

# The Paper

## OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

WWW.THEPAPER24-7.COM

**TODAY'S VERSE**

Romans 5:3 - 5 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope; And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

**FACES OF MONTGOMERY**

People who call our community their own.



Ruthanna Williamson gives The Paper a beautiful smile. Thank you for your smile Ruthanna!

**THREE THINGS You Should Know:**

**1** The Indiana Department of Transportation announces restrictions on U.S. 231, starting on or after Saturday, April 1. This is part of the ongoing major pavement improvement project in Greencastle. The northbound lane will be restricted between State Road 240 and Washington Street. Northbound traffic will be shifted into the existing southbound lane within the work zone, and will be restricted to ten-foot wide. Crews will be resurfacing U.S. 231 between S.R. 240 and Washington St, and also replacing curbs, gutters and sidewalks within this stretch of road. These restrictions are expected to last through the end of May, weather permitting.

**2** The City of Lafayette and The Arts Federation are happy to announce a new public art initiative to help beautify areas of the city. Local artists, 18 and older, are being asked to submit examples of previous work for consideration of being selected to produce a custom design for one of 14 traffic signal boxes. This is a paid opportunity; each selected artist will receive payment of \$850 per design. Finished designs by selected artists will be transferred to vinyl and the traffic box will be wrapped with the artist's design. Installation will be executed by trained professionals. Traffic box sizes vary and selected artists must be willing to work alongside a designer to adjust proportions should that be needed. To apply for this opportunity, complete the online application. All applications are due by April 3 at noon. For more information, please contact Tetia Lee at (765) 423-2787 or email tetia@theartsfederation.org.

**3** Its seems that the folks at the Guinness Book of World Records search far and wide to find what some might call off-beat categories, says the Association of Mature American Citizens [AMAC]. Take, for example, the award it gives out to a contender who can blow a pea farther than anyone else. David Rush keeps breaking that record over and over again. He outdid his competitors and himself recently by putting his lips together and blowing his pea a distance of 84 feet, 11.28 inches. It was Rush's 250th win not just for pea blowing but for a variety of Guinness records.

**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!



**\$560 million**

The U.S. Department of Health and Human Services (HHS), through the Administration for Children and Families (ACF), announced the award of \$560 million last week in addition to the \$1 billion awarded last month for a total of \$1.56 billion to help cover American households home heating and cooling costs. The grant awards are part of the Low Income Home Energy Assistance Program (LIHEAP) to help low-income households with their energy costs - a program that the Biden Administration significantly increased funding for through the American Rescue Plan and the Bipartisan Infrastructure law. This past year, LIHEAP served over 6 million households with heating, cooling, and weatherization services.

**\$20,000**

Lt. Gov. Suzanne Crouch and the Indiana Office of Community and Rural Affairs announced Thursday that the town of Hillsboro will receive \$20,000 in federal grant funding. The grant will be used to support the town in planning for the construction of a new fire station. The State of Indiana distributes [in.gov/ocra/cdbg]Community Development Block Grant funds to rural communities, which assist units of local government with various community projects such as planning, infrastructure improvement, downtown revitalization, public facilities and economic development.



**1002**

The Indiana House of Representatives recently advanced legislation supported by Montgomery County legislators that would expand work-based learning opportunities in high schools around the state. State Rep. Beau Baird (R-Greencastle) said House Bill 1002 would create Career Scholarship Accounts for Hoosier students to pay for career training, apprenticeships, certifications and internships. The legislation would also allow quality, work-based learning to count toward high school graduation requirements and create a framework for students to earn a post-secondary credential.

Indiana's unemployment rate in January stands at 3.1%, according to the Indiana Department of Workforce Development. By comparison, the national unemployment rate for January stands at 3.4%. In addition, Indiana's labor force participation rate held at 63.4% for January, remaining above the national rate of 62.4%. Indiana's total labor force, which includes both Hoosiers employed and those seeking employment, stands at 3,409,096 - a decrease of 973 from the previous month.

