MONDAY January 6, 2025

Building new clean energy will lower Hoosiers' bills & protect grid reliability.

MORE LOW-COST ENERGY NOW PAID FOR BY ADVANCED ENERGY UNITED

TODAY'S VERSE

Isaiah 12:2 Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.





Nuc is a 3 year old male black domestic shorthair cat available for adoption from The Animal Welfare League of Montgomery County (AWL) since 4/21/23 (597 days). Nuc has been at the shelter for 1 year and 7 months! Nuc was found injured off Nucor Rd. Nuc is FIV+. Despite the fact that FIV+ cats can live long normal lives, and safely with other cats as long as they interact peacefully (no fighting), many people tend to overlook FIV+ cats due to their status. Nuc is a SUPER SNUGGLER!! He will gladly keep your lap and warm all winter long. If you want a clingy lap cat, Nuc is your man!! Nuc is cat friendly, low maintenance, and basically just enjoys lounging around and getting spoiled with wet food. Nuc is neutered, dewormed, and up to date on all of his shots. Caring for a cat with FIV requires understanding, commitment, and a proactive approach to their health and well-being. By learning about FIV, its modes of transmission, and effective management strategies, cat owners can provide their FIVpositive cats with a safe and fulfilling life. With regular veterinary care, a balanced diet, stress reduction, and the added benefits of a catio, FIVpositive cats can continue to thrive, enjoying enriched lives without compromising their health or the safety of other cats. Through informed care and thoughtful management, FIV does not have to define a cat's quality of life, allowing them to lead long, happy, and healthy lives.



Montgomery County's oldest locally owned independent newspaper

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CRAWFORDSVILLE, INDIANA

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!

Last week we took a quick look at 2025 by the numbers! Before we get too far into the calendar, let's add one more installment.

45 Squared

Hey, we don't just do By The Numbers, we do Fun With Numbers! (And you thought math couldn't be fun!). Take 45 and square it and you'll get 2,025!



Add the first 45 odd numbers (1, 3, 5, 7, 9, 11 . . .). The 45th entry will be 89. Add them all up and guess what you get? Yep, 2,025!

OK, some of us slept right through the ball dropping in New York City's Times Square. But did you know there is a remote settlement in Australia called Cameron Corner where three time zones come together? That means you could ring in the New Year once, take a few steps and ring it in again 30 minutes later . . . and - you guessed it - walk to the third zone and celebrate a third time! We'd suggest taking it easy on the champagne though!





Equals 33 minutes, 45 seconds



2025 minutes . . . Equals one day, nine hours and

Butch Has 'Childhood Food **Regression**'

WWW.THEPAPER24-7.COM



BUTCH

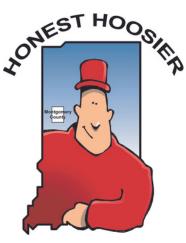
Columnist

DALE

My wife says that I have strange eating habits. For once she may be correct. The first thing I do in the morning is take

four vitamins with a large glass of water. After taking care of the dogs, I drink a cup of coffee and then go on a two-mile walk. Upon returning, I eat one-half cup of instant oatmeal and a grapefruit, followed by a swig of olive oil straight from the bottle. I don't eat lunch, but during work I drink two more cups of coffee and a cup of hot tea. I eat a normal supper and then snack on cashews or pecans and drink a Diet Pepsi the remainder of the evening while reading or working on the computer. If there is any candy around, I'll grab a few pieces, too.

I have been in this same routine for several years. Old habits stick with those of us "over-the-hill." But hold on! In the past few months, I have reverted to consuming favorite foodstuffs that I often ate as a child. It started out with milk and cookies.



Is it just me, or does 2025 feel a little like the song by Zager and Evans - In the Year 2525?

1,489.1

Our friends at the power company probably know this one. That's how many kilowatts equal to 2,025 horsepower.



45 minutes

The number of times we'll look at 2,025. So no worries, next week (on our lucky number 13) we'll take a look at Dr. Martin Luther King Jr.... By The Numbers!

TODAY'S HEALTH TIP

Make sure your shoes have good arch support and fit correctly to help prevent foot, ankle, knee, hip and back problems.

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

Christmas may be over, but it was a magical one for

Powerball ticket from June was set to expire Dec. 26.

a Kendallville couple. You might've heard or seen news that that an unclaimed \$1 million winning

Just five hours before that happened, the lucky

couple claimed their winnings. They requested privacy, but shared that they found the winning

ticket between the seats of their car on Christmas

morning after seeing news coverage and signage at the local gas station about the unclaimed Powerball

ticket. They searched but did not find it and weren't

even certain they purchased a ticket. That was a

month ago. But on Christmas morning, the couple

searched their vehicle and found the winning ticket

The LARGEST Garage Sale in the Nation is back at the Indiana State Fairgrounds on Jan. 11-12! More

vendors, more unique items, more for your money.

bottom prices. Doors open Saturday from 9 a.m. to 6

Southwest Airlines is resuming nonstop flights out of Indy to Chicago Midway later this year. The new

year-round, returning after a nearly five-year hiatus.

