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TODAY'S VERSE

Matthew 11:28 - 30 Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

Meet Charlie



Charlie Girl is a 3 year old female Red Brindle American Pit Bull Terrier that has been at AWL since 3/25/2024. Charlie loves going out for walks/jogs, frolicking in a fully fenced in yard, and being showered with endless love/attention. Charlie is looking for her best friend! Could that be you? Charlie is available to foster and/or adopt! 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!



Just a week left in the last full month of winter! Isn't it funny how for some that's sad, but for others not so much?

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Ask Rusty - Why's Social Security Moved to General Fund?



ASK Rusty Social Security Advisor

Social Security Matters

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Dear Rusty:

Why were the Social Security funds moved from the Social Security account to the General Fund with the government? Is it not then called a tax making it an entitlement? That then gives the government control of our retirement. Most of us feel that someone should be in charge and use the Social Security fund with investments that grow our savings.

I invested my 401K and savings, and the original amount made me money during the Trump years, and I'm now trying to catch up. I make this statement because I draw more from my investments than I receive from Social Security.

Signed: Questioning Senior Citizen

Dear Questioning Senior: I'm afraid I must inform

you that no Social Security funds have ever been moved from the Social Security account to the government's General Fund - this is a pervasive myth which we have refuted many times over the years. For information, here is one of many articles I have published on this topic, which I hope you find interesting: <https://socialsecurityreport.org/ask-rusty-about-repaying-social-security-money-taken-by-politicians/>.

Someone actually is charged with monitoring our Social Security funds - a board of Social Security Trustees consisting of the Secretaries of Treasury, Labor, and Health & Human Services, as well as the Commissioner of Social Security plus two Public Trustees. Each year the Social Security

See RUSTY Page A3

Winter Not Over Yet -- Stay Safe, Warm

Not many groups are more impacted by cold weather than seniors. And even though colder temperatures are expected to improve, we still have a ways to go this winter. CenterPoint Energy wants to remind customers it has a cold weather action plan in place and urges customers to also have a cold weather plan in place to stay safe and warm.

Natural gas preparedness actions in Indiana

CenterPoint prepares year-round for cold weather

See WARM Page A3

Indiana Hot Spot for Single Seniors

A new study found a record 25.9 million American seniors are single and Indiana ranks as the No. 27 best state for single seniors.

The number of single seniors is up 5.8 million from a decade ago - according to the U.S. Census Bureau - and an additional 4.2 million Americans will turn 65 in 2025 during the "Gray Tsunami."

More "Silver Haired Foxes" will be in the dating pool

See SINGLE Page A3

CFD Gets Emergency Help From QinFlow

The Crawfordsville Fire Department got a potentially life-saving boost from one of its vendors and partners, QinFlow Inc. QinFlow, a globally recognized leader in providing innovative blood and IV fluid warming solutions for emergency care professionals, demonstrated its commitment to emergency medical services by loaning two additional Warrior Blood and Fluid Warmers at no cost to CFD. These units, valued at \$3,800 each, will be instrumental in enhancing patient care capabilities.

With this generous contribution, Crawfordsville Fire Department's three front-line ambulances—Medic 1, Medic 2, and Medic 54—will now be equipped with fluid warmers at all times. This vital equipment will enable teams to deploy Low Titer Whole Blood more quickly to critical patients and combat hypothermia in various emergency scenarios, from cold exposure to trauma and severe medical emergencies.

By utilizing QinFlow's advanced warming solutions, Crawfordsville Fire Department joins the ranks of some of the largest and most well-respected Fire Rescue and EMS agencies in the United States, including the San Antonio Fire Department, New Orleans EMS, and King County EMS 1 in Washington State.

The Crawfordsville Fire Department initially purchased a QinFlow Warrior Light Blood and Fluid Warmer when the department launched its whole blood program in February 2024.

In a statement issued by the city, the CFD thanked QinFlow Inc. for their generosity and their continued support of emergency medical services. This contribution enhances CFD's ability to provide life-saving care and underscores the importance of innovative technology in pre-hospital emergency medicine.

See CFD Page A5

TODAY'S HEALTH TIP

Smoking leads to wrinkles.

