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HOSTED BY DICK WOLFSIE | FEBRUARY 6 - 14, 2026

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■ TODAY'S VERSE

Proverbs 31:28

Her children arise up, and call her blessed; her husband also, and he praiseth her.

■ AWL BALOO



Baloo would love a break from the shelter life (even if just a temporary foster). BALOO'S ADOPTION FEE IS WAIVED (SPONSORED BY BEST FRIENDS). Baloo is an 8 year old male Black Labrador Retriever available for adoption from AWL since 12/16/23. Baloo has patiently watched all his doggy buds find homes over the past 2 years, and he's hopeful to someday find his best friend. Senior dogs make excellent pets, as they tend to have more established personalities, are already housebroken, and can be quickly bonded with. Shelter life is stressful, especially for seniors! Baloo is ready to find his furrever home! Baloo enjoys the finer things in life, like treats and nice comfy beds. Baloo will gladly sit for treats. AWL is open Monday-Friday from 2p-5p and Saturday's from 12-3p.

■ MONTGOMERY MINUTE

The second Saturday of each month is the perfect chance to stock your home library. That's the monthly book sale at the Crawfordsville District Public Library. It takes place every month on the lower level from 10 a.m. to 4 p.m. Hardcover books are 50 cents, paperbacks are a quarter, magazines 10 cents, CDs 50 cents, single DVDs \$1 and deluxe DVD sets \$3 a season. There are some special items that may have individual pricing. If you are downsizing and want to donate some books, the library will take gently used hardcover and paperbacks, DVDs and Blu-Rays, audiobooks and music CDs and complete puzzles and games. They cannot accept items with water or mildew or other damage, broken bindings, missing or items with strong odors like cigarette smoke. No dogs allowed except for licensed service dogs.



How much money are we spending on Halloween decorations now? Something like \$10 to \$14 billion? And people wonder what's wrong with the world?

■ QUOTE OF THE DAY

"Charlie Brown is the one person I identify with. C.B. is such a loser. He wasn't even the star of his own Halloween special."

■ JOKE OF THE DAY

What would you call the ghost of a door-to-door salesman?

A dead ringer

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■ BOOMER BITS RETIREMENT

Like to Retire Early, But Don't Want SS Reduced



ASK RUSTY
Social Security
Advisor

Dear Rusty: I will be 65 this year and my husband

is 72 (he retired in 2019 at age 66). I would like to retire and enjoy some time with him before he gets too much older. I do not want to have my benefits cut by retiring earlier, but I don't see a way to be able to do that. My benefit will be \$1343 on my full retirement age (FRA). If I took half his retirement

when he retired, it would be less than mine. If I take early retirement and he passes away before me, would I get his full benefit as his survivor, or will it be cut? We are trying to figure it out. His current benefit (before Medicare Part B) is \$2978. It's very confusing. Signed: Confused and Wondering

Dear Confused: Whenever any Social Security benefit is claimed earlier than full retirement age (FRA), the

See RUSTY Page 3

■ BOOMER BITS KNOWLEDGE

Easy Ways to Brush Up on Your History IQ

(Family Features)

Learning more about events from the past can help make sense of current circumstances and inform the future. Equipping yourself with historical knowledge gives you the ability to understand how contemporary society came to be.

By taking advantage of the wealth of resources available today, you can take a deeper dive into past events and learn

how they affected individuals and larger groups alike, such as U.S. military members.

Head to Your Local Library

If you haven't spent much time in a library, you may be surprised by the wealth of information available. You can find letters and other documents – whether in physical copies or accessible via online records with a library card – that provide a first-hand

See IQ Page 5

Post Office Hiring Rural Carrier Assistants

The Postal Service is hiring rural carrier assistants across the state. The positions pay \$20.38 per hour plus some benefits.

There are plenty of opportunities for job seekers to ask questions and receive assistance during Postal Service Job Fairs at different locations across Indiana on Oct. 10. Several Fairs seek to hire for other nearby offices, as well.

To assist potential applicants, USPS personnel will be onsite at the Job Fairs to provide detailed information about the positions and to answer questions. Applications are accepted online only at www.usps.com/careers. Search for positions in "Indiana" for an opening near you. Applicants must be 18 years of age and be available to work weekends and holidays. See the job posting for full details for duties, responsibilities, requirements, and benefits information. Job postings are updated frequently, so check back often for additional opportunities.

