

➔ TODAY'S VERSE

Matthew 6:19-21 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also.

➔ FACES OF MONTGOMERY

People who call our community their own.



Gracie Foxworthy was all smiles when one of The Paper's roving photographers happened by at the Montgomery County 4-H Fair last week. Thanks for the good cheer, Gracie!

➔ THREE THINGS You Should Know:

1 The Indiana Department of Transportation announces State Road 236 will close on or after Friday, July 22 from U.S. 231 and Rush St. This is for Phase One of the ongoing S.R. 236 reconstruction project. Access will be maintained for homes and businesses. This section of road is expected to reopen mid-October, weather permitting.

2 A side of French fries goes for a couple of bucks in most eateries, says the Association of Mature American Citizens [AMAC]. But at the pricey Serendipity3 restaurant on the Upper East Side of Manhattan they don't call them French fries, they call them Creme de la Creme Pommes Frites and they will set you back \$200. After all it's not just potatoes fried up by a hash slinger, it takes a genuine culinarian to do the cooking and a list of ingredients that few of us have ever encountered: Chipperbeck potatoes, Dom Perignon Champagne, J. LeBlanc French Champagne Ardenne Vinegar, cage-free goose fat from France, Guerande Truffle Salt, truffle oil, Crete Senesi Pecorino Tartufello cheese, shaved black summer truffles from Italy, truffle butter, organic A2 100% grass fed cream from Jersey Cows, Gruyere Truffled Swiss Raclette and a topping of 23-karat edible gold dust.

3 Outdoor Indiana magazine's July/August issue features a cover article on all things kites, a feature on ice cream, and a story about the French Heritage Corridor. The French Heritage Corridor is a Midwest movement to kindle, rekindle, or nurture the inherent French-ness of Indiana, Illinois, Iowa, Missouri, Michigan, Wisconsin, and Minnesota. Outdoor Indiana is available now at most Barnes & Noble stores in Indiana for \$4. Subscriptions are \$15 for one year (six issues, a 38% savings off cover) and \$28 for two years (12 issues, a 42% savings off cover). Subscribe at ShopINStateParks.com or by calling 317-233-3046. To read article excerpts, go to OutdoorIndiana.org.

The Paper

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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!

988

The Indiana Family and Social Services Administration's Division of Mental Health and Addiction is providing new funding to help build and support projects in Indiana to improve mental health services for Hoosiers. DMHA is working with partners in the private sector, the health care system and community and philanthropic organizations to provide grassroots support and funding alongside DMHA's statewide mental health programming, through grant funding for community programs, the launch of Indiana 988, and a partnership to integrate mental health care into pediatric care across the state.

\$3,907,725

The Indiana Department of Workforce Development recently received \$3,907,725 in grant funding through the U.S. Department of Labor's Apprenticeship Building America program. The money will expand Registered Apprenticeship Programs in the state.

140,000

Round Room, LLC., the nation's largest Verizon Authorized Retailer, announces that its TCC and Wireless Zone stores are donating 140,000 backpacks full of school supplies in the upcoming milestone tenth annual School Rocks Backpack Giveaway. In its ten years of occurrence, the School Rocks Backpack Giveaway has provided more than 1.2 million backpacks full of school supplies to children across the U.S. as they prepare for their upcoming school years.

\$22,000

CareSource, a nationally recognized nonprofit health plan, has named Turnstone a 2022 Heart of Community award recipient and presented a gift of \$22,000 in support of their Equipment Loan Program. Turnstone lends gently-used adaptive equipment and other items at no charge to individuals with disabilities.

12

Indiana Wesleyan University has renamed its Pre-med Program, which will now be known as the Pre-Health Care Sciences (Non-Nursing) Program. The new name reflects a more accurate description of all that the program offers to IWU students, including 12 unique concentration paths.

The Daily Almanac

Sunrise/Sunset
RISE: 6:34 a.m.
SET: 9:14 p.m.



High/Low Temperatures
High: 90 °F
Low: 68 °F



Today is...

