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TODAY'S VERSE

Genesis 1:1 In the beginning God created the heaven and the earth.

Meet Kush



ADOPTION FEE WAIVED (SPONSORED BY BEST FRIENDS)! Kush is an 8 year old female Siberian Husky that has been at the Animal Welfare League of Montgomery County (AWL) since 8/15/2021 (3 years, 8 months). That is WAY too long! Let's find Kush a furrever home before she hits her 4 year anniversary at the shelter! Kush LOVES going for walks, playing fetch, running zoomies in a fenced yard, and being showered with love/treats! Kush is dog selective. Kush is spayed, dewormed, microchipped, and up to date on all of her shots. KUSH'S ADOPTION FEE IS WAIVED (SPONSORED BY BEST FRIENDS)! Kush is looking for her best friend. Could that be you? Kush is available for adoption, to foster, or just simply going out for walks. Come say hi!!

GET TO KNOW THE BREED The Siberian Husky - Intelligent, Outgoing, Friendly, Alert, Gentle



Mother's Day is Sunday. In the words of the immortal Lewis Grizzard, call your mother. I wish I could call mine.

The Paper OF MONTGOMERY COUNTY

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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!

Are you a runner? Then you know all about the Mini. No, not the car. The Indianapolis Mini Marathon. And even if you are not a runner, you knew to avoid Indianapolis Saturday because there was an extra 30,000 or so people running around (no pun intended).

So without further ado, here is a look back at the Indianapolis Mini Marathon . . . by the numbers.

50 Believe it or not, this was the 50th running of the Mini. If you remember the first one, that makes you officially . . . good at remembering. (What? You didn't think we were going to call you old, did you!)

13.1 and 2.5

Runners know that mini or half marathons are 13.1 miles. For the rest of us, that seems like an insane number to walk or run. Of course one of the big draws of the Indy Mini is we couldn't leave mention of the 500 without the number 33 - the traditional number of cars in the field each year. Do you know the last time the race didn't have 33 cars? It's been a minute - 1947.



50 and 15+

Some of the more than 30,000 runners, joggers, walkers and wheelchair participants hail from all 50 states and more than 15 countries!

No. 1 The Indianapolis Mini-Marathon has been judged the best half marathon by publications like USA Today, Race Raves and Bib Rave.

1:01:44 & 1:10:59

The men's and women's record times. Panuel Mkungu set the men's mark of 1:01.44 in 2023. Janet Cherobon set the women's record in 2010. Heck, we can't imagine riding a bicycle 13.1 miles in a little over an hour, let alone running it! If our math is correct, that's running a mile every 5 to 6 minutes . . . 13 times in a row!



5 One person has won the Mini five times. Gary Romesser won in 1983-84-85-88-91.



5 . . . again

Five people have participated in every Mini since the first one in 1977. They are Jerry Bates from North Carolina, John Hostetter from Kentucky, Eugene Lausch, Alva Such and Michael Vollmer - all from Indianapolis.

5-4-25

Believe it or not, there was a "recovery run" yesterday. It took place at the Athletic Annex in Carmel. At last check, more than 130 people had responded on Facebook. Yes, if we participated in the Mini we would need a "recovery" on Sunday, but it would not involve more running! Much respect to them!



TODAY'S HEALTH TIP

Keep electronics (TVs, computers, video games, cell phones) out of kids' rooms to promote good sleep behaviors.

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



TODAY'S QUOTE

My mother said to me, 'If you are a soldier, you will become a general. If you are a monk, you will become the Pope.' Instead, I was a painter, and became Picasso. Pablo Picasso

TODAY'S JOKE

What'd the mommy horse say to the baby horse? It's pasture bedtime!

MONTGOMERY MINUTE

Today, of course is Cinco de Mayo and there are various observations going on in our community. A common misperception is that May 5 is Mexican Independence Day. That date is actually Sept. 16. Cinco de Mayo is celebrated more in the U.S. than it is with our neighbors to the south. Still, any chance to enjoy a day and make friends is worth a lot. We encourage our readers to look around and take part in whatever way to celebrate they feel appropriate! Happy Cinco de Mayo!

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

THREE THINGS You Should Know

1 The DNR Division of Historic Preservation & Archaeology announced the winners of its annual Historic Preservation Month photo contest. Here are the winners in each category:

- Altered: Michael J. Sears of Newburgh (Warrick County) Photo subject: August Rosenberger Building in Evansville
Black and White: Wilhelmina Leach of Georgetown (Floyd County) Photo subject: O'Bannon Woods State Park
Color: Thomas Adams of Evansville (Vanderburgh County) Photo subject: George Rogers Clark Memorial
Kids: Grace White of Hanna (LaPorte County) Photo subject: University of Notre Dame
Preservation Month Annual Theme: Jennifer Minnis of Paris, IL Photo subject: St. Mary-of-the-Woods College

2 Single-family building permits in Indiana saw a significant increase in March, according to the latest data from the U.S. Census Bureau. A total of 1,689 permits were issued statewide last month, a 21 percent increase from the 1,399 permits pulled in February 2025. This number is up 2 percent from March of 2024, when 1,656 permits were pulled. Indiana outpaced neighboring states again, with Ohio issuing 1,402 permits, Michigan at 1,233, Illinois at 964, and Kentucky at 835. Year-to-date, Indiana has recorded 4,441 single-family permits through the first three months of 2025, up 1 percent compared to the same period in 2024 (4,383 permits).

3 Indiana Audubon invites birders, families and nature lovers to celebrate the height of spring bird migration at the 2025 Indiana Dunes Birding Festival, set for May 15-18 at sites throughout the Indiana Dunes region and beyond. The festival is headquartered at the Indiana Dunes Visitor center, 1215 N. State Road 49 in Porter. The festival begins Wednesday, May 15, with a public launch event from 6 to 9 p.m. Central time at the Visitor Center. The Migration Marketplace tent will be open at the Visitor Center from 11 a.m. to 4 p.m. Thursday through Saturday, and from 11 a.m. to 2 p.m. Sunday. Although online registration for the Indiana Dunes Birding Festival has closed, limited walk-in registrations will be accepted beginning at 4 p.m. on May 15 at the Visitor Center. For more information about festival events, visit indunesbirdingfestival.com.



Todd Barton

Mayor's Next Forum Is May 27

Crawfordsville Mayor Todd Barton has scheduled his monthly Community Forum for Tuesday, May 27 at 8 a.m. in his office in the city building.

This will be Barton's 143rd Community Forum since taking office. Holding a monthly community forum was something Barton pledged to do during his campaign and he has continued to do so every month - except during the COVID pandemic.

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 city building is located at 300 E. Pike St., just off beautiful downtown Crawfordsville.

