

■ TODAY'S VERSE

Romans 8:38 – 39

“And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow – not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below – indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.” (NLT)

■ AWL VIOLET



Violet is a 3 year old female tabby domestic shorthair available for adoption since 6/26/23. Violet is friendly with her kitty friends in the community cat room, but is ready for a place of her own! Violet is available to foster and/or adopt. AWL is open Monday-Friday from 12:15-5p and Saturday's from 12-3p. Come snuggle cats in a community cat room, walk dogs, or lend a helping hand!

■ MONTGOMERY MINUTE

The next Lunch & Learn Session is Wednesday, AI for Non-profits. It is scheduled from noon to 1 p.m. and will be led by Matt Salzman, Director of Grant Relations at Wabash College.

Local non-profits often rely on part-time staff and volunteers to carry out big missions. This Lunch & Learn will focus on how accessible, easy-to-use AI tools can help lighten everyday workloads and make limited time go further. Together, we'll look at how non-profits can:

Save time on writing, planning, and administrative tasks

Support part-time staff and volunteers with clearer workflows and materials

Improve communications and fundraising

Use AI responsibly as a support tool – not a replacement for human judgment

This session is designed for nonprofit leaders, staff, board members, and volunteers with little or no experience using AI tools. The Lunch & Learn sessions are one-hour educational offerings that take place at the Foundation office, 119 E. Green St. from noon to 1 p.m. Local experts in various areas share information useful to non-profit organizations on a variety of topics. There is no cost, and participants are invited to bring their own lunch. Register at tinyurl.com/NPLunchandLearn.



I think the jury is still out on our good governor (although I like his lieutenant), but I will offer a tip of the seed corn cap for his gas tax holiday. Good on you, Governor!

■ QUOTE OF THE DAY

“You have to have a lot of little boy in you to play baseball for a living.”

Roy Campanella

■ JOKE OF THE DAY

What do you call a sad strawberry?

A blueberry.

The Paper

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BOOMER BITS... Tips and Advice from Boomers to Boomers

I'll be 70 on New Year's Day. When Should I Apply for Social Security?

Dear Rusty: I was born on January 1st, 1958, so I believe Social Security considers me to be 70 as of December 2027. I'm planning on filing when I turn 70 to maximize the payment. I'm not sure if I should start in December, with the first payment in January 2028. Or should I start in January with the first payment in February 2028? I know I can start anytime, however I don't want to file before the maximum payment, even by one month.

Signed: Wanting Maximum Benefit

Dear Wanting: You are correct that if your birth date is January 1, 1958, you are entitled to your full age 70 benefit in December 2027. So, if you claim your SS benefit to start in December 2027 you will



ASK RUSTY

Social Security Advisor

get your maximum benefit amount and you will receive that payment in January 2028 (on the 2nd Wednesday). Basically, anyone born on the first of any month is considered to have been born in the previous month for SS benefit purposes.

You can apply for your benefits up to 4 months prior to your birthday month, and SS usually suggests applying about 3

months in advance to give them time to process your application. When you complete the application, you will specify the month you wish your benefits to start, so applying early does not present a problem. You can either call SSA at 1.800.772.1213 to make an appointment to apply over the phone, or you can apply online at

See Rusty Page 3

A Rare Reset in Dietary Guidelines

By Bret Scher, MD

The Departments of Health and Human Services and Agriculture just released the 2025-2030 Dietary Guidelines for Americans, resetting the federal nutrition advice that shapes how Americans eat.

As a physician, I have seen firsthand how federal recommendations emphasizing low-fat, carbohydrate-heavy diets coincided with skyrocketing rates of

obesity and diet-related disease.

Against that record, the updated guidelines represent a much-needed course correction.

By refocusing on whole foods from both plant and animal sources, the guidance centers nutrient density and food quality -- recognizing vegetables and fruits alongside meat, poultry, fish, eggs, and dairy as core components of a healthy diet.

That emphasis on real,

whole foods is reinforced by a restoration of protein to a central role. Treated for years as secondary to carbohydrate intake, the updated guidelines recognize protein's importance in preserving lean muscle, supporting metabolic health, improving satiety, and promoting healthy aging.

The guidelines also take a more direct approach to refined carbohydrates

See Diet Page 4

■ THREE THINGS YOU SHOULD KNOW

1 Governor Mike Braun recently announced the launch of Iron Nation–Indiana, a new \$60+ million investment and commercialization initiative designed to strengthen Indiana's position as a destination for innovation-driven growth. Anchored by a \$15 million investment from the State of Indiana and a more than \$30 million commitment from the Iron Nation partnership, the initiative will create a strategic bridge between Indiana and Israel by connecting Indiana's leading corporations, healthcare systems, universities and communities with world-class Israeli technology companies. Through the initiative, high-potential Israeli companies will have new opportunities to establish U.S. headquarters or other meaningful U.S. operations in Indiana, build commercial relationships with Indiana-based partners and engage directly with the state's business, healthcare, research and industrial ecosystem. Iron Nation's broader platform was launched after the Oct. 7 attacks as a venture investment initiative to support high-potential Israeli startups during a period of severe market disruption and quickly became one of the most active investment platforms in Israel. Iron Nation–Indiana builds on that momentum through a practical, Indiana-focused strategy to attract innovation and build commercial partnerships.

2 DuJuan McCoy, Owner President & CEO of Circle City Broadcasting announced that they are expanding the Youth Alternatives to Violence and Crime initiative to WRTV-ABC (CCB's newly acquired TV station), reaching more viewers across central Indiana. With this addition, YATVAC is now featured on WISH-TV, WRTV-ABC, and MyINDY-TV 23 (WNDY) along with their digital platforms. YATVAC focuses on helping young people and families find real alternatives to violence and crime by sharing resources, support and real stories from the community. By adding WRTV-ABC, more people will see and hear those messages on-air, online and across social platforms. The campaign includes nightly curfew reminders, real-life stories, public service announcements, and a growing online hub that connects Hoosier families to local programs and services making it easier to find help when it's needed most.

