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➡ TODAY'S VERSE

Nahum 1:7 The Lord is good, a strong hold in the day of trouble; and He knoweth them that trust in Him.

# Meet Vigo



Vigo is a 2 year old male Australian Cattle Dog mix (know the breed Herding Group - Loyal / Intelligent / Tenacious) available for adoption from The Animal Welfare League of Montgomery County (AWL) since 10/9/24. ALL ADULT DOG ADOPTIONS FEE WAIVED (sponsored by Best Friends)!

Vigo loves going out for walks, frolicking in a fenced yard, and will gladly sit for treats. Vigo is looking for his best friend. Could that be you? Vigo is available for adoption, to foster, or just simply going out for walks. Come say hi!!



How come the folks who have such problems with Donald Trump and all that he stands for don't have problems with politicians spending and wasting billions and billions of dollars, or leaving office as multi-millionaires?

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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!

*This is the one year anniversary of the May 2024 Solar Storms, or Gannon Storm (named in memory of physicist Jennifer Gannon). This was one of the most powerful storms recorded, and certainly the biggest in two decades (at least since the 2003 Halloween solar storm). Solar flares, storms and geomagnetic storms usually go by unnoticed by most of us. However, they have the ability to cause quite a disruption on our home. So let's take a look at them this week . . . by the numbers!*

## 92,955,807

The number of miles from the earth to the sun. It's so far that it takes light more than eight minutes to travel the distance.

## 10,000,000,000

A solar flare is basically an eruption on the sun. They can range in size from very small to erupting with the force of 10 billion 1 megaton nuclear bombs. To put that in perspective, the bomb that fell on Hiroshima in 1945 had 15 kilotons, or approximately .015 megatons.

## 93,000

A solar flare can travel 93,000 miles above the sun's surface. They can also last for months at a time.

## 400+

A solar storm can greatly impact earth's magnetosphere, a region of space surrounding our planet. Our magnetosphere helps block solar and cosmic radiation. Man has been studying this for more than 400 years.

## 109-330,000

To understand how big the sun is, you would have to put 109 earths side by side to reach from one side of the sun to the other. In terms of mass though, the sun is 330,000 times bigger than the earth. (Fun fact – about 75 percent of the sun's mass is made up of hydrogen.

## 11

The sun or solar cycle lasts about 11 years. Scientists study changes in the star's activity and sunspots.

## 28 B.C.

That's when the first account of a sunspot was noted. It was observed by Chinese astronomers. (And if you want to know what a sunspot is, you just read it – a spot on the surface of the sun darker than the area around it.)

## 7,300

Doomsdayers worry that a solar storm could take out the 7,300 power plants in the U.S. Although this is possible, it is highly unlikely.

## Grants Open (\$50K-\$500K) From IDEM

The Indiana Department of Environmental Management just announced the availability of grant funding for recycling projects from the Recycling Market Development Program. Eligible candidates may seek a grant ranging from \$50,000 to \$500,000. Proposals are being accepted now through June 18.

Public and private businesses, local government, solid waste management districts, higher education institutions, and nonprofit organizations located and doing business in Indiana are eligible to submit proposals for funding. Proposals must show a need, an increase in recyclable material collection or utilization, a reduction in municipal solid waste shipped for final disposal, or improved partnerships with communities, including economic impacts and increased public awareness of recycling opportunities through tangible outreach and education efforts.

➡ See IDEM Page A2

## Butch Advises Beware of Major News Media

**BUTCH DALE**  
Columnist

Do you trust the news? If you're like me, it may depend on the news source. In a recent study, Americans were asked which news media they trust the most. The results were no surprise. Local newspapers and local radio stations rated the highest in trust by a wide margin, with local TV stations slightly lower. Major network TV news and national newspapers ranked much lower. Only one out of three people trusted cable news, and the least trusted of all was social media, with only 20 percent of those surveyed believing anything they see or hear on Facebook, Twitter (X), etc.

Why is this? In my opinion, one reason is that local news people live in the community. They answer to the people they serve, and are therefore more transparent. They can

➡ See BUTCH Page A3

### ➡ TODAY'S HEALTH TIP

Getting up at the same time every day is very important to getting good sleep.

*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](http://www.thepaper24-7.com)*

### ➡ TODAY'S QUOTE

"We journalists make it a point to know very little about an extremely wide variety of topics; this is how we stay objective."  
*Dave Barry*

### ➡ THREE THINGS You Should Know

#### 1

The Hoosier Lottery has launched an America's Favorite Quiz Show "clue and response" lottery game featuring \$2 Jeopardy! Scratch-off and \$5 Jeopardy! Fast Play games. Players can win up to \$10,000 on the \$2 Jeopardy! Scratch-off and up to \$15,000 on the \$5 Jeopardy! Fast Play game. Estimated Overall Odds: \$2 Jeopardy! 1 in 4.30; \$5 Jeopardy! Fast Play Overall Odds 1 in 3.50.

#### 2

NFIB's April jobs report found that 34 percent (seasonally adjusted) of small business owners reported job openings they could not fill in April, down six points from March, the lowest since January 2021. Overall, 56 percent of small business owners reported hiring or trying to hire in April, up three points from March. Eighty-five percent of those hiring or trying to hire reported few or no qualified applicants for the positions they were trying to fill. Twenty-eight percent of owners reported few qualified applicants for their open positions and 19% reported none. The percent of small business owners reporting labor quality as their top operating problem was unchanged from March at 19%.

#### 3

The ACLU of Indiana has filed a lawsuit against Gov. Mike Braun over provisions in the newly enacted budget bill, HEA 1001, that change how members of the Indiana University Board of Trustees are selected. Indiana law provides a method at every other Indiana public university for alumni to select a number of the members of each university's board of trustees. Prior to the change in the law alumni of IU had the ability to elect three trustee members. But now, with the changes, the alumni have no role whatsoever. The suit, filed in Monroe Circuit Court, states that these sections of HEA 1001 violate the Indiana Constitution because they are "special legislation."

### ➡ TODAY'S JOKE

What did the boss worm say to the employee worm when he showed up late?  
Where on Earth have you been?

