Fridays 9 a.m.-noon. Appointments are also available at the Covington Community Action Program office on Wednesdays from 9 a.m.-noon. Appointments for both locations can be scheduled by visiting [www.uwmontgomery.org](http://www.uwmontgomery.org) or by calling (765) 362-5484.



United Way in Montgomery County will be a Volunteer Income Tax Assistance (VITA) program site for the 2024 tax season.

## Birth announcement

A baby boy, Frank Waylon James, was welcomed home after being born at Witham Hospital in Lebanon to Bayli Renea Moody of Crawfordsville and Jacob Dylan James. Waiting on Frank's arrival was 3-year-old brother Jasper James Mingay. The maternal grandmother is Rebecca Moody of Darlington and the paternal grandparents are Frank and Robin James of Crawfordsville. Maternal great-grandparents are Ruth and Larry Timm of Greencastle.



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**WABASH COLLEGE**



**DIRECTOR OF LATINO PARTNERSHIPS**

Wabash College seeks an energetic leader to become its inaugural Director of Latino Partnerships. The Director will oversee a wide range of programs funded by a Lilly Endowment Inc. grant and serve as advisor to the La Alianza student group.

In addition to teaching and mentoring Wabash students, the Director's work focuses on building programs and partnerships that enrich the lives of Montgomery County residents and strengthens the work of local non-profits, community leaders, and educators through sustained and meaningful collaborations that create transformative teaching and learning opportunities for Wabash students, faculty, and staff.

A full position description, including qualifications and how to apply, can be found at [www.wabash.edu/employment](http://www.wabash.edu/employment).

Wabash College, a liberal arts college for men, seeks faculty and staff who are committed to providing quality engagement with students, high levels of academic challenge and support, and meaningful experiences that prepare students for life and leadership among diverse populations around the globe. Wabash is an equal opportunity employer and welcomes applications from persons of all backgrounds.

## ↓ BUTCH From Page A1

known as the drug store.

Nathan Lane and George Weaver had operated a drug store and soda fountain back in the 1930s. In 1943, Adrian Remley and his wife purchased the business and added a new fountain and booths. Four years later in 1947, Arthur and Pauline Friend became the new owners at that same location, where it remained until 1962, when they bought the Chambers building. After extensive remodeling the drug store was moved next door. Arthur also owned a small farm just south of town, and he enjoyed raising show cattle, so he and Pauline hired high school girls, including their daughter Sharon, to help out after school. One of the first girls they hired was Mary Ellen "Pee Wee" Vannice, who graduated from Darlington in 1947. Pee Wee married her sweetheart, Gene Harmon, a 1946 Crawfordsville grad, in 1948, and the next year they welcomed their first child, Jeanie, into the world.

Gene worked at R.R. Donnellys for the next 22 years, as the couple added four more children into the family . . . David, Dan, Dale and Jan. In 1968, Gene had enough of factory work and decided he wanted a business of his own. When Mr. Friend decided to retire, the Harmons made the decision to purchase the business. Pee Wee already had plenty of drug store and soda fountain experience, and Gene was a natural born businessman at heart. With all five kids helping out, operating the drug store became a true family enterprise! They continued having Mary Hankins work there, too, since she had helped out Arthur and Pauline since 1956 . . . plus the fact that Gene and Pee Wee still had four school age kids at home. The new business was named Harmon's Sundries, and it was the meeting place for everyone in town and the surrounding community. The store had a counter with 10 stools, where patrons were served

hand-dipped Glover's ice cream cones, sodas, milkshakes, sundaes, along with fountain drinks, coffee and snacks. There were also tables and chairs for eating and socializing. The Harmon's store also became a general store, carrying a vast array of products such as over-the-counter medicines, photo supplies, gifts, notions, tobacco products, candy and hundreds of other items. Gene also enjoyed buying items at auctions and garage sales and reselling these. In the mornings, Gene and Pee Wee had their regular coffee customers, and during the afternoon kids would stop in for after-school treats. In the evenings many customers showed up to enjoy their favorite after-supper ice cream delight and catch up on the latest local goings-on. The busiest times were during the summer Legion fish fry and carnival . . . and later on when the town sponsored Pioneer Days. Hundreds of people were in and out

