



The Paper of Montgomery County presents...

Exploring Britain & Ireland

September 14 – 28, 2024

For more information contact Collette
1-800-581-8942
Please refer to booking #1240271

TODAY'S VERSE

Philippians 3:10 That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death.

Meet Jasmine



Jasmine is an adorable 2 year old female domestic shorthair cat available for adoption at AWL (since 5/23/22). Jasmine is playful, friendly, and loves attention! Jasmine is friendly with her kitty friends in the community cat room, but is super ready to find a furrever home with a cat tree and comfy kitty bed! Jasmine is spayed, dewormed, and up to date on all of her shots. Come say hi!

The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

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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!

What's the Buzz about Bees?

90

That's the percent of flowering plant species on Earth that require pollinators for reproduction. Without the bees doing their job, the food and shelter system for wildlife would be decimated.



80%

Honey bees account for pollinating that percentage of agricultural across the country.

\$15,000,000,000

Without bees, that's how much money the U.S. would drop in lost crops annually.

0

The number of stings that took place on the day this swarm was taken down and moved.

33%

The world's food supply that bees help produce.



Photos courtesy Penny Anglin



50%

Bees help provide nearly half of the world's fibers and oils.

H2O

Water is used inside hives to regulate the temperature during hot months.

Penny Anglin, a wonderful photographer who has helped our newspaper multiple times, sent us these photos. Penny lives two miles west of Parkersburg, Ind. and said this swarm appeared in her yard on May 1. She called beekeeper Lee Faulkner, who had already moved one hive that day. Lee came by and relocated this one successfully. The hive was about seven feet off the ground and he said it was one of his easiest moves ever. And like the number said, there were no stings reported by anyone!

TODAY'S HEALTH TIP

Cut back on your exercise if you're running a fever. 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



TODAY'S QUOTE

"Life doesn't come with a manual. It comes with a mother." Unknown

THREE THINGS You Should Know

- Indiana businesses, local governments, solid waste management districts, higher education institutions and nonprofit organizations are invited to submit grant proposals ranging from \$50,000 to \$500,000 to fund recycling projects through the Indiana Recycling Market Development Program. Projects should demonstrate sustainability, an understanding of the changing economy for recyclers and how grant money can be used to boost recycling in Indiana through expanded markets, manufacturing capacity and job creation. Proposals will be accepted through June 13. For more information, visit idem.IN.gov/recycle/recycling-market-development-program.
- Every 40 seconds someone in the U.S. has a stroke and 1 in 4 survivors will have another one. May is American Stroke Month. Here are 3 ways you can act now to beat stroke:
 - Learn how to spot a stroke F.A.S.T. If you see Face drooping, Arm weakness or Speech difficulty, it's Time to call 911.
 - Know your blood pressure numbers and keep them in a healthy range. High blood pressure is a leading cause and controllable risk factor for stroke and heart disease. Lowering your blood pressure reduces your risk of stroke.
 - Prevent another stroke – Be a bold advocate for yourself by talking to your doctor about managing risk factors to help prevent a second stroke.
 Prevent stroke now, so you can be there later. Learn more at Stroke.org/StrokeMonth.
- Are you a fan of roller coasters? Then you might consider a trip to Indiana Beach this summer. The northern Indiana amusement park in Monticello has a new ride called the All American Triple Loop Roller Coaster. This Schwarzkopf triple looping masterpiece offers speeds up to 53.4mph and gravity-defying forces of 5.6g's, promising an exhilarating experience for visitors. Scheduled for debut on Opening Day at Indiana Beach Amusement Park on May 11.

TODAY'S JOKE

The boss tried to catch the fog, but he mist!

MONTGOMERY MINUTE

The Genealogy Club of Montgomery County has a program planned at the Crawfordsville District Public Library. Landscape Plants of Early 19th Century Indiana Cemeteries will be presented May 14 from 7 p.m. to 8:30 p.m. by Stephanie Morrisette. Visitors and the public are welcome to attend. It takes place in the basement at the Library in the RR Donnelley Room.



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

Butch Remembers Those Fun Comic Books



BUTCH DALE Columnist

When visiting the Darlington drug store as a youngster in the 1950s, I followed my usual routine . . . slurping down a glass of "green river" or "cherry phosphate," and then heading to the magazine aisle, with ice cream cone in hand, to sit and read the comic books while my father finished his cup of coffee. This would often take an hour or so, as Dad needed refills while chatting with his friends. I don't believe I ever purchased any comic books, as they cost a dime (eventually rising to 15 and 20 cents). After all, I needed that money to buy Topps baseball cards.

