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TODAY'S VERSE

Romans 10:9 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

Meet Julius



Julius is a handsome 5 year old male brindle American Pitbull Terrier available for adoption from The Animal Welfare League of Montgomery County (AWL) since 8/11/24. Julius has won the prestigious award/s of ULTIMATE HUNK & ULTIMATE CUTIE PIE!! Julius has the looks of a big beefy hunk, but is truly a BIG TIME cuddle bug! Julius loves to suckle blankets while in bed, he insists on bringing a toy with him to the play yard, and he absolutely LOVES being the center of attention! Julius loves going out for walks, playing fetch, and frolicking in a fenced yard. Julius is neutered, microchipped, dewormed, and up to date on all of his shots. Julius is looking for his best friend! Could that be you? 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!

The last couple of weeks we looked ahead at the year 2025 by the numbers! Now that we have that covered, let's look at our next national holiday coming up – a celebration of Martin Luther King's birthday!

1-15-29

Although we are celebrating Dr. King's life on Jan. 13, he was actually born on the 15th of this month in 1929. Had he not been gunned down in 1968, he would be 96 years old this week.



Credit to National Park Service
The Martin Luther King, Jr. Memorial opened in 2011.

5

Martin grew up in a family of five. His father was Michael and mother was Alberta. Martin was one of three children. Michael was a pastor.

15

That's the age Martin was when he became a college student. Morehouse College, the school his father and maternal grandfather

attended, opened their doors to high school juniors who passed an entrance exam.

18

That's the age Martin was when he decided to enter the ministry. He went to Crozer Theological Seminary in Pennsylvania and was elected as student body president.

6-12

Students in grades 6-12 are invited to participate in the 2025 Dr. Martin Luther King Jr. Essay Contest. All you have to do is write an essay based on the following quote from Dr. Martin Luther King Jr.: **"We must accept finite disappointment, but never lose infinite hope."** More information can be found on the Martin Luther King Jr. Essay Contest website, <https://iasp.org/students/mlk-jr-essay/>. The online submission deadline is Feb. 28. This program is FREE for Department of Student Programs member schools. Cost for non-member schools is \$10 per essay. Department of Student Programs membership is independent of individual administrator membership through IASP. If you are unsure if your school is a DSP Member, or if you have other questions, please contact Jill at jslinker@iasp.org.

1963

That's the year he helped lead the march on Washington and stood on the steps of the Lincoln Memorial and gave his "I have a dream" speech.

17

The number of minutes that speech took.



Credit to NPS: National Archive and Records Administration
Dr. Martin Luther King giving his "I Have a Dream" speech during the March on Washington.

29

Although there is some disagreement, it appears Martin was arrested at least 29 times. Many were for things white people would not be arrested for.

Barton Honored By Governor With Sagamore of the Wabash

Indiana Gov. Eric Holcomb has recognized Crawfordsville Mayor Todd Barton with the prestigious Sagamore of the Wabash award, the highest civilian honor granted by the governor of Indiana. This distinguished award was presented to Barton at the Statehouse during a special ceremony on Jan. 8, in recognition of his extraordinary contributions to the Hoosier State.

The Sagamore of the Wabash award is a time-honored tradition in Indiana, bestowed upon individuals who have demonstrated remarkable service, leadership, and dedication to their communities and beyond. Recipients of this award are those who have gone above and beyond in their efforts to make Indiana a better place to live, work and thrive.

See BARTON Page A4

Butch Remembers a Special Teacher



I have written about a few of my teachers in earlier columns, and here is another lady that made me love school...my second grade teacher, Tessie Stwalley. After graduating from Crawfordsville high school in 1917 and then from Indiana State Teacher's College, she started out teaching home economics (or "domestic science" as it was known at that time) in 1921. Her sister, Audrey Wisheart Cox, who later became my fourth grade teacher, was a student in her class. The girls enjoyed her class and learned many things, including how to sew and cook. In fact, Tessie started up the school's first hot lunch program. Each morning her students went to each room and took orders for meals, and then prepared the foods during

See BUTCH Page A3

TODAY'S HEALTH TIP

If you're trying to get pregnant, or are pregnant, be sure to take 400 micrograms of folic acid a day to help prevent birth defects.

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

"You and I are told increasingly we have to choose between a left or right. Well, I would like to suggest there is no such thing as a left or right. There is only an up or down." Ronald Reagan

THREE THINGS You Should Know

- Sadly, Indiana ranks high on a list we'd rather not be on – we are the third deadliest state for farm fatalities. According to the personal injury lawyers at Omega Law Group, data from the U.S. Bureau of Labor Statistics show that North Dakota has the worst number in the nation at 48.4 deaths per 100,000 ag workers. Missouri was second at 40.5 and Indiana ranked third at 37.5.
- And there was more bad news on the economic front. - A new study shows Indiana is the ranked the 30th-best state for entrepreneurs in 2025. Simplify LLC released a study on the Best & Worst States for Entrepreneurs in 2025 after analyzing six categories of data from the Census Bureau, Bureau of Economic Analysis, Tax Foundation and the U.S. Senate. Indiana ranked 10th last year, falling 20 spots this year.
- Three people who were involved in the murder of Chris Beatty must continue serving 108- and 164-year sentences after Indiana Attorney General Todd Rokita's legal team prevailed at the Indiana Court of Appeals. "Although no one can prevent deadly crimes before they happen, our office works hard to keep Hoosiers and their loved ones safe," Rokita said. "A big part of that work includes keeping dangerous lawbreakers off the street through our handling of criminal appeals." In separate appeals, the three defendants raised a variety of issues they claimed raised doubts about the validity of their convictions and the lengths of their sentences. In each case, however, the Indiana Court of Appeals upheld the convictions and sentences.

TODAY'S JOKE

How do you know if a pool is safe for diving?
It deep ends!

MONTGOMERY MINUTE

Interested individuals are invited to attend a Feb. 5 informational meeting to learn more about the Strawberry Festival Queen and Junior Royalty Program. It will begin at 6 p.m. in the Donnelly Room at the Crawfordsville Public Library. The Junior Royalty Program is open to boys and girls ages 6-10 as of May 1 and is \$25 to enter. The Strawberry Festival Queen program is open to high school girls with a \$45 entry fee. All contestants must reside or attend school full time in Montgomery County. If you are interested in learning more about the Strawberry Festival Queen or Junior Royalty Program, please email sfestqueen@gmail.com for more details.

