

➔ TODAY'S VERSE
Isaiah 40:31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

➔ FACES OF MONTGOMERY
People who call our community their own.



Kaley Remley offers a fabulous smile while doing a little local shopping. Thank you for your smile, Kaley!

➔ THREE THINGS You Should Know:
1 Athens Arts Gallery and The Art League of Montgomery County have scheduled an art exhibit featuring 2D artwork by artists that have a tie to the county, on the evening of Feb. 24 at Fusion 54 on the third floor from 6 to 8 p.m. The art will be displayed at the Government Center.

2 Celebrate the migration of birdlife through the Indiana Dunes region this May 12-15 at the eighth annual Indiana Dunes Birding Festival. The entire festival program schedule has now been released, featuring over 150 individual trips, programs, and workshops. The event is being organized by the Indiana Audubon and includes both the Indiana Dunes National Park and Indiana Dunes State Park as site hosts.

3 City Bus, in partnership with The Arts Federation, is seeking qualifications from graphic artists interested in designing artwork that will be displayed on the exterior of a bus in Greater Lafayette. Artists must be 18 years or older. Preference will be given to artists that live in north central Indiana. Interested applicants will need to upload three work samples using the application form online. City Bus and TAF will select one artist to create an original design using that will be reproduced on a vinyl wrap for a 60' bus. Potential themes for the project include belonging, community, and connectivity. The selected artist must be proficient in using Adobe Illustrator and will be paid \$2000 upon delivery of the artwork.

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper **50¢**

CRAWFORDSVILLE, INDIANA WWW.THEPAPER24-7.COM

BTN By The Numbers, a look at what's in the news . . . by the numbers. These are just numbers, not suggestions that they mean more or less than what they are. We do not suggest that one number is connected to another. These are simply facts with no extraneous details, bias or slanted reporting. To borrow (and perhaps mangle a bit) a quote from legendary fictional detective Joe Friday, it's just the numbers, ma'am!

NUCOR
\$290 million

Nucor announced a \$290 million investment to expand the product capabilities of its Crawfordsville, Indiana steel sheet mill by adding a construction grade continuous galvanizing line and prepaint line. This investment will create 80 jobs and is expected to take two years to complete. The County has offered an incentive package that includes the construction of the Nucor Road overpass over US 136 and tax abatement for real and personal property.

\$860,000

Attorney General Todd Rokita today filed a lawsuit with 26 other states and a federal agency against Safeguard Metals, a business that schemed to trick elderly victims into investing in wildly overvalued precious metals. At least 16 Indiana residents invested a total of more than \$860,000 into silver coins and other products offered by Safeguard Metals. Nationally, at least 450 investors paid more than \$68 million to the company.



Winter storm Landon, a 2000-mile-wide snowstorm predicted to dump more than a foot and a half of snow and ice across wide swaths of the United States, blew through Montgomery County last week. It brought the county to a frozen halt. The National Weather Service (NWS) office in Crawfordsville officially recorded 12 inches of snowfall from the storm.

1,646,937 According to the Indiana State Department of Health on Friday, that's how many Hoosiers have been diagnosed with the virus.

10,319 Number of COVID-19 cases found so far in Montgomery County, according to the State Health Department.

76,246,964 According to the CDC, that's how many Americans have been diagnosed with the virus.

20,894 How many Hoosiers have died because of this pandemic.

151 How many people in Montgomery County who have lost their lives to the pandemic.

898,216 How many Americans have lost their lives to the pandemic.

Halftime At The Statehouse

This week, the Indiana General Assembly reached the halfway point of the 2022 legislative session. The Senate and the House of Representatives have chosen which bills will continue in the legislative process. Now, bills will be eligible to be heard in the opposite chamber for further consideration. My Senate Republican col-

leagues and I are happy to see several of our priority items move on to the House of Representatives including Senate Bill 2 and Senate Bill 3. SB 2 would ensure schools receive full funding for children who would have otherwise been considered virtual students during the fall of 2021 due to COVID-19 and students in quarantine on the fall count

date. SB 3 would allow Indiana to end the public health emergency and ensure the state can continue receiving certain federal benefits and hold voluntary community vaccination clinics as needed. If you have any questions or concerns about these bills or others, feel free to contact me at Senator.Boots@iga.in.gov.

Fatality Crash On S. R. 32

On Friday, January 4th, at approximately 7:50 PM the Montgomery County Sheriff's Office was dispatched to State Road 32 and County Road 550 East reference a personal injury crash involving a passenger car and a semi tractor-trailer. Upon arrival, deputies located a 2011 Buick LaCrosse off the roadway and into the ditch. The other vehicle, a 2019 Freightliner semi was stopped along the roadway. The driver of the Buick was identified as a 16-year-old Crawfordsville male, who was deceased. The driver of the semi was identified as Jason C. Clark, 34 years old, of Stroh, IN. He had complaints of pain and was later evaluat-

➔ See CRASH Page A5



Sunrise/Sunset
RISE: 7:50 a.m.
SET: 6:14 p.m.

