

TODAY'S VERSE

1 Corinthians 4:5 Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.



People who call our community their own.



Emma Wemer, owner of SimplySkin on Main Street in Crawfordsville, smiles in her shop before giving our photographer a wonderful facial. Thanks for the smile (and facial), Emma!

THREE THINGS You Should Know:

Beef & Boards Dinner Theatre is looking to cast the young performer roles in its upcoming production of Disney's Mary Poppins. Roles to be cast are Jane Banks and Michael Banks. Those interested should email a photo and resume to auditions@beefandboards. com. Audition/callback will be announced at a later date.

Heather Hogarty, a shepherdess in Northumber-Iand, U.K., was showing off her newborn lamb for the cameras recently. The lamb was born with five legs but the extra limb doesn't seem to bother it. And Heather says it is quite healthy. Although it's a one-in-a-million occurrence, ten years ago one of her sheep gave birth to a fivelegged lamb called Quinto and had a long and healthy life.



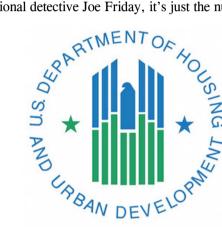


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CRAWFORDSVILLE, INDIANA

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 extra-

neous 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!



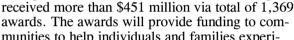
the countdown to the 106th Running of the Indianapolis 500 presented by Gainbridge as the highly anticipated blue envelopes featuring Race Day tickets are mailed out. The initial ticket mailing of more than 150,000 tickets includes shipments to all 50 U.S. states, the District of Columbia and 36 countries around the world as race fans eagerly await Indy 500 Race Day on Sunday, May 29.



Walgreens has donated \$25,000 to the Children's

Organ Transplant Association (COTA) to provide medication grant support for families facing a life-saving transplant. These funds will be used to

provide financial assistance to transplant patients



awards. The awards will provide funding to communities to help individuals and families experiencing homelessness move into permanent housing with access to supportive services, with the overarching goal of long-term stability.

more than \$29 million via 95 Continuum of Care

and service organizations to address homelessness

throughout the state. In total, the Midwest Region

(CoC) Competition Awards to Indiana housing



House Enrolled Act 1002 phases down Indiana's income-tax rate to 2.9%, tied for the lowest rate in the nation, and could save Hoosier taxpayers up to \$1 billion once fully implemented. This phased-in tax reduction is contingent on state revenue continuing to grow, ensuring we are continuing to practice fiscal responsibility. Hoosiers will also benefit from HEA 1002 repealing Indiana's utility receipt tax in an effort to help combat rising utility costs.



The Indiana Department of Transportation announced today that \$162 million in federal transportation funding is being awarded to 50 cities, towns, and counties in rural portions of Indiana. The funding will help these communities to invest in local road and bridge improvements and sidewalk projects.



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Wacky Holiday Today • World Down Syndrome Day • National Flower Day



What Happened **On This Day** • 1970 Earth Day is celebrated for the first time • 1943 A plot to assassinate Adolf Hitler by suicide bomb fails







Indianapolis 500 fans across the globe will soon see

another milestone in

This week,

HUD granted

undergo a renovation from March 21 through 2024. The work will increase opportunities for waterfowl hunters, anglers, and trappers; create more wildlife viewing opportunities: and establish new or improved habitat for rare and endangered wildlife. Past renovations have occurred about every 12 years. with the last being done in 2003. Because J.C. Murphey Lake was constructed, as opposed to being a natural lake, it will always require adjustments to mimic natural cycles that provide optimum habitat for fish and wildlife.

nd their families who need additional support to manage prescription drug costs.

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

> 378 How many Hosiers have

died because of this pandemic.

Number of 650 COVID-19

cases found so far in Montgomery County, according to the State Health Department.

How many peo-ple in Montgomery County who have lost their lives to the pandemic.

79,486,762

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

966.575

How many Americans have lost their lives to the pandemic

Births On This Day 1960 Ayrton Senna Brazilian race car driver • 1940 Solomon Burke

American singer-songwriter

Deaths On This Day

- 1656 James Ussher Irish archbishop
- 1843 Guadalupe Victoria Mexican politician, 1st President of Mexico

HONEST HOOSIER

Hail to the Semi-State Champs! On to the finals!