of Harmon's during those times . . . buying, eating, visiting and having fun. Of course there were the "regulars" who stopped in every day . . . Art Crowder, John Thompson, Milt Stuckey and Charlie Hankins . . . and the ever present Hal Royer. I often wonder how many times Gene heard Hal say, "Gimme a double-dip of vaniller there, Geno." Harmon's Sundries was a true "Mom and Pop" business. People did not come in to buy something and then leave. They stayed, they sat and talked, and they visited with Gene and Pee Wee and Mary and other customers. People were interested in each other back then, and they cared. They discussed their kids, and school, and basketball, and the crops and how people were doing. If someone had passed away, there was a donation can placed out for flowers. The store was the heart of the community. Everyone knew each other. If Pee Wee saw me come in, she already knew what I

wanted . . . a cherry phosphate and a sawdust sundae! My wife and I travel to Lafayette almost every weekend. The people who wait on us don't know us, and we don't know them. They really don't care if they ever see you again. With Harmon's and other family run businesses, they were glad to see you, take care of your needs, and enjoy your company. You were like family. When parents dropped off their children at school for sports practice or other activities, they would often drive downtown and visit Harmon's for a cup of coffee, soft drink or ice cream. But when the school closed in 1988, and the new Sugar Creek Elementary school was built four miles from town, many of these same parents just drove back home to wait. The evening and after school business declined significantly. The coming of age of large discount stores and fast-food establishments did not help matters either.

Harmon's Sundries, along with the other businesses in town, could not compete with the prices. Customers could buy products more cheaply retail than what Gene and Pee Wee could purchase wholesale. The writing was on the wall. It was a sad day when they closed for good in 1989. In the years that followed, the other family businesses on Main Street all disappeared. I will always be grateful that I grew up in a close-knit community . . . a small town, family stores and big hearts. Today, when I am working at the library and gaze across the street, I can see the building where Harmon's Sundries was located. I see myself sitting on a stool at the counter, watching Pee Wee or Mary prepare my sundae and listening to Gene's latest joke . . . great memories I will always cherish.

*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*

# HHSB Helps Small Business Get \$20,000 Grant

Hoosier Heartland State Bank recently helped pizza restaurant Wildfire348 in receiving a \$20,000 Elevate Small Business Grant from the Federal Home Loan Bank of Indianapolis. The Federal Home Loan Bank of Indianapolis awarded more than \$700,000 to 38 Indiana and Michigan businesses through its Elevate Small Business Grant program. Elevate is a small business grant program that assists the growth and development of small businesses, their workforce and the communities where they

are located. Recipients of the grant can use up to \$20,000 for capital expenditures, workforce training or other needs to get the boost they need. "At HHSB, we believe small businesses are the foundations of our communities," Brad Monts, HHSB President & CEO, said. "This collaboration provides Wildfire348 not only financial support but also mentorship and guidance to ensure they maximize their potential." Kelli and Jeff Green opened Wildfire348 in 2019 after building their



Photo courtesy HHSB

**Pictured in the check presentation with Jeff & Kelli Green is HHSB's Brad Monts and Jill Pettit.**

first pizza oven on the back of a trailer. They operated as a food truck serving woodfire pizzas at local farmer's markets, festivals, wedding rehearsal dinners and more, before opening a brick-and-mortar restaurant in Crawfordsville in 2022. Now, Wildfire348 is expanding their business into the wholesale food market. The Elevate grant will allow them to increase their current freezer storage to meet state requirements; purchase a heat seal wrapping unit to provide proper food safe

storage; purchase a portable freezer to help with deliveries and sales calls; and provide one-on-one coaching with other successful restaurant owners. "We can't wait to take our business to the next level," Kellisaid. "My husband Jeff and I believe in the power of entrepreneurship and are excited about the impact this partnership will have on the local business landscape. We are grateful to HHSB for supporting the growth of woman-owned businesses within our community."

