

➔ TODAY'S VERSE

Psalms 89:1 I will sing of the mercies of the LORD for ever: with my mouth will I make known thy faithfulness to all generations.

➔ FACES OF MONTGOMERY

People who call our community their own.



Dianne Cooksey is a faithful reader and subscriber to The Paper and just won free tickets to the Indiana Flower and Patio Show. She has lived in Crawfordsville all her life and has been married for 42 years and has two kids and three granddaughters. She just celebrated 17 years as the Property Manager of Cloverdale Heights Apartments. Gardening and camping are her favorite hobbies, so these tickets are perfect for her. Enjoy the show, Dianne! Would you like free tickets? All you have to do is send a photo of you with our front page (digital or paper – any kind of paper!) to ttimmons@thepaper24-7.com. But hurry, our supply is limited!

➔ THREE THINGS You Should Know:

1 Are you a proud parent or grandparent? Got a great photo of your loved one? E-mail it to news@thepaper24-7.com along with the pertinent info (and your contact information so we can reach you if we have questions). C'mon, let's show off as many bright and smiling faces as we can and make clear exactly why Montgomery County is such a great place to raise a family!

2 The Crawfordsville/Montgomery County Chamber of Commerce is hosting a City County Legislative Lunch at 11:30 a.m. on Friday, March 10 on the 3rd floor of Fusion 54, 101 W. Main Street, Crawfordsville. The panel will consist of Mayor Todd Barton, City Council Andy Biddle, County Commissioner John Frey, and County Council David Hunt. The sponsor for this event is Duke Energy. Lunch will be catered by Wildfire348. This is open to the public, and the cost is \$10 for Crawfordsville/Montgomery County Chamber of Commerce members and \$15 for non-chamber members. Space is limited so please register to attend online at crawfordsvillechamber.com by Friday, March 3rd. For more information regarding the breakfast or the chamber, please contact Stacy Sommer at ssommer@crawfordsvillechamber.com.

3 It takes a die-hard daredevil to seek out and take a ride on the fastest, steepest, most complex rollercoaster. If you are fearless and adventurous enough, you may want to book a trip to Dubai, suggests the Association of Mature American Citizens [AMAC]. It's there you'll find what the judges at the Guinness World Records say is the fastest vertical-launch rollercoaster on the planet. It is called the Storm Coaster. Beware, it has a vertical launch speed of 25 mph and accelerates to a top speed of some 48 miles per hour.

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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!

24

Indiana joined 24 other states in suing the Biden administration earlier this week. Indiana Attorney General Todd Rokita said it was to protect Hoosiers' jobs, property and freedom from an overreaching U.S. Environmental Protection Agency rule redefining "navigable waters" under the Clean Water Act. The lawsuit also names the U.S. Army Corps of Engineers as a defendant. The new Waters of the United States rule would force Indiana landowners to beg the permission of federal bureaucrats before using their own property in ways deemed to impact certain ponds, streams, ditches or other wet areas of ground.



Attorney General Todd Rokita



\$150K

Gov. Suzanne Crouch and the Indiana Office of Community and Rural Affairs announced the Taking Care of Main Street grant program is now open for applications. This Indiana Main Street grant program will award a total of \$150,000 in grants to eligible Main Street communities. "The Indiana Main Street program has such a positive impact on communities across our state," said Lt. Gov. Crouch, Indiana's Secretary of Agriculture and Rural Development. "These additional grants will help maintain this success and fuel even greater economic development for our Main Street communities."

25%

A bill authored by State Sen. Brian Buchanan (R-Lebanon) that would provide a state tax credit for donations made to public school foundations in 2024 and 2025 passed the Senate today in a bipartisan vote. Senate Bill 260 would allow Hoosiers to claim a nonrefundable 25% tax credit on contributions made to public school foundations, not to exceed \$1,000 for individuals filing a single return or a corporation and \$2,000 for married couples filing a return jointly.



State Sen. Brian Buchanan

\$40 million

The Indiana Homeowner Assistance Fund (IHAF) is a support program for eligible Hoosiers who have experienced hardship from income loss. Administered by the Indiana Housing and Community Development Authority (IHCDA), the IHAF has helped more than 3,500 eligible applicants and disbursed more than \$40 million through the program to date.

ihcda

Indiana Housing & Community Development Authority



➔ HONEST HOOSIER

Anyone else miss the days of Bob Knight, Gene Keady and Digger Phelps?



➔ TODAY'S HEALTH TIP

Don't watch TV before going to sleep – the bright light and activity may keep your brain awake.