### ➡ MONTGOMERY MINUTE

A Pioneer Plant History Hike, brought to you by the good folks at the Crawfordsville District Public Library, is scheduled for Saturday, May 17 at 10 a.m. at the Brickyard Nature Park (759 Concord Rd.). This is a Library Naturalist Event. Please be sure to arrive 15 minutes early in order to sign the participation waiver. See you there!

The Paper appreciates all our customers. Today, we'd like to personally thank **ANDREW BLACKETER** for subscribing!

Prescription Drug  
Take Back Day Success

On Saturday, April 26, the Drug Free Montgomery County Harm Reduction Committee hosted the biannual Prescription Drug Take Back Day event in the parking lot of First Christian Church.

On this day, Lt. Bob Rivers, with the Crawfordsville Police Department, was visited by the largest number of cars in the history of the Prescription Drug Take Back Day initiative! With a total of 67 cars stopping by to properly dispose of unwanted, unneeded or unused medication. Rivers was able to collect 141 pounds of medications!

Not only do we collect unneeded, unused, and expired medications during Drug Take Back Day, Montgomery County also has two permanent drop-off locations that are available year-round. The locations where medications can be properly disposed of include the Montgomery County Sheriff's office, located at 600 Memorial Drive and the Crawfordsville Police Department, located at 311 North Green Street.

In the last six months, the Montgomery County Sheriff's office has collected around 156 pounds of medications and the Crawfordsville Police Department has collected around 749 pounds of medications. An approximate total of 1,026 pounds was taken to the DEA for proper disposal. This total comes from medications disposed of at each permanent site and Prescription Drug Take Back Day.

The permanent disposal locations and the Prescription Drug Take Back Day events help reduce the risk of old medications ending up in the wrong hands.

By reducing this risk, we also reduce the risk of substance misuse which plays a key role in combating the issue of substance use within our community.

It is also important to remember the importance of proper disposal for not only medication, but for sharps/needles. Sharps can be safely disposed of at the Montgomery County Health Department, located at 1580 Constitution Row, Suite G and at the Crawfordsville Police Department lobby, located at 311 North Green Street.

The next Prescription Drug Take Back Day event will be on Saturday, Oct. 25.

The Drug Free Montgomery County Harm Reduction Committee would like to give a special thanks to First Christian Church for partnering with Drug Free Montgomery County on this initiative. The First Christian Church graciously allowed Lt. Rivers to utilize the church parking lot as the location for this event. The Harm Reduction Committee would also like to give a special thanks to the Crawfordsville Police Department and Lt. Rivers for making this event possible!

As always, many resources can be found on the Drug Free Montgomery County's website at drugfreemoco.org. For further questions, reach out to Diamond Justus at diamond@mcysb.org. Drug Free Montgomery County is a program of the Youth Service Bureau. The YSB is a United Way in Montgomery County partner agency and is also supported by the Montgomery County Community Foundation.

↓ IDEM From Page A1

Projects should demonstrate sustainability and an understanding of the changing economy for recyclers and look at where monies can be used most effectively to increase statewide recycling.

Final funding determinations will be made this fall. To apply, visit idem.IN.gov/recycle/recycling-market-development-program/#grants. For additional information, please contact 800-988-7901 or RMDP Grants@idem.IN.gov.

**About IDEM:** IDEM (idem.IN.gov) implements federal and state regulations regarding the environment. Through compliance assistance, incentive programs and educational outreach, the agency encourages and aids businesses and citizens to protect Hoosiers and the environment.

**About the Recycling Market Development Program:** The Recycling Market Development Program operates under the Recycling Market Development Board as established by IC 4-23-5.5. The grant money for the program comes from the Recycling Promotion and Assistance Fund, an account generated by a per-ton fee on solid waste disposed at Indiana landfills. The fund supports source reduction, reuse, recycling and composting to prevent solid waste from permanent disposal.

Master Gardeners say Thank You!

By Sheri Bethard  
President  
Master Gardeners of  
Montgomery County

The Master Gardeners of Montgomery County would like to thank the 914 people who attended our Annual Spring Plant Sale & Garden Show Saturday, May 3 at the 4-H Fairgrounds. We had an outstanding sale and are already looking forward to Spring 2026.

Our thanks to the Crawfordsville Scouts of Troops 247 & 365 and Pack 909 who assisted customers by carrying their plants around and out to their cars. A special thanks to the vendors and nonprofits who participated selling plants, plant related products along with providing information on their organizations and businesses.

The vendors / nonprofits participating this year were HHSB, Friends of Sugar Creek, Crawfordsville District Public Library, Montgomery County Soil & Water Conservation District, Glassworks by Marge, Progarden Garden Center, Yund Outdoor Landscape Company,

Ryan's Flowers/Hidden Hollow Honey, Denhart's Feed & Mercantile, The Plant Pub, Bit of Wild, Walnut Fork Farms, Bridget's Botanicals, Smilin' Snake Shirt Co., Swick's Kitchen & Emporium, Fresh Cut by Shannon Family Farms, Booth Machinery, Nucor Indiana and Purdue Extension- Montgomery County.

Save the Date for our Native Plant Jamboree Saturday, June 7, 10 a.m. to 2 p.m. We will have several vendors selling Native Plants only along with a number of organizations available to answer your Native Plant questions and a speaker on the importance of landscaping with Native Plants. Next, our Annual Plant Exchange will be Sept. 29, 8 a.m. to noon. You will be able to bring plants to trade but if you do not have any to trade come anyway and select some new plants for your home or garden. Both events will be on the 4-H Fairgrounds. For more information join our Facebook page Master Gardeners of Montgomery County (Indiana).



Photo courtesy HHSB

From left, HHSB's Trent Smaltz, Blake Zachary, IBA's Ross Teare and HHSB's Brad Monts and Zach Hockersmith.

HHSB Named Five Star IBA Member

Hoosier Heartland State Bank has been honored as a Five Star Member of the Indiana Bankers Association.

The Five Star Member designation recognizes those IBA-member banks which demonstrate outstanding commitment to the Association in five areas: Political awareness, issues advocacy, life-long learning, IBA volunteerism, and Preferred Service Provider utilization.

