

Gift Certificates Available!

We're everywhere you walk.
Family owned and operated.

ZAHN'S Floor Covering
Carpet • Hardwood • Luxury Vinyl Tile
• Laminate • Ceramic Tile • Bamboo
310 N. Green St.
364-0517

TODAY'S VERSE

Isaiah 55:12 For ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands.

FACES OF MONTGOMERY

People who call our community their own.



We ring out the old and ring in the new tonight – much like Wabash does with the freshman class each year. Here's a New Year's wish from all of us to all of you that 2022 is a much better and brighter year than the last couple!

THREE THINGS You Should Know:

1 Happy New Year from your friends at Montgomery County's friendliest newspaper – The Paper of Montgomery County! We hope that you have a safe and wonderful New Year and we all hope that 2022 is better for everyone!

2 Like the city and county offices, The Paper offices are closed today. In addition, we won't have an Online Edition on New Year's Day or the next day, Sunday. Our Online Edition will resume Monday, Jan. 3. All Indiana BMV offices will be closed New Year's Day. A few other branches (not Crawfordsville) will be closed on Friday. BMV branches re-open Monday, Jan. 3.

3 Do you know anyone who falls into the category we call Notable Nineties. Every so often we share our list of Notable Nineties and if you or someone you know would like to be included, just e-mail us their name and we'll add them to the list. The only qualifications? Be the age of 90 or above and live (or have lived) in Montgomery County. Let us know by e-mail ttimmons@thepaper24-7.com

The Paper
OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper 50¢

CRAWFORDSVILLE, INDIANA

WWW.THEPAPER24-7.COM

Boomer Bits

Ask Rusty – Should I quit work to preserve my social security benefit?

Dear Rusty: I recently took a big pay cut in my job. Several older friends have advised that I not continue to work much longer in this reduced paying job because it will affect my Social Security when I get ready to start drawing it. I'm currently 62 and thought about working until around 65. Friends are advising that my SS check will be smaller due to the decrease in pay. I have tried calling my local and National Social Security office and can't get anyone to answer the phones to see if this is true. I don't want to take this pay cut only to work (maybe) 3 more years and take a lower SS benefit when I can retire now and draw a bigger SS check. Advice please!

Signed: Anxious About Social Security

Dear Anxious:
I think your well-meaning



ASK Rusty
Social Security Advisor

Social Security Matters

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

friends are causing you unnecessary anxiety, because your Social Security benefit isn't computed from your last several years of earnings. Rather it is your lifetime earnings which determines your base Social Security benefit, known as your Primary Insurance Amount" (PIA). Your PIA is what you get if you claim exactly at your full retirement age (FRA) which, for you, is 66 years and 10 months. If you claim SS before your FRA, your benefit will be permanently cut (by about 29% if you claim at 62 and about

12% if you claim at 65). Your PIA is computed using the highest earning 35 years of earnings (adjusted for inflation) over your lifetime, and your most recent earnings would affect your SS benefit only to the extent they are among the lifetime 35 years used. If you don't yet have a full 35 years of earnings, then to quit working now would actually hurt your SS benefit, because SS always uses 35 years to compute your benefit, even

➔ See RUSTY Page A5

Why U.S. is losing the war on diabetes

By Trudy Lieberman
Hoosier Health

It's no secret that diabetes is becoming the scourge of America. It plagues one in 10 Americans, and every one of us probably knows someone who struggles with the disease. In 2017 the U.S. mortality rate for diabetes was 42 % higher than the average among 10 other industrialized countries. That's a poor showing for America.

Many of those Americans are taking insulin, a drug discovered a century ago. Sales of drugs to treat diabetes have increased about 212 % from \$24 billion in 2011 to \$75 billion in 2020, second in total reve-

➔ See TRUDY Page A5

The holiday season is not so "jolly" for elders living alone

by John Grimaldi
Editorial contributor for the Association of Mature American Citizens

Too many senior citizens come down with a case of Holiday Blues this time of the year. It's not a very "jolly" season – especially if you're old and living alone. The National Council on Aging [NCOA] estimates that 28% or more of folks in the 65-plus segment of the population live alone and while it can be tough on them each and every day, the holiday season is an especially rough reminder of their solitary lives.

NCOA says that "Loneliness is more than an emotional issue; it has real implications for physical and mental health. Recent research has shown that feeling lonely or being isolated

affects mortality in a similar way to that of a smoking habit of 15 cigarettes per day and has more of an impact on mortality than other risk factors, like obesity and sedentary lifestyle."

According to Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC], it doesn't have to be that way if caring relatives and neighbors take the time and make the effort to show them that you care. "Schedule visits or just pop in unexpectedly, pick up the phone, include them in your holiday celebrations and you'll give them the gift of hope and a measure of happiness. They'll feel better and so will you."

➔ See JOHN Page A5

Butch survived 2021 and a few mishaps

Well folks, I made it through another year. Sadly, some people didn't. I lost another classmate and several friends because of health problems or Covid. And just as the pandemic appeared to be subsiding, along came the new Omicron variant. These mutations could go on for years, so I don't worry about it. I am an optimist, and I also believe in fate. At age 73, I just keep on plugging away.



BUTCH DALE
COLUMNIST

➔ See BUTCH Page A5

The Daily Almanac

Sunrise/Sunset
RISE: 8:09 a.m.
SET: 5:32 p.m.

Wacky Holiday Today
• Hogmanay
• No Interruptions Day

What Happened On This Day
• 2009 Both a Blue Moon and lunar eclipse occurred on the same day
• 1907 The first annual ball drop at Times Square

Births On This Day
• 1869 Henri Matisse
French painter
• 1977 Psy
Korean singer-songwriter

Deaths On This Day
• 1985 Ricky Nelson
American singer-songwriter
• 2015 Natalie Cole
American singer-songwriter

HONEST HOOSIER

So long 2021! Welcome 2022!



TODAY'S HEALTH TIP

Make sure your shoes have good arch support and fit correctly to help prevent foot, ankle, knee, hip and back problems.

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.