Butch Recalls His Family's Vacations Back in the Day



BUTCH DALE Columnist

Our four children and their families travel somewhere on vacation almost every year, usually to Florida during spring break, although they have been to a few other places around the country. When anyone asks me to relate my family's travel adventures when I was a youngster, it's always easy to remember those experiences. That's because we never went on a vacation ... ever. In fact, very few families who I knew did, especially farm families. After all, who would take care of the livestock and handle the chores? And many families had quite a few children. Few parents in their right mind would dare load up their rambunctious offspring in the old Chevy and drive hundreds of miles to Florida or any

See BUTCH Page A3

Chariots Topic of Talk at Gen. Lew's

The General Lew Wallace Study & Museum is deeply committed to the protection and preservation of Lew Wallace's legacy now and for generations to come. The museum is located on Wallace's home site in Crawfordsville, Indiana, and is where he wrote *Ben-Hur*. His unique and personal study, built in the 1890s, is a National Historic Landmark and the home of the world's largest collection of General Wallace's personal memorabilia. For more information, please visit the museum website: www.ben-hur.com.

Want to know everything there is about chariots – building them, racing them . . . ? Lew Wallace did. You can, too.

The General Lew Wallace Study & Museum is proud to present Dr. Bela Sandor who will speak on chariots as Lew Wallace presented them in *Ben-Hur*. Dr. Sandor will present his program on Thursday at 7 p.m. in the Carriage House at the Lew Wallace Study & Museum.

Lew Wallace understood the physics of chariot racing which helped to make it the most exciting aspect of the book and subsequent stage and film presentations. Dr. Bela Sandor, a Professor Emeritus of Engineering Physics at the University of Wisconsin, takes an in-depth look into the world of competitive chariot racing, its depiction in *Ben-Hur* and the historical accuracy of the exciting filmed chariot races. Discover what the film adaptations got right – and what they got wrong.

Professor Sandor's main engineering research has been in the field of Thermoelastic Stress Analysis, a full-field non-contacting

experimental method based on small, modulated infrared emissions. His interest in stress analysis, among other things, led to research and lecturing on the total mechanical analysis of ancient chariots. The chariots of ancient Egypt, Rome, and the Far East were very different in design and success. He has presented the program *Virtual Rides on Tut and Ben-Hur Chariots* at Queen's College in Cambridge, UK, *Tutankhamun's Chariots and the Exodus* at Madison Biblical Archaeology Society and *Tut and Nero: Wild on Wheels*. He was a fundamental technical advisor on the NOVA documentary *Building Pharaoh's Chariot* with filming on location in Egypt. This documentary was originally broadcast in 2013, but has been repeated many times on PBS.

This presentation is free and open to the public and the Carriage House is ADA accessible, seating is limited and reservations are suggested. For more information visit our website: www.ben-hur.com or call Larry Paarlberg at (765) 362-5769 or email lpaarlberg@ben-hur.com.

Clore Insurance Gets Good News

Clore insurance, with offices in Carmel, Crawfordsville and Brazil, recently got some good news.

Consumer Reports ranked Erie Insurance No. 1 for best auto insurance. According to the Consumer Reports article (www.consumerreports.org/money/car-insurance/best-car-insurance-companies-a8534720090/) the best car insurance policies take care of your financial needs and have a low premium, excellent customer service, proactive advice, and terms that are easy to understand. Erie Insurance was the top performer based on Consumer Reports' national survey of 40,566 policyholders

"The voice of consumers across the



Derrick Clore

nation is the best peace of mind we can offer to our prospective clients," Derrick Clore, President of Clore Insurance Group said. "It speaks not only to our competitive price but more importantly, the rest of the story, so to speak. When you buy insurance, you buy a promise. We believe this consumer reports proves we're the best bang for your buck and the best at delivering on our promises."



Photo courtesy Blue Marketing

From left, Darren Haas, RT Insurance; Brandy Brandenburg, RT Insurance; Gina Haile, B&G Club; Becca Stapleton, Indiana Farmers Insurance; and Robb Williamson, RT Insurance.

RT Insurance Steps Up Big Time for Boys & Girls Club

RT Insurance is proud to announce a \$1,000 donation to the Montgomery County Boys & Girls Club in support of its mission to provide a safe, positive, and enriching environment for local youth.

The contribution from RT Insurance will help fund critical programming, educational resources, and after-school activities that empower children to reach their full potential.

"At RT Insurance, we believe in investing in the future of our communities—and that means investing in our kids," said Robb Williamson co-president at RT Insurance. "The Boys & Girls Club plays a vital role in shaping young lives here in Crawfordsville and Montgomery County. We're honored to support the incredible work they do every day."

The Crawfordsville/Montgomery County Boys & Girls Club serves hundreds of children annually with programs focused on academic success, good character and citizenship, and healthy lifestyles. With the support of

community partners like RT Insurance, the Club continues to provide high-quality services that make a lasting impact.

This donation reflects RT Insurance's ongoing commitment to giving back to the communities they serve. As a locally rooted, independent insurance agency, RT Insurance values strong relationships and community involvement just as much as providing reliable coverage.

RT Insurance is a local multi-line insurance agency which provides commercial, personal, life and health insurance products. Established in 1871, the agency has a strong agricultural and business emphasis and offers personal and commercial insurance products. With RT Outdoors, RT Public Entity and RT Emergency, the agency offers insurance specializing in outdoor, public entity and emergency services insurance respectively. For more information or to schedule an interview, contact Robb Williamson or Tim Congleton at (765) 362-4660.

Witham Hosts Annual Spring Flower Sale

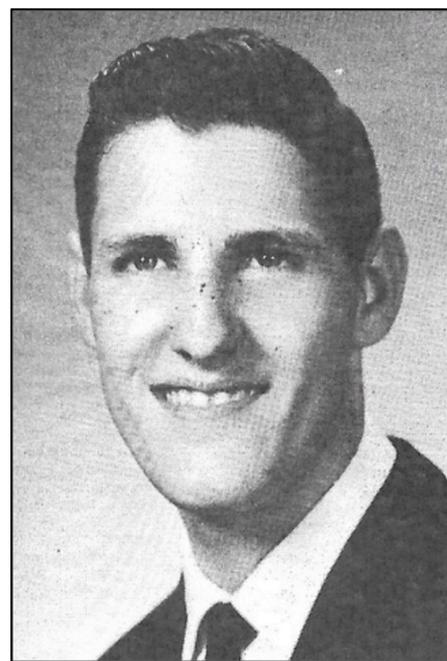
The Witham Volunteer Organization is hosting its annual spring flower sale on Wednesday from 9 a.m. to 4 p.m., while supplies last. Amy Mitchell, Director of the Witham Volunteer Organization noted there will be a beautiful assortment of hanging baskets and potted flowers that include begonias, violets, geraniums and Spring mix baskets in a wide range of varieties and colors.

Mitchell noted all proceeds benefit the Witham Volunteer Organization Scholarship program and various fund the

need initiatives for Witham. The event will be held in the lobby of the main entrance of Witham in Lebanon. Debit or credit card, cash and local check are accepted. We are grateful to be able to support the high school students of Boone County in this way, and we are thankful for the continued support from our local community each year, Mitchell said.

Witham has offices in Crawfordsville, Frankfort, Jamestown, Lebanon, Thorntown, Whitestown, Anson and Zionsville.