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



Here's a tip of the seed corn cap to Mayor Todd Barton for continuing his monthly meetings with the public! He next one, the 139th of his tenure as mayor, is set for Jan. 27, 4 p.m. at City Hall.

Paper Has Free Home Show Tickets For You

The Paper of Montgomery County once again has free tickets to give away for the 2025 Indianapolis Home Show which runs from Friday, Jan. 17 through Sunday, Jan. 26 at the Indiana State Fairgrounds and Event Center.

All you have to do to win tickets (valued at \$15 each) is either send us a selfie of you and our front page (Print or Online Edition) or drop by our office at 127 E. Main St. and let Jacob take your picture!

If you send us a selfie, email it to news@thepaper24-7.com and be sure to include your name, where you live (city or town, not specific home address) and a little bit about yourself. Then all you have to do is wait and watch. If you see your smiling face in The Paper – you win! But wait, as the TV guy says, that's not all! If you come by our office – you don't have to wait at all! Jacob will get your photo and then hand you free tickets. Yes, it's that easy!

And what a year to win Home Show tickets! The Indianapolis Home Show returns for its 103rd year! An Indiana tradition, the oldest home show in North America offers the latest in decorating, landscaping, construction and remodeling ideas. Visitors to the Indianapolis Home Show can talk to hundreds of home and décor experts for advice and explore thousands of the newest home products.

The opening day of the show is special because visitors can pay honor to all our heroes! All active and retired military, police and fire personnel get FREE ADMISSION for the day, plus FREE PARKING at the State Fairgrounds. Just bring a valid ID, and come enjoy the Home Show on opening day!

And on Sunday, Jan. 19, the Home Show, as a thank you to those who help teach our little ones, is giving teachers and school staff FREE

ADMISSION. Just bring a valid ID!

The show opens at 10 a.m. each day and on Monday through Wednesday closes at 7 p.m. Closing time for Thursday through Saturday is 8 p.m. and Sundays wrap up at 5 p.m.

Regular admission prices are \$15 for adults, \$3 for children ages 6-12 and free for children 5 and under.

The following are some of the special features at this year's show.

Centerpiece Home
 Davis Homes is the builder of this year's Centerpiece Home, a structure built entirely inside the Exposition Hall at the Indiana State Fairgrounds! This year, Davis Homes showcases its two-story Sutcliffe Deluxe Craftsman.

Davis Homes, a local, family owned builder, is currently building in more than 20 Davis communities and custom communities in Marion County, along with building On Your Lot Custom Homes throughout Central Indiana. The Centerpiece Home interior is designed by Greg Riley and Ann Walker from Model Home Interiors. Landscaping comes courtesy of Precision Outdoors based out of Indianapolis.

Good Bones
 Mina Starsiak Hawk is Committed to "Good Bones" in Indianapolis and Beyond

With her keen real estate acumen and strong sense of purpose, Mina Starsiak Hawk is dedicated to the art and the business of saving old homes. Mina co-founded the home renovation company Two Chicks and a Hammer with her mother in the late 2000s, with the goal of revitalizing Indianapolis one property at a time. She then became the star of the hit HGTV network show Good Bones, currently in its ninth season. With dozens of homes rehabbed and more than 13 million viewers per season, the

show is one of the network's most successful series, and generated the spinoff show Good Bones: Risky Business. Mina will be on stage on Saturday, Jan. 18.

100 Day Dream Home
 HGTV's Mika and Brian Kleinschmidt Build Homes in 100 Days

Custom home designers Brian and Mika Kleinschmidt create, build and completely personalize a home from the ground-up for their clients in only 100 days in HGTV's "100 Day Dream Home." Mika is a realtor and Brian is a developer. Together, this husband-and-wife team make dream homes come true, helping clients design and build the perfect house in the perfect location. Catch Mika and Brian at the Home Show on Saturday, Jan. 25 and Sunday, Jan. 26!

NEW THIS YEAR:

Cooking Stage with Food Demos and More

For the first time, the Home Show will feature a cooking stage Monday-Friday of the show. Chef Ross Katz, owner of RHB Resources, a chef centric consulting and management company dedicated to advancing the culinary scene through education and implementation, will be onsite along with Chef Michael Gomez of Indy's own Gomez BBQ, demoing delicious recipes. There will also be a Traeger Grill giveaway tied to the cooking stage – stay tuned for more details!

Nina Klemm Debuts "House of Sleek"
 Furniture and Designs Interior designer Nina Klemm, known from Bravo's Flipping Exes, merges her expertise in design, real estate, and fashion with her brand, Sleek by Nina K. Specializing in home staging, styling, and custom transformations, Nina's latest work highlights modern trends in interior design. She's also expanded her brand with House of Sleek (@shophouseofsleek), an Indianapolis-based

furniture boutique, to offer curated, high-quality pieces that elevate her designs. Check out Nina's custom designer room at the Expo Hall and discover the perfect blend of sleek style and luxurious furniture.

Backyard Retreat by Millers Mini Barns

Head to the West Pavilion to enter a Backyard Retreat, courtesy of Millers Mini Barns. It's the perfect place to gather design and décor inspiration for your outdoor spaces – complete with an A-Frame Cabin designed by Jamie Markley and a Pool House designed by Nancy Riesterer.

Sip Back and Relax at the Wine Bar

The Wine Bar by Booher Remodeling and PRP Wine International is the place to wine down. Featuring an open concept in the West Pavilion, the Wine Bar has a variety of wines for Home Show attendees to treat their taste buds.