A new resource, the USPS Blog, offers Did You Know and Tips on how to apply for USPS jobs - How to Apply for a Postal Service Job - Postal Posts

Job Fairs will be held on Friday, Oct. 10, from 10 a.m. to 2 p.m. in various locations.

Accepting a position with the United States Postal Service is the first step that could lead to a long, fulfilling career with a dynamic, forward-thinking organization committed to delivering for the American people. USPS is an organization that promotes largely from within, offering career development to help prepare employees achieve their professional goals.

■ BOOMER BITS HEALTH

YOU'RE NOT ALONE

Understanding, Managing Menopause Symptoms

(Family Features)

Hot flashes may be one of the better-known indicators of menopause, but women may experience a wide range of symptoms as they enter this stage of life. However, treatment options can ease, if not alleviate, most of these experiences.

Menopause signals the end of a woman's reproductive years, beginning as early as their

30s for some women. This natural process results in the stop of menstruation with the shifting hormones also creating a list of physical and emotional symptoms.

Perimenopause, which commonly occurs in the mid-to-late-40s, lasts 4-8 years. This transitional stage is characterized by fluctuating ovarian activity, which can alter the frequency and duration

of a woman's period and disrupt estrogen production. Menopause is officially reached when the ovaries cease ovulation and a woman has gone 12 months without a menstrual period.

Despite increasing conversations among peers, many women experience disruptive symptoms and have

See Menopause Page 5

■ THREE THINGS YOU SHOULD KNOW

1. An illegal immigrant who allegedly caused a deadly crash in Indianapolis in 2010 and fled the state, was arrested Friday, Sept. 26 in Oklahoma by the FBI. Israel Espinosa, 36, is accused of driving a Nissan Altima that slammed into an SUV stopped at a traffic light on Nov. 27, 2010. A passenger in the SUV, 16-year-old Megan Ratliff, died at the scene. Espinosa fled on foot. Reports indicated empty alcohol containers were found in the Nissan. Espinosa faced several charges in the crash, including reckless homicide, failure to stop after a fatal crash, and operating a vehicle while never licensed but fled the state and has been on the run since. The investigation into his flight to avoid prosecution was conducted by FBI Indianapolis' Violent Crime Task Force as part of Operation No Escape which focuses on locating and arresting violent fugitives. The VCTF developed information Espinosa was in the Oklahoma City area and coordinated with the FBI Oklahoma Field Office Sept. 26, who arrested him later that day.

2. As concrete for the first floor of the new Westin Indianapolis Airport Hotel is being poured, Indianapolis Airport Authority Board Treasurer Robert Thomson reports that the IAA is standing on rock-solid financial footing. Each of the big three rating agencies – Fitch Ratings, Moody's Investor Services and Standard and Poor's Global Ratings -- have assessed the IAA with a "stable outlook" ranging from A+ to A. IAA's credit rating reflects a strong financial position and a stable, diverse market.

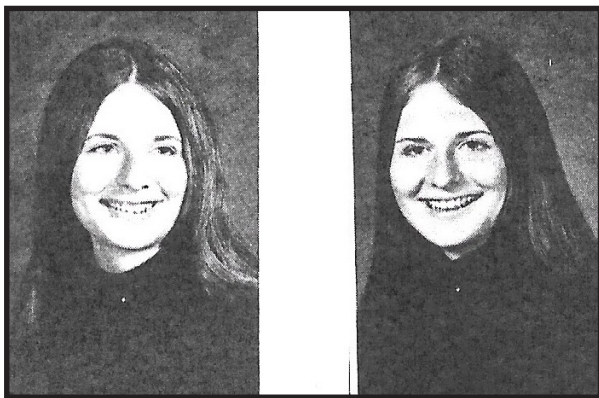
3. The Office of Lt. Governor Micah Beckwith and the Indiana Office of Community and Rural Affairs announced this week that North Vernon is the 2025 PreservING Main Street community. The PreservING Main Street grant will provide the community with up to \$2 million to revitalize historic buildings in the downtown district. PreservING Main Street is a joint effort between OCRA, Indiana Humanities and Indiana Landmarks. The multifaceted community development program is designed to build a sustainable historic preservation community ethic, increase local capacity for Main Street programs and serve as a comprehensive downtown revitalization model. To learn more about the PreservING Main Street program, visit in.gov/ocra/preserving-main-street.