Indy airport has been pursuing this key business and

Chicago Midway nonstop will operate twice daily,

Also new in 2025, Southwest is launching a daily nonstop flight from the Indy airport to Nashville. The

leisure destination for more than seven years

The hunt is on! Indy's bargain hunter's paradise is back with hundreds of booths in two pavilions,

offering a plethora of items at unbelievable rock

p.m. and on Sunday from 10 a.m. to 4 p.m. Tickets are \$5 in advance (at www.garagesaleand

marketplace.com) or \$6 at the door.

THREE THINGS

You Should Know

deep between the seats.



TODAY'S QUOTE

"Resolution One: I will live for God. Resolution Two: If no one else does, I still will." Jonathan Edwards

TODAY'S JOKE

New Year's Resolutions for Internet Junkies . . . I resolve to back up my 12GB hard drive daily . . . well, once a week . . . OK, monthly then . . . or soon. I will spend less than one hour a day on the Internet. When I hear a funny joke I will not reply, "LOL . . . LOL!" I will think of a password other than "password." I will stop checking my e-mail at 3 in the morning . . . 4:30 is much more practical.

MONTGOMERY MINUTE

There aren't a lot of things most of us agree on, but one is that winter is here and it's not going to get really warm anytime soon. So for those looking to curl up by a cozy fire with a good book, the Crawfordsville District Public Library has a winter reading program! From now through Jan. 30 you can register for the Adult Challenge on Beanstack. There's also something for the younger ones, and teens, too. For more info, go to https://crawfordsvillelibrary.in.gov/ winter-reading-2024/

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

See BUTCH Page A3

Colts Aren't Measuring Up to Snuff



For those 10 or 12 of you who follow these scribbles, you know that once in a while I wander off into sports. Sorry. As an old

sportswriter who wore out several pairs of Weejuns on courts, fields and arenas, sometimes I just can't help myself. This hot mess that is the Indianapolis Colts has a lot of us all dressed up with no playoffs to go . . . so bear with me if you don't mind.

Oh! Let me preface this with a qualifier - from a timing perspective. As it stands at the time of these scribbles the unholy trinity of GM Chris Ballard, Coach Shane Steichen and QB Anthony Richardson are still in place fully employed and making thousands by the hour. This missive is also being written



тім

TIMMONS

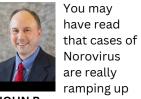
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PAGE A2 • MONDAY, JANUARY 6, 2025

Montgomery Medicine: Norovirus



JOHN R. ROBERTS, M.D. Montgomery Medicine rerun my

column on this nasty virus. Most people describe these infections as "stomach flu." This term, however, can be misleading. Unlike the seasonal flu that affects the respiratory system (also on the increase), the stomach flu, also known as viral gastroenteritis, impacts the digestive system. The seasonal flu shot only prevents respiratory influenza, not viruses that cause gastrointestinal infections.

Norovirus is the leading cause of viral gastroenteritis in the United States, and is responsible for about 21 million cases annually, resulting in roughly 70,000 hospitalizations and around 800 deaths. Norovirus got its name from a 1968 outbreak at a school in Norwalk, Ohio, where it was first identified. The virus is remarkably hardy, able to withstand freezing temperatures, heat up to 140°F, and even resist low levels of chlorine in drinking water. This resilience makes it difficult to eliminate with standard sanitation, and noroviruses can even survive steaming, which is why they sometimes persist in foods like clams and oysters if not properly prepared.

others, leading to outbreaks in places like restaurants, school cafeterias, and at catered events.

Symptoms typically start 24 to 48 hours after infection. Although most people are sick for only one to three days, norovirus can remain in the body for a few weeks after the person feels better. An infected person can be contagious from the moment they start feeling sick until at least three days after symptoms subside, and in some cases, they may remain contagious for up to two weeks after recovery. For this reason, children who have been ill should stay home from school for at least three days after symptoms improve, and anyone who prepares food should avoid working during this period as well.

There is no specific treatment for norovirus, but symptoms can be managed. The primary focus is to prevent dehydration. Drinking water is usually sufficient, but if the illness persists beyond a day, an oral rehydration solution like Pedialyte® may be helpful. A simple homemade solution can be made by mixing two teaspoons of salt and eight teaspoons of sugar into a two-liter bottle of water. Drinking small sips frequently is recommended over gulping large amounts at once. Fever can be managed with medications like acetaminophen or ibuprofen, but it's always best to consult a healthcare provider, especially when treating children, the elderly, or if symptoms are severe. Preventing the spread of norovirus mainly involves practicing good hygiene. Regular handwashing with soap and warm water for at least 20 seconds is essential, especially after using the restroom, changing diapers, and before preparing food. Hand sanitizer is not effective. If someone in your home is infected, surfaces should be disinfected with a bleach solution made by mixing one part bleach with nine parts water; allow the solution to sit for 10-20 minutes before wiping. Clothing or linens soiled by vomit or stool should be washed in hot water on the longest cycle and then dried in a dryer. Proper food handling is also important: wash fruits and vegetables thoroughly before eating or cooking, and ensure shellfish is cooked completely. If you are traveling, you should clean surfaces using wipes that contain bleach or hydrogen peroxide.