- National Sour Candy Day
- Nelson Mandela International Day



What Happened On This Day

- 1968 Intel is founded
- 2013 Government of Detroit declares bankruptcy



Births On This Day

- 1921 John Glenn American astronaut, politician
- 1918 Nelson Mandela South African politician, President of South Africa, Nobel Prize laureate

Deaths On This Day

- 1817 Jane Austen English author
- 1792 John Paul Jones American navy commander

Stars of 4-H Mackenzie Shepherd 10-Year Member



Parents: Michael & Jennifer Shepherd
4-H Club: Coal Creek Elite
4-H Projects Taken: Cattle, Swine, & Photography
4-H Awards Received: Grand Heifer (2017), Reserve Overall Showman (2021), Reserve Grand Heifer (2017, 2018, 2019, 2021), 3rd Overall Interm. Showman - Hoosier Beef Congress (2017), 2018 Division Champion - Hoosier Beef Congress, Multiple breed champions at various open shows
High School: North Montgomery High School
Plans for Next Year: Attend Ivy Tech to study Radiology

Stars of 4-H Madi Welch 10-Year Member



Parents: Marc & Kelli Welch
4-H Club: Wayne Winners
4-H Projects Taken: Aerospace, Crafts
4-H Awards Received: State Fair (Aerospace), Alternate State Fair (Aerospace), Blue (Aerospace & Crafts), Champion (Aerospace)
High School: North Montgomery High School
Plans for Next Year: Attend DePauw University to major in kinesiology and continue my track and field career.

➔ HONEST HOOSIER

This from a reader: *The most powerful governments on earth can't keep a virus from spreading . . . but they say they can change the planet's temperature if you pay more taxes.*



➔ TODAY'S HEALTH TIP

Ear wax is normal. If you must, clean out ear wax with an over-the-counter ear wax removal kit, not a cotton swab. 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
SEE PAGE A2 FOR OBITUARIES

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

➔ INSIDE TODAY'S EDITION

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➔ THE MONTGOMERY MINUTE

Want To Go?

Knights of North Castle is the theme of this year's Vacation Bible School (VBS) program at the Hillsboro Nazarene Church, 453 South State Road 341. The event is scheduled July 25th through July 29th from 6:15 pm to 8:30 pm (EDT). Children ages four through the sixth grade are eligible to attend. To facilitate planning, pre-registration is encouraged either by logging onto vbspro.events/p/sparky or by calling the church at (765) 798-2350. Registrations will also be accepted the first day of VBS. Additional information is available from Children's Pastor Cindy Franklin at (765) 376-7694.

➔ TODAY'S QUOTE

"If you are willing to do only what's easy, life will be hard. But if you are willing to do what's hard, life will be easy."
T. Harv Eker

➔ TODAY'S JOKE

Little Sally scared her mommy and daddy to death when she went missing while playing outside. Fortunately, she was found almost right away. Her dad sat her down and told her that from now on she had to tell mommy and daddy whenever she wanted to go anywhere. To this, Little Sally didn't miss a beat and said: OK, Disney World!



Breast Beards, Enneagrams And Compassion Fatigue

A newborn fawn died on the hill below our house two weeks ago. My heart wanted to break into a million pieces, but instead, I steeled myself for what had to be done. Last year, I watched a committee of vultures line the trees down in the preserve over that same hill. Upon further inspection, I discovered a doe, protecting her dead fawn from the tyrannies of big beaked birds. I determined this little dappled baby would not meet the same fate, so I wrapped it up in a plaid blanket and called the City of Crawfordsville Street Department. As I placed the bundle roadside, I said a few kind words and uttered an apology of my inability to save him/her. (And I may have used the "b" word to describe Mother Nature that day.)

And a few weeks before that, a rafter of turkeys had taken up residence in our backyard. I spied a lone gobbler with a feather protruding from its chest. I immediately started to fret: Oh my gosh, is it injured? Did the other turkeys kick him/her out of the family? What can I do to help it? Poor turkey..... Then I logged into Google and searched for "turkeys with feathers protruding from their chests." Turns out it is called a "breast beard" and is a naturally phenomena used to attract mates. After that, I convinced myself to take a chill pill. Besides, how would I possibly take care of an injured turkey? Add in the dead fawn, a squirrel flat out on a low tree branch, a stray cat that won't eat the food I set out and the gosh-awful news that plays in a steady stream into our consciousness and I am a swirling mess of emotion.