"We very much appreciate the dedication of HHSB as a Five Star Member bank," said Amber Van Til, IBA President and CEO. "Our Association is strong, thanks to our supportive members who strive to grow stronger communities."

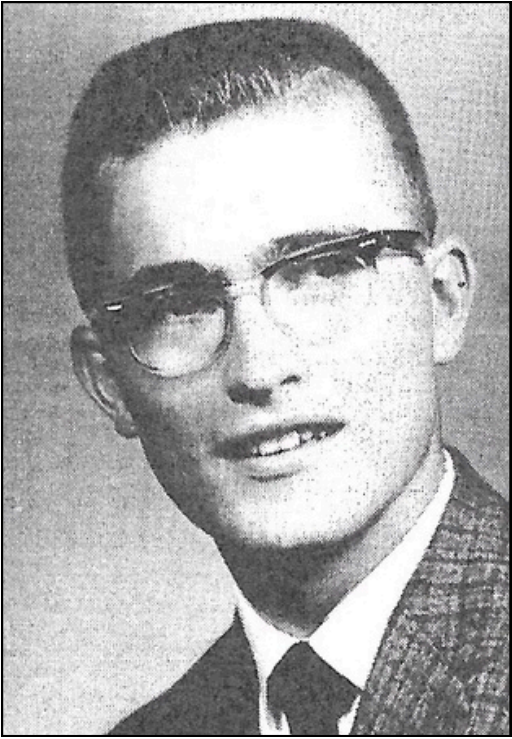
The award was presented May 6 by Ross Teare, IBA Vice President, in recognition of HHSB's Association involvement throughout 2024.

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in the county his senior  
year, and after college  
became a civil engineer.

Answer on  
Page A3

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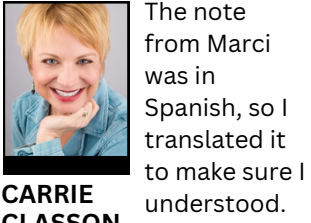
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The note from Marci was in Spanish, so I translated it to make sure I understood.

“Sorry to bother you, but I wanted to see if you could help us share this photo of a dog to see if anyone could adopt her. Her owner just passed away, and she was thrown out onto the street.”

The dog’s name was Muneca, which means “doll” in Spanish. Marci attached a photo of a dog with very long ears lying on the ground. Marci added, “She’s a very good dog.”

“That poor dog!” my husband, Peter, said.

Marci was the foster mother of our cat, Felix. Marci takes in stray animals and tries to find homes for them. She cared for Felix for two months before we adopted him. But Marci was caring for 12 dogs already. She did not have room for Muneca.

Peter and I didn’t know what we could do. We didn’t know anyone who could take a dog. So we did what people do when they want to get the word out—we posted a short story about this sad little dog on Facebook.

Immediately, lots of people put hearts next to her photo and wished her well. People shared the post. People asked me to keep them updated. Peter told a man who contacted him that Marci was an honorable and trustworthy person—and that Marci said that Muneca was a very good dog.

“I hope Muneca finds a home,” Peter said.

“I hope so, too,” I told him.

But, honestly, I was not hopeful. There are a lot of stray dogs in Mexico, and Muneca was no longer a puppy. We later learned that her owner was not an older person, as we assumed, but a young woman who died unexpectedly. The whole thing seemed terribly tragic.

The day after the post went up, I was taking my walk when my phone

made a sound. I never pay attention to my phone when I’m walking. But this time I did.

I stepped into a little shop and saw a message from Marci.

“I wanted to tell you that Muneca has already been adopted, in case you’d like to let anyone know. Thank you very much for your help.”

“Oh!” I said out loud. “That’s wonderful!” The man Peter had been messaging had adopted Muneca. Marci sent a photo of Muneca getting a bath and a video of the man walking her with his other dog. Both tails were wagging.

The young woman behind the counter of the shop looked at me curiously. “I am so happy,” I told her in Spanish. “I helped a dog to find a home. Her owner died, and she was on the street!”

“Oh!” the young woman replied in Spanish, “You mean Muneca?” She had seen the post on Facebook.

I was amazed. “Muneca is a famous dog!” I said. The girl laughed. She was happy this dog she had never met had found her new home. And so was I.

Social media is filled with a lot of hate and arguing and pointless posturing. I don’t blame people who choose to ignore it entirely. But I don’t think Facebook is a bad thing. Like most things, it all depends on how it is used. I reported that Muneca had found a home, and a whole lot of strangers were happy and relieved.

And I thought of what a funny world we live in—where there is so much hate and distrust, and where strangers can come together and find a home for a very good dog.

Till next time, Carrie

### Wolfsie Has a Major Photo Bomb



I got a new iPhone. It has a lot of new features which are wasted on me because I am a meat-and-potatoes kind of guy, so I don’t need a lot of bells and whistles.

However, the camera does have some neat photography enhancements, which I was particularly interested in, as we were going to Iceland and I wanted to bring home more than just a bad cold. As you will see, I don’t have an eye for photography, but I do have a foot for it.

I was sitting on the couch, my legs propped up on the coffee table, snapping photos and learning how to switch between landscape mode, portrait mode, night mode, slow-motion mode, and, for pastry fans, pie à la mode.

To test the camera’s precision and light sensitivity, I took a photo of the TV screen I was watching. But because I am a lousy photographer, it ended up as a photo of both my legs and feet. So, I deleted it. I thought.

After completing my self-tutorial, I went to Facebook to check on a few friends, and there was the photo I had just taken. How did it get there? What did I click? I had no idea. As perplexed as I was, I didn’t panic. There was nothing lascivious about the picture. Unless you have a thing for feet. I was innocent of any indiscretion. I was also confident that, even with my limited technical prowess, it would be easy to delete a photo on Facebook, but in this case, I discovered that I had inadvertently created a video for Instagram, called a reel. I could see my feet twitching.

Before I could respond to the problem, our friends Bob and Cathy called me. They saw the photo on Facebook and wondered why I was wearing white socks before Easter. Bob wanted to know

how many of my little piggies went to the market, and how many went to Instagram.

