



## Taking a Closer Look At Important Topics



**SPENCER  
DEERY**

Guest Columnist

When the legislature is not in session, lawmakers serve on interim study committees to prepare for the next legislative session. These committees help us take a closer look at issues facing our state and make informed policy decisions.

Committees will review topics like mental health, Medicaid spending, crime, traffic fatalities, artificial intelligence and more. Notably, the new State and Local Tax Review Task Force will take a comprehensive look at our state's tax system and consider further tax cuts.

I will serve on the following committees this summer:

- Interim Study Committee on Commerce and Economic Development;

- Interim Study Committee on Energy, Utilities and Telecommunications; and

- Interim Study Committee on Public Health, Behavioral Health and Human Services.

One of the reasons I ran for office was because I believed we needed more long-term, bold and evidence-based policymaking. Summer study committees are an ideal place to make that happen, and I'm excited to add my voice to the needs of District 23 during discussion.

Topics were approved by the bipartisan Legislative Council, which is comprised of 16 voting members - eight from the Senate and eight from the House of Representatives.

To view study committee schedules and stream hearings online, visit [iga.in.gov](#).

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**Senate District 23 IN-DOT Update**

The Indiana Department of Transportation (IN-DOT) recently announced restrictions along U.S. 41 in Veedersburg starting as early as Friday, July 14.

These restrictions are in place due to a bridge maintenance project between East Division Road and East County Road 50 South, and these restrictions are expected to last until early August.

State Road 32 between County Road 830 West and East County Line Road in Montgomery County will close as early as July 20 for culvert work. This closure is expected to last until late October.

The official detour around this work follows State Road 341 to U.S. 136 to State Road 25 to

State Road 32.  
\*\*\*

Get Outdoors this

Summer

The summer season is in full swing, and with must-see historical sites and award-winning state parks, there are many opportunities for Hoosiers to get outdoors and appreciate our great state.

The Indiana Department of Natural Resources (DNR) recently released a new, upgraded smartphone app for iPhone and Android users to locate state parks and learn how and where to safely hike, bike, hunt, fish, and boat in Indiana.

Visit Indiana details information on historical sites, restaurants, museums and events across the state. I encourage Hoosiers to explore the Indiana Passports, which are pre-curated travel guides based on themes like food and the arts.

You can find up-to-date information on Indiana roads through the Indiana Department of Transportation's Trafficwise website and mobile app. The app includes information on construction projects, unplanned traffic incidents, and size and weight restrictions. It also allows users to save routes, receive travel alerts and view live traffic cameras around the state.

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Renters Assistance Available

Indiana's cost of living ranks lower than the national average, making our state one of the most affordable places to live in the country. Yet, many Hoosiers grapple with housing shortages and rising prices.

The Indiana Housing & Community Development Authority offers resources to help Indiana renters in need of housing assistance.

If you need immediate help, please call 2-1-1 to connect with a dispatcher.

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**Applications Open for Next Level Connections Broadband Grants**

Applications for round four of the Next Level Connections Broadband Grant Program are now open for local communities to increase broadband coverage.

Communities will be eligible to receive a maximum of \$5 million per grant to fund projects by telecommunications providers and utility cooperatives.

- Spencer Deery is an Indiana State Senator serving District 23 which includes Fountain, Parke, Vermillion, Warren and portions of Montgomery and Tippecanoe counties.



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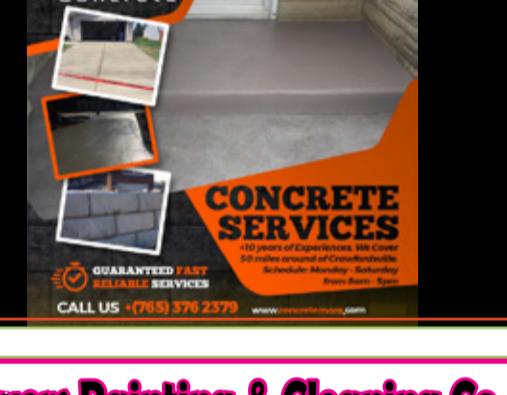
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Photos courtesy of Subaru

## 2024 Subaru Crosstrek Is Better Than A Stolen Swiss Army Knife

I'm often asked what would be a good affordable car that can carry all of someone's stuff, get decent gas mileage, carry family and friends, handle winter weather and...last forever. That sounds like the stolen Swiss Army Knife of cars, able to do everything and cost nothing. But, the Subaru Crosstrek often comes to mind and it is completely redesigned for 2024.

It's the kind of car that originally made Subaru popular in America: Affordable compact jacked-up wagons with go anywhere capability. Now in its third generation, the Crosstrek looks more like a smaller Outback with sharper creases, wider stance, and 17" alloy wheels. A robust 8.7" of ground clearance adds a rugged flair, but also allows the little scout to hike real trails. It's a more sculptural design, but one that's recognizably Crosstrek.