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

- Indiana Secretary of State Diego Morales reported earlier this week that the Indiana Securities Division has joined a \$17 million settlement with Edward D. Jones & Co., L.P. resulting from an investigation into the broker-dealer's supervision of customers paying front-load commissions on investments which were later moved into fee-based advisory accounts, resulting in over charging. The investigation found that Edward Jones charged front-load commissions for investments in Class A mutual fund shares in situations where the customer sold or moved the mutual fund shares sooner than originally anticipated. As part of the settlement, Edward Jones will pay an administrative fine of approximately \$320,000 to each of the 50 states, Washington, D.C., the U.S. Virgin Islands, and Puerto Rico. As a lead state on the case, Indiana was awarded an additional amount for investigative costs.
- A new exhibit at the Indianapolis International Airport honors the rich history of Hoosiers in Flight. From the first flight at Kitty Hawk to the Apollo 11 mission, to Amelia Earhart, the Tuskegee Airmen and Rolls Royce, Hoosier natives and institutions have made pivotal contributions to mankind's major breakthroughs and monumental moments in aviation. These and many more stories fill the Hoosiers in Flight exhibit, along with aviation artifacts, designs and achievements in aviation engineering. The exhibit is located in the Baggage Claim area near Carousel 3.
- A new study has revealed the states shaping the next Wimbledon champions, with the state of Washington taking the top spot and Indiana coming in second. Tennis statistics website TennisStats.com analyzed data from The National Federation of State High School Associations to find the number of high school students participating in tennis per state during the 2023-2024 academic year. This figure was weighed against the total number of high school students participating in all sports and athletics to calculate a percentage. The states with the highest percentage of high school athletes playing tennis determined the final ranking. Washington ranks first, with 7.74% of high school athletes participating in tennis. Indiana ranks second, with 7.13% of high school athletes participating in tennis.

TODAY'S QUOTE

"A dead end is just a good place to turn around."
Naomi Judd

TODAY'S JOKE

Some people say that "icy" is the easiest word to spell. Now that I think about it, I see why.

MONTGOMERY MINUTE

Crawfordsville Mayor Todd Barton has scheduled his monthly Community Forum for Monday from 8 a.m. to 9 a.m. at his office, 300 E. Pike St. This will be Barton's 140th such event since taking office. This event is designed to allow the public to come ask questions, discuss concerns, interact with the mayor and learn more about anything regarding the city.

The Paper appreciates all our customers. Today, we'd like to personally thank JOHN BUD WRIGHT for subscribing!

Deadline for Bev Turner Servant-Leadership Award Fast Approaching

Volunteers for Mental Health in Montgomery County wish to remind local students who volunteer that the deadline for the Beverley Turner Servant-Leader Award is soon approaching on March 1.

Beverley Turner was best known for her iconic teaching style. Beverley's service to others was equally legendary, yet often her caring acts were done quietly and anonymously. Beverley served as President of the Volunteers for Mental Health in Montgomery County for several decades. Upon Beverley's passing in June of 2023, the Turner family requested that memorials be made to the Volunteers for Mental Health to honor her service. Though Beverley would have modestly declined any personal recognition, the VMHMC established a servant-leader award in Beverley's honor so her life and her selfless acts would live on forever!

In the inaugural year of the award's existence, outstanding students were recognized. The 2024 school winner for North Montgomery High School was Ashley Broadstreet. Ashley applied her interest and acumen with computers to design and build web products for the Friends of Linden non-profit group and the town of Linden. Ashley also was active in NMHS SAD, rang the bell for the Salvation Army, and attained the highest rank in Girl Scouts. Ashley is pursuing computer credentials at Ivy Tech where she serves on the student advisory committee.

Hailey Hester was the school winner for Southmont High School in 2024. Very active in her school's chapter of FCCLA, Hailey volunteered in a variety of activities, was a tutor to other students, served as a Mountie Mentor, volunteered in long-term care facilities for the elderly, and served in the Rock Point Church childcare



Beverley Turner

services. Having attained an Associate's Degree and CNA while in high school, Haley is continuing her compassionate caring as she pursues a Bachelor's Degree in Nursing .

There were no applicants from Crawfordsville High School.

The deadline for this year's entries is 4 p.m. on Saturday, March 1.

Any high school student, from any grade-level, may apply. One may access the application by visiting <https://www.vmhmc.org/>. High school student services staffs also distributed the information.

The applications are blind-screened by



Hailey Hester



Ashley Broadstreet

individual reviewers.

The recipients will be awarded a cash prize, and an individual plaque.

Questions may be directed to Denise Booher Walker via e-mail: dbw@vmhmc.org

Annual Tri Kappa Art Show Back at Library

You are invited to the Mary Bishop Memorial Gallery at the Crawfordsville District Public Library for the annual Tri Kappa Art Show. The show highlights artworks created by local high school students. This wonderful art exhibit would not be possible without the instruction, guidance and leadership from Crawfordsville High School, North Montgomery High School and Southmont High School art teachers.

Tri Kappa sponsors this juried art exhibit which gives the students from all three area high schools the opportunity to display and compete for cash prize awards each year. This exhibit is currently open and will be on display through Friday, March 14. The public is welcome to visit the gallery during CDPL's regular hours of operation.

