

➔ TODAY'S VERSE

John 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

➔ FACES OF MONTGOMERY

People who call our community their own.



Elder Bliss and Elder Piper (left to right) smile grandly while carrying out their missionary work for The Church of Jesus Christian. Thank you for your smiles!

➔ THREE THINGS You Should Know:

- Another week, another outing for the seniors and another strong showing. The winning team in the Crawfordsville Senior Golf League shot a red-hot 9-under par. That team consisted of Scott Baker, Dick Baker, Sonny Shelton, Terry Powell and Joe Irvin. Dave Hart, Gerry More, John Lewis, Terry Reed, and Larry Lynch finished in second, one shot back at 8-under par.
- Indiana fishing and hunting licenses are available for purchase. Valid from April 1, 2022, to March 31, 2023.
- A hundred and seven members of the SOS club, Skydivers Over Sixty, from all over the world tried seven times recently to wrest the world record for jumping out of planes in a freefall snowflake formation. The event took place in Riverside County, CA. They almost succeeded but, as Dan Brodsky-Chenfield, president of the club, told reporters: "The formation built perfectly. It was just one person that was out. And that's the trick of doing large formations, is that all 107 people have to have a perfect minute at the same minute." Nevertheless, the sight of so many senior citizens was spectacular. As the saying goes, if at first you don't succeed, try, try again and that is exactly what Mr. Brodsky-Chenfield is going to do - next year.

The Paper

OF MONTGOMERY COUNTY

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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!

\$189m

Lt. Gov. Suzanne Crouch and the Office of Community and Rural Affairs last week announced the Next Level Connections Broadband Grant Program is awarding \$189 million for 154 broadband infrastructure expansion projects across the state in the program's third round. The third round of funding will provide broadband infrastructure to more than 52,900 homes and commercial locations in 80 counties.

Last week Indiana received over \$200 million

\$200m

from tobacco product manufacturers under the Tobacco Master Settlement Agreement. Under this agreement, the state will receive annual payments as long as the tobacco manufacturers continue selling cigarettes in Indiana. The agreement also forbids participating cigarette manufacturers from targeting youth, imposes restrictions on advertising and promotional activities, and product placement in media, branded merchandise, free product samples, and sponsorships.

\$65m

Gov. Eric J. Holcomb and Indiana Department

of Natural Resources Director Dan Bortner last week announced 38 communities and non-profit organizations will receive a combined \$65 million for 77 miles of new trail development as a part of the third round of the Next Level Trails program. With matching funds from applicants, this round is expected to generate total investment of more than \$102 million.

Rural broadband projects

in Senate District 23 will receive a total of \$24,855,778.14 to improve broadband connectivity through the third round of the Next Level Connections Broadband Grant Program, said State Sen. Phil Boots (R-Crawfordsville). Created with support from the General Assembly, the Next Level Broadband Grant Program is the largest single state investment in broadband. In total, rounds one, two and three of the program have awarded \$268 million for broadband infrastructure for more than 74,800 homes and commercial locations. When combined with private and local investment, over \$580 million has been leveraged since 2018. Projects will have been completed in 83 of Indiana's 92 counties through the three rounds of the awards.

\$24.8m

18

Indiana's filing deadline for the 2022-2023 Free Application for Federal Student Aid (FAFSA) was last Monday, April 18. Students and families should submit the form at FAFSA.gov as soon as possible to ensure maximum financial aid consideration. Students need to complete the federal form to be eligible for most financial aid. State financial aid programs such as the 21st Century Scholarship and the Workforce Ready Grant require students to have a current FAFSA on file in order to maintain their scholarship and grant funding. Students should still file the FAFSA if they miss the April 18 deadline. However, once the deadline passes, financial aid funding will only be available on a first-come, first-served basis.

1,696,759

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

10,671

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

80,768,446

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

22,609

How many Hoosiers have died because of this pandemic.

161

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

988,589

How many Americans have lost their lives to the pandemic

The Daily Almanac

Sunrise/Sunset
RISE: 6:55 a.m.
SET: 8:36 p.m.