Another place to read comic books was just down the street at Slim's barber shop. There was always a pile stacked up on the front window shelf, and I read these while waiting my turn. Slim stocked all of my favorites . . . Archie, Jughead, Sad Sack Sarge, Tom and Jerry, Richie Rich, Betty and Veronica, Little Lulu, superhero comics such as Superman, and many westerns such as The Lone Ranger. Sometimes there were "Classics Illustrated" comics, such as Ivanhoe, Treasure Island, The Three Musketeers and other condensed versions of famous novels. If a comic book became tattered and torn, Slim gave them away to me and other lucky kids. After Slim passed away and the barber shop closed in the early 1970s when I was a teacher, I purchased all of the comic books, many of which were from the 1950s and 60s. I donated these to the library museum, and they are still there today for visitors to enjoy.

See BUTCH Page A3

Chamber, Free Clinic Celebrate Solar



Photo courtesy of Crawfordsville | Montgomery County Chamber of Commerce

The Crawfordsville | Montgomery County Chamber of Commerce was excited to hold a Ribbon Cutting Ceremony to unveil the new Solar Panel Project at the Montgomery County Free Clinic. The project consists of two 9.9 kW solar arrays installed on the roof of the clinic. They will provide an estimated 90 percent of the Clinic's energy requirements, reducing expenses by \$2,200 annually. These savings will be utilized to improve the health of the patients of the clinic while impacting the health of our planet.

"John Smillie, a local advocate for green

energy projects, was the driving force behind helping us learn about the project," Executive Director David Johnson said. "He has a large interest in energy projects. His help and support got us off the ground through his passion."

Montgomery County Free Clinic is located at 816 Mill St. in Crawfordsville. They can be reached on (765) 362-2344. For additional information regarding the chamber, visit the website at crawfordsvillechamber.com or email Stacy Sommer at ssommer@crawfordsvillechamber.com.

Invasive Species Management Class in June

By Tricia Herr

Purdue Extension Montgomery County – Ag and Natural Resources Educator What do you know about invasive species? Did you know that there are over 30,000 plant and insect species that have invaded the United States? According to Pimentel, Zuinga, and Morrison and their research, "Update on the environmental and economic costs associated with alien-invasive species in the United States", the costs of damages and trying to control nonindigenous species is 120 billion dollars. Controlling weeds in lawns, gardens, and golf courses is 1.5 billion dollar industry alone according to the same article. Not only do these invasive species have financial costs, they also have environmental costs. They often dominate ecosystems and limit native species, which degrades the biodiversity of the ecosystem.

In June, Purdue Extension Montgomery County will be hosting a 4-Week Invasive Species class to learn more about invasives. The class costs \$35 for all four classes, and space

is limited to 20. The class will be on Tuesdays, June 4, 11, 18, & 25th Time: 5-7 p.m. Location: Fusion 54 in the 3rd floor Conference Room Invasive Species are a major threat to Indiana's ecosystems and economy, causing significant harm to native plants, animals, and habitats. In this educational series led by Purdue Extension, you'll learn how to:

1. Identify, report, track, and control invasive species in aquatic, forest, agricultural, and home landscape settings.
2. Choose and incorporate native plants into your home landscaping. Please consider joining the class. If you cannot commit to the four-week class, Montgomery County CISMA will be hosting an Invasive Plant ID Walk at Sugar Creek Nature Park on June 20, 5-7 pm. The Invasive Plant ID Walk is FREE and open to the public, as well as the participants in the class. contact tricaherr@purdue.edu for more info

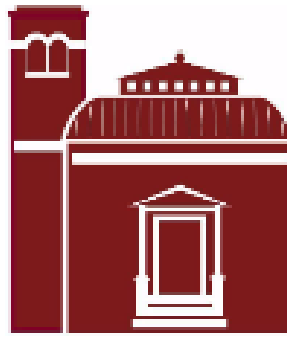
Tricia Herr is the Agriculture & Natural Resources Educator

Things Heating Up at Lew Wallace Study, Museum

The recent weather is warming things up at the Gen. Lew Wallace Study & Museum, just off beautiful downtown Crawfordsville. First off, March and April set all-time visitor attendance records. In March, there were 385 visitors from 11 different states and four different countries. In April, 557 visitors from 14 different states and two different countries stopped by.

There were also two talks as a part of the Dr. Howard Miller Lecture Series, including a discussion on Henry S. Lane during the Reconstruction Era by Owen Bennett from the Montgomery County Historical Society, and a talk on Lew Wallace and the Defense of Cincinnati by Author Peter Bronson.