3 Indiana Governor Mike Braun ceremonially signed HEA 1001 this week, legislation aimed at increasing housing production in Indiana. The law requires local governments to evaluate barriers to new housing and report on their progress. The law directs every city, town, and county to hold a public hearing this year on ways to expand housing supply, including reducing or eliminating certain parking mandates for multifamily housing, permitting smaller lots and higher density, and reconsidering aesthetic and design regulations that can add cost and delay. Local units will also be required to submit annual housing progress reports to the Indiana Housing and Community Development Authority, allowing the state to better understand how regional housing markets are responding to the need for more homes.

Remember Your Heart Health this Severe Weather Season



American Heart Association.

Spring is the start of severe weather season in the Midwest, and as you're making your emergency preparedness checklist, the American Heart Association cautions that it's also important to protect your heart and overall health in the wake of severe weather or other natural disasters.

Scientific research shows it's not only physical devastation that impacts the health and safety of people in the path of severe weather or other natural disasters:

In a small study presented at the American Heart Association's Epidemiology, Prevention, Lifestyle and Cardiometabolic Health 2021 Scientific Sessions, researchers found that among people who survived Hurricane Maria in Puerto Rico in 2017, there were higher rates of high blood pressure, obesity and pre-diabetes, as well as increased incidences of heart disease and stroke two years after the storm compared to two years prior to the hurricane.

Twelve years after Hurricane Katrina devastated the Gulf Coast in 2005, heart attack rates in affected areas increased by nearly five times, according to a study presented at the American Heart Association's Scientific Sessions 2019. Researchers noted that psychosocial, behavioral and traditional cardiovascular disease risk factors also increased significantly in the decade after the storm.

Authors of a study published in the Journal of the American Heart Association calculated that in the areas of New Jersey most impacted by Hurricane Sandy in 2012, there were 125 more heart attacks, 36 additional strokes and 70 more deaths in the two weeks after the 2012 storm compared to the same time period from the previous five years.

It's not only severe weather that can have a negative impact on cardiovascular health. There has been much scientific research on health among people affected by the Great East Japan Earthquake in 2012. A study published in the American Heart Association journal, Hypertension, found a significant increase in blood pressure levels and the incidence of high blood pressure among people who were forced to evacuate following that disaster.

Dr. Sandeep Dube, a car-

See Heart Page 3

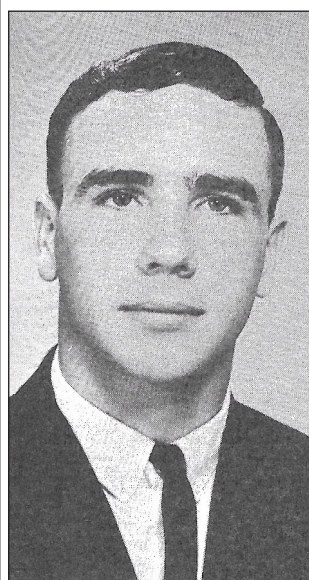
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RECOGNIZE ME?

Flashback Trivia with Butch Dale



Do You Recognize This 1966 Coal Creek H.S. Graduate?

HINT:
He was a good athlete in all sports, participated in FFA, 4-H and was a Homecoming escort for two years.

Answer on Page 4

BIRTH

Cohan Edward Miller

A baby boy, Cohan Edward Miller, was born April 10 at Witham Health Services to Tayler and Ethan Miller of Waynetown.

Cohan came into the world at 7 pounds, 12 ounces. He will be welcomed home by big brother

Carter, who's 11.

Maternal grandparents are Amy and Brandon Beesley and Phil and Lora Toney. Paternal grandparents are Devon and Renee Miller. Maternal great-grandparents are Janice Robertson and Julie Toney.

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OBITUARY

Joyce Joan Misner Smith

June 19, 1933- April 13, 2026

Joyce Joan Misner Smith, age 92 of Crawfordsville, passed away on April 13, 2026 at Whitlock House. She was born on June 19, 1933 to Donald and Norma (Shoaf) Hyten at home in Putnam County.

Joan was married to Lee Roy Love, raising their 3 children together. She then married Richard Misner and later in life married Harvey Smith.

Joan was a graduate of Roachdale High School, Class of 1951. She was a home healthcare caretaker for several years in Montgomery County. Joan and her family attended Roachdale Christian Church and later she attended services at First Christian Church in Crawfordsville. She enjoyed listening to

music and dancing. Joan loved caring for animals, especially her cat companions over the years.

Joan is survived by her daughters, Allyson (Art Felix) Love of Colorado Springs and Terri (Chris) Thompson of Crawfordsville; 4 grandchildren, 6 great grandchildren; daughter-in-law, Joyce Love; and several nieces, nephews and extended family.

She was preceded by her parents; son, Ronald Love; brothers, Robert and Hugh Hyten; and sister, Delores Wertz. At Joan's request, a private family service will be held with entombment at Oak Hill North Mausoleum.

In lieu of flowers, donations



may be made to AWL of Montgomery County, 1104 Big 4 Arch Road, Crawfordsville, IN 47933. Share memories and condolences at www.Sanders-FuneralCare.com.

Commons Honors Five Schools

Five schools from House District 13 were recently recognized for achieving high literacy rates by the Indiana Department of Education, according to State Rep. Matt Commons (R-Williamsport).

IDOE recognized more than 400 schools across the state achieving a 95 percent or higher passage rate on the 2025 Indiana Reading Evaluation and Determination (IREAD) assessment at the Literacy Achievement Celebration at the Statehouse on Wednesday, April 8, 2026.

"Our schools work

tirelessly to ensure they provide the best education for Hoosier students," Commons said. "Congratulations to the area schools that achieved such high IREAD scores. You are making a real difference in the lives of these young students."

Schools recognized include:
Attica Elementary School
Otterbein Elementary School
Pine Village Elementary School
Pleasant Hill Elementary School
Sacred Heart School
In 2023, the General Assembly advanced

House Enrolled Act 1558 to implement science of reading standards and provide targeted support for Indiana students experiencing the greatest reading challenges.