High/Low Temperatures
High: 62 °F
Low: 56 °F



Wacky Holiday Today

- National Crayola Day
- National Telephone Day
- National Zucchini Bread Day



What Happened On This Day

- 1859 Construction of the Suez Canal begins
- 1953 The double helix structure of DNA described for the first time
- 2011 Largest tornado outbreak ever hits U.S.



Births On This Day

- 1917 Ella Fitzgerald American singer
- 1940 Al Pacino American actor, director

Deaths On This Day

- 1744 Anders Celsius Swedish astronomer
- 2001 Michele Alboreto Italian race car driver

➔ HONEST HOOSIER

Little kids are getting back out on the baseball and softball diamonds. There's just something that feels so right about that.



➔ TODAY'S HEALTH TIP

Sunlight increases your risk of developing cataracts - wear sunglasses that block UVA and UVB. 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

- Carrie Classon..... A2
- Brian Howey..... A2
- Casey Williams..... A3
- John Roberts..... A5
- Spring Cleaning.... A4
- Classifieds..... A5

➔ THE MONTGOMERY MINUTE

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➔ TODAY'S QUOTE

"By working faithfully eight hours a day you may eventually get to be boss and work twelve hours a day"
- Robert Frost

➔ TODAY'S JOKE

What does a sprinter eat before a race?"
"Nothing, they fast!"

➔ OBITUARIES

NONE

The Paper appreciates all our customers. Today, we'd like to personally thank SHERRY WREN for subscribing!



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The Paper
OF MONTGOMERY COUNTY

13 WTHR 7 DAY FORECAST

56/62 RAINY START, COOLER MON	38/55 MAINLY SUNNY AND COOL TUE	34/59 A.M. FROST POSSIBLE WED	35/60 A.M. FROST POSSIBLE THU	48/64 PARTLY SUNNY FRI	50/70 RAIN CHANCE LATE SAT	52/68 BREEZY SUN
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A Very Bad Smell A Hoosier 4/20 Day Like No Other



CARRIE CLASSON
The Postscript

Of course, we should have known something was wrong.

The nice thing about living in our new condo is that we don't have the responsibilities of a stand-alone home. There is no yard to rake, no snow to shovel. There is someone at the front desk who will take in our mail and even water our plants. We were so pleased that we could leave for an extended trip to Mexico without these worries. But then, we got a notice from our electric company that indicated our electric bill was very low. In fact, it was almost nonexistent.

"Well, we're not using any electricity!" I said to my husband, Peter, as he read the notice.

"The refrigerator would still use some," Peter said.

"There must be something wrong with the meter." I try not to invite unnecessary worries. Sometimes this leads to problems. This time, it did.

We were gone a total of 10 weeks. We don't know exactly when the power went out to the refrigerator, but our best guess is that it happened shortly after we left.

We arrived home late at night. "Something smells funny," I told Peter.

"I don't smell anything."

I did. There was a very bad smell. That's when Peter opened the fridge.

"Oh, NO!"

A giant, noxious wave of smell rolled out of the refrigerator. It was strong enough to make me ill, strong enough to make my eyes water, strong enough to make me run out of the kitchen in a panic.

We had frozen salmon and chicken and shrimp in that freezer. We had bags of corn and squash from the farmers' market, boxes of butter now covered in furry mold, bags of leaking liquid that had

exploded from fermentation and poured from the freezer into the refrigerator. Sitting forlornly in the middle of this wasteland were several dozen ginger cookies that Peter had spent hours baking.

Peter closed the refrigerator door.

I don't think either of us slept much that night. All night, I dreamed I was being chased by a malevolent refrigerator filled with unidentified horrors. Everywhere I went, the refrigerator was waiting for me.

In the morning, my dreams came true.

Peter told the building engineer, Jacob, what had happened, and he gave us a trash barrel on wheels and several heavy-duty trash bags. I put cotton up my nose and a mask over my face, donned gloves, and set to work. We filled the bags, tied them tightly, and Peter brought them downstairs to poor Jacob, who caught a whiff and wheeled the barrel out of the building as fast as he could run.

"He was like a halfback running to the end zone!" Peter said and I got my first good laugh since leaving Mexico.

Four hours later, after detergent and bleach and what felt like endless scrubbing, the fridge looked spotless. I took off my mask and removed the cotton from my nose.

The stench was terrible.