Coming up, Shannon Sullivan Hudson will be discussing the United States Colored Troops from Montgomery County on May 16. Hudson will talk about who the men were, where they served and



what happened to them following the war.

Then in June, ArchiCamp 2024 will take place on June 18-19. ArchiCamp is a two-day architecture-themed camp that uses historic local buildings and imaginative activities to educate and excite kids about Montgomery County history, instilling stewardship and responsibility for our cultural heritage.

And on June 20, the Hoosier Author's Book Club continues with a discussion on Hoosier Public Enemy: A Life of John Dillinger by John Beineke. The books are currently available in the Carriage House for you to borrow before joining the club in June.

Carlie Gregg Celebrates 5 Years With HHSB

HHSB is pleased to announce the 5-year work anniversary of Carlie Gregg, Ag/Commercial Portfolio Manager.



Carlie Gregg

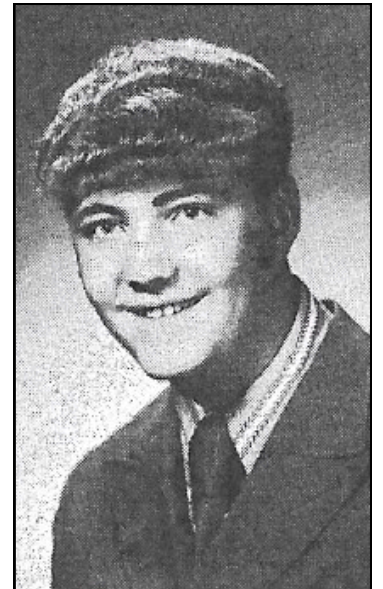
Carlie joined the HHSB team five years ago and has since demonstrated exceptional dedication, proficiency, and a passion for serving the community. With a strong foundation in business administration from Ivy Tech, Carlie has continuously elevated her skills and expertise to excel in her role.

Outside of her professional achievements, Carlie is an active member of the community. She resides in New Market with her boyfriend, their puppy, and two cats. Carlie is also involved with Kids Rock at Rock Point Church, where she dedicates her time to making a positive impact on the lives of children. April Smekens, Assistant

Vice President of Underwriting, shared her thoughts on Carlie's milestone, stating, "Carlie has grown by leaps and bounds in her role. She is always willing to learn new skills to help move HHSB forward, and her organizational ability and attention to detail make her an integral part of our department. We really appreciate Carlie!"

Hoosier Heartland State Bank congratulates Carlie Gregg on this significant achievement and looks forward to many more years of success and collaboration.

Butch Dale's Flashback Trivia



Do You Recognize This Person?

HINT:
 This 1972 Southmont grad is a successful businessman in Crawfordsville.

Answer on Page A3

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The Paper NEWS

PUBLIC NOTICE

NOTICE OF PUBLIC HEARING CRAWFORDSVILLE PLAT COMMITTEE

Notice is hereby given that the Plat Committee of the City of Crawfordsville will hold a public hearing at 5:00 p.m. on Tuesday, May 21, 2024, in the Common Council Chambers, 2nd Floor, Municipal Building, 300 E. Pike Street, Crawfordsville, Indiana, to hear the request for secondary plat of Phase I Hawkview Subdivision.

The property location 770' feet south of Purple Heart Parkway and US Highway 231 South
Crawfordsville, Indiana 47933 (Parcel No: 54-10-17-500-002.007-029)

The petition is on file and available for examination (and purchase at cost) in the Department of Planning & Building Services on the 2nd floor of the Municipal Building, 300 East Pike Street, Crawfordsville, Indiana 47933 (765.364.5152); office hours are 8:00-12:00 noon and 1:00-4:00 p.m., weekdays except holidays.

The public is invited to attend the hearing and to comment on the proposed request. Oral comments concerning the requests will be heard. Written comments and objections to the requests may also be submitted to the Director of Planning & Building Services, City of Crawfordsville, at the address above prior to the hearing and will be considered.

In accordance with the Americans with Disabilities Act, if anyone wishes to attend, hear or present evidence at the public hearing and is in need of reasonable accommodation, please contact the Crawfordsville Department of Planning & Building Services at the address or phone number above so accommodation can be made.

Department of Planning & Building Services
 Megan Huckstep, Director, City of Crawfordsville
 PL4886 5/6 11 hspaxlp

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Carrie Gets a Spring Cold



CARRIE CLASSON
The Postscript

The fact is, I am spoiled. I never get sick. I've never spent a night in a hospital since I was born (and then, my mother stayed with me). I've never broken a bone. I've never had a major operation. I am absurdly healthy, and I can take no credit for any of this. So, naturally, when I get sick, I am insufferable.