Don't Shovel Yourself Into Early Snowy Grave

Heart Attack Warning Signs

Some heart attacks are sudden and intense the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening: Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.



It's that time of year when snow is going to come and go. The American Heart Association encourages Hoosiers to protect their hearts while shoveling snow and to seek immediate treatment if they experience any signs or symptoms of a heart attack. Research shows that many people may face an increased risk of a heart attack or sudden cardiac arrest after shoveling heavy snow. "Shoveling snow can be a very vigorous activity, and you're basically doing it in a freezer," says Dr. William Gill, a cardiologist who is president of the American Heart Association board of directors in Indianapolis. "Those conditions can very quickly lead to stress on the heart. For example, after only two minutes of snow shoveling, participants in a study had heart rates exceeding 85% of maximal heart rate, which is a level more commonly expected during intense aerobic exercise testing. The impact is hardest on those people who are least fit."

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive - up to an hour sooner than if someone gets to the hospital by car. EMS staff is also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room. If you can't access EMS, have someone drive you to the hospital right away.

Butch Dale's Flashback Trivia



Do You Know This 1961 Coal Creek H.S. Grad?

HINT: She was a class officer all four years and was voted Homecoming Queen her Senior Year.

> Answer on Page A3

Looking for a part-time job that does not involve the words:

Norovirus infection often comes on suddenly, with symptoms that include nausea, vomiting, diarrhea, and stomach pain or cramps. Diarrhea tends to be especially severe in children, and the resulting dehydration can be dangerous, particularly for the young and elderly. It's crucial to watch for dehydration signs such as dry mouth, dizziness, and reduced urination in those affected.

Norovirus is highly contagious, especially in crowded places like schools, daycares, nursing homes, cruise ships, family gatherings, and hospitals. When an infected person vomits or has diarrhea, billions of virus particles are released, and swallowing even a small number – as few as 100 particles – can cause infection. The virus is transmitted by direct contact with vomit or stool from an infected person, by touching contaminated surfaces such as doorknobs, toys, or utensils, and by eating contaminated food or drinking contaminated water. Additionally, infected individuals who handle or prepare food can spread the virus to

Most people recover from norovirus on their own. However, it's essential to seek medical advice if you notice signs of dehydration, such as dry mouth, dizziness, or reduced urination, or if To help make snow removal safer, the American Heart Association suggests:

- Give yourself a break. Take frequent rest breaks during shoveling so you don't overstress your heart. Pay attention to how your body feels during those breaks.
- Don't eat a heavy meal prior or soon after shoveling. Eating a large meal can put an extra load on your heart.

See GRAVE Page A5



The Paper of Montgomery County is looking for clerical help. This could be the perfect job for part-time students all the way up to Baby Boomers looking for something to do.

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See JOHN Page A3

Α3 It's Tuna Time!



vigil," my husband, Peter, said, watching our cat, Felix. The Postscript Peter, who

"He's on

never had a cat before Felix, has become the resident cat expert. Of course, he has a sample size of one, so all his generalizations about cats are based on Felix.

I had quite a few cats before Felix, so I feel in a better position to say what kind of cat Felix is. Felix is a lively cat-he is the most playful adult cat I've ever had. He is not a lap cat and does not like to be carried around. And he is a fussy eater. The first two make sense, since he spent his early life on the streets. The fussy eating is just Felix. He seems to think that, since he was scooped up off the streets into the lap of luxury (not the literal lap, you understand, because laps are much too confining), he deserves nothing but the best.

Felix is not crazy about his dry food-which is a very good brand and is nutritionally complete. He will not eat leftover fish skin or cheese. He'll eat the occasional garbanzo bean, but it must be warm. I don't know how a cat with such particular tastes survived on the streets. But the one thing Felix likes is tuna, and he gets tuna every day. He gets tuna at promptly 8:30 p.m. because that has been declared by Peter as Tuna Time.

So Felix is on vigil every night from around a quarter to 8 until exactly 8:30. The anticipation before Tuna Time is the high point of his day. (I meant the high point of Felix's day, but it may well be the high point of Peter's day as well.)

approaches, Felix slowly inches closer to Peter. He watches more and more intently. Every time Peter glances up, there are a pair of golden green eyes fixated on him. Peter is master of Tuna Time, and every move he makes is observed by Felix.

