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TODAY'S VERSE

1 Corinthians 15:58
Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord.

Meet Cecily



Cecily is a 6 month old female grey/white tabby domestic shorthair cat available for adoption from AWL since 11/2/24. Cecily is friendly, playful, and affectionate. Cecily is a big time LOVER. Cecily is spayed, dewormed, and up to date on her shots. Cecily is ready to find her furrrever home! 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!



Welcome to February, Sweethearts!

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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!

Last week we took a musical detour with country & western superstar Steve Wariner who is coming home to Indiana to perform in Carmel in February. This week, we take a look at perhaps America's silliest annual event that just took place yesterday . . . Groundhog Day . . . by the numbers.

17

The friendly folks at the National Oceanic and Atmospheric Administration decided to grade the groundhogs (and others)



against each other to see which one is the most accurate. Unfortunately for Punxsutawney, Pennsylvania fans, Phil came in 17th out of 19 with a 35 percent accuracy rating. Who was the most accurate? Staten Island Chuck at an astounding 85 percent!

1993

The year the movie Groundhog Day came out, starring Bill Murray and Andie MacDowell. The film was shot in the spring and summer of 1992 and was done almost entirely in Woodstock, Ill., not Punxsutawney, Penn.



2

That's the number of choices Phil (or any of the other furry prognosticators) have - either predict an early spring, or six more weeks of winter weather. The legend goes that if Punxsutawney Phil sees his shadow, we're going to have six more weeks of winter. If he doesn't, an early spring is in store. But when you think about it, seeing his shadow means the sun is out . . . so we're not sure of the logic here. Then again, why are we talking about logic and groundhogs predicting the weather?

45

Despite what Phil and all the others say, mother nature says the vernal or spring equinox is 45 days away. Spring is sprung on March 20 at 5:01 a.m.

1887

That was the first year in Punxsutawney for what has turned into a national celebration. And no, Phil wasn't alive back then . . . although most groundhogs live for less than two decades, Phil's handlers say he is 125 years old thanks to a magical elixir he drinks (wink, wink).

0

Comedic genius Harold Ramis directed the movie and despite the success Ramis and Murray had together on Caddyshack, Ghostbusters and Stripes, the pair clashed and never made another movie together again. In fact, they didn't even speak until shortly before Ramis passed away in 2014.

WINTER



12 to 15

How many pounds most groundhogs weigh.

30,000

About how many people show up in Punxsutawney for the big day. That's pretty amazing when you consider the town has a total population of only 6,000 or so.

TODAY'S HEALTH TIP

Eating quickly can triple your chance of becoming overweight - put the fork down between bites and allow your stomach to realize it's full.

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com



THREE THINGS You Should Know

- The Internal Revenue Service opened the 2025 tax filing season last week and is accepting and processing federal individual tax year 2024 returns. IRS systems have already received millions of tax returns from across the nation for processing. The IRS expects more than 140 million individual tax returns for tax year 2024 to be filed ahead of the Tuesday, April 15 federal deadline. Taxpayers can visit IRS.gov to get answers to tax questions. IRS.gov is the quickest way for taxpayers to get help. The Interactive Tax Assistant (ITA) is a tool that provides answers to several tax law questions specific to individual circumstances.
- The December unemployment rate in the state was 4.5 percent, according to the Indiana Department of Workforce Development. By comparison, the national unemployment rate reported for December was 4.1 percent. December 2024 total private employment is 2,872,600 an increase of 2,100 from the previous month and 608,300 above the April 2020 Trough.
- In just two years, Indiana students have improved to sixth in the nation in reading according to results from the 2024 National Assessment of Educational Progress rankings. This is the highest Indiana has ever ranked in fourth grade reading. NAEP - also known as the Nation's Report Card - provides a snapshot of how Indiana's students are performing compared to other students across the nation. Hoosier students ranged sixth in fourth grade reading (previously 19th) and sixth in eighth grade reading (previously 17th). In addition, Indiana ranked ninth in fourth grade math (previously 11th) and 13th in eighth grade math (previously 11th).

TODAY'S QUOTE

"Love is a friendship set to music."
Joseph Campbell

TODAY'S JOKE

What do you call two birds in love?
Tweethearts!

MONTGOMERY MINUTE

Each year the Crawfordsville Montgomery County Chamber of Commerce sponsors legislative breakfasts. Elected officials are invited to share with the business community updates on what is going on from the city to the county to the statehouse. The next one for state politicians is set for Feb. 8, and the next one for city / county leaders is March 7. Go to www.crawfordsvillechamber.com to sign up or for more information.

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

Butch Visits Golden Arches in 1966



BUTCH DALE Columnist

A few years ago, I wrote a column about how the cost of living, even adjusted for inflation, was much cheaper in 1966 when my wife and I got married, compared to today. During those earlier years, our weekly grocery bill was never more than \$30 to \$35. Today our average weekly grocery bill is anywhere from \$200 to \$250. Many of the items we buy are things other than food . . . detergent, paper goods, toiletries, vitamins, etc. . . . and of course dog food and treats for our three lovable mutts. We usually buy our groceries in Frankfort, and according to routine, we stop at a fast food restaurant first . . . Taco Bell, Wendy's, Culver's, or McDonalds. Like everything else in this country, the prices are not slowing down. A meal at McDonalds, consisting of a hamburger, fries and a shake, now costs a little over \$8.00 . . . much more if you want a larger or different sandwich.

