

Exploring Britain & Ireland

featuring England, Ireland, Scotland and Wales

September 22 – October 6, 2024 | 15 Days | 20 Meals

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TODAY'S VERSE

Psalm 125:1 They that trust in the LORD shall be as mount Zion, which cannot be removed, but abideth for ever.

Meet Dodge



Dodge is a 1 year old male black Labrador Retriever available at The Animal Welfare League of Montgomery County (AWL) to foster and/or adopt (since 2/14/24). Dodge is all sorts of special with a superstar personality! Dodge loves going for walks, playing fetch, and will gladly sit for treats. Dodge is very treat/food motivated. Dodge is looking for his best friend. Could that be you? Dodge is available for adoption, to foster, or just simply going out for walks. AWL is open Monday - Friday from 12:15p-5p and Saturday's from 9:30a-3p. Come snuggle cats in one of the community cat rooms, walk dogs, or lend a helping

AWL IS CROWDED!! AWL IS **CURRENTLY LOADED** DOWN WITH DOGS! MULTIPLE NEW ARRIVALS EVERYDAY! If interested in fostering or adopting, please complete adoption/foster application online (or in person) and call the shelter, 765-362-8846! We could definitely use some help getting these babies in temporary homes till space opens up.

OF MONTGOMERY

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CRAWFORDSVILLE, INDIANA

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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!

The American Red Cross recognizes March as Red Cross Month, a national tradition that began in March 1943 when President Franklin D. Roosevelt issued the first Red Cross Month proclamation — and each U.S. president has followed ever since. During this month, the Red Cross celebrates the people who make its lifesaving mission possible. These community heroes include volunteers – who represent more than 90% of the Red Cross workforce - blood and platelet donors, financial donors, people trained in lifesaving skills, community partners and other supporters. We invite you to consider joining in their commitment to help and bring hope to those in need by:

3-27-24

The Red Cross is hoping for a big donation online for the 10th annual Red Cross Giving Day at redcross.org/givingday

> The value of the e-gift

card to a pet supply merchant of choice donors get when giving blood or platelets through March 24.

The number of supporters nationwide the American Red Cross hopes takes part on March 27 in Giving Day.



That's how many \$3,000 gift cards will for a be given away grand total of \$15,000!



American Red Cross

\$3,000

Give blood or platelets through March 24 and be entered for a chance to win a \$3,000 gift card. See rcblood.org/Pets for details.

Infinity and beyond!

How many volunteers the Red Cross is looking for. Volunteers are the lifeblood of the Red Cross. They provide care and comfort to those impacted by disasters, welcome donors to our blood drives, teach emergency preparedness and more. These volunteer positions are available, among others: blood donor ambassador, blood transportation specialist, caseworker for Service to the Armed Forces, and disaster response and assistance. To sign up and learn more, go to redcross.org/volunteertoday.

TODAY'S HEALTH TIP

Keep up-to-date on vaccines that are recommended for your age group. 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

"Ever tried. Ever failed. No matter. Try again. Faily again. Fail better." Samuel Beckett

TODAY'S JOKE

Did you hear about the new flower and gift shop? **Business is blooming!**

THREE THINGS You Should Know

- ATF is looking for energetic, innovative, solution-oriented professionals to help reduce violent crime and protect the public. ATF special agents are highly trained, elite law enforcement officers who investigate violations of federal laws and regulations related to the criminal misuse of firearms and explosives, firearms trafficking, acts of arson, and the diversion of alcohol and tobacco products. Learn more at https://www.atf.gov/careers/becoming-special-agent
- The Indiana Commission for Higher Education announced Indiana's first statewide policy guidance for credit for prior learning (CPL). The state CPL model policy guidance supports the utilization of CPL across Indiana's higher education institutions. Nearly 2 million Hoosier adults do not have a credential beyond a high school diploma, and nearly 40 percent of those ages 25 and above have some college, but no degree. Through awarding credit for college-level learning gained through knowledge, skills, and competencies earned outside of a formal classroom setting, CPL helps Hoosier adults further their education and training beyond high adults further their education and training beyond high school. The model policy guidance provides for minimum program standards and supports consistency among Indiana's higher education institutions. Each institution's CPL program and policies can be found at https://transferin.net/ways-to-earn-credit/credit-for-priorlearning-cpl-clearinghouse/
- The Indiana Department of Natural Resources closed the river otter trapping season on March 5 after the statewide quota of 750 river otters was reported harvested by licensed trappers. The season was scheduled to run from Nov. 15 March 15, or until the quota was reached. The framework of Indiana's river otter season was carefully designed to limit the total harvest and support Indiana's river otter population. By rule, when total harvest levels approach the statewide quota, the season closes automatically