**3.1%**

**39**

Following 39 years of service to the Indiana Association of School Business Officials, Executive Director Denny Costerison announced on March 10 that he will retire from the association effective June 30, 2023. In June 1984, the IASBO Board entrusted Costerison to lead the association. During his tenure, Costerison has been devoted to the school business management profession, working to ensure school professionals had access to relevant and engaging professional development. He has not only been the architect of IASBO's robust slate of programming but has been a strong presence at the State House lobbying for Indiana's public schools since 1980.

The Africana Repertory Theatre of IUPUI (ARTI) will sponsor its 2nd Annual "CENTERSTAGE: A Theater Workshop," from 8 a.m. to 3 p.m. Saturday, April 22, 2023, at the Herron School of Art & Design, 735 West New York Street, Indianapolis IN 46202. "CENTERSTAGE: A Theater Workshop" is designed to attract a broad range of theater enthusiasts, from the novice to those pursuing careers in onstage production. ARTI Co-founder Dr. Khaula Murtadha said the event heightens the capacity for theater to be an effective means of conveying culture, issues and the complexity of life across the African Diaspora.

**2nd**

**HONEST HOOSIER**

On this date in 1854, the Republican Party of the United States was organized officially in Wisconsin. Rumor has it that Donald Trump threatened all the delegates if they did not back him.



**TODAY'S HEALTH TIP**

Cigarette smoke contains carbon monoxide - yep, same stuff that comes out of your exhaust pipe. 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**

**Want To Go?** Continuing a practice he started since first taking office, Crawfordsville Mayor Todd Barton will once again make himself available to meet with the public. This month's meeting is scheduled to take place on Thursday, March 30 at 4 - 5 p.m. at the Mayor's Office Conference Room. The Mayor's Office is located at 300 E Pike St. The purpose is to open discussions with concerned citizens about anything to do with the city of Crawfordsville.

**TODAY'S QUOTE**

"The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month."  
Henry Van Dyke

**TODAY'S JOKE**

How long did the baseball player stay at the library? Five minutes. It was a short stop!

**OBITUARIES**

NONE

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



8 51246 00100 5



**Sunrise/Sunset**  
RISE: 7:51 a.m.  
SET: 7:59 p.m.



**High/Low Temperatures**  
High: 51 °F  
Low: 23 °F



**Today is...**

- The First Day of Spring
- Alien Abduction Day



**What Happened On This Day**

- 2003 The United States invade Iraq, assisted by the United Kingdom, Australia, and Poland
- 1916 Albert Einstein presents his general theory of relativity



**Births On This Day**

- 1959 Sting American wrestler
- 1957 Spike Lee American actor, director, screenwriter, producer

**Deaths On This Day**

- 1726 Isaac Newton English physicist, mathematician, astronomer, philosopher, theologian
- 1897 Apollon Maykov Russian poet

**7 DAY FORECAST**

23/51 BUNNY HOT AS COLO Spring MON	32/59 WARMING CONTINUES TUE	43/58 RAIN SHOWERS WED	51/68 MILDER WITH SHOWERS THU	47/55 WET WITH THUNDER POSSIBLE FRI	36/53 PARTLY CLOUDY SAT	36/57 PARTLY CLOUDY SUN
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## Be More Useful

I spent last week trying to be useful.

I volunteered for a writers' conference in San Miguel de Allende, Mexico, where my husband, Peter, and I stay. I love writers' conferences. I love that people will travel from far away just to talk about writing, to meet other writers, to learn about writing, to listen to established writers, and to eat. It was a terrific week, although it was tiring because I ended up as the designated conference sheepdog.

Every event of this kind needs at least one sheepdog, and since I had fewer administrative and computer skills than other volunteers, I was happy to do it. Being a conference sheepdog is exactly like being a real sheepdog except, instead of sheep, there are lost writers wandering around and getting separated from the herd—and I didn't actually nip at their heels.

Instead, I did my best to help them get to their workshop or other event. I tried to keep them in a tight group, and when I found a lost writer, bleating in the lobby, I restored them to the herd.

"Are you always here?" the writers started asking me on the second or third day.

"Always," I told them. I figured, in a strange hotel, in a strange country, trying to do things they had never done before, having one person they could count on at the entrance of the hotel every morning might make the whole thing a little less daunting.