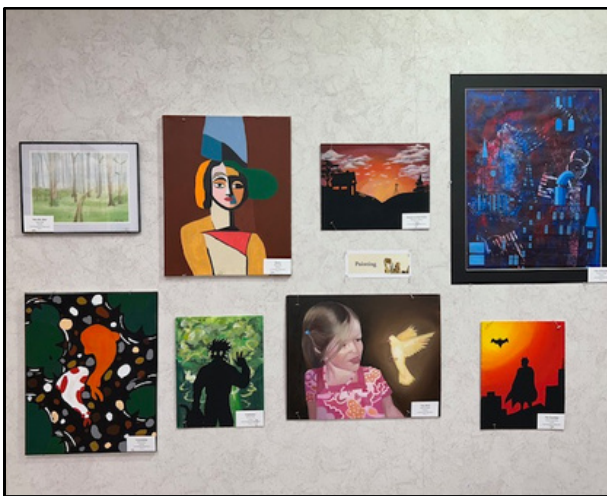
The Awards Ceremony will be held on Wednesday, March 5 at 6:30 p.m. in the Donnelley Meeting Rooms (A & B) located in the CDPL basement. Students, teachers, family and friends are invited to attend.

Tri Kappa is an Indiana-based, Greek Indiana sorority that was founded in February 1901. They strive to "Bring women into a close, unselfish relation for promotion of charity, culture, and education." They have 7,000 members in

approximately 220 Active and Associate Chapters.

At the state level, the sorority has a close relationship with the Riley Cheer Guild which supports the music therapy program for children at Riley Hospital, as well as supporting other organization with financial donations and many hours of volunteer service. Some of these organizations include Hands in Autism, Camp Riley, Ronald McDonald House, Mental Health Association of Indiana, Indiana Coalition Against Domestic Violence, Best Buddies and many other charitable causes.

The local Crawfordsville Tri Kappa Chapter was founded in 1927 and they endeavor to keep the funds they raise through various events, such as the Daddy/Daughter Dance, here in the community. They provide scholarships to local high school students each year to assist with college expenses and sponsor this exhibit's awards. They have coordinated the Summer Lunch Program for more than 40 years, which provides lunches to approximately 75 students in the area who might otherwise not have access to lunch during the summer months when school is not in session. Tri Kappa also assists with the CHS Sunshine Society's Cheer



Tri Kappa's show gives students from all three high schools the opportunity to display and compete for cash prize awards.



The Awards Ceremony will be held on March 5 at 6:30 p.m. in the Library basement.

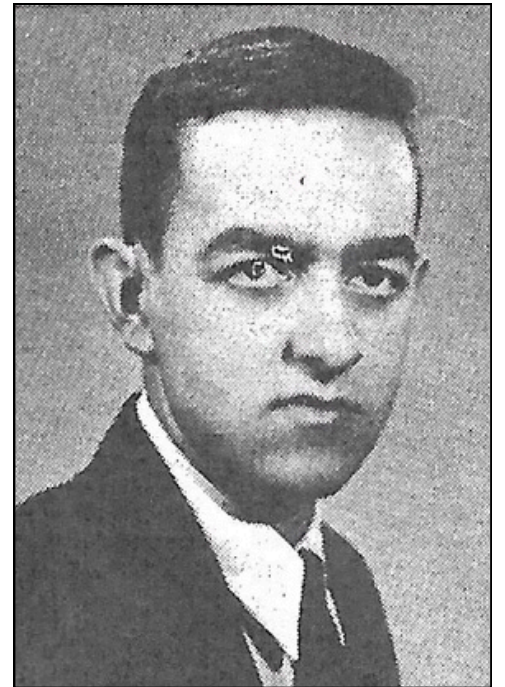
Certificate Program around the Thanksgiving and Christmas holidays and they host an annual St. Patrick's Day dance for the clients of mental health providers in this community.

If you are interested in learning more about the Tri Kappa organization, or if you would like to get involved with this dedicated group, visit their website at trikappa.org for further

assistance.

For more information about CDPL's hours of operation, visit the website at crawfordsvillelibrary.in.gov. 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 2025 or 2026, please contact the Gallery Coordinator Toni Ridgway-Woodall at (765) 362-2242 for more details.

Butch Dale's Flashback Trivia



Do You Recognize This 1951 Crawfordsville Graduate?

HINT: After serving in the U.S. Navy, he became a long-time employee at the A&P Grocery on South Washington Street.

Answer on Page A3

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↓ RUSTY From Page A1

Trustees do a complete analysis of the Social Security program, especially its financial status and outlook for the future. If you have interest in the Trustee's latest annual report, here is a link to the 2024 analysis: <https://socialsecurityreport.org/wp-content/uploads/2024/05/tr24summary.pdf>.