INSIDE **TODAY'S EDITION**

Public Notices......A4 Classifieds.....A3 Beltone.....A2

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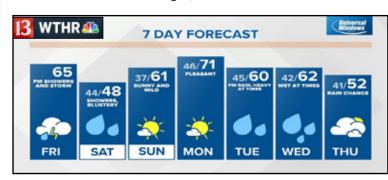
Be sure to make some time Sunday morning with a steaming cup of coffee, a comfy place to sit and your tablet so you can read The Paper's Sunday Edition. Not a current Sunday subscriber? Then go to our website and sign up! You can get The Paper delivered piping hot and fresh to your e-mailbox every morning 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

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." Martin Luther King Jr.,

🗢 TODAY'S JOKE

What's red and smells like blue paint? Why red paint, silly!



TODAY'S HEALTH TIP

A recent study found formula-fed infants who start on solids prior to four months of age are six times more likely to develop obesity by age three. 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 NONE



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





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PAGE A2 Monday, March 21, 2022

Super Bonito



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.



ed tentatively as I made my way to the mirror in the little shop. I was in the

in San Miguel de Allende, Mexico, where they sell everything imaginable-and quite a few things I had never imagined. I was wearing a dress that had been hanging on a rack outside a tiny shop in the market. It was in

my favorite colors. I've been collecting "my" colors, various shades of blue and green. It started with the bracelets. I bought a turquoise

one for a few pesos and then I found another one that matched. Then another. Then another. None of them has cost more than a couple of dollars and, at this writing, I have eight bracelets around my wrist. Maybe it's a bit too much. But I get happy every time I look at my wrist, so maybe it isn't.

My husband, Peter, and I are now settled into a little apartment for the month. It is certainly not fancy. I look at the photos of friends staying in vacation resorts and they probably wouldn't think much of our lifestyle here. I am sitting at a little desk made of Formica that looks out on a sunny brick wall covered with smiling ceramic suns. I have sunflowers on my desk. Peter is keeping me supplied with coffee (as he always does) and I am writing (as I always am). I think that is why we like it here so much—we are living very much as we always do, just in a different place. And I also think it is why I am constantly buzzing through the artisan market, dipping into little shops along the way, looking for my colors. I'm like a bird feathering her nest. I bring back woven napkins and potholders and a bright blue apron with vellow flowers embroidered on the front. Peter is a regular at the chicken roasting shop where dozens of chickens turn on a rotisserie. When he takes too long fumbling with his pesos, the woman who

Photo courtesy of Carrie Classon

roasts the chickens grabs the money out of his hand, takes what she needs, and returns the wad to him. She is not about to burn her chickens waiting for Peter.

Today is our seventh anniversary and we are celebrating it in the best way possible—by living our life the way we do every other day. Peter is going for his hike in the botanical garden. I am writing and drinking coffee. Later, we will go out for lunch at a rooftop restaurant. The view is wonderful and the weather is fine and, from our vantage point, we can see a cactus that has somehow managed to take root right on the dome of the church roof across the street. The cactus must be nearly 6 feet tall. It is amazing.

I plan to wear my new dress to lunch.

"Maybe I'm a little old for this dress?" I said to the shopkeeper, who I knew would say no. "No!" she said on cue. "Bonito!" said a customer, unprompted, as I looked skeptically at the rather skimpy blue and green dress in the mirror. "Super bonito!" the shopkeeper agreed. That is when I decided I would buy the dress. I've had pretty dresses before, but never one that was "super bonito." Our anniversary today will be another ordinary day that will be perfect because it is not special. It will be perfect because it will be more of the same. It will be super bonito. Till next time, Carrie

Howey On The War And The Press

The Russian invasion of Ukraine has once more brought journalists to the front lines, in Kyiv, Odessa, and even Moscow. Freelancer Brent Renaud, Fox News videographer Pierre Zakrzewski and Fox News consultant Oleksandra "Sasha" Kuvshynova were killed by snipers and shells, while Fox correspondent Benjamin Hall was injured.

And in the belly of the beast, a television producer named Marina Ovsyannikova burst onto a live broadcast Monday on the Kremlin's Channel 1, holding a sign reading 'Stop the war! They're lying to you here." It was witnessed by millions of Russian viewers. She was quickly arrested, fined about \$300 after a court appearance on Tuesday, but could face 15 years in prison for this act of civil disobedience.