THE MONTGOMERY MINUTE

The Crawfordsville Investment Club will meet tomorrow at 6:30 p.m., at the Crawfordsville District Public Library. The program is a discussion of an article in the March 2024 issue of the American Association of **Individual Investors** publication. This article discusses the good and bad performance periods of the S&P 500 Index. The Crawfordsville **Investment Club meets for** educational purposes only. Visitors are welcome. For more information call (765) 362-2826.

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

Well, That's Just **Hunky-Dory!!!**



BUTCH **DALE**

fellow from outof-state stopped here at the library to ask directions to a house that was listed for sale Columnist nearby. He stated

because it was in the country and came with a few acres of land . . . to which I responded that residences like that are "as scarce as hen's teeth." With a puzzled look on his face, I explained that expression meant "exceptionally rare." Well, this got me to thinking about various terms and expressions that we Hoosiers use regularly which perhaps "normal" people have never heard.

In describing people, have

that he and his wife were

looking orward to seeing it

you ever used these? Words to describe little kids: Whippersnapper, cute as a button, knee high to a grasshopper, sweet as honey, shy as a violet, full of ginger, sweet patootie, happy as a lark, growin' like a weed, rambunctious. Nice descriptions of older folks: (Positive terms) As honest as the day is long, proud as a peacock, strong as an ox, worth his salt, has a great gift of gab, a real humdinger, she's a doozie, as harmless as a dove. (Derogatory terms) High falutin', more bark than bite, as cross as a bear, pigheaded, old windbag, mad as an old wet hen, uglier than a mud fence, bullheaded, nincompoop, sour as a pickle, the south end of a horse headed north, face as long as a clothesline, big dog in town, full of muckety-muck, all dolled-up and nowhere to go, shows everything she's got, surefire jail-bait, can't get off his high horse, couldn't cut the mustard, a regular highway robber, slippery as an eel . . . and my wife's favorite . . . doesn't have the brains God gave a goose. How about some of the other descriptions that people

See BUTCH Page A4

around here use . . . such as

raining cats and dogs (or

coming down in buckets),

dead as a doornail, fine kettle

of fish, slightly cattywampus,

blasted to smithereens, up to

no-good high jinks, stewin' in

his own juice, a pig in a poke,

down to brass tacks, take the

make yourself scarce, get

bull by the horns, get your ducks in a row, time to pay

the piper, every dog has his day, stick to your guns, you

made your bed now lie in it,



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staying asleep. Sleep apnea may also cause

frequent nighttime

wakings. Over-the-

counter medication

cause of chronic

cold medication.

Caffeine is a huge

problem, and one of

the first habits I ask

about when I see

someone who has

trouble sleeping. Some

people drink too much

soda, coffee or energy

drinks. I often discover

they're doing it to keep

during the day because

night! This is common

students who are often

up late at night playing

checking social media.

Caffeine can stay in

your system for eight

Over-the-counter or

prescription sleeping

pills can also be habit-

forming. People who

take these often find

themselves unable to

doses to get the same

effect. If they do stop

stop taking them or

they require larger

them, they can

pills can also be

people. They

develop "rebound

insomnia." Sleeping

extremely dangerous

when used by older

frequently lead to

and coordination,

and brain injuries.

that alcohol helps

actually one of the

worst things you can

alcohol has depressant

effects on the brain, it

actually does not allow

critical phases of sleep

that refresh the brain.

get enough deep sleep.

the person constantly

feels sleep deprived.

alternating shifts can

called shift work sleep

disorder. It is common

brains that are wired to

only function properly

if they sleep at night.