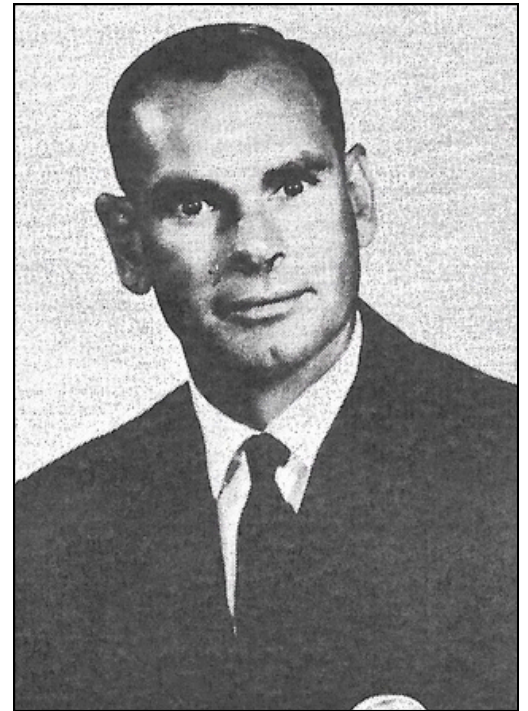
Expert Advice on the Precision Outdoors Living Stage

Check out all the Home Show stage presentations on the Precision Outdoors Living Stage in the West Pavilion, designed and constructed by Precision Outdoors. A local landscaping company servicing the Indianapolis area for almost two decades, Precision Outdoors offers everything to build your outdoor dream space.

The Marketplace Offers Boutique Shopping Experience

At the Marketplace, Home Show attendees can find everything from affordable furniture to unique knick knacks you won't see anywhere else! Check out this boutique shopping experience – with everything from curated home décor and furniture to clothing, gift items and accessories. Take your next step in everything home décor, located in the Expo Hall.

Butch Dale's Flashback Trivia



Do You Know This Ladoga H.S. teacher?

HINT:
 When he wasn't teaching Social Studies and Health, you would likely find him at the golf course.

Answer on Page A3

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Fad Diets Beg Question: What Toxins Are We Getting Rid Of?



MONICA NAGELE
 Guest Columnist

It's 2025, and the "New Year, New You" fad diets are hitting social media hard. Among them, the cleanse or

detox diet trend promises to eliminate harmful toxins from your body by following a specific regimen. Typically, a cleanse requires fasting, adhering to a strict diet of fruits and vegetables, and drinking some concoction that often leads to unpleasant digestive effects. But

here's the big question: what toxins are we actually getting rid of? That's right—these diets never specify, and in fact, there's no evidence to suggest that they remove any toxins from our bodies.

Our bodies are incredibly smart and already equipped with mechanisms to handle detoxification. The liver neutralizes toxic substances and ensures they are excreted through poop, pee, or sweat. Meanwhile, the kidneys and lungs work together to maintain our body's pH and

ensure acid-base balance. Despite these built-in systems, social media is full of posts claiming certain signs indicate the need for a detox. Let's examine six of these so-called signs and debunk the myths:

When we eat, our bodies work to digest food, and this process can sometimes cause **BLOATING**. Mild bloating is 100% normal. However, sustained bloating or discomfort could indicate constipation or other gastrointestinal issues, for which you should seek medical

attention.

FOOD CRAVINGS often occur due to an imbalance in hunger and fullness hormones. They can also be triggered by PMS, lack of sleep, poor diet, dehydration, stress, or increased physical activity. Seasonal and situational factors, like holiday stress, can amplify these cravings. Ironically, restrictive detox diets may actually increase cravings by depriving your body of essential nutrients.

➔ **See FAD Page A6**

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Get a Little Stuck On The Wait List



CARRIE CLASSON
The Postscript

This year had a lot of ups and downs for me. This past spring, I felt about as low as I have felt about my writing since I started. My book was going nowhere. There seemed to be nothing I could do to better its chances of being sold. I was unsure if anything I was writing was any good.

I realized I loved the new book I was working on and dove into revisions. I was able to finish the book after that. I had been worried I would have less energy to devote to projects if I picked up another one. Instead, I had much more energy than before. I had just been a little stuck.

And, somewhere in the middle of all that, my book sold.

In a movie, there would have been a miraculous phone call that turned everything around.

“Hello, Carrie? We’re interested in buying your book!” the caller would have said in the movie version of my life. This is not what happened. I was already unstuck when the good news arrived.

This is the lesson I’d like to take into the new year.

It’s easy to get a little stuck. There are things that will genuinely slow me down and hamper my success and, as optimistic as I am, I’m not blind to these obstacles. More will come in the future. I know this.

But, somehow, I need to find a way to get unstuck.

Sometimes it’s as simple as messing with my routine: Go out for a coffee once in a while, take a walk in the morning, call a friend I haven’t talked to in a while. It doesn’t really matter. That is the point. It doesn’t matter what I do, as long as I get unstuck. The hardest thing is to recognize that I am stuck and realize I don’t have to be.

I can’t fix everything at once. I might spin my wheels for a while. But, with any luck, someone like Tabitha will give my rear bumper a push when I need it, and I can get myself moving again.

Happy New Year, Carrie



DICK WOLFSIE
Funny Bone

I know how tired you all are with my griping about my issues with technology. Yes, I have written about my computer and my iPhone, but my problems go back much further than those devices. I remember back in the 70s being a little confused about Post-it notes. Did you know they have a sticky side?

Now I have a major issue with my watch. It’s an Apple product, which I was reluctant to buy, but my brother-in-law gave me one for Christmas several years ago. I became very attached to it, which is the whole point of a watch. Last year I bought a new version.

I was having the time of my life with it when, with no warning, my watch asked me for my passcode and then suddenly turned off. My watch had never asked me anything before. In fact, I was the one doing the asking. What day is it? What’s the weather like tomorrow? Who’s winning the Colts game? From my watch, I never heard a word. Not a peep. Do I have a passcode?

Incredibly, I found it. I entered it carefully. I got a prompt that said my code was wrong. It also said I had to wait ten minutes before I could try again, which was ironic because I didn’t have a working watch. I have no idea how long 10 minutes is. When Mary Ellen says she’ll be ready to leave for dinner in 10 minutes, I swear it takes a half hour, so I never know who to believe, my wife or the grandfather clock in the living room.

I tried the code again. This time, the watch directed me to attempt my code again in an hour. What kind of stupid security protection is that? What was I going to do for an hour? Later, my login failed again. Now it said

I had to wait three hours before another attempt. I decided to take in a movie.

I Googled the problem and was informed that I could reset the watch by pressing the side button. There were two side buttons on the watch. But, which one to press? I’ve had a lot of bad experiences in this area. I once messed with the wrong wires on my automatic garage door, and everyone else’s door opened in the whole neighborhood..... at three in the morning.