This got me to thinking back to 1966. When I was a student at Purdue, the first McDonalds restaurant in the Lafayette area was located across the Wabash River near the Sears store in West Lafayette. In those days, hamburgers were 15 cents, cheeseburgers 20 cents, fish sandwiches 24 cents, a McDouble hamburger 28 cents, and fries were 15 cents. A fountain Coke cost 10 cents and a large shake was 22 cents. I usually ordered a hamburger, fries, and a vanilla shake...at a total cost of 52 cents. Many Purdue students ate at the Triple-X restaurant near the top of State Street hill, but the food cost more, and it was difficult for me to find a parking space. My wife and I also enjoyed the "Spanish dog" conies at the A&W drive-in restaurant at 18th street and Main. Two of those sandwiches, onion rings and two drinks was \$1.60.

On rare occasions, we ate at a "regular sit-down restaurant." Our house was located across from the grade school in Clarks Hill, and just two blocks away was the Clarks Hill Fish and Steak House. One block on

See BUTCH Page A4

➔ OBITUARIES

Mary Catherine Reffett

February 14, 1929 - January 26, 2025

Mary Catherine "Katie" (Helms) Reffett, age 95 of Crawfordsville and formerly of Veedersburg, passed away on Sunday, January 26, 2025, at Whitlock Place in Crawfordsville. She was born in Kingman, Indiana on February 14, 1929, to the late Hardy & Dossie Jane (Bonebrake) Helms.



Mary graduated from Kingman High School in 1947 and played on the basketball team. After high school, she graduated from Indianapolis Business School and married the love of her life, Frederick Thomas Reffett, who preceded her in death on July 10, 1975, at the age of 50. Mary never remarried and raised her sons and sacrificed a lot for her family. She was a loving mother and homemaker and worked at the Fountain County Courthouse for many years. She was very patriotic and supported many veteran causes. She was a strong-willed woman and was a 25-year breast cancer survivor. She loved attending church activities and was a member of the Covington Orchard Hills Church of Christ. She enjoyed cooking, baking, making fancy cakes, gardening, and mowing her yard, but most of all she loved spending time with her family.

She is survived by her three sons, Daniel Thomas (Patricia) Reffett of Georgetown, Indiana, Patrick Helms (Brenda) Reffett of Newburyport, Massachusetts, and Timothy Jon (Beth) Reffett of Roachdale, Indiana; four grandchildren, Caitlin (Keaton) Roggenkamp, Haley (Jacob) Smith, Rachel (Justin) Jones, and Hannah Reffett; and four great grandchildren.

She was preceded in death by her parents; her husband, Frederick; a brother, Walter "Jake" Helms; and an infant sister, Margaret Ellen Helms.

Visitation will be at Sanders Funeral Care, 203 S 1st Street, in Kingman on Friday, February 7, 2025, from 1:00pm till the time of the funeral service at 2:00pm with Richard Partezana officiating. Burial will follow at Bonebrake Cemetery in Veedersburg. Share memories and condolences online at www.SandersFuneralCare.com.

Shirley Diane Banta

June 27, 1946 - January 29, 2025

Shirley Diane Banta, age 78 of Tangier, passed away on Wednesday, January 29, 2025, at home while surrounded by her loving family. She was born in Crawfordsville on June 27, 1946, to the late Howard Rice & Lois Jean (Hughes) Banta.



Shirley graduated from Turkey Run High School in 1964. Throughout the years she worked many jobs. She worked in real estate in North Carolina for many years, then moved back to Indiana and worked at Pace Dairy for 25 years. She enjoyed traveling, spoiling her nieces and nephews, and spending time with her family.

She is survived by her two sisters, Joyce Brady and Linda Patton; two brothers, Mike (Bev) Banta and Terry Banta; sister-in-law, Peggy Banta; eight nieces and nephews, Tony Brady, Scott Banta, Heather (Jason) VanCleave, Jeff (Heather) Banta, Amanda (Morris) Brown, Bruce (Amanda) Patton, Ryan (Lilly) Patton, and Sarah (Les) Riley; and many great nieces and nephews.

She was preceded in death by her parents; her brother, Ronald Banta; and a great-nephew, William Brown.

Visitation will be at Sanders Funeral Care, 203 S 1st Street, in Kingman on Monday, February 3, 2025, from 11:00am till the time of the funeral service at 1:00pm with Bruce Patton officiating. Burial will follow at Wolf Creek Cemetery. In lieu of flowers, memorial donations may be given to the American Cancer Society, 5635 W 96th Street, Suite 100, Indianapolis, IN 46278 or your favorite charity of choice. Share memories and condolences online at www.SandersFuneralCare.com.

Baird Introduces Bill to Give Vets, Gold Star Families Free Admission to State Parks

State Rep. Beau Baird (R-Greencastle) recently introduced House Bill 1556, which would provide veterans with free admission to state parks in Indiana.



Rep. Beau Baird

"Our veterans have made tremendous sacrifices to serve and protect this country, and providing them with free access to Indiana's state parks is a small way we could show our appreciation," Baird said. "My legislation would ensure those who've given so much can enjoy the beauty of our state with their families more easily."

National Park Service, current U.S. military personnel, Gold Star families and U.S. military veterans are eligible for free passes to national parks, national wildlife refuges, national forests and other federal recreational land.

Baird is also co-authoring House Bill 1422, which would provide free admission to state parks for Gold Star family members as well.

Baird said both HB 1556 and 1422 would ensure that veterans and Gold Star families have this benefit at state parks across Indiana as well.

"Gold Star families have endured unimaginable loss in service to our nation, and this bill offers a meaningful way to honor their loved ones' sacrifice," Baird said. "By granting them free state park admission, we hope to provide them with a place for reflection, healing and connection."