This is not my first goof online. Years ago, when I was testing my acumen with Twitter, I sent a message to myself with just my name to see if I was doing everything correctly. I also accidentally sent it to about 500 Facebook friends.

I got some irritating responses:

Bad column. No plot development.

It’s always about you, isn’t it?

Rotten story, hated the main character.

Dick, I used your name for a week instead of mine. You can have it back.

I tried and tried to delete the photo of my legs and feet, but I must have been doing something wrong because it wouldn’t go away. In the meantime, I had 50 likes, then 85, then 120. This yielded more responses than I had ever received for my weekly column.

Once again, I got annoying comments:

In a contest for the worst photographer in the world, you’re a shoe-in.

I usually get a kick out of your stuff, but this is ridiculous.

As they say in show biz: “Break a leg.”

And my favorite: “This photo stinks in more ways than one.”

Finally, the photo magically disappeared. I was tired of all the stupid leg and foot jokes, so I was happy the reel was finally amputated. I mean deleted.

– 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

verify information and sources. Local news people are present at school board meetings, local government meetings, courtroom proceedings, sports events, community events, and accident scenes. With such a close connection to the people, they naturally earn more trust than any type of national media. At one time, listeners trusted the network TV news. When I was younger, I listened to Walter Cronkite on CBS, and Chet Huntley and David Brinkley on NBC. I trusted them to tell the truth. Those type of newscasters are long gone.

A person once told me that "a dog fight at home is more important than hearing about some war in a far off country." At my library we have on microfilm the Darlington Herald newspapers, which were published weekly from 1916 to 1955. The front page contains all local news ... who died, who got married, who got arrested, who visited their relatives, who earned school honors, who played a joke on someone, who scored the winning basket at the last game., etc. The national news was relegated to the back page. Even during WWII, the front page contained articles, not about the war goings-on in Europe or the Pacific, but about local men and women who were serving overseas ... and what was happening to them.

I believe most people, especially those of us who live in smaller or rural communities, would much rather hear about local happenings than listen to the national news. In fact if you go back to the beginning of civilization, people have always been kind of tribal or clannish. We depend of those around us and are close to each other. We want to know what is happening with our friends, neighbors, and

people in the local community. No matter where people live, I believe humans are basically "smalltown people."

When I arrive home each evening after work, I listen to the weather report on Channel 59 while I'm eating dinner, and then shut it off. I already know what the rest of the news will be...how many people were killed in Indy overnight, Indy politics, Indy pro teams sports results, and accidents in and around Indy...followed by the network news. I absolutely do not trust any news on national network TV or the Internet because it's all biased reporting. Their main goal is to stir up controversy. I am not on Facebook or any social media either. My blood pressure is just fine, and I want to keep it that way. If you want to lose some friends, go on Facebook and state your opinion about politics.

The local news is wise to avoid discussing politics and religion. But this is exactly what the national news media and Internet concentrate on. Their biased, opinionated news regarding politics, religion, national and international problems, etc. has divided our country into Red and Blue, Black and White, Right or Wrong...with no compromise....and I am sick of it. How about you?

I'll stick to reading local new stories, local sports, and listening to the weather report....and of course, checking the obituaries to make sure I am not listed yet. When my obit does not appear, that's always a plus!

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: Jerry Gick

# Foreign Exchange Program Seeking Host Families

Families across the U.S. have a unique opportunity to experience a new culture right in their own homes. ASSE International Student Exchange Programs, a non-profit public benefit organization, is currently seeking warm and welcoming host families to open their homes to international exchange students for the upcoming school year.

Hosting an exchange student is a life-changing experience for families that fosters cultural understanding, builds lifelong friendships, while enriching local communities. Students, aged 15-18 years, come

from over 60 countries around the world, including France, Japan, Italy, Denmark, Australia, Spain and many more. The students are carefully selected based on their academic performance, English proficiency, and personal character, and they are eager to become part of an American family, attend a local high school, and share their own traditions.

During their stay, ASSE exchange students immerse themselves in American culture by living with and becoming part of a

volunteer host family while attending a local high school. This experience allows them to improve their English skills, form lifelong friendships, and gain a deeper understanding of American life and values. In return, host families and communities benefit from the unique perspectives and cultural exchange that these students bring.

“Being a host family isn’t just about providing a place to stay; it’s about making a student from another country part of the family,” says Saphia Lesch, ASSE Regional Director. “Many host families find that the experience is just as

rewarding for them as it is for the student. The bonds formed often last a lifetime.” “Exchange students bring energy, curiosity, and fresh perspectives to their host families and communities. They attend local schools, participate in activities, and become a real family member.”

Host families provide a safe and supportive home, meals, and encouragement, while students come with their own spending money and health insurance, ensuring that hosting is a rewarding and enriching experience without financial

burden. Anyone with a warm and welcoming home can host an exchange student! Host families come in many forms, including married couples (with or without children), single parents, young professionals, empty-nesters, same-sex couples, and retirees.


ASSE also offers qualified American students the opportunity to learn another language and culture by spending a

school year, semester or a summer with a host family in another country.

Families interested in hosting an exchange student or exploring study abroad opportunities are encouraged to learn more and apply by visiting [www.host.asse.com](http://www.host.asse.com) or contacting Saphia Lesch at (800) 736-1760 / [midwest@asse.com](mailto:midwest@asse.com).

Thank you for reading The Paper!

# Montgomery Medicine: Insomnia Part 2

**JOHN R. ROBERTS, M.D.**  
Montgomery Medicine

I want to follow up on last week's column where I discussed the causes of insomnia by focusing now on prevention and treatment. If the cause of insomnia isn't readily apparent, it can help to keep a sleep diary for two to four weeks and share it with your physician. The diary should include when you go to bed and wake up, any naps, and how long you actually sleep. A downloadable sleep diary is available at [bit.ly/3DZjTRH](https://bit.ly/3DZjTRH).

The most frequent problem uncovered in a sleep history or diary is poor "sleep hygiene." Sleep hygiene refers to daily behaviors and routines that promote good quality sleep and daytime alertness.

When patients are asked what they do when they can't fall asleep, many say they just lie in bed and watch the clock. That is the worst approach. A core principle of sleep hygiene is that your bedroom should be reserved for two things: sleep and sex. It should not be a place for watching TV, using your phone or laptop, working, or exercising. Your brain needs to associate the bedroom with winding down and resting.