INSIDE TODAY'S EDITION

Classifieds.....A4
HIVE Realty.....A2
Births.....A2
Obituaries.....A2

THE MONTGOMERY MINUTE

Publishing schedule

Ever since the inception of our Sunday edition, The Paper has gone with a 365-day publishing cycle. Beginning in 2022, The Paper will not publish on holidays. We are doing this for three reasons – our advertisers say the days leading up to the holiday are more important than the holiday itself; readers have busy schedules on holidays and those editions are the least clicked of any we do; and to give our hard-working staff a break. Thank you for your understanding!

TODAY'S QUOTE

Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.
Goran Persson

TODAY'S JOKE

What did the farmer give his wife on New Year's Eve?
Hogs and kisses.

OBITUARIES
NONE



8 51246 00100 5

The Paper appreciates all our customers. Today, we'd like to personally thank **CONNIE RULEDGE** of Crawfordsville for subscribing!



7 DAY FORECAST

| | | | | | | |
|--------------------------------|--|-------------------------------------|---|------------------------------|------------------------------|---|
| 50 AM DRIZZLE THU | 40/59 RAIN RETURNING LATE FRI | 53/53 WET, FOGGING SAT | 25/28 LIGHT SNOW ACCUMULATING THINLY SUN | 15/34 SUNNY MON | 25/42 SUNNY TUE | 28/45 SNOW CHANCE LATE DAY WED |
|--------------------------------|--|-------------------------------------|---|------------------------------|------------------------------|---|

Births

A daughter, Delilah Faye Irelan, was born at Witham Hospital in Lebanon to Jeremy and Melissa Irelan on Dec. 28, 2021. The baby weighed 8 pounds, 1 ounce.

Delilah will be welcomed home by two brothers,

Logan and Rowwen.

Maternal grandparents are Tina and John Cornell of Kingman and the late James Flowers; paternal grandparents are Tony and Joyce Irelan of Rockville and Terri and Kevin Perkins of Linden.



Estimated Powerball® jackpot at \$483 million

The Powerball® jackpot that rolled for the last three months of 2021 will carry over into the New Year.

After 37 drawings the Powerball estimated jackpot has reached \$483 million for the New Year's Day drawing.

Meanwhile, a Hoosier Lottery retailer in Grant County sold a Powerball® ticket worth \$50,000 for the Wednesday, Dec. 29 drawing.

Hoosier Lottery Powerball tickets should be checked carefully as one entry matched four-out-of-five numbers.

The \$50,000 winning ticket was purchased at Qwick Mart located at 128 West Main Street in Gas City. The winning Powerball numbers for Wednesday, Dec. 29 are: 2-6-9-33-39 with the Powerball of 11.

The ticket holder should ensure their ticket is in a secure place, consider meeting with a financial advisor and contact Hoosier Lottery customer service at 1-800-955-6886 for specific claim instructions.

Powerball Overall Odds are 1 in 25. Odds of match-

ing four-out-of-five balls and the Powerball are 1 in 913,130. Powerball jackpot odds are 1 in 292,201,338.

Players can check their tickets with the free Hoosier Lottery Mobile App by downloading here.

Since its first drawing in 1992, Powerball has inspired the country with a chance to become a millionaire, while raising \$25 billion for good causes supported by lotteries. Indiana had the very first Powerball jackpot winner in 1992 and leads the nation in Powerball jackpot wins with 39.

Players may purchase \$2 Powerball tickets at any participating retailer. For more ways to play, Power Play and Double Play may be added for \$1 each. Players have until 9:58 p.m. ET the night of each drawing to get their tickets. Drawings happen every Monday, Wednesday, and Saturday around 11:00 PM ET. The Double Play drawing is held around 11:35 p.m. ET.

Must be 18 or older to play. Please play responsibly. Problem Gambling Helpline: 1-800-994-8448.

Five tips for sticking to a new schedule

Sticking to a schedule is good for health, wellness and productivity, and the start of a new year is the perfect time to form great habits. Resolve to adhere to a daily routine with the following tips and tricks:

- Write it down: The act of writing things down can help reinforce priorities. Keep a list of short- and long-term goals, events and meetings. Be sure to check items off your list as you complete them.

- Get a good watch: Keep yourself accountable with a good watch. The line-up of Edifice watches by Casio are not only stylish, they contain must-have productivity features, such as multiple alarms, as well as countdown timers displaying the remaining time until the alarm beeps.

- Practice self-care: Downtime is essential. Whatever self-care looks like to you, be sure to build it into your schedule, whether that means relaxing with a good book, getting together with friends or working out.

- Make 2022 the year you finally create and maintain a well-balanced schedule. With wearable tech and smart habits, you'll be more inclined to stick with the program.

outdoor activities.

- Keep it consistent: Keep both bedtime and the time you awake consistent day-to-day. Doing so can mean better quality slumber so you will be more alert, energized and ready to tackle tasks.

- Consistent meal times can also be beneficial, helping you maintain your energy throughout the day, manage metabolism and avoid hunger.

- Give back: Use the USO Wishbook, an alternative giving catalog that offers military supporters a way to send a heartfelt symbolic gift to a loved one while directly benefiting troops and their families. Visit usowishbook.uso.org to learn how your symbolic gifts can help bring comfort to troops and their families.

- Spread the word: Social media platforms and word-of-mouth are integral to the success of nonprofits, and the USO is no different. Giving them a shoutout, sharing their content or even starting a fundraiser for

- Play: Are you a gamer? Through streams and other fundraising events, the USO's Gaming program has helped

Indiana Chamber and Indiana Hospital Association address newest COVID surge



With the surge in COVID-19 cases from the Omicron variant expected to continue in the coming weeks, the Indiana Chamber of Commerce and Indiana Hospital Association (IHA) are making renewed pleas for everyone to do their part so health care facilities can operate as needed and businesses can avoid shutdowns. The Indiana Chamber also announced new partnerships regarding on-site vaccine clinics and access to COVID-19 testing for employers.

"We have never had this many total patients in our hospitals and we will soon match or surpass the greatest number of patients hospitalized for COVID-19 since the start of the pandemic," says IHA President Brian Tabor. "Serious staffing shortages persist throughout the health care system and our capacity is extremely strained. The vast majority of patients hospitalized for COVID-19 in Indiana are unvaccinated."