HB 1556 and HB 1422 have both been referred to the House Natural Resources Committee for consideration. For more information, or to watch session and committee meetings live, visit iga.in.gov.

According to the

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

2024: VSO Year in Review



JOE ELLIS
 Guest Columnist

Wow the weather is showing signs of getting better. So far we have had a total 88 phone calls into the office. We have a total of 12 Veterans taken to their appointments. I have had a total of 21 veterans and spouses come into my office.

DAV van this last year.

We had our 30th Annual Veteran Expo last year at Crawfordsville American Legion Post 72

We had our Veterans Day Parade Nov. 11, 2024 and we had a total of 45 vehicles

We also held a Quarter Meeting for the DAV, American Legion, and the VFW to discuss the happenings from each group.

I also held monthly meeting at the VFW, American Legion and the DAV which was held in the Library.

I will be coming to the American Legion Post 72 on the 6th of Feb. from 1-4 p.m. so call me if you would like to speak to me at (765) 401-0432. I will also be at the DAV meeting on the 15th of Feb. from noon to 2 p.m. to answer all of your questions.

We also delivered 33 Christmas bags at the Nursing homes in Montgomery County.

Then I will be at the VFW on the 20 of Feb. from 1-3 p.m. so give me a call if you would like to talk with me at (765) 401-0432.

As a reminder about Wills that you can receive a free will from Att. Dan Taylor in Crawfordsville and his phone number is (765) 361-9680 as a veteran it is Free.

Now I would like to give a review of what was accomplished this last year 2024.

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.

We Had a total of 741 phone calls into our office

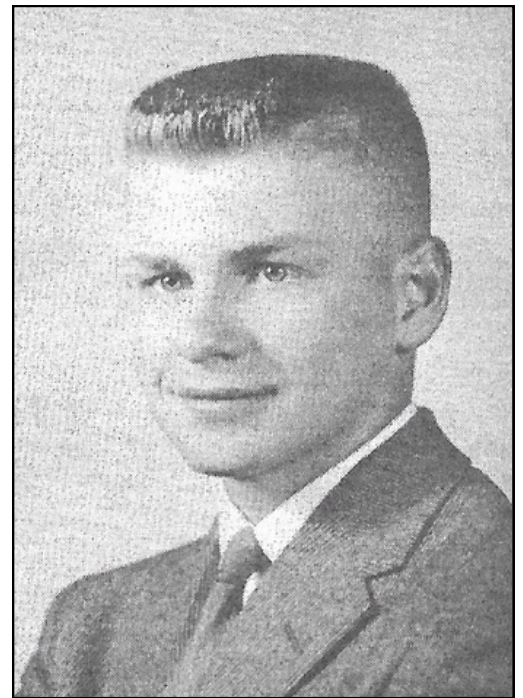
We had a total of 250 visits in my office

We took a total of 214 trips to VA clinics

We did receive a new

www.thepaper24-7.com

Butch Dale's Flashback Trivia



Do You Recognize this 1959 Coal Creek Grad?

HINT:
 He was very active in FFA, livestock judging and went into the show cattle business after graduation.

Answer on Page A3

The Paper
 OF MONTGOMERY COUNTY
 An Independent Newspaper - Founded 2004

Vol. 21
 Sen. Phil Boots, President
 USPS Publication Number:
 022-679

Issue 13
 Tim Timmons, Publisher
 Report address changes to
circulation@thepaper24-7.com

Annual Print Subscription: \$89

Annual Online Subscription: \$42

To subscribe: circulation@thepaper24-7.com
 To contact news: news@thepaper24-7.com
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At Home with Felix



It's been a big year for our cat, Felix.

Sometime in late 2023, Felix was scooped up off the street in Mexico by a teenager and brought to the home of her mother and aunt. I'm not sure how he was received when he arrived. They already had 11 dogs, at least a couple of cats and several birds. They gave him food and a home, and I imagine the teenager, Daniela, thought that the fostering arrangement would eventually become permanent.

But that's not what happened.

Daniela's aunt, Marcela, works at the environmental preserve where my husband, Peter, hikes every day, and one day he asked her, "Do you have a cat or a kitten looking for a home?"

Probably, the way Peter asked was a little less elegant, because Peter does not speak Spanish. But she did—have a cat, that is. She still had the cat her niece, Daniela, had brought home two months earlier.

Daniela and Marcela and Daniela's mother all came over in a taxicab with Felix to our little apartment and we met him. I expected he would be terrified in a new place with new people.

But Felix was not afraid. He sprawled across the couch and looked at all these people looking at him and seemed to feel he was right where he belonged. And so he came to live with us in February. Daniela came again when they dropped Felix off, and we could tell she was sad. But we promised to send pictures and take good care of him, and we have done both.

And Felix seems to love his new life.

Instead of sharing a house with several cats and a rotating cast of dogs and birds, he is the only nonhuman in our house. He plays games

with Peter and gets snacks several times a day. He talks a lot and has two people who listen to whatever he has to say, even if it is just his regular announcement of when he is going to have a bowel movement—which I'm sure is newsworthy as far as he is concerned.

"Meow! Meow!" he announces, before and after the big event.

"That's wonderful," I assure him. "Well done!" (I seriously doubt he would have had this quality of attention competing with 11 dogs.)

Today, we are "up north" visiting my parents, and Felix is with us. Katie, my parents' cat, does not care for Felix at all. Katie is annoyed with the casual nonchalance Felix exhibits wherever he is—the sense that he owns whatever home he is in and deserves whatever treats come his way.

Felix plays with Katie's toys, sleeps in her bed and eats up whatever snacks she may have left in her bowl. He watches the gray squirrels outside and sleeps on my mother's chair every time she carelessly vacates it. Felix is very much at home.