If you can't sleep, it's best to get out of bed and go to another quiet space. Do something low-key, like reading or a crossword puzzle, until you start to feel sleepy. Then go back to bed. If you still can't sleep after 15 or 20 minutes, repeat the process. This may take multiple attempts, but the goal is to retrain the brain. It's also important to resist the urge to sleep in the next day. Keeping your time in bed consistent from night to night helps regulate your sleep cycle.

A bedtime ritual helps signal the body that it's time to sleep. Begin winding down at least 30 minutes before bed. A warm shower or bath can help, as can a cool bedroom, since a drop in core temperature

promotes sleep onset. A light snack that isn't greasy may also be helpful. Meditation apps such as the free Oak app can guide relaxation. Several of my patients have had success with it.

Having a consistent bedtime is important, but maintaining a consistent wake time seems even more critical. This can be particularly hard for night shift workers who want to flip their schedule on the days they're off. As difficult as it may be, trying to keep the same sleep and wake schedule throughout the week leads to better rest.

For night shift workers, a helpful trick is to wear dark wrap-around sunglasses before leaving work and continue wearing them until they are in a dark room at home. This reduces light exposure and keeps the brain from switching to daytime mode too early.

Medications and substances can also interfere with sleep. Caffeine stays in the body for up to eight hours, so it's wise to avoid it late in the day if you're having sleep issues. Decongestants such as pseudoephedrine (found in Sudafed®) and nicotine are stimulants that can disrupt sleep. If you smoke, consider talking to your provider about quitting. Alcohol, though often used as a nightcap, fragments sleep and reduces its restorative quality. It's probably the worst choice for someone with insomnia.

Some people benefit from natural products, especially melatonin. It should be used cautiously. Start low – a half to one milligram – and take it about two hours before bed. Higher doses are rarely

more effective and can increase side effects.

Prescription sleep medications should be a last resort. On average, they add only a few extra minutes of sleep each night and come with risks, especially for older adults. These drugs can be habit-forming and lead to daytime drowsiness or confusion.

Cognitive Behavioral Therapy for Insomnia (CBT-I) is a proven, highly effective treatment. It addresses the thoughts and behaviors that interfere with sleep. While it may not be available in every community, many patients have found success using CBT-i Coach, a free smartphone app. More information on CBT-I is available at [bit.ly/3wRuGwt](https://bit.ly/3wRuGwt).

If you want to read more about sleep and insomnia, I recommend two excellent books: *The Sleep Solution: Why Your Sleep is Broken and How to Fix It* by Dr. Chris Winter and *How to Sleep: The New Science-Based Solutions for Sleeping Through the Night* by Dr. Rafael Pelayo. Both provide practical and evidence-based advice.

An additional resource on insomnia can be found at [bit.ly/39XAkPC](https://bit.ly/39XAkPC). I hope these suggestions help bring you a better night's sleep.

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

## Back in the Day with Butch Dale



This group of kids were ready to start first grade in the fall of 1950 at New Ross. Their teacher was Eulalia Meek. They graduated in 1962. Can you spot the twins in the back row? (Karon and Sharon Haffner)

## It's Motorcycle Awareness Month in Indiana

Governor Mike Braun has proclaimed May as Motorcycle Safety and Awareness Month in Indiana. This is in conjunction with a national campaign promoted by the National Highway Traffic Safety Administration. As warmer weather arrives, more riders are taking to the streets after what is usually a several-month sabbatical during the winter. May presents the ideal time to remind motorists to look for motorcyclists, as well as offer tips for riders who have been inactive since last fall and could be a bit rusty.

Generally, Indiana records very few, if any, motorcyclist fatalities from November through April. With a mild winter and early spring, motorcyclists were out more than usual during those months over the last two years. Regrettably, we are again off to a tragic start with more than half a dozen fatalities prior to May. One of these was a

right-of-way crash that claimed the life of the rider and his passenger..

These are not merely numbers, they are human lives. These losses have tremendous ripple effects throughout their communities. We are talking about fathers, sons, mothers, daughters, friends, relatives, and co-workers. Crashes know no barriers and cross all gender, religious, race, and socioeconomic categories. This is a "problem", and one that we must all address collectively.

We all understand that sometimes things just happen. However, most motorcycle crashes are avoidable. Multiple-vehicle crashes where a motorist violates the rider's right-of-way would not occur if drivers took the time to not only look but truly see motorcyclists. Single-vehicle crashes where the rider loses control are usually the result of the operator exceeding their limits. Knowing and riding within your limits is the responsibility of each motorcyclist.

Riders, especially new riders, who have not had the benefit of formal rider education, as well as those who are unlicensed or improperly licensed, continue to be over-represented in crashes. Enrolling in recognized rider training and being properly licensed and endorsed are steps that reduce the likelihood of being involved in a crash.

ABATE of Indiana urges riders to be properly licensed and trained, continually develop and practice their skills, and be prepared to react to motorists who fail to see them. ABATE also asks drivers to be conscious of motorcyclists in traffic, allow riders ample space, and share the road courteously with all road users.

Just like the bumper sticker says, "Save a life, be aware, motorcycles are everywhere".

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Picture: Daughter, Ava Dale Barrel Racing





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# A Trip Through California’s Redwoods and Along its Scenic Coastlines Proves the 2025 Subaru Forester Hybrid Only Gains in Capability and Comfort



**CASEY WILLIAMS**  
Auto Reviews

I pull off the highway and into an off-road park. My guide is motioning me to drive half-way up a steep, rutted dirt hill. I stop, wait for the signal, and gently tip into the throttle. As the all-wheel-drive system shifts power and finds its footing, I gently step further into the throttle. The vehicle scruffs and chomps, but climbs. The 2025 Subaru Forester Hybrid did all of that on street tires and without engaging its Dual Mode X-MODE traction system.

I’m outside of San Francisco, slaloming amongst the redwoods and strafing surf near Half Moon Bay. It’s been a long day of curvy roads and fast highways, but the Forester in its element. It may be a hybrid, but it’s still a Subaru.

