

▶ TODAY'S VERSE

Philippians 3:7-8 But what things were gain to me, those I counted loss for Christ. Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ.

▶ FACES OF MONTGOMERY

People who call our community their own.



Dylan Nevitt of Arab Pest Control was taking a break from work when one of The Paper's roving photographers happened along. Thank you for your smile Dylan!

▶ THREE THINGS You Should Know:

1 At last, we have the secret for a long and happy marriage, says the Association of Mature American Citizens [AMAC]. With his wife of 80 years, Edith Mae, at his side, Robert Schaum of Lancaster, PA said, it's simple: "don't go to bed mad." They met in high school in 1936, courted and got married the day after Christmas in 1942. Alas, in 1943, Robert shipped out to the Pacific theater of World War II at the behest of Uncle Sam. The pair of 102-year-olds have two kids and a very happy marriage. Alas, what they don't have is the record for the longest marriage; it was set by Herbert and Zelmyra Fisher of North Carolina. According to the folks at the Guinness Book of World Records, they were married for nearly 87 years until Herbert passed away at the age of 106.

2 The Indiana Department of Transportation announces updates to the I-65 Added Travel Lanes (ATL) project in Tippecanoe County. Due to the contractor's schedule, the I-65 southbound entrance ramp at State Road 43 is now expected to open on or after Friday, April 14, weather permitting. Crews will continue to work on this project through the winter months, as the weather and temperature allows. Currently, work is happening on I-65 in both directions between S.R. 25 and W. 725 N., north of Lafayette. INDOT urges the public to be aware of narrow lanes for the duration of the project. Traffic is currently being shifted to the new inside lanes in both directions, while crews construct the outside lanes. Temporary lane restrictions may be required throughout the duration of the project.

3 Yesterday, Congresswoman Erin Houchin (R-Ind.-09) voted in support of the Family and Small Business Taxpayer Protection Act, H.R. 23, to stop the Biden Administration's plan to hire 87,000 new IRS agents who would be used to increase audits on middle class families, spy on Americans' bank accounts, and target conservatives..

The Paper

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Butch Says Sometimes You Only Get One Chance



BUTCH DALE
Columnist

What will this year bring? No one knows for sure. We can't predict the future. I always try to stay positive, even when circumstances dictate otherwise. I witnessed so many tragic situations during my years as a deputy and county sheriff that today I appreciate all of the little things in life. Those of you who have recovered from a life-threatening illness or accident may feel the same way. Walking my dog down

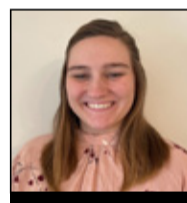
the road in the evening, sitting on our back deck and watching the black and yellow finches eat from the feeder, mowing our lawn on a bright sunny day, reading a good book after the evening meal...well, you get the picture...such things as these are often taken for granted. I have started to notice life's simple pleasures more and more, and when you reach my age, you are glad to still be around and in good health. Seven of my high school classmates (out of a graduating class of 32) are no longer with us. Many of the boys who I competed against in sports have passed on. I don't dwell on those sad thoughts, but they are floating around in my mind. I don't become depressed, because I always look to the future. But I realize that sometimes I may only get one more chance...

...one chance to hear what a child or teenager wants to tell me

▶ See BUTCH Page A5

Upcoming Class For Landowners And Farmers

Do you own land that you cash rent out to a local farmer or are you the farmer that farms rented land? Do you want to learn more about contracts for the cash-rent agreement and other arrangements? Wednesday nights, Jan. 18- Feb. 8, at 5:30 - 8:30 p.m. at the 4-H Exhibit Hall. The Power of Information and Open Conversation: A Land



TRICIA HERR, Purdue Extension Office



Leasing Series for Women in Agriculture program is a Risk Management Education funded grant between Kansas, Nebraska, and Indiana that focuses on land lease basics, written lease agreements, landlord-tenant communication, negotiations, and conservation that is open to all, not just women. Dinner will be provided at all classes and served at 5:30 p.m. Thanks to Hoosier Heartland State Bank for sponsoring the meals! Register online for the class at puext.in/PowerOfNegotiation

▶ See CLASS Page A5



JOHN MARLOWE
Columnist

Taking A Break

John O. Marlowe's column won't appear this week. The award-winning writer is on break.