More and more young

people are suffering

delay" insomnia. This

late and sleeping in

results from staying up

late (which is actually a

normal sleep cycle for

the adolescent brain).

The problem manifests

when they try to go to

bed earlier and can't

get to sleep. Pleasant

dreams!

from "sleep phase

develop a condition

in people who have

People who work

If the brain does not

them sleep – it's

use to self-treat

insomnia. While

the brain to enter

difficulty with balance

resulting in falls with

associated fractures

Many people subscribe

to the incorrect notion

in teens and college

video games or

hours or longer.

themselves awake

they can't sleep at

use can be a common

insomnia, particularly

stimulants found in

I Can't Sleep Doc



JOHN R. ROBERTS, Montgomery Medicine

a huge problem in the United States. We spend over \$10 billion a year on sleeprelated

Insomnia is

treatments and it's estimated the economy loses over \$40 billion in worker productivity due to sleeplessness. Insomnia is a very complex subject that I can address only briefly in this column. This week I'll focus on some causes of insomnia and next week I'll cover prevention and treatment of sleep disorders. It's important to remember that insomnia is not a disease – it is a symptom of an underlying problem. Insomnia is classified into three broad categories based on how long a person has it. The first is transient insomnia that lasts a week or less and is usually due to some type of temporary life stressor. It can also be the result of environmental factors such as sleeping in an unfamiliar bed or surroundings or having too much light or noise in a room. The second type of insomnia is short-term insomnia that lasts one to six months. It is usually caused by persistent stress. Finally, chronic insomnia lasts more than six months. There are many causes of chronic insomnia, the most common of which is anxiety. The primary symptom of people suffering from anxiety is difficulty falling asleep. These folks usually report that they can't turn their thoughts off at bedtime. I see this frequently in patients who are multi-taskers who feel as though they never get everything finished. Depression may also cause chronic insomnia, though these individuals usually present with "terminal insomnia," meaning they wake up a few hours early in the mornings. Pain from arthritis or other conditions like fibromyalgia can also lead to chronic insomnia. Lung disease such as COPD/ emphysema and heart

disease, especially congestive heart failure, can cause frequent night waking. Chronic insomnia has also been identified as a symptom of Long Covid.

Restless Leg Syndrome

(RLS) can cause trouble

getting to sleep or

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

Former Sheriff Earns Real Estate Honor Montgomery County native and former

Sheriff Mark Casteel has earned a prestigious spot in the Top 25 Affiliates for January 2024 with the F.C. Tucker Company. The announcement was made by F.C. Tucker West Central in Crawfordsville. is proud to The designation is based on year-to-date pending production through Jan. 31, 2024 throughout the F.C **Tucker Company** Affiliates. Casteel brings unparalleled leadership and a rich background of community service. He worked 24 years at the Montgomery County Sheriff's Office, including eight as the elected sheriff, honing his skills in patience, attention to detail, proactivity, and advocacy. Transitioning into real estate, he continues to be a strong advocate for his clients, ensuring their best interests are represented, whether they are buying or selling. A lifelong resident of Montgomery County and a proud alumnus of South Montgomery High School and Vincennes University,

Casteel is deeply

invested in the



Mark Casteel community. Together with his wife Kimberly and their children, Sydney and Toby, Casteel enjoys exploring the great outdoors, a testament to his deep-rooted connection to the area he serves. This distinguished Top 25 Affiliates recognition by the F.C. **Tucker Company** underscores the elite level of service and success Casteel has demonstrated across the entire state of Indiana. His inclusion in this esteemed list not only showcases his dedication and expertise in the real estate industry but also positions him among the top real estate professionals statewide, further elevating the prestigious reputation of F.C. Tucker West Central in serving communities throughout Indiana.

Butch Dale's Flashback Trivia



Do you recognize this person?

HINT: "Mr. Alamo" graduated from high school in 1957, and he has worn many hats!