And it is good to be at home with Felix—wherever he is. I think he has lessons to teach me—as all animals do.

He has shown me that where we start may have very little to do with where we end up. He has shown me that it's possible to feel comfortable and enjoy even the most radical change in circumstances. He has shown me that life is full of surprises and it's the way we react that usually determines how good or bad this change might be.

And he's shown me that everything can be enjoyable, if viewed from the right perspective. Even if it's just a trip to the bathroom.

*Till next time,
Carrie*

Replacing Missing Tiles



DICK WOLFSIE
Funny Bone

I tend to lose stuff. Once, I lost a cell phone and found it in the freezer. Then, I misplaced my wallet and found it at the bottom of the dog food canister. There is a logical explanation for both of those incidents—sort of.

My wife has told me many times that I am clearly a loser. She's witnessed many of my misplacements, so I accept that label. But when her mother first met me, she told Mary Ellen I was a loser. She knew that after one visit. How perceptive.

To prevent further device separation, I bought a Tile. This ingenious product, about the size of a credit card, slips into your wallet and allows you to discover where you left your billfold by looking at a GPS map posted on your phone or computer. The screen gives the exact location of your valuables. Your cell phone also makes a beeping noise as you get closer to where your wallet is hiding.

The problem was that when I sat down anywhere, the pressure on my wallet in my pocket against the chair set off the Tile: BUZZ! BEEP! You've heard of a butt call. This was a trouser arouser.

This sound confirmed that my wallet was nearby. Of course, it was nearby. It was in my pants. This was an unnecessary alert. And very annoying. It kept sounding off one morning at breakfast until my friends asked me to remove the Tile from my back pocket and place it on the table. An hour later, I walked out of the restaurant without my Tile. I didn't realize it was missing until the following week. I had no idea where I left it.

Later that evening, my wife and I were headed out for dinner, but I couldn't find my wallet. Mary Ellen said: "Why not use your Tile to locate it?"

"I lost my Tile."

"Wait a second. Are you telling me you spent \$50.00 on a device to find your wallet and you then lost the device you bought to find your wallet?"

"Yup, you nailed it."

"Now what are you going to do?"

"I am going on Amazon to see if they make another techie item that I can buy to find the Tile that I bought to find things I can't find."

Later that week, I was fiddling with my phone. Suddenly, I got a prompt that said, "The last time you used your Tile was at Another Broken Egg Cafe three weeks ago. This is where our group meets for breakfast. I leave things there all the time, except a tip (just kidding)."

I retrieved my Tile from the café and discovered the battery was low, which is not rechargeable. I bought a new Tile and asked my AI program what to do next. They gave me a dozen steps to replace the dead tile with a fresh one. Years ago, I had an uncle who had a problem with booze and went for help. His Twelve Steps were probably easier to follow than the twelve I got from AI.

After Christmas, I returned a few items at a local department store and did a little browsing.

"Can I help you find anything?" the clerk asked.

If he only knew. together." I asked her to rephrase that.

— 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.

Witham Classes On Tap for February

Witham Health Services offers several Community Education and Support Group classes for the general public. Witham has locations in Crawfordsville, Frankfort, Jamestown, Lebanon, Thorntown, Whitestown at Anson and Zionsville. Here is a quick look at what's on tap for February.

- Diabetes Self-Management Class – Call the Diabetes Education Department at 765-485-8120 for individualized class, scheduling and pricing.
- Restorative Yoga – is held weekly on Mondays at 6:00 p.m. at the Witham Health Services South Pavilion Wellness Center. Cost is \$15 per class. Call the Wellness Department at 765-485-8126 for more information.
- Rock Steady Boxing 1 & 2 - held weekly at 9:00 a.m. on Mondays and Wednesdays at the Witham Health Services South Pavilion Wellness Center. Call the Wellness Department at 765-485-8126 for more information on scheduling and pricing.
- Rock Steady Boxing 3 & 4 - held weekly at 10:00 a.m. on Mondays and Wednesdays at the Witham Health Services South Pavilion Wellness Center. Call the Wellness Department at 765-485-8126 for more information on scheduling and pricing.
- SilverSneakers – held weekly at 11:15 a.m. on Mondays for those 65 or older at the Witham Health Services South Pavilion Wellness Center. Call the Wellness Department at 765-485-8126 for more information on scheduling and pricing.
- SilverSneakers Cardio - held weekly at 11:15 a.m. on Wednesdays for those 65 or older at the Witham Health Services South Pavilion Wellness Center. Call the Wellness Department at 765-485-8126 for more information on scheduling and pricing.
- SilverSneakers Chair Yoga - held weekly at 11:15 a.m. on Thursdays for those 65 or older at the Witham Health Services South Pavilion Wellness Center. Call the Wellness Department at 765-485-8126 for more information on scheduling and pricing.
- BeMoved Dance will be offered on Tuesdays and Thursdays at 6:00 pm at the Witham Health Services South Pavilion Wellness Center. Cost is \$10.00 per class. Call the Wellness Department at 765-485-8126 for more information.
- Tai Chi for Health (Beginners and Advanced) – Will be held weekly on Tuesdays and Thursdays at 9:00 a.m. at the Witham Health Services South Pavilion Wellness Center. Cost is \$5.00 per class. Call the Wellness Department at 765-485-8126 for more information.
- Indoor Cycling – This FREE indoor cycling and stretching program is designed to reduce the risk of any chronic disease you may be facing or help manage your weight. Held weekly, on Tuesdays and Thursday's at 10:00 a.m. at the Witham Health Services South Pavilion Wellness Center. Call the Wellness Department at 765-485-8126 for more information.
- Flow Yoga – held weekly on Wednesdays at 12:30 p.m. at the Witham Health Services South Pavilion Wellness Center. Cost is \$10 per class. Call the Wellness Department at 765-485-8126 for more information.
- Breastfeeding Support Group – is held weekly on Mondays at 10:00 a.m. in the VIP Dining Room.
- Individualized Breastfeeding Support is available with a Lactation Consultant. To schedule an appointment and for pricing, call 765-485-8411.
- Alzheimer's Support Group – Tuesday, February 18th at 6:00 p.m. in the VIP Dining Room.
- Cancer Support Cooking for Wellness – Tuesday, February 18th at 1:00 p.m. at the Boone County Cancer Society, 1208 N. Lebanon St., Lebanon, Indiana.
- Cancer Support Group – Monday, February 24th at 6:00 p.m. at Boone Co. Cancer Society, 1208 N. Lebanon St., Lebanon, Indiana