Wacky Holiday Today
• Send A Card To A Friend Day

What Happened On This Day
• 1984 NASA astronauts take the first untethered spacewalk

Births On This Day
• 1962 Garth Brooks American singer-songwriter, guitarist

Deaths On This Day
• 1959 Nap Lajoie American baseball player
• 1876 Braxton Bragg American general

➔ HONEST HOOSIER

Want to burn a quick 2,500 calories. Put a cake in the oven and leave it too long.



➔ TODAY'S HEALTH TIP

If you can't fall asleep within 20 minutes of going to bed, get out of bed, go to another room and do something boring until you get sleepy. 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.



➔ OBITUARIES

Larry Dale Pruett II
Robert Allen Mitchell

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



The Paper
OF MONTGOMERY COUNTY

➔ THE MONTGOMERY MINUTE

Subscribe today!
Be sure to make some time Sunday morning with a steaming cup of coffee, a comfy place to sit and your tablet so you can read The Paper's Sunday Edition. Not a current Sunday subscriber? Then go to our website and sign up! You can get The Paper delivered piping hot and fresh to your e-mailbox every morning at 4 a.m. for only \$42 for every day of the year. Or, if you only want Sundays you can buy a Sunday-only subscription for just \$29 No other newspaper in Montgomery County offers that! But then again, we've been able to say that about a lot of things for a while now.

➔ TODAY'S QUOTE

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.
Lao Tzu

➔ TODAY'S JOKE

Why in the world would you want to marry a goalie?
Because they're a real keeper!

WTHR 13 **7 DAY FORECAST**

34 RACE ABOVE FEELINGS	20/28 FALLS BELOW FEELINGS	11/36 WARMING UP	32/40 CLOUDY AND WARMER	26/34 FLURRIES, FAINTERS	26/41 WINTER WEATHER	30/35 SNOW POSSIBLE LATELY
SUN	MON	TUE	WED	THU	FRI	SAT

OBITUARIES

Robert Allen Mitchell Nov. 7, 1940 - Feb. 1, 2022

Robert Allen Mitchell, 81, Ladoga, passed away Tuesday, Feb. 1, 2022 surrounded by his family.

He was born on Nov. 7, 1940 in Crawfordsville to the late Jacob and Bertha Louise (Farrow) Mitchell.

Mr. Mitchell graduated from Ladoga High School with the class of 1958. On March 3, 1963 he married his wife of more than 58 years, Jerilyn (Allgood) Mitchell. She survives.

He was a farmer, enjoying farming for many years in Montgomery County. He also worked for Fleetwood in Crawfordsville, and the Montgomery County Highway Department. He enjoyed restoring Allis Chalmers Tractors, motorcycle riding, loving his animals and giving people a hard time. He will be greatly missed by so many. He was a member of Ladoga Lions Club, Hoosier Llama and Alpaca Association, as well as serving on the Board of Directors for Sycamore Girl Scouts, and the Farm Bureau Co Op in Crawfordsville.

Survivors include his wife, Jerilyn; daughters, Sherri (Jeff) Fransen, Pamela (Mark) Mitchell-Neff and Becky (Josh) Myles; grandchildren, Cole (Morgan) Goodman, Jacob and Lucas Fransen and Dalton Myles.

He was preceded in death by his parents; brother, James (Kay) Mitchell; sister, Marilyn NewHouse; and brother-in-law, Dale NewHouse.

Memorials in his memory may be made to Ladoga Volunteer Fire Department, Montgomery County Animal Shelter or St. Jude's Children Hospital. Envelopes will be provided at the graveside service.

A public graveside service will be held at 2 p.m. on Wednesday, Feb. 9, 2022 at Jamestown I.O.O.F Cemetery. Rev. William Pike will officiate. You are invited to visit www.serviesmorgan.com where you may share an online condolence or memory with the family. Services & Morgan Funeral Home has been entrusted with his funeral arrangements.

Larry Dale Pruett II Feb. 28, 1980 - Jan. 24, 2022

Larry Dale Pruett II, Crawfordsville, passed away Monday, Jan. 24 at home. He was 41.

Born Feb. 28, 1980 in Louisville, Kentucky, he was the son of Larry Dale Pruett and Jean Ann Markland Pruett.

He graduated from Monroe Central Jr/Sr High School.

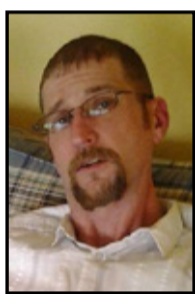
He was a long-time member of Boy Scout Troop 1 in Muncie, Ind. He worked as a pressman at LSC Communications in Crawfordsville. He liked doing carpentry work and enjoyed professional hockey.

Survivors include his sister, Barbara Pruett of Avon, Ind.; two uncles, Malcolm Markland of Vevay, Ind. and Michael Markland of Carmel, Ind.; aunts, Cathy Markland of Carmel, and Nikki Cox of Memphis, Ind.