I'm not sure how our lives became so ruled by this ritual that did not exist before we adopted Felix. Ignoring Tuna Time would be like skipping a sunrise or forgetting my birthday or putting on my shoes before my socks. It's a thing that can't even be imagined. When we go out to eat, Peter looks at his watch, "45 minutes until Tuna Time!" he says, and we know we better be heading home.

At about 8:27, Peter takes a deep breath. Felix hears the sharp intake of breath and freezes.

"And..." Peter's voice rises to a crescendo, "... it's TUNA TIME!"

Felix races to the kitchen so fast his paws spin in place for a moment before he gains traction. He purrs so loudly I can hear him from the next room, as Peter assures him this is the most tuna he has ever received. (It is exactly the same amount every night.)

Felix eats the tuna in an instant. And then he relaxes for the evening. The main event is over. When he was younger, he would wail in apparent grief that the best moment of the day was over so soon. But he has come to understand that, like every good thing, Tuna Time must come to an end. And when it does, all there is to do is wait for another day when Tuna Time will come again.

I'll Tell You How Big I Want It

knows, size matters. Men are not a good judge of DICK

this. That's WOLFSIE Funny Bone why my wife has brought back every piece of clothing I have ever bought for her birthday, our anniversary, Mother's Day, and Christmas. I never get the right size. Mary Ellen has returned more blouses, jackets and robes than she has library books. And she's a big reader.

As any

woman

Next year, we are going to Iceland for vacation, and I thought a great gift Idea would be a pair of snow pants to keep her toasty on some of our daily hikes. Looking back, I don't think I have ever bought her pants as a gift, so this was a big challenge.

In the past, I'vw gone into her closet to look for sizes on other items. For shirts, the sizes ranged from petite to large. This freaked me out because it reminded me of The X-Files episode where this guy's wife turned out to be an alien and could change into three different women. I love my wife. But one is enough.

Another tactic I used was going to a store like L.S. Ayres (remember them) and observing a woman about Mary Ellen's size, then asking this stranger what size she was wearing. I used "observing," but the security guard called it ogling and harassment. So much for that technique.

On the internet, I discovered several clothing sites with virtual dressing rooms where I can pick the items I'm interested in. Then, the computer applies that selection to a woman who looks about Mary Ellen's size. This would be very helpful if my wife were two inches tall.

Another site wanted to know my wife's hip/waist ratio. Mary Ellen won't give me the password to her computer. Do you think she'll tell me her hip/ waist ratio?

Another site asked me if I thought the product I was thinking of purchasing would shrink or stretch. I didn't have any idea. My experience buying pants for myself is that sales clerks tell me an item will stretch if it's a little tight and shrink if it's a bit loose. I've fallen for this for 60 years.

Of course, the most common question asked for pants is the inseam. I would have thought that after almost 45 years, I would know the length of my wife's inseam. Not a clue.

So, I snuck into her closet one day while she was out shopping, and armed with a tape measure, I started determining the required information. Suddenly, Mary Ellen walked in while I had several pairs of her pants spread out on the bed.

"What on earth are you doing?"

"I can't tell you, Mary Ellen, it's a surprise."

"I'm surprised already. It looks like you are measuring my inseams."

I told her I wanted to get her something for Christmas that she would not have to return."

"Okay, Dick. How about a gift certificate to my favorite clothing store. And I am going make this even easier for you."

BUTCH

Now immediately after supper, I drink a glass of lactose free milk and down eight Lorna Doone shortbread cookies . . . every evening. Not long after this started, I bought a box of Wheaties cereal ... "the breakfast of champions." I ate these as a youngster for breakfast, after school, before bedtime, and sometimes even took it for my lunch at school. I also bought Cream of Wheat because my mother fixed that for my breakfast many times during the winter months.

What is another food that little kids have always eaten? You guessed it . . . peanut butter and jelly sandwiches. And now I eat three or four of those through the week! I also now have a hankering for cornbread, topped with lots of honey and real butter. Mom fixed that quite often when I was young, and we always had honey, as our neighbor Forrest Flaningam had several beehives. My folks usually had bacon and eggs each morning. The smell of bacon reminds me of those days, so now I have a BLT sandwich at least once a week for supper. They also made homemade ice cream all summer long. Not to worry, I started buying Blue Bell "Homemade Vanilla" and now eat a half gallon almost every week. And good news . . . one of my sons bought me an ice



the affected person seems unusually fatigued or has severe abdominal pain. Dehydration can be serious, especially in young children and older adults. While norovirus is unpleasant, understanding how it spreads and taking

From Page A1

cream maker for Christmas . . . can't wait to use it!

I have evidently reached the point in my life where I have regressed to eating my childhood favorite foods every day. Psychologists claim that older people often revert to their childhood habits. I have been a kid at heart all of my life, so this fits right in. The taste and smell of food can bring back nostalgic memories of happy times, make people feel good and often evoke a sentimental yearning for the past. I imagine many of you have favorite childhood foods that bring back wonderful memories when you have those foods today. The good thing for me is that I never seem to gain weight. I don't know if that is just my naturally high metabolism taking effect, or all of the caffeine in the coffee.