Fresh off a redesign for 2025, the Forester

appears more refined with its wind-swept face wearing squinty headlamps, black fender cladding, taillamps across the liftgate, and floating rear roof. Get it in Hybrid-only Daybreak Blue paint.

Inside, a new digital gauge cluster can switch from an analog-style display to a widescreen with navigation. Subaru’s tablet-style infotainment screen remains for controlling dual-zone automatic climate control, navigation, and devices connected and charged wirelessly. Praise actual buttons and knobs for volume, tuning, and key climate functions.

Beyond screens, the Forester Hybrid comes standard with heated seats, power moonroof, power rear gate, and reclining rear seats. Animal-free StarTex upholstery is standard on Premium, Sport, and Limited trims. Touring editions retain traditional leather.

Safety is enhanced by adaptive cruise, automatic emergency braking, and lane keep assist. Blind spot warning and rear cross-path detection are standard.

Fashion show aside, this trip is about putting miles under the Forester. Suspension tuning is focused on comfort, so while the Forester is competent on curvy roads, it’s no WRX. That said, it eats gravel roads and rough city pavement for snack. This generation Forester was substantially improved for a calmer traveling.

It drives better than the gas version too. This hybrid combines a 2.5-liter horizontally-opposed four-cylinder engine with two-motor generator units incorporated into the continuously variable transmission. Torque-shifting all-wheel-drive is, of course, standard. Unlike competitive

models that are essentially front-drive crossovers with rear electric motors, the Forester has an actual driveshaft heading aft.

The hybrid powertrain delivers 194 total system horsepower - 14 more than gas models. Fuel economy rates 35/34-MPG city/highway, 10-mpg better in the city.

On-road, the hybrid acts like an electric turbocharger to smooth power where and when you need it. On paper, the it only has 14-hp more than gas-only versions, but electric torque enhances acceleration, improves passing times, and keeps the transmission happy. Even when the engine shut down in “EV Mode”, I barely noticed.

Subaru owners love adventure, and they’ll get it with roof rails hold up to 700 lbs. of static weight – perfect for a tent. Engineers did have to claim spare tire space

for batteries, so there’s an inflator kit instead. Hope you don’t need that on the trail.

Which is where I began. The design brief was simple: Provide hybrid economy and performance without affecting the Forester’s cargo space or off-road capability. Virtually no Forester hybrid will be banging skid plates en-route to band practice, but it wouldn’t be a proper Subaru if it

couldn’t.

The Forester Hybrid starts at \$34,995 and ends around \$42,000 in Touring trim. While this one was built in Japan, all 2026 Foresters sold in the U.S. will be built in Lafayette, Indiana.

*Storm Forward!*

*Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on [YouTube @AutoCasey](#).*

## 2025 Subaru Forester Hybrid

*Five-passenger, AWD Crossover  
Powertrain: 2.5-liter H4, hybrid  
Output: 194hp  
Suspension f/r: Ind/Ind  
Wheels f/r: 19”/19” alloy  
Brakes f/r: regen disc/disc  
Fuel economy: 35/34 mpg city/hwy  
Assembly: Ota, Gunma, Japan  
Base/As-tested price:  
\$35,000/42,000*

## Crawfordsville Middle School - Q3 Honor Roll

**8th Grade High Honor Roll**  
Madilyn Biddle, Anna Boyd, Scarlett Cawthon, Claire Dennison, Yoselyn Gomez Castro, Arabella Himes, Shaeleigh Hreskowsky, Lanie Light, Isabella Mesino, Krystal Munoz, Elizabeth Nunan, Ellie Perry, Sophia Pond, Shakira Rodriguez, Emily Southern, Cole Strickland, Laken Suitors

**8th Grade Honor Roll**  
Olivia Abney, Emily Alley, Dylan Andrade, Diego Berber, Corbin Bray, Gavin Bray, Ezra Brown, Joel Conde Pascual, Alexandra Cox, Laeton Dezarn, Aubrey Finney, Khloe Harding, Osiris Herrera, Owen Huesca, Alexander Hutchison, Joseph Jeffries, Chrisandra Johnson, Sebastian Kochert Cosby, Kaito Koyanagi, Nina Kyger, Kenley Lain, Corbyn Long, Alivia Lowe, Jasmine Loy, Katie Manzon, Madison McGaughey, Sarah Melevage, Yumalai Monge Palacios, Jared Moreno, Everly Morgan, Keyra Munoz, Karter Nolan, Sadie Olofson, Alaina Parker, Elliott Peck, Vanessa Pettit, Eva Pryor, Emmalynn Ruckle, Kimberly Salinas, Emanuel Sanchez Mora, Yamir Sanchez-Arechiga, Hailey Sarver, Grant Schroeter, Adyn Sempstrott, Kareena Shuler, Adalise Simmons, Maritza Solano Alberdy, Teagan Spencer, Kirstin Steffen, Sophia Stewart, KaElla Swanson, Conley Taylor, Skatelyn Teeple, Bentley Thayer, Connor Toomey, Olivia Vo, Jozlin Walker, Nathan Wilhoite, Sophia Williams

**7th Grade High Honor Roll**  
Madison Banks, Brady Cord, Ella Davies, Mila Greene, Kendall Heeke, William Hershberger, Vivian Hoar, Hayleigh Huber, Julius Jones, Melina Koehler, Harper Kohl, Sophia Li, Sadie Martin, Anniston Miles, Gabriel Million, Makinzey Morrow, Elijah Robinson-Teague, Amira Rose, Bentley Sanders, Ella Seward, Nathan Tucker, Ashley Uzcategui, Adriana Ventura Padilla, Brooklyn Wilkins