It always starts in the same way. I get a sore throat. First, I ignore it. I have found this is the best way to deal with imminent disasters. When I used to drive old cars, I would turn up the radio when I heard an ominous noise. Loud music and deliberate ignorance can take you for many miles.

But then my throat gets worse. I feel my glands. They are a little swollen.

"But not enough to mean I'm sick!" I explain to myself. There has been a lot of pollen in the air. It is spring, after all. Or perhaps the air quality is poor. Or perhaps it is just dry, and I am not drinking enough water. I come up with a perfectly plausible list of reasons why I might have a sore throat other than the one I know is the truth.

I am getting sick.

"Well!" I tell myself (and I swear, I believe myself every time), "I will not get very sick. I just have a sore throat, and I will feel much better tomorrow." I promise myself I will go to bed early. I get extra sleep. It does not help. By morning, my throat is still sore and now my nasal passages are filling, and my nose is running, and I know I have a fever—although I do not take my temperature because what good is that information going to do me?

But this will be a short cold, I insist. It will be a mild head cold and

nothing more. I will not develop a cough. The fever will not get worse. I will not be using entire boxes of tissues to deal with my faucet of a nose

None of this is true.

I always get a bad cough. I spend the night unable to sleep, hacking away, blowing my nose, keeping my poor husband, Peter, awake, and still somehow imagining that, by morning, I will be well.

I am not.

But I won't lose my voice, at least. And then I do.

And I wonder why it is so hard to just admit I'm getting sick when I am. It would seem that by now, even though I am rarely ill, I have been sick often enough to know that I will be sick, and resign myself to it. I might buy some tissues with lotion in them, so my nose doesn't get quite as red. I might stock up on cough syrup, so I don't have to make a trip to the pharmacy feeling wretched. But I don't do any of these things. I hope and try to believe that this time I will dodge the bullet.

"Is it possible to overdose on cough syrup?" I asked Peter last night.

"Probably not."

So I swallowed a lot of cough syrup and I slept through the night and, this morning, I can say—honestly, this time—that I am feeling better. I have no voice at all, but I am still able to type, fortunately. My fever has subsided. I will be well soon enough.

And now that I am feeling better, I am completely convinced that I will never be sick again.

Till next time,
Carrie

The Time of Your Life



DICK WOLFSIE
Funny Bone

I was playing around with the computer the other day and discovered if I call up columns that I've written for this newspaper and then press the required keys, the computer will tell me how long it took me to write the column. It adds together all the time I took to write the first draft, revise it, and then revise again... and again. Who knew? According to my computer program, I averaged about three hours of work on each column. If I divide that by my compensation, I'm making a fair wage for this little piece of prose. BUT...

...the computer did not count the time I rolled around in bed banging my cranium against the headboard trying to think of an idea for the week. It did not count the three hours I spent last week riding on my stationary bicycle just trying to think of a clever ending. The computer did not consider the two hours I spent lost in Franklin, Indiana when I missed my exit because I was trying to think of a cute title.

When I counted all this time up and divided it by my compensation, I was better off working at a fast-food joint, especially when they raise employee pay to 20 bucks an hour.

My wife asked me to clean up the garage the other day. When I was through, she said: "You're done? In only an hour? You couldn't have done a very thorough job."

How insulting. And shortsighted. I'd been thinking about cleaning that garage for over a year. I hardly got credit for that. I also spent a fair amount of time one afternoon planning how I would attack the mess. Should I move everything out of the garage, or just pile things up in the corner and then move stuff

around? All that time should be counted.

In preparation for cleaning the garage, I went to three stores to find my favorite beer. Then an endless wait while the cans and the glass got frosty in the fridge. Did I get credit for all that time? I did not.

I explained this all to my family and it backfired. The other night my son, Brett, came over for dinner. I asked him to read a short story I was working on. He does a little writing himself and I wanted his opinion.

"Hey, Dad. I'm done. Let's have dinner."

"Done already? I worked so hard on that. You took only five minutes to read it."

Dad, it may seem like 5 minutes, but did you consider my grade school years when I spent hours and hours learning the alphabet? You may recall the summer of '95 when we drove around Indianapolis and you made me look for misspelled words on store signs. Or our trip to Hawaii when I was 11 and I wasn't allowed to have dessert until I found the misplaced apostrophe on the menu. Or the time you've spent drumming into my head that even when we have a conversation, I need a topic sentence. Dad, not counting all that time is not fair to me and the work I did to read that story."

"Brett!"

"Yes, Dad."

"Let's have dinner."