Butch Dale's Flashback Trivia



Do You Recognize this 1965 New Ross H.S. Graduate?

HINT:
 He has worked for many years as the process server for the Sheriff's Department.

Answer on Page A3



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Nervous as a Cat



CARRIE CLASSON
The Postscript

"She was nervous as a cat!" is how the saying goes. I have decided this expression makes no sense. Our cat, Felix, is the least nervous creature I have ever lived with.

My old Newfoundland dog, Moxie, with her saggy jowls and lumbering gait, was much more nervous than Felix. Moxie was nervous about strange noises and things she couldn't see clearly (which was most everything) and loud voices. She was very well-behaved, but sometimes would pull a butter wrapper out of the garbage—oh, so carefully—and proceed to lick every trace of remaining butter off that wrapper. Then, knowing she had done a truly wicked thing, she would wait for the inevitable reckoning when I would return to the kitchen, see the wrapper splayed out flat on the rug and say to her, "Moxie, do you know anything about this?"

At that point, her legs would visibly quiver, she would press her face against the wall, and she would look as if she expected the beating of her life.

I never once hit that dog.

She was just nervous. And she had a conscience. She knew she was not supposed to remove trash from the trashcan—and despite many reprimands—she had done it. Again.

My cat, Felix, does not have these problems.

He regularly helps himself to the trash. He hauls out whatever he likes to see if there is anything tasty. Usually, it is stale bread or an empty package. (He has perfectly fine cat food in his bowl the entire time.) If there is nothing interesting in the trash, he will look further afield. We had some leftover cookies of various types in a plastic bag on the counter, and Felix hauled the bag onto the floor and took one bite from each type of cookie. None of them were any good, apparently, but

he did a very thorough test.

When, in the morning, my husband, Peter, or I discover his wickedness and yell at him, Felix looks at us, bored.

"People are ridiculous," Felix seems to say, "They get worked up about the stupidest things." Then he falls asleep.

I googled the expression "nervous as a cat," and it comes from the idea that a cat moves very quickly and suddenly. It is used when a person is uneasy or overly alert. I don't think Felix is uneasy in the least. But he is very alert. He can spring into action from complete stillness, zoom down the hall, bounce off the wall at the far end, return to hit the back of the sofa and land on a chair—all in a moment. He has a lot of fun doing this.

On the other hand, I am nervous. I worry about telephone conversations that happen and those that don't. I worry about the things I say and the things I forget to say. I stew over what I should have done after I've done something and what I should do before I've done anything at all. I am in a more-or-less permanent condition of nervousness, and I've been watching my cat with interest because I think being nervous as a cat would be a big improvement.

I would love to be utterly relaxed and then spring into action when the situation seemed to warrant it. I would love to bounce off the walls just because it was fun to do. I think that will be my new goal.

The next time Peter asks me if I am worried, I'll assure him, "Not at all. I'm nervous as a cat!"

*Till next time,
Carrie*

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.

NOTICE OF EXECUTIVE SESSION MEETING

The Town Council of the Town of Ladoga will hold a closed executive session meeting on Wednesday, May 14, 2025, at 2:00 p.m. at the Town Hall, 121 East Main Street, Ladoga, Indiana, 47954.

This executive session is being held pursuant to the following: I.C. 5-14-1.5-6.1(b)(2)(B) to discuss strategy with respect to initiation of litigation and litigation that is pending.

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Cool Vacation in a Hot Spot



DICK WOLFSIE
Funny Bone

There? Really! In the winter? Seriously? That's what many people said when I told them that Mary Ellen and I (and our son) were headed to Iceland for a vacation and taking 17 hearty souls with us. We knew that others had gone on this very same adventure and loved it. For many, this destination was on their bucket list.

Based on what we learned on the first day of the excursion from Greg, our excellent guide, it might have been too late for travelers on this trip to complete the remaining items on that bucket list. Why? Because there are lots of ways to die in Iceland. Here are a few:

Get in the way of an erupting volcano

Get swept into the ocean by a sneaker wave

Step into quicksand

Eat fermented shark that has not been properly processed

Get crushed by an avalanche

Step too close to a geyser.

And my favorite: Stand in front of a glacier and remain still...for a very long time.

Greg was overly cautious of each potential danger, with appropriate warnings to all of us. That's what a great guide does, and he filled the bill. And, of course, we were all safe. As virtually all travelers are.

The big draw of Iceland is viewing the Northern Lights. You have to be lucky to see this phenomenon. First, you need an almost cloudless sky at night, a relatively rare event in these parts. Additionally, the naked eye is not the most effective method for observing this solar activity. You really need your iPhone to record this astronomical event, along with a knowledge of several optical settings now available on newer cellular models.

On the first clear night, our bus was filled primarily with seniors. We headed to a nearby location with minimal light pollution. As my friend Carolyn observed, "We will have 40 older folks in a pitch-black parking lot, staring at their cell phones with no clue

how to adjust the settings. What could go wrong?" We did experience the Northern Lights, a display that few will forget. The next day, we ventured out on a boat to take another look from the bay.

I had a good one-liner during the trip, depending on whether you like dreadful puns or not. While we were exploring the terrain, a wedding party passed by, including the bride and groom. Apparently, their dream was to get married at the foot of a glacier. As the bride, in a stunning white wedding dress and hiking boots, negotiated several large boulders in her path, I couldn't resist screaming, "Your marriage is already on the rocks."

The highlight of the trip was the Sky Lagoon. This giant pool offered a luxurious experience, as we lounged in the water and sipped cocktails from the conveniently accessible bar. AHHH. Initially, we were scheduled to bathe in the Blue Lagoon, but Greg saw some data that suggested the nearby volcano could erupt at any time, spewing lava at 2,000 degrees into the wading area and potentially frying everyone. He thought that knowing this might compromise our relaxing experience.

The Icelandic language is very difficult. Imagine trying to teach a six-year-old to remember a simple word like Tryggingarm-alastofnun, which is an insurance institution, or Landsbokasafnsvorour, which is a librarian.

My guess is that most first-grade teachers, after seven years on the job, opt for therapy rather than a sabbatical.

We all had a great time in the Land of Fire and Ice. You must put this on your must-do list. Or as they say in Icelandic: twyrpkjsjheutkizopmgriegjnduyriuejkh

Did I fool you? I just ran the back of my hand over the keyboard. I hope I didn't accidentally say anything off-color.

– 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.

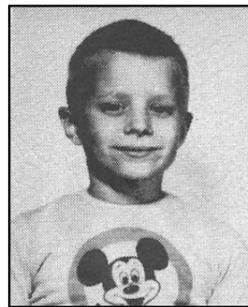
↓ BUTCH

From Page A1

other vacation spot and spend hard-earned money to sit on a beach or see the sights in the big city. If the kids wanted to see favorite travel destinations, they could watch those travelogues that were shown before the main feature at the Strand theater ... whole lot cheaper, too!