I may try some more of my childhood favorite foods in the years to come. They may not be healthy, but hey, I'm 76 ... might as well enjoy it. And if my wife considers me strange, too bad. She should have known that when she married me!

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 36 years, and is a wellknown artist and author of local history.

From Page A2

simple hygiene precautions can help reduce the chances of

Shortly before 8, Felix finds a spot where he can watch Peter-a place where Peter could not possibly escape without passing him. He stares at Peter. As the hour

Carrie

Butch Dale's Flashback Trivia

Answer: Linda Thayer

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Till next time,

Back to snow pants. I decided to use all the latest technology to get this right. I logged on to a clothing size calculator, which asked me many questions I had no idea how to answer. The weirdest was bust size. I don't think Mary Ellen hikes up her pants that much. "How will you possibly make a gift certificate purchase even easier?"

"I'll tell you how big I want it."

- 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. Email Dick at Wolfsie@ aol.com.

catching or spreading the virus.

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



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Issue 150

FOR THE RECORD

For The Record is a public service and regular feature in The Paper of Montgomery County. It is designed to tell you what is scheduled to happen and what actually does happen in meetings paid for with your tax dollars. The Paper encourages all citizens to take an active role in being involved in local government.

CRAWFORDSVILLE COMMUNITY SCHOOL CORPORATION

Notice of Regular Meeting

The Board of School Trustees of the Crawfordsville Community School Corporation will conduct a special meeting on Thursday, Jan. 9, 2025, at 5:30 p.m. at Meredith Nicholson Elementary, 1010 Lane Ave The public is invited to attend.

NOTICE OF MEETING

The Union Township Board will meet on Tuesday Jan. 7 at 5:30 p.m. at the Union Township Trustee's Office, 1311 Darlington Ave., Crawfordsville. This is a public meeting.

MONTGOMERY COUNTY SOIL & WATER CONSERVATION DISTRICT

Here are the dates for the two working group meetings. They'll be held in the same USDA Service Center Conference room.

For our Cooperative Invasive Species Management Area (CISMA) the meetings will be held at 4 p.m.-5 p.m.

On: Jan. 23 April 9 July 10 Oct. 9

For Community Growers those meetings will be held at 10 a.m.-11:30 a.m. on: Feb. 26

May 21

Aug. 6

Nov. 5

C'ville Baby Girl First Baby Born in '25



Photo courtesy Franciscan Health

Devanshi Chaudhari, with her parents, Sonalben Chaudhari (Mother) and Reena Patel (Father), was born at 8:04 a.m., on Jan. 2 at Franciscan Health Lafayette East.

Back in the Day with Butch Dale



None of the towns had paved streets in the early days, and traveling on a dirt street or road was especially difficult after a good rain. In 1916 Darlington decided they had had enough and bricked Main Street. It remained as a brick street until the early 1960s.

before the last game of the Colts' season against the Jacksonville Jaguars. Truth to tell, I wanted to get this done before kickoff considering the recent track record between these two "juggernauts." The Jags have won five of the last six meetings against our Colts including the infamous 2021 game. Remember that one? The Jags were 2-14 and Indy was 9-7. All Indianapolis had to do was win and they would punch their ticket to a secondstraight trip to the NFL postseason. But Carson Wentz handed 10 points to the Jags and a 26-11 loss ended another ugly season. The Jags were the worst team in the league.

Sound familiar?

So where do things go from here?

Let's look at it from another angle. I'm a fan of Kent Sterling, the former radio guy who was a mover and shaker behind 1070 The Fan. Met him when our paper was working with **Emmis Executive Tom** Severino - one of the nicest guys I've ever met. Sterling was just as nice and today he has a popular twice-daily YouTube show with nearly 20,000 subscribers (a number a lot of Indiana newspapers would kill

From Page A1

"cleaning things up" ... players needing to be "relentless" . . . "giving everything they've got" ... you know, coachspeak.

Sterling rightly pointed out that none of those things are measurable and that good teams (whether sports or business) do well with measurable items.

I could not agree more. In that past life as both an athlete and a sportswriter, I can tell you that the Hollywood-version of pep talks from coaches in locker rooms does indeed happen . . . once in a great while. MOST of the time, the vast majority, coaches are talking about game plans, specific assignments, plays, key areas of emphasis . . .

The problem with generalities and rah-rah speeches is two-fold. As Sterling said, generalities are not measurable. And rahrah speeches are great

about where they would be at the end of the season. It wasn't asking too much - and it also wasn't so life and death that missing the goal one week would be devastating and ruin the season.

Two percent was a simple, step by step, attainable and measurable process.

Perhaps Shane Steichen has things like that in place for the Colts? He certainly would not be the first coach to say one thing to the media and do something else on the practice field. If so, then good for him. However, it is hard to see week-to-week improvement from these guys - especially when it comes to tackling.

