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TODAY'S VERSE

Matthew 6:33 *But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you.*

Meet Spud



LET'S FIND SPUD A FOREVER HOME FOR THE HOLIDAYS

Senior Spud is a handsome 9 year old male medium size Terrier mix available for adoption since 9/9/2019! Spud is one of AWL's longest residents looking for a home to finally call his own! Spud entered AWL in 2019 and spent 5 years in the shelter waiting his turn to find his special someone! Spud entered his foster home on 4/29/24 and is happy/eager to report he's having a blast and is mostly a good boy!! Spud enjoys walks with his SOS, car rides, nice comfy beds, string cheese, and toys! Spud loves to snuggle under blankets and rubber kong toys. Give Spud a toy and he'll be occupied for hours. Give Spud love and he's set for life! Spud is being fostered with another foster dog (who's also available for adoption) with no issues. A meet and greet with all pets is required to ensure Spud is a good fit. Spud is all sorts of special and a staff favorite! Spud is a big time lap lover! Spud enjoys attention and snuggle time with his favorite person and he tends to prefer men. Let's find Spud a forever home! Are you interested in meeting Spud? Please call 765-362-8846 (or his foster directly: Julie 760-807-9029) to schedule a meet and greet (at the foster's home or the shelter).

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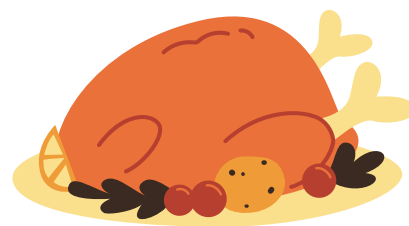
BTN

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!

This week we celebrate Thanksgiving – a day in which we can count our blessings and take a few moments to offer The Man upstairs our gratitude. Thanks to our friends at Indiana Farm Bureau, we're sharing some information they compiled on Thanksgiving . . . By The Numbers!

\$53.31 vs. \$58.08

That's the cost for a Thanksgiving meal for a Hoosier gathering of 10 people this year (\$53.31) compared to last year. That's an average of \$5.33 per person and is down from last year by about 8 percent!



3rd

Indiana ranks third in turkey production, with more than 8.4 million turkeys in the state, according to the latest U.S. Department of Agriculture's (USDA) Census of Agriculture, Davis said. The turkey accounts for about 44 percent of the Thanksgiving dinner.



\$1.33

Indiana Farm Bureau Chief Economist Todd Davis said the main driver of the decrease in Indiana is the lower cost of the turkey, which is also less than the national average this year. Shoppers can expect to pay approximately \$1.33 per pound for a whole turkey, or \$21.22 for a 16-pound bird, which is about 17 percent less expensive than the national average of \$25.67.

\$3.78

Another item that is less expensive this year is pumpkin pie filling. The cost for a 14-ounce package comes to \$3.78, which is approximately 22 percent less than last year in Indiana. Pumpkin pie filling in Indiana is also about 9 percent less expensive than the 2024 U.S. average.

15.4 percent

Of course, what's Thanksgiving dinner without delicious aromatic rolls? More good news Hoosiers! The cost of a dozen rolls is 15.4 percent less than the national average at \$3.52. That's also lower than last year's cost in Indiana which was \$3.65.



That's a look at Thanksgiving By The Numbers – thanks to our friends at Farm Bureau! And from all of us to all of you, we wish you a wonderful and blessed Thanksgiving!



TODAY'S HEALTH TIP

Three-quarters of U.S. teens and adults don't get enough vitamin D in their diets.

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



THREE THINGS You Should Know

- Amid reported concerns about a largescale influx of illegal aliens and "legal migrants" into local communities, Attorney General Todd Rokita's office has sent a civil investigative demand to Tyson Foods in Logansport seeking information related to human labor trafficking. It says that the Attorney General's office has reasonable cause to believe that Tyson Foods may be in possession, custody, or control of documentary materials or may have knowledge of facts that are relevant to an investigation being conducted concerning human labor trafficking and indecent nuisances. Tyson Foods must respond in writing by December 4, 2024.
- A new study has found that Illinois is the state most interested in Black Friday 2024. Indiana ranked seventh out of all other states. Our friends at coupon site BravoDeal used Google Keyword Planner to find the average number of monthly searches for 184 Black Friday related terms in each state, based on data from the past 12 months. Each state's total search interest was calculated per 100,000 residents to reveal which are the most interested in Black Friday this year. The top 10 were Illinois, Missouri, Minnesota, Kentucky, Texas, Nebraska, Ohio, Indiana, Iowa, Colorado and Tennessee.
- November is National Diabetes Month, an ideal time to assess our health, weight and diets, especially as the holidays approach and many of us look forward to family feasts and Thanksgiving desserts. Indiana currently ranks 40 out of 50 states with an alarming 37.7 percent of Hoosiers considered obese. And type 2 diabetes and obesity are closely related conditions. So much so that the new medical term "diabesity" has been used to describe what's becoming a worldwide epidemic.