Last year, Indiana's third grade reading scores improved by nearly five percentage points, which is the largest single-year increase since the state launched IREAD in 2013. More than 87% of Hoosier third graders demonstrated proficiency in reading, putting Indiana's literacy rate at this grade level back to pre-pandemic levels.

These IREAD results follow Indiana placing sixth in the country for fourth and eighth grade reading in the 2024 National Assessment of Education Progress (NAEP) rankings.

Results from the 2025 IREAD for individual schools and corporations are available on IDOE's website.

Commons represents House District 13, which includes all of Benton and Warren counties, and portions of Fountain, Jasper, Montgomery, Newton, Tippecanoe and White counties.

Safely Dispose of Prescriptions at Drug Take Back Day, April 25

On Saturday, April 25, 2026, the Harm Reduction Committee of the Montgomery County Drug Free Coalition will host the biannual Prescription Drug Take Back event from 10 a.m. to 1 p.m. in the parking lot of First Christian Church at 211 S. Walnut St. in Crawfordsville.

This free event provides the opportunity to carefully dispose of expired, unused, or unneeded prescription drugs and over the counter medications.

What can happen if you keep old prescriptions and other medications around the house? Expired medications can be less effective or risky due to a change in the chemical composition or a decrease in strength.

Certain expired medications are at risk of bacterial growth and sub-potent antibiotics can fail to treat infections, leading to more serious illnesses and antibiotic resistance.

According to the DEA, many people don't know how to properly clean out their medicine cabinets and failing to dispose of old medications, especially opioids, can often lead to dangerous drugs ending up in the wrong hands. Reducing the misuse of these expired medications can play a key role in combating the substance abuse issue often serving as a gateway to using more harmful substances.

Can't attend this event?

Don't worry! Prescription drug disposal is also available year-round at the Montgomery County Sheriff's Office and the Crawfordsville Police Department.

The Harm Reduction Committee would also like to highlight 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 N. Green Street.

For more information, visit www.drugfreemoco.org.

It's Ant Awareness Week

The National Pest Management Association is kicking off its inaugural Ant Awareness Week, April 12-18, 2026, by shining a light on the threats these tiny pests pose to homes, businesses and health across the country. With ant activity surging in the spring and summer months, NPMA's team of board-certified entomologists says now is the time to take these pests seriously before a small problem becomes a big one.

"People tend to underestimate ants because of their small size, and they don't seem like a big deal at first glance," said Dr. Jim Fredericks, senior vice president of public affairs at NPMA. "But what looks like a few ants on your kitchen counter can be the tip of the iceberg. Ant colonies can contain tens of thousands of individuals, and the nest is almost always hidden well out of sight."

The risks vary depending on the species. Carpenter ants silently tunnel through the

wood in your home, weakening structures over time. Odorous house ants can contaminate food products and are notoriously difficult to eliminate without professional treatment. Red imported fire ants deliver painful, venomous stings that can trigger severe allergic reactions and, in rare cases, can be fatal.

Tips to Get Ahead of Ants This Season

As peak ant season gets underway, NPMA recommends the following steps to help keep ants out:

- Seal entry points. Inspect your home's exterior for cracks and gaps around windows, doors, utility pipes and the foundation. Seal any openings with caulk or weatherstripping.

- Eliminate food sources. Store all food, including pet food, in airtight containers. Clean up crumbs and spills promptly and avoid leaving dirty dishes in the sink overnight.

- Control moisture. Fix leaky pipes and faucets, as moisture

attracts many ant species, particularly carpenter ants.

- Maintain your yard. Keep shrubs, mulch and vegetation trimmed back from the home's foundation to remove easy pathways ants use to get inside.

Above all, NPMA stresses that professional help is the most reliable solution. Identifying the correct ant species requires specialized training, and the wrong treatment approach can actually make an infestation worse, causing some colonies to split and spread to multiple locations throughout a home or property. In fact, a survey conducted online by The Harris Poll on behalf of NPMA found that 31% of Americans have dealt with ant problems in their home multiple times, a clear sign that the root cause is not being addressed.

For more information on ants, how to identify an infestation and to find a licensed pest control professional in your area, visit www.Pest-World.org.

Fire Guts Creekside Restaurant in Early Morning Hours



Photos courtesy Crawfordsville Fire Department

Flames gutted Swick's Creekside BBQ, formerly known as Creekside Lodge.

The Crawfordsville Fire Department responded to a structure fire at approximately 12:49 a.m. Tuesday at Swick's Creekside BBQ, formerly known as Creekside Lodge. Upon arrival, crews encountered heavy fire conditions extending

through the roof. The fire was brought under control around 2 a.m. with crews remaining on scene for hours to complete overhaul operations.

Assisting agencies included the Indiana State Fire Marshal's Office, Crawfordsville Po-

lice Department, Montgomery County Central Communications, Montgomery County Sheriff's Department, Crawfordsville Electric Light & Power, Indiana American Water and CenterPoint Energy.

The building has been deemed a total

loss. At this time, the fire is considered unintentional and the cause undetermined.

About the City of Crawfordsville: Crawfordsville, the county seat of Montgomery County, Indiana, is home to more than 16,000 residents and is located in West Central Indiana along

Sugar Creek, approximately one hour west of Indianapolis. Rooted in a rich history and driven by innovation, Crawfordsville is known for its high quality of life, strong small business community, and abundant outdoor recreation, including nearby Shades State Park and Sugar

Creek. The growing city is also recognized at the state and national levels for its Mobile Integrated Health program and proudly hosts the Ironman AMA Pro Motocross Championships, while being home to Wabash College and creating a vibrant place to live, work, and play.

Spend a Day Helping the General

On Saturday, April 25, history buffs, community leaders and preservationists will aid in the maintenance and restoration of numerous sites as part of Park Day, the American Battlefield Trust's annual hands-on preservation event. Thousands of volunteers across the country will participate as Park Day celebrates its 28th year.