He was preceded in death by his parents and aunt, Frances Taylor.

There will not be a public visitation or service. Cremation arrangements were made through Burkhart Funeral Home, Crawfordsville.

Online condolences may be made at www.Burkhart-FH.com.



Ceres Solutions Cooperative Announces Intent To Invest In United Prairie Partnership

Indiana-based agricultural cooperative Ceres Solutions has announced it will pursue an investment in United Prairie LLC, an agricultural supply business operating in Illinois. Due diligence has begun, with the ownership investment to be finalized by the end of the summer.

"We're pleased to take this next step in making an investment that will benefit both Ceres Solutions and United Prairie," said Jeff Troike, CEO of Ceres Solutions.

Curt Miller, CEO of United Prairie LLC, agreed, noting, "The proposal demonstrates the ongoing importance of developing strong strategic partnerships to continue to serve local farmers with products, services, technologies, and innovation. United Prairie's



direction has always been to add cooperative owners that enhance our ability to provide the highest level of service and value to the growers we serve."

In the proposed purchase, Ceres Solutions would become 20% owner of the operation and existing stakeholders in United Prairie would have reduced ownership percentages accordingly.

The immediate advantages to both organizations would be alignment

between two strong Midwestern agricultural operations, and potential synergies of procurement, logistics and other opportunities. Both Ceres Solutions and United Prairie would continue to operate independently in their customer-facing segments and compete in the marketplace.

The agreement is expected to be finalized by late spring, and the transaction completed by August 1.

United Prairie is an agronomy LLC with 13 locations in Illinois. Prior to the addition of Ceres Solutions, UP is owned by investing partners: Danvers Farmers Elevator (Danvers, Illinois), Top-flight Grain, Inc., (Monticello, Illinois), Premier Cooperative (Champaign, Illinois), and CHS Inc., (St. Paul, Minnesota).

Ceres Solutions is a 100% farmer-owned cooperative based in Crawfordsville, Indiana. The company delivers agronomy products and services from 32 locations across Indiana and Michigan. Ceres Solutions also offers energy and animal nutrition products and services to farm, home and commercial businesses.

For more information about each organization, visit ceres.coop and unitdprairie.com.

Braun, Burr, Foxx And Keller Calling For Public Engagement Before New Overtime Rules

Senator Mike Braun (Ranking Member of the Subcommittee on Employment and Workplace Safety), Senator Richard Burr (Ranking Member of the Senate Committee on Health, Education, Labor and Pensions) and Representative Virginia Foxx (Ranking Member of the House Committee on Education and Labor) and Representative Fred Keller (Ranking Member of the Subcommittee on Workforce Protections) sent a letter to Department of Labor Secretary Marty Walsh calling for "robust public engagement" before proposing any new over-

time pay requirements, which the Department of Labor has stated it intends to issue in April 2022.

The Members write: "We write to request that the Department of Labor (DOL or Department) conduct robust public engagement prior to any Notice of Proposed Rulemaking (NPRM) on overtime pay requirements. The Administrative Procedure Act recognizes the value of public participation in rulemaking, especially for rules that significantly affect the public. Given the past and present stakeholder interest in regulatory changes to overtime

pay requirements, we request DOL conduct a Request for Information (RFI) and hold stakeholder meetings with the regulated community before commencing its process of writing an NPRM. Such steps will help DOL assess if changes are prudent and necessary at this time and gather information to better inform the substance and timing of any proposed changes."

The letter goes on to question the need for overhauling the current overtime pay regulations, and emphasizes the need for public engagement with the employers and

employees who will be affected by the changes before making them:

"The current overtime pay regulations were carefully developed with significant public input and at cost to the taxpayer. While DOL has stated its intention to issue an NPRM in April 2022, it is not evident that there is a real or pressing need to overhaul the current framework, which has only been in place for a scant two years. We therefore encourage the agency to engage first and foremost in an RFI process prior to developing new regulations."

Thanks for reading The Paper!

HEARING HEALTH NOTICE

FREE HEARING SCREENING AND REBATE FOR SENIORS

Hearing loss is a national health issue, affecting 1 in 3 seniors ages 65-74, and 50% of seniors 75+.

Beltone is offering free hearing Screenings and technology rebates for those who think they may need hearing aids or who are unhappy with their current technology. Services for you or a loved one will include:

FREE Hearing Screening – Know where your hearing health stands.

If no loss is found, we'll be the first to share the good news.

FREE Ear Exam – Our professionals will look in your ears and if ear wax is a problem, you will know right away and we will provide you with the best course of action.

FREE Second Opinion – If you're already wearing hearing aids and still struggle to hear in noise or on the phone, bring along your current devices. We'll clean and inspect them, and provide our professional opinion on how to improve your hearing.

\$800 Instant Rebate – Hear well, affordably. For a limited time we are offering an \$800 instant rebate toward the purchase of a pair of premium Beltone hearing instruments.