While individual well-being is obviously top of mind, there are severe business and economic consequences related to Indiana's low vaccination rate (43rd) and rising hospitalizations.

"It has become increasingly clear that a vaccinated workforce is absolutely vital to Indiana's future economic health," asserts Indiana Chamber President Kevin Brinegar. "Many Hoosier businesses can't afford to have another COVID outbreak or temporarily close. Everyone has been through a lot the

past two years and we all want the pandemic to be behind us but that is simply not the case yet. We have to remain vigilant and work together to ensure workplaces are as safe and virus-free as possible and remain in operation."

What's more, Brinegar notes how workforce shortages due to COVID-19 are directly impacting the supply chain, compounding those issues and contributing to rising inflation.

While the Indiana Chamber does not support government mandates for COVID-19 vaccinations and believes such an action should be exclusively an employer's choice, the organization continues to encourage businesses to urge their workers to get vaccinated for their own health and that of their workplace.

And now, they are making that connection easier. Through its Wellness Council of Indiana (WCI), the Indiana Chamber is partnering with the Franciscan Health Immunization Department to offer free Pfizer COVID-19 vaccine clinics on site to employers in all 92 counties. Both the initial vaccines and boosters are available. The only requirement for the complimentary service is that 15 people total be at one loca-

tion - that can be employees and their dependents, or two small employers can come together. If the 15-person threshold can't be met, there is a nominal \$50 travel fee.

For employers that find themselves with a suspected COVID-19 outbreak and testing of multiple employees is needed, the Indiana Chamber also has secured a vendor pipeline via Patients Choice Laboratories. The company provides RT-PCR COVID testing statewide with results 24 hours after receipt.

The test kits can be shipped to employers anywhere in the state with instructions for employees on how to do the collection. Patients Choice Laboratories will pick up the tests to analyze. Those in central Indiana also have the option of going to their facility on the northwest side of Indianapolis for curbside testing.

"With at-home rapid tests in such scarce supply, this is a viable and available alternative to help stem the spread of the virus," Brinegar explains. "We know there is capacity at Patients Choice Laboratories. The state of Indiana also has a database of additional testing resources at www.coronavirus.in.gov that can be helpful for employers

and their workers."

The new on-site vaccine clinics and testing partnerships are part of the Indiana Chamber and WCI's expanded COVID Stops Here campaign. That initial effort focused on recognizing employers leading the fight against COVID-19 and playing a role in improving the state's vaccination numbers. Companies with at least a 70% vaccination rate can receive the designation. Next month, on January 19, the two groups are hosting a webinar for employers on the very latest with vaccines, boosters, testing and mandates. All COVID Stops Here offerings are available at www.indianachamber.com/stopcovid.

Tabor acknowledges the coming weeks will be especially trying for many of Indiana's medical professionals and praises all their efforts to date.

"We applaud Indiana's frontline health care heroes who have battled valiantly throughout the pandemic. Our members are working to develop innovative partnerships like these across the state with their local employers during this critical time," he says.

Tabor urges everyone who has not been vaccinated - or who is eligible to receive a booster - to do so immediately to ensure a hospital bed is available for all in need.

"Not only will it dramatically reduce your own risk of serious illness, you will be far less likely to take a hospital bed away from a family member, friend or neighbor."

Ways to give back to the military during the holidays

Because many service members and military families don't have the opportunity to be with their loved ones in person, the holiday season can be especially difficult time of year.

If you're wondering how you can help bring a little piece of home to service members stationed around the world, check out these easy ideas from the USO.

- Give back: Use the USO Wishbook, an alternative giving catalog that offers military supporters a way to send a heartfelt symbolic gift to a loved one while directly benefiting troops and their families. Visit usowishbook.uso.org to learn how your symbolic gifts can help bring comfort to troops and their families.

- Spread the word: Social media platforms and word-of-mouth are integral to the success of nonprofits, and the USO is no different. Giving them a shoutout, sharing their content or even starting a fundraiser for



the USO via Facebook, helps spread the word about the organization's mission and encourages others to support the cause. Visit uso.org/stories to read more about what the USO is doing to keep troops connected to family, home and country this holiday season. You can also find the USO on Instagram, Twitter, Facebook and LinkedIn. Use the hashtag #USOHolidays when sharing to be featured on their holiday page.

- Play: Are you a gamer? Through streams and other fundraising events, the USO's Gaming program has helped

keep service members connected to family and friends. You can raise money for the USO via the Operation Play it Forward campaign on Tiltify. And join the USO Discord at discord.gg/TheUSO.

- Ride: Whenever you use the ride share app Lyft, you can opt in for their Round Up & Donate program. This setting automatically rounds your payment up to the nearest dollar, and the difference is donated to the nonprofit of your choice. Consider selecting the USO to automatically support the organization as you get

around town.

- Connect: Boost the morale of military members and make them smile through Campaign to Connect, which makes it easy to send messages of thanks to service members. Kind words can go a long way.

- Shop: Online shopping this holiday season? You can give back every time you shop on Amazon by shopping via AmazonSmile. Visit smile.amazon.com, login, select the USO as your charity, and 0.5% of your eligible purchases will be donated to the organization.

To learn more about other ways you can help deliver care, comfort and connection to troops this holiday season and beyond, visit uso.org/holidays and uso.org/donate.

As you gather with your own loved ones, consider the many ways you can help make a difference in how military families connect and celebrate this season.

KBM
Electrical • Heating • Cooling
Happy New Year!
765-294-0079
108 E 2nd St. - Veedersburg
kbmheating.com

Happy New Year!
CLARK DALE
Realtor/Broker
M.S. Management
765-307-2337 • 765-918-1773
Email: Clark.hiverealty@gmail.com
HIVE REALTY GROUP
111 N. Washington St.
Crawfordsville, IN 47933

The PAPER of Montgomery County
Visit us online:
thepaper24-7.com

Feeling down in a senior slump? Me too!