The General Lew Wallace Study & Museum right here in beautiful downtown Crawfordsville will host a Park Day event beginning at 9 a.m. Needs include painting, dividing perennials, raking leaves, picking

up fallen limbs, setting up the picnic area and other various activities. Volunteers will receive a free tour of the Study. The General Lew Wallace Study & Museum is the only site in Indiana that participates in this national event. For more information about Park Day at Lew Wallace Museum, please contact the Museum by phone at (765) 362-5769 or by e-mail at dking@ben-hur.com.

WHAT:

Park Day volunteer event at General Lew Wallace Study & Museum

WHEN: April 25
9 a.m. to noon

WHERE: Meet at the Carriage House Interpretive Center,
200 Wallace Ave.

The American Battlefield Trust is dedicated to preserving America's hallowed battlegrounds and educating the public about what happened there and why it matters today. The nonprofit, nonpartisan organization has protected more than 58,000 acres associated with the Revolutionary War, War of 1812 and Civil War across 155 sites in 25 states. Learn more www.battlefields.org.

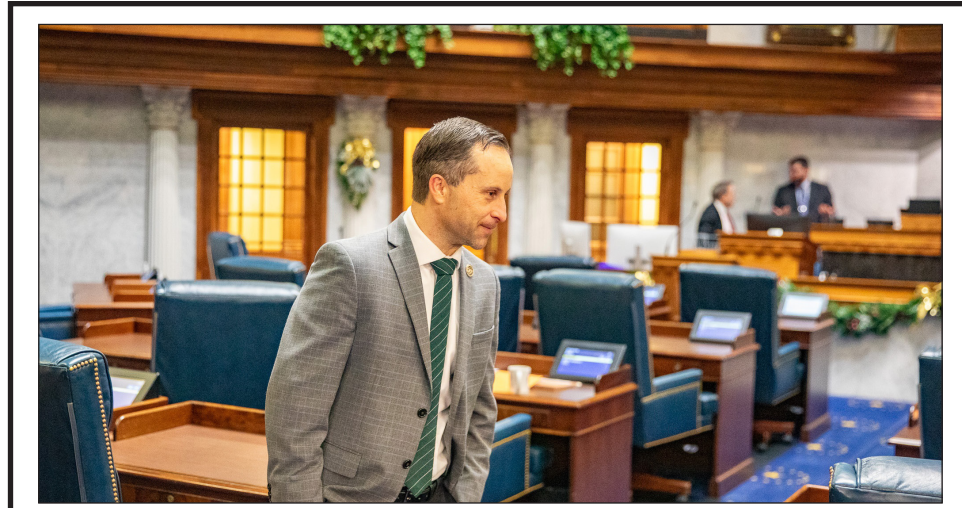


Photo courtesy Andy Chandler

Supports Investment

State Sen. Spencer Deery (R-West Lafayette) reacted favorably to the news that the state of Indiana is investing \$200 million to expand affordable child care. After Gov. Mike Braun made the announcement, Deery released the following statement: "Limited access to affordable child care hinders too many Hoosier parents from finding jobs, and it keeps too many employers from finding workers. This year, I supported Senate Enrolled Act 4, which allows additional state dollars to be invested in the CCDF voucher program, and I was pleased to hear Gov. Braun is using that law to invest a \$200 million to expand affordable child care options and reduce the state's waitlist for CCDF vouchers. This infusion will expand affordable child care options to local families, and it shows Indiana is open for business and ready to start treating the development of a robust child care system like the infrastructure issue it is." Deery represents Senate District 23, which includes Fountain, Parke, Vermillion and Warren counties, and portions of Montgomery and Tippecanoe counties.

HEART

Continued from Page 1

diologist on the American Heart Association's Indianapolis board of directors, says there are several factors that may lead to increased cardiovascular disease and risk after severe weather or natural disasters.

"During and after a storm, many people experience extreme stress and trauma, which research shows can lead to an increase in cardiovascular disease risk. The impact can be more intense for heart disease and stroke patients," he said.

"Additionally, in the aftermath of a significant natural disaster, property destruction and evacuations affect many basic support resources. This can make it challenging to see a health care professional for routine check-ups or to refill or adjust medications, especially for more vulnerable populations."

Dube says it's important for people to be prepared and plan ahead. The American Heart Association's Commu-

nity Emergency Resources page includes a wide range of helpful information.

In addition, here are some quick tips:

Take time now to write down any medical conditions, allergies and medications, including doses and the time you take medications, along with your pharmacy name, address and phone number using a medication tracker. Keep the information with any other "go-kit" items you have handy for quick evacuation.

If you do need to evacuate, even temporarily, bring your medications and your health information with you in a resealable plastic bag to help keep it dry.

If your medication is lost, damaged or was left behind when you evacuated, research open pharmacies and seek a refill as quickly as possible.

Some states allow pharmacists to make medically necessary exceptions on certain

types of prescription refills during an emergency.

Use the American Diabetes Association's Patient Preparedness Plan if you have diabetes and use insulin. There you'll find a checklist of supplies and guidelines on how to prepare for an emergency.

Another way to prepare for a possible medical emergency is to learn how to perform cardiopulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED) until help arrives. If performed correctly, CPR can double or triple a person's chance of survival. You could be saving the life of someone you love. A simple, one-minute video shows you what you need to know to perform Hands Only CPR.

As always, the American Heart Association remains a resource for information and guidance. Visit heart.org for the latest on heart and stroke health.