The right hearing solution at the right price. Hearing aids starting at \$999 each*. No coupons or promotions necessary.

Beltone Imagine Technology

- ✓ **Tailored Sound:** Delivers sounds exactly as nature intended
- ✓ **Tailored Connectivity:** Take a call or listen to music directly through your hearing aids
- ✓ **Tailored Care:** Every hearing aid comes with BelCare—a lifetime of care and protection
- ✓ **Tailored Design:** Fully rechargeable solution. Never change a battery again!



Beltone Imagine

BROWNSBURG

1451 S. Green St.

(St.Rd. 267 SOUTH of Brownsburg Medical Ctr.)

(317) 973-4252

CRAWFORDSVILLE

1880 US 231 S. Suite F.

(Across from Walmart)

(765) 299-0310

LAFAYETTE

3320 E South St.

(Corner of 26 & 52 behind Steak 'n Shake)

(765) 588-3188

LEBANON

2214 N. Lebanon St.

(Northfield Center)

(765) 268-8230



Now serving Indiana, Illinois & Ohio!
Call 800-371-HEAR or visit beltoneindiana.com



Price Match Guarantee:
We will meet or beat any competitor price or coupon on comparable item or product



Most insurance plans accepted

All Beltone Indiana offices are locally operated by your friends and neighbors



*Valid at participating locations only. See locations for details. *Offer valid on one (1) Rely 2 RIE digital hearing aid technology. Fits up to a 35 dB loss. \$800 instant rebate is off the retail price of a pair (2) Imagine 17 premium hearing aids. Previous purchases excluded. Cannot be combined with any other promotions or discounts. Benefits of hearing instruments may vary by type and degree of hearing loss, noise environment, accuracy of hearing evaluation and proper fit. 2022 All rights reserved. Beltone is a trademark of GN Hearing Care Corporation.

FINANCING AVAILABLE!



COX & PRITCHETT
PLUMBING INC
 Heating & Air Conditioning

Vote us #1
We've been in business for 35 years

800 Kentucky Street • Crawfordsville
 765-362-4108
 coxandpritchettplumbing.com

Make us #1 again Montgomery County! We appreciate all your support!

BUSSE'S EXCAVATING
 (765) 366-8084
 (765) 376-5332

SERVICES INCLUDE:
 ► SEWER, WATER & SEPTIC SYSTEMS
 ► SEWER DRAIN CLEANING
 ► SITE PREPARATION
 ► HYDROVACUUM SERVICE
 ► MOWING
 ► SNOW REMOVAL
 ► FOUNDATIONS

WELLBROOKE
OF CRAWFORDSVILLE

Thank you, Montgomery County, for voting us #1 last year!
 We appreciate your support.
 Please make us #1 again this year!

765-230-3755
 517 Concord Road • Crawfordsville

Milligan's
 Flowers & Gifts

Vote for us and make us #1 again this year!

765-362-3496
 115 E Main Street • Crawfordsville

WILSON'S
autotech
 SINCE 1987

Help us become #1 in the county!

2008 Indianapolis Road • Crawfordsville
 765-362-1089

ALAMO CHRISTIAN CHURCH

SUNDAY CHURCH SERVICE: 10:30 AM

Thank you friends and neighbors for voting for us. God Bless You!

765-866-7021
 208 MADISON STREET • ALAMO, IN

DUTCHER TRENCHING INC.

765-362-3308

Consider voting for us as your favorite!

Sewer/Septic Install & Cleaning - Grease Trap Cleanout
 Risers - Lift Pumps - Rooster & High Pressure Jetting Service
 IOWPA Septic Inspections - Camera Service - Locator Service
 IOWPA Certified and Licensed for the state of Indiana

"Award Winning Customer Service"

DTP
 Entertainment
 Mobile DJ Service

765-592-1644

Please vote for me!
 I'm one of the best in Central Indiana!

CRAWFORDSVILLE
OUTDOOR
 Complete Outdoor Maintenance

You voted me #1 last year, vote #1 for me again this year!

www.crawfordsvilleoutdoor.com
 765-401-6000

Vote us #1
Montgomery County!

808 Lafayette Road • Crawfordsville
 765-362-1900

Burkhart Funeral Home

Vote us #1
Montgomery County!

201 West Wabash Ave. • Crawfordsville
 (765) 362-5510

PRKD PROPERTIES, INC.

VOTE FOR US

HAIRLOOM

Enjoyed working in the business for 40 years and looking forward to many more!

765-362-8064
 515 Wallace Avenue Suite B • Crawfordsville

CRAWFORDSVILLE
HOMETOWN DENTAL

Vote for us
Montgomery County!

510 E Market St. Crawfordsville
 (765) 362-6692

Let us be your #1 store in Montgomery County!

Advance Auto Parts

189 E. South Blvd. • 765-362-5201

Classifieds

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

Deadlines for next-day publication:
 Monday - Friday 9 a.m. to 4 p.m. | 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

Buy, Sell, Rent, Lease.
 THE PAPER classifieds.