We ran a fan all night. We bought some spray that smelled like lime and sprayed it everywhere. We kept the windows open. That evening, Peter put some beans in water to soak, and we went to bed—thankfully, at the far end of the apartment.

In the morning, Peter got up and started cooking beans and, when I rounded the corner to the kitchen, finally, I smelled something that wasn't terrible.

"It smells like beans!" I told Peter.

I wasn't even sure I liked the smell of beans cooking. But this morning, they smelled terrific. In fact, I think beans are my new favorite smell.

Till next time,
Carrie

- Carrie Classon is a freelance writer and author and lives in New Mexico. Her columns appear each week.



COLUMNIST NAME
Column Name

When the 2012 gubernatorial debate turned to the topic of marijuana reform, Libertarian nominee Rupert Boneham decried decades of prohibition that resulted in the jailing of about 10,000 Hoosiers a year. "It's a plant," he said as Republican Mike Pence and Democrat John Gregg looked on. "It's a plant."

A few weeks later, Indiana State Police Supt. Paul Whitesell made this startling personal observation before the State Budget Committee: "It's here, it's going to stay, there's an awful lot of victimization that goes with it. If it were up to me, I do believe I would legalize it and tax it, particularly in sight of the fact that several other states have now come to that part of their legal system as well."

A decade later – on Wednesday 4/20 – Republicans, Democrats and Libertarians gathered at an American Legion post on 54th Street all advocating marijuana reform, noting that it is legal in some form in 37 states, including Illinois and Michigan. It was the most conspicuous and across-the-spectrum demonstration of support ... ever ... for ending reefer madness that

fills our jails and denies medicinal pot to those in pain.

Democrat U.S. Senate candidate Thomas McDermott Jr., secretary of state candidate and military veteran Destiny Scott Wells, Marion County Prosecutor Ryan Mears, former Republican state senator and future gubernatorial candidate Jim Merritt, and Libertarian Chairman Evan McMahon gathered amongst American military veterans to advocate for this "plant" that is keeping many of them off opioids.

"Two and a half years ago we made the decision not to prosecute marijuana cases," Mears said. "One of groups to reach out to us was veterans, who told me about the pain and struggle they go through on a day-to-day basis. The use of cannabis has helped them manage their pain."

McDermott, who released a TV ad Tuesday showing him legally smoking marijuana just across Hammond city limits in Illinois, added, "What it means to me is drug dealers will stop making exorbitant profits off the sale of black market marijuana. It means Hoosiers will no longer have to drive to Illinois and Michigan to purchase marijuana and break the law by crossing the state line if they do bring home, turning innocent Hoosiers into criminals. It means extra taxes for the state of Indiana. Nowadays with all the fentanyl use we're seeing ... it's just a matter of time before that happens with black market marijuana. You buy it from a

dispensary, you know it's regulated by the state."

McDermott, who is challenging U.S. Sen. Todd Young in November, added, "What we're not advocating for driving under the influence. Treat it just like alcohol. Don't use it at work. It's not for kids under age 21. That's one of the positives about a dispensary because the drug dealer on the street doesn't care if the kid is 14 years old, or 15 or 16. Dispensaries do; you have to have an ID to get in there."

And Merritt, who told me he plans to declare for the 2024 gubernatorial race, added that in 2017 he wrote 24 pieces of legislation of which 17 became law with regards to opioids. He believes medical marijuana and CBDs are "absolutely helping people," adding, "What the State of Indiana ought to do is have a full-throated conversation about this."

I have long thought that marijuana should at least be decriminalized. It's absurd that in 1937 with virtually no credible medical research, the federal government scheduled marijuana in the same category as heroin and morphine, a move opposed by the American Medical Association. With the state and nation facing an opioid and fentanyl crisis, outright marijuana legalization seemed irresponsible. But the veterans gathered at this American Legion Post offered another perspective.

Jason Straw explained, "I was able to get off of 13 VA FDA prescribed medications by using

hemp CBD and medical marijuana." Jeff Staker, who heads Hoosier Veterans for Medical Cannabis, said he turned to marijuana after taking opioids for a decade. He used to experience 20 migraine headaches a month. "Last month," I had only one, he said.

