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TODAY'S VERSE

1 Corinthians 15:57-58 "But thanks be to God! He gives us the victory through our Lord Jesus Christ. Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain." (NIV)

Meet Bookie



Bookie is an adorable 2 month old grey/white female domestic shorthair kitten available for foster to adopt from The Animal Welfare League of Montgomery County (AWL) since 10/31/24. Bookie was found screaming in a bush outside of the Crawfordsville Public Library early Halloween morning. Bookie is playful, vocal, adorable, and SUPER snuggly. Bookie will gladly keep your lap nice and warm all winter long! Bookie is currently being fostered by an AWL staff member. If interested in adopting Bookie, please submit an adoption application (online, link below) and we'll be in contact shortly!! AWL is open Monday - Friday from 12:15p-5p and Saturday's from 9:30a-3p. Come say hi, snuggle cats, walk dogs, or lend a helping hand!

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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 take a look at the beginning of the most holy time for Christians – preparing to celebrate the birth of Christ and the beginning of Advent. We thought it might be helpful to share some facts and numbers for this holy period.

First, Advent is a four-week season in the Christian church year that is marked by the lighting of an Advent candle on each of the four Sundays before Christmas. Many Christian churches, including Roman Catholics, Anglicans, Episcopalians, Lutherans and many Protestants celebrate Advent.

4

The four themes of Advent are hope, peace, love and joy, and each week of Advent focuses on one of these themes.

1st Week

Hope: The first theme of Advent

2nd Week

Peace: The second week of Advent focuses on peace

3rd Week

Love: In week three, love is celebrated

4th Week

Joy: The theme of the last week of Advent is joy



24

The number of days in the Advent calendar. These begin on Dec. 1 and go until Christmas Eve, Dec. 24.



1

The entire season is about awaiting the arrival of one day – Christmas. The actual name itself originates from the Latin version of Adventus.



## Butch's Great-Grandpa Dale Gets Robbed!!!



From left, Bert Dale (Butch's grandpa) holding Dick Dale, Albert (Ab) Dale (Butch's uncle and William "Billy" Dale (Butch's great-grandpa at the Bowers General Store in 1938.



BUTCH DALE Columnist

My great-grandpa William Quinton Dale was born near Advance, Ind. in 1857. In 1876, at the age of 19, he married his childhood sweetheart, Cynthia Nicely, age 16. During the next 12 years, they became the parents of six children . . . Nellie Ellen, John Monroe, Maggie May, Lillie Bell, James William and Bertie Albert (my grandfather). Sadly, my great-grandmother Cynthia passed away in 1889 at the age of 28, and William Quinton, who went by the nickname of Billy, never remarried. I asked my dad why great grandpa never remarried, and Dad chuckled and told me that although he never remarried, he always had a "housekeeper to take care of various marital duties." Hmmm.....

Great-grandpa Dale farmed for a few years, and then entered the grocery business at Smartsburg in 1915, eventually hiring a fellow to run a huckster grocery delivery truck. Through the years, he also operated grocery and general stores at Yountsville, Mace and finally at Bowers Station in Sugar Creek Township. According to my dad, he was very friendly and outgoing, enjoyed talking to people and told great stories about the olden days. Dad also said great-grandpa chewed and smoked Granger Twist tobacco all of his life. He passed away at the age of 92 in 1949, just a few months after I was born. The people who knew him have told me that little kids called him "Daddy Dale," and he handed out free candy to every child who came to the store. That must run in the family, because I do the same thing when little kids visit the library!

At the Bowers store (where he also lived), late one evening in 1938, a man knocked on the front door

See BUTCH Page A3

TODAY'S HEALTH TIP

Research shows smokers are actually happiest when they are trying to quit.

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

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others." Bob Hope

TODAY'S JOKE

Back in the day, a czar lived in Russia named Rudolph the Red. One day he was taking in his vast kingdom from a palace window. His beautiful wife was sitting in the room reading. The czar said to her, "I'll put another log on the fire. It has begun to rain." The wife didn't even stop reading. "It is far too cold to rain," she said. "You must be mistaken." Rudolph the Red exploded! "I am Rudolph the Red. I rule all of Russia. And if Rudolph the Red knows anything, Rudolph the Red knows rain, dear!"