RUSTY

Continued from Page 1

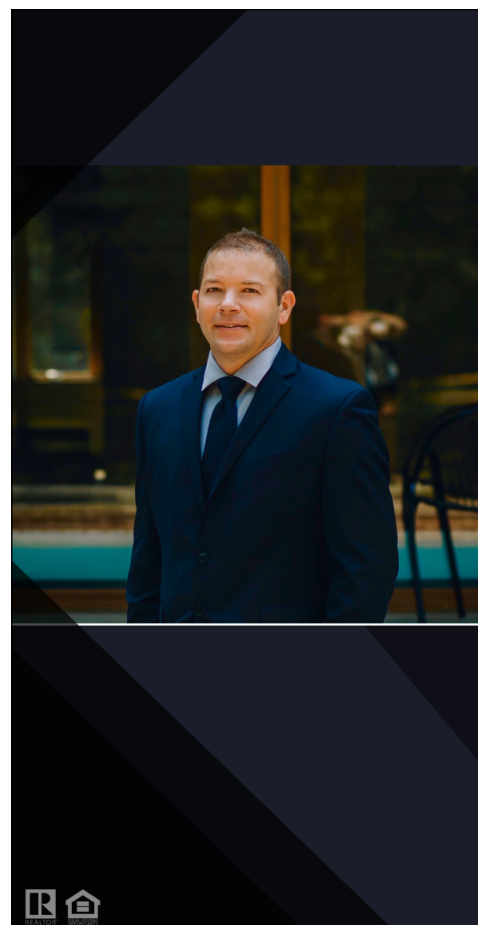
www.ssa.gov/apply.

The one thing you might want to do is put the following in the "Remarks" section of your application for SS benefits: "I do not wish to receive any retroactive Social Security benefits. I want my benefits to become effective with the first month of my age 70 eligibility (December 2027 because I was born on the first of January)."

Including that remark will ensure that your benefit will be the full maximum amount you are entitled to at 70 years of age, without any reduction. And I congratulate you on choosing a strategy which maximizes your monthly benefit and will likely provide you with the most in cumulative lifetime Social Security benefits.

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.



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Purdue Senior Trio Finish Atop Boilermaker Record Book



**SPORTS,
SPORTS, &
MORE SPORTS**
with Ken Thompson



Photos courtesy Purdue Athletics
Braden Smith

years. Caleb Furst won in 2021, followed by Braden Smith in 2022. The late Caleb Swanigan received the honor in 2015.

Other Boilermakers to claim Indiana Mr. Basketball are Joe Sexson, Wilson Eison, Dennis Brady of Lafayette Jeff, Billy Keller, Rick Mount, Kyle Macy, Dan Palombizio, Troy Lewis, Woody Austin and Glenn Robinson.

Ertel was spectacular in his final two high school games. He recorded a triple-double with 22 points, 11 rebounds and 10 assists in a state finals-clinching win over New Albany. In the 52-50 victory over Crown Point in the 4A title game, Ertel put up 26 points, 10 rebounds and six assists.

While it is asking too much for Ertel to have the immediate impact Braden Smith had as a freshman, do not be surprised if he earns a spot in what could be a deep guard rotation that includes presumptive point guard Omer Mayer, two-year starter C.J. Cox, top reserve Gicarrri Harris and redshirt freshman Antoine West.

Staff shakeup
One of Purdue's all-time defensive greats is joining Matt Painter's coaching staff for the 2026-27 season.

Kenneth Lowe, a two-time Big Ten Defensive Player of the Year winner, is replacing Terry Johnson on the staff. Johnson is pursuing other professional opportunities according to a statement released by Purdue Athletics.

If Lowe's coaching skills and intensity match those traits during his playing days, expect improvement in an area that sometimes was deficient this past



Fletcher Loyer



Trey Kaufman-Renn

In addition to helping Purdue end a 44-year Final Four drought during their careers, Braden Smith, Fletcher Loyer and Trey Kaufman-Renn depart as the highest scoring senior trio in Boilermaker men's basketball history.

Smith (1,932 points), Loyer (1,829) and Kaufman-Renn (1,655) combined for 5,416 points to finish eighth, 11th and 19th on the Purdue career scoring list respectively.

"They've been magnificent," Purdue coach Matt Painter said following the trio's final game against Arizona in the NCAA Tournament. "Those guys have sacrificed a lot. They've put in a lot of time. Each year they always tried to do a little bit more. 'What can I do to help? What can I do?'"

"We're very fortunate that these guys stayed loyal and stuck with it."

The trio easily surpassed the iconic "Three Amigos" – Troy Lewis, Todd Mitchell and Everette Stephens. They combined for 4,781 points, with Lewis ranking sixth all-time at 2,038. Mitchell is 16th at 1,699. Stephens didn't play as much as Lewis and Mitchell as a freshman and sophomore, coming in 53rd all-time at 1,044.

Next up is the trio that almost led Purdue to the Final Four in 2000. The late Jaraan Cornell, Brian Cardinal and Mike Robinson combined for 4,501 points. Cornell totaled 1,595 points, barely outpacing Cardinal's 1,584. Cornell is 22nd on the Purdue career scoring list; Cardinal is 24th. Robinson's 1,322 points put him 33rd.

Coming in fourth is a class of 2018 trio who played key roles in lifting Purdue out of the Big Ten basement and beginning the momentum the program currently enjoys.

Vincent Edwards resides

at No. 20 on the career scoring list with 1,638 points. Not far behind is 7-2 center Isaac Haas in 25th at 1,555. Dakota Mathias' 1,140 points gives the trio a combined total of 4,333.

Almost 50 years earlier, another trio of Indiana high school standouts were prolific scorers for coach Fred Schaus.

Walter Jordan's 1,813 points kept him in Purdue's Top 10 all-time scorers from 1978 to 2026. Fellow Fort Wayne native Eugene Parker contributed 1,430, still good for 29th place after all these years. Jeffersonville's Wayne Walls – the fifth scoring option in the 1978 starting lineup that also featured future NBA players Joe Barry Carroll and Jerry Sichting – scored 1,030 points to give the trio a total of 4,273.

Had fate not intervened, the trio of E'Twaun Moore, JaJuan Johnson and Robbie Hummel would have taken top honors. Moore is fourth all-time with 2,136 points, Johnson 10th with 1,919 and Hummel 13th with 1,772 for a combined total of 5,827 points.

But two ACL injuries removed Hummel from his original class.

Next in line?
To the surprise of absolutely no one who follows Indiana high school basketball, Purdue recruit Luke Ertel won Mr. Basketball honors from The Indianapolis Star.