John O. Marlowe is an award-winning columnist for Sagamore News Media.



Photo courtesy of Athens Arts

Make A Tapestry At Athens Arts

A weaver usually uses a loom to weave. Another way to weave is build a DIY cardboard loom. What about chair legs? Athens Arts is going to teach you how to make a tapestry using chair legs as a loom!

Come the join art classes at Athens Arts in 2023 starting with this fun filled class. The instructor will provide all supplies needed for students to create a wall tapestry to take home and enjoy.

Class will be on Thursday, Jan. 12, 2023. Choose either an afternoon session (1-3 p.m.) or an evening session (6-8 p.m.). Class is open to anyone 12 years and older. Cost is \$35. Classes meet at Athens Arts, 216 E. Main Street, Crawfordsville, IN.

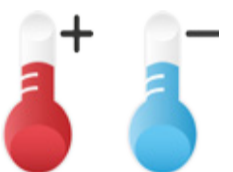
To reserve a spot for the January 12 class, stop by Athens Arts Thursdays and Fridays 10 a.m. to 6 p.m. or on Saturday from 10 a.m. to 2 p.m. or call 765.362.7455 and leave a message. Credit card charges will apply.

Come be PART of it! This project in part is made possible through funds from The Arts Federation (TAF) via the Biden-Harris Administration's American Rescue Plan (ARP) allocation to the National Endowment for the Arts (NEA).

The Daily Almanac



Sunrise/Sunset
RISE: 8:09 a.m.
SET: 5:41 p.m.



High/Low Temperatures
High: 51 °F
Low: 34 °F



Today is.....

- Peculiar People Day
- Save the Eagles Day



What Happened On This Day

- 1812 The first steamboat on the Ohio River or the Mississippi River arrives in New Orleans, 82 days after departing from Pittsburgh
- 1901 The first great Texas oil gusher is discovered at Spindletop in Beaumont, Texas



- Births On This Day**
- 1945 Rod Stewart English/Scottish singer-songwriter
 - 1949 George Foreman American boxer

- Deaths On This Day**
- 1971 Coco Chanel French fashion designer and founder of the Chanel Company
 - 2016 David Bowie English singer-songwriter, producer and actor

▶ HONEST HOOSIER

Only 349 shopping days until Christmas... and unfortunately, only eight months until we'll likely see the first Christmas displays in stores.



▶ TODAY'S HEALTH TIP

Get an exercise partner and challenge each other to show up and to foster healthy competition. 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

▶ INSIDE TODAY'S EDITION

Obituaries.....A2
Slim Randles.....A3
Notes.....A2

▶ THE MONTGOMERY MINUTE

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▶ TODAY'S QUOTE

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success."
- Dale Carnegie

▶ TODAY'S JOKE

A horse walks into a bar and the bartender looks up and says "hey." The horse nods and says "sure."

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



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13 WTHR 7 DAY FORECAST

34/51 A.M. SPRINKLES P.M. SUN BRISK	38/51 CLOUDS, DRIZZLE, BREEZY	48/55 BREEZY WITH RAIN TO SNOW	30/33 COLD WITH SNOW SHOWERS	25/36 CHILLY BUT DRY	26/46 WARMING AGAIN	36/51 BREEZY
TUE	WED	THU	FRI	SAT	SUN	MON

Witham Health Services Receives 2022 Press Ganey Human Experience Guardian Of Excellence Award



Witham Health Services today announced that it has been named a 2022 Human Experience (HX) Guardian of Excellence Award winner by Press Ganey, the global leader in healthcare experience solutions and services. This award is part of Press Ganey's annual ranking of the top hospitals and health systems in the country, according to performance in patient experience.

As a winner of the Press Ganey HX Guardian of Excellence Award, Witham is in the top 5% of healthcare providers in delivering patient experience in the last year. Press Ganey works with more than 41,000 healthcare facilities in its mission to reduce patient suffering and enhance caregiver resilience to improve the overall safety, quality and experience of care.