WELCOME OCTOBER!

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BUTCH'S FLASHBACK TRIVIA



Do You Recognize These two 1974 Southmount grads?

HINT: They were cheerleaders all four years, and were two of the most popular students!

Answer on Page 5

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Pride Fest



Photo courtesy Andy Chandler

A celebration of the LGBTQ community was held recently in beautiful downtown Crawfordsville. Mayor Todd Barton was on hand to read a proclamation and a colorful and festive crowd was on hand as well, including this little one looking all around and taking everything in.

Crawfordsville District Public Library

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
29	30	1 Toddler Story Time: 10a Kindergarten Book Club: 4p Blood Drive: 10a-2p Parking Lot	2 Drop-in Tech Help: 6-8p	3 Closing at 1pm	4 Closing at 1pm
6 1st Grade Book Club: 4p Cville Chess Club: 5:30p Drop-in Resume Help: 5:30-7p	7 Baby Story Time: 9:30a Teen Escape Room: 6p Tech Tuesday Beginners' Excel: 6p	8 Toddler Story Time: 10a Kindergarten Book Club: 4p	9 Preschool Story Time: 10a 5-8 Grade Book Club: 4p CDPL Board Meeting: 4p Drop-in Tech Help: 6-8p	10 Wiggle & Giggle: 10a	5 Closed
13 2nd Grade Book Club: 4p Cville Chess Club: 5:30p Drop-in Resume Help: 5:30-7p Yarn Works: 6p	14 Baby Story Time: 9:30a Tech Tuesday Beginners' Word: 6p Genealogy Club: 7p	15 Toddler Story Time: 10a Kindergarten Book Club: 4p Wyrd Words Book Club: 6p	16 Preschool Story Time: 10a Yarn Works: 10a Craft Collective: 5:30p Drop-in Tech Help: 6-8p Dictionary Day	17 Wiggle & Giggle: 10a	11 Book Sale 10a-4p Hickory Bus from Hoosiers: 10a-3p
20 3rd Grade Book Club: 4p Cville Chess Club: 5:30p Drop-in Resume Help: 5:30-7p	21 Baby Story Time: 9:30a Dungeons & Dragons for Beginners: 5p Tech Tuesday Beginners' PowerPoint: 6p	22 Toddler Story Time: 10a Kindergarten Book Club: 4p Mystery of History Club: 6p	23 Preschool Story Time: 10a Teen Anime & Manga Club: 6p Drop-in Tech Help: 6-8p	24 Wiggle & Giggle: 10a Genealogy After Hours: 4:30p	12 Intermediate Tech Word: 1:30p
27 4th Grade Book Club: 4p Cville Chess Club: 5:30p Drop-in Resume Help: 5:30-7p	28 Baby Story Time: 9:30a Tech Tuesday Beginners' Computers: 6p	29 Toddler Story Time: 10a Kindergarten Book Club: 4p	30 Preschool Story Time: 10a Drop-in Tech Help: 6-8p	25 Wiggle & Giggle: 10a SAFETY FIRST	18 Teen Pumpkin Painting: 2p
					19 Intermediate Tech PowerPoint: 1:30p
					20 National Day on Writing
					21 Brains & Bodies: Critters & Crawlers: 1-4p at CMMC
					22 National Make A Difference Day
					23 26
					24 2

OCTOBER 2025

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Waveland Strong Fall Fest Oct. 11

Waveland Strong will host its annual Fall Fest on Oct. 11, at the Waveland Volunteer Fire Department, beginning at 5 p.m. Invite a neighbor and come out for a fun evening of music and dinner. You will want to make sure and visit all the wonderful vendors. Wonderful time to get your Christmas shopping started.

Put on your dancing shoes for the evening while listening to The Dead Neetles Band. They will begin at 5 p.m. and entertain

you until 8 p.m. They will be singing all your favorite songs.

A free will donation chili dinner will be served by the Waveland Volunteer Fire Department from 5 p.m. or when the chili runs out. Invite a neighbor and come out and enjoy the music and a bowl of chili. Help support our brave first responders!