Ertel ran away with the vote after leading Mt. Vernon to the Class 4A state championship. The guard earned 207 of the 230 votes from the state's coaches and media. Ertel averaged 24.5 points, 9.9 rebounds and 6.6 assists while shooting better than 40 percent from 3-point range.

He is the fourth Indiana Mr. Basketball signed by Matt Painter and the third recipient in the past six

DIET

Continued from Page 1

and added sugars by more clearly acknowledging the metabolic risks of their excess intake.

In fact, for the first time, the guidelines explicitly acknowledge that Americans with certain chronic diseases may benefit from therapeutic low-carbohydrate dietary approaches. That recognition aligns with decades of evidence demonstrating improvement -- and in many cases reversal -- of conditions such as obesity, type 2 diabetes, hypertension, and fatty liver disease.

This shift is particularly important given today's health landscape. More than 75% of U.S. adults are overweight or have obesity. Roughly 93% show signs of metabolic dysfunction, and nearly one in three adolescents has prediabetes.

With that in mind, the focus now turns to implementation. That work should include

clearer guidance on tailoring fat, protein, and carbohydrate intake to individual needs.

This need for clarity is especially evident when it comes to dietary fat. The guidelines' emphasis on whole, nutrient-dense foods -- including meat, fish, eggs, and dairy -- is welcome. At the same time, the long-standing recommendation to limit saturated fat to 10% of daily calories -- which these guidelines retained -- will require careful interpretation in the context of whole food sources and overall dietary patterns.

For Americans following lower-carbohydrate approaches, who rely more heavily on protein and fats for energy as they reduce carbohydrate intake, rigid fat caps can make these diets harder to follow.

Other areas would also benefit from continued refinement. The updated guidelines

still recommend two to four servings of grains per day. In practice, particularly within federal programs, this can shape implementation choices that favor refined and processed grain products over truly fiber-rich whole foods.

On the implementation side, a similar opportunity exists with added sugars. While the new guidelines don't outright ban added sugars, they clarify that no amount is recommended as part of a healthy diet. Ideally, school lunch programs should respond by further limiting sweetened cereals, sugary yogurts, and flavored milk, especially as childhood obesity and metabolic disease rise.

The 2025-2030 Dietary Guidelines mark real progress. They recognize the central role of diet quality, acknowledge the importance of metabolic health, and move federal nutrition policy closer to what modern science

and clinical experience support.

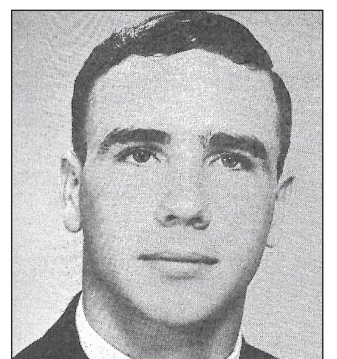
The task now is to build on that progress through thoughtful implementation and continued refinement. Nutrition policy should help Americans prevent and manage chronic disease -- and these guidelines provide a strong foundation to do so.

Bret Scher, MD, is a board-certified cardiologist and lipidologist and the founding medical director of the Coalition for Metabolic Health. This piece originally ran in RealClearHealth.

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Yup, It's Time: There's a Fungus Amongus

It is spring time in Indiana and that can mean only one thing mushroom hunting season. I have already started to see Morels popping up in our wooded areas. Morels are fun to go out and find but they are also yummy to eat.

Morel Mushrooms are a low calorie, low fat vegetable that can add a little variety to your plate. While they are low in calories and fat they are a good source of Potassium, Iron and Vitamin D and a moderate amount of protein. Potassium is important for muscle contraction making it vital for a healthy heart. Iron can help prevent anemia and ensures oxygen is being carried to all parts of our bodies. Lastly, Vitamin D helps our bodies absorb calcium for strong bones. With limited amounts of daylight in the winter Vitamin D deficiency is becoming more prevalent. Morels can help boost Vitamin D levels in early spring.

Many mushrooms don't need a whole lot of cleaning, howev-

Monica Nagele
MS/RD
Purdue Extension
Montgomery County
Extension Director



er Morels with their sponge like texture tend to trap dirt, so it takes a little extra cleaning to prevent contamination. Only clean Morels right before use, they may absorb water causing them to mold. Shake off any debris before soaking the morels in a large bowl of cold water. Swish morels around. If water becomes extremely dirty rinse and refresh with new water. Soak the mushrooms for about 10 minutes. Once clean, put on clean kitchen towel and pat dry. Prepare using a recipe of your choice. If you are storing for later use remove dirt and debris but do not wash with water. Store under refrigeration.

Pair two in season vegetables together for a beautiful and tasty dish.

Morel Mushroom

and Asparagus Sauté
3 cups asparagus, trimmed and cut into 1 1/2 inch pieces.

1 tablespoon butter
1 shallot, thinly sliced

4 cups fresh morel mushrooms, halved lengthwise

1/2 teaspoon salt
1 tablespoon olive oil
1/4 tsp black pepper

Melt butter in a large nonstick skillet over medium high heat; Swirl to coat. Add shallot, sauté 1 minute, stirring constantly. Add morels, asparagus and 1/2 tsp salt; sauté 5 minutes or until mushrooms are lightly browned. Add oil and pepper; toss gently to coat. Cook 2 minutes or until asparagus is thoroughly heated.