"By putting their patients and workforce first each and every day, Witham Health Services is demonstrating their unwavering commitment to their employees and to the communities they serve," said Patrick T. Ryan, chairman and chief executive officer, Press Ganey. "The caregivers at Witham have inspired us with the compassion, empathy and human connection they bring to the clinical healthcare setting. We are honored to partner with them as we celebrate their achievement."

"While we're proud to have won this award, we know the true winners are our patients - with access to doctors who listen, nurses who care

and exceptional medicine close to home. Witham Health Services ER in Whitestown at Anson, proudly exceeding expectations - every day, for every patient." said Kelly Braverman, president and chief executive officer, Witham Health Services.

To learn more about Witham Health Services visit www.witham.org.

About Press Ganey
 Press Ganey, the leading Human Experience (HX) healthcare performance improvement company, offers an integrated suite of solutions that address safety, clinical excellence, patient experience and workforce engagement. The company works with more than 41,000 healthcare facilities in its mission to reduce patient suffering and enhance caregiver resilience to improve the overall safety, quality and experience of care. Press Ganey is a PG Forsta company.

About Witham
 Witham Health Services is proud to be part of the growth and vitality throughout Boone County and the surrounding communities.

Our mission is to improve your health through excellence and personalized care. Every day, our experienced and compassionate staff, combined with our state-of-the-art technology, bring exceptional health resources to patients and their families - all close to home.

Witham has offices in Crawfordsville, Frankfort, Jamestown, Lebanon, Thorntown, Whitestown at Anson and Zionsville.

At Witham Health Services, we feel called to care for our neighbors; supporting them to live healthy, active lives and helping them heal in times of injury and illness. To learn more about our mission, our values and vision, visit www.witham.org.

Meeting Notes

Montgomery County Board of Commissioners Meeting

Jan. 9, 2023
 Consent Agenda Approved
 Approval of Claims: Dec. 27, 2022 to Jan. 9, 2023
 Payroll 12/30: \$390,481.19
 Accounts Payable: \$2,317,367.81
 Minutes: Dec. 27, 2022
 Acknowledgement of Notice to Proceed - Bridge 63, 66 & 175 - Highway Director Jake Lough
 Highway Director Jake

Lough has signed the documents for the Notice to Proceed on the designs for Bridge 63 (300S), 66 (625E) and 175 (550E).
 New Business
 Tom's Marine - Request to close roads during Ironman Events Approved.
 Road closures on 200 South and 200 West for two upcoming events at Ironman Raceway. The road closures will occur on May 6th & 7th and Oct. 20th & 22nd.
 2023 Section Corner Perpetuation Contract - Amy Woodall Approved.
 Agreement between Surveyor Tom Cummins and Contract Surveyor

Amy Woodall. Counties are required to maintain a section corner reference book and to annually check and reference at least 5% of all corners. Contract is for the southern half of a portion of Brown Township.
 Approval of Order Establishing Precincts - Clerk Karyn Douglas Approved.
 Changes of the precinct lines will include all of the new annexations from the City. This change in precinct line will not affect voters.
 Affidavit of Construction Fund Disbursement Request & Deposit - Pay App #2 - \$4,030,718.63 Approved.

Invoice of \$4,030,418.63 from Indiana American Water Company for the Nucor water extension project. It will be paid from the Taxable Economic Development Revenue Bonds of 2022 (IAW/CSX Project)
 2023 Board & Commission Appointments Plan Commission - Tom McClamroch Security Committee-Judge Darren Chadd Resolutions
 Resolution 2023-1: Declaring Certain Property to be Worthless and Authorizing Disposal Approved.
 2007 Ford Expedition - Coroner's office