I do recall one family that did go on a vacation back in the 1950s. Don and Emma Lou Weliever packed up their kids in the family station wagon and drove to California to visit Disneyland after it opened in 1955. Of course, back then gas was 25 cents a gallon, and the admission price was a dollar per person ... although one had to pay separately to go on any rides (and these only cost 25 or 30 cents per ride). When their oldest boy Steve came over for a visit after they returned, he wore his Mickey Mouse hat (with the ears) and a Mickey Mouse Club shirt. He thought he was quite cool! To travel to Disneyland today, the parents would need to take out a second mortgage. The kids would not be able to wear a Mickey Mouse hat either. It might offend any person who identifies as a rodent, according to Disney's new woke guidelines.

So ... did my parents take us anywhere at all? Yes, we made quite a few trips to Milligan Park for family get-togethers and cookouts ... always stopping by the Big Dipper for ice cream ... plus the Big Dipper had a miniature golf course. And each summer we headed to Columbian Park in Lafayette, which had a lot of fun things to do. We rode the miniature train, drove the motorized cars on the "Turnpike," steered the paddle boats around the pond, watched the monkeys on their little island and of course slid down the curly slide many times. We went swimming in their large pool occasionally until Waynetown built a pool (even before Crawfordsville did.) Dad also took my brother and me to Indianapolis



Butch's best buddy, Steve Weliever, visited Disneyland in the 1950s!

Indians baseball games a few times, and one time Eugene "Beaner" Hampton took his son to see a Chicago Cubs game, and he invited Dad, my brother and me to go along. The Cubs played the Milwaukee Braves, my favorite team at the time. I thought I had died and gone to Heaven!

All through the years my family visited all of the Dale relatives for cookouts in the summer, holidays and other special occasions. My 21 cousins and I always had great times at those gatherings. They were more fun than any vacation I could have gone on. During my 58 years of married life, my wife and I have been on only three vacations. We took our first two kids to Kings Island back in the 1970s, and my wife and I traveled to Gatlinburg and Nashville a couple of times. When you're raising four kids and working full-time ... and with me working two full-time jobs for many years, it's quite difficult to take time off for a vacation. But in all honesty, I never cared to travel. I'm a homebody, and everything that I enjoy is right here. I agree with Dorothy, of Wizard of Oz fame, who said, "If I ever go looking for my heart's desire again, I won't look any further than my own backyard." ... "Oh, Uncle Henry and Auntie Em, there's no place like home!"

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:
Laren Myers**

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us online:
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Montgomery Medicine: "Why Can't I Sleep?"



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Insomnia is one of the most common complaints we hear in primary care.

Whether it's a farmer who's worried about the next rain, a teacher juggling papers and parenting, or a retired couple worrying about how tariffs are going to affect their retirement nest egg, sleep disruption affects nearly everyone at some point. In the United States, it's estimated that nearly one in three adults suffers from some form of insomnia. The consequences are real: tens of billions of dollars lost in productivity, increased risk of chronic diseases, and a daily toll on mental health and well-being.

It's important to recognize that insomnia is not a disease itself but a symptom, much like a fever or pain. That means the root cause must be identified before effective treatment can begin. Insomnia is typically divided into three types. Transient insomnia lasts less than a week and is often triggered by a temporary stressor, like travel, illness, or emotional upset. Short-term insomnia lasts from one to six months and is often related to ongoing stress, such as job changes or grief. Chronic insomnia, lasting more than six months, usually reflects deeper medical, psychological, or behavioral problems.

Recent research has expanded our understanding of chronic insomnia. One particularly striking finding is that insomnia changes how the brain regulates emotion. Functional MRI studies reveal that sleep-deprived brains show heightened activity in the amygdala, the part of the brain responsible for processing fear and anxiety, while connections to the prefrontal cortex, responsible for rational thought, are weakened.

This may help explain why poor sleep is linked to anxiety, depression, and even suicidal thinking. Sleep, in a very real sense, is essential for emotional regulation.

Anxiety is a major contributor to insomnia. People often describe a racing mind that keeps them from falling asleep, especially those who tend to multitask and carry a heavy mental load. Depression, by contrast, often shows up as early morning waking and an inability to get back to sleep. Medical conditions such as chronic pain, fibromyalgia, congestive heart failure, and COPD can all disturb normal sleep cycles. More recently, chronic insomnia has also been identified in patients suffering from Long Covid, possibly related to autonomic nervous system dysregulation or persistent inflammation.

Certain neurological conditions can also play a role. Restless Leg Syndrome, for example, causes an uncontrollable urge to move the legs at night, often preventing sleep onset. Sleep apnea, particularly obstructive sleep apnea, causes repeated interruptions in breathing that lead to multiple brief awakenings. Both conditions are treatable but often go unrecognized, particularly in women or older adults who may present with more subtle symptoms such as fatigue or mood changes.

Our daily habits can also fuel the problem. Caffeine, which stays in the system for up to eight hours, is a frequent culprit. Many people drink coffee, soda, or energy drinks throughout the day to combat fatigue, only to find themselves wide awake at bedtime. Alcohol, too, is extremely problematic and is a leading cause of insomnia and fragmented sleep. While it may initially help people fall asleep due to its sedative effects, it disrupts the deeper, restorative stages of sleep later in the night, leading to early morning waking and next-day grogginess.

Another hidden factor is our relationship with artificial light. The blue light from screens suppresses melatonin, the brain chemical

that tells our body it's time to wind down. Teenagers are particularly vulnerable. Their natural sleep cycle is already shifted forward (late to sleep, late to rise) due to changes in circadian rhythm during adolescence. Add in late-night video games or social media scrolling, and it's no surprise that many teens report difficulty falling asleep and struggle to stay awake during the school day.

Sleeping pills, whether over-the-counter or prescription, can be effective in the short term but are not without problems. Tolerance can develop quickly, meaning people need more of the drug for the same effect. In older adults, these medications increase the risk of falls, fractures, and cognitive impairment. Rebound insomnia, or a worsening of symptoms after stopping these medications, is also common.

One overlooked insight from recent research, highlighted by Dr. Allison Siebern of Stanford University, is that people with chronic insomnia often develop an unhealthy relationship with sleep itself. They may spend hours lying in bed worrying about whether they will sleep or not. This actually makes it less likely that they will. Behavioral interventions, primarily cognitive behavioral therapy for insomnia (CBT-I), have been very effective in breaking this cycle of worry.

Insomnia is not just frustrating. It is a medical issue with real health consequences. Next week, I'll cover proven strategies for prevention and treatment. Until then, take a moment to reflect on your own sleep habits. Sometimes, understanding the cause is the first step toward healing.

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

Back in the Day with Butch Dale



Today most people have cell phones, but back in the day phones were a novelty. The first phone in Darlington was a private line from the bank to the James Peterson home. This photo shows his son Husted trying out the new-fangled device in 1904.

Another Deery Bill Heads to Governor

Another education reform bill authored by State Sen. Spencer Deery (R-West Lafayette) is headed to the governor's desk. Senate Enrolled Act 255 aims to get more qualified science, technology, engineering and math (STEM) teachers into the classroom and to ensure the parents of students involved in bullying incidents are quickly notified.