I got a lesson in the difference between American and Russian journalists on my 2007 trip with Sen. Richard Lugar to Moscow. He and Sam Nunn went to the Foreign Ministry Building to meet with Russian Foreign Minister Sergei Lavrov. We entered huge, heavy metal doors adorned with the Soviet-era hammer and sickle emblem and went up to the fifth floor. Down the hallway were framed portraits of Soviet era ministers – Trotsky, Molotov, Gromyko. I was warned by a U.S. State Department official not to take any photos in the hallway. Valuing my Nikon, I obeyed.

American and Russian press gathered around a large conference table



BRIAN HOWEY HOWEY POLITICS

where Lugar and Nunn sat face to face with Lavrov for a photo spray. After a few minutes, Lavrov clicked his thumb and fingers, and our Russian media counterparts suddenly packed up and left on the cue. The American journalists stood in place. That moment crystallized for me the vast differences between free America and this autocratic regime that has reimposed a new Iron Curtain.

Preparing for this trip, I read Anna Politkovskaya's book, "Putin's Russia," published in 2004, with much of the focus on Russia's "dirty war" in Chechnya. We didn't understand at the time that Putin's decimation of Grozny was a preview to the destruction of cosmopolitan Kyiv and other cities we are witnessing today. Politkovskaya was murdered by Putin's henchmen two years later, one of dozens of Russian journalists to meet such a fate.

In the foreward to Politkovskaya's book, Anne Applebaum of The Atlantic observed, "At the time of her murder ... she was at the pinnacle of her influence. She was proof and more is always needed - that there is still nothing quite so powerful as the

written word."

For the past two weeks, half of the world has been watching Putin's genocidal war on cable and nightly news as well as social media. We witnessed the pregnant woman being carried from a bombed maternity hospital in Mariupol, or the Ukrainian family killed at an Irpin intersection, the work of New York Times photographer Lynsey Addario, herself dodging shells and bullets.

It prompted me to revisit the legacy of Hoosier war correspondent Ernie Pyle, who for three years documented America in World War II. Pyle was killed by a sniper a few weeks before World War II ended in August 1945.

In Fort Wayne native Dave Nichols' book "Ernie's War," legendary Chicago journalist Studs Terkel wrote in the foreward, "Ernie Pyle covered World War II the way the way the infantry soldier fought it: On the ground and on the move, subject to fear, filth and the capricious fates that dealt death to one man, life to another. Pyle also explained (and decried) the moral changes the war forced upon its participants, the rapid conversion of the boy next door into a trained and enthusiastic killer."

That is what ordinary Ukrainian men and women are turning to over the past two weeks. In February, they were leading normal lives; now many are dropping their kids off at the Polish border and returning to fight for freedom and democracy. Pyle described a fellow

Hoosier named Tommy Clayton, who found himself under fire one moonlit night in the days following the D-Day invasion of Normandy. "All his experiences seemed to have no effect on this mild soldier from Indiana, except perhaps to make him even quieter than before," Pyle observed. "The worst experience of all is just the accumulated blur, and the hurting vagueness of being too long in the lines, the everlasting alertness, the noise and fear, the cell-by-cell exhaustion, the thinning of the surrounding ranks as day follows nameless day. And the constant march into eternity of one's own small quota of chances for survival.

Pyle described the "vacuum left behind" the battlefield after the war had moved on: "From all these things we could tell that the battle had been recent - from these and from the men so newly dead that they seemed to be merely asleep. An amateur who wandered into this vacuum at the rear of a battle had a terrible sense of loneliness. Everything was dead - the men, the machines, the animals - and he alone was left alive."

We are in for a riveting couple of months as Putin's war decimates Ukraine and, perhaps, his own regime, perhaps because of the brave audacity of people like Marina Ovsyannikova. There will be brave and dedicated journalists there, telling the stories of our time.

The columnist is publisher of Howey Politics Indiana at www.howeypolitics.com

Carnegie Museum To Open New Exhibit Celebrating 200 Years Of Montgomery County Schools

of Montgomery County is pleased to announce the upcoming opening of its 2022 annual exhibit, From Slate to Tablet: 200 Years of Education in Montgomery County. The exhibit will open with a public reception from 4:00 to 6:00 p.m. on Wednesday, March 23. Light refreshments will be provided. In celebration of Montgomery County's bicentennial, From Slate to Tablet will walk visitors

The Carnegie Museum from the earliest schools in the county to one room school houses to consolidations to e-learning. The exhibit will be a nostalgic mix of the distant and more recent past. Did your great-grandparents use a writing slate to do their schoolwork? We have one of those! Did you or your parents rock custom senior cords in high school? We have dozens on display! Did your children learn remotely during 2020? We'll talk about that, too!