Meeting Notes

Crawfordsville District Public Library

Board of Trustees Meeting Notice and Agenda
 Jan. 12, 2023, at 4 p.m. Conference Room
 A. Board of Finance - 4 p.m.
 The local officers designated as members of the board of finance shall

meet after the first Monday and on or before the last day of January for the following reasons:
 1. to elect a president and secretary [IC 5-13-7-6] for Board of Finance;
 2. to receive and review the investment officer's report on investments [IC 5-13-7-7];
 and
 3. to review the overall

investment policy of the library [IC 5-13-7-7].
 B. Monthly Business Meeting of the Board of Trustees - 4:05 p.m.
 • Call to order
 • Public Comments
 • Minutes - action
 • Claims - action
 • Reports: Main Street, Park Board
 • Old Business
 • Director's Report
 • Financial Reports

• New Business
 o Review of Internet and Computer Use Policy - action
 o Quotes for Carnegie Museum Gutter Repair - action
 o Health Insurance Renewal for 2023/2024 - action
 o Resolutions to Make End-of-Year Transfers - action
 • Adjournment

Meeting Notes

Drainage Board Agenda

Wednesday, Jan. 11, 2023 at 9:30 a.m.
 Montgomery County Government Center, Community Meeting Room
 1580 Constitution Row, Crawfordsville, IN

47933
 I. CALL TO ORDER
 II. PLEDGE OF ALLEGIANCE & PRAYER
 III. REORGANIZATION & SWEARING IN NEW MEMBER(S)
 IV. ELECTION OF OFFICERS
 V. ATTORNEY CONTRACT

VI. APPROVAL OF MINUTES
 • Dec. 14, 2022 - Regular meeting
 VII. OLD BUSINESS
 • WILLIAM SHELLEY #706 - Reconstruction update
 • CLAUDE MOODY #583 - Discussion on reimbursement of engi-

neering costs
 VIII. OTHER BUSINESS
 • Schedule hearing:
 o JAMES GILLILAND #519 - Assessment hearing
 IX. NEW BUSINESS
 X. PUBLIC COMMENT
 XI. ADJOURNMENT

Meeting Notes

Crawfordsville Community School Corporation

1000 Fairview Avenue, Crawfordsville, IN 47933
 Phone: 765-362-2342
 Fax: 765-364-3237
 Notice of Special

Meeting
 The Crawfordsville Community School Corporation Board of Finance will meet on Thursday, Jan. 12, 2023, at 5:45 p.m. at Willson Developmental Preschool, 500 E Jefferson, Crawfordsville, Indiana. The public is invited to attend.

Meeting Notes

Crawfordsville Community School Corporation

1000 Fairview Avenue, Crawfordsville, IN 47933
 Phone: 765-362-2342
 Fax: 765-364-3237
 Notice of Regular

Meeting
 The Board of School Trustees of the Crawfordsville Community School Corporation will meet for a regular meeting on Thursday, Jan. 12, 2023, at 6 p.m. at Willson Developmental Preschool, 500 E Jefferson, Crawfordsville, Indiana 47933. The public is invited to attend.



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Holcomb Feeling Stronger Every Day

When my State Affairs Indiana colleague Kaitlin Lange asked Gov. Eric Holcomb what he was playing on his Spotify music list, he responded, "Feeling Stronger Every Day" by the legendary rock band Chicago.

It was a revealing answer because after U.S. Sen. Mike Braun announced he would seek the open governor's seat in 2024, I began asking Republican Party chairs for potential candidates for Senate. Hardly any prominent GOP county chairs or operatives saw Holcomb seeking the seat, with most expecting him to, as one put it, "find a great job in the private sector."

After serving as deputy chief of staff to Gov. Mitch Daniels and then as Indiana Republican chairman when he helped create a launch the current GOP juggernaut that now dominates Hoosier politics, Holcomb launched a bid for the U.S. Senate for the 2016 cycle. He was running third in the GOP primary when Gov. Mike Pence tabbed him to replace Lt. Gov. Sue Ellspermann. When Donald Trump picked Pence as his running mate that July, Holcomb won a second-ballot Republican Central Committee caucus. After a 106-day campaign he likened to "building an airplane in flight," Holcomb upset Democrat John Gregg. It's one of the more interesting rises to stardom in Hoosier history.