OK, so it's Black Monday in the NFL and perhaps owner Jim Irsay and / or his daughters have already made moves regarding staff. Whether they have or not, here's hoping that everyone in the organization – from the GM to the head coach to the assistants - instill a system that can be measured and allows everyone to be held accountable to specifics, not just generic "play hard" platitudes.

At 8:04 a.m., on Jan. 2, Devanshi Chaudhari became the first baby born in 2025 at Franciscan Health Lafayette East.

Devanshi, the daughter of Sonalben Chaudhari and Reena Patel of Crawfordsville, weighed in at 9 pounds, 3 ounces, and measured 21.5 inches.

The baby was delivered by Erin Ramirez, DO, an **OB/GYN** with Franciscan Physician Network Obstetrics & Gynecology.

For being the first baby born at Franciscan Health Lafayette East, the family received a gift basket of babyrelated items from the Franciscan Health Auxiliary Lafayette and the hospital gift shops.

围窗



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.

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Last week, Sterling got it right - as he usually does - when addressing the situation with the Colts, and specifically Steichen. During a press conference the coach talked about

for!).

.. for about 10 minutes. Then they wear off.

Our daughters swam competitively in high school and college. And one of the best things I saw during the many hours sitting in bleachers during endless meets was a sign on a pool deck that said something about improving 2 percent a week.

This was a state-caliber program, so the results spoke well of the practice. It also was something that was specifically measurable. If a kid could improve just a tad week by week, think

Two cents, which is about how much Timmons said his columns are worth, appears periodically on Wednesdays in The Paper. Timmons is the publisher of The Paper and can be contacted at ttimmons@ thepaper24-7.com.

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THE PAPER

2024 KIA Sportage Hybrid is Far More Than Another Boring Mid-Size Crossover



When I was

recently

given the

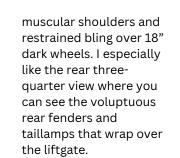
chance to



review the WILLIAMS 2024 Kia Auto Sportage Reviews Hybrid, I

thought, "Sure, whatever, another boring mid-size crossover. Not like I haven't tested a hundred of those!" But then it arrived in Shadow Matte Gray paint looking like a \$70,000 German autobahn bruiser.While it's no Audi, the Korean Hybrid turned out to be far more than another boring mid-size crossover.

I know people have mixed feelings about matte paint. Some like it while others think it looks cheap...and it can be more challenging to maintain. But it looks as sinister as a witch conjuring spirits. The rest of the Sportage is handsome with triangular headlamp pod, boomerang driving lamps, black grille, and satin silver trim. The side profile flaunts



The specter of luxury continues inside with our model's clay-red seats and trim. SynTex upholstery should wear better than cowhide and is easier to wipe away baby messes and outdoor activities. Heated and ventilated front seats, heated steering wheel, dualzone automatic climate control, and crisp Harman Kardon audio all ride under a panoramic dual-pane sunroof. Carbon fiber texture on the dash adds theater.

Sitting behind the wheel, it definitely feels like you could be in a Cadillac or BMW with curved twin screens for gauges and infotainment, but it's all far more concise and intuitive to use than in the Germans. Just swipe through commands and

condition, don't

middle aged or

older, meet with

Be aware of the

snowfall.

dangers of

regular basis or are

your doctor prior to

the first anticipated

exercise on a

apps with ease. Connect devices wirelessly through Apple CarPlay and Android Auto. Toss your phone in the console to charge wirelessly.I could go for a head-up display, but that's just wishing for cherries.

Beyond that, though, safety is a Kia hallmark and the Sportage comes with virtually every crash avoidance system known to modern humans: Automatic emergency braking, lane keep assist, blind spot warning, and cross path detection. There are also rear seat occupant alert, driver attention warning, and safe exit assist that monitors passing traffic to prevent passengers from making a tragic mistake.

Underway, it's clear the Sportage is no Audi. The suspension and steering are competent and comfortable for getting the kiddies to school and long Interstate drives, soaking up bumps and miles, but it still drives like an affordable mid-size



crossover.It won't be your first choice to toss into corners on a weekend backroad blitz, but that's not the purpose of the Sportage anyway. Its job is to look good while comfortably and efficiently moving It does pack an

impressive hybrid powertrain, however. It starts with a 1.6-liter turbocharged fourcylinder engine that combines with the batteries and motors to deliver a peppy 227 horsepower and 258 lb.ft. of torque.It's no Corvette, but ramping onto the freeway or zipping through traffic was no problem. There's Drive Mode Select that makes the throttle more or less sensitive, but adds no horsepower. Press the center lock button for moderate offroading. Driven sensibly, it delivers a frugal 38/38-MPG city/highway.

families.