This shouldn't surprise me, although I never quite get used to an injured, dead or dying animal. My reactions are fairly predictable and occasionally pragmatic. I have been known to put on an oxygen mask and do a deep dive into my psyche to find out what makes me who I am.

In 2019, I read the Road Back to You by Ian Morgan Cron and Suzanne Sabile. The



GWYNN WILLIS
A Better Word

subject matter was an in depth description of the Enneagram.

The Enneagram is an ancient personality type system with an uncanny accuracy in describing how human beings are wired, both positively and negatively. Not only will you learn more about yourself, but you will also start to see the world through other people's eyes, understanding how and why people think, feel, and act the way they do.

Some religions view it as a tool to be shunned. Other religions, mystic cultures and psychotherapy milieus embrace the Enneagram as a tool to understand personalities. If you choose to take the test to find your dominant personality type, I think you will be pleasantly surprised as it tends to be very accurate. After filling in the bubbles, I came out as a solid Type Two on the scale. Here I am in a nutshell:

Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others, but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs. At their Best: unselfish and altruistic, they have unconditional love for others.

As with any personality trait there is a spectrum of modulation. I fear I push the needle to the "over caring" side a little too frequently. And this Type Two is ready to crawl into a hole.

I've always had far more sympathy towards animals than humans. If

my grandmother was still alive, I know she would agree. My elementary school collection of moth larva, monarch butterfly cocoons and Easter chicks lined our garage. Within a matter of weeks, all of the moth larva had hatched and shriveled up and one of my chicks had dropped dead in the water bowl. I still remember Grandma Dorothy's words as I sobbed over the death of little San Fernando Red: You won't cry for me this much when I die. She may have been correct. There are memes on Facebook stating, "I don't care who dies in a movie as long as the dog lives." That sounds so callous. Of course I care about people. No, I don't like it when anyone dies. However, my emotional state is arrested when it comes to the depth of feeling I have over human loss versus animals. I needed to know more about why my Type Two enneagram personality has gone numb over the current human condition.

Research into possibilities enlightened me into some novel terms; empathy fatigue and compassion fatigue. Compassion Fatigue was first described in the 1980's by Dr. Charles Figley, an American university professor whose specialties included the study of Traumatology. (https://en.wikipedia.org/wiki/Charles_Figley Initially used to describe the condition caregivers of those with PTSD experience over time, Compassion Fatigue can be assigned to any number of individuals who experience a set of symptoms when exposed to traumatic events. In this day and age with the pandemic, mass shootings, hunger, drought, fires and a myriad of other disasters, I think it is a fair assumption that any one of us might find ourselves suffering from at the very least, empathy fatigue. So what, exactly, is Compassion Fatigue? According to The

American Institute of Stress, CF is also called, "vicarious traumatization" or secondary traumatization (Figley, 1995). The emotional residue or strain of exposure to working with those suffering from the consequences of traumatic events. It differs from burn-out, but can co-exist. Compassion Fatigue can occur due to exposure on one case or can be due to a "cumulative" level of trauma. Individuals working in healthcare professions with frequent exposure to trauma may develop symptoms such as exhaustion, lack of self-care, substance abuse, isolation, numbness, difficulty with personal relationships, irritability and a decreased sense of purpose.

In essence, the very thing personality traits that draw individuals into helping professions are the same ones that take a hit when one cares too much. It is like a snake swallowing its own tail; what moves us forward can also destroy us. I imagine the same holds true (maybe even more so) for the workers at animal shelters across the country.

I don't want to grow numb and disconnected from the suffering in the world. I don't believe humans are wired to be uncaring. Maybe in the essence of self-preservation there is a season for a time-out, a respite from giving and caring too much. So, if you find yourself starting to numb to the misfortunes and plight of others in the world, perhaps you need time to recharge yourself. Try turning that compassion inward for a change.

For a better understanding of Compassion Fatigue and how to cope, this article provides some good insights. <https://www.psychologytoday.com/us/basics/compassion-fatigue>

Gwynn Willis is a former speech therapist, certified Amherst Writers and Artists workshop Affiliate and Leader and founder of The Calliope Writers Group. After growing up in Crawfordsville, her and her husband returned several years ago.