TODAY'S QUOTE

"I am happy because I'm grateful. I choose to be grateful. That gratitude allows me to be happy."
Will Arnett

TODAY'S JOKE

**Knock knock!
Who's there?
Holly
Holly who?
Holly-days are here again!**

MONTGOMERY MINUTE

The Union Township Board will meet on Wednesday, Dec. 4 at 5:30 p.m. at the Union Township Trustee's Office, 1311 Darlington Ave. This is a public meeting.



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

Mayor's Community Forum Wednesday

Thankful that Crawfordsville has a mayor who regularly meets with the public? Then this



Mayor Todd Barton

month's community forum coming the day before Thanksgiving is appropriate. Crawfordsville Mayor Todd Barton will be at the McDonald's south the day before Thanksgiving from 8 a.m. to 9 a.m. for his monthly community forum.

This will be Barton's 137th such event since taking office. Holding a monthly community forum was something Barton pledged to do during his campaign and he has continued to do so every month – except during the COVID pandemic. This event is designed to allow the public to come ask questions, discuss concerns, interact with the mayor and learn more about anything regarding the city.

Butch Visits the Mall



BUTCH DALE Columnist

My wife and I have been going to the Tiptecanoe Mall in Lafayette ever since it opened in 1973. When our kids were little, I took the boys to Kay-Bee Toy and Hobby Shop to hunt for baseball cards for their collection, and then proceeded to Waldenbooks, while my wife shopped at Paul Harris, J.C. Penney, and William H. Block Co. We often ate at the Cambridge Inn restaurant and topped it off with ice cream from Bresler's 33 Flavors. Very few of the original stores remain. The mall expanded in the 1990s, almost doubling in size, but most of those expansion stores are gone, too . . . replaced by newer ones, or in many cases . . . empty storefronts. I bought quite a few tools, etc. from Sears, but it is long gone.

We still go to the mall every Sunday afternoon. Stuck in a routine I guess, but it's a good place to walk and get some exercise, especially during cold or rainy days. We always park outside of Macy's where fewer cars are parked, and my wife always checks out the Michael Kors purse selection. Since my wife is also a "shoe nut," we head to Rack Room, Englin's and Mosser shoe stores.

➡ See BUTCH Page A3

State Legislative Breakfast Set for Dec. 14

Deadline to Register Dec. 6



Sen. Brian Buchanan Sen. Spencer Deery Rep. Matt Commons



Rep. Jeff Thompson Rep. Mark Genda Rep. Beau Baird

Routinely, the Crawfordsville / Montgomery County Chamber of Commerce and the League of Women Voters have a breakfast that brings in our local legislators so that the public can get a first-hand account of what is going on in the Statehouse.

The next such State Legislative Breakfast is on the docket for Saturday, Dec. 14, at 9 a.m. on the 3rd floor of Fusion 54 in beautiful downtown Crawfordsville.

The panel will consist of State Sens. Brian Buchanan (District 7) and Spencer Deery (District 23) along with State Reps. Matt Commons (District 13), Jeff Thompson (District 28), Mark Genda (District 41) and Beau

Baird (District 44.)

The State Legislative Breakfast is sponsored by The League of Women Voters and will include a breakfast catered by Sunshine In A Box. The event is open to the public. The cost to attend (with or without breakfast) is \$10 for Crawfordsville / Montgomery County Chamber of Commerce members and \$15 for non-members.

Space is limited so please register to attend online at CrawfordsvilleChamber.com by Friday, Dec. 6. For more information regarding the breakfast or the chamber, please contact Chamber Executive Director Stacy Sommer at ssommer@crawfordsvil.lechamber.com.

New State Representative Sworn In



State Rep. Matt Commons (R-Williamsport) joins fellow House lawmakers as he takes the oath of office during Organization Day at the Statehouse. Commons will serve House District 13 in the General Assembly, which includes portions of Montgomery, Fountain, Jasper, Newton, Tippecanoe and White counties and all of Benton and Warren counties.

Matt Commons of Williamsport took the oath of office last week to serve as state representative for House District 13, which includes portions of Montgomery, Fountain, Jasper, Newton, Tippecanoe and White counties and all of Benton and Warren counties.

Indiana Supreme Court Chief Justice Loretta H. Rush administered the oath to all House lawmakers during a swearing-in ceremony in the House Chamber at the Statehouse during Organization Day, which marked the formal start to the 2025 legislative session.