— Dick Wolfsie spent his career sharing his humor, stories and video essays on television, radio and in newspapers. His columns appear weekly in *The Paper of Montgomery County*. E-mail Dick at Wolfsie@aol.com.

↓ BUTCH

From Page A1

Not only did I enjoy reading the comic stories, I also read the ads for crazy toys, silly products, and gadgets. Remember "Grow Amazing Live Sea-Monkeys: Just Add Water and You've Got Instant Pets!" Did you ever spend your hard-earned money on X-ray glasses, magic cards, joy buzzer, secret spy scope, skin head wig, smoke clouds, hot pepper gum, see-behind glasses, silent dog whistle or any of the other goofy items? Did you fellows order any Charles Atlas or Joe Weider "muscle-building tools?" How about the Junior Sales Club of America, in which you could join and then sell greeting cards or Christmas cards, with the benefit of receiving "fabulous" prizes such as a poodle radio, a Voit skin-diving outfit, a Strat-O-Matic baseball game . . . or if you were a super salesman . . . a bicycle. It might take you a few years to sell hundreds of packs of cards to earn enough "prize requirements," but what enterprising young businessman couldn't resist?

As a youngster, I enjoyed reading books about famous people in history, published by the Bobbs-Merrill company in Indianapolis. By the time I was 12 years old, I had read almost every

one of those books in the Darlington library. I also enjoyed the classics, such as *The Adventures of Tom Sawyer* and *Huckleberry Finn*, and *Twenty Thousand Leagues Under the Sea*. Sadly, very few children read these types of books today. However, they do read books called "graphic novels," which are stories written and illustrated in the style of comics, with short texts and in a series of panels . . . action novels or funny stories . . . *Dog Man*, *Diary of a Wimpy Kid*, *The Baby-Sitters Club*, *Big Nate Adventures* and *Hazardous Tales*, just to name a few. Well, at least the kids are reading something, other than watching TV, playing video games or texting on their phones.

Now at age 75, after my evening meal, I still enjoy reading biographies of famous people. My wife thinks I should read fiction once in a while. To make her happy, perhaps I will take some old copies of *Archie* and *Jughead* home this week . . . Hey, works for me!

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 35 years, and is a well-known artist and author of local history.

Witham Health Services Recognizes Nurses

In 1993, the American Nurses Association declared May 6-12 as the national week to celebrate and elevate the nursing profession. May 12 was Florence Nightingale's birthday. She was a British nurse, social reformer and statistician best known as the founder of modern nursing. Her efforts to reform healthcare greatly influenced the quality of care in the 19th and 20th centuries. National Nurses Week is a time for everyone to recognize the vast contributions and positive impact made by

nurses.

Witham Health Services in Boone and other counties, says a special thanks to nurses for giving of themselves. Our nurses are the frontline caregivers that make a difference each time they interact with a patient and their family. Not just anyone can serve as a nurse day after day and year after year. It is one of the more challenging professions and also the most rewarding. Their compassion, optimism and kindness is greatly appreciated.

Butch Dale's Flashback Trivia

Answer:
Jack Stevenson

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2024 Volvo XC90 Recharge Offers 33 Miles All-Electric Range and Refined Swedish Luxury, But They Come at A Price



CASEY WILLIAMS
Auto Reviews

Volvo recently introduced the EX90, a full-size all-electric luxury crossover that, by all accounts, is a very well-engineered machine with 300 miles range and all of the features today's upscale drivers demand. However, if you've ever tried to find a charger away from your garage or place of employment, you may wish for an easier, if less technically advanced, solution. You may prefer the 2024 Volvo XC90 Recharge.

Aging With Grace

Compared to the EX90, the XC90 is aging a bit, but that's only compared to a cutting-edge EV. For the rest of us, it's still quite handsome with its large toothy grille, broad shoulders, 21" wheels, and taillamps that rise into the rear roof pillars. "Thor's hammer" driving lights make it clear who makes this high-riding wagon. Only a small door on the front driver's side fender betrays its electrical quiver.

When I first drove this generation XC90 six or seven years ago, I remember how large the touchscreen seemed.

Now, it feels quaint but works just as well. In Swedish tradition, the cabin feels well made, yet never ostentatious. Check the dash stitching, black woodgrain, and soft leather seats that are heated and ventilated up front, heated in the rear, and ride under a panoramic moonroof. A heated steering wheel warms winter. One touch of carnal luxury is the beautiful Orrefors crystal gear selector. The Bowers & Wilkins audio system borders on divine.

Being a Volvo, safety is paramount. Beyond a well-engineered body structure to dispense with crash forces, the XC90 aims to avoid physical contact altogether through automatic emergency braking, blind spot warning, lane keep assist, and cross path detection systems. A head-up display and adaptive cruise add safety and convenience.