Gov. Eric Holcomb has said he will not act on even decriminalizing marijuana until the FDA reschedules it. "I don't question the potential positive impact it could have, but this needs to be done lawfully," said Holcomb. Yet earlier that day, he appeared with IndyCar driver Tony Kanaan, announcing a new ad campaign to address the average 17 daily suicides by military veterans. "I think it's our duty, quite frankly, as citizens of this nation and state, for those who are fortunate to make it back, to be there for them," Holcomb said.

There is an overwhelming lack of information on all fronts here in Indiana. We don't know the extent of the black market, though a Harvard University study more than a decade ago claimed it was one of Indiana's largest cash crops (it's No. 1 in Kentucky, over tobacco). We don't know the cumulative costs of interdiction, prosecution, corrections, probation, loss of wages and the 100,000 Hoosiers each decade who end up with a criminal record, which is about how many unfilled jobs in the state.

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

Smekens Celebrates 5 Years with HHSB



April Smekens, Assistant Vice President,

Underwriting, celebrates 5 years with Hoosier Heartland State Bank. April provides leadership and oversight of the underwriting department to ensure the department functions effectively and efficiently. April also ensures that HHSB's loan quality standards are maintained through the underwriting process.

April been an employee owner since 2017 and has 28 years' experience in

her field with a Professional Accounting Degree from Indiana Business College.

"April has been an imperative part of leading our underwriting team," stated Trent Smaltz, Chief Lending Officer. "We are excited to celebrate April's 5 years and look forward to many more!"

April lives in the Crawfordsville area and loves horses and spending her time gardening.

HHSB is a locally owned and operated Montgomery County bank which consists of a team of individuals who value customers, family and community. HHSB offers consumer and commercial banking products, investment services, phone, online & mobile banking and bill pay, unmatched personal service, and a genuine commitment to bettering the communities in which they live.

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Photos courtesy of BMW

2022 BMW M4 Competition is an Arrow, Niece Approved

Let me tell you about my niece. She's still in high school, but is an archery master. Last weekend, I stood beside her as she put arrow after arrow into a far-away bulls-eye as if she was born to do nothing else – a virtuoso of the backyard target stand. I've also been with her as she shoved a Corvette down two lane backroads with grace that belies her youth. She'd really like the 2022 BMW M4 Competition.

Whether a bow or arrow, the M4 Competition looks ready to shoot down the road. Flared twin nostrils wear angry black slats and are flanked by quad LED headlamps. Muscular fenders and slammed roofline hunker over 19" wheels in front, 20" in the rear. A carbon fiber roof with airflow fins, rear diffuser housing quad trumpets, and black spoiler improve performance – as do the M brakes with

red calipers. Sharp black sill extensions add visual fletching. Get it in Santorini Blue!

You can take your 4-Series with real wood, but the Competition trades for carbon fiber, stitched coverings, and heated/ventilated sport seats with tri-color seatbelts. The thick heated M steering wheel is a tool of tactile delight. Flatscreen gauges and a wide head-up display place speed, audio, and navigation straight ahead. Cranking your favorite music through the 16-speaker Harman Kardon audio system and connected devices via Apple CarPlay or Android Auto.

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 as the system can be controlled via dash touchscreen. Adaptive

cruise control with lane tracing steering, automatic emergency braking, blind spot warning, and rear cross path detection enhance safety. Around-view cameras protect those outside too.

If my niece ever stepped into the throttle, she'd have curls whipped into her long straight hair. Smoother than a Boeing Dreamliner gathers speed, the M4's twin-turbo 3.0-liter inline six-cylinder engine dispenses 503 horsepower and 479 lb.-ft. of torque through an eight-speed automatic transmission – paddle shifted if you please. Clamped to the road with all-wheel-drive, 0-60 mph evaporates in 3.4 seconds. Driven more reasonably, fuel economy rates a sensible 16/22-MPG city/highway.