And I had fun. I sat in on several talks and discussions with writers, and I had a lot of interesting conversations with a lot of folks. At the end of the week, I had blisters on my feet, and I was very tired, but the conference went well, and I was proud I'd had a small part in it.

It got me thinking about how important volunteers are. I have to confess, I don't volunteer a lot. My parents volunteer for all sorts of things. They help homebound seniors (who I suspect are considerably younger than they are). They help with church projects and funerals and



**CARRIE CLASON**  
The Postscript

fundraisers. My parents are an active part of their community up north, and I know they make a big difference.

I have a friend who has been busy painting a set for a theater production all week. "I was on my hands and knees all day painting!" she told me. I felt bad complaining about my blisters.

I don't do many things like that. I'm thinking I should do more.

Because volunteers of all stripes make things possible that would not otherwise happen—and the things that happen because of volunteers are some of the nicest parts of being in a community.

Volunteers help arts organizations and libraries. They help older members of their community, people new to their community, old people within their community, and people outside their community and around the world. Volunteers put out fires, teach children to read, organize concerts and festivals and parades and potlucks. Volunteers invest more than money. They spend their time. They give their hearts. Volunteers make wherever they live a better place to be.

"Thank you for volunteering!" the writers said as they left the conference for the last time. I don't think I deserve a lot of thanks just for being a sheepdog. That's how I am, naturally.

And I gained a new appreciation for how important being a volunteer could be. The blisters on my paws have healed and I am already thinking of ways I could be more useful in the future.

Till next time,  
Carrie

*Carrie's memoir is "Blue Yarn." Learn more about her writing at CarrieClason.com.*

## The Lincoln School For Colored Children

**EDITOR'S NOTE:**  
*In 1881 Crawfordsville School Trustees ordered a school be built at the southwest corner of Spring and North Walnut Streets to serve black students in grades 1-8. Once graduated, the students attended the integrated Crawfordsville High School. This site accommodated the vast majority of black families living in Crawfordsville's north end. Trustees purchased the lot in September 1881 for \$2,000. On Dec. 3, 1881, Hinckley and Norris won the contract to build the building for \$6,400. The architects designed a plain two-story red brick structure with playgrounds for all the black children who resided in that area. Lincoln School officially opened in September 1882 with 42 students. When the black population moved to the east end to work in the factories, Lincoln Building 1 was renovated into Horace Mann, and Lincoln Build 2 was opened on East Wabash Avenue. That building became Lincoln Rec Center and was demolished in 1981. This project began as a project historical research project to honor all those individuals who went to school in separate and unequal facilities as the law dictated.*

### Blanche Marie Patterson 1884-1965

Blanche was born on 9 August 1884 to George Franklin Patterson and Sarah Belle Keene. She was truly a woman of color; some say she was born before her time, while others think she was right on time. Born among the first generation of non-slave Black Americans, she faced a world with changing rules. Her grandmother, Mariah Gates Patterson,

founded the local Beth-el AME Church. Her great-grandfather, Nelson Patterson the first served the church as its first pastor. As such, she had a very religious upbringing. At a very young age, she was an accomplished musician, participating in musical performances at the local opera house for fundraisers. Local newspapers were delighted to report her performances, such as in 1898 when she played the Lohengrin Wedding March for Julius Johnson's and Mary Dorsey's nuptials.

During the ceremony, she stunned the attendees with her piano solo from "Rigoletto," which the audience and newspaper reporters declared faultless. First progressing through Lincoln School for Colored Children, she graduated from Central High School in June 1902. She continued her education at Wilberforce University in Wilberforce, Ohio. Wilberforce, founded in 1856, was the first college to be owned and operated by Blacks to provide classical education and teacher training for Black youth. After the inception of the Civil War, the university closed in 1862. The African Methodist Church purchased it in 1863 to ensure its survival, making it the first Black-owned and operated university in the nation. Blanche would often return to Wilberforce for its graduation ceremonies.

After graduation, she joined a traveling Minstrel Show as part of the Jubilee Gospel. Blanche returned to Crawfordsville after a couple of years to care for her sick mother. By 1911-1912, Blanche was teaching music at Lincoln School for Colored Children for an annual salary of \$75.75.