Efficient Hybrid

Performance

The XC90's Swedish pedigree is unquestioned, but it's powertrain is something unique. At its heart is a 2.0-liter turbocharged four-cylinder engine-based hybrid system delivering a combined 455 horsepower and 523 lb.-ft. of torque. Impressive, but its best trick is traveling 33 miles all-electric after feeding from a 240v home or commercial charger for five hours. Fuel economy is rated a frugal 58-MPGe all in or 27-MPG while burning gas.

Beyond all that, the driving experience hasn't aged a day. It's very quiet, and very smooth, rumbling over rough pavement on an air suspension system. Given the torque power, it moves out in a hurry when prompted. All-wheel-drive keeps it moving no matter the weather while regenerative braking slows it down while charging the batteries. Whether whooshing onto freeways, cruising on the Interstate, creeping through downtown city traffic, or cutting up

backroads, the big Volvo crossover is ready for whatever you desire.

Most of the downsides are in the cargo area. Power open the hatch to appreciate soft thick carpet and chrome accents, but also the lack of space with the third row in place. Those aft seats are only for kids anyway, so most owners will probably leave the third row folded to maximize space. As well as styling and technology have aged, it's time for a complete redesign to stay current Volvo's latest design language. The EX90 points the way.

If there's another downside, it's price. A base XC90 starts at a reasonable \$56,600, but our Ultimate Recharge came to a breath-stealing \$87,495. The EX90 starts \$10k less. Compare it to the Lexus TX plug-in, BMW X5 xDrive50e, and Jeep Grand Cherokee 4xe.

Storm Forward!

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

2024 Volvo XC90 Recharge Ultimate
Seven-passenger, AWD Crossover
Powertrain: 2.0-liter T4 Hybrid
Output: 455hp/523 lb.-ft.
Suspension f/r: Air Ind/Ind
Wheels f/r: 21"/21" alloy
Brakes f/r: regen disc/disc
EV Range: 33 miles
Fuel economy gas/hybrid: 27/58-MPG
Assembly: Torstrand, Sweden
Base/as-tested price: \$56,600/87,495

Likes

- Efficient power
- EV range
- Bowers & Wilkins audio

Dislikes

- Aging design
- Cargo space (seats up)
- Breathless price



The Paper

Montgomery Medicine with Dr. Roberts: 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 complications.

Sleep apnea causes people to have pauses in their breathing while sleeping. Most people have insignificant pauses, but people with sleep apnea have much longer ones, 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, particularly the heart and lungs, potentially leading to problems including high blood pressure.

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

signals from the brainstem getting to the muscles that control breathing. Obstructive sleep apnea (OSA) is much more common 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 usually occurs in the back of the throat when excess or loose tissue collapses into the airway. This usually happens 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 air flow causing the tissue in the back of the throat to vibrate.

There are other signs and symptoms we ask about when evaluating people for OSA. Sleep apnea sufferers have difficulty falling 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, and sensors that measure gas exchange into and out of the lungs. Home sleep studies are done much more commonly, though they don't collect as much information as studies performed in a lab. In-lab studies should also be done on 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 cause or worsen cardiovascular, lung, and neurologic conditions. You can do a quick screen for sleep apnea here: bit.ly/3xTYWaw. For more information on sleep apnea, see bit.ly/2z6OAQx.

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



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It's Mental Health Awareness month

May is mental health awareness month. Drug Free Montgomery County wants to highlight this awareness month and how we as a community can help those who are struggling with mental health issues, including substance use disorder. This observance for the month of May was developed in 1949 and was created to offer support, extend education to the public, advocate, and work to eradicate stigma around Mental Health. Stigma is the negative or unfair belief of a group of people or circumstance from society. Stigma about substance use and alcohol use disorders is very prevalent and can be a challenge for those seeking recovery. Stigma reduction, our goal, is the effort to reduce or eradicate the negative beliefs and views and allow us to see people in recovery as needing our support, not our judgement.

Montgomery County is no exception to the existence of stigma surrounding substance and alcohol use disorder. It is easy to classify those suffering with substance and alcohol use disorder as weak, uncaring, "bad" people who will not recover, and yet nothing could be further from the truth. Those suffering with this disorder are our parents, siblings, friends, co-workers and relatives, people that we and others love and want to see them recover. They are not making healthy decisions for themselves, but substance and alcohol use are a disease and they need treatment to help them enter and stay in recovery. This support does not mean we condone or accept their behavior, but that we understand they have a disease that needs treatment.