"As a lifelong Hoosier, I'm honored to serve the communities of House District 13," Commons said. "This session, I am looking forward to diving into issues that matter and taking part in

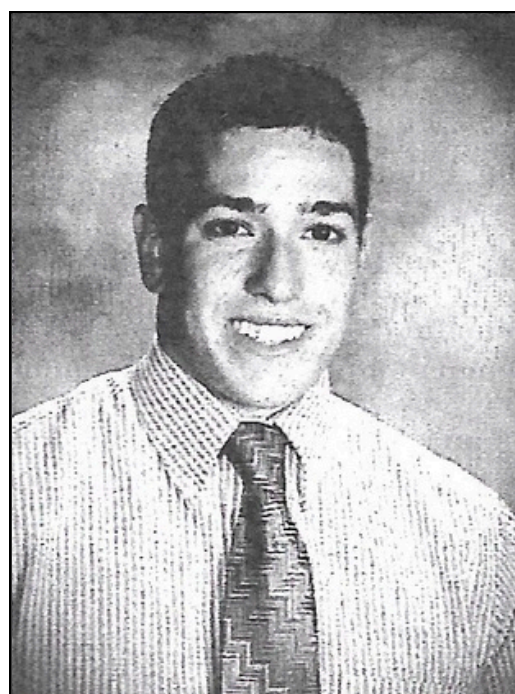
bettering our great state."

Commons spent five years in the United States Army 82nd Airborne Division, serving two tours in Afghanistan where he earned a Purple Heart. He now teaches high school social studies and coaches youth football in the same community he grew up in.

Commons earned his bachelor's degree in social studies education from Purdue University, his master's in history from Liberty University and his master's in educational leadership and administration from Indiana State University. Commons and his wife, Alyssa, reside in Williamsport with their two sons.

Constituents can reach Commons by calling (317) 232-9600 or visiting in.gov/h13.

Butch Dale's Flashback Trivia



Do You Recognize This 2011 North Graduate?

HINT:
He is a new county commissioner!

Answer on Page A3

Franciscan Hosting Free AFib Webinar

Franciscan Health is hosting a free, live webinar aimed at helping patients and their caregivers learn more about atrial fibrillation, commonly known as AFib.

The heart is the center of the body's electrical activity. When the heart's electrical system malfunctions, it may signal AFib. Arrhythmias like AFib can cause lightheadedness or the feeling of butterflies in the chest and can increase the risk of stroke.

Philip George, MD, a Franciscan Physician

Network electrophysiologist practicing at Franciscan Health Indiana Heart Physicians in Indianapolis, will lead the webinar. Dr. George will help participants learn more about AFib including common symptoms, when to see a specialist, treatment options and lifestyle changes that can help prevent it.

The one-hour webinar is scheduled to take place at 7 p.m. on Dec. 3. The webinar is free, but registration is required. Registration is available online at fran.care/afibwebinar.

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Little Luxuries



CARRIE CLASSON
The Postscript

I am quick to criticize other people's luxuries.

"Buying a latte every day?" I say. "What a waste!"

But, of course, I have Peter making me coffee, and I can have it exactly the way I like it. (Lots of milk, not too much coffee.)

I think sailboats and horses are crazy expensive, but campers and RVs make sense—because that's what I grew up with.

"Economics don't count when you are talking about campers!" my father has repeatedly told me. My father is a frugal man. He lives simply and has no luxurious habits. But he has a very nice RV, and he has traded it in several times for slightly nicer models.

"This is the last one we will buy," he tells me, in a voice that makes it sound as if he means it. But then my parents see a new model that has some really nice features, and...

My husband, Peter, started flying business class when he turned 70. He said it was his gift to himself when he went on Social Security. He claims that shopping around as he does, he pays only a little more for business than he would for coach.

I am not yet 70, so I don't know that I deserve this special treatment, but I confess I've gotten used to being able to go into the club between flights and getting a free cup of coffee exactly the way I like it. (Lots of milk, not too much coffee.) Peter stretches out his long legs and enjoys every minute of it.

I cannot believe how much people spend on new clothes, and I buy all my clothes used. But I don't want to tell you how many dresses I own—and I can't, because I have no idea. I have far more

dresses than any one person can reasonably wear.

But just when I say I need to stop buying dresses, I see a sleeveless burgundy dress with a swathe of velvet down the front and an asymmetrical hemline for less than \$30 (used, of course!) and the next thing I know, I'm having it shipped to my sister's house while I am in Mexico because, well, I cannot let it go.

And every week, I buy flowers for my desk. I could buy quite a few lattes with what I spend on the fresh flowers that sit on my desk. I justify the expense by saying that, as I sit here all day writing, I need something pleasant to rest my eyes on between sentences. I say it's something I need—and that is how all our luxuries are, I expect.

I know I am unfair to the people who need to go sailing and ride horses. I am unfair to the people whose day only starts out right when they have a pleasant professional prepare them a latte. (Although I still say Peter's is every bit as good, and just the way I like it—lots of milk and not too much coffee.)

I know there are people who would say having a closet full of dresses (however beautiful and deeply discounted) is ridiculous and buying fresh flowers is wasteful. I would say they are being unreasonable. But I suspect we are all a little unsympathetic to what others perceive as a need.

We all need a few luxuries, big or small, to make us feel we are treating ourselves well. I am going to try to enjoy my little luxuries without too much guilt—and allow everyone else to enjoy theirs.