The Perfect Pet

My mother has found the perfect pet. She just doesn't realize it yet.

A clever little red squirrel has been trying to get my mother's attention for months. "He's such a pest!" my mother complains. But the squirrel does not give up.

He has become quite tame, hanging out below the bird feeder, waiting for seeds to drop. He would much prefer to get them from the feeder himself, but my father has inconsiderately installed a length of stovepipe on the pole that holds the feeder, and the squirrel cannot climb up the slippery metal. Instead, he waits impatiently for the birds to drop seeds—which they always do—eating them as fast as they drop. When he runs out of seeds, he finds other things to do, like dig up my mother's planters, leaving dirt all over her deck.

"Is he digging something up, or burying something?" I asked my mom.

"I have no idea! He's a troublemaker!"

Last night, a bear finally finished off the bird-feeder my father made a few years back. The poor feeder had been knocked to the ground countless times by countless bears, and my dad always nailed it back together. This time, it was shattered beyond repair.

My dad went down to his workshop and started building a new feeder. I wonder how many times this feeder will be knocked to the ground and survive. It looks pretty stout—but so did the last one.

In the meantime, my mother didn't want the birds to suffer, so she put a meatloaf pan filled with seeds at the top of the pole. My dad removed the stovepipe while he was working on the feeder and, in no time flat, the red squirrel climbed to the top of the pole and knocked the pan down, then sat at the foot of the bird feeder, gorging on the seeds piled below.

"This is more like it!" I could almost hear the squirrel say.

My father replaced the stovepipe, my mother refilled the meatloaf pan, and order was restored. The little red squirrel,



CARRIE CLASSON
The Postscript

however, was not happy. We were sitting outside on the deck and the squirrel positioned himself on a short branch directly over my mother's head. "Chip, chip, chip!" he said loudly.

"Be quiet!" my mother said. The squirrel shook his tail and got noisier.

"He has a serious beef with you, Mom," I told her. "He is trying to be your friend, and you are not very friendly."

"He is not my friend!" my mother said, almost as loudly as the red squirrel.

"He's a perfect pet," I continued. "I don't know why you pamper those birds and ignore this fellow who wants to be your friend." The squirrel continued. We could no longer carry on a conversation with him ranting away. He sounded like a late-night radio host on a tear.

My mom jumped up, stomped her feet and waved her fists at the squirrel. "You get out of here!" she hollered. The squirrel ran up the tree.

A moment passed. "Plunk! Plunk!" A handful of pinecone seeds dropped onto the deck.

"Is it raining?" my dad asked.

More pinecones fell, directly on our heads.

"It's that squirrel!" my mom said. "You stop that right now!" A shower of pinecones fell.

I think my mother should just give in and adopt the little red squirrel. Sure, he's a troublemaker and full of mischief, but he obviously wants to be part of the family. I suggested it.

"He's not my pet!" my mother said, indignantly.

But I'm not sure she gets to decide. Till next time, Carrie

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

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Senior Golf Results

Another week gone by, another strong outing from the Crawfordsville Senior Golf League

Taking home the bacon in first place, with a score of 12-under, was the threesome of Steve House, Mike Fry and John Welliever. Fry also pulled out a hole-in-one on the par three 10th hole, whacking it in from 152 yards with a seven iron.

Two shots back from

them at 10-under was the team of Vance Pyle, Les Clardy, Dale Wilson and John Hatke.

Tied with them at 10-under par was the foursome of Alan Froedje, Steve Winningham, Brad Kenney and Bob Stephens.

Back at it again with terrific range off the tee was Bill Boone, taking home longest drive for the 80+ year olds.



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Photos courtesy of Nissan

2023 Nissan Z Drives Greg Brady And George Jetson Together

Too many automakers have tried to update classic designs with a retro flair to put an amber light on their boring product line. That's not the case with the 2023 Nissan Z. While design references the original 1970 Z, and the chassis dates to the last Z, absolutely nothing about the driving experience or technology within seems outdated. It's as if a little bit of Greg Brady blended with George Jetson and this is what we got.