DISH Network. \$59.99 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

DIRECTV - Switch and Save! \$39.99/month. Select All-Included Package. 155 Channels. 1000s of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels, FREE for 3 mos! Call 1-888-885-8931

Earthlink High Speed Internet. As Low As \$14.95/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

ENJOY 100% guaranteed, delivered-to-the-door Omaha Steaks! Get 4 FREE Burgers Order The Griller's Bundle - ONLY \$79.99. Call 1-844-873-3738 mention code: 63281FHJ or visit www.omahasteaks.com/family671

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

HEARING AIDS!! Buy one/get one FREE! High-quality rechargeable Nano hearing aids priced 90% less than competitors. Nearly invisible! 45 day money back guarantee! 844-932-3007

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 866-770-6849

New Starting Base Pay - .50 cpm w/ option to make .60 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

Moving out of state in the next 30-60 days? Don't get taken for a ride! Moving APT offers a PRICE MATCH GUARANTEE and RISK FREE RESERVATIONS. Carriers are all licensed and bonded. Free quote! Call 1-844-875-1997

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 4 pm 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

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

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

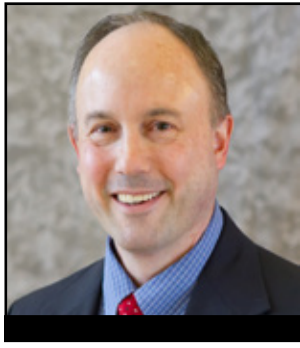
FREON WANTED: We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-313-9840 or visit RefrigerantFinders.com

The PAPER of Montgomery County

Visit us online:
thepaper24-7.com

Basic Prevention and Treatments For Insomnia Problems

I want to follow up on last week's column where I discussed the causes of insomnia and focus on basic prevention and treatments. If the cause of insomnia is not readily identifiable it's helpful to keep a sleep diary for 2-4 weeks to share with your doctor. It should include sleep and wake times, naps, and actual time spent sleeping. You can download a blank sleep diary at bit.ly/3jmKsEU.



JOHN R. ROBERTS, M.D.

If you find you can't sleep after 15-20 minutes, get out of bed again and repeat the process. You may have to do this numerous times. However, don't be tempted to sleep in the following day – the total hours you spend in bed should remain about the same each day.

It's important to have a ritual before going to bed. This should include quiet "wind down" time for at least 30 minutes before retiring. Some say a warm bath or shower two hours before bedtime can be helpful. A light, non-fatty snack may also promote drowsiness.

While it is also very important to try and maintain a consistent bedtime, it appears that a consistent wake time is even more important. This is extremely difficult for folks that may work nights Monday through Friday who are then off on the weekends. They need to try and main-

tain the same schedule as closely as possible and get the same total number of hours of sleep that they get while working nights.

A tip for night workers is to put on dark wrap-around sunglasses before leaving the workplace and wear them until you get in a dark room at home. This helps to keep the brain's daytime switch from being turned on and allows you to get to sleep more easily.

If you're still having trouble sleeping, it can be helpful to meet with a therapist to discuss relaxation therapy. Prayer and meditation are also commonly used to help the brain relax.

I touched on medications last week, but I want to briefly mention drugs that frequently cause insomnia. Caffeine can stay in the system for up to eight hours so don't consume it within eight hours of bedtime if you're having trouble sleeping. Cold medications

containing pseudoephedrine (Sudafed®) keep the brain awake. Nicotine is also a stimulant, so if you're a smoker, you should discuss quitting with your doctor. Alcohol is the last thing you want to consume if you're having trouble with insomnia; it prevents the brain from getting into the deep stages of sleep.

There are some natural products, particularly melatonin, that can help some people. It's important to start at a low dose, perhaps ½ to 1 mg, and to take it at least two hours before bedtime. Prescription sleep medications should be the absolute last resort for treating insomnia. These medications only provide a few extra minutes of sleep. They are all very addictive and may cause unwanted or dangerous side effects in some people, particularly the elderly.

An excellent resource for more information on

insomnia can be found at bit.ly/39XAkPC. I also recommend two books you can find at Amazon: *The Sleep Solution: Why Your Sleep is Broken and How to Fix It* by Dr. Chris Winter, and *How to Sleep: The New Science-Based Solutions for Sleeping Through the Night* by Dr. Rafael Pelayo.

Cognitive Behavioral Therapy for Insomnia (CBT-i) is very effective for treatment of chronic insomnia. Finding a therapist in your area that performs CBT-I can sometimes be challenging. Some of my patients have received good results from using CBT-i Coach, an app for smart phones. There is also a popular online course for CBT-I: www.myshuti.com.

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.