## Purdue Extension - Montgomery County: Dining with Diabetes



**MONICA NAGELE**  
Guest Columnist

Do you have type 2 diabetes? Would you like to learn more about your disease and how to live well reducing your health risks? If so, Purdue Extension has a great program for you! Purdue Extension - Montgomery County is offering Dining with Diabetes again this year. A face-to-face offering will be held on Wednesday, February 21, 28, March 6, and 13 from 5:00 - 7:00 PM. Classes will be held at Fusion 54 in the PNC

Conference Room each week. It is best to attend all 4 sessions. The Dining with Diabetes program is open to those with diabetes, their family members and caretakers. The series of four sessions is \$40/person and \$65/couple. Pre-registration and payment are required see details below. The educational programs and cooking school will help adults with type 2 diabetes control their blood sugar to feel better and reduce risk of health complication. Through this program you will learn how to prepare meals that are

healthy and easy to prepare that taste good. You will get the opportunity to see several recipes demonstrated and taste each one. Participants of this program will learn up-to-date information on nutrition, meal planning, exercise and how to understand common diabetes-related medical tests. All participants will be given recipes and handouts. Diabetes is a very serious and costly disease. According to the American Diabetes Association as of 2017, nearly 13% of Indiana's adult population has diabetes. Type 2

diabetes is the most common form of diabetes and is a life-long disease where there is high levels of sugar (glucose) in the blood. Type 2 Diabetes is often associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity and race/ethnicity. But research has shown that those who learn to manage their blood glucose (sugar) levels, eat a healthy diet and exercise regularly can lower their risks of complications and lead a healthier and more productive life.

Purdue Extension Montgomery County is currently recruiting participants for this program. If you have been diagnosed with type 2 diabetes, or know someone and are part of the support system for an individual and are interested in being a part of this program register at <https://cvent.me/ALAM2W> or log on to Purdue Extension Montgomery County website. Class's will be held at Fusion 54 PNC Conference Room 2nd Floor. For questions or help registering, please call Purdue Extension office at 765-364-6363 or e-mail Monica at

[monicanagele@purdue.edu](mailto:monicanagele@purdue.edu).

*Monica Nagele, MS/RD, is the Purdue Extension Montgomery County Extension Director, Health and Human Science Educator.*



Please visit us online:  
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Pet of the Week: Chili



Chili is an adorable 1-year-old female gray / white tabby domestic shorthair cat available for foster to adopt at AWL (since 10/27/23). Chili is playful, affectionate, and loves attention . Chili is ready to find a furrever home and be showered with endless love and attention! Come say hi and ask staff about meeting Chili! AWL is open Monday - Friday from 12:15 to 5 p.m. and Saturdays from 9:30 to 3.

## Sharing a Story



**CARRIE CLASSON**  
The Postscript

My nephew, Beau, keeps me on my toes. Keeping on my toes is a good way to develop balance and agility. It is also a good way to fall on my face and embarrass myself. But since I don't spend a lot of time with teenagers—and not nearly enough with Beau—I am trying. Right now, he's trying to convince me that I need a mechanical keyboard for my computer. I am old enough to remember typing class in high school. The “think, think, think!” sound of hitting keys is not a pleasant memory. My parents gave me a state-of-the-art typewriter when I left for college, and it had (wonder of wonders!) a self-correcting function, which was a huge improvement over the machines from high school, but it was still messy and time-consuming. Then I didn't write anything for years and, by the time I wrote again, I was using a wireless keyboard and wireless mouse with a great big monitor. Now, when I see typewriters, rather than experiencing a pleasant nostalgia, I feel something closer to dread. But Beau is trying to tell me that a mechanical keyboard is the way to go, and I am trying to keep an open mind.