After her mother

passed, Blanche went into the beautician business with two of her friends. By May 1926, the newspaper reported that Blanche had one of the state's most up-to-date and finest beauty parlors, the Petite Beauty Shop, located at 223 Ben Hur Building, a White-only building. The Black business owners could only see White clients. Blanche decided to expand the business and studied podiatry under the tutelage of Dr. Robert Anthony. At least as late as the 1930s, a podiatrist could refer to someone performing foot massages or foot care. Blanche may have received her podiatry credentials via a beauty school or been medically trained. After extensive research for her licensing information, it is possible that Blanche herself kept the only proof of her licensure/credentials. In her business diary is a list of her Customer Service Code of Conduct. Blanche also signed many death certificates for the Black community. Her business was active through the 1960s. Many residents have fond memories of getting their feet massaged by Blanche. One recalled, "her hands were so soft like butter, and she always had a kind word for me." Blanche was a respected community member by both Black and White citizens; she spent her life taking care of others, was a Black community leader, belonged to several lodges, and was very involved in the church missionary society. She stayed active until many years past the average retirement age. She entertained crowds at many fundraisers with her spirited and energetic piano recitals. She engaged in discussions and activities that promoted

and improved the welfare of Crawfordsville's Black community. She branched out to state and local organizations such as the National Beauty Culture League of Indiana (NBCL). Founded in 1919, the national organization began instituting improvements in the cosmetology industry, such as high standards in conduct and disseminating scientific methods of hair, scalp, and skin treatment. Blanche was often the keynote speaker at meetings and conferences.

In October 1941, Crawfordsville hosted the central district meeting of the Indiana State Federation of Colored Women's Clubs. This nonprofit group of like-minded Black women shared information on social issues facing Indiana's Black community, published monthly newsletters, sponsored fund-raising activities, and established a scholarship fund. Blanche was serving one of her many terms as president at the time. One of her keynote addresses was "Club Women in National Defense." She was a member of and on the executive board of the local branch of the NAACP. She served the organization as its vice president and as secretary

On a cold, snowy day in February 1965, Blanche drove to Jasper to care for some friends. Near Linton, her car skidded on the icy road and collided with an oncoming truck, badly injuring her. She was returned to Crawfordsville's Culver Hospital. She was 80 years old at the time. She died on 25 February 1965 and was buried at Oak Hill Cemetery. Most of her assets were left to support a home for the elderly in Indianapolis.

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Photos courtesy of Mazda

# 2023 Mazda CX-30 Compact Crossover Is Easy To Recommend

It's not often that I get to spend time in an auto that I both recommended to a close friend and that I would own myself, but the 2023 Mazda CX-30 fits that bill. About a year ago, my friend's old Chevy Impala, with nearly 200,000 miles on the clock, bit it. She has a long drive to work, is admittedly a might bougie, needs secure traction winter, and wanted all of the latest safety tech. Recommending the CX-30 was easy.

When I last had a CX-30 as a test car, my friend walked to the parking lot and asked, "What is that?!" I think that's when she fell in love. And I get it because I too find the CX-30's styling quite beautiful. Mazda calls its orchestrated creases and forms "Kodo", which translates to "Soul of Motion". It's an art piece.

You can see it in how the sheetmetal is drawn tightly over the brand's large grille and forms

- Likes:**
- Flowing style
  - Luxurious interior
  - Peppy performance

eyebrows over the squinty curve-following LED headlamps. It seems impossible the crisp lines and compound curves of the body could have been stamped by machine instead of carved by human hands. Splashes of gray moldings hint at off-road capability, even without much. Dark 18" alloy wheels throw shade at the highway. The CX-30 is not large, but does look expensive.

So does the minimalist interior swathed in plush materials, stitched dash coverings and precisely angled screen that looks like Italian glass – even if it is commanded by an unnecessarily cumbersome joywheel-based infotainment system that never seems to stay where you left it. Seats are all-day comfortable with

- Dislikes:**
- Decrepit joywheel
  - Tight rear seat
  - Harsh-ish suspension

heated cushions facing a heated steering wheel. Below are aluminum knobs and simple read-outs for climate controls.