Visit us online at ThePaper24-7.com

ZAHN'S FLOOR COVERING
Vote us #1, help us FLOOR the competition!
310 N. GREEN STREET • CRAWFORDSVILLE

The Lane House
Vote us #1 in Elder Care!
765-362-0007

GAMBLE RICHARDSON CPA
Vote for us Montgomery County Make us #1
765-362-1040

Jack's DONUTS
DONUT forget to vote us #1!
1550 S Washington St. Crawfordsville 765-307-4073

THE BRIDGEWATER CLUB
3535 EAST 161ST STREET CARMEL, IN 46033
WWW.THEBRIDGEWATERCLUB.COM
317-399-2449
VOTE US #1 BANQUET FACILITY!

KNUTH Heating & Cooling
Vote for us Montgomery County
765-307-2133 505 S Walnut St. Crawfordsville

PUBLIC NOTICES

MONTGOMERY COUNTY BOARD OF COMMISSIONERS NOTICE TO TAXPAYERS OF HEARING ON RE-ESTABLISHMENT OF CUMULATIVE BRIDGE FUND
Notice is hereby given to the taxpayers of Montgomery County, Indiana that the Montgomery County Board of Commissioners will consider at Room 103 of the Montgomery County Courthouse, 100 East Main Street, Crawfordsville, Indiana at 8 o'clock a.m. on February 14, 2022, the re-establishment of the Cumulative Bridge Fund under the provisions of Indiana Code §8-16-3 for the following purposes: the construction, repair, maintenance and inspection of bridges in Montgomery County.
If accommodations are required to attend this meeting, please contact Auditor Jennifer Andel at 765-364-6403.
The tax will be levied on all taxable real and personal property in Montgomery County and will not exceed \$0.075 per \$100 of assessed valuation. The proposed tax will be levied beginning with taxes due and payable in the year 2023. Taxpayers appearing at this public hearing will have the right to be heard on this issue. The proposal to re-establish the Cumulative Bridge Fund is subject to approval by the Department of Local Government Finance.
Within thirty (30) days of the adoption of the ordinance re-establishing the Cumulative Bridge Fund by the Board of Commissioners of Montgomery County, Montgomery County will publish a Notice of Adoption. Upon publication of the Notice of Adoption, ten (10) or more taxpayers in the taxing district (Montgomery County) may file a petition with the County Auditor not later than 12 noon thirty (30) days after the publication of the Notice of Adoption setting forth their objections to the proposed fund.
Dated this 24th day of January, 2022.
Board of Commissioners of Montgomery County, Indiana
PL4255 1/31 2/7 2t hspaxlp

Always playing a great song!
Make a note to vote us #1!
WCDQ WIMC WCVL
765-362-8200

THE HOME DEPOT
Make us your #1 favorite hardware store in Montgomery County!
1710 US S • Crawfordsville 765-361-9306

Moore's Jewelry & Repair
765-362-7776
111 W Market St • Crawfordsville

Vote us to be #1
LITTLE MOUNTIE PRESCHOOL
3548 South County Road 775 • New Ross 765-362-0642

MONTGOMERY COUNTY BOARD OF COMMISSIONERS NOTICE TO TAXPAYERS OF HEARING ON RE-ESTABLISHMENT OF CUMULATIVE CAPITAL DEVELOPMENT FUND
Notice is hereby given to the taxpayers of Montgomery County, Indiana that the Montgomery County Board of Commissioners will consider at Room 103 of the Montgomery County Courthouse, 100 East Main Street, Crawfordsville, Indiana at 8 o'clock a.m. on February 14, 2022, the re-establishment of the Cumulative Capital Development Fund under the provisions of Indiana Code §36-9-14.5 for the following purposes: construction, remodeling and repair of the courthouse, construction, repair, remodeling, enlargement of and payment for a county jail or juvenile detention facility, the purchase, lease or payment of all or part of the motor vehicles for the community corrections program, purchase, construction and maintenance of public buildings and equipment therefor, acquisition of land and improvements that are necessary for construction of public buildings, for the demolition of any improvements on land to be acquired to level grade and prepare land for construction of a public building, provide funds for a cumulative drainage fund, acquire land or rights-of-way to be used for public ways or sidewalks, construction and maintenance of public ways or sidewalks, acquire land or rights-of-way for the construction of sanitary sewers or storm sewers, or both, to construct or maintain sanitary sewers or storm sewers or both, to purchase, lease or pay for all or part of a utility, to acquire, by purchase or lease, land, buildings or rights-of-way for the use of any utility that is acquired or owned by the County, to purchase or acquire land, with or without buildings, for park or recreational purposes, to purchase, lease or pay all or part of the purchase price of motor vehicles for the use of any combination of the police, community corrections program or fire department, to retire in whole or part or in part any general obligation bonds of the County, to purchase or lease equipment and other non-consumable personal property needed for any public transportation use, to purchase or lease equipment to be used to illuminate a public way or sidewalk, to purchase, lease, upgrade, maintain or repair computer hardware, computer software, wiring and computer networks, communication access systems used to connect with computer networks or electronic gateways, to pay for the services of full-time or part-time computer maintenance employees, to conduct nonrecurring in-service technology training of employees, and to purchase body armor for active members of the County police department.
If accommodations are required to attend this meeting, please contact Auditor Jennifer Andel at 765-364-6403.
The tax will be levied on all taxable real and personal property in Montgomery County and will not exceed \$0.0333 per \$100 of assessed valuation. The proposed tax will be levied beginning with taxes for 2022 which are due and payable in the year 2023. Taxpayers appearing at this public hearing will have the right to be heard on this issue. The proposal to re-establish the Cumulative Capital Development Fund is subject to approval by the Department of Local Government Finance.
Within thirty (30) days of the adoption of the ordinance re-establishing the Cumulative Capital Development Fund by the Board of Commissioners of Montgomery County, Montgomery County will publish a Notice of Adoption. Upon publication of the Notice of Adoption, fifty (50) or more taxpayers in the taxing district (Montgomery County) may file a petition with the County Auditor not later than 12 noon thirty (30) days after the publication of the Notice of Adoption setting forth their objections to the proposed fund.
Dated this 24th day of January, 2022.
Board of Commissioners of Montgomery County, Indiana
PL4254 1/31 2/7 2t hspaxlp