MONTGOMERY MINUTE

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 State Legislative Breakfast, sponsored by the Crawfordsville / Montgomery County Chamber of Commerce and the League of Women Voters is set 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.) Space is limited so please register online at CrawfordsvilleChamber.com by Friday, Dec. 6.

THREE THINGS

You Should Know

- 1 Tweedy, a cockatiel belonging to Safiya Hashimi in Buena Park, CA, flew the coop and got stuck in a tree. Safiya's brother didn't hesitate to climb the tree to rescue the lost bird but he found himself stuck in the tree along with the bird. An Orange County Fire Authority team was called in and firefighter Shane Allan wasted no time in climbing his ladder to reach the boy and the bird. As the Fire Authority put it, Allan "proved that saving two birds with one ladder isn't just a figure of speech."
- 2 Eighty-two-year-old David Lorenzo, a 1964 graduate of the U.S. Naval Academy, lost his Class Ring while playing golf 54 years ago at the Uniontown Country Club, near Pittsburgh. As he put it to reporters, the ring "survived combat, but it couldn't survive my golf game." Along came 70-year-old Michael Zenert. Nearly five and a half decades later he was playing golf at the Uniontown club and found the ring on the fourth green. Zenert searched and found that it was Lorenzo's ring and traveled to Florida to return it to him. The two of them met at the National Naval Aviation Museum at Naval Air Station Pensacola return the ring to Lorenzo. As Zenert put it, "I just knew I couldn't send this in the mail. I knew it had to be personally delivered."
- 3 It's mating season for tarantulas in Colorado and the town of La Junta has its share of the spiders – enough to draw tourists from all over the country. In fact, in recent years the town has created a tarantula festival to celebrate the annual event when the arachnids seek their mates. It may sound creepy, but these super spiders aren't as scary as you might think and, in fact, they are an important part of the ecosystem, according to Cara Shillington, a biology professor at Eastern Michigan University. "When you encounter them, they're more afraid of you. Tarantulas only bite out of fear," she said.



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## OBITUARY

### David Lee Myers

July 8, 1928 - November 27, 2024

David Lee Myers, age 96, of New Market passed away on Wednesday, November 27, 2024 at Wellbrooke of Crawfordsville. He was born in Montgomery County on July 8, 1928, to the late Landy and Bertha (Gephart) Myers.



David graduated from New Market High School, Class of 1946. He married Lorinda Jane Layne on September 15, 1946, she preceded him in death on April 9, 2020. Together, for over 50 years, they owned and operated Layne & Myers Grain Company in New Market, Haw Creek, and Roachdale. The business was the largest independent grain shipper in the state of Indiana. During this time, he was also a member of the Indiana Feed and Grain Board. David was a founding/charter member of New Hope Christian Church in Crawfordsville, IN. David and Linda spent many winters in North Port, Florida where they were also members of New Hope Christian Church in North Port, FL.

Outside of work and church, David served his community as well. He was a Montgomery County Councilman, served on the New Market Volunteer Fire Department, and spent 20 years working at the Indianapolis Motor Speedway, where he earned the level of "White Hat". For 10 years, David supported his grandson, Brandon, in go-kart racing. He also loved watching his great-granddaughter, Alexis, play volleyball. David enjoyed collegiate girls' sports of all kinds, as well as watching Caitlin Clark play basketball.

David will be deeply missed by his daughter, Rebecca (Wayne) Nelson; grandchildren, Michelle (Steve) Covault, Matt (Kathleen) Nelson, and Brandon (Jodi) Myers; great-grandchildren, Erin, Kyle, Luke, Alexis, Ethan, Lincoln, Lettie, Shawn, and Aubree; and great-great-grandchildren, Kaiden, Brynlee, Kamden, and Navey.

He was preceded in death by his parents; his wife, Linda; son, James Myers; and grandson, Michael Nelson.

A visitation will be held for David at Sanders Funeral Care, 315 S. Washington Street in Crawfordsville on Monday, December 2, 2024 from 12:00 noon until time of funeral service at 2:00 pm with Pastors Mike Whitacre and Dave Bower officiating. Burial will follow at Indian Creek Hill Cemetery. In lieu of flowers, memorial donations may be made in David's memory to New Market Volunteer Fire Department, PO Box 340, New Market, Indiana 47965. Share your memories and condolences online at [www.SandersFuneralCare.com](http://www.SandersFuneralCare.com).