What you will find in the Trustees' report is that Social Security will run out of reserved funds in about 2033, necessitating an across the board cut of about 21% for everyone, unless Congress acts soon to reform the program and restore it to fiscal solvency. The Trustees have warned Congress about this problem for many years, but Congress has yet to find the bipartisan cooperation needed to fix the problem. AMAC (the Association of Mature American Citizens) has steadfastly offered proposals to Congress which would restore Social Security to solvency and will continue to do so with the new 119th

Congress, which convened on January 3, 2025.

Please know that we appreciate your feedback and commend you for the wise use of your 401k investments, something that many of our members find necessary to supplement their Social Security. Remember, Social Security was never intended to provide all your retirement income, so earlier saving to supplement your retirement financial needs was a very wise move on your part.

This article is intended for information purposes only and does not represent legal or financial guidance. Russell Gloor is the, National Social Security Advisor at the AMAC Foundation, the non-profit arm of the Association of Mature American Citizens. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

↓ SINGLE From Page A1

than ever before, and while not all of them are ready to mingle, cupid will be plenty busy as marriage rates for adults 65 and older hit a 10-year high at 56.3 percent.

Seniorly released a study on the Best and Worst States for Single Seniors after analyzing data from the CDC, FBI, Census Bureau, BEA, BLS, and National Restaurant Association.

The rankings were determined by analyzing 12 key factors in all 50 states and D.C. including life expectancy, percentage of seniors that are single, gender ratio, date night costs, as well as riskier elements of dating in 2025 such as STI rates and romance scams.

Key Findings in Indiana:

Indiana ranked 27th, benefiting from affordable date nights (\$118.16, #12), a relatively low STI rate (11.7 per 100k, #13), and an above-average

percentage of single seniors (36.5 percent, #23). However, it faces challenges with poor life expectancy (17.3 years at age 65, #42), moderate health outcomes (74.5 percent in good health, #37), and low spending on recreational activities per senior (\$3,409, #42), contributing to limited senior engagement. Additionally, social connections are moderate, with 60.1 percent of seniors talking to friends and family monthly (#32).

Seniorly set out to build the first "purpose-built" online marketplace for families looking for senior living solutions. Today, with the largest online senior living directory, Seniorly provides easy access to information, FREE personalized support for families, and the freedom for families to search the way they want. Find out more at www.seniorly.com

↓ WARM From Page A1

through proactive steps that support safe and reliable delivery of natural gas service to Indiana communities. The company's efforts include:

- Monitoring the natural gas systems 24/7 and implementing cold weather action plans to support delivery of service.
- Conducting infrastructure projects to modernize the company's natural gas distribution systems.
- Checking critical systems and equipment ahead of extreme winter weather to prepare for high demand and cold temperatures.
- Staging staff across the company's service area, ready to respond to potential service issues safely and as quickly as possible.

Payment assistance resources are available for customers

Colder weather may require customers to use more energy to maintain a comfortable temperature inside their homes. That's why CenterPoint offers programs, tools and tips to help customers manage their bills and save energy. The company encourages those facing hardship to call CenterPoint to find out about payment arrangements and be referred to resources that may be available. To learn more, visit CenterPointEnergy.com/PaymentAssistance.

Energy-saving tips

CenterPoint encourages customers to consider implementing easy tips that can help make a big difference on a monthly energy bill, including:

- Make sure the heating system is operating safely and efficiently. Change or clean the furnace filter regularly to help maximize the furnace's efficiency and life.
- Turn down the thermostat. Lowering the thermostat at night or when away for at least eight hours can potentially save on heating costs. With a programmable thermostat, a heating system can work around a customer's schedule.
- Keep warm air in and cold air out of the home. Use caulk or weatherstripping to seal leaks around doors, windows and other openings such as pipes or ducts. Towels can also be rolled up and pushed against the bottom of a door's interior. Close fireplace dampers when not in use to prevent heat loss.
- Use window coverings and blinds effectively. If it's sunny outside, open window coverings during the day to capture warmth from the sun, and close coverings at night to keep warmth inside.
- Circulate warm air with ceiling fans. Set ceiling fans to turn clockwise and slowly to move warm air from the ceiling to living levels.