Stevenson's ACE Hardware
VOTE FOR US, YOUR #1 HARDWARE STORE IN MONTGOMERY COUNTY
(765) 362-5800
1812 US 231 S • CRAWFORDSVILLE
WWW.STEVENSONSHARDWARE.COM

HUNT & SON FUNERAL HOME
Let us be your #1 Montgomery County
107 N Grant Ave. • Crawfordsville 765-362-0440
www.huntandson.com

VOTE FOR NAPA NAPA KNOW HOW!
765-362-3840
200 W Market St. Crawfordsville

Vote for us Montgomery County!
CARPENTER'S BARBER SHOP
191 E South Blvd • Crawfordsville (765) 362-9837

Vote Now • Vote Often
Vote for your favorite business!
Readers' Choice Awards 2022
Vote Online at thepaper24-7.com
Readers' Choice Winner!



Photo courtesy of BMW

2022 BMW M440i Shows A Nose For High Style, Rapid Travel

We all make questionable fashion choices. For me, it's an old sweater from high school and a certain pair of shoes even my family can't stand. For the 2022 BMW M440i, it might be its giant schnoz that looks menacing, but also suggests it may be sucking a sour tart. Hopefully a little time will make all of these flourishes seem fashion forward and not faux pas. Besides, it's easy to forgive a little fashion foray when the rest of your action is on-point.

BMW's 3- and 4-Series cars encompass three bodystyles: A proper sedan, two-door coupe, and the five-door "Gran Coupe". I used to wonder what's the point of a five-door coupe. Isn't that what we used to call a hatchback? While rear seat headroom is compromised with the fastback roofline, it does offer four real doors and plenty of

room for luggage beneath the powered hatch. It does have a certain panache and practicality.

That last one came in handy when my family decided to get away from the cold and spend a few days inside Abe Martin Lodge at Brown County State Park near Nashville, Indiana. My daughter enjoyed the indoor water park with slide and lazy river while I enjoyed the drive getting there...after we spent a few moments pondering the car's styling.

The tall double kidney grille is flanked by quad headlamps over an angry lower fascia. Viewing from the side, you see what my co-worker appreciated. A suggestively sculpted hood and broad shoulders underline the Gran Coupe's fastback roofline and a take on the windowline's classic Hofmeister kink. Red brake calipers behind 19" alloy

wheels and thin rear spoiler add a sense of dignified pace.

It was seven degrees when we headed out. I don't know how anybody gets by without heated seats, a heated steering wheel, and tri-zone automatic climate control. Though, it seems BMW could add power seats. Elegance was revived by open pore oak wood trim, thick leather-wrapped M steering wheel, and stitched dash coverings.

I used to despise BMW's iDrive infotainment system with its console joywheel and confusing menus, but the latest version is tolerable. Menus are more intuitive and the system can be controlled via dash touchscreen - made easier with Apple CarPlay and Android Auto. I just connected my phone, cranked up the billowing Harman

Kardon audio system, and tried to ignore my daughter tap-tapping away in the back.

Finding open road, I stepped firmly into the 3.0-liter turbo-charged inline six-cylinder engine and surged forward on 382 horsepower and 368 lb.-ft. of torque. BMW claims it runs 0-60 mph in just 4.4 seconds on its way to a 130 mph top speed. I have no doubt. It's fast. Even with auto stop-start and a 48v mild hybrid system, fuel economy is rated just 22/29-MPG city/highway.

Snow fell on the way to the inn, but there was no need to worry since BMW's xDrive all-wheel-drive system made the most of the

2022 BMW M440i Gran Coupe

5-passengers, AWD Coupe
 Powertrain: 3.0-L T16, 8-spd trans
 Output: 382hp/368 lb.-ft.
 Suspension f/r: Ind/Ind
 Wheels f/r: 19"/19"
 Brakes f/r: disc/disc
 Must-have features: Performance, Style
 Fuel economy: 22/29-MPG city/hwy
 Assembly: Dingolfing, Germany
 Base/as-tested price: \$45,200/\$67,520

all-season tires. Even when I hit a slick spot exiting the Interstate, the stability control system grabbed it as xDrive shifted torque between wheels. The drive gave me a chance to press through the different drive modes that configure the steering heft and throttle response for Eco, Comfort, or Sport.