In addition to information about the county's rich school history, visitors can see artifacts from the area's schools, including yearbooks, diplomas, basketball memorabilia, and our ever-popular collection of senior cords, letter sweaters, and varsity jackets. Visitors of all ages can participate in many hands-on activities. Share stories about your favorite teachers, design your own pair of senior cords, and create a cus-

tom bookmark to commemorate your school days. Come celebrate Montgomery County's 200th birthday and learn about its deep history at the Carnegie Museum. The Carnegie Museum is located at 222 S. Washington Street, Crawfordsville. Admission is free, and the museum is wheelchair and stroller accessible. The Carnegie Museum is open Wednesday-Saturday, 10:00 a.m. to 5:00 p.m.

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Carrie Classon's memoir is called "Blue Yarn." Learn



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Holcomb, Sec. Chambers To Foster International Business Opportunities In Slovakia, Israel

Governor Eric J. Holcomb, Adjutant General R. Dale Lyles and Secretary of Commerce Brad Chambers will lead an economic development trip to Slovakia and Israel beginning March 27, building on the governor's focus of increasing Indiana's international engagement and cultivating new business relationships and people-to-people ties in central Europe and the Middle East. While encouraging collaborative opportunities to advance innovation, investment and bolster strategic relationships, the delegation will show humanitarian support during a critical time for the geopolitical situation in the region.

"Secretary Chambers and I are energized to strengthen relationships with global leaders and job creators while forging new partnerships to advance economic growth and further diversify our



Governor Holcomb

dynamic economy," said Gov. Holcomb. "This visit also provides an opportunity to do what's right and offer Hoosier support through humanitarian efforts to the Ukrainians who have found refuge in Slovakia and the greater region. As Hoosiers we continue to do our part from Indiana, but we have an opportunity to prove our support and commitment to Ukrainians whose lives are being directly impacted by the Russian invasion."

Gov. Holcomb, Sec. Chambers, Adjutant

General Lyles and First Lady Janet Holcomb will depart for Slovakia on Sunday, March 27, and finish the trip in Israel, returning to Indiana on Saturday, April 2. This trip comes weeks ahead of Indiana hosting the inaugural Global Economic Summit, which will welcome delegations from both Slovakia and Israel. The delegation will build on Indiana-Slovakia and Indiana-Israel ties and help inspire future economic partnerships, propel innovation and advance the global economy. Adjutant General Lyles representing the Indiana National Guard will reinforce its partnership with and support of Slovakia and Israel. The First Lady will support the economic development and humanitarian aspects of the trip while also strengthening cultural ties. In 2018, Gov. Holcomb and the

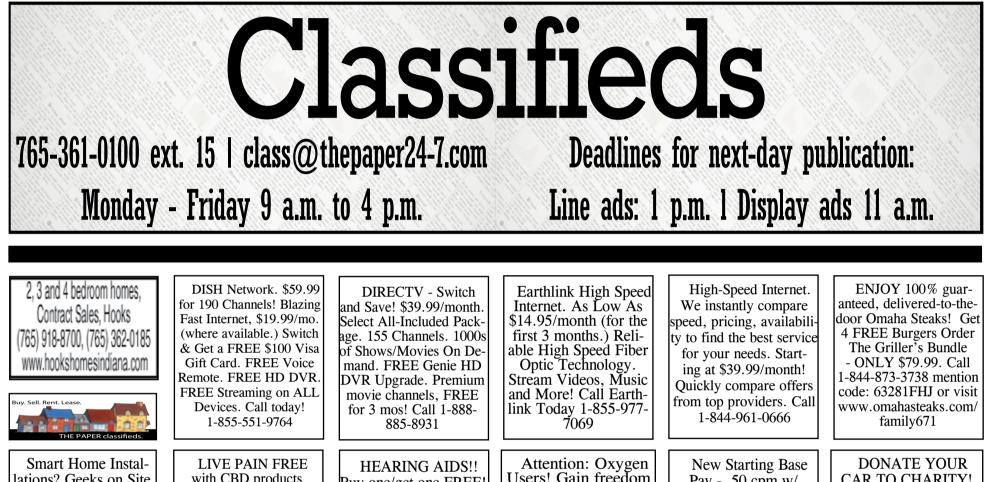
Slovak Minister of Economy signed a memorandum of understanding (MOU) that shares best practices and identifies opportunities to partner in advanced manufacturing, defense, automotive, energy, agriculture technology, information technology and cybersecurity. Also in 2018, through an MOU between the IEDC and the Israel Innovation Authority, Indiana and Israel continue working to identify 21st century challenges in agbiosciences, life sciences, technology and cybersecurity and connecting respective companies to work collaboratively on developing innovative solutions.