**7th Grade Honor Roll**  
Suri Alvarez Mejia, Elliot Angulo Azamar, Mateo Azar, Bionca Baca, Collin Baumann, Zophia Benge, Alexavier Blunt, Luke Bush, George Cherry, Madalyn Coffman, Alondra Colmenares, Emily Cucinella, Jackson Cummins, Zion Deer, Marley Dewey, Liam Dobson, Romeo Fernandez, Treyton Ford, Kane Gardner, Aubrey Geneau, Louis Gutierrez Carmona, Elliot Hamilton, Samiyyah Hamilton, Josephine Hesler, Molly Hutchison, Zayvier Johnson, Lily Jones, Brycen Jordan, Vedanti Kiran, Raphael Lagunes-Olvera, Makailah Lolla-Martinez, William Maxwell, Adalynn McClain, Jamie Moore, Audrey Morris, Audrey Norman, Zeke Plunkett, Connor Powell, Burke Ratcliff, Amaya Rodriguez, Austin Rogers, Allison Sanchez Hernandez, Robert Scanlon, Naomi Sermersheim, Jocelynn Shelton, Anthony Simmons, Zachary

Warren, Michael Watt, Madyson Wear, Callan White, Alexander Wilkinson, Emery Wolf, Abdiel Xotla, Zoey Zacarias

**6th Grade High Honor Roll**  
Lily Baldwin, Alec Blackwell, Carli Bokhart, Charlotte Boyd, Nora Carlson, Chloe Crumley, Alice Cunningham, Vera Gobel, Anna Lindsay, Bruce Milom, Christopher Phillips, Allison Sanchez, Owen Scanlon, Brock Strickland, Connor Williams

**6th Grade Honor Roll**  
Evelynn Ashburn, Briona Baca, Sadie Baker, Owen Blackwell, Montgomery Brumett, Pablo Carrion, Dakota Cline, Denise Corado Olmos, Kellie Cortez Salazar, Gibson Denman, Annie Dennison, Zachary Eads, Maria Elizalde Castillo, Evolett Estevez Ramirez, Carson Fry, Genesis Fuentes Puerto, Jaimeel Gil Herrera, Riley Hartman, Ana Hernandez Sanchez, Zachary Hicks, Camden Huber, John Kalua, Santiago Luna, Mia Macegoza Barradas, Mikaela Morgan, Mark Mouradian, Leonardo Munoz, Nylda Munoz, Cormac Murray, Addilyn Osmani, Jobany Palacios Rivera, Sullivan Pickett, Skylar Ramie, Licky Santos Antunez, Ava Scudder, Haylee Shadle, Maxwell Short, Aubrianna Stephenson, Aiden White, Jameson Whitecotton

# PAW & ORDER



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**TIME**

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# Montgomery Murder Mysteries

## Molly’s Manifesto

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

### Chapter 16 – Write Wells, Write

The doctors have told me to write. It is to help my head keep things straight. I just got back from a Christmas break at home. My home? It really doesn’t seem like my home now. Molly has managed just fine without me. She looks mighty good, having lost some weight. Her face glowed for the first couple of days and I know that she was indeed glad to have me home. I just couldn’t bring myself to touch her for some strange reason. I need to ask Dr. Wendell why that is. Know I hurt her feelings. I mean, who wouldn’t be hurt not having seen their loved one for months and then that person doesn’t even touch them? I just couldn’t. I don’t know why. That’s not helping me straighten my head out at all.

I loved seeing the boys, though. I spent a great deal of time with them playing with some Christmas toys Molly had made them. Once, I snuck into little Will’s big bed Molly has gotten from somewhere and just lay there with him snuggled in my arms. I couldn’t help it but I cried for a long time thinking how I miss my boys but I just can’t deal with having to feed and clothe them. They need more food and more clothes each month it seems. If someone could pay me to just play with them, I could be happy the rest of my life, but I need to get myself straightened out and get home to take care of them. I mean, that’s why the Good Lord saw fit to give them to me, right?

Several other patients got released to go home for Christmas, too. I think I must have been the lucky one as other than my hurting Molly when I paid so little attention to her, my time at home was a matter of great healing. The food was amazing; why, Molly had even gotten a Turkey somewhere to roast. I probably should have gone out and shot one, but didn’t trust myself with the gun. Probably the best thing that happened was seeing Father. He was so glad to see me. Rarely has he touched me, but when he saw me a few hours after I’d gotten home, he grabbed my shoulders, held me tight and cried without shame. If he’d have done more of that when I was a child, perhaps I’d have come out differently. The Dr. asked me if I thought I was sane. I told him

without a doubt, most of the time. Yet, my mind goes back to odd times in my life, and I wonder. More than once, oh, perhaps three or four times, when I was in school, I’d fall to the floor in a fit-like state. Father always told the head school master that it was because I studied so much, and I did read and ponder quite a bit. As a dutiful son, I believed father as I think others did as well, but now, I wonder, now, I wonder. It wasn’t just my younger years. When I was teaching school, I know I was as sane as could be. It was the best years of my life, but of late, it’s been real bad, especially right after that thing with Ida Sutton. I had gone over to see if I could shave Bill when Ida met me at the door. I never seen Ida like that. She seemed like a hussy. I was scared yet delighted all at the same time. Certainly I had to have lost my mind to let her lead me into their back bedroom with Bill lying next door half dead and the children in the back yard playing. Yet, I did and I must say it was the best relations I’ve ever enjoyed, yet I can’t look Ida in the face now, I can’t even go over to check on Bill. Molly tried to get me to go see the Suttons when I was home but I just couldn’t go. I don’t want to see that woman again. It reminds me of a man’s weakness of the flesh, of a man’s lost soul. I’ve not even told the Dr. here about my one and only transgression from my otherwise good life, I just can’t tell him. I can’t tell anyone. It eats me inside. I know I’m damned to Hell. Maybe the Dr. will read of it in my writings, maybe that’s why he’s said, “Write, Wells, Write!”

### Chapter 17 – Homeward Bound

Dr. Wendell told me yesterday that I had gotten better enough to go home. I have odd feelings about that. Of course, I want to go. Who wouldn’t be elated at getting out of this nutty bin? Yet, I’m so apprehensive about the responsibility of the boys.