When I reached my 50th birthday, I tried to deny that it represented a turning point in my life. As I reported then, AARP slipped my membership kit under my front door at the stroke of midnight. I hadn't thought much about getting old until I bent over to pick up the brochure from the floor and couldn't get my spine to straighten back up. It made a weird, almost obscene noise as I inched slowly to an upright position.



DICK WOLFSIE
Life in a Nutshell

younger. I remember at my 30th birthday party someone gave me a wooden cane with a horn on it. Yes, that was very funny at the time. Ha ha. I wish I hadn't thrown it away. It would come in very handy now, when I walk through a crowded restaurant.

I went into a gift store the other day to look for birthday cards specifically for people of my vintage. I have several friends from college and high school who will be turning 75 in 2022. Sadly, there are fewer now than there were turning 70 five years ago, if you get my drift.

I found cards for people turning 30, 40, 50. But no cards for 75th birthdays. I guess 75 doesn't mean you are about to pass a

milestone—a kidney stone maybe, but that's about it. Now, if you are having a 75th wedding anniversary, you have it made. You're golden. Literally.

Don't get me wrong. I am happy to be turning 75. But the closest the writers at Hallmark have come to recognizing this landmark age are cards that say "Happy Birthday, Grandpa." I'd be overjoyed to get a card like that someday. I have to talk to my son about making this happen. I can't do it alone.

And while I'm griping like a surly old man, here's another thing that bugs me: No one has officially decided when seniority begins. They raise the bar or they lower the bar all the time, and quite frankly I'm in no position to grab onto moving bars. Businesses used to offer discounts for those 65 and over, next it was 60. Then 55, and 50. Instead of lowering the age of eligibility, they should institute a super-senior

discount for folks over 75. I'd get in line for that, once I find another cane with a horn.

By the way, please don't give me that malarkey, "You are only as old as you feel." If that were true, MCL's early bird special would apply at any age, as long as you'll eat dinner at 3:15 in the afternoon.

To our loyal customers: Please jot down how young you feel and we will adjust the dinner price accordingly for our special.

Feel like 50? 7.95

Feel like 60? 6.95

Feel like 70? 5.95

Feel like a teenager: \$24.95

As for me, I feel like a kid again. I'll take the chicken fingers for \$2.95.

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.



Be sure to pack more than enough food and medication for your pet for the duration of your scheduled travels and beyond.

Five travel tips for pet parents during this holiday season

Traveling with pets over the holidays? Whether you're taking to the skies or the highways and byways, bringing furry friends along for the ride can sometimes be stressful for pets and people alike. Consider these tips to make the journey easier on everyone:

1. Pack right: Be sure to pack more than enough food and medication for your pet for the duration of your scheduled travels and beyond. You'll want to make sure that your pet is all set should unforeseen circumstances arise, such as weather-related travel delays. You should also bring with you a water supply for your pet, bowls for food and water, a leash, carrier, a veterinary first aid kit, and of course, your pet's favorite toys. And if you're traveling somewhere cold and snowy, pack dog boots to protect paws from snow, ice and salt.

2. Support smooth sailing: Many dogs find travel particularly stressful. However, you can help support balanced behavior while on the road this season by giving your dog SurityPro Calm Soft Chews, a smoky bacon-flavored CBD soft chew for dogs. Formulated to support your dog's ability to cope with everyday stress, these chews can also be useful for those pet parents who are staying home during the holidays and expecting to entertain frequent guests. From Canopy Growth, the industry leader in CBD science for pets, SurityPro offers an easy way to give just the right amount of CBD to your dog. The brand partners with veterinarians, scientists and leading academic institutions to create chews

and drops that support dogs' joint health and flexibility, healthy aging -- including cognitive function and eye health -- and products that enhance their physical and mental well-being. For more information and directions for use, visit www.SurityPro.com.

3. Be prepared: Losing a pet is every pet parent's worst nightmare, particularly when you are in an unfamiliar location. Micro-chipping however, can help unintentionally separated pets and families reunite safely and happily. This is especially important for jet set pets who are often far from home.

4. Play by the rules: Understand the state-by-state rules for driving with your pet. For example, a handful of states require that dogs be harnessed in the car with a dog seatbelt. Wherever your travels take you, driving with pets harnessed or in a crate is safer for both you and pets. Pets should never distract the driver or sit in the front seat where the impact of the airbag could hurt your pet if deployed.

5. Fly smart: Flying? Your pet should be in good health before taking to the skies. If you're unsure if your pet is fit for air travel, consult your veterinarian. You should also be aware that some airlines have banned particular breeds from flying due to breathing issues caused by the length of their snout. Know the rules and recommendations before booking your flight.

With some smart travel strategies, you can help ensure the merriest season of the year stays happy and healthy for you and your pet.

Ten resolutions that are doctor-recommended

While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible resolutions you can make to feel your best and better protect your health.

"A new year is the perfect time to consider your personal goals, and how you can make positive health choices in the coming year," says American Medical Association (AMA) President Gerald E. Harmon, M.D. "Small lifestyle changes today can have a lasting effect in improving your health."

Not sure where to start? Consider these resolutions from the AMA:

1. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age six months or older and the COVID-19 vaccine for everyone age five and older. Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including getvaccineanswers.org.
2. Learn your risk for



Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including getvaccineanswers.org.

type 2 diabetes by taking a simple online 2-minute self-screening test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.

3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

4. Know your blood pressure numbers. Take the time to visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under control. Doing so will reduce your risk of

heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

6. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for

women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

9. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

If you don't have health insurance, the AMA also encourages you to visit healthcare.gov to sign up for coverage. You may benefit from recent changes that improve access and affordability. The deadline to enroll for 2022 coverage is Jan. 15, 2022. More health resources/tips can be found by visiting ama-assn.org.