Nissan's designers had an epic challenge in updating such an icon car, but were clearly up to the challenge. The design clearly reflects current style, but harkens back with a wide grille, ovoid headlamps, long power bulge hood, and fastback roofline. Wide taillamps echo the '90s. Under the exotic wide fenders are 19" alloys. Identifying with today are chin and

deck spoilers, impossibly sculpted bodywork, lower sill extensions, and dual exhausts. The aluminum doors, hood, and hatch look best painted Passion Red Tri-coat.

Greg would recognize the Z's triple gauges in the center dash, three-spoke steering wheel, high console, and bucket seats. He'd also put his sports gear beneath the hatch. But, George would prefer the flatscreen gauges with G-meter, 9" infotainment screen with navigation, Bluetooth, and wireless Apple CarPlay. Bose audio, ice cold automatic climate control, and heated seats would comfort both travelers. Bright red dash, door, and seat trim add excitement. Leather seats with sueded inserts grip bodies in corners and provide plenty of cushion for long days behind the thick leather-wrapped wheel.

Safety is new school with standard automatic emergency braking, blind spot detection, lane departure warning, and adaptive cruise.

The powertrain takes us back to the 1990s with a turbocharged V6, but the 3.0-liter unit in the Z sports twin turbos to generate a turbine-smooth 400 horsepower and 350 lb.-ft. of torque. You can get a nine-speed automatic, but that's just silly when the six-speed manual transmission is such a joy to shift. Click-click and be gone! Employ launch control and a limited slip differential to zap 0-60 mph in just 4.5 seconds. Stay off the throttle for 19/28-MPG city/highway.

Put all of this in perspective. The Z, with a V6, delivers horsepower and performance on-par with the vaunted Corvette ZR-1 from the '90s. And, it can achieve

2023 Nissan Z
Two-passenger, RWD Coupe
Powertrain: 3.0-liter TTV6, 6-spd man
Output: 400hp/350 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 19"/19" alloy
Brakes f/r: disc/disc
Must-have features: Style, Pace
0-60 mph: 4.5s
Fuel economy: 19/28 mpg city/hwy
Assembly: Tochigi, Japan
Base/As-tested price: \$39,990/\$53,610

28-MPG when cruising comfortably on the highway. Impressive, but the retuned chassis with mono tube shocks, re-engineered suspension geometry, and precisely tuned electric power steering feels like it was engineered tomorrow with a compliant firmness that makes it both a joy to romp through the corners and soak up long stretches of highway. Some may find the sus-

pension a bit too soft, but I did not. Not everybody needs to shake out their fillings en-route to work.

There's the naive youthfulness of Greg Brady and the evolved maturity of George Jetson - both bringing the best of their respective eras to the 2023 Z's persona. It's a wholly modern car that just happens to have some affection for its predecessors. All that, and prices



CASEY WILLIAMS
Auto Reviews

of just \$39,990 - rising to \$53,610 as-tested. If you think that's more Jetson's than Brady, consider the 1990 Corvette ZR-1 cost an inflation-adjusted \$129,432! Competitors include the also impressive Toyota Supra, Subaru BR-Z, Mazda MX-5 Miata RT, Ford Mustang, and Chevrolet Camaro.

Storm Forward!

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

Letters

The Boys And Girls Club Want To Give Thanks

The Boys & Girls Club of Montgomery County would like to thank the following for making our Firecracker 5K Run/Walk a huge success.

- C&F Fabricating for being our Title Sponsor!
- Our Corporate Sponsors:
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- Sugar Creek Property Group
- Tom's Marine Sales

- Tri-County Bank
 - U-Rent-It-Center
 - Valero Renewables
 - Linden
 - WCVL/WIMC/WCDQ
 - York Chrysler Dodge Jeep Ram Fiat
- Thank you to Steve & Martie Akers and Roger Azar for their special contributions, and to Hoosier Heartland State Bank and Tri-County Bank & Trust for their donations of bottles of water.

62 runners/walkers participated this year and we raised over \$29,000.00 for Montgomery County's youth. We are so grateful for all who supported us, including the numerous volunteers who gave up their time on a beautiful Saturday morning, to support our Club. Once again, Montgomery County came through and we are forever grateful for all you do for our community and youth.