*Till next time,
Carrie*

Nifty Gifty Items



DICK WOLFSIE
Funny Bone

Over the years, I have poked fun at the Hammacher Schlemmer gift catalog. On the cover, they boast that they have "the best, the unique, and the unexpected." This is evidenced by the following items in their newest mailing. Stay tuned for more as we get closer to Christmas.

First, let's take a look at all the huge lawn ornaments in the HS catalog. To name a few: a 16-foot snowman, a 15-foot inflatable Rudolph, a 5-foot Grinch, an 18-foot Frosty the Snowman, a 9-foot Twinkling Reindeer, and a 15-foot Santa. Buy them all and put them on your front lawn this week. Your HOA will love you. Trust me.

Oh, I almost forgot. They also have a life-size replica of Santa on a ladder climbing up the side of your house to the second floor. The problem is that the police keep shooting at him.

Here are a few more nifty gifty items in this great catalogue. The Only Outdoor Heated Cat Shelter: This is for feline lovers who don't love their cat enough to let him in the house. Cats won't sleep in the shelter, anyway. They will sleep in the box it came in.

Hands-Free Binoculars: This might be a good choice for that Peeping Tom in your life. Now he can hold on to the edge of the window sill with both hands while he peeps.

Cordless Air Broom: This is the perfect gift for the Halloween witch who takes off only to be yanked back by the electric cord.

The Genuine U.S. Military Watch: This is a beautifully crafted luxurious item priced at just over a thousand dollars. It sounds expensive, but on the bright it's a hundred times cheaper than the

Trump watch. And it's made in the USA.

The Best Nose Trimmer: Hammacher claims this was tested by a panel of experts who judged it the best nose hair trimmer in the business. They claim the device is "good at getting to hairs others would have missed." Other people? Do you have other people in your life searching for your nose hairs?

The Barber Eliminator: The first time you use this tool to cut your own hair it sends an automatic text to your stylist and fires him. You've wanted to do this for years. DONE!

The Full Disclosure Clock: This clock is scary because you never know what it will reveal. Remember, it's been watching you all day. HS also adds that the clock can tell you what day and month it is in Spanish and French, which is exactly the same as it is in the U.S.

The Side Sleeper Pillow: This pillow is a subtle hint to your significant other that you know that he or she is sleeping with someone on the side. It's washable so it's a good time to air your dirty laundry.

The Illuminated Ear Wax Cleaner: Why would you want to clean your ear wax? More importantly, why would you want the gadget illuminated? You can't look in your own ears. And even your best friend won't have any interest in helping..

Stress Building Head Massager: Finally, the Stress-Relieving Full-Head Massager. It's hard to describe this, so go to my Facebook page and tell me if the Hannibal Lecter Fan Club didn't design this monstrosity.

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

↓ BUTCH From Page A1

And of course, we stop and smell the candles at Bath & Body Works. As she visits Maurice's, Buckle, Old Navy and Kohl's, I proceed to the Bird N Bee antique shop, where I discover that I am older than the antiques. We very seldom buy anything, as items can often be purchased for less online, and I suppose that's one reason several malls have empty spaces. The selection of items at many stores is also not what it used to be.

I honestly don't know how some of the new retailers stay in business. New Age Spirit? Strange, very strange, and no thanks, Cotacochi Crafts? I haven't needed any Indian blankets lately. Yette Thrifts? I'll check it out when I become homeless. And what is it with Spoonelicious and Top Notch? I have never seen anyone go in those stores!

Well, this past summer we decided to try our luck at the Castleton Mall in Indy . . . 50 miles from home. Never again. The traffic on the Interstate was like driving in the Indy 500. I drove 65 mph on I-65 and every vehicle passed me. The mall parking lot was full. There were several more stores than the Tippecanoe Mall, but many were the same. Some of the department stores were so large that we literally could not find anything, and the sales people were few and far between. Hordes of shoppers filled the main aisle, many of

whom appeared not to be shopping at all . . . talking loudly, clowning around, acting crazy. We stayed for an hour and a half, and left.

I could be wrong, but I believe the era of malls and large stores is about to end. I think most people would rather shop at smaller village-type stores, even if the selection is not as good. The people at these smaller stores know where everything is at, appreciate the customers and are more friendly. And you don't have to worry about some criminal grabbing your package or confronting you as you return to your car. And many people now prefer online shopping, whereas you can shop for anything and often have it delivered the next day.

In the meantime, my wife and I will continue our trips to the Tippecanoe Mall. Every Sunday. Out of habit. Walk the entire length, check out the purses and shoes, smell the candles, look for any bargains, order a bowl of Sweetfire chicken and chow mein and of course . . . point out any weird people who pass us by. We're too old to change now. You never know . . . we might actually buy something. I'll see you at the mall next week!

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 well-known artist and author of local history.