One of the biggest stigmas surrounding substance and alcohol use is that it only impacts a certain group of individuals. It is not a certain class of people, but cuts across socioeconomic lines, race and ethnicity, and education levels. One way we, as a community can work to reduce stigma is as simple as working on language. Instead of using words such as "addicts" or "user", use words such as "in recovery" or "person with substance use disorder".

Although there is a great deal of controversy around Medication Assisted Treatment (MAT) for substance/alcohol use disorder, like any complex problem there is not just one

intervention or treatment that works for all individuals with substance/alcohol use disorder. MAT can save many lives each year and significantly reduces overdoses. MAT programs offer medication to aid those entering into recovery. These medications can include methadone, naltrexone, buprenorphine, etc. With these medications, individuals are safely able to enter into recovery with professionals who are able to prescribe and monitor these medications along with offering treatment to individuals, such as therapy and intensive outpatient programs.

Seeking treatment is important to change and save lives of individuals that are suffering from substance and alcohol use disorder. However, the individuals who are suffering with substance and alcohol use disorders often feel shame about their disorder and are hesitant to admit they have an issue and seek treatment, another barrier to recovery. People can and do recover, more than 20 million people nationwide have recovered and continue in recovery. This shows that recovery is possible and that if we come together as a community, we could reduce stigma surrounding substance use disorder and alcohol use disorder, encouraging more individuals to seek treatment.

Recovery is not just one event where an individual decides to be drug and alcohol free, it is a process that is on-going. Because of this, individuals do sometimes relapse and have to start over again, but this is a part of the process. Because it is a disease, it is not cured but treated and supported like other chronic diseases.

As always, many resources can be found on the Drug Free Montgomery County's website at drugfreemoco.org. For further questions, reach out to Diamond Justus at diamond@mcysb.org. Drug Free Montgomery County is a program of the Youth Service Bureau. The YSB is a United Way in Montgomery County partner agency and is also supported by the Montgomery County Community Foundation.

For further information, please contact Diamond Justus at 765-362-0694 or at diamond@mcysb.org

Tucker Recognizes Best of the Best



John Downey

Two standout real estate agents with F.C. Tucker West Central have been honored for their work in March. John Downey has been named Sales Agent of the Month, and Katie Viers has been recognized as the Listing Agent of the Month.

Downey's performance in March was nothing short of impressive; he helped four buyers close on their dream homes. A lifetime resident of Montgomery County, he has applied his extensive experience and local market acumen to serve his clients exceptionally well. With a strong background in real estate appraisal and a



Katie Viers

proven record in residential listings and sales, Downey's dedication to his clients and his craft have consistently placed him at the forefront of the industry.

Viers has showcased her market expertise by listing two beautiful properties. She has been a real estate professional for over four years and is known for her commitment to understanding and leveraging the latest market trends to benefit her clients. A resident of Crawfordsville, she combines her love for the outdoors and community with her real estate ventures.

CTE Student of the Month



**Hailey Hester, Pre-Nursing
Southmont High School**

"Hailey comes to class well prepared, has a good attitude, and works hard to succeed. She is involved in many extracurricular activities as well and still manages to maintain good grades."
- Mrs. Christy Kemple



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Franciscan Health Has Money Available to Help At-Risk Populations

Franciscan Health has received funds to support healthcare-related programs for non-profit, health and human service organizations in at-risk communities. These funds will be allocated through Franciscan's Social Impact Partnership Program.

SIPP funding applications will be accepted until May 31. Partner agencies will be announced in mid-July. Organizations may apply for up to \$10,000 in monetary support and in-kind donations. Organizations may complete an application online at: www.franciscanhealth.org/communityhealth.

Qualified non-profit agencies must benefit vulnerable populations in communities served by Franciscan Health with a preference toward areas with high Area Deprivation Index scores identified on BroadStreet, a digital platform that tracks community health statistics. Franciscan Health is a partner of BroadStreet and is providing free, limited access to the portal at www.broadstreet.io.

Serving populations most in need, and in accordance with Franciscan's mission, should be the focus of supported activities. These include people who have endured systemic racism, refugees and immigrants, chronically low resources, at-risk youth, and others impacted by poor societal supports. Priority health needs, as defined by

Franciscan Health's

Needs assessment (available at www.franciscanhealth.org/communityhealth), include: 1) access to healthcare; 2) food insecurity; 3) house stability; 4) social bridging; 5) mental health; and 6) substance abuse. Organizations selected to receive funding must participate in an orientation session on July 31 and will be expected to submit progress reports at 6-month and 1-year intervals. Participation in the reporting process is required for consideration of any future funding or assistance.