Why wouldn't Holcomb, who won reelection with a record number of votes in 2020, be at the top of insider Senate lists? Because as governor, he made a number of moves and



BRIAN HOWEY
Howey Political Report

restrictions during the COVID-19 pandemic that angered social conservatives. They delivered a swift rebuke during last June's Indiana Republican Convention, defeating Holcomb appointee Holli Sullivan for a full-term as secretary of state and opting for Diego Morales, who had accused the governor of "abusing" his power.

About six weeks later, in the wee hours of a hot August night, Holcomb signed SEA 1, the holy grail of true-believing conservative Republicans. It became the most restrictive anti-abortion bill passed by a state legislature following the U.S. Supreme Court's repeal of Roe. v. Wade on June 24. Proponents believe the new law will prevent more than 90% of Indiana abortions. "Following the overturning of Roe, I stated clearly that I would be willing to support legislation that made progress in protecting life," Holcomb said. "In my view, SEA 1 accomplishes this goal following its passage in both chambers of the Indiana General Assembly with a solid majority of support."

Thus, Holcomb's signature provided an interlude to a strange, strange year.

When State Affairs Indiana asked Holcomb

during his year-end interview whether he was considering a Senate run, he responded, "Not right now. I'm not going to let anything interfere with my focus, and my focus right now is the budget session that's upon us. I haven't ruled anything out or in. I've told multiple people from different walks that have expressed an interest or asked me to think about something. I've literally told 100% of them the same thing so that if one talks to the other they will get the same response. If you need an answer now, I'm not your guy."

Earlier this week, Gov. Holcomb unveiled his final biennial budget. He called it "transformational" because it proposes to change the way public health is delivered in Indiana, and makes what he calls "historic investments" in K-12 education - including fully funding the cost of textbooks for Indiana students and new literacy initiatives. He is seeking an 8% increase in education spending and wants to raise average teacher salaries to \$60,000.

He proposed increasing health spending by \$120 million in 2024 and \$277 million in 2025 per recommendations from the Governor's Public Health Commission, as well as a continued expansion of broadband to rural areas, more recreational trails, and another \$500 million for his Regional Economic Acceleration & Development Initiative (READI) program that has ignited an array of community projects across the state.

And after another landmark report by the Indiana Behavioral Health

Commission during what is being termed a "crisis in mental health," Holcomb will seek an expansion of the 988 Crisis and Suicide Lifeline services, \$4.25 million to combat military veteran suicide, and will begin to invest \$500 million in opioid settlement funds to create community substance abuse programs.

"By making lasting investments in our health, education and workforce we are building a stronger tomorrow for all Hoosiers," Gov. Holcomb said. "First and foremost, we will protect our fiscal strength of Indiana by adopting our 10th straight honestly balanced budget which allows us to strategically prioritize public health, education, workforce, as well as economic and community development to elevate Indiana to the Next Level and provide citizens and their families the tools they need to not just survive but thrive for generations to come."

His wish list comes as the state sits on a record \$5 billion budget surplus.

Holcomb for Senate? If Mitch Daniels, Holcomb's long-time ally and mentor, decides against reviving his storied political career by seeking Richard Lugar's old Senate seat, perhaps the 54-year-old governor will consider a run. Senate nominees are chosen via primaries, not state conventions. A governor would be tough to beat in a primary.

The columnist is managing editor of Howey Politics Indiana/State Affairs at StateAffairs.com/pro/Indiana. Find Howey on Facebook and Twitter @hwypol.

Being The Official Town Dog Ain't Easy

I don't mind Boots. He just curls up quietly against my belly and stays put. But sleeping with Desdemona can be a bit unnerving. She snores. Sometimes she gets little bad dreams and scratches me, too. But hey, I get to come in out of the cold and sleep with Aunt Ada's cats on her sofa, and a guy can tolerate a certain amount of cat snoring for that.

I was glad when I heard Aunt Ada pattering in the kitchen because I knew it was time to get up. After she let me out, she fed me, and let me tell you ... that kibble was just as good this morning as it was yesterday. And then she petted me, called me her dear Billy, and let me out to do my rounds.