### Chapter 18 – Preparation H(omecoming)

Alfred will be home tomorrow. I’ve fixed our last butchering chicken. I know I should have bought more but there was no money, just no money. He’ll enjoy one good meal, anyway. Do still have a few laying hens. Chicken and noodles. His homecoming meal. The boys are not only excited about the meal and the dessert of tapioca pudding (I hate making it as well as

eating it but Alfred and all four boys love it), but are elated about their father coming home. Since he’s been gone, I’ve tried to get over to Ida’s at least once a week, but this week I’ve not made it as I’ve been cleaning and cooking. We’ve even forgone the boys’ lessons. It’s about summer break, anyway. No one will know and I needed their help. They have the grounds spotless. Practically from dawn to dusk, they’ve been like hard-working mules. I’m telling you, those boys are getting so handsome. How could Alfred not look at them and see what beautiful and wonderful children he’s made? Roy, with his black hair, gray eyes and strong build is my most handsome, I think, yet it’s hard to decide. Lee is a replica of Alfred, and Harry just looks like Harry. Will looks like Opa, fair, small head and eyes, yet his personality is probably the most like my Pop Pop. How I wish my Pop Pop was here now so I could ask him how to handle Alfred. Dr. J.B. came by a few days ago, wouldn’t even take my money (which was good, as it was the last I’d gotten from the Trustee – only \$15 a month for the boys, but it helps, at least). He said he was just around the corner with Mrs. Guntle who had a case of the gout, and had just stopped in to say hello.

Personally, I know J.B. well enough to know he’s probably made a special trip out but I couldn’t turn him away out of kindness and drastic need. He said, “Molly, things aren’t gonna’ be easy with Alfred when he comes home. You just need to be gentle and kind. That’s not hard for you as you have a gentle, kind nature. If he seems to be getting worse, just send someone for me, I can give him some more of those pills that seemed to help him the last time. He should be fine, though, as I know Dr. Wendell wouldn’t send him home if he were not well.” Then, he smiled one of his rare beams.

When he left, I kissed Dr. J.B. on the cheek. Twice while Alfred had been away, he’d been here for Will, who had had a recurring bad throat sore. Never would he take any money or even eggs. Said the boys needed it more than he did. He has such a kind heart, but I’m not sure if he knows much about the human mind’s workings. I guess time will tell if all our preparations for Alfred’s homecoming are for naught!

*To be continued....*



Photo courtesy City of Crawfordsville

2025 Managers’ Essential Program Participants with Dr. Ali Atkison.

## City Celebrates Leadership Training Success

The City of Crawfordsville is proud to announce the successful completion of the *2025 Manager’s Essentials* professional development training program, continuing a commitment to leadership growth and workforce excellence.

Launched in 2022 in response to needs expressed by area employers during Mayor Barton’s monthly Workforce Alliance meeting, *Manager’s Essentials* is designed specifically for individuals that are stepping into their first leadership role. The program’s consortium-style format allows companies of all sizes to participate through a cost-sharing model, ensuring broader access to high-quality professional development.

This year, 23 participants from six local organizations completed the program: Acuity Brands, Crawfordsville Electric Light & Power, Closure Systems

International, Crawfordsville Parks & Recreation, Lakeside Book Company, and PolyCycle.

Facilitation for the 2025 series was provided by Dr. Ali Atkison, Vice President of Learning & Development at *HRD\* - A Leadership Development Company* based out of Indianapolis. Prior to starting the program, each participant completed a DiSC Assessment. DiSC is an acronym that stands for the four main personality profiles described in the DiSC model: (D)ominance, (i)nfluence, (S)teadiness and (C)onscientiousness.

Completion of this assessment provides a better understanding of one’s behavioral styles, best strategies for engaging with others, and how to apply these qualities in different environments. Throughout the program, participants engaged in sessions

focused on essential leadership competencies including:

- Developing a leadership mindset
- Developing a team
- Feedback & accountability
- Decision making & problem solving
- Listening and communicating as a leader
- Leadership through change and conflict
- Building strong team culture

Feedback from participants has been overwhelmingly positive. Levi McCloud, Supervisor at PolyCycle shared “we’re all loving the class...we have all learned so much already!”.

The City of Crawfordsville is encouraged by the continued success of the *Manager’s Essentials* program and the commitment from our local employers to invest in the future leaders.

## Chamber Introduces New Executive Assistants

The Crawfordsville / Montgomery County Chamber of Commerce is excited to announce the addition of two executive assistants to the staff joining executive director, Stacy Sommer.

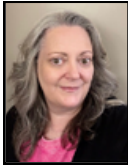
Each assistant will work part-time to create a full-time position. Both will be able to help members and the community with anything Chamber, each will have their own focus on chamber functions. Bringing experience and a love for our community, we welcome Jessica McClamroch and Michelle Ogden to our chamber.

McClamroch has a background in education with experience in event planning, networking, and community involvement. In her spare time, she serves as the Co-Chair for the Strawberry Festival and oversees the Strawberry Festival Queen and Junior Royalty Program as the Director. Additionally, she is involved with the NMYSL as a coach and contributes as a parent volunteer for various activities her children

participate in. She is passionate about bringing people together and is eager to contribute to the Chamber.

Ogden has worked in various libraries for the last 25 years. She and her husband, Larry, enjoy the beauty of Montgomery County. They like to walk their two rescue German Shepherds on the Sugar Creek Trail. In her spare time Michelle knits, spins yarn and is learning to weave and watercolor. The couple are also building a 27’ houseboat to hopefully sail the Great Loop when they retire. She is very excited to begin working for our chamber and promoting and assisting the businesses of our county.

In addition to the personnel news, the Chamber is hosting an event for you to meet the staff, board of directors, and ambassadors at an event, Biz & Brew, on Tuesday, May 20 with an open-house style from 8:30 – 10 a.m. on the fourth floor of



Michelle Ogden



Jessica McClamroch

Fusion 54 in beautiful downtown Crawfordsville.

Another advantage of Biz & Brew is to learn the value and benefits of being a chamber member. Our chamber is very active and growing which makes it an efficient resource for promoting your organization and making connections resulting in a vibrant business community.

Biz & Brew is open to the public with no cost. Donuts and coffee will be provided by our chamber so it’s important to RSVP so we can be prepared. Please register online at [crawfordsvillechamber.com](http://crawfordsvillechamber.com) from the chamber calendar, email [ssommer@crawfordsvillechamber.com](mailto:ssommer@crawfordsvillechamber.com), or call (765) 362-6800 to attend Biz & Brew.