“It's really easy to use,” he assures me. “And it will last much longer than a membrane keyboard.”

“Hmmm.”

“And you can adjust it to any touch you want.”

“Uh-huh.”

In addition to his interest in computer peripherals, Beau is also a voracious reader. I gave him a book over Christmas, and he texted me a few days later saying he wanted to discuss it with me. The problem was, I hadn't read it. (I had no idea I was

expected to actually read the books I gave to him at Christmas.) So I went back to my local bookstore to buy a copy. As I approached the front desk, I saw a collection of books and a sign that read “Signed Copies.” I then realized one of the books on the table was the meditations of Marcus Aurelius, who died in A.D. 180.

“I guess you wouldn't have a signed copy of Marcus Aurelius,” I said to Patrick, who works the front desk.

“Well, we wouldn't have three for sure!” Patrick replied. Patrick is a smart aleck.

Also displayed in front was an old typewriter, much older than any I was forced to use. “I feel lucky to be writing now,” I told Patrick. “I bet we would have three more novels by Charles Dickens if he'd had word processing.”

“A lot of writers back then had their wives transcribe their manuscripts!” Patrick noted, disapprovingly. “I've heard he read his books to his daughter,” I told him.

“You can tell,” Patrick said. “His writing sounds like a story you would tell aloud.”

I left the bookstore with the book I gave Beau and a copy of Marcus Aurelius. I thought how fortunate I was to be able to buy a book so easily and to have all these tools that make writing so effortless.

But as different as it all seems, I know that reading and writing have not really changed all that much. Whether the story was written with a quill pen or on a fancy computer, whether it was read off a stone tablet or an electronic one, it is still just someone sharing a story.

I'm going to give Beau's mechanical keyboard a try. It will keep me on my toes. And it will remind me—once again—that there is no one right way to tell a story.

Till next time,  
Carrie

## Gastroesophageal Reflux Disease Part 2



**DR. JOHN ROBERTS**  
Montgomery Medicine

I left you hanging last week wondering about the treatment of Gastroesophageal Reflux Disease (GERD). First, a quick review. Recall that acid from the stomach (gastro) is found in the tube that connects the mouth to the stomach (esophagus) and goes in a backward direction (reflux).

When I see someone complaining of GERD symptoms, I review the patient's history to try and identify any risk factors for GERD such as decreased tone of the lower esophageal sphincter (LES), loss of normal muscular function of the esophagus, excess production of stomach acid, delayed emptying of the stomach, and overeating. Fatty or fried foods, coffee, tea, caffeinated drinks, chocolate, and mint are all foods that can cause or worsen GERD. Alcohol and cigarette smoking are also risk factors.

Many patients immediately reach for medication to help control the symptoms rather than trying to identify and control the underlying cause(s) of their GERD. Direct-to-consumer advertising has been extremely effective in pushing medications to treat this common problem. Virtually any medical insurance company will tell you that its largest drug expense is often a class of medications called PPIs or Proton Pump Inhibitors (more below).

Simple lifestyle modifications are the foundation of treatment for GERD. Losing even a modest amount of weight can have a significant impact. Reducing fat in the diet and avoiding large, fatty meals just before bedtime are also critical to managing symptoms. Avoiding tight fitting clothing, reducing alcohol consumption, and quitting smoking are also important. People who wake up at night with reflux symptoms should consider raising the head legs of their bed using commercial plastic bed risers, a 4X4 post cut into blocks, or by nailing two 2x4s together. Raising one's head and chest using pillows can actually worsen reflux by increasing pressure in the abdomen; elevating the head legs of the bed is the way to go. Those who don't respond to lifestyle modifications may need medication. Reducing the frequency and intensity of heartburn, the most common symptom of GERD, is much less predictable than treating esophagitis that I mentioned last week. People may need to try different medications from various classes to find one that works for them.