Today's health tip was brought to you by Dr. John Roberts. Catch his column each week in The Paper and online at www.thepaper24-7.com.



➔ INSIDE TODAY'S EDITION

Carrie Classon.....A2
Casey Williams.....A3
Classifieds.....A4
John Roberts.....A4

➔ THE MONTGOMERY MINUTE

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➔ TODAY'S QUOTE

"Start where you are. Use what you have. Do what you can."
Arthur Ashe

➔ TODAY'S JOKE

How'd the barber beat everyone in the race?
He knew a shortcut!

➔ OBITUARIES

NONE

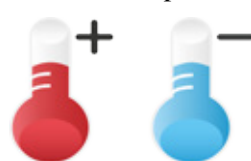
The Paper appreciates all our customers. Today, we'd like to personally thank Patrick Evans for subscribing!



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Sunrise/Sunset
RISE: 7:24 a.m.
SET: 6:37 p.m.



High/Low
Temperatures
High: 62 °F
Low: 48 °F



Today is...

- National Strawberry Day
- National Retro Day
- World NGO Day



What Happened
On This Day

- 1943 Non-violent protests in Berlin prevent the deportation of 2000 jews
- 2002 A Muslim mob set fire to a train carrying Hindu pilgrims
- 1933 Germany's parliament building is set on fire
- 2010 A massive earthquake strikes Chile



Births On This Day

- 1932 Elizabeth Taylor English/American actress
- 1934 Ralph Nader American lawyer, author, activist

Deaths On This Day

- 2011 Frank Buckles American soldier
- 2002 Spike Milligan Indian/Irish actor, singer, screenwriter, author



That's Not Stubby

My mother has a pet squirrel named Stubby. He is not, technically, her pet, as he lives outdoors as a wild squirrel. But he spends much of his time sitting on the railing, watching my mother, and my mother spends much of her time sprinkling seeds outside for Stubby, so you cannot deny they have a relationship.

While my husband, Peter, and I were up north visiting, however, Stubby had a visitor. "That's not Stubby!" my mother said, looking out the window at the red squirrel who appeared remarkably at home.

It's easy to identify Stubby since he lost half his tail in some unknown but unquestionably tragic accident. It was shortly after the loss of his tail that my mother took Stubby on as her dependent. The other squirrels disappeared in the winter, but Stubby remained. He dug himself an elaborate network of tunnels through the snow that went under the deck and came out on every which side, keeping him close to his supply of food, but safe from anything that might want to get what was left of his tail.

"Stubby has a great life!" I noted when I came up to visit my parents.

It had been cold, but Stubby looked healthy and well-fed. His tail had not grown back, naturally, but where it had been bitten off, new long, black fur had grown. It was a stylish and distinctive addition to his look. His tail now looked a bit like something you would see on the back end of a pheasant, and he had no trouble racing up and down the trees or balancing on the tiniest branch. Stubby was thriving with half a tail, especially now that he had my mother as his benefactor.

But then, another squirrel showed up. "That's not Stubby!" my mother repeated, looking at the squirrel who was sitting where Stubby always sat, eating the seeds put out for Stubby.

"Maybe Stubby has a girlfriend," I suggested. "Maybe this squirrel chased Stubby off!" my mother said, apparently far less optimistic about Stubby's chances for



CARRIE CLASSON
The Postscript

romance.

But Stubby was missing. I just was beginning to believe my mother's theory when we spotted Stubby a short distance off. He was eating pinecone seeds, giving the visitor a little space, but apparently going about his business as usual.

"It's very odd," my mother concluded, wondering if she now had two red squirrels to support.

But the red squirrel only stayed two days, and then disappeared as suddenly as it had appeared.

We watched intently out the window, looking for any sign of Stubby's visitor (and perhaps spending more time engaged in the activity than four grown adults should), but no visitor returned. Stubby was back on his own, contentedly eating his seeds.

"Who was that, Stubby?" I wondered.

My mother had an aunt who said she liked to visit folks to "see how they have it," and I can't imagine why squirrels might not do the same. We had just been talking about my mother's uncle, Evald, and I decided perhaps this might be some relation of Stubby's, let's call him Evald, someone who had known him before the sad loss of his tail.

"I wonder what old Stubby is up to?" Evald wondered and made the trip to visit. Evald would have found that Stubby had quite a nice setup.

"Oh, he's got it good, that old Stubby!" Evald would report back to the extended squirrel family. "Old Stubby had that terrible accident, but he really landed on his feet!"

At least, that's how I imagine it.