Answer on Page A3

Brownsburg Woman Throws Hat in District 28 Race

announced her seat currently occupied by Jeff Representative for District 28, which and her campaign committee will formally launch the Brownsburg. various leadership her career, she held education, administrative positions in Texas, and Illinois. She has



Dr. Karen Whitney has intention to run for the Thompson as the State includes a portion of Montgomery County. Whitney, a Democrat, campaign Thursday at 5:30 at The Locale in Whitney has served in public education for more than 40 years in capacities. For most of executive level, higher Indiana, Pennsylvania served on a variety of boards including board membership on a rural community college, a



Dr. Karen Whitney

development board in metropolitan Indianapolis, various community-based boards and organizations dedicated to the public good, and now serves as the president of her homeowner's association in Brownsburg. From 1999 to

2010, Whitney served as the Vice Chancellor of student life at Indiana University Purdue University in Indianapolis, and led the institution to develop a robust campus life that supported student success and graduation. In 2010, she was recruited to

become the 16th president of Clarion University in Clarion, Pennsylvania. Since 2018, Whitney has served in a variety of leadership capacities and is a consultant and advisor to college presidents and leaders throughout the country.

We appreciate our readers!

The Paper

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THE PAPER

A New Life for Felix



CLASSON

Last night surprisingly calm, all things considered.

I told my husband, The Postscript Peter, that he should not plan to

get a good night's sleep. I told him this because Peter has never had a cat, and yesterday, we adopted

I have had several cats over the years, but my last cat, Lucy, died just a few months before I met Peter, 10 years ago. Peter has had dogs all his life and knows nothing about cats (which means every cat who has ever met him finds him fascinating). So we decided we would adopt a Mexican cat and take it to and from Mexico with us. Last Saturday, we had our first visit with Felix. Felix is an adolescent. He was a stray cat, so we don't know exactly how old he is, but the kind ladies who rescued him are guessing he is about 5 months old. Marsala and her sister, Elena, and Elena's daughter, Daniela, brought him over to visit. I thought, right then and there, Felix was a very wellbehaved kitty. I expected him to be wild and scared in a new house. But he stretched out on the sofa and looked as if he might go to sleep. "What a mellow kitty!" I told them. "He is very relaxed,"

So after we had all the supplies we needed, they brought Felix to live with us. I could tell Daniela, who is 13 and wants to be a veterinarian, was a little "Will you miss him?" I asked. Daniela nodded. But I showed her the new litter box and the carrier we bought to bring Felix back with us to the U.S., and his fluffy little bed and the two matching bowls I'd bought for him at the

Flena said.

market. Daniela seemed to approve, and she left her little charge with us for his first night. He fell fast asleep until the middle of the

"What was that?" Peter asked. Peter sleeps

night.



with earplugs when we are in Mexico, but the noise outside our bedroom woke him. I went to investigate. It appeared there had been some small-scale vandalism in the night. The garbage can had been mysteriously overturned and bits of crumbled bread were all over the floor. "Oh, Felix!" I said. Felix came running to me and bumped his head against me. Then he circled around me as I cleaned up breadcrumbs, purring all the while. We fell back to sleep. A little later in the night, we heard meowing. It got louder and louder. Marcela and Elena rescue dogs and cats from the streets. At last count, they were caring for 11 dogs and three cats, so their house must be very lively. When Felix woke, there was no one in the room but him. I imagine it must have been a surprise, waking up all alone. "Felix!" I called. "We're in here!" Felix came running. He jumped up on the bed, discovered the two gringos under the covers and started purring again. So far, Felix seems to be happy in his new home. He has discovered that Peter keeps all sorts of interesting things on his bedside table that can be knocked off and played with in the middle of the night. He has discovered how easily the garbage can be tipped over and how much fun can be had with the contents. And he has discovered the two sleepy people in bed who—if things get too scary-can be relied upon to scratch his chin. I think Felix is liking his

Till next time, Carrie

new life.