Don't let anyone tell you being the official town dog is easy. Nos-sirree. First, there are the kids. Me and Martin, the crossing guard, have to see them safely across the street and to school each morning. Must be band day, because I see a lot of instrument cases. Martin gets smiles from the children. I get smiles AND ear rumples, so what do you think of that!

Once those kids are safely across, the time is pretty much my own until the final bell rings in the afternoon. That would be after I get snacks at the back door of the Mule Barn and after my nap



SLIM RANDES
Columnist

curled up against the brick wall of the drug-store downtown. You ever notice how those bricks hold the sunshine in them? Better than that white wall on the newspaper office.

This is a good day to stop by the Rest of Your Life retirement home and check on Pop Walker and Mabel Adams. Oh, I make the rounds and check on everybody, of course, but I have to admit those two are my favorites.

If today is band day at school, tomorrow will be sale day at the sale barn at the edge of town. That's when the men bring their dogs in from the ranches to look at cows. They yell and talk funny. Not the dogs, of course. Getting your sniffing up to date is always a good thing.

Love, Billy
Give a great nose a helpful lift. Send a gift to the East Tennessee Bloodhound Rescue. etbloodhoundrescue.org.

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Budget Has Big Ongoing, One-Time Obligations

By Whitney Downard

When drafting the state's next budget, lawmakers will need to consider the state's ongoing commitments and one-time obligations under the cloud of a potential recession.

This comes after more than a year of revenues out-performing projections and two years of cash infusions from the federal government, boosting the state's reserves.

Indiana operates under a two-year budget, meeting in odd-numbered years over four months to hammer out line items and debate spending priorities.

In the previous budget session, in 2021, the budget passed in a near-unanimous vote – losing just five Democrats in both chambers combined – and included record investments in education, which Gov. Eric Holcomb plans to continue.

Indiana's budget balances

For just the second time in the state's history, Indiana's high reserves triggered an automatic taxpayer refund: coming in over 12.5% of the state's revenues at the close of the fiscal year in 2021. The additional \$1.1 billion was

split evenly between an outstanding debt obligation and \$125 payment to each 2020 tax payer.

But reserves still came in at \$6 billion at the end of the 2022 fiscal year, or 28.6% of revenues. Holcomb urged the General Assembly to send out another refund, this time for \$200, to a wider eligibility pool for a total of \$1 billion.

By the end of the 2023 fiscal year, reserves are estimated to clock in at more than \$4 billion, 19% of that year's revenues. In closeout statements, both 2024 and 2025 end with more than 12.5% in combined reserves.

But budget writers and the Holcomb administration seem to have differences when it comes to the ideal level of reserves as a percentage of the budget. Cris Johnston, the director of the Office of Management and Budget, said 10-12% would be "prudent" while Mishawaka Republican Sen. Ryan Mishler pushed for combined reserves as high as 15%.

Mishler has also argued that three of the four reserve accounts – tuition support, Medicaid and the rainy day fund – shouldn't be included in overall calculations because those are for

emergency use.

Without those three accounts, reserves are projected to fall under \$1 billion by 2024.

This safety net means that anything outside of that reserves amount gives Indiana flexibility to increase ongoing costs and invest in one-time expenditures. But the possibility of a mild recession in early 2023 has dampened spirits, signaling a cooling economy that will no longer produce record-breaking collections.

Ongoing cost increases Unlike one-time obligations, these ongoing costs will inflate this budget cycle and every other one following. Outside of education, which composes just over half of the state's budget, the next biggest spending category is Medicaid – and it's growing.

State Budget Director Zac Jackson, who started with the agency around 2006, said that since he joined the Medicaid Assistance fund had more than doubled from \$1.4 billion to \$3.9 billion, a 179% increase.

"This is one of our fastest growing appropriations," Jackson said.

Medicaid provides health insurance coverage for impoverished Hoosier adults and children – an industry with

increasingly high costs already under scrutiny from the General Assembly.

Last month, Medicaid Director Allison Taylor told the budget committee that enrollment had grown during the pandemic, due to some federal changes in insurance coverage, but was expected to begin falling after the expiration of the public health emergency, anticipated in spring 2023.