## Navigating Comfort Food Cravings as Days Get Shorter



**MONICA NAGELE**  
 Guest Columnist

As the days get shorter and the temperature drops, many of us find ourselves craving warm, comforting foods. Our craving for comfort foods in fall and winter is driven by both physical and psychological factors. Colder weather often means fewer hours of sunlight, which can impact our mood and energy levels. Less exposure to sunlight can lead to lower levels of serotonin, a hormone that boosts mood. Comfort foods, particularly those high in carbohydrates, can give us a quick serotonin boost, making us feel better, even if just temporarily. Additionally, the body naturally craves warmth during cold months. Heavier, richer foods can provide a feeling of warmth and fullness, which is satisfying when it's chilly outside. Fortunately, with a little mindfulness, it's possible to enjoy these foods while still prioritizing balanced nutrition.

While it's completely normal to crave comfort foods in colder weather, finding a balance between indulgence and nutrition can help you feel your best throughout the season. Here are some strategies to satisfy those cravings healthily: Many seasonal fall and winter fruits and vegetables lend themselves beautifully to comfort dishes. Root vegetables like sweet potatoes, carrots, and parsnips are naturally sweet and satisfying. Squash varieties like butternut and acorn squash are rich in fiber and vitamins, adding warmth and flavor to your meals. Roasting these vegetables brings out their natural sweetness, making them a comforting addition to

soups, casseroles, or as a side dish. Use whole grains, lean proteins, and vegetables in your recipes to boost nutrition while still delivering that cozy, comforting effect. Soups and stews are perfect for colder weather—they're warm, filling, and can be made nutrient-dense. Opt for broth-based soups with plenty of vegetables, lean protein, and whole grains. You can make them creamy by blending some of the ingredients or adding a splash of evaporated skim milk for richness without adding heavy creams or excessive fats.

If you're craving something indulgent like macaroni and cheese, consider adding a few healthier ingredients, such as roasted vegetables like broccoli. By balancing richer ingredients with vegetables or whole grains, you'll boost the nutritional value of the dish while still satisfying your craving. Try serving your meal on a smaller plate or bowl to help with portion sizes, and give yourself time to eat slowly and savor each bite. This approach can make comfort foods feel indulgent without going overboard.

At its core, comfort food is about warmth, nostalgia, and enjoyment. It's perfectly normal to crave heartier foods in fall and winter, and allowing yourself to enjoy these dishes in moderation can support a balanced approach to eating. Try to be mindful of your body's hunger cues, and remember that comfort foods can be part of a healthy diet when they're prepared thoughtfully.

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

## Butch Dale's Flashback Trivia



Do You Recognize This Person?

HINT: He was a very popular teacher and principal, and later on became an author!

Answer on Page A3

## Wabash Presents 56th Christmas Festival of Music and Readings

Wabash College's 56th Christmas Festival of Music and Readings will be presented at 8 p.m. on Wednesday in the Wabash College Chapel. Seasonal music will commence at 7:30 p.m.

The Christmas Festival, which was inaugurated at Wabash in 1968, alternates music performances, congregational hymns, and Bible readings. It is modeled on the King's College Festival of Lessons and Carols at Cambridge University, England.

The Christmas Festival will feature songs of the Christmas season, including selections by various instrumental soloists and the Glee Club. The audience will also have the opportunity to join together in singing several Christmas carols during the program. Readers for the evening include Wabash

students, faculty, and staff.

The traditional Christmas Festival is co-sponsored by the music and religion departments and is free and open to the public. There will be a reception following the Festival in the Sparks Center. All members of the Crawfordsville community are welcome to attend this festive event.

A live feed of the Christmas Festival will be available through the Wabash College Video Network over the Internet at <https://www.wabash.edu/live>, through the Wabash College Video Network television apps available through Apple TV, Android TV, Amazon Fire TV, and Roku, and through mobile apps available through Apple, Android, and Amazon Fire Tablet.

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# Less Than Perfect



So I'm doing a show after all.

The problem with me (and I might not be alone in this) is that I have a hard time imagining anything between close to perfect and nothing at all.