Brown Lucky Leaf 4H Club will be having their annual Bake Sale. You will not want to miss all the wonderful goodies these kids

make. The proceeds go to help them with their club activities throughout the year.

Waveland Strong will be having a 50/50 raffle to help with the costs of the beautification project they are working on for the town. Make sure and stop by to get your tickets. They will be \$1 a piece or \$20 for a wingspan.

For more information contact Amy Isenberg (765)376-1591 or Teresa Ciulla (765)366-8701.



Courtesy Photo

The Dead Neetles Band begin at 5 p.m. and entertain you until

RUSTY

Continued from Page 3

monthly amount is permanently reduced. If you were to retire at age 65, your Social Security benefit would be reduced by about 13% - in other words, if your FRA (age 67) amount is \$1343, at 65 you would get about \$1164. And at age 66 you would get about \$1253 per month.

Whether you would be entitled to a "spousal boost" from your husband depends on how your FRA amount compares to 50% of his FRA entitlement. If your FRA amount is less than 50% of his FRA amount, then you would get a "spousal boost," but the amount of that boost would also be reduced if you claim before your FRA. (Note: from the numbers you provided, you may be entitled to a spousal boost and, if so, it would be applied by Social Security when you claim).

Also, FYI, if you take SS before your FRA

and are still working, Social Security has an annual earnings test which limits how much you can earn while collecting early benefits. If you earn more than \$23,400 in 2025, you will likely not get all of your monthly SS payments (SS will take away some monthly benefits if you exceed the earnings limit). Of course, if you retire from working, this will not be a problem, because earnings before you claim SS won't count toward the limit.

When you claim your SS retirement benefit now will not affect your survivor benefit from your husband later. If your husband passes first, your benefit as a surviving spouse would be based on the amount your husband was receiving at his death. But if you were to claim your widow's benefit prior to your FRA, your survivor benefit would also be reduced (the

amount of reduction depends on how much before your FRA you claim your survivor benefit). If you claim your widow's benefit at or after you FRA, you will get 100% of the amount your husband was receiving at his death (instead of your own smaller amount). It will only be reduced if you claim before your full retirement age.

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

Country Club Under New Management

Crawfordsville Country Club, founded in 1906, is proud to announce an exciting new chapter in its longstanding history. Under new management, the club is investing in significant upgrades to its golf course, facilities, and social amenities while transitioning from a public golf course to a fully private country club. Memberships are now open for individuals, families, and businesses looking to be part of this vibrant community.

Improvements include enhancements to the 18-hole championship golf course, driving range, and practice green facilities; refinements to the clubhouse, restaurant, and events; and a refreshed

pool and recreation area. Members will also enjoy an expanded calendar of monthly social events, league play, and opportunities for networking, recreation, and family fun year-round.

"This is an incredible opportunity to reimagine what Crawfordsville Country Club can be for our members and community," says Colin O'Neal, president of O'Neal Golf Management. "We are committed to delivering an exceptional experience, from golf and recreation to dining and social events, in a welcoming environment for families and professionals alike."

O'Neal Golf

Management took over club management Aug. 1 of this year. The club remains governed by the Board of Directors.

The transition to private membership underscores the club's dedication to providing a premier lifestyle experience in Montgomery County. A variety of membership options including golf, social, and corporate are now available at a discounted rate through Dec. 19.

For more information about membership opportunities and upcoming improvements, visit crawfordsvillecc.com or contact the club by phone at (765) 362-2809 or by email at info@crawfordsvillecc.com.

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Strolling Through Rose-Colored Memory from 25 Years Ago



Ken Thompson
Columnist

Purdue honored Drew Brees and many of his 2000 Big Ten Championship teammates a few weeks ago to celebrate the 25th anniversary of the Boilermakers' journey to their second Rose Bowl appearance.

Unless he was overlooked in the media reports leading up to the reunion, former head coach Jim Colletto should have been invited to the party. While Purdue won the Big Ten and ended a 34-year pursuit of a return trip to Pasadena, Calif., it probably doesn't get there without Colletto's efforts.

Colletto's final recruiting class at Purdue was probably his finest, and his background as an offensive line coach yielded 60 percent of the Rose Bowl line that arguably is the Boilermakers' best in two generations.