Changes in Medicine



WOLFSIE

I've had the same barber for 35 years. We've had the same housekeeper for almost 40 and our

CPA was with us for over three decades until she retired, probably because she was sick of looking at my shoe box every April filled with receipts. I had the same dentist for decades, although as I think back, I have had several different teeth. Oh, and I have had the same wife for 44 years. But she has not suggested retiring. All those still on the job

would be tough to

replace. And now, after about 25 years, my primary care physician is calling it quits. Many local MDs went to Dr. Kevin Coss for their personal health needs. Kevin was known as the doctor's doctor. You never hear that expression about other professions. I asked my plumber (who's been our plumber for 25 years) to tell me who in town is known as the "plumber's plumber." "Most plumbers fix their own plumbing," he told me. "Unless they have a reputation for not showing up on time. Then they call someone else." Don't worry, I don't know what that means either. When we first arrived in

Indy my physician was Bob Palmer. He retired years ago and, sadly, has since passed away. Bob was a diminutive guy and when he wrote me an email, he signed it "Your dwarf internist." But don't sell him short, he was not only a superb practitioner but a WWII bomber pilot having flown over 70 missions. His office was decorated with photos of him in uniform standing by his plane. I preferred this décor to my urologist's office which is furnished with pictures of...well, let's just leave it at that. Dr. Bob once examined

in with a worried look.

he told me. Still trembling, I asked

"While examining you, I saw that you have on a black sock and blue

sock, that's Wisenheimer's disease." I told him I had another pair of socks just like it

At the Community Hospital Annual Physicians Dinner, Bob always gave an award to the intern with the best handwriting, meaning one day a nurse or pharmacist could decipher what was written on the prescription pad. But now back to Dr Coss. Like Dr. Palmer, he put me at ease and spent a solid hour with me at my annual checkup. He always sat down with me during our conversations. So, I

Thanks, Kevin Coss. I hope retirement treats

the doctor/patient relationship. Once I later told me that watching a person interact with another the patient.

"Dr Palmer needs to see you right away." Shaking, I went back to his office. "You have Wisenheimer's disease,"

what that was.

at home. Bob was one of the few doctors who would come out to the waiting room and personally summon the next person into his office. A small commitment in his time, but a huge investment in noticed him watching a woman as she signed in for her appointment. He person was helpful for him in determining their social skills, which might assist him in his care for

never felt like he was rushing through the examination. Over the

years, he diagnosed at least three potentially serious issues and successfully treated or referred me elsewhere. Even during what I will call the year-long hypochondriacal period of my life, he was patient and understanding.

treated all your patients. me and the nurse came Thank you for reading
The Paper

you well. Just like you

BUTCH

doesn't have a leg to stand on, he has something up his sleeve, here's mud in your eye, that's a pot calling the kettle black, he's lookin' for a purse or a nurse, it will all blow over, you'll come into your own one sweet day, and . . .

there's another verse to that song. Then of course, there are special Hoosier insults we use to let politicians (those who promise everything, deliver nothing and blame someone else) know how we really feel ... "If your IQ was slightly higher, you could possibly qualify as an idiot." . . . "I'm not saying I hate you, but I would unplug your life support to charge my cellphone." . . . "I want you to know I am a pacifist, and I'd like to pass my fist across your smirky face." . . . "I

suppose you are not as

dumb as you look because honestly that would be impossible." . . . "I have 300 million nerve cells and you irritate every one of them." \dots and $\mbox{\it my}$ favorite..."I'd love to talk politics with you, but I'd prefer to have a colonoscopy instead." Those ought to get the point across. Well, you outsiders, that's not the whole shebang, so don't get out of whack with a bee in your bonnet if you don't understand Hoosier talk. It may be a bunch of malarkey, kaflooey, and folderol to you, but you'll get

From Page A1

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 35 years, and is a wellknown artist and author of local history.

used to it . . . Everything

will be just hunky-dory!