I'd been planning to do a first show featuring material from my columns, and it was overwhelming. A fully realized show involves a lot of preparation and getting every detail down all at once. A close-to-perfect show requires a ton of rehearsal and usually a lot of help from others to make it happen.

When I got a grasp of what "close to perfect" would involve, I realized I had set myself up for an almost impossible task. I do this with other things, large and small.

I want to stop eating sweets. But then I eat one small sweet and ruin my perfect record of no sweet eating, so I might as well have a piece of cake. What does it matter? Perfect isn't possible.

I was thinking the same way about this show. I knew I would be completely crazy if I tried to memorize 9,000 words and perform for the first time in almost five years in front of a full house with music and light cues and costume changes and a video crew catching every less-than-perfect moment. It was too much. I felt enormously relieved when it didn't come together.

But after I got to Mexico, a new idea started to emerge. What if I tried the less-than-perfect approach? What if I didn't memorize 9000 words, but only a few hundred, and read the rest? What if I did an abbreviated sample of the show, stayed in one costume, skipped the music, and invited a few friends to come and see it for free? I would still get some video to use for promotion. It would be less than perfect, but it would happen, and I could

make the next performance a bit better. And so on.

As soon as the less-than-perfect idea took hold, everything fell into place in a moment. Now I'm doing a show after all.

It's just a baby show. I'm advertising it as a "soft opening," as a "no bells or whistles" show. It will be only 30 minutes long, and I will have a videographer I just met in town, named Alejo, come to the theater to videotape. And I am very happy I am doing it.

The theater was delighted to host me. Alejo was eager and professional and affordable. Rehearsing the script was easy and stress-free because I knew I did not have to keep all those words in my head. If I needed them, they were right there in front of me.

And, best of all, it all started to sound like fun. What had seemed like a terribly scary and ambitious thing turned into a fun experiment.

"Perfection is the enemy of progress," Winston Churchill famously said. I would also add that nothing close to perfection is even possible unless I am first willing to be less than perfect.

So I am embracing less than perfect today.

And here's the funny thing: The people coming to see my less-than-perfect show seem excited. Getting in on something in the early stages, with a few bumps in the road, when everything is not all smooth and shiny, can be fun. It's new. It's fresh. It's a little scary. It's less than perfect.

I'm thinking there's a lot in my life that would be better less than perfect. I'm thinking a less-than-perfect life might be the best life of all.

Till next time,  
Carrie

# Still Undecided



**DICK WOLFSIE**  
Funny Bone

The recent election required a great deal of decision making. Of course, there are still a small number of undecided people out there. I don't mean about the election—it's too late for that. I mean whether they are going to waste their time finishing this article.

I let my wife make half the decisions in our home. We both agree that this fosters a better relationship and makes for a happier marriage. She told me to say that.

"Dick, I decided to change our next vacation. Instead of the Bahamas we are now going to cruise Antarctica."

"Gee, don't you think I should have been consulted on that decision?"

"Everything evens out in the end. When you change the oil, I let you decide on the brand. So, when I change our vacation plans, we are even. For example, I know you have expressed feelings on the milk I bring home from the supermarket.

"Yes, I prefer 2 percent to 1 percent."

"See? Now you made another big decision today. A good marriage is based on both of us making an equal number of choices. I have to rush off now and pick up the new car I decided we're getting for you. To be fair, tonight you can pick out which re-run of Law and Order we will watch. This is why we have been together for 44 years.

Quite frankly, I don't really like making decisions. I hate the pressure. Last Sunday, for example, I was in the kitchen deciding on breakfast. Should I pop an English muffin in the toaster to see if green mold is flammable, or run out to the store to get some fresh bagels?

Bagels, it is.

Which car to take? If I take my car, I have to

get gas, but if I take my wife's car, she'll ask me to stop at the car wash. And there, they always ask me what kind of freshener I want. Another decision.

I head for the bagel shop in my wife's Prius. Nuts. She is also low on gas. Will it be Shell or Marathon? Marathon is usually cheaper, but at Shell I have had more luck with the lottery tickets.

I pick Shell. Okay, now I have 25 lottery tickets to choose from. More decisions. Anything but that stupid crossword puzzle scratch-off.

Now which bagel shop? There are three places to buy bagels near my house: Bearded Bagel, Panera Bread, and Einstein Bros. I started to break into a sweat. I hadn't planned for this outing to be so stressful.