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

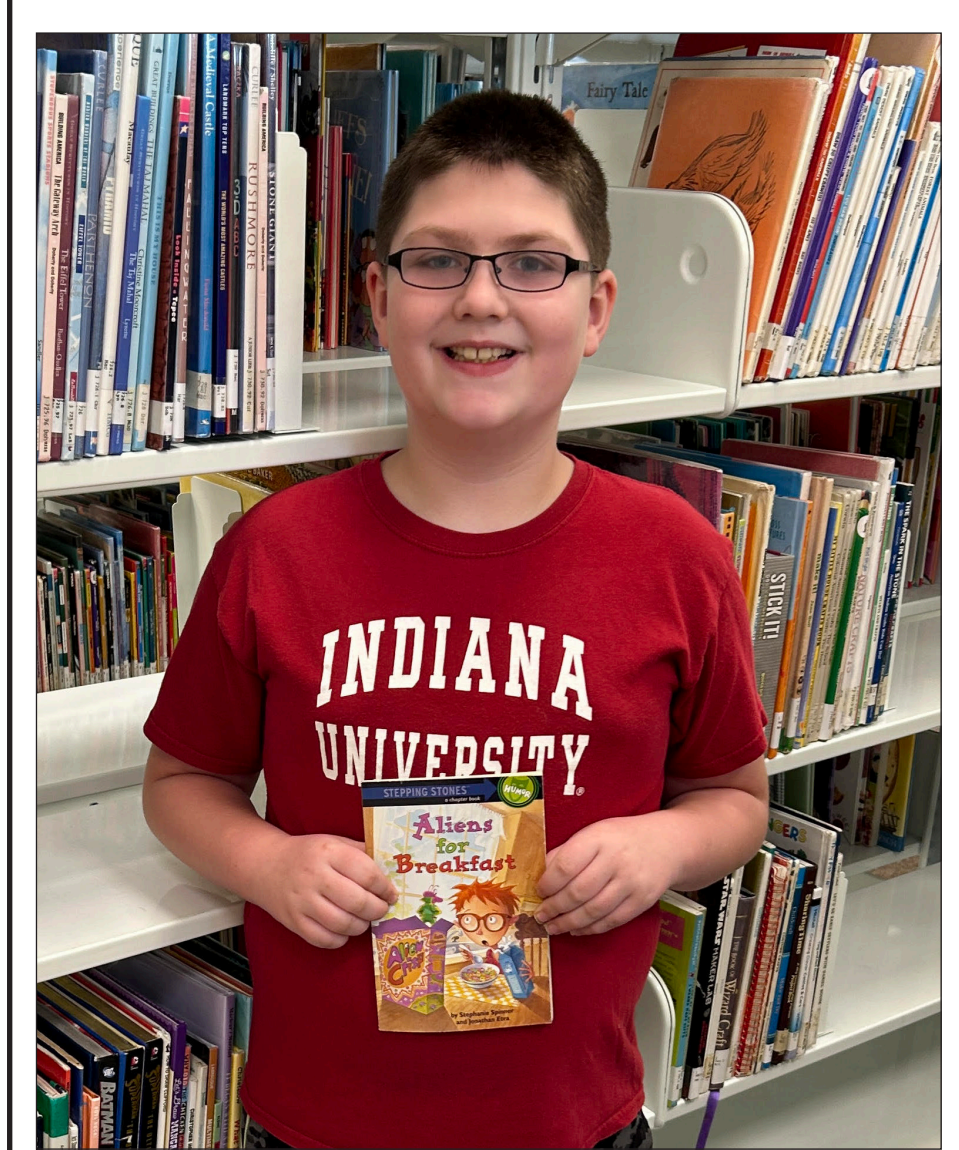


Photo courtesy Crawfordsville District Public Library

Yearlong Journey

Daltin Wingate, age 9, has completed the Crawfordsville District Public Library program the "Yearlong Reading Journey." He is the son of Dustin and Kelly Wingate. On this journey, Daltin was challenged to read 12 chapter books and 12 picture books. He read 1,656 pages during the year. He also practiced library skills and learned about a different author each month. His favorite book is Locomotive by Brian Floca. Daltin said, "I love reading about history." The Crawfordsville District Public library congratulates Daltin for completing The Yearlong Reading Journey, and celebrates his dedication to reading!

Witham Celebrates New Zionsville Center



Witham Health Services is proud to announce the grand opening of its newest specialty practice, Cosmetic and Surgical Arts by Witham, a state-of-the-art destination for advanced cosmetic surgery and aesthetic treatments.

Located at 1503 W. Oak Street in Zionsville, the new practice expands Witham's commitment to delivering personalized, high-quality care by combining aesthetic artistry with surgical precision. Cosmetic and Surgical Arts by Witham offers a comprehensive range of surgical and non-surgical services designed to help clients look and feel their best.

"Choosing to enhance your appearance is a decision that

deserves to be celebrated," said Witham Health Services President and CEO Kelly Braverman. "At Cosmetic and Surgical Arts by Witham, we're here to listen to what you want, understand what matters to you and help you select treatments that will enhance your individual beauty."

The practice is led by board-certified cosmetic surgeons Chris Lowery, M.D., and Emily J. Lo, M.D., who bring extensive experience in facial, breast, and body procedures. Together, they provide individualized treatment plans tailored to each patient's goals, emphasizing natural-looking results and patient confidence.

Cosmetic and Surgical Arts by Witham

offers a full spectrum of services, including:

Surgical procedures such as breast augmentation, body contouring, and reconstructive options

Non-surgical treatments including neuromodulators, dermal fillers, chemical peels, and laser treatments

Facial procedures including facelifts, eyelid surgery, neck lifts, and facial implants

Cosmetic and Surgical Arts is celebrating the grand opening with a raffle and special pricing. Visitors to www.witham.org/csa/ grand-opening can complete an online form before May 10 to enter to with Versa® filler, Xeomin® Treatment, Allergan Natrelle Breast Implants (product only - surgery cost applies separate-

ly) or Full size Obagi Skin Care Products.

Those who book an appointment between April 15 and May 10 can receive BOTOX® Cosmetic at just \$10/

unit or Xeomin® at \$8/unit (appointments can be scheduled for a later date). New and current patients are welcome. To learn more about

Cosmetic and Surgical Arts by Witham or to schedule a consultation, visit www.witham.org/csa or call 317-873-1200.

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Aailyah Keys



Annabelle Rose



Aubrianna Davis



Cambryia Cutcliff



Emma Leonhardt



Jamie Buckler



Kaya Money



Kiaira Howell



Laina Newton



Marin Rhoads



Mila Blackwell



Phoebe Oellrich

Queen contestants not pictured: Alilyona Coffman, Elle Waggoner, Katelyn Woolwine, Maci Nine, Mally Chamness

The 21st annual Strawberry Festival Queen Program along with the 19th annual Junior Royalty Contest will take place Saturday at Crawfordsville High School.