**Butch Dale's
Flashback
Trivia
Answer:
Jacob Bohlander**

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Volunteers for Mental Health Step Up But Need Your Help



Photos courtesy Volunteers for Mental Health

Volunteers for Mental Health are hoping to help 318 adults in the community this year. Their efforts involve the local schools, Party Night and local organizations. Won't you step up to help, too, please?

In the season of giving thanks, one's mind can often reflect on all the gifts they have been given. But hasn't it also been long said, "It is better to give than receive"? As we segue into the Christmas season, many minds turn to giving as a way of reflecting their thanks.

Nowhere is this more true than Volunteers for Mental Health in Montgomery County, an all-volunteer United Way partner agency whose members focus on making wishes come true for over 300 adults in need in the Montgomery County community each year.

Having kicked it off in October, VMHMC is bringing its annual collection drive to conclusion primarily during Thanksgiving week to allow time for matching donations to wish lists from clients at 12 facilities including ASI, Caregivers, Pam's Promise, Through the Gate, Trinity Life Ministry as well as local nursing homes and to all Veterans residing in long-term care.

Donation of unwrapped clothing and personal items may continue to take place at the following locations through Wednesday: Chase Bank, Gregg's Corner Market, all HHSB

branches, Quest for Balance Wellness, Runnings and Tri County Bank branches.

Volunteers for Mental Health will be located at Fusion 54 during Downtown Party Night, providing games and activities for children. Donations may also be dropped off at that time. A container will continue to be in place at Fusion 54, 101 W Main St, Crawfordsville, through Dec. 5 for those who miss their local locations.

Area churches have also been supportive of the program. These congregations make a focused effort to support the annual drive: Alamo Christian Church, CrossWay Covenant Church in New Market, First Christian Church of Crawfordsville, New Hope Chapel of Wingate, St. John's Episcopal Church, Woodland Heights Christian Church and Youngs Chapel Christian Church.

Individuals who wish to let VMHMC do the shopping may send monetary donations to VMHMC, Post Office Box 491, Crawfordsville, IN 47933. All donations will receive a 501c3 acknowledgement letter for tax deduction purposes.

Local youths give to others by involving themselves in the program through meaningful volunteer efforts. Southmont Jr-Sr High School FCCLA members under the direction of Jessica Barnhart, have helped construct toiletry kits and fulfill wish lists. Libby Allen, Student Council sponsor at North Montgomery, coordinates student volunteers from her group and many other service-oriented student groups as they wrap over 1,000 gifts each year. Mishele Enlow's Boy Scout Troops 364 and 247 often assist as well. Ellen Ball, chairperson of the Gift Lift noted, "Working with the Gift Lift gives my life a perspective."

"The joy of focusing upon others does wonders for my own mental health," observed another VMHMC board member. Citing scientific studies, the British Mental Health Foundation concurs, "Evidence shows that helping others can also benefit our own mental health and wellbeing. For example, it can reduce stress as well as improve mood, self-esteem and happiness."

The new way of giving thanks is through giving to others!

Back in the Day with Butch Dale



All children enjoy having class parties. In the good old days, the schools celebrated special holidays by having the children dress in the appropriate clothing for that particular holiday. Shown above is a first grade class in 1914 celebrating the Thanksgiving holiday. The kids are dressed as Pilgrims and Native Americans.

Exercise is Not Just for the Young

All parts of the body if used in moderation and exercised in labors to which each is accustomed, become thereby healthy and well developed, and age slowly; but if unused and left idle, they become liable to disease, defective in growth, and age quickly."

Hippocrates



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Few things benefit the body more than maintaining physical fitness (anyone remember Jack

LaLanne)? While doctors routinely recommend exercise for younger patients, we're realizing how critical it is for our older patients as well. Regular exercise, even in one's senior years, can reduce your risk of a number of health conditions, particularly heart attacks, strokes, and falls. It also may be one of the few things that helps slow the onset of dementia.

Most communities are blessed to have many options available to seniors for exercise, especially programs that are supervised. I prefer supervised activities because a trained professional typically leads the individual or a group. A trainer can make recommendations to get the most out of a program in the safest way possible.

Why is regular exercise so important for seniors? You may have noticed that as our bodies age a number of physiologic changes occur. We lose muscle mass and tone that leads to weakness and difficulty with balance. Flexibility becomes an issue (the most common cause of leg cramps at night). Our bones become weaker from reduced weight-bearing activity. Balance problems, along with poor flexibility and weak muscles, often lead to falls and fractures. Our hearts and lungs can also get out of condition resulting in reduced stamina and difficulty breathing with activity.

This can lead to reduced feelings of confidence and independence.

Regular exercise can go a long way to delay or even reverse some of these effects of aging. Exercise is a critical component in the treatment and prevention of conditions such as arthritis, diabetes, high blood pressure, obesity, elevated cholesterol, heart disease, stroke, dementia, depression, and anxiety.

Exercising in water is one of the best and safest ways for seniors to work on their fitness. Aquatic programs are excellent for people with painful arthritic joints, particularly the knees, hips and back. Water buoys up the body, reducing stress on the joints. The natural resistance of the water helps build and tone muscles and also improves balance. I had one patient a few years ago who faithfully attended his aquatics classes and was able to graduate from his wheelchair to using a walker.