Butch Dale's Flashback Trivia

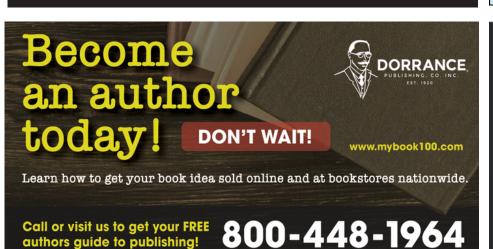
Answer: Max Nichols



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2024 Kia Telluride Prestige X-Line Slays Dinner Dates



It's going to

be one of

nights.My

daughter's

those









WILLIAMS grand-Auto Reviews mother, who lives two hours away near Louisville, offered to take my family to dinner. Sounds yummy, but we'll need a comfortable ride to get across Indianapolis and travel an hour south on 165. Since my daughter needs to "slay", she would not arrive in a conveyance lacking class. Fortunately, our 2024

for surveying one's

country estate.

Kia Telluride Prestige

X-Line looks like it was

made by Rolls-Royce

Brash British Style That may be a touch too far, but there is certainly a suave Britishness to the Telluride's design that looked ruggedly elegant whether posing in my driveway or dropping my daughter at the door.Echoing Kia's X-Pro trim that's fortified for true offroading, X-Line gives the look without all the drama.Black window trim, mirror caps, grille, and 20" wheels lend a sinister look. The rounded box body shape with vertical LED headlamps, L-shaped taillamps, and side windows that hint at coach doors speak with a British accent. It's especially fetching in

It's difficult to imagine a more luxurious and stylish space in which to traverse an hour of asphalt for vittles. It feels quite upscale with black quilted Nappa leather seats, heated/ventilated front- and second-row seats, and heated steering wheel. Matte wood trim is fake, but looks and feels legit. While winter sun streamed through the dual pane sunroof, my daughter and I launched into a duet of Wonka songs sung through the Harman/Kardon premium audio system. Technology matches the luxury fittings. Dual panoramic 12.3" displays handle gauges and infotainment. They are slick and sleek, but also intuitive for linking phones through Apple CarPlay and Android Auto. Charge wirelessly in the console; conjure directions with navigation. A head-up display, surround view parking monitor, and blind spot monitors (camera displays in the gauge cluster) enhance safety – as does active crash avoidance tech that includes rear occupant alert with ultrasonic sensors, blind spot dash displays, and Safe Exit Assist to prevent passengers from stepping into traffic.

Smooth Powerful Driving

considerably less extravagant than a Rolls-Royce V-12, but gets the job done. Beneath the wide hood is a 3.8-liter V6 delivering 291 horsepower and 262 lb.-ft. of torque. It routes to the active allwheel-drive system through an eight-speed automatic transmission. Add to that a self-leveling rear suspension and 5,500 lbs. towing capacity to enhance hauling capacity. Fuel economy rates 18/24-MPG city/highway. Whether clicking across city streets looking for freeway, or making time to hit our dinner date, there was ample power to shove the big three-row crossover whether carrying just a few people or a trailer.However, load up with six and their luggage and you may want a little more oomph. The four-wheel independent suspension carries the big wagon well, but is challenged when taming those big wheels over broken pavement. It handles well for what it is but is probably not the best choice for cutting apexes on country

It may look like a sixfigure Brit, but the Telluride provides much value for the dollar. Prices start at \$36,190, rising to

roads.



Storm Forward!

Send comments to Casey at <u>AutoCasey@aol.com</u>; follow him on YouTube @AutoCasey.

size competitors include the Ford Explorer, Toyota Highlander, Honda Pilot, Chevy Traverse, Nissan Pathfinder, and similar Hyundai Palisade.

Likes

· British styling

Fuel economy: 18/24 mpg city/hwy

Base/As-tested price: \$36,190/\$54,540

Assembly: West Point, GA

- · British luxury
- · Value price
- **Dislikes**
- · Underwhelming power
- · Challenged suspension
- · Tight supply





Whether you are selling your existing home or moving to your dream home, you need a real estate professional you can depend on. Clark Dale is a life-long Montgomery County resident, a graduate of Texas Tech and Indiana State universities, and a U.S. Army veteran. Clark is trained in all aspects of buying and selling a home. You can count on him to help meet your real esate needs.