Future tackles Matt Light and Brandon Gorin, plus guard/center Chucky Okobi, signed with the Boilermakers on Feb. 7, 1996. That trio, plus defensive lineman David Nugent, would go on to play in the NFL.

"We won't know until three or four years down the road," Colletto said when asked to assess the class that helped Joe Tiller get off to a great start at Purdue.

Light, a future second round pick of the New England Patriots, came to Purdue from Greenville, Ohio, as a 6-5, 245-pound tight end. Purdue beat out Kentucky and Miami (Ohio) for Light's services.

Tiller converted Light to offensive tackle in 1997 and redshirted the future Super Bowl champion. Over the next three seasons, Light bulked up to 305 pounds.

Tiller did the same thing for Gorin, who arrived at Purdue from Muncie South as a 6-6, 250-pound defensive lineman. Gorin was a first-team Associated Press All-State defensive lineman who also was pursued by Wisconsin and Indiana. Gorin bench-pressed his way up to 308 pounds by his final season in West Lafayette.

Okobi was already a massive 6-2, 295 pounds when making the journey from Hamden, Conn., to Purdue. More impressively, Okobi was timed at 4.9 seconds in the 40-yard dash while attending the Kentucky football camp before his senior year of high school. Also competing for Okobi's services were the Wildcats, Syracuse and several Ivy League schools.

Nugent put on 40 pounds after arriving from Collierville, Tenn., as a 6-6 tight end. Purdue won his services over Georgia Tech and Memphis.

The 24-man class also featured a handful of players who contributed to the success of Tiller's first three teams. The most notable was linebacker Mike Rose, who used his athletic ability to snare three interceptions against Northwestern in 1997, turning one for a touchdown.

Reserve defensive end Ike Moore was an unsung hero during the 2000 Rose Bowl season when he gave a pep talk to Brees following an interception that gave Ohio State the lead late in the game.

"If you break something, fix it!" Moore preached several times until he got Brees to snap out of his funk. Minutes later, Brees

threw a game-winning touchdown pass to Seth Morales.

Wide receiver/kick returner Donald Winston, punter Danny Rogers and linebacker Brent Botts also made significant contributions in the years leading up to 2000.

As is usually the case during a coaching transition, Purdue's recruiting board was not in good shape when Tiller came on board in November 1996.

The unanimous opinion of the recruiting experts was that the Boilermakers' class of 1997 was 10th in the Big Ten, barely ahead of Minnesota.

"They are entitled to their opinion," Tiller told the Journal and Courier's Tom Kubat. "I never put a lot of stock in their opinions because they don't evaluate players the way we do. I look at their work as entertainment, and in that respect it's good for college football. It keeps people's minds on the sport and keeps them talking about it."

Tiller's belief in his evaluation skills yielded surprising results from the 18-man class. Sometimes recruiting is about who you know, and Tiller's relationship with Drew Bledsoe during his days at Washington State helped bring another Drew to West Lafayette from Texas.

Bledsoe was one of Brees' football heroes, so much so that Brees wore a Washington State cap on his official visit to Purdue. But a knee injury suffered at the end of his junior season at Westlake High School scared off Texas and his parents' alma mater, Texas A&M.

Despite a senior year that saw him earn Texas' Class 5A Offensive Player of the Year honors while leading Westlake to a 16-0 state championship

season, Brees was only recruited seriously by Kentucky and Purdue.

"I liked both coaching staffs. But at Purdue, I think I'm going to have a chance to get some early playing time and maybe start my second year," Brees told Kubat leading up to signing day.

Check and Check. Brees saw limited action behind All-Big Ten quarterback Billy Dicken as a freshman. From then on, Brees blossomed into the 2000 Maxwell Award winner as college football's most outstanding player. The Pro Football Hall of Fame awaits early in 2026.

That 10th-ranked Big Ten class also included future defensive end standout Akin Ayodele from Grand Prairie, Texas; Tim Stratton, who won the first John Mackey Award as the nation's best tight end and a speedy receiver from West Palm Beach, Fla., named Vinny Sutherland.

Tiller's basketball on grass offense took the Big Ten by surprise in 1997. The 9-3 season culminated with the first of two consecutive Alamo Bowl victories. The publicity also helped on the recruiting trail in 1998.