The 12-speaker Bose audio system was the perfect accompaniment for my drive and recently downloaded Barcelona album featuring Queen frontman Freddie Mercury and Spanish opera star Montserrat Caballé. I could hear every crisp pitch change in both of their iconic voices. Devices connect easily via Apple CarPlay and Android Auto plus wireless charging. Safety is enhanced with adaptive cruise, automatic emergency braking, rear cross traffic alert, lane keep assist, and head-up display.

I've driven the base CX-30 with its non-turbo

**2023 Mazda CX-30 Premium**  
**Five-passenger, AWD Crossover**  
**Powertrain: 2.5-liter T4, 6-spd trans**  
**Output: 227hp/310 lb.-ft. torque**  
**Suspension f/r: Ind/Ind**  
**Wheels f/r: 18"/18" alloy**  
**Brakes f/r: disc/disc**  
**Must-have features: Style, Driving**  
**Fuel economy: 22/30 mpg city/hwy**  
**Assembly: Salamanca, Mexico**  
**Base/As-tested price: \$22,950/36,810**

four-cylinder engine that produces 186 horsepower, and it gets excellent fuel economy, but I thought my friend needed the turbo...and all-wheel-drive. The optional 2.5-liter turbocharged four-cylinder dishes out 227 horsepower and 310 lb.-ft. of torque for spirited acceleration off the line or when ramping up to fast freeways. Driving on two-lane roads towards my parent's house, I had complete confidence zapping past semis and farm trucks. Fuel economy is rated 22/30-MPG city/highway.

Now that my friend has owned her CX-30 for over one full ride around the sun, she was ready to take stock of her little Mazda. Style, fuel economy, and interior quality topped her likes. Having fold-down rear seats and a power liftgate make runs to COSTCO easy, even if rear legroom is tight. She's no fan of the cantankerous joywheel either and thinks the firm suspension is a little harsh over rough pavement. It is the trade-off for sports car handling.

This is a car I'd recommend to my grand-



**CASEY WILLIAMS**  
Auto Reviews

mother, my nephew, or my best friend. It offers much for relatively little. Keeping it affordable is a \$22,950 base price, rising to \$36,810 with virtually every option. Compare that to a Mercedes-Benz GLA or Audi Q3 to know that's a bargain! More direct competitors include the Buick Encore, Subaru Crosstrek, Honda HR-V, Hyundai Tucson, and Kia Sportage.

Storm Forward!

Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on YouTube @ AutoCasey.

# Classifieds

765-361-0100 ext. 15 | [class@thepaper24-7.com](mailto:class@thepaper24-7.com) Deadlines for next-day publication:

Monday - Friday 9 a.m. to 4 p.m. Line ads: 1 p.m. | Display ads 11 a.m.

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# It's Time To Stop The Snoring!



**JOHN R. ROBERTS, M.D.**  
Montgomery Medicine

Snoring can certainly be annoying, but it doesn't always indicate a serious medical problem. However, sometimes snoring can be due to sleep apnea, a condition that can lead to significant medical problems.

Sleep apnea is a condition when people have pauses in their breathing while sleeping. Most people have pauses to some degree but people with sleep apnea have much longer pauses, lasting as long as 30 seconds. These long pauses cause the level of oxygen in the blood to drop and carbon dioxide to rise. These changes can be very hard on the body, especially the heart and lungs and can lead to problems such as high blood pressure.

There are two main types of sleep apnea – central and obstructive. Central sleep apnea is a problem with the brain-

stem's signals to breathe. Obstructive sleep apnea (OSA) occurs much more often than central sleep apnea.

Any type of obstruction of the flow of air in and out of the airway can cause obstructive sleep apnea. The obstruction occurs most commonly in the back of the throat when excess or loose tissue collapses into the airway, usually when the throat muscles relax during sleep. This is why OSA is much more common in overweight individuals who can have a lot of excess tissue in the back of their throats.

People usually seek a medical evaluation for possible OSA at the request of a spouse or significant other who is either being awakened by snoring or who has actually seen the patient stop breathing during sleep. They often describe a cycle of snoring respirations, followed by long pauses, then gasping for air. The snoring results from vibrations of the tissue in the back of the throat that is similar to the vibrations of strings on an instrument.