It's OK to make questionable fashion choices... if you also bring the goods. And, the BMW M440i Gran Coupe does. It's fast,



CASEY WILLIAMS
Auto Reviews

comfortable, and elegantly crafted. And, it's not the first time BMW fitted tall kidneys to a car. It did so way back in the 1930s. It's plenty stylish, but not cheap. Base models start at \$45,200, but came to a lofty \$67,520 as tested. Competitors include the Audi A5 Sportback, Genesis G70, and Mercedes-Benz CLA. Storm Forward!

Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @AutoCasey.

Getting Out Of The Jungle



Carrie Classon
Columnist

Want MORE?

Carrie Classon's memoir, "Blue Yarn: A Memoir About Loss, Letting Go, & What Happens Next" is available at Amazon, Barnes and Noble, and other fine stores. Learn more at CarrieClasson.com.

In my dream, the jungle was thick and dark.

There was a river running through it and I was on a small raft, careening down it. The current was flowing fast in the center and I wanted to steer closer to the banks, but the jungle was filled with monsters—prehistoric creatures that roared when they saw my little raft tumbling in the water. I never saw them clearly, but could sense their large presence. They reared their giant heads as I went by. The branches of the trees thrashed as they moved just out of sight.

Then, up ahead, I saw huge stones in the center of the river. I feared I would smash my makeshift raft to bits. I steered closer to the bank until my raft was very close to the river's edge.

Suddenly, a huge arm reached out of the jungle. It was gray and covered in scales with long claws and I was easily within reach.

I woke with a start. Peter was sleeping. I grabbed him.

"What's the matter?" he asked groggily.

I tried to explain about the monsters that were like dinosaurs and the river that was flowing too fast for me

to navigate the rickety raft and the rocks ahead.

"Wasn't I there?" he asked.

"No!"

He wasn't there. But as he fell back to sleep, I knew he thought he should have been. If he had been there, we would have evaded those monsters. Next time, he would make a point of being on the raft.

Being married comes with a lot of responsibilities they don't tell you about.

We are now in Mexico and, after weeks of feeling good, Peter's back went out again last night. He felt worse than he'd ever felt before. I didn't know what we should do. Stay where we were? Continue to our destination? Return home?

"I can't think clearly enough to decide. Let's do what you think is best," Peter said.

"Let's go!" I said. We packed up in minutes, caught a shuttle, and headed to our final stop, an hour and a half away.

I explained to our driver, Ricardo, in my childlike Spanish that my husband had "terrible pain of the spine" and he looked on sympathetically.

We had almost made it

to our destination when Ricardo asked if we would like to stop at a pharmacy. The only thing that had helped Peter before was a short course of steroids. I figured it couldn't hurt to ask. So I launched into my small-child Spanish again, asking the pharmacist if it was "possible to buy prednisona."

"What strength?" she wanted to know. "And how much?" This was beyond my abilities to communicate, so she just brought out the boxes and laid them on the counter.

By nightfall Peter was feeling a bit better, and today he is up and cooking beans. He will see another doctor when we get home, because he cannot live like this—always in fear of monsters jumping out of the jungle. But I am so glad he is better today.

"I am not very good at taking care of you," I said, because I'm not.

I have no experience caring for people who are ill or in pain. I don't know what to say or do. I feel helpless and useless and frustrated—none of which makes me much of a Florence Nightingale.

But I was able to speak enough Spanish to get some help. I got our raft a little closer to the center of the river and now we are picking up speed.

Till next time,
Carrie

Carrie Classon's memoir is called "Blue Yarn." Learn more at CarrieClasson.com.

CRASH From Page A1

ed at Franciscan Hospital in Crawfordsville. There were no passengers in either vehicle.

Due to the age of the victim, the sheriff's office will not be releasing the name of the deceased at this time.

Preliminary investigation shows that the Buick Lacrosse was travelling

east on State Road 32 when for an unknown reason crossed the center lane of travel and collided with the Freightliner semi that was traveling west. The roadway at the time of the crash was covered in snow and slush.

A crash reconstructionist from the sheriff's office was called to

the scene and the crash remains under investigation.

The Montgomery County Sheriff's Office was assisted at the scene by the Crawfordsville Fire Department, Montgomery County Coroner, Boone County Sheriff's Office and Wilson's Towing.

Thanks for reading
The Paper!

exp REALTY
FOR SALE
 Clark Dale
 765.918.1773
william.dale@exprealty.com



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS

The Paper
OF MONTGOMERY COUNTY

SUBSCRIBE TODAY!

361-0100

The **PAPER** of Montgomery County

Visit us online:

thepaper24-7.com