Travis Dorsch was a USA Today first-team All-American kicker coming out of Bozeman (Montana) High School. Dorsch lived up to the hype, as a four-year starting placekicker and winning the 2001 Ray Guy Award as the nation's best punter.

The 27-man class possessed quantity and quality, including the final two pieces of that Rose Bowl line. Guard



Photos courtesy Purdue Athletics

Jim Colletto

Gene Mruczowski was the last player to commit but like Gorin, Light and Okobi he would develop into an NFL player. Purdue beat out West Virginia, Cincinnati and Toledo for the Cleveland native.

Rob Turner was shifted from the defensive line to offensive guard by Tiller after choosing the Boilermakers over Virginia Tech and Duke.

Purdue mined Texas for three running backs who would contribute to the Rose Bowl squad. Montrell Lowe was undersized at 5-9, 178 pounds, but was a first-team All-State performer and member of the Texas Top 100. Lowe would leave Purdue with 2,648 yards and 15 touchdowns.

Fullback Sedric Brown was pried out of Victoria, Texas, after rushing for 1,421 yards and 30 touchdowns as a senior. Steve Ennis led Marcus High School in Flower Mound, Texas to the Class 5A state title with 2,403 yards and 30 touchdowns his senior year.

Linebacker Joe Odom of Bethalto, Ill., was the St. Louis Post-Dispatch Player of the Year but Purdue was his only official visit. He would go on to play



Joe Tiller

three seasons with the Chicago Bears.

Ralph Turner was converted from quarterback to safety, where he would start 38 games.

Future starting offensive linemen Kelly Kitchel (Lewis Cass) and Pete Loughheed (Homestead), along with Parade All-American wide receiver A.T. Simpson (Cathedral) helped make the 1998 class one of the deeper group of recruits in many years.

Although they ran out of eligibility before 2000, junior college transfers Randall Lane, Cliff Jackson and J. Crabtree helped continue the Boilermakers' momentum under Tiller. Lane's breakout game came in 1998 at Wisconsin, hauling in 18 of Brees' record 83 passes for 178 yards. Jackson amassed 220 yards and two touchdowns before suffering an injury in 1998. Crabtree rushed for 602 yards and two TDs in 1998.

Next time, the freshman class that completed the run for the Roses.

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

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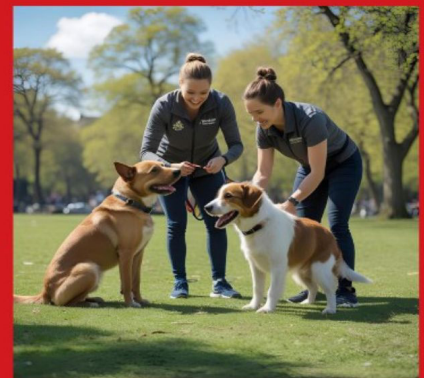
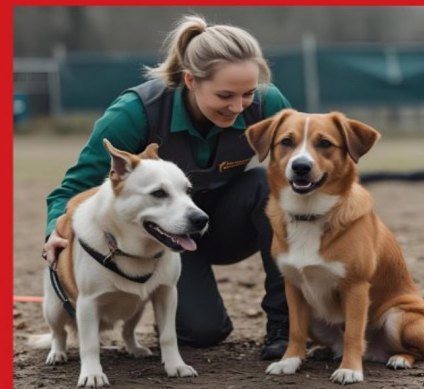
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Tropical Costa Rica

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For more information contact Collette 800-581-8942

Refer to booking #1344002



Menopause

Continued from Page 1

difficulty managing them, according to a Nielsen IQ Aging America Forecast. Additionally, 90% of women reported never having been taught about menopause in school, according to a study published in "Post Reproductive Health."

Uncomfortable symptoms like hot flashes, vaginal dryness and weight gain often begin during perimenopause and may continue through post-menopause – in some cases, for the rest of a woman's life. The intensity and duration of these symptoms can vary from person to person.

With 45% of women in the U.S. currently experiencing some phase of menopause, per the Nielsen IQ Aging America Forecast, K-Y, is on a mission to provide support and relief where it's most needed and empower women to take control of their menopause journey at every stage – because if you know, you know.