"In Indiana, many schools are filling classrooms with teachers who lack classroom training," Deery said. "During the 2022-23 school year, the state issued 17 new teaching licenses in chemistry, 15 in physical science and five in engineering. These subjects, however, are at the leading edge of ingenuity and are important to our state's future workforce needs."

SEA 255 would create new pathways for college graduates with STEM degrees to obtain a teaching certificate if they pass a subject matter test, complete nine specific education

credits and gain field experience in the classroom.

The provisions related to SEA 255's parental rights reforms would ask schools to prioritize parental communication in bullying investigations in Hoosier schools by requiring school districts to make a reasonable effort to notify parents by the end of the next day after an incident if their child is the subject of a bullying investigation. Current law requires notification within five days.

"Students should feel safe at school, and parents have a right to know when their child is the subject of a bullying investigation – whether the child be the victim or the bully," Deery said.

SEA 255 also reforms a 2024 law that permitted parents to enroll their children in offsite faith-based instruction during the school day. The changes in Deery's bill

aim to give students enrolling in such programs more flexibility so that they miss less classroom instruction.

Earlier this session, the General Assembly also approved Senate Enrolled Act 249, another bill authored by Deery that will establish more flexibility to award salary increases to our school's most needed teachers. SEA 249 has already been signed by the governor.

Deery encourages residents of Senate District 23 to contact him with any questions or comments they may have. Deery can be reached by filling out a "Contact Me" form online at www.IndianaSenateRepublicans.com/Deery or by phone at 800-382-9467.

Deery represents Senate District 23, which includes Fountain, Parke, Vermillion and Warren counties and portions of Montgomery and Tippecanoe counties.

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2025 Nissan Murano has the Grace, Pace, and Style of Lang Lang Making Love with his Piano



CASEY WILLIAMS
Auto Reviews

One evening, I was flipping through television choices, when I saw a Disney special of the Chinese piano virtuoso Lang Lang playing Walt's famous songbook at London's Royal Albert Hall. He seemingly made love to his piano as he affected song after song. So, when I saw he would be performing in Carmel, Indiana, fifteen minutes from home, I snatched tickets for my family. Going in the freshly redesigned 2025 Nissan Murano Platinum seemed appropriate.

Lang Lang, always impeccably dressed, always looks like he's having fun as his fingers dance back and forth across the keys, dwelling just long enough in the bass range to quiver your soul. Parking for the concert, we paused a moment to appreciate the Murano's stylish futuristic attire that winks at both the

original 2003 model and today's Nissan Ariya EV.

Both look like somebody stole a concept car from an international auto show.

Take a look to see classic Murano cues like the rounded body with upturned rear window line, but also touches from the electric age like thin LED headlamps, wide expanses of black plastic facias, and driving lights hidden into the strakes. A sharp body line traces from the headlights to muscular rear fenders for a modern athletic aesthetic. Chrome detailing adds pizzazz around the windows. Silvery LEDs wrap over the hatch. It all hunkers over 21-inch black alloy wheels. Every detail looks "designed" rather than merely applied - if you like that kind of glitz.

It's possible Steinway's atelier was involved in the Murano's interior from the swath of translucent aluminum-

look sculpture spanning the dash to the curved stitched valance that sweeps from pillar to pillar behind twin 12.3-inch flatscreens. As in the Ariya, a simulated wood plank doubles as a touchscreen with climate controls seemingly embedded and lit from within. Push-button gear selection, wireless phone charging, and a flybridge console add convenience.

There's also luxury in the intricately stitched heated, ventilated, and...massaging front seats. The twin-spoke squircle steering wheel and fold-flat rear seats are heated too. Everybody rides under a panoramic moonroof while enjoying Bose audio. A wide head-up display puts speed, navigation and cruise control status straight ahead. Stay safe with automatic emergency braking, lane centering steering, blind spot warning, and rear cross

path detection.

The screens and ambient lighting illuminated the interior like a starship as we approached our parking spot after the concert. Rear sensors and camera keep us from ruining the evening of an ambling family behind us. I was still in the afterglow of how Lang Lang's hands hover just over the keys during a final breath before going finishing the phrase.

Time to go.

Leaving the last round-about, I made music with the 2.0-liter turbocharged four-cylinder engine that plays 241 horsepower and 260 lb.-ft. of torque - routed to the all-wheel-drive system through a 9-speed automatic transmission. Fuel economy is rated 21/27-MPG city/highway, which is good, but there's no available hybrid to make it better. The big steamrollers at

the corners can bam into potholes, but the suspension feels more Infiniti than Nissan. Just avoid fast corners.

I doubt my daughter will ever forget seeing Lang Lang. Neither will her parents. Pure genius. Like Lang Lang, the Murano conveys its elegance with a youthful flair that entices you to indulge again and again. Base

Muranos start at \$40,470, but reached crescendo at \$51,415. Competitors include the Buick Envision, Kia Sorento, Mazda CX-70, and Hyundai Santa Fe.

Storm Forward!

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

Likes	Dislikes
<ul style="list-style-type: none"> • Future-tech style • Luxury cabin • Peppy engine 	<ul style="list-style-type: none"> • No hybrid • Firm suspension • Overtly indulgent

2025 Nissan Murano Platinum
Five-passenger, AWD Crossover
Powertrain: 2.0-liter T4, 9-spd trans
Output: 241hp/260 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 21"/21" alloy
Brakes f/r: disc/disc
Fuel economy: 21/27 mpg city/hwy
Assembly: Smyrna, TN
Base/As-tested price: \$40,470/51,415

Stressed-Out Hoosier Moms Share Mom's Day Ideas

Brunch is nice. So are flowers. But according to thousands of moms, what they'd really love this Mother's Day is a break - a proper "momcation." And with Mother's Day this coming Sunday, we thought we'd share some ideas for those who are searching for that perfect something for mom.

Our friends at Present.com surveyed 3,025 mothers to find out where they dream of escaping for some well-deserved R&R. The results revealed a strong preference for peaceful small towns, charming spots, and nature-filled retreats - places where mom can truly unwind, explore, and breathe.

Here are the top three Indiana destinations, according to moms:

#1 Madison
Nestled along the Ohio River, Madison is a charming town filled with historic architecture, scenic river views, and tranquil walking paths. Moms can take a slow stroll along the waterfront, explore the town's preserved 19th-century buildings, or simply relax in one of the many peaceful parks. The town's slower pace makes it a wonderful escape from the everyday.

#2 Pokagon State Park
For a quiet retreat surrounded by water and woodland, Pokagon State Park offers beautiful trails, peaceful lake views, and plenty of fresh air. Moms can take a

gentle walk along Lake James, enjoy a picnic under the trees, or simply relax by the water. Springtime in the park brings vibrant greenery and a sense of renewal, making it a great place for a restful getaway.

#3 Brown County
For moms who love nature and quiet retreats, Brown County offers rolling hills, scenic drives, and charming small-town vibes. Moms can take a peaceful walk through Brown County State Park, admire the spring wildflowers, or enjoy the artistic charm of Nashville, Indiana. With its relaxed pace and beautiful surroundings, it's a perfect Mother's Day getaway.

