

Idaho man indicted for abducting wife before crash

BOISE, Idaho (AP) — An Idaho man accused of abducting and stabbing his ex-wife and then causing a fatal crash in eastern Oregon has been indicted by an Oregon grand jury.

Anthony Montwheeler, 49, was indicted Thursday by a Malheur County jury on felony charges of aggravated murder, kidnapping and assault. Montwheeler is currently hospitalized in Boise, *The Idaho Statesman* reported. Information on Montwheeler's injuries and condition has not been publicly released.

He is accused of kidnapping and killing Annita Harmon, who divorced him in 2015, killing David Bates, the driver of an SUV Montwheeler's truck struck on an Oregon highway on Monday and seriously injuring a passenger in that SUV.

The passenger in the SUV

is listed as in good condition at Saint Alphonsus Regional Medical Center in Boise.

Police in Ontario, Oregon, were chasing Montwheeler's pickup after being alerted that a woman was being held against her will and had been stabbed. It is not yet clear if Harmon died from stab wounds or the crash impact.

Bates and the surviving victim were driving north toward Ontario when Montwheeler's southbound truck crossed the center line and hit them.

Montwheeler and Harmon had co-owned a scrap-metal business based in Weiser, Idaho. They were convicted of first-degree theft in 2012 after underpaying an elderly couple by more than \$10,000.

Montwheeler was sentenced to two years in prison and his wife was sentenced to 16 months in prison.



Fit For Sisters

Andrew Luscutoff
Columnist

Winter throws up obstacles to fitness

Winter in Sisters Country has been a brute force of snow, cold. Winter weather brings new obstacles to fitness and health.

A few common things that come with massive amounts of snow are shoveling, keeping warm, and finding an activity to keep fit despite all the ice and snow. Hopefully, the brunt of our winter is behind us and these later months bring some respite. Nonetheless, the following tips can keep you active, injury-free, and bring some enjoyment back to winter — which may have been lost in the doldrums of dark, cold, and snowy days.

First, staying injury-free is critical. Matt Kirchoff of Therapeutic Associates says that during a typical winter season, he sees an average of five people who injure themselves shoveling snow. These injuries typically reside in the shoulder, neck, and lower back. The most common cause is poor mechanics and overuse. It is important to note he was speaking of injury, not soreness, where the people needed to be treated for getting back to health. His assumption is that this winter will see a lot more injury.

Truck got stuck...



PHOTO BY BILL TURNER

A cross-country trucker was stuck for several hours in the roundabout near Village at Cold Springs.

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