Everybody wants fancy leather seats and brand-la-

### 2024 Subaru Crosstrek Premium Five-passenger, AWD Crossover

Powertrain: 2.0-liter H4, CVT  
Output: 152hp/145 lb.-ft. torque  
Suspension f/r: Ind/Ind  
Wheels f/r: 17"/17" alloy  
Brakes f/r: disc/disc  
Fuel economy city/hwy: 27/34-MPG  
Assembly: Gunma, Japan  
Base/As-tested price: \$24,995/\$29,685

beled audio systems, but our Premium trim is how most people will probably option a Crosstrek. The seats are cloth, but heated. There's dual-zone automatic climate control, but not the Harman/Kardon audio system. Steering wheels are rubber, but contain paddle shifters and an array of buttons for audio and cruise.

### LIKES

- Advanced safety
- Solid feel
- Standard AWD

There's a power sunroof, but only one pane. It's all you need.

Keen observers will notice the new tablet-style touchscreen that's shared with the Outback, Legacy, and WRX. It's a little slow on start-up, but provides easy access to climate, audio, and phone functions. Redundant buttons for key climate controls plus volume/tuning are placed around it. There's no wireless charging, but devices connect via wireless Apple CarPlay, Android Auto, and USB-A plus USB-C ports.

Safety, a Subaru hallmark, is fortified with automatic emergency braking, lane keep assist, blind spot warning, rear cross traffic alert, and automatic emergency steering to

### DISLIKES

- Thin audio
- Sluggish performance
- Slow screen start-up

avoid accidents. A rear seat reminder keeps adults from forgetting their offspring in hot weather.

Premium editions have adequate if not overwhelming power. The 2.0-liter horizontally-opposed "Boxer" engine sends 152 horsepower and 145 lb.-ft. of torque to the torque-vectoring all-wheel-drive system. It revs to rafters through the standard continuously variable transmission (CVT), but drivers can paddle-shift through eight pre-set gear ratios to quell the zing. Step hard and most people will find enough power, but a more potent 2.5-liter engine is available in higher trim levels. Clicking into Sport mode summons the power more easily with a more sensitive throttle. The ability to tow 1,500 lbs. and

achieve 27/34-MPG city/highway are nice consolation prizes.

But, driving the Crosstrek is about more than posting acceleration and fuel economy digits. The chassis is 10% stiffer, which means a more finely tuned suspension, more precise steering feel, and less squeaking and creaking. Off-road driving is amped by X-Mode that lets drivers configure the powertrain for all trails and creep down extreme hills without touching brakes or throttle. The Crosstrek is not a rock-crawler, but is plenty capable of getting to remote fishing and camping spots.

According to Subaru, 97% of Crosstreks sold during the past 10 years are still on the road. There's no guarantee of eternal longevity, but Subarus tend to last a very long time. Add to that compact car fuel economy, all-road capability and roomy interiors, they



**CASEY WILLIAMS**  
Auto Reviews

make a compelling case for fulfilling many wish lists. While not free, Crosstreks are affordable. Base models start at just \$24,995 with standard AWD and come to just \$29,685 equipped as most will want one. Competitors include the Honda HR-V, Chevy Trailblazer, Jeep Renegade, and Hyundai Tucson.

Storm Forward!

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

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# "Nothing is Truly Impossible"



**CARRIE  
CLASSON**  
The Postscript

I have always relied upon my cousin Dane.

We grew up together. I'm a year older, but he's the closest in age of my many cousins. Our families went camping together and bought a cabin up north together, and I've gotten into the habit of asking Dane for help whenever I've needed it, because Dane is the kind of guy who can be relied upon.

Dane works as a stage rigger, and he's the road manager for a band, so he has to know a lot about a lot of things. He understands electrical gadgets of every kind. He knows how audio systems and lighting work. He is quiet and mechanical and practical and laid-back. His garage is the tidiest I've ever seen, with a tool of every kind, all neatly labeled.

He's the kind of guy who sits back in a room and listens to everyone trying to solve a problem and, after they've exhausted themselves trying to figure something out, he'll say, "You know, what you might try is..." And whatever he suggests, it will be exactly the right thing to do.

Because I have always relied on Dane, I didn't think I could be surprised if someone said that Dane had come around to lend

a hand. But last week, I was surprised.

My husband, Peter, and I were up visiting my parents while my sister, her husband and her son were on their way to California, camping along the way. My niece, Isabelle, is taking summer classes at the university and working at Target, so she stayed behind to watch the pets.

Isabelle called one night right before dinner.

"Did you hear what happened with the camper?" she said, a little breathless.

"No!"