Beat the Heat and Soothe Hot Flashes

Prevention is one of the most effective ways to manage hot flashes – those sudden waves of heat that often affect a woman's chest, neck and face, sometimes accompanied by sweating and redness. Identifying and avoiding common triggers such as caffeine, alcohol or spicy foods can make a difference. Calming exercises, like slow, steady breathing, can help bring a hot flash under control as can a cold drink, cool shower or portable fan.

Deal with Dryness to Restore Moisture

Hormonal changes can cause vaginal dryness, often

leading to discomfort. To alleviate this discomfort, try a non-prescription product designed to add moisture, such as K-Y Liquibeads. Uniquely formulated and hormone-free, the vaginal moisturizer is designed to provide long-lasting relief to discomfort, caused by menopause and everyday activities, for up to three days.

Master Moods Caused by Hormone Changes

Fluctuating hormones during menopause can impact your mood, leading to unexpected emotional highs and lows. While some doctors prescribe hormone treatment, such as birth control pills, to help regulate hormone swings, you can also manage mood issues by doing activities that bring joy and minimize stress. Mindful exercise, like yoga or tai chi, can help manage your shifting moods.

Ease Your Headaches to Restore Your Day

If you're susceptible to migraines, it's important to know menopause can exacerbate them or even be the trigger that causes migraines to start. Knowing what sets off your migraines may be your best line of defense. However, if you're unable to relieve the discomfort through self-care measures, consult with your doctor to adjust your current treatment plan or create a new one.

Nurture Lost Desire and Reconnect with Intimacy

As your libido fades, you may need to make a more conscious effort to maintain an active sex life. While factors like poor sleep, stress and depression can

lower your interest in intimacy, maintaining regular sexual activity can support overall health, including minimizing problems with dryness and improving your mood. If comfort is a concern, a product like K-Y Ultragel lubricant can help supplement your natural lubrication. The unique water-based formula is non-sticky and non-greasy, so the natural feeling of enhanced intimacy is all you and your partner experience.

Quiet the Heat to Sleep in Comfort

Night sweats – hot flashes that happen at night – can be managed by wearing cool, cotton pajamas and using layers of covers you can easily shed. You may find extra relief from sleeping with a fan or using cooling pillows and sheets. Keeping your room cool and dark can also help promote more comfortable, uninterrupted rest.

Clear Acne and Take Control with Confidence

Pimples aren't just for teens; they often make a return appearance as you're walking through this new transitional stage of life. However, you're likely more confident and better equipped to care for your skin this time around. To help prevent flare-ups, avoid oily products like sunscreens and cosmetics. Stick with oil-free options designed to keep pores clear. If necessary, talk with a dermatologist about a program designed for your unique skin care needs.

Find more information on the full menopause product portfolio at k-y.com.

IQ

Continued from Page 5

perspective of the historical period or event you're exploring. In addition, libraries often offer access to databases and other information that is not always readily available from basic online searches.

Research Trusted Sources Online

To complement what you find in the library, you can also explore a wide range of information online. The key is to read critically and evaluate your sources, as not everything you find online is reliable or true. However, resources curated by trusted organizations can offer deep insight into the past.

For example, the Library of Congress Veterans History Project collects and preserves the firsthand remembrances of U.S. military veterans and makes them accessible for future generations to better understand veterans' service and sacrifice. Through its website, you can watch oral history interviews

and comb through original manuscript material, such as memoirs, letters, diaries and artwork, as well as original photographs.

Interact with Older Adults

Reading and watching accounts of historical activities gives you valuable insight, but speaking directly with those who lived through notable periods of American history can also illuminate what it meant to experience those times. Reminiscing and recounting memories of the past can serve as a bonding experience while giving you a more personal, emotional connection to facts you might not uncover elsewhere.

Encourage Engaging School Curriculum

If you're a teacher or leading a lifelong learning course, you can use the Library of Congress Veterans History Project as a resource to support your efforts.

Jonathan Bickel, an English teacher in Pennsylvania, has made veteran history a focus in his classroom since 2009. He taps into the large pool of personal accounts available through the collection to support his lessons. He also uses the project as a model in the classroom, challenging high school students to record an interview with a local person or relative who is a veteran and then present their work to the school as a multimedia project. As an example to his students, Bickel interviewed and submitted his father's World War II story.

