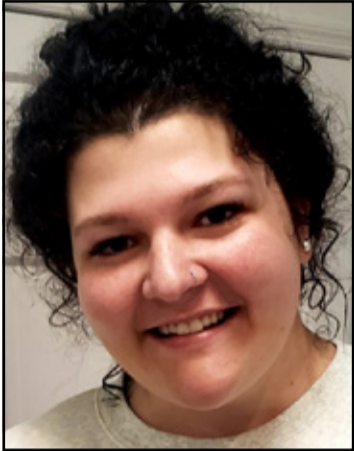


➤ TODAY'S VERSE

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

➤ FACES OF MONTGOMERY

People who call our community their own.



Hannah Lauderbaugh offered a friendly smile while helping her friend. Thank you for your smile, Hannah!

➤ THREE THINGS You Should Know:

1 "The housing industry continues to show strength in Indiana as demand still outpaces supply. While we face strong headwinds on the inflationary front, including rising interest rates, builders are confident 2022 will be another banner year, and the most recent permit totals reflect the ongoing demand for new homes," says Indiana Builders Association President, Paul Schwinghammer.

2 ABATE of Indiana and ITR Concession Company (ITRCC) - the operator of the Indiana Toll Road - are pleased to announce that we will be continuing a more than 40-year history of providing motorcycle safety training in north-central Indiana. Further information can be found at ABA-TEonline.org/ridered or by calling 800-23-ABATE.

3 There are 114% more female entrepreneurs in the U.S. today than 20 years ago. Despite the hardships created by the COVID-19 pandemic, the number of women owning a business is expected to rise with each passing year. The latest female-owned business statistics reveal there are now 12.3 million women-owned businesses in the U.S.

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

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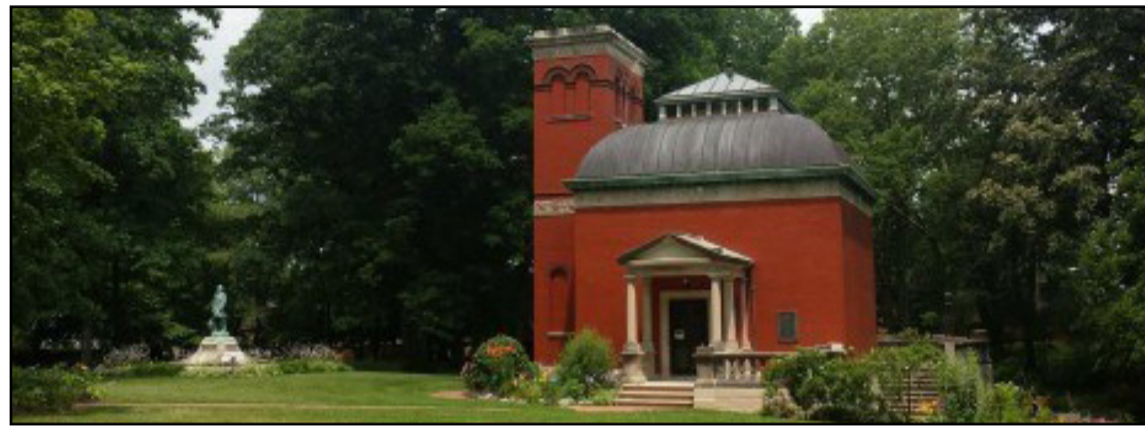


Photo courtesy of Visit Montgomery County

General Lew Wallace Study & Museum will host a Park Day event beginning at 9 a.m.

Mark Your Calendars For Park Day '22 On April 2

On Saturday, April 2, 2022, history buffs, community leaders, and preservationists will aid in the maintenance and restoration of numerous sites as part of Park Day, the American Battlefield Trust's annual hands-on preservation event. Thousands of volunteers across the country will participate as Park Day celebrates its 25th year.

In Indiana, General Lew Wallace Study & Museum will host a Park Day event beginning at 9 a.m. Needs include Leaf raking, mulching, preparing picnic area, sowing grass seed, stick collecting, interpretive sign pro-

duction, painting, and grounds beautification. A local historian will also be available to describe the park's significance. For more information about Park Day at General Lew Wallace Study & Museum, please contact Grounds Manager Deb King by phone at 765.362.5769 or by e-mail at dking@ben-hur.com.

The American Battlefield Trust is a national nonprofit land preservation organization devoted to the protection of America's hallowed battlefields. It saves the battlefields of the Civil War, Revolutionary

Want TO GO?

WHAT: Park Day volunteer event at General Lew Wallace Study & Museum
WHEN: April 2, 2022, 9 am - noon
WHERE: Meet in the parking lot off Elston Avenue

War, and War of 1812, and educates the public about their importance in forging the nation we are today. To date, the Trust has preserved over 54,000 acres of battlefield land in 24 states. Learn more at battlefields.org.

High School Track...The Best And Worst Of Times

Like many of you fellows who attended the little high schools in our county before consolidation, I participated in every sport. There were only three...



BUTCH DALE
COLUMNIST

baseball, basketball, and track. Our school started up cross country during my senior year. I had no interest in it, but my basketball coach made all of the players run cross country to get in shape. My favorite sports were baseball and basketball, which were the most popular sports in the county. I participated in track during the spring,

but I had no interest in running...just the long jump and pole vault.

During my freshman year, Emerson Mutterspaugh was my basketball and track coach. No field events for me. All freshmen had to run the mile. The mile run was boring, and

➔See BUTCH Page A6

Wrapping Up Readers' Choice 2022

Readers' Choice is wrapped up for another year, and once again, The Paper's annual promotion to recognize your favorites in a multitude of categories was a huge success.