The Paper SERVICE DIRECTORY

| | | | | |
|---|--|---|---|---|
| <p>AUTOMOTIVE</p> <p>\$15 OFF OIL CHANGE SPECIAL</p> <p>114 N. Water St. • Crawfordsville (765) 364-0584 Weekdays 7:30 am - 5pm Saturday 8 am - Noon pompsfire.com</p> | <p>FUNERAL SERVICES</p> <p>Burkhart Funeral Home</p> <p>201 West Wabash Ave. Crawfordsville (765) 362-5510</p> | <p>FEATURED BUSINESS</p> <p>Fisher's DISCOUNT STORE</p> <p>M,W,TH 8 am-6 pm TU & F 8 am-8 pm SAT 8 am-5 pm Closed Sunday</p> <p>765-435-7231 6492 E 850 N Waveland</p> | <p>FUNERAL SERVICES</p> <p>107 N Grant Ave. Crawfordsville 765-362-0440 www.huntandson.com</p> | <p>FUNERAL SERVICES</p> <p>Sanders Priebe FUNERAL CARE</p> <p>Our Family Caring For Yours</p> <p>315 S Washington St Crawfordsville, IN 47933 765-362-6849 www.sandersfuneralcare.com</p> |
| <p>HOME SERVICES</p> <p>Dutcher Trenching Inc</p> <p>Call us for your septic & sewer needs</p> <p>806 Kentucky St. Crawfordsville 765-362-3308 dutchertrenching@gmail.com</p> | <p>RESTAURANTS</p> <p>NEW ROSS STEAK HOUSE</p> <p>Hours: Mon-Thur 9 am-9 pm Fri and Sat 9 am-10 pm 765-723-9291 176 Main Street New Ross, IN</p> | <p>RETAIL</p> <p>Fisher's DISCOUNT STORE</p> <p>M,W,TH 8 am-6 pm TU & F 8 am-8 pm SAT 8 am-5 pm Closed Sunday</p> <p>765-435-7231 6492 E 850 N Waveland</p> | | |

Contact our advertising department at 765-361-0100 ext. 1 to be included in our next Service Directory.

The following is an example of the crazy times we are living in...

An announcement that the third-ranked Purdue men's basketball team – players, coaches and support staff – are completely vaccinated and have received their COVID-19 booster shots should have been reason for fans to celebrate. After all, not many Boilermaker teams in my lifetime have had a shot at a Final Four like this one.

To quote comedian Steve Martin, "but nooooooo!"

Here's just an example of some of the 439 comments on Purdue basketball's Facebook page following the announcement:

"No one cares that you're vaxxed or not. Keep this page about basketball and let's go win games."

"Do your job. Talk about Purdue basketball. We don't need your political views."

"You are using a page for fans to celebrate a team we all stand behind as a platform to push your agenda in an environment that doesn't need this at this moment in time. Please let us just celebrate the team and not a hot political topic."

"Fully boosted until the next booster comes out. Keep it about basketball."

"Making these young adults choose between giving up their collegiate athletic career and scholarships or getting an experimental medical treatment? The school is in a position of authority and is abusing it!!"

No matter where you sit on the topic of COVID-19 vaccines, and this columnist is vaccinated and boosted, it says a lot about these young men that they don't want to risk losing a shot at a historical season. Celebrate that and leave the other stuff for the 24-hour cable news shows.

On the court, Purdue (12-



KENNY THOMPSON
Columnist



Zach Edey



Jaden Ivey



Trevion Williams

1) completed just the fourth undefeated non-conference slate since the 1939-40 season Wednesday night with a 104-90 victory against Nicholls in Mackey Arena.

The Boilermakers' 11-0 mark joins the 2009-10 squad that went 12-0 and the two Glenn Robinson-led teams in 1992-93 and 1993-94.

Purdue's big three of Jaden Ivey, Trevion Williams and Zach Edey combined for 49 points, 18 rebounds and 13 assists. The trio were 16 of 25 from the field and 14 of 19 at the free throw line.

Williams narrowly missed joining All-American Joe Barry Carroll, the only Boilermaker ever to record a triple-double. The 6-10 senior posted nine points, 11 rebounds and eight assists in 22 minutes.

After a brief slump that cost him his starting job to Williams, Edey scored 21 points in 16 minutes. The 7-4 sophomore is now averaging 34 points and 16.7 rebounds per 40 minutes.

With freshman starting forward Caleb Furst held out for "safety and protocol reasons," sophomore Mason Gillis scored 10 points in his return to the starting lineup.

Big Ten alters forfeit policy

The surge of COVID-19/Omicron cases has forced a change to the Big Ten Conference's forfeiture policy.

In the fall, a school that could not field a team because of COVID cases would forfeit to their opponent.

Now, if a school is unable to participate in a scheduled conference competition due to COVID-19, and as a result the competition is unable to occur on the calendar day on which it is scheduled, the competition will not automatically be considered a forfeiture.

Upon review and approval by the Conference office, in consultation with the participating institutions and the Big Ten Chief Medical Officer, Dr. James Borchers, the competition may be rescheduled, or declared a no contest or a forfeiture. The conference office will be responsible for rescheduling any conference competition postponed due to COVID-19.

Seven scholarship athletes and one coach is the minimum requirement for men's and women's basketball.

With my low opinion of Big Ten commissioner Kevin Warren, my first gut instinct was to think the new policy opens the

door for abuse. I harken back to 2020 and Wisconsin ducking a football game with Purdue when its top four quarterbacks were either on the COVID list or injured.

The new rule does allow for teams to deem it unsafe to compete even if they have the minimum number to play. However, a team that is unable to demonstrate why it is unsafe to compete will forfeit the game.

Good start for Big Ten Before Thursday's college football bowl games, Minnesota and Maryland were impressive in victories at the Guaranteed Rate and Pinstripe bowls, respectively.

Maryland set a Pinstripe Bowl and school record for scoring in its 54-10 victory against Virginia Tech on Wednesday at Yankee Stadium.

Sophomore quarterback Taulia Tagovailoa earned MVP honors by completing 20 of 24 passes for 265 yards and two touchdowns. Seventy of those yards came on a TD pass to Darryl Jones, the longest in Terrapins bowl history.

Tarheeb Still's school record 92-yard punt return launched the

The 44-point margin of victo-

ry is the second-largest margin of victory in Big Ten bowl history, second only to Michigan's 49-point wins in the 1902 and 1948 Rose Bowl, against Stanford and USC, respectively.