But while that partially inflated the budget request, another big transition will cost hundreds of millions of dollars: pivoting from a fee-for-service model to a managed care model for Medicaid, specifically for home- and community-based services.

Stakeholders assure lawmakers this move will save the state money in the long run, but some members seemed skeptical due to the state's weak caregiving infrastructure.

At the same time, FSSA and other agencies – including the Department of Child Services – need to increase their rates to providers, pushing up overall costs. The state's technology costs will increase by 5% partially due to higher licensing fees from Microsoft.

Additionally, the Governor's Public Health Commission has urged an infusion of funding for public health – recommending a minimum of \$243 million annually before reducing their ask.

The last major pillar of cost increases will be salary bumps across the board – an attempt to reverse the state's loss of hundreds of employees during the pandemic, for an overall turnover rate of 25%.

Existing funding will cover the 5% average increase to the end of Fiscal Year 2023, with the General Fund covering \$160 million of the \$253 million annual cost.

Raising salaries for the Indiana State Police from \$53,690 to \$70,000 will cost another \$36 million per year and has been identified as one of Holcomb's priorities for the 2023 session.

One-time obligations The Senate's lead budget writer, Misher, has maintained that the next budget will be hampered by the more than \$1 billion in cost overruns mostly due to inflation.

To cover those costs, Holcomb proposed dedicating \$1.25 million. That amount will cover costs for the Westville Correctional Facility construction and the

combining of the Indiana Schools for the Deaf with the Indiana School for the Blind and Visually Impaired, among other projects.

In terms of economic development, the Indiana Economic Development Corporation will be getting several one-time investments designed to encourage business in the Hoosier State. Specifically, another \$500 million for READI grants to improve quality of life, \$300 million in a "deal closing" fund and \$150 million for a site acquisition fund.

The Holcomb administration said that the site acquisition would operate similar to the state's involvement in the Boone County LEAP Innovation Project, which purchased land to then re-sell to companies such as Eli Lilly. However, this fund can be used for projects across the state.

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Doctor, My Head is Spinning! What Do I Do?



JOHN R. ROBERTS, M.D.
Montgomery Medicine

This week I want to address dizziness, a condition I have seen more times than I can count throughout my career. Primary Care doctors in the U.S. see about six million patients a year who complain of being “dizzy.”

Dizziness means different things to different people and can be a symptom of many medical conditions. People use “dizzy” as a universal term to describe feeling faint, lightheaded, or when they have a sensation of themselves or the world around them spinning. This latter sensation is called vertigo, from the Latin vertere meaning “to turn.”

The most common cause of vertigo is benign paroxysmal positional vertigo or BPPV. Benign means the condition is not dangerous, paroxysmal indicates it recurs intermittently, and positional refers to the vertigo typically being brought on by changes in body or head position.

I have to crack open the anatomy and physiology books to explain the cause of BPPV. Hopefully, some of you recall the vestibular apparatus from junior high science class. It is the organ that allows us to maintain our balance and is found in the inner ear. This is

a truly remarkable and complex organ. I’ve included a diagram to help you visualize what I’m describing.

We have a vestibular apparatus on each side of our heads. These organs, along with input from our eyes, are constantly monitoring the position of our heads in space in relation to motion and gravity. If one or both of them gives faulty or conflicting information to our brains, we lose our sense of orientation in space.

The three semicircular canals are a key part of the vestibular apparatus and are oriented at 90 degree angles to one another. They are filled with a fluid called endolymph. When we move our heads, the fluid shifts to varying degrees inside each of the three canals, allowing us to detect motion in three different planes (head turning, nodding up-and-down, and moving forward or backward). Movement of the endolymph acts on a piece of tissue called the otolithic membrane that resides in two other parts of the vestibular system called the utricle and saccule.

The membrane sits on top of tiny hairs protruding from nerve cells that communicate with the brain. When the membrane moves, it wiggles the hair cells that fire off nerve impulses, telling the brain which direction the head is moving.

Resting on top of the otolithic membrane are tiny crystals made of calcium called otoliths. These crystals provide some weight on top of the membrane allowing it to stimulate the nerve cells more easily.