Craig Reeves
 Executive Director
 Boys & Girls Club of Montgomery County

Kroger Plans Back-To-School Hiring Event

Kroger, celebrating strong 2022 performance, seeks candidates to build store teams in central and southern Indiana and across the surrounding division. The company offers more than 300 positions in the four states of Kroger Central Division. Hiring talented associates will prepare stores for the Back-to-School shopping season and the second half of the year.

"We offer full- and part-time jobs with excellent, long-term career potential," said Colleen Juergensen, division president. "We're looking for candidates who can ensure we provide an amazing customer experience and fulfill our promise to be friendly and 'fresh for everyone'."

Interested job seekers are invited to meet with Kroger hiring specialists at any of its local stores. Back to School Hiring Event

Tuesday, July 19,

2022
 3 - 7 p.m.
 Kroger Chairman & CEO Rodney McMullen recently praised the company as "an employer of choice" where "more people are applying to work for Kroger and more associates are choosing to stay with us." McMullen said applicants are drawn to "Kroger's strong culture," with its attractive wages and benefits.

- Top-tier health and retirement benefits: Kroger provides comprehensive compensation packages, including competitive wages, health-care, and retirement.
- Continuing Education & Tuition Reimbursement: Kroger's tuition reimbursement program, offering up to \$21,000 for both part-time and full-time associates, covers a GED to PhD.
- Endless opportunities to learn and advance: Innovative technologies deliver on-demand, role-specific training and

resources, leadership development and diversity, equity, and inclusion training.

□ Associate discounts: Save hundreds of dollars annually on groceries, electronics, entertainment streaming services, travel, and more.

"Since everyone has a different idea about creating a career, Kroger offers a welcoming and inclusive environment, and provides the tools our associates need to design their own path to success," said Colleen Juergensen. "Come for a job and stay for a career. We have fresh opportunities for everyone."

About Kroger Central Division:
 Kroger Central Division operates food stores, pharmacies and fuel centers in Illinois, Indiana, Missouri, and Ohio. We are dedicated to Kroger's Purpose: to Feed the Human Spirit™ and to create #ZeroHungerZeroWaste communities by 2025.



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for coverage of County Council meetings, school board meetings, more information on these stories as well as articles from your favorite columnists, such as Karen Zach, John Roberts, Butch Dale, John Marlowe, Kenny Thompson, Casey Williams, Carrie Classon, Dick Wolfsie and Tim Timmons!

Check back daily for updates!

Do You Know What Cold Sores Are And How To Treat Them?

I saw a patient with a rather large "cold sore" on his upper lip just before I retired and he asked me to write a column on this unsightly condition.

People use the term "cold sore" to describe different types of lesions that occur on the lips or inside the mouth. I'm not sure of the origin of the term, but I presume that it came into being to describe sores that sometimes appear when a person has an illness like the common cold.

I want to focus on one particular type of infection, herpes simplex. If you think this condition is caused by a herpes virus, give yourself a gold star - this family of viruses has appeared in this column before. If you recall, a particular strain of herpes virus causes chicken pox and shingles.

There are two distinct types of herpes simplex viruses, HSV-1 and



JOHN R. ROBERTS, M.D.
Montgomery Medicine

HSV-2. Lesions on the lips are caused by HSV-1 about 80 percent of the time. The remaining 20 percent of infections are found in the genital area. HSV-2 on the other hand causes about 80% of genital infections and 20 percent of oral infections. In adolescents, about 30-40 percent of genital infections are caused by HSV-1, probably due to the rise of oral sex in this age group.

Most adults (about 80 percent) have antibodies

to HSV-1 in their blood meaning they were infected by HSV-1 at some point in their lifetimes. Most initial infections occur in children aged six months to three years. Despite the high rate of infection, only about 30 percent of people show any outward signs of infection. Antibodies to HSV-2 are found in about 20 percent of adults.

HSV is spread through respiratory droplets, saliva or from skin-to-skin contact. The viruses can't invade intact skin, so there must be breach in the skin barrier for them to enter the body. The virus can also invade mucous membranes that are found inside the mouth and in the genital area and also enter through abraded skin which is why HSV infection is found frequently in wrestlers.