Teachers interested in creating a history curriculum that honors veterans can access research guides that can provide a curated starting point for exploring the collections. To find the wealth of personal stories from veterans, visit loc.gov/vets.

■ BUTCH'S BACK IN THE DAY



Back in the day, teachers did all types of crazy things to promote school spirit. In 2008, North Montgomery put on a donkey basketball game to raise money for sports. Shown above are Jodi Webster, Elizabeth Iverson, and Ryan Nuppnau giving it their best!

State Medical Association Chooses New Leader

Indianapolis radiologist Richard Gunderman, MD, PhD, will serve as the 179th president of the Indiana State Medical Association, following his election Sunday at the ISMA's annual convention in Noblesville.

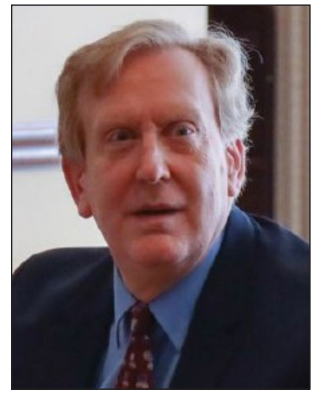
Gunderman is Chancellor's Professor of Radiology, Pediatrics, Medical Education, Philosophy, Liberal Arts, Philanthropy, and Medical Humanities and Health Studies at the Indiana University School of Medicine. He is a 10-time recipient of the IU Trustees' Teaching Award, and the author of 15 books, including "We Make a Life by What We Give" and "We Come to Life With Those We Serve." Dr. Gunderman graduated summa cum laude from Wabash College and earned his MD and PhD at the University of Chicago. An ISMA member since 2005, Dr. Gunderman chairs the organization's Physician Wellness Steering Committee.

Gunderman will be ISMA president-elect until September 2026, when he will succeed Ryan Singerman, DO, as president. Dr. Singerman, of Fort

Wayne, was sworn in Sunday to begin his presidential term for 2025-2026. Dr. Singerman is a family physician with a specialty in obesity medicine, and is the primary care section chief and medical director of weight and bariatric medicine at Parkview Health in Fort Wayne. He earned his medical degree from Pikeville College School of Osteopathic Medicine, and has been an ISMA member since 2011.

Other ISMA officers sworn in for one-year terms include the following: Speaker of the House of Delegates Tyler Heavin, MD, Danville; Vice Speaker of the House of Delegates Tashera Perry, MD, Bloomington; Treasurer Alexander Choi, MD, Zionsville; and Assistant Treasurer Teresa Lovins, MD, Columbus.

Dr. Singerman and Dr. Lovins are also among four alternate delegates to the AMA elected on Sunday. Elected as AMA Delegates are Heidi Dunniway, MD, Evansville; Lisa Hatcher, MD, Fort Wayne; and Thomas Vidic, MD, Elkhart. In addition to Dr. Singerman and Dr.



Richard Gunderman

Lovins, Elizabeth Struble, MD, North Manchester, will serve as an alternate delegate. AMA delegation members serve two-year terms and are elected on a staggered basis. Dr. Hatcher's election as delegate opened a fourth alternate delegate seat; Monica Wehby, MD, Carmel, was elected to serve the 15 months remaining in Dr. Hatcher's term. The Indiana State Medical Association (ISMA) is a federation of county and district medical societies across Indiana. With more than 9,500 physician and medical student members, the ISMA seeks to maximize the leadership and impact of physicians, make Indiana one of the best states in which to practice medicine, and make Hoosiers among the healthiest people in the country. Learn more about the ISMA's mission and history at www.ismanet.org.

Franciscan ExpressCare Open

Franciscan ExpressCare in Crawfordsville is open today and Saturday during the motocross event.

Patients can enter the Franciscan ExpressCare parking lot off Vance St., behind the Dollar General. Parking at the Franciscan ExpressCare office is for patients only.

Today, Franciscan ExpressCare hours are 8 a.m. to 8 p.m. and on Saturday, hours are 8 a.m. to 4:30 p.m.

Virtual visits are also available for those who cannot make it

to the location in person. To launch a virtual visit, go to FranciscanExpressCare.org.

Franciscan ExpressCare is located at 308 West Market Street in Crawfordsville and can be reached by phone at (765) 362-6374.

BUTCH'S FLASHBACK TRIVIA

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