Safety tips

CenterPoint encourages customers to keep safety at the forefront of their minds as they heat their homes:

- Immediately report a suspected natural gas leak. If there's a "rotten egg" odor of natural gas present, immediately leave on foot, go to a safe location and call both 911 and CenterPoint Energy. Don't use electric switches and outlets, phones (including cell phones), drive or start a car inside or close to the location or do anything that could cause a spark.
- Keep natural gas meters clear. Use a broom to gently remove snow, but avoid using a shovel, which can cause damage. If ice builds up, let it melt naturally rather than trying to chip or melt it away. Keep the area around the meter clear of snow piles to allow safe access in an emergency.
- Use space heaters safely. Make sure a space heater has an automatic shut-off, and keep children, pets and all items at least three feet away from it. A space heater that uses natural gas, propane or wood should be vented to the outside. Stoves and ovens should never be used for space heating.
- Test carbon monoxide (CO) and smoke alarms to make sure they work properly. Change batteries regularly. Alarms don't last forever, so replace them according to the manufacturer's instructions.
- Know the signs of CO poisoning. Early symptoms such as headache and fatigue are similar to the flu, but without a fever. Continued CO exposure can lead to more severe headaches, dizziness, nausea, difficulty thinking clearly and fainting. If everyone in a household is experiencing these symptoms, it could be CO poisoning. If CO poisoning is suspected, leave the area immediately, get fresh air and call 911.

Myers Gets New Name



After a little over a year under new ownership, Myers Dinner Theatre in Hillsboro is getting an updated identity, along with a new name: The Harmony Theater. Mark and Misty McGrady have owned the dinner theater in Hillsboro since Dec. 27, 2023. They were approached by the previous owners, Richard and Donna Myers, about buying the theater to keep this important institution going in Mark's hometown.

The theater is being renamed The Harmony Theater because of the importance of the word and concept of harmony to the owners personally, as well as to the Town of Hillsboro. Mark and Misty met on eHarmony and were married in New Harmony, Indiana which is about halfway between Misty's hometown of Nashville, Tennessee and Mark's roots in Hillsboro. Mark's mother was active in the Hillsboro Harmony Music Club when Mark was growing up, and Mark remembers singing some silly songs and playing his trombone for the music club when he was a boy.

The McGradys note, "Harmony also embodies the essence of happy and synergistic relationships. We strive to foster harmonious relationships throughout our community by supporting people and their artistic endeavors."

Along with a new name, patrons can expect to see a makeover of the space. Fresh coats of paint in vibrant colors now fill the walls, along with new carpeting. Revamped seating includes small, intimate

tables, as well as seating for large groups - all with a little more room and better vantage point for the stage.

These changes will coincide with the opening of The Harmony Theater's 2025 Main Stage Season. The exciting lineup features plays and musicals to engage audiences of all ages and backgrounds. Titles this season include, Ted Swindley's "Honky Tonk Angels," "Charlotte's Web," "You're A Good Man, Charlie Brown," "Beehive, The 60s Musical," Rodgers & Hammerstein's "Oklahoma!," Gilligan's Island: The Musical," Agatha Christie's "The Secret Adversary" and Irving Berlin's "Holiday Inn."


More information on these shows, including performance dates and times, can be found at the theater's new website, theharmonytheater.com. The website also provides information and pricing on season ticket packages. Season tickets can be purchased by calling the theater box office at (765) 798-4902.

Many of the theater traditions that patrons have enjoyed over the years will still remain. Guests can still look forward to hearty, home-cooked meals accompanied by Donna and Richard's famous broccoli salad and fresh-baked rolls. The Harmony Theater will continue to be a destination for live, professional theatre in the heart of Indiana. Co-owner Mark McGrady says, "We hope that all who enter our doors will leave as one of Hillsboro's happy people."

Butch Dale's Flashback Trivia

Answer:
Charlie Grimes

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Will Odom Raise Purdue's Batting Average on Recent Hires to .500?



KENNY THOMPSON
Columnist

Remember when Darrell Hazell was a home run hire for the Purdue football program?

"Hazell produced one of the more remarkable feats of 2012, leading Kent State to not only its first bowl game in 40 years but also an 11-win season and MAC championship game appearance," Stuart Mandel, then with SI.com, wrote. "Hazell ... spent seven seasons at Ohio State under Jim Tressel, which should equip him well for a Big Ten job. The only slight hesitation is that Purdue is putting a lot of stock in two seasons of head coaching."

That stock crashed in 2016, when Hazell was fired with a 9-39 record.

Or when the hiring of first-time head coach Ryan Walters was praised by the national media?

"Walters has emerged as one of college football's rising stars in the defensive coaching ranks ... building an Illinois defense that finished No. 1 nationally in the fewest points allowed per game (12.8) in 2022," Steve Lassen of AthlonSports.com wrote. "His familiarity with the Big Ten West will help ease his transition in 2023."

Or maybe not. Walters became the first Purdue football head coach since Elmer Burnham in 1943 to depart after just two seasons. Walters was given a \$9 million severance package on top of his \$1 million salary as the University of Washington's new defensive coordinator.

(A side note: Burnham wasn't fired. He led the Boilermakers to a 9-0 record in 1943 with the help of Navy and Marine Corps trainees. Burnham parlayed that season into more money and job security as associate professor of physical education and head football coach at the University of Rochester. He's one reason why Purdue has a multigenerational reputation of being cheap.)