Indiana and Slovakia share a growing trade relationship, exporting more than \$1 million worth of goods to Slovakia including chemicals, computer and electronic products, machinery, petroleum and coal

products, and transportation equipment. Slovakia is also home to several Indiana-based businesses, including Berry Global Group, Eli Lilly and Company and Green Cubes Technology. The Indiana National Guard also shares a more than 25-year partnership with Slovakia through joint military trainings and security cooperation objectives. Additionally, Indiana and Israel share a strong trade relationship, with Indiana being the 4th largest goods exporter to Israel in the Midwest and the 19th largest in the U.S. In 2021, Israel-based renewable energy developer Doral broke ground on one of the largest solar farms in the U.S., phase one of which is expected to bring 1.3 gigawatts of clean energy to Northern Indiana.

In Slovakia, Gov. Holcomb, Sec. Chambers, Adjutant General Lyles

and the First Lady will meet with nongovernment and civil society organizations, to voice Indiana's support of Ukraine and Ukrainian refugees, in partnership with the Indiana National Guard. The delegation will meet with Slovak leadership in Bratislava, Slovakia's capital, to promote Indiana as a top destination for global innovation in economy of the future industries including sustainable energy and Industry 4.0. On March 30 and March 31, the delegation will meet with Israeli leadership in Tel Aviv, Israel, to discuss agbioscience, electric vehicle (EV) mobility, innovation, and start-up/scale-up businesses, particularly in the green economy space, followed by meeting with prospective businesses to grow agtech accelerators and opportunities to encourage future economic cooperation.



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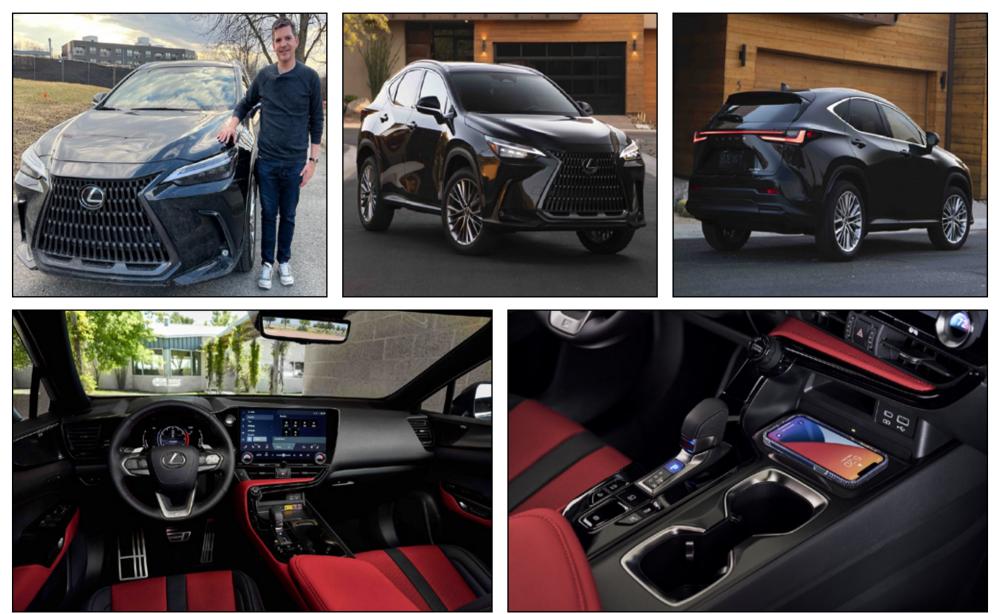
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Photos courtesy of Lexus
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The New 2022 Lexus Nx350 Is A Small Nip Of Luxury

My friends and I are at it again. There is bourbon aging and Kentucky is not far away. How could this go unanswered, especially with a comfy little crossover at our disposal? Whether erasing Interstate, or carving up Kentucky backroads, the 2022 Lexus NX 350 is a small nip of luxury worth savoring.