I’m not sure this waiting time is an effective strategy to discourage someone with ill intentions. Although memory tells me that when I asked my wife out on a first date 45 years ago, she declined, claiming she was too busy, but she encouraged me to try again in three months. And I did. So, apparently, that method does work. Eventually.

And what a great idea for home security systems. How about a voiceover to the burglar at your window saying, “I’m sorry, we’re here having dinner. Could you try breaking in again in three days when we are in Bermuda? Our security system just wants to confirm your criminal attempt.

I’m writing this column as I sit in the store where I purchased the watch, hoping one of the salespeople can help me figure out this problem. The manager told me it would be four hours before I could see the technician. I was very unhappy about the delay but my watch had a big smile on its face.

– 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

class time...the cost to the students was three cents per meal!

After taking a few years off to raise her family, Tessie and her husband Merton returned to Darlington in 1942. Merton taught manual training, science, and physics, while Tessie started teaching second grade. They were both considered excellent teachers, and the Class of 1951 dedicated their yearbook to them, stating "their willing support of our activities, their encouragement of our efforts, and their loyal friendship have helped us throughout our school years. We are glad to have their high principles and strength of character as a guiding influence."

Like the other outstanding grade school teachers of that era, Tessie was a strict disciplinarian, and she demanded that her students act like little ladies and gentlemen at all times. Yet, she had the ability to maintain control without raising her voice, and she very seldom used corporal punishment. The "look" in her eyes was usually all it took to straighten out an unruly youngster. Tessie had the patience of a saint, and she gave individual attention to every student. She emphasized the basics of reading and math, and often took special delight in acting out lessons to make her points come alive.

Tessie's warm smile gave encouragement to even the most hesitant student, and many recall her great

enthusiasm and good-natured manner. She also encouraged and promoted individual talent, let the boys and girls decorate her classroom, and she took great delight in displaying the students' papers and art work. One of the activities that I remember were the "Indian blankets" we made while studying Native American culture. Drawn with crayons on old bedsheets brought from home, our artistic masterpieces hung from every corner of the room. Each student was given an Indian name, and the class participated in dances, songs, and other Native American rituals. When I became a teacher in the 1970s, I also had my students participate in this activity, which was fun for the kids...and me, too!

Although Tessie formally retired in 1968, she substituted quite often until her health prevented her from doing so. Even in her later years, she never lost the love that she had for all of the little boys and girls who had the privilege of calling her "teacher." And like her sister Audrey, whenever Tessie saw me, she always smiled and gave me a big hug. When Tessie passed away, a part of our school died, too. We miss her greatly.

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 well-known artist and author of local history.

Butch Dale's Flashback Trivia

**Answer:
Bill Bays**

New Collection at Linden



Photo courtesy Linden Carnegie Public Library

The Linden Carnegie Public Library has a new collection of books purchased from funds given through the Opioid Litigation. The Town of Linden received the Opioid Litigation funds to support local programs. A collection of these books for card holding patrons is show here.

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↓ BARTON From Page A1



Photo courtesy city of Crawfordsville

Governor Eric Holcomb hands Crawfordsville Mayor Todd Barton a prestigious Sagamore of the Wabash Award, the state's highest civilian honor granted by the governor.

Barton's tenure as Crawfordsville's leader has been marked by innovation, collaboration, and a commitment to improving the lives of Crawfordsville residents. His leadership has spearheaded numerous community and economic development initiatives, placing Crawfordsville on the map as a forward-thinking and vibrant community.

The City of Crawfordsville celebrates this remarkable achievement and thanks Mayor Barton for his unwavering dedication to the community.

His recognition as a Sagamore of the Wabash underscores the importance of leadership and the profound impact one individual can have on the lives of many.

Crawfordsville is home to more than 16,000 residents. It is known for its state and nationally recognized Mobile Integrated Health program, extensive outdoor recreational opportunities at Shades State Park and Sugar Creek, and is home to the Ironman Lucas Oil AMA Pro Motocross Championships and Wabash College.

Thorntown Student Makes Dean's List

Makenzie Amich of Thorntown earned Dean's List recognition at Trine University for the Fall 2024 term. Amich is majoring in Forensic Science. To earn Dean's List

honors, Trine University students must complete a minimum of 12 hours and have a grade point average of 3.500-3.749.

Back in the Day with Butch Dale



Fifty-four years ago, in 1971, the last Montgomery County tourney was played at Crawfordsville. The Linden Bulldogs, coached by Tom Speaker and led in scoring by the county's all-time leading scorer Daryl Warren, defeated New Ross 80-71, Darlington 73-70 and then Waveland 67-59 to win the championship.

Revisiting Past Column on GERD



JOHN R. ROBERTS, M.D.
Montgomery Medicine

I've been asked to re-run my columns about Gastroesophageal Reflux Disease, more

commonly known as GERD. That long name describes acid from the stomach (gastro) being found in the tube that connects the mouth to the stomach (esophagus) that is going in a backward direction (reflux).

Once again, it's helpful to know the anatomy when trying to understand a medical condition (see top diagram). The esophagus is a muscular tube that contracts in a rhythmic fashion to move food from just below the back of the mouth to the stomach. The esophagus passes through the diaphragm, the muscular dome that separates the chest and abdomen. The diaphragm helps form the lower esophageal sphincter (LES) that acts as a valve to keep acid in the stomach. Food passes through the LES into the stomach where it is mixed with acid to start breaking the food down for digestion.

It is estimated that between 14 and 20 percent of adults in the U.S. are afflicted with GERD. These estimates are based on surveys of

patients who report heartburn, the primary symptom of GERD. The medical definition of GERD is "a condition which develops when the reflux of stomach contents causes troublesome symptoms (i.e., at least two heartburn episodes per week) and/or complications."