But where moms want to go is only part of the story. The survey also pulled back the curtain on what modern motherhood really looks like - and why that elusive "day off" feels like gold. When asked how they'd spend a full day to themselves, moms said:

- Watching TV or bingeing a show: 19%
- Sleeping in and relaxing at home: 16%
- Spending time in nature (hiking, beach, park): 15%
- Enjoying a hobby (reading, crafting, cooking): 13%
- Shopping or treating themselves: 13%
- Spa time or massage: 12%
- Catching up with friends/family: 8%
- Traveling or a day trip: 4%

So what's holding moms back from taking more time for themselves? The biggest barrier by far was lack of time (27%), followed by guilt (19%) and financial constraints (18%). For many, it's a constant juggling act that leaves little room for rest - and even less for recharging.

In fact, moms say they currently get just 5 hours and 55 minutes of alone time in a typical week - not even an hour a day. Ideally, they'd like closer to 8 hours and 27 minutes to feel fully recharged.

Even small gestures can make a big difference. When asked what gift or service would help lighten the mental load, here's what topped the list:

- House cleaning: 26%
- A full day off with no obligations: 20%
- Meal delivery or home-cooked meals: 14%
- A monthly massage or spa treatment: 12%
- Grocery delivery, childcare help, therapy, and laundry service rounded out the rest.

And the emotional toll is undeniable. Nearly half of moms - 42% - admit they feel guilty taking time for themselves, even when they know it's necessary. One in ten haven't had a single uninterrupted break from family responsibilities in the past year. For most, the reality is grabbing just a few scattered

hours here and there - hardly the kind of reset that truly restores energy or peace of mind.

When moms do get time, they recharge in different ways:

- Sleeping or napping: 16%
- Getting outside: 15%

- Watching movies/TV or doing nothing at all: 14% each
- Socializing, pampering, exercising, and reading all came in close behind.

"Mother's Day is about more than gifts - it's about giving moms a real moment

to recharge," says Sanjit Sandhu of Present.com. "Whether that means a peaceful beach, a cozy mountain town, or just somewhere without a to-do list, our survey shows that moms are craving experiences that let them slow down and feel appreciated."

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Montgomery Murder Mysteries: Molly's Manifesto

Chapter 15 - Gone But Not Forgotten

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

Alfred has been gone to the mental institution in Indianapolis for quite sometime now. Life has passed so quickly, it's hard to believe that fall has gone, Christmas passed and now it is spring. Alfred is to be released in a few days. I can't say it's been easy with Alfred gone. Quite the opposite, yet in many ways, it has been easier without him. I could not afford to send the boys to school but since I've taught before, the trustees met and granted me special permission to school the boys here at home. We fell into quite a routine. Up at 6:00 (except we let little Will sleep in as long as he liked), slop the hogs, gather the eggs, milk Bertha, and give hay to our two beef cows. That worked until I had to sell the cows to the Jones' for butchering. It helped not having to pay for the butchering and all I had to do was split the meat with Cal Jones and his family. It kept us through the winter but now, I'm not sure what Alfred will say – a farm without cows, how bizarre! We at least have Bertha so that the boys can have fresh milk. They took turns milking her every morning. There wasn't much extra left but enough that I could make quite a bit of butter. Why, I even tried my hand at cheese, but it wasn't the best thing in the world. The boys, bless their souls, nary complained. I'm so delighted to

have such four wonderful boys. After the morning chores, we sat down and worked on lessons. Preacher Bannon leant me several good books from which to teach the boys. I saw a real improvement in George Leroy's reading. We've taken to calling him Roy of late so as not to confuse him with my brother who has been most helpful through this whole ordeal. Roy aims to please his Uncle George and me, as well. He's been reading the Bible to us each evening for the last few weeks. His understanding and questions on all that he reads amazes me. They are much more advanced than his older brother's.

Oddly, I'd not have chosen Roy as the smart one of the three older boys, I'd have thought Lee would outdo the others. All four of them continue to astound me, though. Every Sunday when we go to church, everyone remarks how mature they have grown and what handsome young men they are becoming. I know we are not to walk with pride, but such delight I have in those boys. Never would I have lived through Alfred's being gone without their being so well-behaved, respecting their ma', working so hard and getting along together.

Hmmm, seems I've gotten a bit off track here. I'd not appreciate that from my students. Back to our daily routine without father Alfred. The boys were

wonderful helping me with little Will. Will has always been the happiest of my boys but without the stress of Alfred being here, he's been a real delight. Laughter is in our house again. After our lunch each day, we would ready-up the house, and if we had supplies, I'd make a special supper and dessert. My how those boys love dessert, especially my Clabbered Cake. Definitely, they take after their Ma. Luckily, none are built like me although Harry has a bit of a round belly. The other three are going to be quite tall and thin like Alfred. Several of the neighbor men were going to help when Alfred was away, but truly, we got along fine without any one.

George came often to check on me and took us for an outing a few times. That was good for the boys and me, too. We were invited over to the Cosby's and Joneses' a few times and always went. I just felt bad that we couldn't return the favor. Church was probably our best times. The boys love church and so do I. Another delight was the visiting minister. Preacher Bannon isn't our St. James' minister but he stopped by a great deal. He's one of the funniest men we've ever met. Not only in prayer and salvation did Preacher Bannon lead us, but in gales of laughter, as well. He loved to say, "The Lord, the Light and the Laughter," those are my tools for salvation. The boys would be happy for days after Rev. Lew

had been here. Why, I think he's much older than Opa, but his walk is like that of Lee's. He seems to have made it his will to help us. Our home is really way out of his circuit authority but he trudged over many times to make us feel we have a reason for life.

I've already said that of an evening Roy would read to us from the Bible. We had long discussions over what we'd read, with even little Will occasionally giving some type of rendition of what he'd heard. When it was nice weather, I tried to get the boys out to play. We don't have a ball, but I made them one out of old rags and stitched it quite nicely. They toss it back and forth for hours, never having any kind of differences.

They're wonderful boys. Momma has been around a whole lot more, too. She never liked to be here when Alfred was, but now she comes often. She either helps out with my chores or she sings to Will. He falls asleep about 20 seconds after she begins her *Michael Row the Boat Ashore*. Even the older boys love to hear it and sing it as well. How the song began is enough to get their history lessons going. *Michael Row the Boat Ashore* is an old African-American spiritual sung by the former slaves at St. Helena Island. Pickard Ware had gone to oversee the plantations on St. Helena and wrote the Darky song down. The boys were thrilled

to discover that Ware was their second cousin once removed on their Wyant side. I even showed them his name in the old Wyant bible that my grandmother had kept. It seems to have given them something to be quite proud. Let's just say, that I've heard that song a great deal recently, but I don't mind as it shows my boys love religion, family and history as I do and that they are happy boys of late.