When we leave Indianapolis, it is spitting snow and threatening ice. The Lexus does not look intimidated wearing its angry wall of spindle grille, slim LED headlamp strings, and bodysides swaggering with bulged fenders and creased sheetmetal over 20" alloys. LEXUS is spelled proudly across its hatchside. It's a larger NX, but also a more confrontational one.

With two and a half hours before our first stop, we slide inside... and immediately smack the heated seat and steering wheel controls. As expected from Lexus, it's pretty lush with black open pore wood, Rioja Red leather, and color-coordinated trim on the doors, console, and dash. Mark Levinson audio saturates our ears. My rear seat mate enjoys greater legroom while an enlarged cargo hold awaits our plunder.

Thankfully, Lexus finally dispensed with its cursed infotainment mouse controller and replaced it with a 14" touchpanel featuring intuitive icons for audio, navigation, and phone. Devices connect through wireless Apple CarPlay, Android Auto, and Wi-Fi. Voice-to-text and wireless charging add conveniences.

By the time we arrive at

with barely a cloud in the sky. We switch to ventilated front seats and open the panoramic sunroof. Fields of blue grass and galloping horses stream by as I crank the NX into curve after undulating curve. The steering is more direct and the suspension takes it in stride, but the brakes need encouragement. This is a Lexus, not a BMW.

My buddy dips his own bottle of Maker's Mark in red wax as we usher a flight of samples to the patio. As the driver, I barely sample any. We could linger near the rick houses all day, but Jim Beam beckons us to Clermont, near Interstate 65. Step on it!

A non-turbo four-cylinder engine and plug-in hybrid are available, but we taste the 2.4-liter turbocharged four-cylIt routes to the all-wheel-drive system through an 8-speed automatic transmission. Lexus claims it will scamp from 0-60 mph in just 6.8 seconds. Quick, but it achieves just 22/29-MPG city/highway and prefers top shelf petrol.

Top shelf also describes the array of safety systems that include automatic emergency braking, lane keep assist, and a 10" head-up display that provides flashing cross traffic alerts and navigation directions. Adaptive cruise and lane centering steering make the long drive less taxing for me.

We have a relaxing lunch at Jim Beam's chefrun restaurant, but time is short and we want to visit

2022 Lexus NX 350

Five-passenger, AWD Crossover Powertrain: 2.4-liter T4, 8-spd trans Output: 275hp/317 lb.-ft. torque Suspension f/r: Ind/Ind Wheels f/r: 20"/20" alloy Brakes f/r: disc/disc Must-have features: Style, Safety 0-60 mph: 6.8s Fuel economy: 22/29 mpg city/hwy Assembly: Japan Base/As-tested price: \$39,925/\$53,340

Pappy Van Winkle's old haunt at Stitzel-Weller, home of Old Fitzgerald. By the time we arrive a half-hour later, temperatures drop twenty degrees as God's angry wind finds us. After a short trip through the gift shop, we blitz through downtown Louisville and back across the Ohio River – where we run into a snow storm that chases us back to Indianapolis.

By the time I swipe at AutoCast open the hatch and expel our haul, we are delighted AutoCasey.



CASEY WILLIAMS Auto Reviews

by this little sip of turbocharged luxury. While you can buy an extraordinary bottle of bourbon for \$60, a base NX costs a swig more at \$39,025. The NX 350 rises from \$42,125 to \$53,340 as tested. Competitors include the Cadillac XT4, Mercedes-Benz GLA, Infiniti QX50, Lincoln Corsair, and Audi Q3. Storm Forward!

Send comments to Casey at AutoCasey@aol.com;

Maker's Mark in Loretto, it's 66 degrees, sunny, inder that delivers a peppy 275 horsepower.

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How To Make Tax Season A Breeze

(StatePoint) While filing taxes can be anxiety-provoking, there's no need to stress. The right digital tools, along with smart strategies can make tax season a breeze:

File Faster

There are many services to help you e-file your taxes, walking you through each step for a quick, painless way to get your tax return faster. In some cases, you may be able to file for free, or for just a small fee. More accurate than paper filing, e-filing through a service such as TurboTax or TaxAct can offer peace of mind for an audit-free tax season.

Watch for Scams

Scammers are known to use seasonal moments like filing taxes in the spring or insurance enrollment in the fall to prey on unsuspecting people, and these scams are on the rise. In fact, recent T-Mobile network data showed over a 116% increase in scam attempts from 2020 to 2021. Here's how to protect yourself:

Be suspicious of unexpected calls. The IRS will

never demand immediate payment over the phone or threaten action from law enforcement. You have the right to dispute any charges with the IRS.