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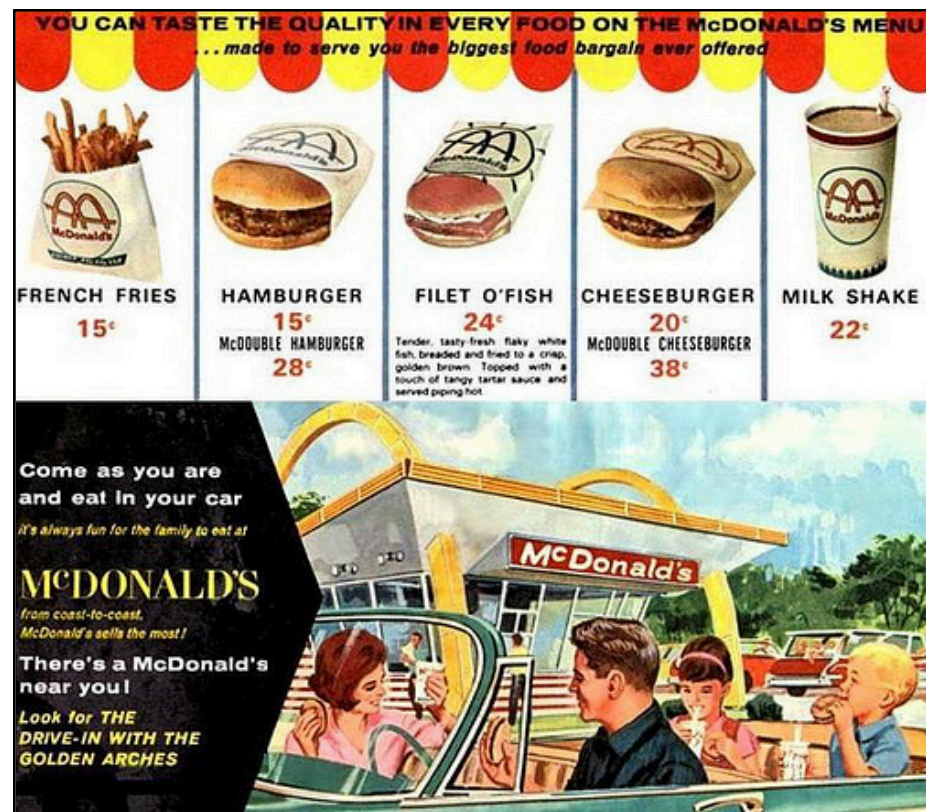
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Butch Dale's Flashback Trivia

**Answer:
Jim Patton**

↓ BUTCH From Page A1



farther down was the Clarks Hill cafe. Both had good food, but our favorite place to eat was Miller's fish house in Colfax, where a 3-piece catfish supper, with slaw, fries (or onion rings) and a soft drink was \$3.25. Nowadays a meal at a nice restaurant for the two of us will run \$40 or more, plus a tip. And at many restaurants, the price for two meals can approach \$80 or more.

Both of us have always had a hankerin' for ice cream, and we made quite a few visits to the Lafayette Dairy Queen on Teal Road when cones were 15 cents. In

the evenings, we often walked down to the Clarks Hill drug store, where the owner Russell Alter, who was in his 80s, served up a hand-dipped hot fudge sundae for 35 cents. On our last visit to the Wal-Mart in Frankfort, on the trip back home we went through the Culver's drive-up and ordered a vanilla waffle cone . . . almost \$5.00!!! Well, we just couldn't resist . . . and it is really tasty, but I never imagined I would spend that much on one ice cream cone.

The days of dining out inexpensively are long gone, but most people are just like us. You

only live once, so you might as well enjoy the things you like the most. But wouldn't it be great to buy a 15 cent hamburger again...or the McDouble for 28 cents? And yes, I still like a Big Mac, which now costs \$5.69..."Two all beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun."...I'm lovin' it!

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.

Back in the Day with Butch Dale



The first streets in the small towns here in Montgomery County were dirt, and weren't paved until later on. On rainy days, the streets became solid mud. But dry spells could also be a problem, with dust blanketing the homes and businesses. That's when horses were hitched up to the town water wagon!

Montgomery Medicine: Osteoporosis



JOHN R. ROBERTS, M.D.

Montgomery Medicine

Osteoporosis is a condition that weakens bones, making them fragile and more likely to break. It is often called a "silent disease" because people usually do not know they have it until they experience a fracture. This disease affects millions of people worldwide, particularly older adults and postmenopausal women. Understanding osteoporosis is essential because it can have a significant impact on a person's quality of life, but the good news is that it is manageable and often preventable.