I'm no genius, but I opt for Einstein.

Things got worse. What kind of bagels did I want? (Blueberry, garlic, poppyseed, asiago, to name a few.) One of each, I said. Did I want a shmear on them? There were 12 choices, which gave me about 144 options, if I bought a dozen. No toppings. Did I want them sliced? Yes, slice half of them. My anxiety was building. Then I stared at the coffee choices. I decide no coffee. I was jumpy enough.

I had a headache. I needed a pharmacy. CVS or Walgreens? This was easy. They are both pretty adept at over-the-counter meds. I went to CVS and requested something for my throbbing head.

"Bayer, Tylenol, Advil, Motrin, or Aleve?" asked the druggist.

This was too much for me. I headed home. It was time to see what my new car looked like.

— 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](mailto:Wolfsie@aol.com).

# ↓ BUTCH

 From Page A1


Photos courtesy Butch Dale

Front row from left, William Quinton Dale, James William, Lillie Bell and Bertie Albert; Back row from left, Nellie Ellen, John Morgan and Maggie May (photo approximately 1895).

and requested to buy some gas, even though the store had closed for the day. A second man was waiting in the car, a Model A Ford coupe. Great-grandpa Billy gave the fellow the keys to the gas pump and told him that he could buy gas if he pumped it himself. The two men pumped about five or six gallons into their car and paid him.

But just as Billy turned to go back to his living quarters, one of the men pulled out a small caliber revolver, stuck it in Billy's side and demanded money. The three men went into the living quarters, where Billy pulled out a tin box which he kept hidden, and handed over \$50 in cash. As the two robbers left, one of them lost their hat. Great-grandpa Billy, ever so courteous, leaned down to pick up the hat, and one of the men struck him twice in the head with the revolver, causing a large gash and knocking him unconscious.

Bleeding and dazed, Billy managed to reach the telephone and called the Bowers switchboard. The operator at once called the nearest neighbor, Roy Holt, who was the Sugar Creek Township trustee...and he called the state police. They notified the Crawfordsville Police of the assault and robbery, and told them to be on the lookout for the Ford coupe and two men. And guess what! Around 9:30

p.m., an hour after the robbery, city officers Charles Johnson and Paul Branigan arrested the pair of robbers at the intersection of State road 47 and 32! The two officers then drove the pair to the Bowers store, where Billy identified both men. They were subsequently transported to the Montgomery county jail, and eventually sentenced to prison.

The police never found the gun used in the robbery, but a few years ago, a fellow who lived in the Bowers area when he was a child, told me that his father had found a gun one day when he was building fence. Not knowing what it had been used for, and since the gun was covered with rust, he buried it under one of the fence posts.

Well, that's the story of great-grandpa Dale's exciting evening at his store when he was 81 years old. He ran the Bowers store for a few more years until his health failed, at which time he moved in with one of his sons who lived in Michigan. When his grandkids were making too much noise for him to sleep, he grabbed a pillow and headed to the barn for the night . . . and no candy for them!

*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:  
Bob Quirk**

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# Restless Leg Syndrome



**JOHN R. ROBERTS, M.D.**  
Montgomery Medicine

Recently, someone told me they thought restless legs syndrome (RLS) was just a condition made up by pharmaceutical companies to sell medications. This misconception is not uncommon, partly because you may have seen advertisements for drugs like Requip® and Mirapex® that are used to treat RLS. However, the truth is that restless legs syndrome is a real medical condition with a long history and significant impact on those who suffer from it.

certain nerve cells in the brain use dopamine, a chemical that helps control movement. Some scientists also believe that issues with iron metabolism in the brain may play a role. Others think the condition could be related to nerve damage or the buildup of waste products in the body. Since medications that increase dopamine levels in the brain can reduce symptoms, there's strong evidence supporting the dopamine hypothesis. It's likely that RLS has multiple causes, with different factors contributing to the condition in different people.

movements, but these typically affect more than just the legs and don't occur only at night. Another related condition is periodic limb movements of sleep (PLMS), which causes brief, repetitive jerking movements of the legs during sleep. Interestingly, about 85 percent of people with RLS also have PLMS, though the two conditions are distinct.