Most initial or "primary" HSV infections in people with good immune

systems are mild and often without symptoms. The incubation period from exposure to lesion appearance averages about four days.

HSV lesions start with some tingling, itching, or burning at the site of infection. This is usually followed by swelling a day or so later and the formation of small blisters or vesicles. The virus causes skin cell death so often the lesions become dark or even black. They eventually scab over and the cycle repeats itself at some point in the future.

Just as with other herpes infections, once the primary infection is over the virus enters a dormant phase inside nerve cells, waiting to re-emerge at some later date.

There are various stimuli or triggers that can cause reactivation of herpes simplex. These include fever, physical or

emotional stress, ultraviolet light exposure, suppression of the immune system, and nerve injury. Recurrent infections tend to be less severe because the body can mount an immune response more rapidly.

For some people, particularly those with weakened immune systems, HSV infection can be very serious. It can lead to brain infections (encephalitis) and can also spread throughout the body infecting various organs. Herpes encephalitis kills 60 to 80 percent of its victims. Infections in newborns can be very serious.

HSV infections can be treated with oral antiviral medications like Zovirax® (acyclovir), Famvir® (famciclovir) and Valtrex® (valacyclovir). There is also a topical drug available called Abreva®. The drugs stop the reproduction cycle of the virus by inhibiting the

replication of viral DNA. Despite treating the infection, there is no cure to rid the body of the virus.

Most physicians recommend starting an oral antiviral at the first sign of a recurrence. This often shortens the duration of the infection and may prevent it from progressing altogether. Some people who have frequent recurrences may need to take daily antiviral medication to prevent outbreaks.

Sufferers of recurrent herpes simplex should avoid triggers. Probably the most effective preventative measure is to stay out of the sun or at least use a lip balm containing a high SPF sunscreen. People with active infections should avoid kissing others and abstain from oral sex.

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

Poetry Society Of Indiana's 44th Annual Poetry Contest

Poetry Society of Indiana* ("PSI") is currently accepting entries for its annual poetry contest. This year's contest features 27 categories, with prize money going to the top three placings in most of them — over \$1,800 in total.

The entry fee is \$10 for PSI members and \$15 for non-members. That single fee entitles a poet to enter any and all of the individual categories, but with the limitation of only one poem per category. The contest submission deadline is September 1.

Winners will be announced during PSI's annual Fall Rendezvous event over the weekend of October 7-9.

Information about the contest, including the downloadable brochure

with complete rules and descriptions of all the categories, is available on the PSI website here: PSI Annual Poetry Contest (poetrysocietyofindiana.org)

In addition to the discounted entry fee for the annual contest, benefits of membership in PSI include:

- Discounted fees for public PSI events and contests
- Automatic membership in the National Federation of State Poetry Societies (NFSPS)
- Eligibility for member-only PSI and national competitions and events
- Discounted editing and production service for self-publishing via Amazon
- Free promotion of your books of poems, etc
- Share short videos

via the PSI YouTube channel

- Automatic email notification of upcoming events and contests

Membership in Poetry Society of Indiana is \$18 per year. Information about becoming a member, including the downloadable registration form, is available on the PSI website here: PSI Membership (poetrysocietyofindiana.org) Last year's contest had 680 poems entered by 72 poets in 23 categories, and a total of \$1,593 in prize money was paid out.

PSI hopes all poets will consider entering the contest, and wishes the best of luck to all entrants.

*Prior to 2016, Poetry Society of Indiana was known as Indiana State Federation of Poetry Clubs ("ISFPC").

Lt. Gov. Crouch Statement On The 2022 Fiscal Year Close-Out

Lieutenant Governor Suzanne Crouch offered the following statement regarding the 2022 state fiscal year close-out with \$6.1 billion in reserves.

"We have much to be proud of in Indiana and our strong fiscal position is certainly high on

that list. While it may be easy for some to take for granted our \$6.1 billion in reserves, we know that that balance does not happen by accident. Thanks to strong leadership by state leaders, Indiana continues to be a place where everyone who wants a

job can find a job, where businesses want to grow and expand because they appreciate our tax and regulatory climate, and where families want to move because we are making strategic investments in providing a high quality of life for all Hoosiers."

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<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
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