Exercising on dry land is certainly acceptable. Again, I usually recommend supervised programs like Silver Sneakers®. This is a program that is available to all seniors. Many Medicare Advantage plans pay for memberships at a partnered exercise facility because they know that regular exercise greatly reduces hospitalizations and medical expenses. More information on the program can be found at www.silver-sneakers.com. Simple things like gardening, yard work, or walking are certainly better than sitting all day. Walking should always be done in a safe area that is flat

and well lighted. Beware of progressive eyeglass lenses – they can increase the risk of falling.

Another benefit of regular exercise that most seniors don't consider is socialization. Seniors often become socially isolated either through the death of a spouse and/or loss of friends. Organized exercise programs provide a way for seniors to get out and interact with people. Most seniors who have joined one of these programs can't wait to get back for the next session. Regular exercise is also very good for improving mental health and keeping the mind sharp.

Many seniors simply don't want to be bothered with a formal exercise program. Any exercise is better than no exercise, but seniors need to be careful not to do too much too fast. Certain medical conditions may preclude doing certain types of activities.

If you are considering starting an exercise program, it's always a good idea to discuss it with your health care provider. This is true especially if you suffer from obesity, diabetes, hypertension, heart disease, lung disease, have had a stroke or smoke. Your doctor may even provide you with an "exercise prescription" that outlines what he or she wants you to do or avoid. A great set of basic exercises for seniors can be found at: tinyurl.com/cmsf7bpx. "Just Do It" – it's not just for the young!

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

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2025 Toyota Land Cruiser is a More Approachable All-Roader That Honors Its Past...And Future



Back in 1999, Toyota took a 1967 FJ-45 Land Cruiser Wagon and married it to a 1999 Land Cruiser

chassis and drivetrain that was customized by Rod Millen Motorsports in Huntington Beach, California. After it was cut and stretched, a 4.7-liter V8 was dropped inside. The showpiece cost \$350,000 (\$656,000 inflation-adjusted). You can do much better with the 2025 Toyota Land Cruiser at a fraction of the price.

The inspiration is the same, but the execution couldn't be more different.

Through generations, the Land Cruiser has been everything from a basic Jeep clone to a luxury SUV rivaling Range Rover. This one honors the classic FJ, but takes square-body design cues from the '80s version plus adds current luxuries. Yet, it's clearly from our time with bulging wheelwells, strands of LED headlamps, 20" dark alloy wheels, and metal roof rack. Definitely get it in Heritage Blue with white roof!

There's a bit of a bargain Mercedes G-Wagen feel to the latest edition that I appreciate, but from the clink of its doors to beefy underpinnings, the concept vehicle felt more special.

Swathed in textured clay-colored Connolly leather, and accented by aluminum pieces throughout, the interior was ruggedly luxurious. Additional interior features included GPS navigation, satellite telephone, and CD stereo. There's even a full roll cage and 12-gallon onboard water supply. The exterior is dressed with PPG brushed silver paint, Borla exhaust and custom 17" wheels wearing military-style B.F. Goodrich beadlock tires.

Back in the future, interior design falls somewhere between a Prius and G-Wagen. Large screens for gauges and infotainment echo current Toyotas, but designers finessed surfaces with French stitching on the dash and console cool box (perfect for chilling sodas). Brown leather seats with heat and ventilation, JBL audio, and power moonroof add luxuries – as do the

heated steering wheel, phone charging pad, and wireless Apple CarPlay/Android Auto. It's not as posh as more recent Land Cruisers, but certainly leaves nobody in cheap seats.

I wish it had a third row of seating, but you can't have everything. There's always the giant Sequoia to carry more peeps.

A sweep around the console finds buttons for the Land Cruiser's front and rear locking differentials to enhance traction, disconnecting sway bars for greater wheel articulation, and drive modes to configure the drivetrain for virtually any terrain. Crawl control acts like an off-road cruise control. On-road, stay safe with automatic emergency braking, blind spot warning, lane keep assist, and cross traffic alert. A head-up display and digital rearview mirror do their parts too.

The frankencruiser's Lexus-smooth 32-valve V8 generated 230 horsepower and 320 lb.-ft. of torque, sent to the four-wheel-drive system through a 4-speed automatic transmission. It was fortified with driver-controlled locking

rear differential and Kevlar underbody protection plates. For getting unstuck, it utilizes dual front and rear winches.

Moving today's 'Cruiser is Toyota's "i-Force Max" hybrid powertrain. As with the similar Tacoma Trailhunter I recently tested, it starts with a 2.4-liter turbocharged four-cylinder engine and eight-speed automatic transmission, but snugs an electric motor between the engine and transmission. Total system output is rated 326 horsepower and 465 lb.-ft. of torque – enough to tow 6,000 lbs. Fuel economy rated 22/25-MPG city/highway is respectable.