If someone is being evaluated for restless legs syndrome, a doctor will often order blood tests to check for iron deficiency, especially a ferritin level, and may also look for deficiencies in vitamins and minerals. Other potential causes, like thyroid problems or diabetes, may need to be ruled out. In some cases, tests of nerve function or a sleep study can provide helpful information.

Treatment for RLS often begins with lifestyle changes. Avoiding caffeine, alcohol, and tobacco can reduce symptoms. Addressing any underlying conditions, such as correcting vitamin or mineral deficiencies, is also important. For people whose symptoms occur three or more nights a week, medications that mimic dopamine are commonly prescribed. These include drugs like levodopa, Mirapex®, Requip®, and the Neupro® patch. In some cases, medications like clonidine, which is typically used for high blood pressure, or drugs that promote sleep, such as clonazepam, may also be used.

Restless legs syndrome is a complex condition that can significantly impact quality of life, particularly by disrupting sleep. It's important to understand that this is a real disorder with a scientific basis, not something invented to sell medications. If you or someone you know experiences symptoms of RLS, seeking medical evaluation is an essential first step toward finding relief and improving overall well-being.

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

Descriptions of symptoms similar to restless legs have been recorded as far back as the 17th century. The term "restless legs syndrome" was first introduced in the 1940s by a Swedish neurologist named Erik Ekblom. Today, it's estimated that between 10 to 15 percent of Americans live with this condition. Women are about twice as likely to be affected as men, and around 40 percent of people with RLS first notice symptoms before the age of 20. However, many go undiagnosed for years – often 10 to 20 years – because symptoms are mild at first and gradually worsen over time.

Doctors diagnose RLS based on a person's medical history and symptoms. In 1995, the International RLS Study Group outlined four key criteria for diagnosis. These include: a strong urge to move the limbs, often accompanied by unusual sensations; motor restlessness, such as pacing, fidgeting, or rubbing the legs; symptoms that worsen when at rest and improve with movement; and symptoms that are more severe in the evening or at night, often improving in the early morning.

Most cases of RLS are "idiopathic," meaning they don't have a clear cause, but there does appear to be a genetic component. In some cases, RLS is linked to other medical conditions, such as iron deficiency, diabetes, peripheral neuropathy, rheumatoid arthritis, or vitamin and mineral deficiencies, including folate, magnesium, and vitamin B12. It can also be associated with pinched spinal nerves and other neurological issues.

Restless legs syndrome is often confused with other conditions. For example, people sometimes mistake night leg cramps for RLS. However, night leg cramps usually occur in one leg, cause pain, and involve a hard, tight muscle, whereas RLS causes discomfort but not pain. Certain psychiatric medications can also cause involuntary

The symptoms of restless legs syndrome vary from person to person, but most people describe an overwhelming, uncomfortable urge to move their legs. This feeling tends to occur during periods of inactivity, like when sitting still or lying down, and it often disrupts sleep. In fact, around 85 percent of people with RLS have difficulty falling asleep. Stress and fatigue can make the symptoms worse. Although the condition primarily affects the legs, in some cases, it can also involve the arms.

The exact cause of restless legs syndrome isn't fully understood, but researchers have several theories. The most widely accepted explanation involves a problem with how

## Back in the Day with Butch Dale



There were several subjects taught in high school many years ago that are not taught in today's schools. Shown above is a high school Botany class in 1912, and the students have arrived back from a Saturday afternoon field trip.

## Josh Foxworthy Celebrates 5 Years at HHSB

Hoosier Heartland State Bank is pleased to announce the 5-year work anniversary of Josh Foxworthy, an Assistant Vice President / Ag & Commercial Lender.



**Josh Foxworthy**

Foxworthy has been in Agriculture Lending for more than 20 years. He attended Purdue University, where he received his bachelor's degree in Agricultural Economics. He is experienced in financing row crop farmers, agribusinesses, grain elevators, and livestock producers specializing in beef, swine, and dairy production. Josh's dedication to supporting farmers, their families, and the ag-affiliated businesses in the community helped earn HHSB a top spot on the Independent Community Bankers of

America's list of Top Ag Lenders for 2023.

"We are privileged to have Josh as a part of our HHSB family," stated Trent Smaltz, Chief Lending Officer. "He knows firsthand how important family farms are to our communities. His experience in banking, specifically in the Ag sector, strengthens our ability to service those customers."