There are other signs and symptoms we ask about when evaluating people for OSA. Sleep apnea sufferers are unable to fall into a deep sleep – the apneas can

wake them tens or even hundreds of times per night. This can result in excessive daytime sleepiness causing sleepiness at work or school, while driving, or during other restful activities. Patients frequently complain of fatigue, irritability, dry mouth, a reduced ability to concentrate, and headaches. They may have hypertension or other heart or lung diseases. They often consume caffeine or other stimulants to try to stay awake during the day.

The diagnosis of sleep apnea is suggested by the history but in order to confirm the diagnosis a sleep study or polysomnogram must be performed. These studies have historically been done in a sleep lab where patients are connected to monitoring equipment that records respirations, brain wave activity, movements via a video camera as well as sensors that measure gas exchange in and out of the lungs. Home sleep studies are done much more commonly though they don't collect as much information as when the study is done in a lab. In-lab studies should also be done in patients with particular risk factors. The sleep study data collected during sleep is summarized or "scored."

A physician who has received special training in sleep medicine interprets the test.

A patient must meet specific scoring criteria to be diagnosed with OSA. Treatment for OSA usually involves a device called a CPAP (Continuous Positive Airway Pressure) machine that is connected to either a mask worn on the face or plugs inserted in the nostrils. The CPAP machine blows air into the patient's airway to inflate it to prevent the tissues from collapsing when sleeping. These machines may be set at a specific air pressure or may adjust themselves automatically to minimize airway blockage.

If you feel you may have sleep apnea or know someone who does, you should see a physician to discuss testing. OSA is a very serious condition that can lead to or worsen cardiovascular, lung, and neurologic problems. You can do a quick screen for sleep apnea here: [www.stopbang.ca/osa/screening.php](http://www.stopbang.ca/osa/screening.php). For more information on sleep apnea, see [bit.ly/2z6OAOx](http://bit.ly/2z6OAOx).

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

# Promoting Pet Health

**(Family Features)**  
When four-legged friends are feeling under the weather, pet parents may feel helpless pinpointing exactly what's wrong. Nurturing your pet's gut health is one way to protect his or her immune system and to promote overall well-being.

Improve your pooch's gut health with these tips from the pet experts at Solid Gold:

**Recognize the Signs of a Potential Gut Health Problem**

While many problems are readily apparent, gut health isn't one of them. There may be some tell-tale signs like diarrhea or vomiting, but other symptoms like bloating or constipation may be harder to spot. Other signs of gut trouble might include fatigue, frequent licking, restlessness, changes in coat quality and luster, and weight fluctuations. Be sure to talk with your vet promptly if you observe any concerning symptoms.

**Pay Attention to Ingredients**

Choose a dog food with ingredients that promote gut health. For example, Solid Gold's Hund-N-Flocken dog food is powered by NutrientBoost, a proprietary blend of ingredients packed with protein and nutrients that help canines thrive. It features crave-worthy taste and ingredients like amino acids, probiotics and proteins that support digestion, immunity and nutrient absorption. Each bite is made with a blend of high-fiber ingredients such as carrot, pumpkin and pearled barley to support digestive health.

**Be Conscious of Allergens and Food Intolerance**

Dogs can experience allergies just like people. Allergies that affect a dog's skin are common, but you might also find your dog has trouble digesting certain foods, which can create inflammation and irritation in the gut. Allergy testing or an elimination diet (removing one potential allergen source at a time) can help pinpoint the problem.

**Feed Probiotics to Pro-**

**mote Good Bacteria**

Just like humans, dogs need a well-balanced microbiome. Probiotics build the microflora in your dog's system, promoting the good bacteria that wages war on infections and harmful bacteria when needed. Probiotics can be especially helpful if your dog is prone to diarrhea or gas, or if he or she has recently received an antibiotic treatment that may have affected the natural gut flora. You can find probiotics in the form of food or supplements like Solid Gold's Mellow Belly Gut Health Supplement, which is made with a powerful combination of natural digestive enzymes and probiotics to aid in proper digestion. The entire collection of food and supplements are made with superfoods and probiotics to help support your pet's immunity and get the most out of every day to keep him or her thriving.