Till next time,
Carrie

Photos and other news can be found at CarrieClasson.com.

What Is Non-Hodgkin Lymphoma?

Someone recently asked me what lymphoma is. My knowledge of the subject was a bit dusty before I started doing some research for this column. Medical knowledge of non-Hodgkin lymphoma has rapidly evolved over the last decade or so. It is a very interesting disease and a type of cancer that is illustrative of recent advances in cancer treatment.

"Lymphoma" is a broad term that includes a large number of "lymphoid neoplasms." A neoplasm is an abnormal growth of cells that can be benign (not usually dangerous to one's health) or malignant (cancerous). Lymphoid neoplasms are composed of cells originating in the lymph system. This system is responsible for filtering tissue fluid and killing foreign substances in our bodies, particularly infectious agents.

The lymph system contains two types of specialized cells that can kill or remove these foreign agents, either directly (T cells), or indirectly (B cells). B cells produce antibodies that bind to foreign substances to assist in their removal from the body. When B and T cells multiply out of control, it results in different types of lymphomas.

The various types of lymphomas are named using a complex classification system based on cell morphology



JOHN R. ROBERTS, M.D.
Montgomery Medicine

(what they look like) and lineage (their genetic makeup). Lymphomas are broadly classified into Hodgkin and non-Hodgkin lymphomas (NHL). Non-Hodgkin lymphoma is further divided into B-cell and T-cell types. B-cell lymphomas account for about 80% of NHL.

Medical oncology used to make a clear distinction between solid tumors (lymphomas) and tumors comprised of cells circulating in the blood stream (lymphoid leukemias). It's becoming more clear that these neoplasms can have both solid and circulating components now that we have more sophisticated testing methods, particularly genetic testing. This makes it even more complicated to describe the multitude of lymphoma types.

Non-Hodgkin lymphomas account for about four percent of all cancers and we expected to diagnose about 80,500 cases in 2022. These

lymphomas are about one and a half times more likely in men than women. NHL caused about 20,000 deaths last year. It is more common in Caucasians, and is usually diagnosed after age 50. The five-year survival of patients with NHL is about 73 percent.

Interestingly, specific types of NHL are more common in certain geographic areas around the world. A person's lifetime risk of developing NHL currently is a little over two percent. However, the risk has been increasing about three percent a year over the last 40 years. This rise is likely due to improvements in diagnostic testing and new classification systems that include people who were previously felt to have benign disease. Our aging population, use of immunosuppressive drugs, transplant medicine, and HIV infections have also been implicated in the larger number of cases.

Physical rearrangement of various parts of our chromosomes that contain our DNA causes most types of NHL. Farming, pesticide application, flour milling, meat processing, painting, and those who work with rubber, plastics and other synthetics carry an increased risk of developing NHL. Exposure to herbicides, solvents, petroleum products and organic chemicals like

benzene & carbon tetrachloride (dry cleaning fluid) also increase one's risk.

Symptoms of NHL can be highly variable. Fevers, drenching night sweats, and weight loss are the most concerning and carry a poorer prognosis. These are called "B symptoms."

Swollen lymph nodes (including the liver and spleen) are another ominous sign. Some people present with shortness of breath, chest pain, cough, and abdominal or bone pain.

Diagnosing NHL usually involves blood tests, various radiologic imaging procedures (X-rays, CT scans, MRI, PET scans), and biopsies of suspicious lesions. It may also include examination of the bone marrow. Classification involves a lot of testing to identify the genetic signature of the tumor to nail down the specific type of NHL. This makes NHL one of the leading examples of how genetic testing is being used in modern day cancer treatment. Determining the genetic makeup of cancer cells to determine what chemotherapy or biologic treatments will offer the best chance at remission or cure is the future of managing cancer.

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



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Photos courtesy of Toyota

Stylish, Safe 2023 Toyota Camry Hybrid Achieves 47-MPG

You should have seen the look on my husband’s face when I rolled up in the 2023 Toyota Camry Hybrid. There’s never a question about the Camry’s quality or durability, but he’s not terribly excited. I don’t care; look at a list of the best-selling and highest quality cars for the past three decades and the Camry will always be near the top. While trying to sell him on how stylish, smooth, and efficient is this latest Camry hybrid, we made a highway run to visit relatives.