The Strawberry Festival Queen Program has been a longstanding tradition in Crawfordsville as the program focuses on empowering contestants to reach their best selves while enhancing interview, leadership and overall

professional development skills.

Twenty high school girls will compete for the title of the 2026 Strawberry Festival Queen title and 13 children will compete for the titles of the 2026 Strawberry Festival Prince and Princess. The program will award a Queen, First Runner-up, Second Runner-up, and Miss Congeniality. The Queen and Court will reign at the Strawberry Festival, which is June

12-14 at Lane Place. Other awards include a photogenic award, a mental attitude award and a humanitarian award.

Queen contestants are collecting food items for the FISH Food Pantry and whichever contestant has collected the most items in her name, will receive the humanitarian award. The community is invited to bring donations the night of the program. We are accepting

non-perishable food items such as canned fruits, canned vegetables, canned meat, jars of peanut butter, cereal, Hamburger Helper and other goods.

Tickets will be sold at the door and are \$8 (cash only) for anyone age 6 and older.

The Strawberry Festival Queen and Junior Royalty Program is directed by Jessica McClamroch. Assisting Jessica are committee members Jayde Anzola, Mary



Roarie Bushong



Vanessa Schultz

Davis and Jewel Johnson. Sponsors for this year's program include: McClamroch Ag and JNA Visuals.

Stay updated with the program by follow-

ing The Montgomery County Strawberry Festival Contest on Facebook or on Instagram at the [_strawberry_festival_queen](#).

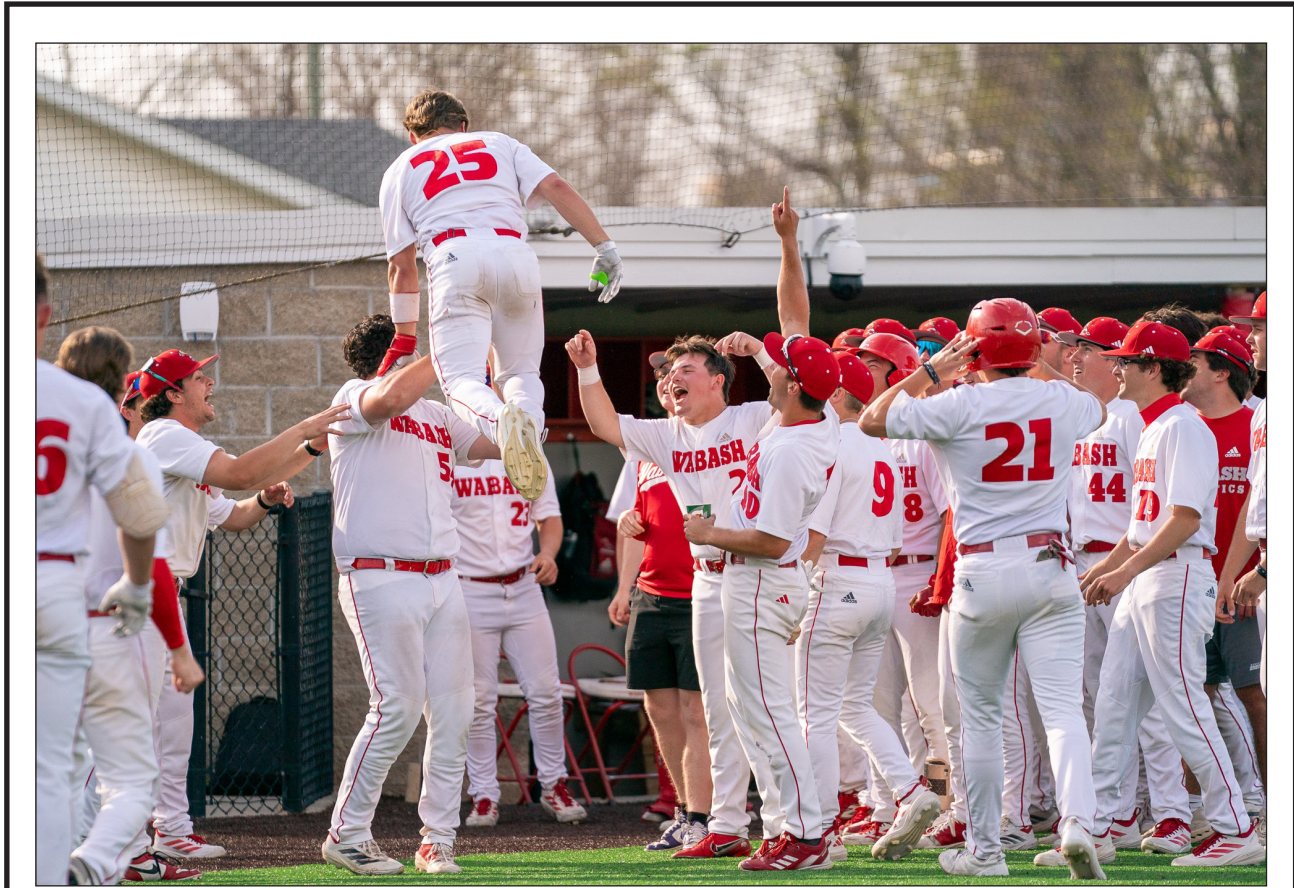


Photo courtesy Andy Chandler

THRILLER

Bradley Gilliam (25) had a huge day for Wabash baseball earlier this week. The junior went 4-for-4 with a home run, four RBI and a stolen base. His fireworks helped the Little Giants rally for an incredible 12-11 come-from-behind victory over Eureka College at the friendly confines of Birdzell Field in Goodrich Ballpark on the Wabash campus. Wabash has a 9-18 overall record and plays a twin-bill tomorrow at Kenyon. They are back home Sunday at 1 p.m. against Capital University.

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