"What happened to the camper?" my mother wanted to know.

"It came right off the hitch! While they were on the freeway!"

"Oh, no!" my mother said.

"It did! But the chain caught it."

I tried to imagine careening down the highway with a pop-up camper attached to the back of the car with only a safety chain. It sounded awful.

"But they got off to the side of the road to fix it. Then you'll never guess what happened!"

"What?" my mother and father and Peter and I all wanted to know.

"Dane came and helped them get the camper back on!"

This made no sense at all.

My sister and her family were in Nevada. Dane lives approximately 1,800 miles away.

"Dane?"  
"Dane! He said he saw them pulled off to the side of the road and he stopped to help."

I talked to Dane a little later on.

"You helped my sister with her camper—in Nevada?"

"Yup. About 30 miles out of Reno."

"How does that happen? What are the odds of that?"

"I dunno. I was driving back from the show, and I saw this camper pulled off the side of the road and I thought that looked like your sister, so I stopped."

"You realize what the odds against something like that happening are? If you read that in a novel, you'd say it couldn't happen."

"Well, it's not impossible, I guess."

That was all Dane had to say. He helped them back onto the road and headed off in the opposite direction. I thought how lucky it was to have someone as helpful as Dane show up exactly when he was needed—as Dane is apt to do.

"That's crazy," I told Isabelle when I next saw her.  
"It is crazy," she agreed.

But not impossible, as Dane pointed out.  
Till next time,  
Carrie

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

## "Cold Sores" More Specifically, Herpes Simplex



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

People use the term "cold sore" to describe different types of lesions that occur on the lips or inside the mouth. I'm not sure of the origin

of the term, but I presume that it came into being to describe sores that sometimes appear when a person is suffering from an illness like the common cold.

I want to focus on one

particular type of infection

that causes these types of

lesions, herpes simplex.

If you think this condition

is caused by a herpes virus,

give yourself a gold star –

this family of viruses has

previously appeared in my

column on shingles.

There are two distinct

types of herpes simplex

viruses, HSV-1 and HSV-

2. Lesions on the lips are

caused by HSV-1 about

80 percent of the time.

The remaining 20 percent

of HSV-1 infections are

found in the genital area.

HSV-2 on the other hand

causes about 80 percent

of genital infections and

20 percent of oral infec-

tions. In adolescents, about

30-40 percent of genital

infections are caused by

HSV-1, probably due to

increased oral sex in this

age group.

Approximately 80

percent of adults have

antibodies to HSV-1 in

their blood meaning they

were infected by HSV-

1 at some point in their

lifetimes. Most initial

infections occur in chil-

dren aged six months to

three years. Despite the

high rate of infection, only about 30 percent of people show any outward signs of infection. Antibodies to HSV-2 are found in about 20 percent of adults.

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

Most initial or "primary" HSV infections in people with functioning immune systems are mild and often without symptoms. The incubation period from exposure to lesion appearance averages about four days.

HSV lesions start with some tingling, itching, or burning at the site of infection. This is usually followed by swelling a day or so later and the formation of small blisters or vesicles. The virus causes skin cell death, so often the lesions become dark or even black with eventual scabbing. Just as with other herpes infections, once the primary infection is over the virus enters a dormant phase inside nerve cells, waiting to possibly re-emerge at some later date.

There are various stimuli or triggers that can cause reactivation of herpes simplex. These include fever, physical or emotional stress, ultraviolet light exposure, suppression of the immune system, and nerve injury. Recurrent infections tend to be less severe

because the body mounts an immune response more rapidly.

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

HSV infections can be treated with oral antiviral medications like Zovirax® (acyclovir), Famvir® (famciclovir) and Valtrex® (valacyclovir). There is also a topical drug available called Abreva®. The drugs stop the reproductive cycle of the virus by inhibiting the replication of viral DNA. Despite treating the infection, there is no cure to rid the body of the virus.

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

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

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

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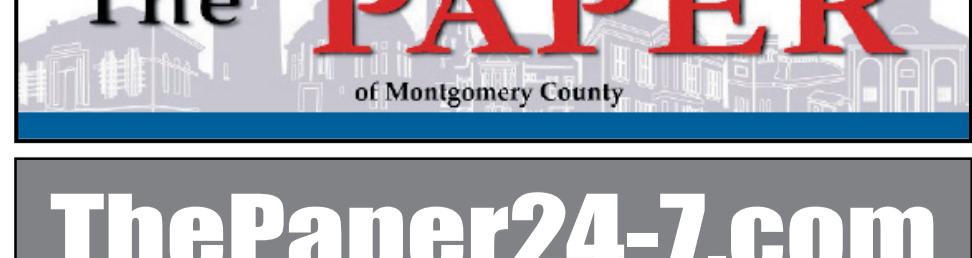
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