Sitting in the driveway, it’s a dignified design, but more exuberant than any Camry before. The XSE trim features more aggressive facias and a contrasting black roof, and the TRD edition even sprouts a wing, but our XLE takes on a more “athletic luxury” style. There are more bulges and creases than in previous models, wide horizontal grille slats imbue a Lexus vibe, and the thick rear pillars hint

- Likes:**
 - Efficient powertrain
 - Fresh style
 - Balanced handling
- Dislikes:**
 - Merely adequate horsepower
 - Distorted head-up display
 - Unfair image

at Rolls-Royce. Put it all over sporty 18” wheels. Angry taillamps and integrated decklid spoiler leave strong impressions.

There’s an upscale ambience inside too. The swervy-curvy dash with deep woodgrain trim and stitched coverings is as much Lexus as Toyota. Some will find the seats a bit firm, but I like them – especially when heated and ventilated. The thick heated leather-wrapped steering wheel, dual-zone automatic climate control, and power moonroof were nice too. Crisp tunes stream to the 800w JBL audio system with subwoofer through Apple and Android connectivity. Charge wirelessly with a clever console phone drawer. Proper

volume and tuning knobs add convenience.

Given the Camry’s broad adoption by families and even a couple of older drivers, Toyota devoted itself to safety. I liked the head-up display that projects speed, navigation, and safety systems over the hood, but it was slightly distorted like the flip-lens eye test at the doctor’s office. Providing clearer vision are radar cruise control, lane tracing with steering assist, rear cross path detection, and blind spot warning systems.

But, this efficient Camry is pretty enjoyable to drive, too. The powertrain mates a 2.5-liter four-cylinder engine with a continuously variable transmission and Lithium-Ion batteries for a

2023 Toyota Camry XLE Hybrid

Five-passenger, FWD Sedan
Powertrain: 2.5-liter I4 Hybrid, CVT
Output: 208 hp (combined)
Suspension f/r: Ind/Ind
Wheels f/r: 18”/18” alloy
Brakes f/r: Regen disc/disc
Must-have features: Style, MPGs
Fuel economy: 44/47 mpg city/hwy
Assembly: Georgetown, KY
Base/As-tested price: \$28,355/\$40,232

combined 208 horsepower. It may not be the fastest Camry, but it’s no sloth. For comparison, a 1987 Camaro IROC-Z’s V8 delivered just 215 horsepower. And, that Camaro would never match the Camry Hybrid’s 44/47-MPG city/highway.

My husband is still carping about the Camry being a “grandma’s car” as I tune him out and enjoy the drive. First, it’s dead solid – absolutely nothing squeaks, creaks, or rattles. Even over rough pavement, there’s nothing but fump, fump, fump, fump. Especially

for a front-drive car, the chassis is well balanced, allowing the driver to dial in handling while passengers enjoy a comfortable ride. Accelerating onto the Interstate takes a little patience, but it’s smooth and spirited at Interstate speeds. Even my grandma would appreciate its talents (she once out-ran an Amtrak across Indiana in her Mercedes).

When people of all ages come to me asking about a car that provides room for their family, is safe, and will last a very long time, the Toyota Camry tops my list.



CASEY WILLIAMS
Auto Reviews

However, it has also become one of the most stylish, comfortable, and efficient on my list too. Even my husband had to admit it’s a pretty impressive ride. The Kentucky-built Camry starts at just \$28,355 and came to a still-reasonable \$40,232 in hybrid trim with all of the kit. Competitors include hybrid versions of the Honda Accord, Hyundai Sonata, Kia K5, and Ford Maverick.

Storm Forward!

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

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Financial Tips For Newlyweds

(StatePoint) February is the month of love and one of the most popular times of year for couples to get engaged. According to a recent study, 36% of respondents said Valentine’s Day is the most romantic day to propose. If you’re about to get married or just walked down the aisle, here are five things to do to ensure your financial health.

1. Determine how you will handle finances. They say money can’t buy love and happiness, but talking about it in a marriage, or even beforehand, goes a long way. You’ll want to discuss whether you’ll have a joint bank account and credit cards, separate accounts or a combination of the two. It’s a personal decision, so consider the pros and cons. It’s also a good idea to know the roles you will play. For example, will you or your partner pay the day-to-day bills? The other person may want to manage the monthly mortgage and auto expenses, or even the long-term investments and retirement funds. If you need help coming up with a plan, you may want to seek the advice of a financial counselor.