My niece gets help from a state-of-the-art "bow" like drivers of the M4 get their share of

2022 BMW M4 Competition

4-passengers, AWD Coupe
Powertrain: 3.0-L TTI6, 8-spd trans
Output: 503hp/479 lb.-ft.
Suspension f/r: Elect. Ind/Ind
Wheels f/r: 19"/20"
Brakes f/r: disc/disc
Must-have features: Performance, Style
0-60 mph: 3.4s
Fuel economy: 16/22-MPG city/hwy
Assembly: Dingolfing, Germany
Base/as-tested price: \$72,000/\$95,845

advancements to enhance performance. The drive mode selector lets owners configure the car for Comfort to waft down the highway or for advanced Sport settings that rattle teeth. Click into 4WD, 4WD Sport, or 2WD depending on your penchant for aggressive driving. A track-ready cooling system with air blades in the fascia enhance high-speed duration.

In the old days, I would never put my niece behind the wheel of the

M4 because she'd have it doing doughnuts without intention. But, this car's electronics would allow her to drive to high school and home without drama. It's so calm on the open road that I almost scared myself when I stomped the throttle on the Interstate and the speedometer rose in a blur of numbers. Its two-faceted personality is nearly unparalleled.

My niece is a natural ace, but also chooses the right tools. Whether you're longing for long



CASEY WILLIAMS
Auto Reviews

days at speed, or just long-distance touring, the M4 Competition is a formidable tool. And, it comes at a cost: Base M4 Coupes start at \$72,000, but came to a lofty \$95,845 all-in. Competitors include the Cadillac CT4 Blackwing, Mercedes-AMG C43 Coupe, and Alfa Romeo Giulia Quadrifoglio.

Storm Forward!

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

The Paper Gives Back



The Paper of Montgomery County is joining the Crawfordsville Kiwanis Club in their fundraising efforts to purchase a special trike for a three-year old Crawfordsville boy named Kyson Shidler.

Kyson was born with spina bifida, a birth defect where the spine and spinal cord don't form properly.

In order to help maximize their fundraising, the Kiwanis have offered to match any community donations.



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Shoulder Pain Part 2



JOHN R. ROBERTS, M.D.
Montgomery Medicine

mal position spontaneously but can feel unstable afterward. Dislocations sometimes reduce spontaneously, but often require manipulation by a doctor to get the head of the humerus back in position.

When a dislocation occurs, it can damage structures in the shoulder. The connective tissue capsule around the joint can be torn. One or more tendons in either the rotator cuff or attached to other muscles may be stretched or torn. The glenoid labrum may be torn as well. When these structures are disrupted, it makes the shoulder even more unstable and more likely to cause additional damage and repeat dislocations.

Treatment for dislocations usually involves rest, bracing, and strengthening the shoulder muscles with physical therapy. Surgery may also be required to repair a torn labrum or tendons.

Another very common cause of shoulder pain is bursitis. Most of our joints are surrounded by fluid-filled sacs that pad the structures around the joint, particularly tendons. These sacs are called bursae (singular bursa). Bursae can become irritated, inflamed, and sometimes infected. Irritation of the bursae in the shoulder can occur following repetitive motion of the shoulder.

This is commonly referred to as an "overuse injury." I see this frequently in weekend warriors; not just the folks participating in throwing sports, but also those participating in other repetitive arm motions, like painting their house, trimming trees, or shoveling snow.

Treatment of bursitis can be difficult. Standard treat-

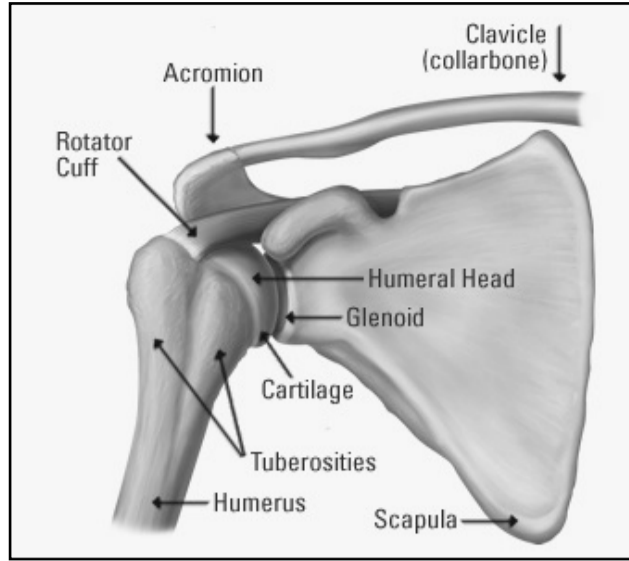


Photo courtesy of Dr. John Roberts

A diagram of the skeletal structure of the shoulder.

ment consists of rest and anti-inflammatory medication as well as icing. Doctors usually recommend non-steroidal medications (NSAIDs) such as ibuprofen (Advil Motrin) or naproxen (Aleve). If those conservative treatments fail, we may recommend more potent steroids, either taken orally or injected into the bursa.