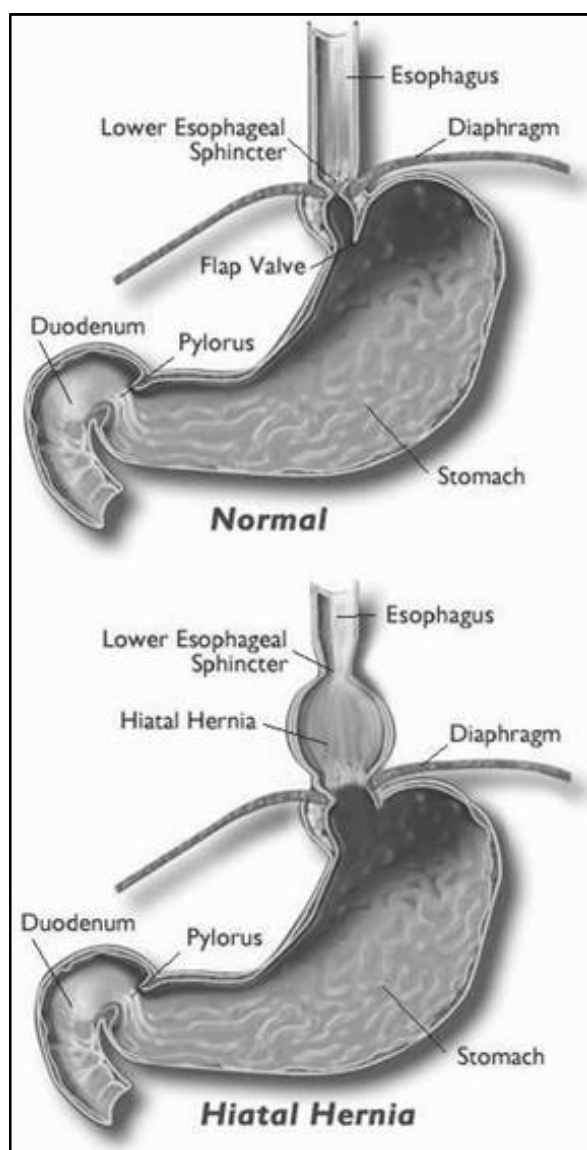
The incidence of GERD is increasing in the United States. The reasons are not completely clear, but it is presumed to be due the rising number of overweight and obese individuals. However, normal weight individuals can suffer from GERD.

A Hiatal hernia (bottom diagram) can lead to GERD. This condition occurs when the top part of the stomach "herniates" or pushes up through the hole in the diaphragm. When this occurs, the lower esophageal sphincter moves up away from the diaphragm, relaxes, and is not as effective at keeping food and acid in the stomach.

Additional risk factors for GERD include low muscular tone of the LES, loss of normal muscular function of the esophagus, excess production of stomach acid, delayed emptying of the stomach, and overeating. Alcohol can loosen the LES. Fatty or fried foods, coffee, tea, caffeinated drinks, chocolate, and mint are all foods that can cause or worsen GERD. Smoking cigarettes is also a risk factor and also reduces production of protective mucus in the stomach.

Common symptoms of GERD include heartburn, regurgitation of food, difficulty swallowing, and chest pain. Less common symptoms include pain with swallowing, water brash (excessive salivation prompted by acid reflux), sour brash (acid taste in the mouth, particularly when lying down), pain in the upper abdomen, and nausea.

Most people think of GERD as something that just causes heartburn, but it can result in more serious complications. These can be divided into those that involve the esophagus and those that don't. While most of these produce only symptoms, some can actually cause injury or even lead to cancer.



The lining of the stomach is protected from stomach acid by a thin layer of mucus. The lining of the esophagus, on the other hand, is not designed to withstand frequent exposure to stomach acid. When the esophagus is bathed in gastric juices, it can become inflamed and even ulcerated. This condition is called esophagitis and can vary from mild to severe.

Reflux with esophagitis can cause bleeding and scarring of the wall of the esophagus. This can result in the formation of narrowed areas called strictures. Strictures may result in difficulty swallowing solids and food may feel like it's getting stuck in the middle of the chest. If the strictures are severe the person may even have trouble swallowing liquids.

If cells that line the esophagus are exposed to stomach acid on a frequent basis, they may undergo structural changes to try to protect themselves. Excess acid exposure can also result in a condition called Barrett's esophagus

that can lead to esophageal cancer. The incidence of cancer of the esophagus has increased by a factor of two to six over the last 20 years.

There are also complications of GERD that occur outside the esophagus. If the stomach acid gets high enough in the esophagus, it can spill over into the larynx (voice box) and trachea (windpipe). This can cause a dry cough and also inflammation of the larynx (laryngitis) resulting in hoarseness and an irritating need to clear the throat. It can also trigger asthma attacks and make asthma more difficult to treat. Acid reflux into the mouth, particularly during sleep, can lead to tooth decay.

Now that you're an expert in what GERD is you're probably asking how to avoid getting it and how to diagnose complications and treat it. Tune in next week for the exciting conclusion!

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

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ARMY VETERAN

Audi Q8 Sportback e-Tron, Genesis GV70 are the Ethereal Electric Crossovers that Remain Familiar



Audi Q8



CASEY WILLIAMS
Auto Reviews

German automakers seem to be going through an identity crisis as they embrace electric vehicles. Mercedes don't really look like Mercedes and BMWs are beyond hideous, but Audi has somehow introduced tech-forward models that still respect generations of heritage. Even with glass cockpits and ethereal powertrains, familiarity remains. A great example is the 2024 Q8 Sportback S e-tron.

That's quite a word salad of a name, but it means this is Audi's flagship crossover with a hatchback and electric powertrain. It's big, easily swallowing five passengers in high-German comfort. But it is also athletic, looking ready to zap miles from the clutches of the Autobahn or a twisty sweep through the Bavarian Alps.

I used to think crossover coupes were stupid. I mean, if you want an SUV, buy an SUV. But I get it now. One gets all of the style and exclusivity of a luxury coupe, but with the practicality of four doors, hatch, and fold-down rear seats for recreational pursuits. Sure, rear legroom and headroom are a little dearer, but that's just part of living for form over function.

This one in S trim looks like somebody provoked it. It's showing anger through its wide trapezoidal grille, slashed air intakes, and seething headlamps above. It seems like a lot of grillage for an EV, but the look connects it to other angry Audis. Chiseled muscular shoulders, winged lower body flares, and wrap-around LED taillamps wrap around 20" wheels. It's a big car that doesn't look big - an Audi that's refined and elegant.

Slipping inside, drivers face what pilots would call a glass cockpit...or what Audi calls its "Virtual Cockpit". Imagine flatscreen gauges, large infotainment touchscreen, and lower screen for climate controls. Drivers can grab a stylish bar across the console. Gears are selected by grabbing said bar and flipping a switch at the end with one's thumb. Sleek forms caress natural wood, wrapped dash, and panoramic roof. Settle into heated seats and caress a heated steering wheel. It's all radically new, but somehow familiar.