2. Get life insurance. You may not realize that February is also Insure Your Love Month, a time to think about protecting your loved ones if something unfortunate should

happen. “If you have people who depend on you – including your new spouse – chances are you need life insurance,” said Lou Colaizzo, senior vice president, Erie Family Life. “While it’s hard to think about the possibility of not being there for a loved one, it’s so important to plan for.” Colaizzo added that some people may hesitate to seek out life insurance because they don’t want to go through the trouble of getting a medical exam, but that’s not always necessary. For example, Erie Insurance has a policy called ERISExpress Life, which may be able to provide protection with a simple application process and no physical medical exam. Colaizzo recommends people consult with their insurance agent to find the right life insurance policy and coverage amount that’s best for them.

3. Protect your bling. Chances are you spent a lot of time and money picking out rings you’ll love and wear every day. Unfortunately, burglaries are more common than you may think. According to the FBI, there were more than 1.1 million burglaries in 2019. Protect your wedding jewelry, and any other expensive jewelry, by adding these items to your homeowners or renters policy. It is advisable to have photos and documentation of

the value of the ring and other valuable jewelry in the event of a theft or a loss.

4. Update your car insurance. Notify your agent to make sure you’re both covered to drive each other’s cars. You may also be eligible for savings, such as a multi-car discount or bundling your car insurance with homeowners and/or life insurance. Additionally, some insurance companies offer a lower rate for married couples.

5. Make updates to your records if you change your last name. It’s a big decision and takes a lot of work if one of you decides to change your name after marriage. It’s important to be patient and diligent as the entire process may take several months. Remember to update all the appropriate forms, including a new Social Security card, driver’s license, passport, bank accounts and credit cards, among other considerations. Additionally, notify your employer for payroll and health insurance coverage updates.

Getting married is an exciting, big life event. While you and your partner start your new life together, have an open conversation about financial considerations and double check to make sure you’re covered to protect the life you’re building.

Annual Wellness Exam Is Key To A Healthy Year For Older Adults

(StatePoint) You’ve selected your insurance plan for the year. Now, it’s time to start using your benefits, beginning with an annual wellness exam.

An annual wellness exam with a health care provider is important for everyone, but especially for older adults. As we age, we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through its products. An annual wellness exam can help detect potential health issues early so they can be addressed before they worsen, he added.

“By meeting with your primary care provider early in the year, you can highlight the things that are important to you, and work together to develop a plan for your care for the year ahead,” Sobel said. “This will ensure you live each day with vitality, happiness and improved health.”

Many providers will reach out to schedule an annual wellness exam. If your provider doesn’t contact you, make sure to call them.

A number of annual check-ups are available at no extra cost to those with Medicare. They include a “Welcome to Medicare” visit for customers who have just reached Medicare eligibility and an “Annual Wellness Exam” for existing customers. Many Medicare Advantage (MA) plans offer more

extensive annual visits at no extra cost. Some even offer incentives for completing a visit. Talk with your provider and Medicare insurer about your benefits.

Each annual exam may be a little different. Regardless of the type, Sobel offers the following tips to ensure you get the most from your visit.

Prepare. Before you go, write down anything you’d like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you. Ask plenty of questions and take notes. You might even want to take along a family member, trusted friend or caregiver to ensure you understand everything your provider has shared.

Be open and honest. It’s tempting to make things look rosier than they are when talking to your health care provider, but minimizing what you are feeling can lead to an incorrect diagnosis or prescription. Speak openly about unhealthy habits, like smoking or lack of exercise. Your provider won’t judge you. Being honest is the only way your health care provider can help you reach your goals.

Mind mental health. Your emotional health impacts your physical health. Many people think depression is a natural part of aging, but it doesn’t have to be. Talk to your doctor if you are feeling sad, anxious or hopeless. Treatments,

such as talk therapy, medication or both, may be covered by Medicare.

Monitor medications. Adults age 65 and older tend to take more medications than other age groups, increasing the risk for adverse reactions, such as cognitive impairment and falls. It’s a good idea to take your medications to your annual wellness exam and discuss any potential problems or side effects you’re experiencing. Don’t forget about over-the-counter drugs, vitamins or nutritional supplements you take.

Schedule screenings and get vaccines. There are a number of important health screenings and vaccines that you may need depending on your age and gender, such as colon cancer screening, bone density test, mammogram, flu shot or COVID-19 immunization. Ask your provider about the screenings and vaccines you’ve had already and schedule any you need as soon as possible. You may even be able to do that before you leave the office. Also, don’t forget to visit your eye doctor and dentist. These visits are covered by many MA plans as well. Find out more at www.cignamedicare.com.

“You wouldn’t drive your vehicle without proper preventive maintenance, so please don’t ignore preventive maintenance for your most prized possession – your health,” Sobel said. “An annual wellness exam is a great place to start!”

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