He resides on his family farm in Fountain County with his wife and four children, where they raise Angus cattle. He is actively involved in coaching youth sports, helping his children show 4-H livestock, and serving on various school and community boards and committees. He is also an auctioneer and enjoys conducting auctions and participating in charity events.

## VSO Shares Update on Local Veterans



**JOE ELLIS**  
Guest Columnist

Wow, the weather has changed and it is cold! Well the veterans have been busy I had 14 vets into my office this month and I have had a total of phone calls into my office. We also took a total of 20 to their veteran clinics this month.

I will be at the at the American Legion Post 72 In Crawfordsville on Friday from 1-4 p.m. but I will not be at the VFW this month as I have a dentist appointment on the Dec. 19 and the DAV will not have a meeting in December. Just remember that we have Attorney Dan

Taylor who will give free wills to all veterans . His number is (765) 361-9680 and he is just across the street From the courthouse at 105 N. Washington St.

The Military Family Relief Fund is available to any veteran who is having financial issues , we have \$2,500 dollars available, just call me to see if you qualify.

We are preparing to take bags to the nursing homes. So far we have 32 vets on our list .

Here are some dates to remember:  
The Civil Air Patrol Established 12/1 1941  
12/5/92 Somalia Campaign began  
12/7/41 Pearl Harbor was attacked  
12/8/41 War declared on Japan

12/11/41 Germany & Italy declared war on the U.S.

12/15/2011 official end to war in Iraq

12/16/44 Battle of Bulge

12/20/89 Panama Campaign began

12/31/46 Official WWII ended, and Kosovo Campaign ended 2013.

We have a total of 31 veterans who are working at the County Of Montgomery.

*Joe Ellis is the Veterans Service Officer for Montgomery County. You can reach him at Joe.Ellis@montgomerycounty.in.gov or (765) 361-4133. His office is located at 1580 Constitution Row Crawfordsville.*

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# Montgomery Murder Mysteries

## I Lost My Only Love

*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

My name be Tobe Moran. I seen more than 4 score year. Heard tell of some young pupa collecting murder stories, so figured it's time I be telling mine. It happened few days before Christmas in the year 1838. Me and my brother, Abe, had no money to buy our poor children food. We both had worked six weeks for the just begun newly built Yount's Mill but weren't yet paid. We needed money bad. Abe knew that Adam Yount were talking on addin' his younger brother Dan to the payroll and we knew for certain Younts would get pay 'fore we folk did. Suppose we shoulda' just up and quit instead a what we did do, but we were desperate men.

Abe had seen where Yount kept his strong box and eyed a good deal of coin and paper money in it, too. I never were a smart man but my mother taught me right from wrong and I knew it weren't right to steal, yet my sweet Caroline was home with dear Jacob named for his grandfather Moran and little Sarah after my ma. I'd watched the eyes of six nieces and nephews become hollow, too. I knew something had to be done, so I said yes to Abe's scheme.

We waited until 2 in the morning when even the drunks would be home in bed until we headed for the mill. It were all dark ceptin' a faint light in the far upper window. Grouchily, I told Abe, "Let's go home."

He barked back, "We can't!" Knew Abe was right. We needed money to help feed our children. Weren't even thinkin' on Christmas gifts – figured we'd put an orange or apple in each stocking so that the children could save those for later.

So we broke the latch on the front door and started in. We knew our way around well inside. Knew how to dodge the woolen machines, where to find the crude stairway to the second floor and how to sneak through the room where Mr. Yount and his assistant, Philip Ross worked. Ross worked doing books from 6-2. Mr. Yount seldom appeared before 10. Abe didn't do his homework as he didn't know that Yount loved Ross so well that he'd promised him double pay to be night watchman, too. Guess that was because Ross had more mouths to feed that we Moran brothers put together. Ross' first night working



from midnight on, until dawn brought the mill's first set of workers was that fateful December 1838 one.

That there upstairs area were real funny like. It had the large room where the wool was carded, then a few smaller ones for storage and offices – each of them rooms had a door on each side. When we stepped foot into that upper near rear room with the faint light, we didn't see Philip Ross behind the door, munching on a hunk of bread. Philip Ross saw us, though. We turned to run, but Ross was faster. He leaped up by Abe demanding him to stop. Abe just reacted, took down a hammer hanging on the wall and banged Ross in the head. It happened so quick like. Ross fell to the floor. "Oh, God, Abe, what have you done? Is he breathing?"