Bones are living tissues that constantly change. Throughout life, bone is broken down and rebuilt in a process called remodeling. In young people, bone formation happens faster than bone breakdown, leading to increased bone mass. However, as people age, this balance shifts, and bone loss occurs at a faster rate than bone growth. For many, this gradual loss of bone density is normal and does not cause problems, but in some cases, it becomes severe enough to result in osteoporosis.

One of the main factors influencing osteoporosis is calcium. Bones serve as the body's main storage site for calcium, which is essential for maintaining their strength. If the body does not get enough calcium from food, it takes calcium from the bones, weakening them over time. Vitamin D also plays a critical role by helping the body absorb calcium efficiently. A deficiency in either calcium or vitamin D can increase the risk of osteoporosis.

There are several risk factors for

osteoporosis. Some are beyond a person's control, such as age, gender, and genetics. Women, especially those who are postmenopausal, are at higher risk due to decreased estrogen levels, which protect bones. Men, too, can develop osteoporosis, but they generally do so later in life. A family history of osteoporosis can also increase the likelihood of developing the disease. Other risk factors include a sedentary lifestyle, smoking, excessive alcohol consumption, and a diet low in calcium and vitamin D. Certain medical conditions, such as rheumatoid arthritis and long-term use of steroids, can also contribute to bone loss.

The consequences of osteoporosis can be serious. Fractures, especially in the hip, spine, and wrist, are the most common complications. A hip fracture can be particularly devastating, often requiring surgery and prolonged recovery. Spinal fractures can cause chronic pain and loss of height due to the collapse of vertebrae. Some people with severe osteoporosis develop a hunched posture, known as kyphosis, which can affect balance and increase the risk of falls. Since fractures can severely impact mobility and independence, preventing osteoporosis is crucial.

Prevention starts with building strong bones early in life and maintaining bone health as one ages. A diet rich in calcium and vitamin D is essential. Dairy products, leafy greens, and fortified foods are excellent sources of calcium, while sunlight exposure and certain foods like fatty fish and egg yolks provide vitamin D. Regular weight-bearing exercise, such as walking, jogging, and resistance training, helps strengthen bones and slow bone loss.

Avoiding smoking and limiting alcohol intake can also protect bone health.

For those already diagnosed with osteoporosis, treatment options are available to reduce the risk of fractures. Medications such as bisphosphonates help slow bone loss, while other drugs, like denosumab and teriparatide, promote bone formation. In addition to medication, lifestyle changes, including proper nutrition and exercise, remain essential in managing the disease.

Recent research continues to improve our understanding of osteoporosis. Studies have shown that personalized treatment approaches based on genetic risk factors may help in early detection and better management of the disease. Advances in imaging techniques are also allowing for more precise measurement of bone density, which can lead to earlier diagnosis and intervention. Additionally, there is growing interest in the role of gut health and the microbiome in bone metabolism, with some evidence suggesting that maintaining a healthy gut may support stronger bones.

Osteoporosis may be common, but it is not an inevitable part of aging. With proper lifestyle choices and medical care, it is possible to maintain strong bones and prevent fractures. By understanding the risk factors and taking steps to protect bone health, people can stay active and independent well into their later years. If there is any concern about osteoporosis, your healthcare provider can assess your bone health and recommend appropriate prevention or treatment strategies.

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



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2025 Buick Encore GX Avenir Crossover Achieves The Trifecta Of Performance, Luxury, And Affordability



CASEY WILLIAMS
Auto Reviews

It's not difficult to find a peppery turbocharged crossover. It's also not hard to find one that's affordable. And, there are a plethora of luxury models from all the fancy brands. However, it's not particularly easy to find all three in one package like the 2025 Buick Encore GX Avenir.

Premium Buick Luxury

It actually shouldn't surprise you it comes from Buick. The premium GM brand has long been known for building cars with near Cadillac luxury for middle-class prices. The Encore GX Avenir is no different. It's smaller, sure, but much of the look and feel is shared with vehicles like the Cadillac XT4 and larger Buick Enclave. While built in Korea, there's a European flair to it as well.

Styling is based on the recent Wildcat concept car and it carries its auto show glitz with esprit.

Avenir trim, which is Buick's version of GMC's Denali, eschews trite tacked on portholes, but glams it up with a chrome mesh grille, 19" wheels, and roof rack. LED headlamps hide beneath squinty driving lamps while smoked lenses give the rear a sophisticated finish. It's a sculptural delight, looking fit on its tight footprint. Restyled red, blue, and white Buick logos shine like sculpted chrome ornaments at both ends.

The language of fresh luxury continues inside where the sweeping twin screens for gauges and infotainment appear as glass artwork rising from the contrasting color dash with faux stitching and plasti-carbon trim that have apparently replaced fake wood from Buicks past. Heated front seats, heated leather-wrapped steering wheel and dual-zone automatic climate control add comfort. Bose audio fills the cabin from devices connected via USBs, Apple CarPlay or Android Auto. Charge

wirelessly too. Active noise cancellation provides a Buick-quiet ride.

While the Encore GX feels quite upscale from the front seats, the second row is a little tight for full-size adults. Kids will love it, though. Cargo space would be snug with four people away for a week, but split/fold rear seats open a cavern for active college grads, young couples or empty nesters. Everybody stays safe with adaptive cruise, automatic emergency braking, and lane keep assist. Side blind zone alert, rear cross traffic detection, and a rearview camera mirror also do their parts.

Peppy Turbo Performance

Tucked behind the flashy grin is a 1.3-liter turbocharged three-cylinder engine connected to a 9-speed automatic transmission. It's a peppery little sprite given 155 horsepower and 174 lb.-ft. of torque.