Kia's designers are world's best at delivering vehicles that look like expensive

concept cars, but with materials and economies that keep them affordable. While the Sportage may look pricey, it actually starts at \$27,190 and only came to \$38,355 astested with the hybrid powertrain, matte gray paint, and red interior. It's hard to complain because that's an immense amount of vehicle for the money.

If you must consider others, check hybrid versions of the Ford Escape, Honda CR-V, Toyota RAV4, and Hyundai Santa Fe.

Storm Forward!

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

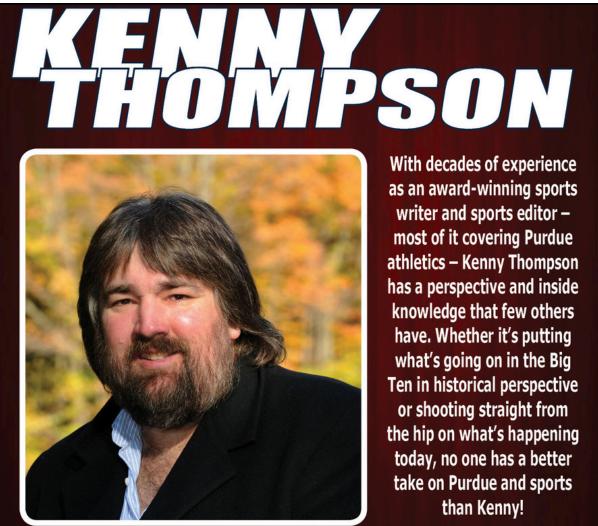
Likes Dislikes • Matte paint Blah • Luxury chassis interior No HUD • Affordable Few

complaints

2024 Kia Sportage SX-Prestige Hybrid

price

Five-passenger, AWD Crossover Powertrain: 1.6-liter T4 Hybrid, 6-spd Output: 227hp/258 lb.-ft. Suspension f/r: Ind/Ind Wheels f/r: 18"/18" alloy Brakes f/r: Regen disc/disc Fuel economy city/hwy: 38/38-MPG Assembly: Gwangju, Korea Base/as-tested price: \$27,190/\$38,355



GRAVE From Page A2

• Use a small shovel or consider a snow thrower. The act of lifting heavy snow can raise blood pressure acutely during the lift. It is safer to lift smaller amounts more times, than to lug a few huge shovelfuls

of snow. When possible, simply push the snow.

- Learn the heart attack warning signs and listen to your body, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives – maybe your own. Don't wait more than five minutes to call 9-1-1
- Don't drink alcoholic beverages before or immediately after shoveling. Alcohol may increase a person's sensation of warmth and may cause them to underestimate the extra strain their body is under in the cold.
- Consult a doctor. If you have a medical

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hypothermia. Heart failure causes most deaths in hypothermia. To prevent hypothermia, dress in layers of warm clothing, which traps air between layers forming a protective insulation. Wear a hat because much of your body's heat can be lost through your head.

It's also critical for people to recognize the signs of a heart attack and to call 9-1-1 immediately if they experience any of those signs.

"I can't stress enough the urgency of getting proper treatment for a heart attack," Dr. Gill says. "Don't die of doubt. If you're experiencing symptoms or something just doesn't feel right, go get it checked out. Hospitals offer life-saving treatment."

Catch Kenny every Friday in The Paper of Montgomery County!

The Paper

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Montgomery Murder Mysteries Part 2: "It's part of being a boy, Lizzie!"

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 him. How ridiculous. He's our only child and has our

Milton

of dis-

accused us

inheriting

five adorable grandchildren. Perhaps he got wind that we did go see Jimmy Wilson, one of Crawfordsville's finest lawyers and had Jimmy make-up provisions for Ben. After all, had we not have done it, who would help Ben in life? Yet, never did we take Milton out of our will. Whatever it was, Milton about that time, was inconsolable. Milton also tried twice to do bodily harm to his father. Once, when Frederick and Milton argued in our barn, Milton shoved Frederick into a pitch fork. Had Ben not been a very careful helper, and left the pitch fork with tines up instead of how he always left them tines down, we'd not have had our dear Frederick.At best, he shook Frederick up and he had a small knot on his head I had to doctor on for a few days.

The second time was worse. There was so much blood, that it seemed like Frederick was going to be a goner for sure. Ben wasn't around this time, he was at school.Milton had come over to our place and demanded he see his father. I wouldn't tell him where Frederick was, but he pushed and shoved me around my kitchen so much, that I was clean afraid of him, and finally told him Frederick had gone over to Garland's. Milton made a quick trip there, and found Benjamin Garland and Frederick on the Garland's porch. It was a high porch made atop stilts. Frederick was sitting on the edge of the porch, and Milton with nary a word, walked up to his father and shoved him off.

Then, he ran so Garland could not catch him. Frederick fell into a bush with a large rock underneath.He hit his head on that rock, and blood gushed everywhere, I'm told. Lucinda Garland washed him up, and put a few stitches in him, then sent him home, but not without a lecture. Both the Garlands told Frederick he needed to turn that into the sheriff, but of course Frederick would not. I was all for it, but you know that 7-word answer he gave me!