As you might imagine, passengers are well protected. Safety systems start with adaptive cruise and automatic emergency braking, but extend to lane keep assist, blind spot warning, and rear cross path detection

systems. It's all helpful in a vehicle that makes considerable haste.

Batteries and motors only make the Q8 a smoother, quieter, and quicker Audi. All that conjures a solid 496 horsepower, and when matched with electric all-wheel-drive, shoves this big and heavy crossover 0-60 mph in 4.2 seconds. Range for the S version is rated 253 miles, but Q8's lower on the hierarchy can manage nearly 300 miles. Recharge times aren't bad, either. Fast charge 10-80% in 31 minutes or a full drink on a 240-volt home charger in 16 hours.

No matter where you drive the Q8, it's a big and heavy vehicle. An adaptive air suspension does a commendable job of controlling all of this mass, and gives drivers options for how tight or wafty they want their driving experience, but it always feels hefty to the hand. Fine, it's not a sports car. It's a sporty conveyance that will serenely whiff your family to wherever it wishes - as long as it isn't too far away.

All of this electric luxury comes at a price. A base Q8 costs \$77,800, but our S Sportback came to a lofty \$95,990. Competitors include the Mercedes-EQS SUV, BMW XM SUV, and Cadillac Escalade IQ.

Second Thought: 2025

Genesis GV70

Genesis Electrified GV70 If you like the idea of an electric luxury crossover that doesn't seem sci-fi, here's another one you might consider: The 2025 Genesis Electrified GV70.

The gas-powered GV70 was already debonair with its big grille, flowing forms, deep arching swage line in the bodysides, and rear window treatment that echoes the Porsche 928. The only clue this one is electric is the mesh-molded silver insert with a hidden door for the plug where a grille normally resides. The long hood, quad front light strips, and equally thin taillamps continue. It looks especially fetching over 20" wheels

Large screens for gauges, infotainment, and dual-zone automatic climate control glass up the cabin, but Nappa leather seats, sueded headliner, wrapped dash, and lush door panels dish deep class. Indulge in heated/ventilated front seats, heated rear seats, and a heated steering wheel. Wireless phone charging and Lexicon audio add delights. Safety is enhanced by a head-up display, adaptive cruise, blind-spot intervention, and safe exit assist.

On-road, its electric drive dishes 429 horsepower and 516 lb.-ft. of torque through all-

wheel-drive. Boost Mode allows 10 seconds of up to 483 horsepower, running 0-60 mph in just 3.5 seconds. Range is limited to 236 miles, but drivers can fast charge 10-80% in just 18 minutes. Adding tech, the adaptive suspension system pre-reads the road to anticipate and adjust for rough pavement. Adjust drive modes from comfy to sporty.

While gasoline GV70s

start at \$45,700, Electrified versions rise from \$66,950 to our vehicle's \$75,750 sticker. Also consider the Tesla Model Y, Cadillac Lyriq, Mercedes-Benz EQB, BMW iX, and Audi Q4 e-tron.

Storm Forward!

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

Audi Q8

Likes

- Familiar style
- Glass cockpit
- Ethereal performance

Dislikes

- Limited utility
- Shorter range
- Whew... price

2024 Audi Q8 Sportback S e-tron
Five-passenger, AWD Crossover
Powertrain: Li-ion batteries/motors
Output: 496 hp
Suspension f/r: Air Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: regen disc/disc
Driving range: 253 miles
0-60 mph: 4.2s
Fast charge (10-80%): 31m
Assembly: Brussels, Belgium
Base/As-tested price: \$77,800/95,990

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Rep. Beau Baird Chairs Environmental Affairs Committee

Indiana House Speaker Todd Huston (R-Fishers) announced that State Rep. Beau Baird (R-Greencastle) will serve as chair of the House Environmental Affairs Committee, replacing State Rep. Alan Morrison (R-Brazil) who is stepping down to serve as the next director of the Indiana Department of Natural Resources at the request of Gov.-elect Mike Braun.

"Beau has demonstrated a keen understanding of environmental issues and a commitment to preserving Indiana's natural resources while embracing economic growth," Huston said. "His background and expertise position him well to lead the House Environmental Affairs Committee, and I look forward to his guidance this legislative session."

Baird will continue to serve as a member of the House Agriculture and Rural Development Committee and the House Rules and Legislative Procedure Committee. He will step down from the House Ways and Means

Committee and State Rep. Cory Criswell (R-Middletown) has been appointed to serve in his place.

"I'm grateful for the opportunity to serve as chair of the House Environmental Affairs Committee. When I was first elected to the General Assembly, I had the privilege of serving on this committee and gained valuable experience addressing key environmental issues impacting Hoosiers," Baird said. "As a lifelong farmer, I truly understand the importance of balancing environmental stewardship with responsible growth. I'm committed to advancing policies that benefit our environment, rural communities and state as a whole."

Hoosiers can visit iga.in.gov to watch session and committee proceedings, track bills and view calendars.

Baird represents House District 44, which includes all of Putnam County and a portion of Montgomery County.

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Montgomery Murder Mysteries

Smile Unto Thee: Based upon the true story of the Murder of Taylor Dunbar

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

Reverend Stephen Kennedy Fuson here! Being a minister, I've naturally spoken

many a sermon, preached an equal number of funerals and been delighted to officiate the marriages of over 300 couples, but never have I been the counsel for a man condemned to be hanged until now. Yes, tomorrow August 8, 1883, Joseph W. Stout will pay with his life for the murder of Taylor Dunbar. Joseph is called Buck and quite the wild buck he has been for all his life, but I believe I have accomplished my life's greatest feat when I helped guide Joseph Stout toward the Lord. I've refused all along to refer to Joseph as Buck and this afternoon, he thanked me for calling him his given name, the one the Lord intended, the name honoring our Lord's earthly father.