Add all-wheel-drive for all-weather capability. Fuel economy rates an acceptable 26/28-MPG city/highway, but dig its starting with 3s should be expected. Chalk that up to a tall profile and AWD.

The turbo-three and 9-speed auto work together adeptly to stay in the right rev range for quick exits, but that's only part of the Encore's driving experience. It could use a proper four-wheel independent suspension to rival true luxury models, and adding magnetic ride control would be amazing, but there's little complaint about the compound crank rear suspension that soaks up all but the roughest pavement before doing a little jitter. It's perfectly pleasant during long-distance touring, eating Interstate for brunch, plus daily sprints to work or shopping.

With the Encore GX Avenir, you can get a stylish crossover that's athletic, luxurious, and

relatively affordable. In fact, the Encore GX starts at a seriously affordable \$25,940 and came to just \$37,085 optioned like a full-on luxury ride. Competitors include the Acura ZDX, Hyundai Kona, Nissan

Kicks, and Lexus NX.

Storm Forward!

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

Likes	Dislikes
<ul style="list-style-type: none"> • Gallant style • Turbo engine • Considerable luxuries 	<ul style="list-style-type: none"> • No sunroof • Basic chassis • Fuel economy

<p>2025 Buick Encore GX Avenir Five-passenger, AWD Crossover</p> <p><i>Powertrain: 1.3-liter T3, 9-spd trans</i></p> <p><i>Output: 155hp/174 lb.-ft. torque</i></p> <p><i>Suspension f/r: Ind/Compound crank</i></p> <p><i>Wheels f/r: 19"/19" alloy</i></p> <p><i>Brakes f/r: disc/disc</i></p> <p><i>Fuel economy: 26/28 mpg city/hwy</i></p> <p><i>Assembly: Bupyeong, Korea</i></p> <p><i>Base/As-tested price: \$25,940/\$37,085</i></p>
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KENNY THOMPSON



With decades of experience as an award-winning sports writer and sports editor – most of it covering Purdue athletics – Kenny Thompson has a perspective and inside knowledge that few others have. Whether it's putting what's going on in the Big Ten in historical perspective or shooting straight from the hip on what's happening today, no one has a better take on Purdue and sports than Kenny!

Catch Kenny every Friday in The Paper of Montgomery County!



Montgomery Murder Mysteries

The Courthouse Preacher

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

Although my name is William Edgar (“Bill”) Shular, I’m called the Courthouse Preacher

here in good ‘ol Crawfordsville, Indiana. People around here think I’m a crazy man, but I’m here to tell you the real story. All my young years, I was the ideal son, but my 20th birthday changed me to the prodigal one. It was my day of doom, not the day after Christmas in 1884 when I killed a man, but Halloween Day, 1882. Some say I’ve turned out like this because my birthday indicates the Devil in me, but I’d be more inclined to say such if I were born on April Fool’s Day since I’ve made a fool of myself ever since.

So, let’s start at the beginning. I was born as I said on Halloween, in 1862. My father had returned unscathed from his three-month duty in the Civil War and was obviously happy to see my mother as they made me right away. Who knows, perhaps that is why my life has been in such turmoil having been born at the raw edge of strife? My momma was Mary Jane Hall and father was Lewis Harrison Shular. Gma’ Hall was Roxanna Layne, from one of the oldest, well-loved families in Montgomery County. My Gpa’ David Shular was a preacher of the United Brethren congregation. My parents were very religious folks, as well. It most certainly wasn’t their fault how I turned out as they raised me and my brother with much love and proper guidance. Half of their grown children turned out saintly, at least.

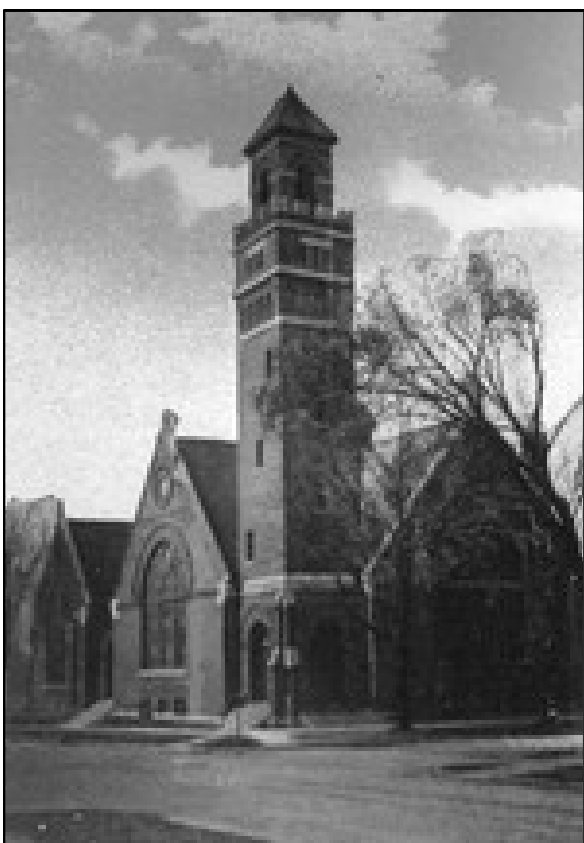
As I grew older, Eli Layne and I were best friends and cousins, too. We raised lots of ruckus as young boys, getting’ in to mischief. It wasn’t nothing terrible, just pranks, especially around my birthday time. Once we put a snake in ‘ol lady Baker’s outhouse. Coulda’ heard her scream for five miles likely. Another time, we switched John Milligan and John Mulligan’s horses. Milligan swore he’d tan our hides if we ever tried that again as Mulligan’s horse was worth about one-tenth the price. How Milligan knew it was us is because Eli’s younger brother ratted us out. Like I said, though, in those days my trouble-making was boy stuff. It was my 20th birthday when it became mean stuff.