Like its powertrain, the Land Cruiser's fully-boxed frame and basic architecture are shared with other Toyota trucks like the Tacoma, Tundra, and Sequoia. That frame enables off-road and towing capability, but it also rides and drives more like a truck. Though, the big tires and off-road kit seemingly pulverize rough pavement and gravel driveways.

Soon after I started reviewing vehicles in 1999, I drove the FJ-45

Concept at the Texas Auto Writers' Truck Rodeo outside Dallas. Being a prototype, the Land Cruiser concept creaked and squeaked. Doors rattled and closed with a metallic clang. Steering was not up to modern Land Cruiser standards, but did a good job of directing the SUV's mass. The special Millen suspension provided impressive wheel travel with coil-over spring/shock assemblies.

As befitting an antique preparing for its return to the stage at this year's SEMA show in Las Vegas, the Toyota Motorsports Garage team recently addressed leaking shocks, replaced rotted hoses, revived the fuel

system, and repainted its original color. The big Toyota looks better than when I last saw it.

It remains the most expensive vehicle I've ever driven and makes the latest Land Cruiser seem far more attainable. Prices start at \$56,450, rising to \$71,469 all-in. And, if you still yearn for the last-gen high-luxury Land Cruisers, Lexus will gladly sell you an LX for \$94k. True competitors include the Jeep Grand Cherokee, Ford Bronco, and Nissan Armada.

Storm Forward!

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

<p>Likes</p> <ul style="list-style-type: none"> • Design details • Interior comforts • All-road capabilities <p>Dislikes</p> <ul style="list-style-type: none"> • Rougher ride • No third row • Luxury price 	<p>2025 Toyota Land Cruiser <i>Five-passenger, 4WD SUV</i> Powertrain: 2.4-liter T4, Hybrid Output: 326hp/465 lb.-ft. Suspension f/r: Ind/Solid axle Wheels f/r: 20"/20" alloy Brakes f/r: regen disc/disc Towing capacity: 6,000 lbs. Fuel economy city/hwy: 22/25-MPG Assembly: Tokyo, Japan Base/as-tested price: \$56,450/\$71,469</p>
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Join us in spreading joy this holiday season by participating in the YMCA Toy Drive on December 21. Bring a new, unwrapped toy to donate and help brighten the holidays for children in need. Your generosity can make a significant difference in our community, and we encourage everyone to contribute to this wonderful cause. These toys may be dropped off at any Indianapolis area YMCA, Tom Wood, or First Merchants bank location. Monetary donations are also accepted. For more information visit <https://indymca.org/events/toy-drive/>.

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Introducing a new feature...

Montgomery Murder Mysteries

Thou Shalt Not Kill ... Unless Ya' Have To

EDITOR'S NOTE: Karen Zach, a 50-year-local history writer, presents her Montgomery Murder Mysteries – historical fiction, based on fact – of the first 13 or so murders in our county. Karen has written a weekly column for The Paper of Montgomery County and was the editor of Montgomery Memories, a monthly publication from The Paper for many years. Now that she is retired, she is sharing these stories and The Paper is very pleased to continue working with Karen and her talented writings.



KAREN ZACH
Montgomery Murder Mysteries

I ain't no larned woman but there are sum things I just know. One of those is that thou shalt not kill. Another is that sometimes ya' just have to. My name is Barbara Jones Rush and I larned that latter the hard way.

I come from a large family, and I mean large. There were 11 of us by my father and mother. Immediately upon mother's death, father married again having 11 more. I was toward the younger side of the original 11, and that's the reason I wanted to get away from home. Not that I don't like children. I love my own five, but 18 to 20 of us, depending on who was married or who was home, in a very small log cabin was, obviously, a bit much. Oddly, we got along right fine, sharing everything from bath water to work. Yet, there were just too many. So, I thought I was going to better myself when I married Moses Rush. No one told me about his mean streak. In fact, his sister, Rachel was one of my best acquaintances, but no word was spoken by anyone against Mose.

It's not a surprise then that I wasn't expecting it the first time Mose hit me. The first time Mose beat me until there was so much blood on my floor, that days later, I could hardly scrub it clean. It was the drink he got from the Smith still up north of our home that set him off. As long as Mose left the liquor alone, he weren't too bad. We rarely talked and there was never a closeness, yet we got on fine. That is, as long as there was no liquor. I always was thankful that the first time I had no babies. The second time, though I was carrying our first child. The beating was so terrible, that he beat my baby to death. She died on that same kitchen floor as I gave birth to her in that tiny cabin Mose had so gently built for his "fold," as he said. Her face was bruised, and she breathed not a breath. I cried for days. I don't know how I lived through that one. I bled for hours. Finally, he sobered up, saw what he'd done and went for a neighbor. Remorseful? Yes. Did it stop him? No. At least