Maybe you remember when Jeff Brohm was regarded as one of the two best head coaching hires in 2017, alongside Minnesota's P.J. Fleck?

"Brohm's hire was a terrific move by the Boilermakers, who'd very much like to make some noise in the Big Ten," SI.com declared.

"The hiring of Brohm suggests a throwback to the days of Joe Tiller revolutionizing the Big Ten with spread offense and some guy named Drew Brees," Dennis Dodd of CBSSports.com wrote at the time.

"Brohm has similar upside having developed Brandon Doughty and Mike White at Western Kentucky."

Dodd was correct. Brohm developed David Blough and Aidan O'Connell into NFL quarterbacks. During his final two seasons before returning home to the University of Louisville in 2023, Brohm led Purdue to 17 victories, a Music City Bowl triumph against Tennessee and a Big Ten West Division title.

One out of three isn't bad if you play Major League Baseball. A career batting average of .333 is a lock to earn a Hall of Fame plaque at Cooperstown.

But when millions of dollars are at stake, athletic directors and college presidents can't miss on two of every three hires.

Purdue hopes Barry Odom raises its football hiring batting average to .500. Odom made the honor roll of the 2025 hires in the opinion of two national media organizations.

Odom gets an A from Steve Lassen of Athlon Sports, who ranked the former UNLV coach fourth on his offseason hires list behind Rich Rodriguez's return to West Virginia, Bronco Mendenhall to Utah State and future Pro Football Hall of Famer Bill Belichick to North Carolina.

"After guiding UNLV to its best two-year stretch in program history and back-to-back trips to the Mountain West Championship Game, Odom landed his second chance at a power conference job," Lassen writes. "The task of turning around Purdue is steep after the program went 5-19 over the last two years. However, Odom's ties to the Midwest, along with his growth as a head coach since his stint at Missouri, should make this a home run hire for the Boilermakers."

The Athletic's Ralph D. Russo gave Purdue an A-minus.

"After whiffing badly on first-time head coach Ryan Walters, Purdue was smart to bring in a coach with six years' experience," Russo writes. "And while his Missouri tenure was mixed (25-25, with a peak of 8-5), he just engineered a remarkable turnaround at longtime doormat UNLV, ... which finished ranked for the first time in school history. That will come in handy at rebuilding Purdue."

If Odom is able to pull off a UNLV-like rebuild, he'll need help from athletic director Mike Bobinski in coming up with an easier schedule. Watching Indiana skate to the College Football Playoffs against a slate of Hostess Cupcakes should be a model to follow.

Athlon Sports ranks Purdue's 2025 football schedule the second-

toughest in the Big Ten behind Wisconsin. The good news is the Boilermakers should at least double last season's win total, opening at home against Ball State and Southern Illinois.

There was a time when fans looked forward to the annual matchup with Notre Dame. Now, playing the Fighting Irish makes no sense other than to boost the athletic department's bank account. The Sept. 20 matchup in South Bend comes after USC visits Ross-Ade Stadium the week before.

Illinois is coming off a 10-win season and a Citrus Bowl victory. Trips to Minnesota and Northwestern aren't gimmes. Rutgers has been a thorn in Purdue's side in both football and men's basketball since joining the Big Ten.

November could be a miserable month for Purdue with a trip to Michigan followed by a home game with reigning national champion Ohio State. A bye week follows the Boilermakers' visit to Washington, and Indiana comes to Ross-Ade for Senior Day on Nov. 29.

Indiana has the Big Ten's fourth-easiest schedule according to Athlon Sports. Trips to Iowa, Oregon and Penn State will likely deny the Hoosiers back-to-back 11-win seasons. But, IU gets Illinois and Wisconsin at home and avoids Michigan and Ohio State. The non-conference slate has three Twinkies in Old Dominion, Kennesaw State and Indiana State.

NFL Draft hopeful

If one NFL Draft analyst is correct, Purdue will continue its run of alumni hearing their name called during the three-day event April 24-26 at Green Bay.

Offensive lineman Marcus Mbow is 66th on The Athletic's Top 100 NFL Draft prospects list. If the 6-4, 309-pound Mbow is indeed drafted, it will mark six consecutive seasons and 28 out of the last 29 NFL Drafts to include a Boilermaker.

"Some of his strength and anchor concerns popped up during one-on-ones at the Senior Bowl, but Mbow will regain some of his draft momentum after he tests at the combine," Dane Brugler writes. "His fluid footwork and body adjustments allow him to mirror rushers and operate well in space. Some teams are keeping him at tackle on their boards, while others like him best inside at guard or even center."

Kenny Thompson is the former sports editor for the Lafayette Journal & Courier and an award-winning journalist. He has covered Purdue athletics for many years.