**Don't Forget the Prebiotics**

Many people are at least somewhat familiar with the role probiotics play in gut health, but not everyone knows about prebiotics. Prebiotics, which are a form of dietary fiber, function as a fertilizer or food source for probiotics, allowing helpful bacteria to multiply. Look for prebiotic treats, capsules, drops, powder and even specially formulated foods.

**Manage Stress with Play and Exercise**

If you've ever experienced digestive issues as a result of stress, you know mental and physical health go hand in hand. The same is true for dogs, so managing your dog's stress level is an important step in helping regulate his or her gut health. Exercise is beneficial for your pet's health in a variety of ways, including suppressing cortisol, which is an inflammatory hormone that may weaken the immune system.

Find more tips and nutritional information to support your pet's health at [instagram.com/solidgoldpets](http://instagram.com/solidgoldpets).

# Living With Diabetes? Why You Need To Pay Attention To Your Feet

(StatePoint) Diabetes can impact the body in a number of ways, especially creating potentially serious complications for your feet.

"Foot care is a central component of overall diabetes care," says Bryce Paschold, DPM, FACFAS, a board-certified foot and ankle surgeon and a fellow member of the American College of Foot and Ankle Surgeons. "Without precautions, even small foot problems can lead to amputation or be life-threatening."

To help those living with diabetes understand potential complications and how to avoid them, ACFAS is sharing these important insights:

**Potential Complications**

Nerve damage that affects arms, hands, legs and feet known as diabetic peripheral neuropathy not only makes you more likely to experience numbness, burning, and loss of your protective sensation, but losing sensation in your feet can also make it easier to miss common minor skin pathologies and other foot issues while they're still relatively easy to treat.

With diabetes, the blood vessels below the knee often become narrow and restrict blood flow, causing infections that don't heal. This common and serious complication can lead to the loss of your foot, leg or your life.

Stress fractures and sprains are commonplace among all athletes, but those living with diabetes who experience neuropathy are more likely to be unaware of foot and ankle injuries and exacerbate them by continuing their activities.

While still relatively rare, Charcot foot seems to be growing in prevalence as more Americans develop diabetes. This sudden destruction and erosion of the foot's bones, caused by severe nerve damage, can trigger an avalanche of problems, including joint loss, fractures, collapse of the arch, massive deformity, ulcers, amputation and even death. Symptoms appear suddenly and include warm and red skin, and swelling, but commonly without pain.

**Prevention**  
You can play a vital role in reducing your risk for complications. Here's how:

- Inspect feet daily. Check for cuts, blisters, redness, swelling and nail problems. Use a magnifying mirror to look at the bottom of your feet. If you need assistance, have someone else do it for you. Be proactive by knowing what is going on with your feet on a daily basis.

- Don't ignore pain. Seek care immediately if you experience pain in your leg at night or with little activity. It could

mean you have a blocked artery.

- Don't perform "bathroom surgery." Never trim calluses or corns yourself, and don't use over-the-counter medicated pads. See a foot and ankle surgeon for proper treatment.
- Keep floors clear.

To prevent injury, make sure no needles, insulin syringes or other sharp objects are on the floor. You should also always wear shoes, indoors and outdoors.

- Prevent Irritation. Shake shoes free of small objects you may not be able to feel and ensure your socks aren't bunched up. Wear lighter colored socks so you'll notice blood or drainage if they occur.
- Be temperature aware.

Never use heating pads, hot water bottles, ice or electric blankets, and never put your feet in hot water without testing the temperature; you can easily burn your feet without noticing.

- Stay active. Improve circulation by wiggling your toes and moving your ankles for five minutes, two to three times a day.

- Control blood sugar levels. Good diabetes management reduces your risk of developing complications.

- Book an appointment. Visit a foot and ankle surgeon to determine if you have lost any feeling or circulation. Periodic foot exams can also help prevent complications. "Advanced therapies for foot wounds, such as the use of bioengineered skin substitutes and negative pressure wound therapy, are saving limbs and restoring mobility for people who suffer from nonhealing foot ulcers," says Dr. Paschold.

For more information and to find a foot and ankle surgeon near you, visit [FootHealthFacts.org](http://FootHealthFacts.org), the patient education website for the American College of Foot and Ankle Surgeons.

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