Probably our most interesting time was Christmas. A few weeks before the holiday, I received a letter from Dr. Wendell of Alfred's state mental institute. He informed me that Alfred had improved immensely and wondered if we would be willing to let Alfred come visit for a week. Immediately I gathered the boys and we walked the three miles to my brother's. Asking George whether I

should receive my husband home was one of the hardest things to do. George always comes through though. I still remember his words, "It would be the humane thing to do."

Before I decided definitely, I asked the boys what they thought. There was much discussion at the table. We said a long and arduous prayer for our whole family and finally, a decision was made. Always truthful Harry said that he missed his father a lot and of course he was to come home. Lee agreed that he missed his

father of long ago too, but not the father Alfred had become. In fact, I'm not even sure Roy remembers the fun-loving-wonderful father of months back and I'm positive little Will does not. Eventually, we decided that it was only for a week, and we'd try it. I sent off a letter to Dr. Wendell and said yes, we'd meet Alfred at the train on the 22nd.

I had the boys all spiffed-up and I was actually looking pretty good too. Probably because of the extra labor of the past few months, I'd lost 30 pounds and mother had made me a new dress for Christmas that I had talked her out of early. We met Alfred, and it was a joyous reunion. Tears were on everyone's cheeks except little Will who broke-up the reunion with his jubilant comment, "Play, daddy play!"

Alfred did just that! He played with the boys all day everyday. It was rather odd, like he was a child right along with them. I had made them some stack toys out of my sewing supplies for their presents. When they were all put together, there was quite a lot of the little "men," as they called 'em. They played soldiers. They had parades. They stacked them up and knocked 'em down. It was wonderful seeing them have fun together. The weather was quite atrocious so it was great they could be inside most of the time and enjoy their father. Yet, Alfred mostly ignored me. Oh, he was more than cordial, saying how nice I looked, and how good our meals were (I didn't tell him that the Jones and Cosbys had given us most of the ingredients and even some of the food) yet he slept on his old padded chair and didn't even touch my hand the whole week. The boys were sad to see him go, but I'm ashamed to say, I was glad, no I was elated to not have the worry! He's gone now but the boys have not forgotten him and I guess although hurt in his reactions, I could never forget him, or at least never forget my old Alfred, either!

To be continued...

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Deery Recaps 2025 Legislative Session



SPENCER DEERY
Guest Columnist

The 2025 legislative session ended (April 25) at 1:38 a.m. after a long but productive 17-hour day.

The third session of my first term was, as I observed last year, full of successes, disappointments and everything in between.

I consider my top priority, reforming the Indiana Economic Development Corporation, a partial success, or perhaps better phrased, a successful start. While my aggressive bill calling for increased transparency and an independent watchdog will not become law this year, my advocacy led to many discussions with the new Braun administration on the importance of this topic, and I am thrilled the governor is moving forward with a thorough independent audit of IEDC. We passed a small IEDC reform bill and reduced the entity's budget by \$280 million or 80%. Meanwhile, the conversations with the new administration on how to reform IEDC and best advance our state's economy will continue into the next session.

Likewise, our shared priority of enacting meaningful water protections was a partial success. The Senate leadership introduced a priority bill that I initially opposed because it wasn't strong enough. Eventually, I was able to add amendments ensuring that any pipeline from our area (if that dead idea ever returns) would be regulated and approved by an impartial body. Water protections also improved through another bill I supported that gave more rights to any farmer harmed by major water withdrawal. While I advocated for even stronger water legislation, these new laws are still significant improvements and meaningful wins for our

Senate District that I am proud to have been a part of.

Two other priorities, my bills to protect prime farmland and to create a local veto over carbon sequestration projects, unfortunately will not become law this year. I will continue to advocate for these causes as long as you select me to be your State Senator.

Perhaps the area where I had the most success this session was in improving our laws to increase the odds that every student is taught by a qualified, high-quality teacher. Too many teaching jobs are filled through emergency permits that put underqualified teachers into the classroom. Senate Enrolled Act 255 created a shortcut for students studying STEM – including Purdue's 20,000 Science, Technology, Engineering, or Math majors – to obtain the training needed to become fully qualified teachers. Meanwhile, Senate Enrolled Act 249 gave local schools more flexibility to pay their most valued teachers of any discipline more. Finally, House Enrolled Act 1498 makes it easier for both the state and parents to hold schools accountable through a reformed and revived A-F grading system.

I end every session eager to get back into District 23 to interact with all of you and to learn what you would like me to work on in the next session. From West Lafayette to Clinton and from Williamsport to Rockville and every town in between, I look forward to meeting with you in the coming months and hearing your ideas. Today, the work

begins for the 2026 session.

As always, I encourage you to Contact Me if I may be of assistance to you.

ZOOMTOWN
Covered Bridge 5K at Parke County

Parke County is inviting residents to enjoy the outdoors with the Zoomtown 5K Covered Bridge Run, the largest 5K in the county.

This run/walk event is open to residents and visitors of all ages, giving participants the chance to support P.I.N.K for Cancer Research when they register.

The race will be held on May 17 from 7 – 8 a.m. at 4338 W. 40 N. & US Highway 36, with free event t-shirts guaranteed for pre-registered racers.

Organized by the Montezuma Covered Bridge Festival Volunteer Committee, this is a chance to enjoy the historic bridges of Parke County while doing good for our community.

STAY ALERT DURING
Spring Planting Season

The arrival of the spring planting season means there will be more heavy equipment on Indiana's roadways. As always, state agencies are asking motorists to slow down and be alert while driving on rural roads.

State Sen. Spencer Deery (R-West Lafayette) represents Senate District 23, which includes Fountain, Parke, Vermillion and Warren counties, and portions of Montgomery and Tippecanoe counties.



Photo courtesy State of Indiana

Pictured above is ISDA Director Don Lamb pulling a planter on an Indiana county road. Lots of farm equipment will be on roads. Keep an eye out and be safe.

Stay Alert, Share Road With Farm Equipment

Planting season is here for Indiana's 94,000 farmers. With the warm weather and sunshine, Hoosier motorists will also see more large slow-moving farm equipment traveling Indiana's rural roads and highways.

The Indiana State Department of Agriculture, Indiana Department of Homeland Security, Indiana Department of Transportation, Indiana State Police and Hoosier Ag Today want to encourage motorists to slow down, be alert and be patient on roadways this spring.

"Spring time is incredibly busy for everyone. Hoosiers families will be taking their kids to spring sports, graduations and more, but it's especially busy for our farmers," said Lt. Gov. Beckwith, Secretary of Agriculture and Rural Development. "I want to encourage all motorists this spring to slow down, drive safely and share our roads with farmers and their large slow moving equipment."

In 2022, eleven occupants were involved in crashes with farm equipment in Indiana which resulted in one death, according to the National Highway Traffic Safety Administration*.

"As we get further into the spring season, we will begin to see more farm machinery using our roadways as farmers begin planting their crops,"

said Anthony Scott, Indiana State Police Superintendent. "Let's make sure we are all giving them the space and patience necessary to get from field to field this season, because our primary goal is the safety of all those who travel our roads and highways."