The final cause of shoulder pain I want to discuss is impingement. This term refers to structures in the shoulder coming into contact with one another resulting in pain. Impingement can be bone-on-bone or bone pinching or rubbing a tendon or bursa. While this occurs more commonly in people who have suffered shoulder injuries, it can also occur in an uninjured shoulder where anatomic structures are naturally close together.

Tendons that have been injured can swell, making them more likely to be pinched or rubbed with shoulder movements. The bones in the shoulder may also develop arthritis with bony overgrowth as a

result of injury or natural aging. These overgrowths can lead to impingement as well.

Treatment of impingement varies based on the structures involved. Swollen, inflamed tendons or bursae are treated like bursitis. Occasionally, surgery is necessary to make more room for the structure(s) being rubbed or pinched. This can usually be done through small incisions using an arthroscope.

As always, prevention is the best medicine. If you are involved in sports or work activities that involve a lot of shoulder motion, get involved in a fitness plan to keep your shoulder muscles strong, particularly your rotator cuff. Exercise programs are readily available on the Internet by searching for "shoulder exercises," or "rotator cuff exercises." You can find an excellent resource from the American Academy of Orthopedic Surgeons here: bit.ly/3xMPBz

- Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine.

Ivy Tech to Host a Spring Health Occupations Career Fair April 27

There is a shortage of healthcare professionals in the United States today, and the demand for trained workers is expected to grow. According to the U.S. Bureau of Labor Statistics, the healthcare sector is projected to add an estimated 2.6 million new jobs between 2020 and 2030.

Ivy Tech Community College Lafayette is helping area healthcare employers connect with prospective employees during the Spring Health Occupations Career Fair. The Career Fair will be held Wednesday, April 27, from 10:00 a.m. to 2:00 p.m. in Ivy Hall on the Ivy Tech Lafayette campus at 3101 S. Creasy Lane. The Career Fair is free and open to the public. The fair features resources for participants to help them take their next career steps with confidence.

In addition to 28 healthcare employers from the Lafayette area, community health partners including the YWCA, Mental Health America, Dress for Success, and Riggs Community Health will be in attendance to share their resources with participants. Guest speakers include Angie Catron with Dress for Success and Brandi Christiansen with Mental Health America. Participants will also have the opportunity to have a professional photo taken for their LinkedIn profile, get professional advice on interview attire, and receive a free health screening. Career Coaches from Ivy Tech's Department of Career Coaching and Employer Connections (CCEC) will be available to help with resume and interview

needs. The Career Fair is sponsored by IU Health, Riggs Community Health, Angels Senior Home Solutions, and Ivy Tech's School of Nursing, School of Health Sciences, and Department of Career Coaching and Employer Connections.

Ivy Tech Community College is Indiana's largest public postsecondary institution and the nation's largest singly accredited statewide community college system, accredited by the Higher Learning Commission. Ivy Tech has campuses throughout Indiana and also serves thousands of students annually online. It serves as the state's engine of workforce development, offering associate degree and short-term certificate programs, and trainings that align to the needs of the community. The College also offers courses and associate degree programs that seamlessly transfer to other colleges and universities in Indiana, as well as out of state, for a more affordable route to a Bachelor's degree.

Ivy Tech Community College Lafayette serves Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren and White counties from the main campus in Lafayette and sites in Crawfordsville, Monticello and Frankfort. Ivy Tech Lafayette offers associate degrees and certificates in the areas of business, health sciences, computing, technology, nursing, public services, education, applied science, engineering technology, and liberal arts.

For more information, visit IvyTech.edu.

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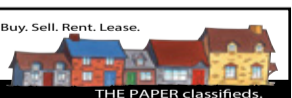
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