Speaking of such, I've been grateful to the Lord for his guidance as I've worked with Joseph Stout. It hasn't been an easy task. Joseph has been a feral one, drinking and carousing. Been in trouble with the law many times, mostly for stealing petty things, such as a bag of tobacco. I had thought perhaps he had settled in as he recently informed me that he'd want my services when he married his betrothed. She is a beautiful, but rather wild gal, too, one he had met in a pub in Indianapolis. He indeed loves her though as he did not want her hurt over this mess he is in and has never mentioned her to anyone but me and his cousin Joel. Joseph even wrote a letter to her in care of Joel who will be delivering it first hand after tomorrow. Joseph seemed to be getting himself together; yet, just a few months ago, Joseph W. Stout murdered an innocent man, a beloved worker in Christ. Joseph felt he'd never be forgiven and almost didn't ask for counsel. When he did, he chose me, much to my dismay. I didn't feel being a self-appointed minister during the battles of the Civil War was enough to prepare me for this. In war, death is expected, but thank goodness for my training as a minister after the war rebellion because this is a death not planned. As Joseph's time nears and I've gotten to know this young man, I'm thankful the Lord gave me this opportunity. This is my 40th year of ministry but with this task, I needed all the help I



could get. Most of my family members are ministers and I talked over my tactic to bring Stout around with some of them, especially my brother, Rol, who at age 44, is just in ministry school and so eager about his calling. My first question to Stout was if he knew the Bible. He thought awhile, then said, "No, but I do know a few stories of the bible, such as Moses and the Ten Commandments." The Lord was guiding me as Moses was the topic I had come to discuss with him. I began with Timothy 1, Verse 15-16. "Christ Jesus came into the world to save sinners - - of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display His unlimited patience as an example for those who would believe on Him and receive eternal life."

I asked, "So, do you think Moses was a good man?" Stout seemed to think so, and was shocked with my next comment. "No, Moses was a murderer!" Then, I explained to him that Christ gave Moses total forgiveness and chose Moses to be the spiritual leader of the nation Israel, and guide God's chosen people out of Egypt into the Promised Land. We discussed King David and others who were sinners but were forgiven. Joseph seemed amazed that he could be forgiven for such a horrendous sin. In the week I worked with him, almost night and day, Joseph W. Stout became a believer. That is why tomorrow, I feel he is ready to meet his maker and taker of life.

Joseph began his tale to me from when he was a small child. Although Joseph had impressive forebearers, the Stouts, Wilsons, Quicks, Switzers and Shanklins, something in make-up containing the gene, "nice," went wrong. He was mean and caused havoc to the dismay of several teachers. His family members were church goers, yet Joseph skipped that part early on, heading to the woods to fish or hunt. One of our talks reflected that God had created all things and how Joseph could have found closeness to our Lord while he was

tramping the out-of-doors. Joseph pondered my suggestion, then noted, "Rev. Fuson, I truly never thought on that!"

One story as Stout awaited trial was that once he had threatened to kill his mother because he needed money. Elizabeth Stout was appalled at such a false accusation. She agreed that her son was lazy and rarely completed a job, but never would he think of treating her that way. I believe her as Joseph only spoke highly of both parents. His father is a common laborer but hard-working and God-fearing! There seems to me no reason why Joseph Wilson Stout came out the way he did. At the trial,

some hot-shot prison doctor gave a lengthy, ridiculous, reasoning about how a mother can deprive a child in the womb or in early childhood of wants and desires so that in "his conscience be neglected, he will therefore practice evil to gratify an appetite!" Oh, there was more - what hog wash! He even said, "well-cooked food and good water vs. coffee, wine or whisky guided one to feats of grandeur and lack of created ruffians." That silliness I could prove false with many examples.

That leads us to the relationship between the killer and the killed.

To be continued...

FAD From Page A2

CONSTIPATION is often a cause of bloating. To address it, increase your physical activity and water intake. When people change their diets, they often increase fiber consumption, but without enough water, this can worsen constipation. Yes, being backed up with feces is toxic—but the solution is hydration and balanced nutrition, not a detox cleanse.

signals that your body needs a detox.

It's the New Year, and plenty of people are trying to sell you the next life-changing diet. Before buying into these trends, think twice. Eating a balanced diet of fruits, vegetables, low-fat dairy, lean proteins, and whole grains may not be flashy, but it works.

FREQUENT COLDS are not a sign you need a cleanse. Instead, focus on a well-balanced diet rich in fruits, vegetables, whole grains, and lean proteins. This provides the vitamins and minerals your body needs to support a healthy immune system. You've probably heard, "An apple a day keeps the doctor away"—and it's not far from the truth.

If you've resolved to change your diet, physical activity, or body appearance, avoid elimination diets. Instead, focus on what you can add. Adding is more sustainable and enjoyable than removing. For example, when I fill my plate with fruits and vegetables at lunch, there's simply no room for the bag of chips I might otherwise eat. And if you really want those chips, allow yourself to have them—otherwise, deprivation can lead to overindulgence later.

Before blaming your diet for **FATIGUE**, assess your sleep habits. Most U.S. adults struggle with getting enough rest. Overconsumption of alcohol or high-calorie meals can further disrupt sleep. Research on the connection between sleep and body weight is ongoing, so stay tuned for updates on this topic.

For more tips and insights like this, tune in to my *Bite by Bite: Nutrition for Life* podcast on Spotify, Apple Podcast or wherever you listen!

HEADACHES can result from numerous factors, including alcohol consumption, smoking, sleep changes, dehydration, and sinus issues. These are not

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

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Staff Creativity, Talent on Display at Library

The Mary Bishop Memorial Gallery at the Crawfordsville District Public Library would like to invite the community to view the latest exhibit “Connect Create Celebrate.” Take a leisure stroll through the gallery to see handmade works created by our talented staff. This exhibit will be on display now through the end of January during CDPL’s regular hours of operation. A limited amount of work will be available for (cash only) purchases through our Circulation department.

Nearly every day of the year, this hardworking team encourages patrons to pursue their curiosity and they spend endless hours ensuring that you have access to a variety of knowledge in multiple formats. But who are some of these helpful people?

Steph Morrisette works in Adult Services. She is a Dendro-chronologist and she hikes through the forest as much as possible. She develops engaging nature based programs for adults and families, and is well-known for organizing popular

group hikes. Checkout our calendar to learn how to sign up for her next adventure.

Jodie Steelman Wilson of Administration enjoys the organizational side of her job and has worked at the library for a total of twenty years. She has been interested in British culture since she spent time living in the U.K. as a small child. She has a degree in Journalism and enjoys reading cozy mysteries, Mozart Operas, and afternoon tea.