The Facts about Fats



MONICA NAGELE
Guest Columnist

National Heart Month is coming to an end. For years, we have been told that low-fat and low-cholesterol diets are key to improving heart health. Because of this belief, fat is often the first nutrient to be reduced, but dietary fats play several important roles in overall health! Your brain is approximately 60% fat, and fats are essential for every cell in your body. They are crucial for hormone production, regulating smooth muscle contraction, immune function, and blood clotting. Vitamins A, D, E, and K are all fat-soluble, meaning they require fat for absorption and utilization in the body.

However, some fats should be monitored in our diet. Saturated fats, which are typically solid at room temperature, prompt the liver to produce more LDL cholesterol. Now, wait a minute—our liver makes cholesterol? Yes! Any person or animal with a liver produces cholesterol, and the liver makes all the cholesterol the body needs. Contrary to popular belief, cholesterol plays an integral role in human health. It is a structural component of every cell membrane and aids in the production of hormones (such as estrogen and testosterone) and Vitamin D. Research has shown that when dietary cholesterol intake increases, the body compensates by decreasing its endogenous (liver-

produced) cholesterol production, and vice versa.

LDL cholesterol, known as "bad" cholesterol, transports cholesterol to body tissues, where it can build up as plaque in the blood vessels, increasing the risk of heart disease. On the other hand, HDL cholesterol, or "good" cholesterol, acts in reverse by transporting cholesterol back to the liver for hormone production or excretion, preventing plaque buildup. If dietary cholesterol does not significantly impact cholesterol levels, what does? The types of fats we consume.

- **Saturated fats**, found in butter, cheese, meat, and tropical oils such as coconut and palm oil, prompt the liver to produce more LDL cholesterol.

- **Unsaturated fats**, which are liquid at room temperature, encourage less LDL production and more HDL production.

- **Monounsaturated fatty acids** (found in canola, olive, peanut, safflower, and sunflower oils, as well as avocados) help lower LDL cholesterol.

- **Polyunsaturated fatty acids** (found in corn, cottonseed, flaxseed, soybean oils, and fatty fish) may lower LDL cholesterol, improve insulin sensitivity, and support visual and cognitive development in infants.

- **Omega-3 and Omega-6 fatty acids** are essential polyunsaturated fats that the body cannot produce, meaning they must be obtained through diet.

- **Trans fats**, although technically unsaturated, are processed to become semi-solid at room temperature. Partially hydrogenated vegetable oils are a prime example. Trans fats increase LDL and lower HDL cholesterol—exactly the opposite of what we want for heart health.

One commonly misunderstood food is eggs. They, along with shrimp, are high in cholesterol but low in saturated fats, making them suitable for a heart-healthy diet. The dietary guidelines recommend limiting saturated fat intake to less than 10% of daily calories to reduce heart disease risk. Additionally, increasing physical activity to at least 150 minutes per week can help raise HDL levels and lower LDL cholesterol, further reducing the risk of heart disease.

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



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Montgomery County Retired Teachers Association Shares Meeting Minutes

Monday, February 10, 2025

President Steve Frees welcomed members and guests to the Feb. 10, Montgomery County Retired Teachers Association meeting held in the Crawfordsville Public Library. President Steve led the Pledge of Allegiance and gave the invocation. Lunch was provided by the Creekside Restaurant.

Kathy Steele introduced our guest speakers, Kelly Taylor and Michaelan Pantoja-Sharp. Kelly is the Chief Executive Officer of the Montgomery County Community Foundation and Michaelan is the director of the new Montgomery County Early Learning Center. Kelly told the group that Montgomery County is considered a childcare desert. Businesses and employers have continually stated that they cannot hire enough workers because of a lack of childcare in our community. The new center, located at 110 W South Boulevard St. will accommodate 124 children ages 6 weeks to age 5. Enrollment is presently open. KinderCare will be the operator of the facility and it is projected to open on March 17. The community is invited to 2 open houses; one on Thursday, March 6 from 4-6 pm. and the other open house will take place on March 12.

President Steve Frees opened the business meeting following the program. The minutes from the December meeting, which were

sent to members previously, were approved. He also read the treasurer's report and it was approved.

Janet Armbruster gave a report from the Community service committee. She gave us the update on volunteer hours from our area and suggested many ways that our members presently volunteer in the community.

Diane and Charley German gave a legislative update. Both attended the December and February Legislative breakfasts. They mentioned that we need to call our representatives and senators to urge support for public education. Diane also told us that they feel fairly positive that we will receive our 13th paycheck.

Mary Lefebre sent 20 cards at Christmas to 25 members. She recently sent nine cards to members for health concerns and expressions of sympathy.