"This season was a huge step for our program," said Maryland coach Michael Locksley, whose team finished x-x. "But I still believe again that the best is ahead." Minnesota's 18-6 victory over West Virginia on

Tuesday night was the Gophers' fifth consecutive bowl win.

Ky Thomas and Mar'Kiese Irving, who began the season as Minnesota's third- and fourth-string running backs, combined for 273 rushing yards. Meanwhile, the Gophers (9-4) held West Virginia to 206 total yards.

West Virginia was without leading rusher Leddie Brown, who opted to skip the bowl game to prepare for the NFL Draft.

Rising star

Former Purdue standout Robbie Hummel came in at No. 11 on The Athletic's list of "40 under 40: Rising stars in men's college basketball."

"Major sports networks are generally loathe to share talent, but Hummel has proved to be so valuable that he is able to work for BTN and ESPN," The Athletic's Seth Davis writes. "He also calls games for Westwood One radio and added podcasting duties this season for The Field of 68."

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.

Classifieds

765-361-0100 ext. 15 | class@thepaper24-7.com

Monday - Friday 9 a.m. to 4 p.m.

Deadlines for next-day publication:

Line ads: 1 p.m. | Display ads 11 a.m.

2, 3 and 4 bedroom homes,
Contract Sales, Hooks
(765) 918-8700, (765) 362-0185
www.hookshomesindiana.com

need a job?
Find one in the classifieds.
765.361.8888

Portable Oxygen Concentrator May be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 877-930-3271

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-551-9764

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-977-7069

High-Speed Internet. We instantly compare speed, pricing, availability to find the best service for your needs. Starting at \$39.99/month! Quickly compare offers from top providers. Call 1-844-961-0666

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 1-877-327-0930

Smart Home Installations? Geeks on Site will install your WIFI, Doorbells, Cameras, Home Theater Systems & Gaming Consoles. \$20 OFF coupon 42537! (Restrictions apply) 855-668-0067

LIVE PAIN FREE with CBD products from AceWellness. We guarantee highest quality, most competitive pricing on CBD products. Softgels, Oils, Skincare, Vape & more. Coupon Code: PRINT20 Call Now 833-226-3105

SERIOUSLY INJURED in an AUTO ACCIDENT? Let us fight for you! Our network has recovered millions for clients! Call today for a FREE consultation! 844-517-6414

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-965-4916

New Starting Base Pay - .60 cpm w/ option to make .70 cpm for Class A CDL Flatbed Drivers, Excellent Benefits, Home Weekends, Call 800-648-9915 or www.boydandsons.com

DONATE YOUR CAR TO CHARITY! FAST FREE PICK-UP-24 HR RESPONSE! Help Children in Need, Support Breast Cancer Education/Prevention or Veterans. Tax Deduction 844-820-9099

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award. NO Obligation, NO risk! We've recovered millions. Let us help you!! Call 24/7, 844-284-4920

Looking to SELL your Home? Save time & money, connect with the Top Agents in your area to get more MONEY and close FASTER! Call 317-854-9781

Wesley Financial Group, LLC - Timeshare Cancellation Experts - Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-329-1207

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF 2 FREE Months! 1-855-408-3894

COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 86407! Restrictions apply. 888-715-8176

Need Help with Family Law? Can't Afford a \$5,000 Retainer? www.familycourtdirect.com/Family/Law - Low Cost Legal Services - Pay As You Go - As low as \$750-\$1,500 - Get Legal Help Now! Call 1-888-417-4602 Mon-Fri 7am to 4pm PCT

Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-855-995-4758

Thinking about installing a new shower? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-855-475-0534 today to see how you can save \$1,000 on installation, or visit www.newshowerdeal.com/hoosier

Directv Stream - The Best of Live & On-Demand On All Your Favorite Screens. CHOICE Package, \$84.99/mo for 12months. Stream on 20 devices at once in your home. HBO Max FREE for 1 yr (w/CHOICE Package or higher.) Call for more details today! (some restrictions apply) Call IVS 1-844-412-9997

Guaranteed Life Insurance! (Ages 50 to 80). No medical exam. Affordable premiums never increase. Benefits never decrease. Policy will only be cancelled for non-payment. 833-535-1043

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-888-965-1444 or visit http://dorranceinfo.com/hoosier

DIRECTV for \$69.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. One year of HBO Max FREE. Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Call for more details! (some restrictions apply) Call 1-888-885-8931

FOR THE BEST SPORTS COVERAGE AROUND, READ

The PAPER

of Montgomery County Montgomery County's only locally owned independent newspaper

DELIVERED DAILY AND AVAILABLE ONLINE AT

WWW.THEPAPER24-7.COM

Don't let winter wage war on your skin

When temperatures cool and you start layering on more clothes, you may think your skin is better protected since it's less exposed to the elements. However, that's not always the case. Cold, dry winter air can take quite a toll on your skin.

Your skin naturally produces oils that help keep skin supple and soft, but you may need a helping hand if you notice signs of dry skin like redness, itching or irritation. Serious symptoms include flakes and cracks, which can be painful and lead to infection, so it's important to address any problems before they progress that far with simple tips like these.

•**Drink plenty of fluids.** Even when it's cooler outdoors and you may be sweating less, you can still get dehydrated. Drinking plenty of water helps keep your whole body hydrated so your skin isn't pulling from limited resources.

•**Treat problem spots.** Hands, elbows and especially feet are common danger zones when it comes to dry skin. To eliminate layers of dry skin on feet, try an option like the Amope Pedi Perfect Electronic Foot File, which smooths hard skin effortlessly using micro-abrasive particles made with finely ground diamond crystals.

•**Be smart about the**

sun. The sun's rays may not feel as hot on your skin, but that doesn't mean they're not causing damage. Always use sunscreen when you'll be outdoors for extended periods of time. Also remember snow acts like water and can reflect the sun's rays back on your skin, which may cause burns.

•**Dress with care.** When selecting your wardrobe, be conscious of how long your skin will be exposed and do your best to cover it, especially if it's cold or windy. Pay attention to the fabric, as certain types of material can be more drying and irritating. Cotton, silk and cashmere are skin-friendly fabric options.

Find more tips for winter skin care at amope.com.