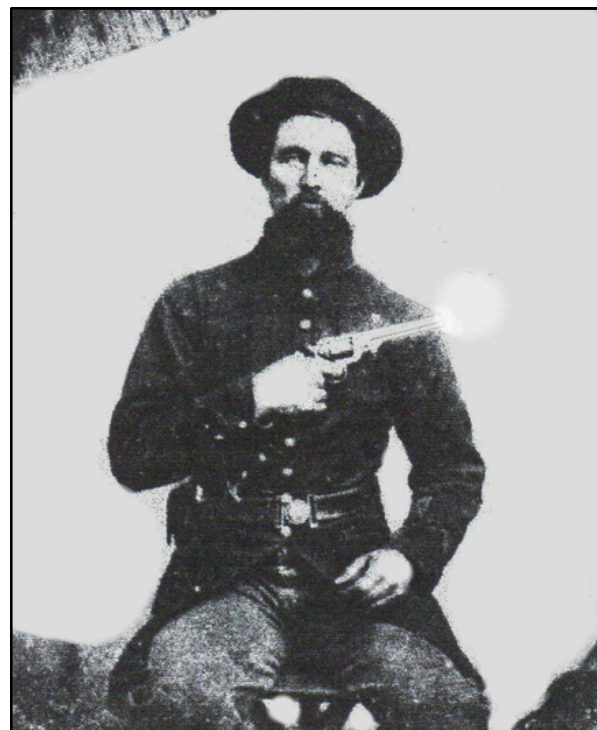
Abe cried, "I don't know. Help me move him back into the light." We each jerked on his arms, pulling him back into the room. His face was ghost-like. When I put my head to his chest, I heard a bit of a beat.

"What'll we do, Abe? He's breathing. He saw us and knows who we are."

Abe spoke the inevitable – we had to finish him off. Abe's plan was to lift him up and throw him out the window. Not only was the building a high, two-story, it was on a steep cliff leading down to Sugar Crick. We aimed very carefully, making sure he fell into the Mill's wheel. Made sure to sweep our footprints clean all the way down the stairs and out the door. Didn't even touch the money. Too scared, I guess. We threw the broken latch down my well at home. Both Abe and I went to work a mere three hours later. We made sure to act shocked and amazed at Ross' death. Seems the wheel on the mill tore his body up so bad that no one noticed the bump on his head. In fact, parts of his body was lost forever in the crick.

When Adam Yount told us of the death, tears flowed from his deep blue eyes. He handed us our pay and a healthy Christmas bonus. It was the first time I'd noticed what a tender, caring man Adam really was. Our children had a feast with toys for each that Christmas, and I had a most heavy heart.

No one ever suspected either of the Moran brothers of the murder of Philip Ross. No one ever figured the murder out but Adam Yount did hire a private detective who failed his job. Brother Abe left the Crawfordsville area two years after that fateful night, guilt-ridden and gray-haired. I've stayed on here, helping the Ross family all I could. Neither Abe nor I knew the number of children Philip Ross really had. Cynthia Ross was left with eleven, the youngest, James Shelby Ross, being just eight-months old. James later joined the Union Forces, along with three of his brothers, and thus, Cynthia had even more to add to her burden. Not only me, however, but the Yount family and many neighbors



*Thanks to Lena Carlson for providing a real picture of her ancestor, James Ross, and Jeff Scism for cleaning up the picture.*

and friends helped Cynthia raise those children, although, of course, the real burden lay solely on her. I always feared one of those younguns would marry mine, but they never did. That guilt I couldn't carry. It's only now I want to clear my conscience as my time will soon be here. I'm not sure what my maker will do with me but I am thankful to tell this story for posterity.

As for Cynthia Ross, she died last year. Her wake was one of the largest ever seen around, as she was a most admired and well-loved woman, having raised all those children. Each became a productive citizen of 'ol Montgomery County. True she had a little help, but on the whole, she did it by herself, as Cynthia never married another, although bein' as pretty and lively as she was, she sure had many a chance. When asked why she never wed again, her reply always broke my heart when I'd hear her answer, "I lost my only love back in December '38."

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