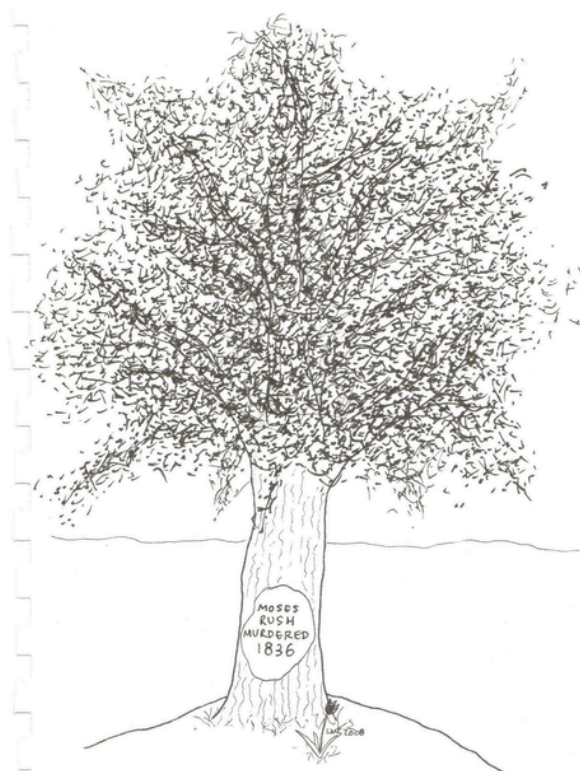


from then on, while I was with child, he never beat me again.

I never desired Mose to touch me, but the Lord said submit to your husband, so that I did, but not by choice. I sang lullabies to my babies while he had his way. Once it angered him so that he bit my ear off. It didn't stop me. I had to have something to keep me sane while it was going on, and singing helped a little. I taught my children well. When they saw their father come home tipsy as they called it, they ran to Cross-eyed Ben VanCleaves for safety. Ben never touched a drop of liquor, and he gave Mose many a what-fors, but it helped very little. At least, I knew the children were safe at Cross-eyed Ben's. One or two times, I got away from Mose and went to their place about a half mile up Sugar Crick from me. Once Ben even came to our house after the children had ran to theirs and tied Mose up and whipped him with his horse lash. Ben told Mose later, "I ain't proned to beating, but you gotta' learn your lesson Mose, that you can't be doing that to your wife, and if you EVER do it to any of those precious children, I will lock you up and throw away the key myself." After that, Mose really was good. He even played with the children, took them fishing in the crick and we all went to church together at the Hallett's. We didn't have a real church but the Halletts were gracious enough to let us meet in their home and if there were many of us, we often went to their very large barn, the largest structure in all of Brown Township. We didn't really have a preacher, neither. The men took turns giving scriptures and we all prayed together in unison. Rarely, but sometimes we'd sing. It did Mose good for quite some time, but then the Smith brothers invited him up for a taste of "some new stuff," and that was the time when it was the worst. Mose came home tipsy and

and the children rushed away. I started, too, but Mose grabbed me. He had an ax in his hand and said, "You run away from me and I'll kill you!" I twisted away from him, knocking him down and then thank the good Lord, he passed out. It was then that I decided the children and I could take no more from this man. I'd begged him. I'd pleaded with him. Neighbors, friends, relatives had all called him out to stop the liquor, but he could not. I was afeared for not only my life but my children's as well. Did I plan the act? I do not know but I all a sudden took up that ax, and aimed it for Mose's head. He never came to. He never breathed another breath. He never beat me again.

I was sitting on the front stoop watching Mose bleed when newly married America Galey came by on her horse. By the look on her face, I thought she was going to faint, but she must have been a strong woman, as she helped me up, took me by the arm, led me to her horse and rode me over to her newly built cabin. There her husband Joe heard her story. I began to realize what I had done and started to moan. Joe told me to stop that and to think of my children. He lit out to find help and went to



my home. The newlyweds were so good to me. They went to get the children and brought them to me so I could see them before Constable Fullenwider took me to Crawfordsville to await trial. It was almost funny that I'd make Montgomery County history being as I was the first criminal trial in the county. I was charged "with the murder of husband, Moses Rush." There is a large tree with the words, "Mose Rush, murdered 1836" carved right on it to prove the fact. Never did I think the jury of all men would let me go free. I had done the act. I admitted to the act, but many people trudged into the bustling county seat to speak for me. They told of hearing my cries for miles when Mose would come home in his drunken state. They called him a "beastial man." I wasn't even sure what they meant by that but Lawyer Burbridge told me it meant he was mean. Mose was mean, but only when in his drunken state. Of course, his coming home like that and threatening my life was what was at question, I guess. I never doubted he'd kill me with that ax. He had almost killed me many times. I was afraid for me and for my children.

Neighbors, friends, family and church folk came to speak in my behalf. The papers were full of the trial. Everyone including Judge Naylor were kind to me. Headlines at my acquittal reflected my thoughts when they read, "Thou Shalt Not Kill ... Unless Ya' Have to!"

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