Prevent Cracked Heels When It Gets Cold

Cracked skin occurs when the skin becomes so rough and flaky that small tears begin to form due to lack of sufficient moisture and elasticity. These tears can grow bigger under stress from movement and may become fissures that extend deeper into the skin.

Causes of Cracked Heels

The first step toward tackling cracked and dry heels is to eliminate the source.

* Seasonal changes: Dry skin on feet and heels

is closely associated with the winter months. This is because the cold, dry weather draws moisture out of skin all over your body, including your feet.

* **Baths:** Long, hot baths can wash away the natural oils of your skin. These oils are essential for locking in moisture and preventing your skin from drying out and cracking. Opt for showers rather than baths or limit baths to just a few minutes. Also avoid rubbing your feet dry afterward, as this can further remove natural oils. Instead, pat your feet dry then apply a moisturizer.

* **Harsh soaps:** Just like hot water, certain soaps can strip essential oils from your skin. Avoid the temptation to wash your feet vigorously or use harsh soaps, even if you're combatting foot odor. Use a gentle touch and products that preserve your skin's natural protection.

Treating Cracked and Dry Heels

If you suffer from cracked heels, you can boost your body's natural renewal and repair process. Gently buff away dead, hard skin to reveal the healthy, soft skin underneath. Then, for long-lasting hydration, follow up with an option like a coconut oil-enriched Amope PediMask, which will leave your feet soft, smooth and nourished in just 20 minutes.

If you're tired of fighting the squirrels. . .



Countless backyards are battlegrounds between die-hard homeowners and squirrels fighting over bird feed. Squirrels need not be an inevitable element of bird feeding; even though keeping squirrels out of bird feeders is an age-old problem, there are ways to thwart these thieves.

One common tactic is stocking feeders with seed squirrels dislike, such as safflower, nyjer, white proso millet and seed infused with capsaicin, a compound derived from hot peppers that makes mammals' tongues smart. An option like Cole's Hot Meats features nutritious sunflower meats infused with fiery habanero chili peppers. They're a no waste, no mess feed, birds enjoy but squirrels' dislike.

Some people find squirrels adorable, fascinating to watch and have nothing against them, even allowing them to share seed with birds. The real problem begins when squirrels take their share and then some.

To combat this, consider adding a baffle to your bird feeder on a pole about 5 feet high so squirrels don't jump over it. Bird feeders on poles can be set in open spaces where there's no trees or structures squirrels can jump from onto feeders. Try a "squirrel-proof" feeder that employs cages, or spring-loaded doors, keeping squirrels at bay. You can then offer food specific to squirrels' taste

preferences away from bird feeders.

Because squirrels are territorial, they're less likely to go to other locations once they're accustomed to eating in a designated place. Establishing a feeding space just for squirrels can satisfy their appetites and keep them out of bird feeders.

You can use an open feeder or scatter feed on the ground for easy access. Try 100% whole peanuts or Cole's Critter Munchies, which includes ingredients squirrels love. Another way to help squirrels thrive is to provide access to fresh, clean water.

Squirrels are interesting creatures and worth the watch. Consider these facts:

* Squirrels can find food buried beneath 1 foot of snow.

* Squirrels' front teeth never stop growing.

* Squirrels run zigzag patterns to escape predators.

* Squirrels "fake out" other squirrels and pretend to bury nuts to throw off potential thieves from their hiding places.

* When falling, squir-

rels use their tails both for balance and as parachutes. Plus, they can jump up to 20 feet and run 20 miles per hour.

* Squirrels can see behind them, but they're blind at birth.

* When given a mixture of nuts, squirrels sort them by type before burying each variety in a different area.

* Squirrels can rotate their hind feet 180 degrees when descending trees and poles.

* Squirrels are one of the most important animals for helping spread oak trees. They store acorns in the ground but only recover about 70% of them, allowing forgotten acorns to grow into healthy trees.

As for the birds: In cold weather, it's important to provide high-quality choices that offer the most fat, nutrients and energy. Look for black oil sunflower, which is rich in oil, attracting birds and providing energy.

Birds also love suet, the solid fat rendered from beef, venison or vegetables, which provides energy, helping them make it through freezing weather.

➤ BUTCH From Page A1

My main problem, according to my wife, is that I still think I can do the same physical work as I did fifty years ago. I dug up a farm water hydrant by hand in the spring, and spent several hours upside down in the four-foot deep hole trying to connect the new hydrant. Then I dug up the septic tank so it could be emptied. After that my old dog kicked the bucket on the hottest day of the year, and I had to dig a grave for him. I started noticing some lingering pain in my lower back. Then, as I was taking the metal roof off a shed, one of the ladder braces broke...yep, I fell six feet onto my right side. My back seemed OK, but I am pretty sure I tore a ligament in my elbow. Of course, being a Dale, I

would never consider going to a doctor. My elbow still doesn't feel right, but I still do my 125 morning push-ups, so "I'm good!"

One thing I have noticed is that when I get out of bed in the morning, it takes me longer to "loosen up." One evening I began thinking about all of the mishaps, accidents, and close calls throughout my life, and I made a list... Here are a few that I could remember:

....Age 2....drank kerosene; Age 4...fell into the dump hole at the elevator while the auger was running (fortunately Allen Yount saw me fall in and hit the stop switch button before it was too late); also cut a light cord in two with pair of scissors and was shocked; Age 6...loaded up Dad's 12ga shotgun

and fired off a round when he wasn't around; Age 7...started up the old pickup truck by myself and drove back to a field, shearing off a rear fender and a running board on a concrete post; also pushed a razor blade through my cheek while pretending to shave; also ran a rusty nail completely through my foot; Age 9...jumped off the roof of our house while trying to imitate Superman and broke a bone in my foot; also tried to fill Dad's cigarette lighter and spilled fluid, and when I tried to

light it, I set my arm and the kitchen curtains on fire; Age 10...floated to the middle of my cousin's 12-ft. deep pond in a metal washtub...I couldn't swim a lick, but luckily the tub did not capsize; also