President Steve thanked Sheryl Starnes and Jerilyn Yerkes for the table decorations. The next meeting will be Monday, March 10. Nancy Bowes and Mary Lefebre are responsible for the table decorations. Brenda Lovold will give the invocation. The program will be 4-H Tech Changemakers-Digital Literacy Skills for Seniors. A motion was made to adjourn the meeting and it was passed.

Back in the Day with Butch Dale



All of the little schools had plays and special presentations to celebrate various holidays. Shown above are some grade school girls from Bowers school in 1957. From left, Linda Perry, Janet Holladay, Carol Mahoy, Sara Holladay, Janet Emmert, Rita Cleveland, Dana Box, Connie Clark, Salli Ames and Cathy Gable. Aren't they cute!

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.

MONTGOMERY COUNTY BOARD OF COMMISSIONERS MEETING

MONDAY, FEBRUARY 24, 2025
8 AM

1580 Constitution Row -Room E109
Crawfordsville, IN 47933

AGENDA

CALL TO ORDER Board President Dan Guard
PLEDGE ALLIGENCE and PRAYER

CONSENT AGENDA

Approval of Claims: AP
Payroll
Minutes: February 10, 2025

Acknowledge Approval of Central Communications
Center Director's Contract

PUBLIC HEARINGS:

RZ2025-1 -Request of James & Christina Deer and
Rezoning Certain Parcels of Land at 3994 East State
Road 32 from Commercial to Residential

Ordinance 2025-7 Approving Request of James &
Christina Deer and Rezoning Certain Parcels of Land
at 3994 East State Road 32 from Commercial to
Residential

ZA2025-1 Text Amendment to Chapter 159 of
Montgomery County Code

Ordinance 2025-8 Adopting Text Amendments to the
Zoning Ordinance

NEW BUSINESS

Surveyor Tom Cummins -Section Corner & Regulated
Drain Certification Report

ORDINANCES

2nd Reading Ordinance 2025-5 Establishing the
Montgomery County Right of Way Permit Fee Fund

Introduction Ordinance 2025-6 Creating the 2025
OCRA Owner-Occupied Rehabilitation Program Fund

Introduction Ordinance 2025-9 Amending Rules and
Procedures

RESOLUTION

2025-10 A Resolution Delegating the Upload of Local
Government

Contracts for Fire and Emergency Medical Services'
Responsibility and Attestation Authority

OTHER BUSINESS

ADJOURNMENT

****Next meeting Monday, March 10, 2025****

MONTGOMERY COUNTY SOLID WASTE

MANAGEMENT DISTRICT BOARD

Monday, February 24, 2025
8:30 AM

Montgomery County Government Center
1580 Constitution Row – Room E109
Crawfordsville, IN 47933

AGENDA

CALL TO ORDER - Chairman Dan Guard
PLEDGE OF ALLEGIANCE

ELECTION OF OFFICERS

Chairman

Vice Chairman

2025 MEETING SCHEDULE DATES, TIME & LOCATION

CONSENT AGENDA

Minutes – November 25, 2024

PUBLIC COMMENT

STAFF REPORTS

CONTROLLER CLAIMS REPORT

OTHER BUSINESS

ADJOURNMENT

MONTGOMERY COUNTY BUILDING

CORPORATION

Monday, February 24, 2025

8:45 a.m.

Montgomery County Government Center

Commissioners Conference Room

1580 Constitution Row - Suite E

Crawfordsville, IN 47933

AGENDA

- Call to Order/Roll
- Approval of Minutes of January 27, 2025
- New Business

Approve Change Orders

Approve Claims

- Other Business
- Adjournment

NORTH MONTGOMERY SCHOOL BOARD

Feb. 24

Executive Session 5:30 p.m.; Regular Meeting 6 p.m.

1. Executive Session
2. Where authorized by federal or state statute IC 5-14-1.5-6.1 (b) (1)
3. To discuss a job performance evaluation of individual employees. This subdivision does not apply to a discussion of the salary, compensation or benefits of employees during a budget process. IC 5-14-1.5-6.1 (b) (9)
4. Call to order and Pledge of Allegiance
5. Public comment
6. Consent agenda
 - a. Minutes
 - b. Monthly claims
 - c. Personnel, extra-curricular, field trips, facilities usage, contributions, gifts, superintendent stipends
 - d. Other
 - e. Consent vote
7. Middle School Spotlight
8. Honorary Board Member
9. Spotlight
10. Action items
 - a. Hear first reading on 2026-27 School Year Calendar
 - b. Approve the K-45 English Language Arts Textbook Adoption
 - c. Approve asphalt bid for middle school parking lot
 - d. Approve high school bathroom and a classroom flooring renovations
 - e. Void outstanding checks from the previous two years
11. Other
12. Adjournment

CFD From Page A1



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