Crystal Compton of the Circulation department has greeted patrons with a friendly smile and a helpful hand for over a decade. She is an avid Japanese Role-Playing (video) Gamer and has a deep love for animals, real or mythical.

Tray Scorza of Adult Services is a recent college graduate. He received his degree from the University of Indianapolis in Experience Design and would like to teach at a university someday. He enjoys learning about history and space, and he spends his free time exploring digital design

within gaming platforms.

Hannah Gray of the Technical Services department spent time studying abroad and has multiple degrees with a focus on Archives. She also works at the Linden Public Library. She enjoys reading books about history, completing fun crochet projects, and spending time with her dog, Alice.

Megan Taylor of Adult Services realized her dream of being a Librarian early on and has been serving the public for nearly 15 years. She enjoys reading fiction and spending time with her family.

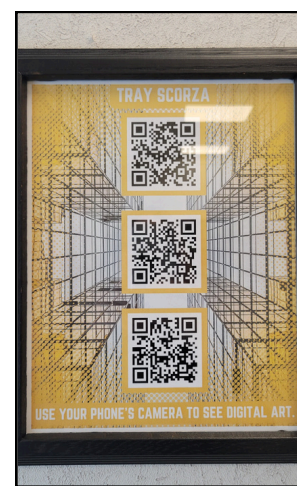
CDPL and CMMC are proud of each and every person that serves this community, professionals and volunteers alike. Our staff strive to improve access to materials on topics that matter to this community, as well as introducing materials that encourage patrons to learn about new, engaging topics.

Show your support by visiting CDPL on a regular basis and by

telling your local and state leaders how important the library is to you. For details about CDPL’s hours of operation, to access Digital Resources, or to learn more about our Winter Reading programs, please visit our website at crawfordsville.library.in.gov.

The Mary Bishop Memorial Gallery offers every visitor the opportunity to learn about local, regional, national and international artists on a rotating basis. Consider supporting a fellow community member by purchasing a unique artwork from a local artist.

If you are an artist or a member of an artists’ group and are interested in displaying your work at the Mary Bishop Memorial Gallery in 2026, contact the gallery coordinator at (765) 362-2242 for more information.



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.

SHERIFF’S MERIT BOARD

Meeting Agenda

Tuesday, January 14, 2025.

4:30 p.m.

Sheriff’s Office, 600 Memorial Drive, Crawfordsville, IN

Agenda

1. Call to order (President of Merit Board)
2. Reading and Approval of minutes
3. Old Business
4. New Business
 - Election of Officers
 - Crash Reviews
5. Executive Session - Interviews
6. Adjourn

CITY OF CRAWFORDSVILLE

Annual Notice of Public Meeting—2025

Redevelopment Commission

Notice is hereby given that the Redevelopment Commission of the City of Crawfordsville will meet on the third Tuesday of each month at 8:30 a.m. All meetings are held in the Common Council Chambers of the Municipal Building, 300 East Pike Street, Floor Two, Crawfordsville, Indiana. Meetings are subject to rescheduling and special meetings may be scheduled as necessary. The meeting dates are as follows unless notified otherwise:

January 21, 2025

February 18, 2025

March 18, 2025

April 15, 2025

May 20, 2025

June 17, 2025

July 15, 2025

August 19, 2025

September 16, 2025

October 21, 2025

November 18, 2025

December 16, 2025

Department of Planning & Building Services

City of Crawfordsville

300 E. Pike Street

Crawfordsville, IN 47933

CITY OF CRAWFORDSVILLE

Annual Notice of Public Meeting—2025

Plan Commission

Notice is hereby given that the Plan Commission of the City of Crawfordsville will meet on the third Tuesday of each month at 5:00 p.m. in the Common Council Chambers of the Municipal Building, 300 East Pike Street, Crawfordsville, Indiana. Meetings are subject to rescheduling and special meetings may be scheduled as necessary. The regular scheduled meetings will be as follows on the third Tuesday of each month:

January 21, 2025

February 18, 2025

March 18, 2025

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June 17, 2025

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August 19, 2025

September 16, 2025

October 21, 2025

November 18, 2025

December 16, 2025

Department of Planning & Building Services

City of Crawfordsville

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Crawfordsville, IN 47933

CITY OF CRAWFORDSVILLE

Annual Notice of Public Meeting—2025

Board of Zoning Appeals

Notice is hereby given that the Board of Zoning Appeals of the City of Crawfordsville will meet on the third Wednesday of each month at 7 o’clock P.M. in the Common Council Chambers of the Municipal Building, 300 East Pike Street, Crawfordsville, Indiana. Meetings are subject to rescheduling and special meetings may be scheduled as necessary. The regular scheduled meetings will be as follows on the third Wednesday of each month:

January 15, 2025

February 19, 2025

March 19, 2025

April 16, 2025

May 21, 2025

June 18, 2025

July 16, 2025

August 20, 2025

September 17, 2025

October 15, 2025

November 19, 2025

December 17, 2025

Department of Planning & Building Services

City of Crawfordsville

300 E. Pike Street

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CITY OF CRAWFORDSVILLE

Annual Notice of Public Meeting—2025

Historic Preservation Commission

Notice is hereby given that the Historic Preservation Commission of the City of Crawfordsville will meet on the fourth Wednesday of each month at 5:00 p.m. in the Common Council Chambers of the Municipal Building, 300 East Pike Street, Crawfordsville, Indiana. Meetings are subject to rescheduling and special meetings may be scheduled as necessary. The regular scheduled meetings will be as follows:

January 22, 2025

February 26, 2025

March 26, 2025

April 23, 2025

May 28, 2025

June 25, 2025

July 23, 2025

August 27, 2025

September 24, 2025

October 22, 2025

November 26, 2025

December 24, 2025

Department of Planning & Building Services

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If you have any questions, please call Mayor Barton’s office at 765-364-5160. Also, in accordance with the Americans with Disabilities Act, if anyone wishes to attend, hear or speak at the public meeting and needs reasonable accommodation, please contact the Crawfordsville Department of Planning & Building Services so accommodation can be made. The Department may be contacted at 300 East Pike Street, Crawfordsville, Indiana 47933, Fax No. 765-364-5177, Telephone No. 765-364-5152. Brandy Allen, City of Crawfordsville ADA Coordinator; ballen@crawfordsville-in.gov.