"This cornerstone initiative by Franciscan Health is aimed at creating strong partnerships with community organizations to enhance the health and wellbeing of those we are privileged to serve," said Caitlin Leahy, senior vice president for Franciscan Health Foundation and Community Health Improvement. "Our purpose is to drive sustainable change and empower our communities to lead healthier lives. Focusing on our most vulnerable populations, we are committed to collaborating, supporting, and providing the necessary resources to address critical health challenges."

For more information about the SIPP and assistance in applying for monetary support, contact Danielle Crowder at Danielle.Crowder@franciscanalliance.org.

Sierra Coffing Celebrates 5 Years With HHSB

Hoosier Heartland State Bank proudly announces the 5-year work anniversary of Sierra Coffing, Commercial Portfolio Manager. Sierra's journey at HHSB has been marked by dedication, growth, and a commitment to excellence in serving both clients and the community.

Sierra Coffing joined Hoosier Heartland State Bank in 2019, bringing with her a passion for customer service. A graduate of Ivy Tech with an associate degree in human services, Sierra's background reflects her innate ability to connect with people and understand their needs deeply. With 12 years of experience in customer service, Sierra has honed her skills in listening, problem-solving, and delivering exceptional service.

Beyond her professional achievements, Sierra is a devoted wife and mother, residing in Crawfordsville with her husband and daughter. She finds joy in hobby farming, tending to their two goats and a vibrant



Sierra Coffing

flock of 42 chicks and chickens.

Reflecting on Sierra's significant milestone, Trent Smaltz, Chief Lending Officer at Hoosier Heartland State Bank, remarked, "Sierra's five years with us have been a testament to her dedication and growth. Her ability to listen to our clients, and find the perfect solution, aligns with our core values. Her hard work and commitment to education make her a valuable part of both the HHSB team and the community."

As Sierra celebrates five years of contributions to Hoosier Heartland State Bank, we look forward to many more years of success, growth, and shared achievements.

Thank you for reading The Paper!

Kerri Olin Celebrates 5 Years at HHSB

Hoosier Heartland State Bank is proud to announce and celebrate Kerri Olin's remarkable five-year milestone with the company. Kerri has been an integral part of the HHSB team, serving as a Loan Operations Specialist.



Kerri Olin

Nikki Keller, Assistant Vice President of Loan Operations at HHSB, expressed her gratitude and admiration for Kerri's contributions, stating, "I appreciate all that Kerri does for the Loan Operations department. Her hard work and dedication have made her first 5 years at HHSB very successful. I look forward to seeing Kerri continue to learn and grow for many years to come."

As Kerri Olin marks this significant milestone in her career, the entire team at Hoosier Heartland State Bank extends their heartfelt congratulations and best wishes for continued success and fulfillment in the years ahead.

With a total of eight years of banking experience under her belt, Kerri's dedication and expertise have significantly contributed to the success and growth of the Loan Operations department at HHSB.

Kerri's journey at HHSB is a testament to her passion for the banking industry. Her hard work, diligence, and positive attitude have earned her the respect and admiration of colleagues and clients alike. Outside of her professional endeavors, Kerri is a devoted wife and mother of three children, residing in Crawfordsville. She finds joy and relaxation in activities such as archery shooting, yoga, boating, and cherishing moments with her family.

West Central Indiana CTE Awards Night



The annual CTE Awards Night took place on Thursday, April 19 at North Montgomery High School.

West Central Indiana CTE inducted 68 new members into the National Technical Honor Society, where students received honor cords and certificates. NTHS provides \$2 million dollars in scholarships annually to its members. Students are now lifetime members, and will have

access to industry knowledge, networking, and postsecondary opportunities.

CTE instructors nominated students in their programs for Excellence in CTE, Outstanding Improvement in CTE, and Service in CTE. Additionally, West Central Indiana CTE recognized a group of local partners who contributed to the success of the district. The 2024

Partner in CTE Award winners include: Bane Welker, Ferrer Mechanical & Electrical, Crawfordsville Fire Department, Major Brian Stevenson with Boone County Sheriff's Office, Chris Cogdill with C&F Fabricating with Napa Auto Parts, Steve Price, Heath Shanahan with IHSAA, Franciscan Health Crawfordsville, and the Transportation Departments at Crawfordsville, North Montgomery, Southmont

and Western Boone school corporations.

In the final award of the evening, the West Central Indiana CTE Director's Award recognized a student who demonstrated innovation in the classroom, commitment to their program, and dedication to the improvement of industry skills. This year's Director's Award was given to Rylan Huckstep, a senior in the Fire & Rescue program.

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