It was Eli, himself, what gave me that first taste of whiskey and I’ve had a strong hankerin’ for it



since. I’ll never forget the day. We were out in father’s forge shed late at night. Eli had told me he had a birthday present for me. Never dreamed it would have been a pint of whiskey. He and me drank it all, too. We sang, *How Can I Keep From Singing?* We couldn’t either. We laughed and talked of old times but then I gagged and heaved. I vomited and puked until I hardly could stand straight. The next morning, father found the puke and the empty bottle. He gave me a whatfor. Told me I was too old for him to be switching, not that he’d done much of that before, but he gave me a talking to like I’d never gotten yet. Eli’s father told him to stay away from me. Isn’t that a hoot? I mean, Eli gave me the drink and he had to stay away from me? Hard to figure. Anyway, we didn’t see each other too much after that. Within the year, he was married, became a father six months later and has never touched the drink again. As for me, well, you’ll soon hear the rest of my story.

Father had all three of us boys, Albert, David and me working for him early on. He forged anything and farmed some, but our specialty was shoeing horses. Mother tried to tell Father the work was too hard for Albert. He was always frail, got consumption and died a few months before his 17th birthday. I was 12



at the time. Mother mourned mighty hard and Father, too. David missed him, perhaps the most, as Albert was the oldest brother, the mentor, and friend. As for me, it seemed like I was in an empty world forever after. None of us spoke that we blamed Father but we all felt it in our hearts. I do to this day and I’m the only one of our family of five alive.

We boys grew-up with church as the center of our life, attending the large Methodist Church in Crawfordsville. Whether it be a money-making festivity, a wedding or a preachin’ service, we went to all the functions. No matter, the Shulars were there. After my drinking began though, I pretty much quit church. Momma and Father grieved for it, too, as they believed your soul would perish if you didn’t see, read and hear the Lord’s words every day of your life. Father and later David were quite active in the Masons and Momma was always off to some doings – “quiltin’ and gossipin,’” Father would say.

We lead a busy, but happy life until I got the whiskey wanderings. Why, I even drove-off David and his wife and children. I’ve never forgiven myself for chasing away those fine three grandchildren of my parents. My Momma and Father rarely saw them once David decided he needed to

hide them from their drunkard uncle.

I’m gettin’ ahead of myself though. Let’s go back to the day after Christmas of ‘84. By that time, I’d been drinking almost every weekend for a couple of years. I was a mild-mannered, hard working, gentle soul through the week but come the weekend, I’d high-tail it down to the closest saloon and work into some kind of trouble. Father and Momma talked to me, David cursed at me and the preacher preached over me, but nothing did any good. I just didn’t listen. Well, this particular night, another cousin and me went down to Callhan’s. Mike Callhan was straight over from Ireland and was a large man. A bunch of us loved to sit around and hear Mike’s Irish tales. He had owned a pub in the old country, but always said it weren’t nothing like having a saloon in America. In his little village of old, according to Mike, the “boys” never got too rowdy, never drank too much ale, but here he said we were a wild bunch. Although gentle of heart, Mike could hold his own with any man in the county, and he had quite a crowd celebratin’ the holiday that night.

Me and cousin Jim Cunningham was gonna’ stay home drinkin’ that night but got bored playing whiskey poker, and decided to go to Callhan’s down on the corner of Market and Washington. That’s when the fun began! We had several rounds of liquor then I eyed my real game. I simply can’t get enough of pulling, and that was going strong. I’d never seen this new guy, William Lane, but he was good. I challenged him.

We sat face to face on the floor, attached our hands across the broom handle, and began pulling.

To be continued....

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Crawfordsville District Public Library

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27	28	29	30	31	1 CMMC Exhibit Opening Civil Rights Leaders: 2-4p
					2
3 1st Grade Book Club: 4p	4 Baby Story Time: 9:30a Art Time: 4p 	5 Toddler Story Time: 10a Kindergarten Book Club: 4p	6 Preschool Story Time 10a Lego Club: 4p	7 Wiggle and Giggle: 10a	8 Book Sale 10a-4p
					9
10 2nd Grade Book Club: 4p Yarn Works: 6p	11 Baby Story Time: 9:30a Art Time: 4p Genealogy Club: 7p	12 Toddler Story Time: 10a Kindergarten Book Club: 4p 	13 Preschool Story Time 10a 5-8 Grade Book Club: 4p CDPL Board Meeting: 4p	14 Wiggle and Giggle: 10a	15 Great Backyard Bird Count at Brickyard Nature Park: 10a Soap making: 2p
					16
17 3rd Grade Book Club: 4p	18 Baby Story Time: 9:30a Art Time: 4p Dungeons & Dragons for Beginners: 5p	19 Toddler Story Time: 10a Kindergarten Book Club: 4p Wyrd Words Book Club: 7p	20 Preschool Story Time 10a Yarn Works: 10a	21 Wiggle and Giggle: 10a	22 CMMC Exhibit Opening MC Then & Now: 2-4p
					23
24 4th Grade Book Club: 4p Cookbook Club: 6:30p	25 Baby Story Time: 9:30a Art Time: 4p Genealogy Basics: 6p	26 Toddler Story Time: 10a Kindergarten Book Club: 4p Mystery of History Club: 7p	27 Preschool Story Time 10a Teen Anime Club: 6p 	28 Wiggle and Giggle: 10a	1 2

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