drank from a creek back in the woods, and became deathly ill that night, but Dr. Humphreys saved my life; Age 11...fell from a corncrib and broke my arm in two places; Age 13...wrecked my Cushman motor scooter into the back of Dad's Buick and landed on the rear window; also crushed my thumb joint in PE class while rolling out the volleyball standard; also knocked unconscious after my brother hit me in the back of the head with a large rock; Age 14...burned a 1/4-inch hole in my wrist when I dropped molten sulfur during a homemade science experiment; also was shocked when I grabbed an unprotected light socket while trying to invent something. Then later on.... Age 18...ran a steel rod

approximately 1/2-inch in diameter completely through my shoe and foot while doing field work for my father-in-law...lost a lot of blood; Age 23...suffered food poisoning and was unconscious for seven hours after eating tainted ice cream; Age 28...knocked unconscious when a golf ball struck me in the head at Fairway Golf Course; Age 46...fractured a thoracic vertebrae when I wrecked my patrol car while chasing a burglar; Age 50...fractured my knee while trying to jump over a 3-ft tall hog panel; Age 68...ripped the flesh off my thumb down to the bone while firing an old 12ga shotgun; Age 69...ran a thorn in my eye while mowing. I was very curious as a

child and a "risk taker" to boot...I still am! As a police officer, there were a few times when I thought I might be injured or even killed, but I put those thoughts out of my mind in those situations, said a silent prayer, and got through them OK...Thank you, Lord!

After recalling the above accidents, I guess a little back pain nowadays isn't so bad after all. I am looking forward to 2022. I am still an optimist, and I am in better health than I was 25 years ago...but I will keep my fingers crossed!

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history.

➤ RUSTY From Page A1

if you don't have a full 35 years of earnings. In that case, they would use "zero" earnings for enough years to make it 35, and those zero-earning years would mean a smaller benefit. So even if your recent earnings are lower than before, they are still more than the \$0 that SS will use if you don't have at least 35 years, so those lower earnings will help your SS benefit not hurt it.

The bottom line is this: your actual SS benefit won't be cut just because you now have lower earnings; rather your benefit will be based on your highest earning 35 years over your lifetime. But any benefit estimate you now have assumed you would continue to earn at your most recently reported level until you reach your FRA so, whether you stop working now or just take a lower

salary, your actual benefit when you claim will be less than your recent estimate from Social Security. Note too that it is a common misconception that SS benefits are based on the last ten years of earnings, but that is incorrect. Your benefit amount will be computed using your average monthly earnings over your lifetime (the 35 years in which you earned the most, adjusted for inflation).

➤ TRUDY From Page A1

not only to drugs used to treat rheumatoid arthritis and other inflammatory diseases.

With all that money spent on pharmaceuticals to control the disease, you would think the U.S. was getting a loud bang for its buck. That's not the case. Reporters at Reuters, the global news service, have just produced an amazing series about diabetes in America revealing that disease has produced a medical catastrophe.

One of the series' authors, Chad Terhune, told me the U.S. had been making a lot of progress until around 2010-2011 when complications from the disease seem to have rounded a corner in middle-aged adults. "Diabetes has followed the obesity crisis," Terhune told me. "It has a lot to do with healthy lifestyles and health disparities. It's a reflection of income inequality." Sedentary lifestyles, unhealthy diets, and lack of consistent medical care for many people also contribute to the halt in progress in improving outcomes for people with the disease.

We also know some patients ration their diabetes medications and skip doctor's appointments because they don't have the money to pay the large deductibles and other out-of-pocket costs. Ironical-

ly, it was the insurance industry that pushed those onerous costs onto policyholders to discourage them from seeing doctors. The goal was to impose high cost sharing by their insurance policies in the hope that if people had to pay more out-of-pocket, they'd be less inclined to go to the doctor for every minor ailment. The goal was to lower the overall cost of health care for the country and, of course, benefit insurance companies through fewer claims to be paid out.

Some twenty years after that cost-containment strategy surfaced, the strategy seems has backfired - harming thousands of diabetic patients. Delays in care simply impose higher costs because people don't show up for treatment until they are much sicker. One study of lower-income workers and their family members who had diabetes had 22 % more emergency room visits for preventable complications after they had switched to high deductible plans.

Reuters reporters didn't just interview patients, researchers, and experts in diabetes care. They examined the rates of potentially avoidable hospitalizations related to diabetes tracked by the federal Agency for Healthcare Research and

Quality. They found from 2016 to 2017, the most recent year of available data, hospitalization rates increased for short-term complications, long-term complications, and lower-extremity amputations. When reporters asked for more recent state-specific data, only eight states responded.

One was Indiana. Rates of short-term diabetes complications and amputations increased in all responding states, except Indiana. Rates of controlled diabetes without mention of complications decreased nationally from 2011 to 2015 and in six states that responded through 2018. Indiana, however, reported an increase. So Indiana results are mixed - making it hard to judge how well Indiana is doing in preventing diabetes complications.

The Reuters series on diabetes illustrated the three evils in America's health system: underuse, overuse, and misuse of medical services. It serves as a warning not just for diabetics but for the rest of us who inevitably will need health care in our lives.

Have you or a family member had trouble paying for diabetes drugs? Write to Trudy at trudy.lieberman@gmail.com.

➤ JOHN From Page A1

Weber says it's not easy growing old and it's not easy for friends and relations to schedule such additional chores amid the hustle and bustle of the holiday season, especially in the era of the COVID pandemic. "Just remember what the holidays are all about—not the parties, the presents and the decorations. It's about family, friends and community."

Here some activities that can wake a lonely

senior, give them a feeling of belonging and make them feel wanted:

- Engage in activities that bring back memories of happier times such as reviving holiday traditions
- Start a conversation about the most memorable things they used to do in the good old days
- Find old photos and share them
- Have a holiday cook-off based on old family recipes

- Take them out for lunch or dinner

- Resurrect old family traditions

- Help them to decorate their home or room in a festive manner

AMAC's Weber suggests that you "not make these deeds holiday one-offs; make them year round recurring activities as a means of keeping them busy and easing the pain of living alone throughout the year."

Buy. Sell. Rent. Lease.



THE PAPER classifieds.