Those two incidents were unimportant compared to the 15th of February 1865, though.It began as an unseasonably warm day, so balmy that Ben decided to stay home from school and help Frederick gather the last bits of corn in from our field next to the house. I put out a large amount of wash that morning on the line and had just fed Frederick and Ben a lunch of cheese, crackers and a stew from one of our beef cows, sending them back out to their corn gathering. That's when I saw Milton's horse come barreling down the road, kicking up a blur of dust. He hopped off and ran right in the door, glaring at me with murder in his eyes.Never in my wildest dreams would I have thought that except that's just what happened. "Where is your husband?" I knew it would be ridiculous to lie to him as Frederick and Ben were within an 1/8 of a mile from my door, so I told him, "They're out gathering corn west of the house in that pasture where you found the large bones when you were little." Silly I was for thinking that bringing a reminder of his childhood would help calm him. He rushed out the door running wildly. It was but a few

seconds later that I heard two shots, loud and ominous. I looked out and saw Milton running across the field, then heard a whistle, and saw the horse take off toward his owner. When our horse and wagon, almost full of corn, came home shortly without its owners, I knew for sure things were bad!

I just couldn't go see what damage was done.

Perhaps had I, they'd have been saved, but when Ben Garland and a few other men on my road went to the scene, they assured me that my dear sweet nephew Ben and my beloved husband of 40 years suffered naught. They died instantly, blown to pieces with that damn gun. Oh, dear Frederick, this was more than just "being a boy," this was a malicious murder done by a jealous, wicked man. Oh, Lord, what happened to my sweet son?

Sheriffs of several counties sent their men after Milton. Rumors spread like crab grass in the heat of the summer. Me? I could sleep nary a wink once everyone was gone after the funeral. My brother Alfred Mitchell was so kind, he slept over with me even though there were nine offspring and his dear wife Sammie Deere at his home. He wouldn't leave me alone for about a month, but it was obvious that Milton was far far away, and I was fine. Alfred worried that Milton would come back and do me in, too. After Alfred went home,

occasionally one of his crew would come stay but mainly I insisted on being alone. I wanted time to ponder what I wanted to do. It was obvious no one was going to catch up with Milton. It was in my mind that I wanted my son to pay for his crime, so I had signs printed.

It caused quite a stir not only with my friends but my family members as well. They couldn't believe I'd give someone \$1,000 to kill my one and only son. I had to, I just had to. Now, I see that I was just so overwrought and was not thinking of his dear wife and children. I could not think of anything other than my loneliness and my sorrow, my desire to make him pay.

It was in Canada that Colonel Curtis a... what do you call it ... bounty hunter ... ran into Milton but Milton dodged him and headed back South. I'm not sure on the details but I do know that Milton had stopped at his home to see his wife and children, what would be the last time, because I had to pay that blood money to Curtis when he shot and killed Milton just as he was trying to cross the Wabash to Montezuma on May 10th.

So, ladies, listen well, do not have one child, but if you do, give them rules to live by and make them stand by those regulations. Do not let them have their way, because something they do some day may be just more than "being a boy!" Building new clean energy will lower Hoosiers' bills & protect grid reliability.

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REWARD

\$1,000 for the death or capture of Milton Wineland

See: His mother, Lizzie Wineland North of Waveland, Indiana 10 March 1865

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Local veterans were not forgotten at Christmastime. A lot of good people made sure America's protectors know they were and are appreciated. Thanks to the Vets, the caregivers and those who helped spread Christmas cheer!













has been good for a while then bad then good. Oh well so be it. I had a Guest Columnist total of 22

visits to my office with veterans, I received a total of 60 phone calls into my office and and we took a total of 18 trips to the veterans Clinic's and Hospital this Month. We delivered a total of 33 Veterans Christmas Bags to our Nursing Homes and we had 7 people who helped with this and they were Mr. Dale Wilson, Mr. Bill Durham, Mr. & Mrs. John, Sharon Zlotucha and Mr. Ron Keedy our Photographer, and I need to say I was sorry for leaving too soon for Dave Sanders to join us. We visited Wellbrook, Whitelock Place, Belle (Former Bickford), Ben Hur, Lane Place and Hickory Creek.

If any of you know a veteran ask them if they have a will? Please as Dan Taylor the attorney here in Crawfordsville will do them for Free. His Phone Number is 765-361-9680.

I will be at the VFW Post 1431 in CrawfordsvilleOn the 16th of Jan. 2025 from 1-3 p.m. and the DAV on the 18th of January 2025, which is at the Crawfordsville Library from noon to 2 p.m. Please call me at 765-361-4133 if you would like to speak to me.

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.

















Photos Courtesy Chaos Photography Ron R. Keedy