Don't answer unknown numbers. Even if the number on your phone looks legitimate, if you suspect it's a scam, let it go to voicemail. If it sounds too good to be true, it might be a scam. If you need to return the call, don't call the number provided, instead, locate the customer service number online.

Beware of Facebook messages. Scammers can also contact you by email, text and social media. Know that the IRS will never contact you through these channels.

Get scam call protection. Today, most major wireless providers have tools to help customers prevent scam calls. For example, T-Mobile gives customers free scam identification, free scam blocking and free Caller ID with Scam Shield. Scam Shield is built into the heart of the T-Mobile network and updates every six minutes as new threats are detected, keeping customers better protected and identifying or blocking an average 1.8 billion calls monthly. T-Mobile and Metro by T-Mobile customers can download Scam Shield in the Google Play or App Store. Sprint customers can get scam protection through the Call Protect app.

Use Your Tax Return Wisely

Whether you owe the government money or have a tax return coming your way, it's a good time of year to think about where you can make smart budgeting decisions and save. Many people never look at their wireless bill as a place to save money but did you know that switching to T-Mobile from AT&T or Verizon's premium unlimited plans can save a family of four up to \$1,000 per year on service? And not only will you save on your bill, T-Mobile's Magenta and Magenta MAX plans are packed with additional value, including a Netflix subscription and a free year of Paramount + and

Apple TV + as well as free stuff and discounts every week with T-Mobile Tuesdays.

Prefer paying for your wireless service in advance? Consider switching to Metro by T-Mobile, where a family of four on Metro's top plan can save up to \$720annually on service compared to Boost's premium plan. Metro by T-Mobile customers also get more value with T-Mobile Tuesdays, Google One cloud storage included and a free Amazon Prime membership.

And how about a free phone while you're at it? At both T-Mobile and Metro by T-Mobile, you can bring the phone you already love or pick up a free new 5G phone. At T-Mobile, get a free Samsung Galaxy S22 when trading-in an eligible device on Magenta MAX or eligible Sprint plan or get a free Samsung Galaxy A13 5G when you switch to Metro by T-Mobile.

With some smart planning and know-how, you can have a pain-free tax season and financially-savvy year.





sleep is fundamental to your health and happiness. However, for the 10-30% of U.S. adults living with sleep apnea, a good night's rest is not guaranteed.

Obstructive sleep apnea is a respiratory condition where airways narrow during sleep, causing short periods when you're not breathing. Incredibly common, it's estimated that there are millions of Americans with undiagnosed and untreated sleep apnea. Uncontrolled sleep apnea is associated with a number of challenging symptoms, including Excessive Daytime Sleepiness (EDS). This symptom, which can linger even after one begins being treated for sleep apnea, is often described as feeling excessively drowsy. If you experience EDS, you might even fall asleep when you shouldn't. For example, sleepiness at work or while you're watching kids, along with drowsy driving, could put you and others at an increased risk of accidents and injury.

Not everyone being treated for sleep apnea experiences complete symptom relief. This is why the American Lung Association, with support from Jazz Pharmaceuticals, is encouraging the public to recognize their own or a loved one's sleep challenges.

"The first step to better sleep is to share your unresolved symptoms with your healthcare provider. If you are diagnosed with sleep apnea after participating in a sleep study, your doctor will work with you to manage the condition," says Dr. Atul Malhotra, a board-certified pulmonologist, intensivist and research chief of Pulmonary, Critical Care and Sleep Medicine at UC San Diego.

Dr. Malhotra recommends setting up a follow-up appointment within three months after you begin treatment -- or sooner if problems arise, and then on an annual basis after that.

"Unfortunately, some patients continue to experience lingering symptoms," says Dr. Malhotra. "It's important to address these concerns with your doctor."

You'll know if your treatment is working based on how you're feeling. Are you less sleepy during the day? Do you have higher energy levels? Does your bed partner notice less snoring, gasping or sleep disruptions? To help your doctor understand what you're experiencing at your appointment, it's important to distinguish fatigue, which is a lack of energy, from sleepiness, which is an inability to stay awake.

For more information about sleep apnea and EDS visit lung.org.

Everyone deserves the benefits of high-quality sleep. If you have difficulty getting a good night's rest, be sure to talk to your doctor about your symptoms right away.