Now that you’re an expert in some inner ear anatomy and physiology, what does any of that

have to do with BPPV? The cause of BPPV is a problem with the otoliths – they get dislodged from their position on top of the otolithic membrane and move into the semicircular canals. The displaced crystals move in the canals and trick the brain into thinking your head is moving in a direction it is not. This results in the sensation of vertigo. Tilting the head, rolling over in bed, getting out of a bed or chair, looking up or down, or sudden head motion can all cause the vertigo associated with BPPV.

A good patient history is usually suggestive of BPPV. There is also a few simple movement tests that can be performed in the office to determine if one of the vestibular canals is at fault. You can watch a video demonstration of one of the maneuvers here: goo.gl/HcNIDY.

Most cases of BPPV resolve on their own when the otoliths move out of the semicircular canal. Sometimes medications like meclizine (Antivert) or scopolamine are given to dull the severity of the vertigo.

If BPPV doesn’t resolve on its own, most cases can be treated in the office by undergoing either the Epley, Lempert, or deep head-hanging maneuvers. These involve putting the patient through a series of movements that attempt to move misplaced otolith(s) out of the semicircular canals. Severe and refractory cases of BPPV occasionally require surgical correction.

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

↳ BUTCH From Page A1

...one chance to show how much I appreciate the kindness of a friend or neighbor by doing a good deed for them
 ...one chance to right a wrong that I may have done in the past
 ...one chance to help out my community, my town, or a local organization
 ...one chance to tell the “helpers,” such as repairmen, teachers, firemen, police officers, business owners...and many others...how much I appreciate them
 ...one chance to visit someone in the hospital or nursing home and brighten their day
 ...one chance to teach my grandkids the im-

portance of trying their best, win or lose, and showing good sportsmanship
 ...one chance to stand up and do what is right instead of going along with the crowd
 ...one chance to admit a mistake and apologize
 ...one chance to play, have fun, enjoy life, learn a new skill, or seek out a new hobby
 ...one chance to tell my family how much I appreciate and love them
 We are very lucky to live here in rural and smalltown Indiana. The big cities and suburbs are overloaded with problems. I realize that a certain amount of progress and industri-

alization is necessary. But I would hope and pray that Montgomery County stays true to its past...a county with beautiful scenery, family owned farms, hundreds of “Mom and Pop” owned businesses...and smalltown and farmer friendly kindness. We don’t want to ruin what we have been blessed with, but such things are often taken for granted.
 You and I may only get one chance....

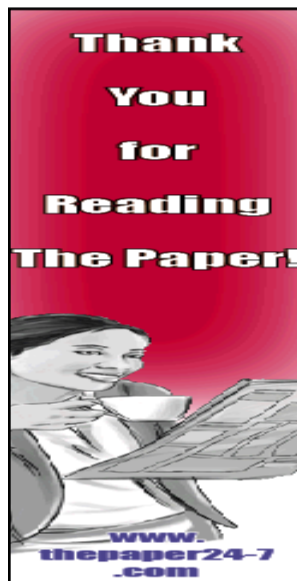
John “Butch” Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history.

↳ CLASS From Page A1

- Cost of 4 week class is \$50
 - Registration closes Jan. 16, 2023
 For more information, please call or email Tricia Herr at the Purdue Extension Office. 765-364-6363 or triciaherr@purdue.edu
 Upcoming Online Master Gardener Basic Training Class:
 There will be a State-wide Virtual Purdue EMG Basic Training from Feb. 7 – May 9 (with completion of final exam after May 9). Many counties have

come together to offer this program which includes a local county connection hour. The statewide live webinars will be held on Tuesdays, from 6:30 – 8:30 p.m. (ET)/5:30 – 7:30 p.m. (CT). Here in Montgomery County, the local county connection hour will be online on Thursdays at 5:30-6:30 EST each week. This will be offered live virtually by online Zoom Call.
 Our main objective is to train volunteers to assist Purdue Extension

with home horticulture education in local communities. Purdue EMG’s receive training in horticulture to equip them to fulfill this educational role through volunteering in a variety of projects
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