While the term "farm equipment" encompasses a wide range of vehicles, the most common types motorists will encounter during planting season include sprayers, tractors pulling planters or tillage equipment, and large trucks hauling agricultural products. These vehicles are wide, sometimes taking up most of the road, and often travel at speeds no greater than 25 mph.

The following list includes several safety tips for motorists approaching large farm equipment:

- Farmers will pull over when they are able to let motorists pass, but it may take time for them to get to a safe place to do so.
- Be patient. Farm equipment is wide, sometimes taking up most of the road.
- Be careful when passing. Do not pass in a designated "No Passing Zone" or within 100 feet of any intersection, railroad grade crossing, bridge, elevation structure or tunnel.

Do not try to pass slow-moving farm equipment on the left without ensuring that the farmer driving is not planning a left turn. It may appear that the driver is pulling over to allow a vehicle to pass when the farmer is actually preparing to turn. You will drive right into its path, endangering yourself and the farmer.

- Additionally,
- Avoid tailgating, as some farm equipment might have to make sudden stops along the road.
 - Allow plenty of time to get to a destination, be aware of alternate routes and avoid distractions.

Indiana State Department of Agriculture Director Don Lamb wants to remind motorists that farmers work hard to ensure they are being as safe as possible.

"Getting planting equipment from field to field is the hardest part of planting season for Hoosier farmers," said Don Lamb, ISDA director and farmer from Boone county. "Having cars pull over when able is a huge help and farmers appreciate it and we also try to pull over when we can to let people pass. We want everyone to get to their destination safely, whether that is to school, daycare pickup or a farm field."

For a list of safety tips, visit isda.in.gov.

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Baird Bill Pushes Rural Medicine

Legislation authored by State Rep. Beau Baird (R-Greencastle) to encourage more medical professionals to practice in rural, underserved communities recently passed the Indiana General Assembly and now goes to the governor for consideration as a new law.

Baird said House Enrolled Act 1555 would support rural communities and improve health care access while controlling costs.

"Access to quality health care remains a critical issue for Hoosiers, especially in rural communities," Baird said. "Too often, families face long drives or extended wait times to receive essential medical services. This legislation offers a practical solution by enabling qualified international medical graduates to serve in these areas under a limited medical license, helping to bridge the gap and improve care for those who need it most."

Baird said his legislation would enable international doctors to earn their medical license in Indiana without having

to repeat their residency requirement if they complete their training in a program similar to one accredited by the Accreditation Council for Graduate Medical Education, cutting unnecessary red tape. After five years of service, they would be eligible for an expanded license as determined by the Indiana Professional Licensing Agency. Additionally, this opens up residency opportunities for domestic physicians.

Applicants would need a recognized medical degree, certification from the Educational Commission for Foreign Medical Graduates, at least five years of post-residency practice and to be proficient in English.

House Enrolled Act 1555 is supported by the Indiana State Medical Association and passed out of the House Public Health Committee unanimously before passing the full House and Senate.

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

VSO Shares Update



JOE ELLIS
Guest Columnist

Well we have finally seen a change in our weather. We have had a total of 24 veterans

into my office and I had a total of 97 phone calls into the office. We have taken a total of 21 vets to their clinics.

I will be at the American Legion Post 72 in Crawfordsville on Thursday from 1-4 p.m. if you would like to meet with me please call and give me a ring at (765) 361-4133. Or you could just come in and see me.

We took in the Vietnam Veterans Dinner down at Terre Haute on the 29th of March and I took Dan Goff and Ron Keedy with me and we had a great time. There were 85 veterans in attendance at the meal, and we took pictures and the meal was great.

Once again it is time for females and minority applicants to contact

the Union Halls Laborers Local #741, 431 S. Mapleton, Columbus, IN 47201, Ph: (812) 372-2211 or IKORCC Local 301, 711 Greenwood Springs Dr., Greenwood, In 46143, Ph: (317) 807-1116.

Real ID Deadlines: Starting May 7, you will need a real ID compliant drivers license or other acceptable identification to fly domestically. Plan ahead.

Remember that Dan Taylor, a local attorney in Crawfordsville, will do free wills for all veterans His phone number is (765) 361-9680 and his address is just across the street from our courthouse, 105 N. Washington St. . Crawfordsville, Ind. 47933. Please don't be afraid to call Dan.

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.



Photo courtesy Hamilton Heights Schools / Jen Kauffman

Hamilton Heights' senior Michael Cain signed a letter of intent to wrestle for Wabash College this fall. Cain (seated) is pictured with (from left) Heights wrestling coach Gary Myers and assistant coach Aaron Sheller.

Hamilton Heights Wrestler Signs With Wabash

Michael Cain, Hamilton Heights' senior, signed a letter of intent to wrestle for Wabash College. He is the son of Joshua Cain, Kelley Cain, and Sara Lefeavers.

Hamilton Heights High School football team, is a highly recognized and successful wrestler at the local, regional, and state level who broke and now holds Height's all time win-record at 176-21. In addition, he is a three-time Conference, Sectional and Regional champion, a four-time semi-state qualifier, two-time state qualifier, and a two-time member of the Academic All-State team.

the opportunity to wrestle at the college level.

He credits his father, Joshua, and HHMS Assistant Wrestling Coach Aaron Sheller as being important influences in developing his focus, skill, and talent on the mat. When he is not in class or on the mat, he volunteers for the Husky Wrestling Club and coaches at wrestling tournaments.

"Michael Cain becomes one if not the most dominant wrestler to ever compete for Hamilton Heights," said Gary Myers, Hamilton Heights Head Wrestling Coach. "Micheal leaves with a Hamilton Heights

record of 176 wins, placing 5th in the IHSA State Championships, and 2x Academic All-State. He will represent the Little Giants of Wabash College well as he joins former Husky Wrestler Carson Fettig there!"

"If you watched Michael wrestle as a freshman, you knew he was going to be special," said Kurt Ogden, Hamilton Heights Athletic Director. "His record-breaking 176 career wins are a true testament to his work ethic and commitment to wrestling. He will be a huge asset to the wrestling program at Wabash College."

Wabash.

Administrative Assistant

Wabash College seeks candidates for its open position of Administrative Assistant in the Wabash Center for Teaching and Learning in Theology and Religion. This is a full-time position with benefits.

Founded in 1995 and supported by Lilly Endowment Inc., the Wabash Center for Teaching and Learning in Theology and Religion is dedicated to improving the teaching of religion and theological studies in higher education. As a part of Wabash College, the Center fulfills its mission by offering educational programs and events, awarding grants for faculty and institutional projects, and developing innovative teaching resources for faculty and administrators.

For more details about the position and how to apply, visit the College's employment website at www.wabash.edu/employment.

Wabash College, a liberal arts college for men, seeks faculty and staff who are committed to providing quality engagement with students, high levels of academic challenge and support, and meaningful experiences that prepare students for life and leadership among diverse populations around the globe. Wabash is an equal opportunity employer and welcomes applications from persons of all backgrounds.

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