Histamine antagonists are the oldest

medications on the market. They block the release of histamine that stimulates stomach acid production. Tagamet® (cimetidine), and Pepcid® (famotidine) are the most common ones available over the counter and are effective for most people.

Proton Pump Inhibitors (PPIs) are the newest class of medications used to treat GERD. These are extremely powerful blockers of acid production. Names that most people recognize (due to very successful marketing) include: Prilosec®, Protonix®, Aciphex®, Nexium®, Zegerid®, Dexilant® and Prevacid®. Why so many?

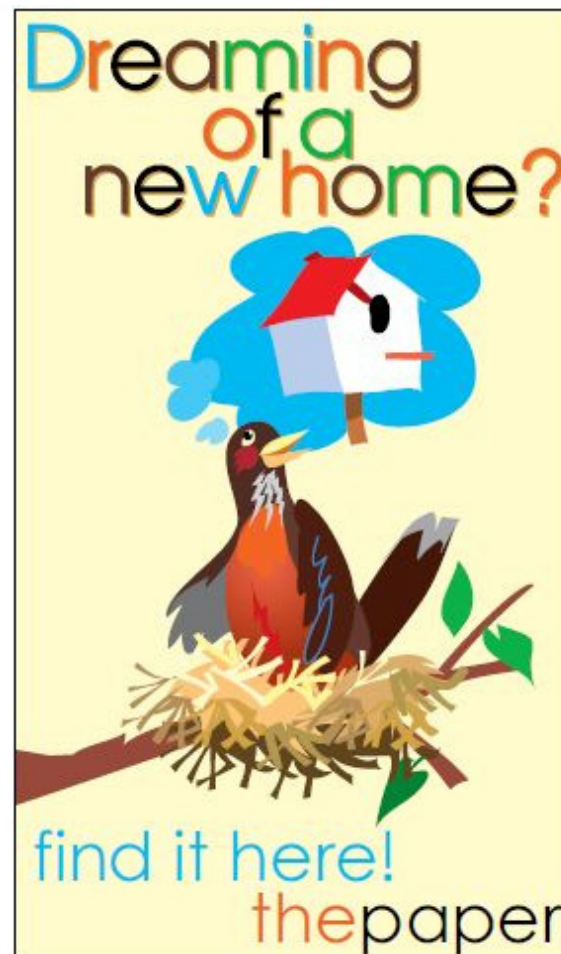
Because they make pharmaceutical companies wheelbarrows of money. PPIs are safe and effective for short-term use, but are associated with a slight increased risk of hip fractures in those over age 50, probably due to reducing absorption of calcium in the gut. Many people take PPIs for years thinking they need them because their symptoms return when they stop taking the medication. Most of these people suffer from “rebound” reflux.

Some call this an “addiction” to PPIs. Once the initial symptoms of GERD are controlled, preventing their return can often be controlled with medications that are not as powerful as PPIs. Ask your doctor about ways to try to stop PPIs if you've been on them more than a few months.

I get a lot of questions about the “two week warning” found on boxes of GERD medication. People are advised to contact their physician if they have to use the medication longer than two weeks to control their symptoms. This is an important reminder for people to contact their medical provider to discuss risk factors and develop a game plan to manage their GERD. It's also important to see a provider to assess your risk for other more serious complications of GERD that I discussed last week.

Surgery is the treatment of last resort for GERD that is unresponsive to lifestyle modifications and medication. Laparoscopic Nissen fundoplication is the most commonly performed procedure. This involves using minimally invasive endoscopic surgery to take the top portion of the stomach and wrap it around the bottom of the esophagus to act as a valve to reduce reflux. It's very important to see a gastroenterologist and/or surgeon who is very familiar with the procedure to make sure you are a candidate. EsophyX TIF is a newer procedure that allows reconstruction of the lower esophageal sphincter via an endoscope passed through the mouth into the esophagus.

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