Back when our company was founded, the staff at The Paper brought Montgomery County this fun and good-natured promotion that features local businesses, people, products and more and gives you, our readers, the opportunity to vote for your favorites. We often joke that this is like Chicago politics and encourage you to vote early and vote often.

You see, this has never been about the rigidity of the process. Instead, it is designed to be an

absolutely fun and very positive way for our readers to cast a good light on their favorites. And oh, how you have responded! We annually see ballots that number in the hundreds of thousands - so many in fact that we had to find a way to automatic the counting process.

This year, rather than unveil all the winners at one time like we have in the past, we are revealing several categories a day. Today's categories can be found inside and a quick list is also provided here. When the final winners, runner-ups and honorable mentions are revealed, we will compile all of them into one keepsake edition that will stay posted on

Want MORE?

Please turn to page A3 and A4 for the winners, runner ups, and honorable mentions in the **FOOD** category and page A5 for the **MEDICAL** category. Stay tuned for these categories: **SERVICE** and **ENTERTAINMENT** next week!

our website for the entire year.

Lastly, we encourage you to pay attention to the many businesses who are saying thank you with their ads. Without those supporters, local news and specifically your daily edition, wouldn't be here.

The Daily Almanac

Sunrise/Sunset
RISE: 7:36 a.m.
SET: 8:09 p.m.

High/Low Temperatures
High: 46°F
Low: 30°F

Wacky Holiday Today
• National Mom and Pop Business Owners Day
• Piano Day

What Happened On This Day

- 1971 Charles Manson is sentenced to death in the gas chamber
- 2004 Ireland becomes the first country to ban smoking in all workplaces

Births On This Day

- 1790 John Tyler Lawyer, politician, 10th President of the U.S
- 1949 Michael Brecker American saxophonist, composer

Deaths On This Day

- 1912 Robert Falcon Scott English navy officer, explorer
- 1924 Charles Villiers Stanford Irish composer

Routines Are Habit Forming

I was surprised to learn, Tuesday morning, that I was out of milk. I was quite certain that milk was on my weekly grocery list, and I was equally certain that I had walked out of the store with a jug of fodder fuel in my hand.

Nevertheless, when I opened the refrigerator door, in the spot on the upper shelf where gallon milk jugs have stood tall for most of my life -- or at least for most of my refrigerator's life -- no milk was to be

➔See JOHN Page A6



JOHN MARLOWE
COLUMNIST

➤ HONEST HOOSIER

Planning out your April Fool's jokes yet? I am!



➤ INSIDE TODAY'S EDITION

Obituaries.....A2
Meeting Notes.....A3
Slim Column.....A4
Classifieds.....A4

➤ TODAY'S HEALTH TIP

Not wearing a seatbelt because you think they're dangerous? Ask emergency personnel why nearly 100% of them wear theirs. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.



➤ OBITUARIES

Ernest "Ernie" Caudill

➤ THE MONTGOMERY MINUTE

Did You Know?

This week, the Indiana Statewide 911 Board, in collaboration with INdigital and the State Treasurer's office, will unveil significant enhancements to the state's Text-to-911 system designed to assist non-English speakers. Effective March 24, 2022, individuals texting 911 will be aided by automatic translation services. Since 2016, Text-to-911 has been available in all 92 Indiana counties, and since 2019, dispatchers have had access to live translation services.

➤ TODAY'S QUOTE

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Albert Einstein

➤ TODAY'S JOKE

What do you call a bunch of rabbits hopping backward? A receding hare line!



8 51246 00100 5

The Paper appreciates all our customers. Today, we'd like to personally thank Susan Birrell Post of Crawfordsville for subscribing!



13 WTHR 7 DAY FORECAST

44 PARTLY CLOUDY MON	30/46 FEW AFTERNOON SHOWERS TUE	44/73 WARMER WITH STORMS LATE WED	44/44 WINDY, FALLING THROUGH THE WEEK THU	33/50 BREEZY AND COOLER FRI	33/53 MOSTLY CLOUDY SAT	39/53 PARTLY CLOUDY SUN
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Births

A son, Hunter Wayne Taylor, was born on March 24, 2022 at Witham Health Services to Lindsey and Jeffrey Taylor of New Market. The baby weighed 6 pounds, 15 ounces.

Hunter will be welcomed home by a sister,

Willow and a brother, Easton.

Maternal grandparents are Misty Holladay of Waynetown and Kody Curtisinger of Gentryville. Paternal grandparents are William and Stephanie Mccauly of Crawfordsville.

OBITUARIES

Ernest "Ernie" Caudill

March 26, 2022

Ernest "Ernie" Caudill, 78, of Russellville, Ind. went to be with the Lord on March 26, 2022.

He was born in Jeremiah, Ky. to John D. and Vergie (Eldridge) Caudill.

He married Janet Sue (Williams) on June 23, 1963 at Crawfordsville, Ind. He attended Christians in Action Church at Waveland. He owned and operated A.C. Auto Repair in Russellville for 50+ years. He attended schools in Kentucky. He loved to be outdoors, working with horses and planting a garden every year.

Survivors include his wife, Janet; two daughters, Sherry Marie (Doug) Drummond of Marshall, Ind. and Sue Ann (Jim) Newlin of Russellville; three grandkids, Christian Newlin of Russellville, Amanda (Joe) Drummond of Georgia, Greg (Terry) Drummond of Georgia; two great-grandkids, Marley and Parker Drummond; several nieces, nephews, sister in laws and brother in laws.

He was preceded in death by his parents; three sisters; and six brothers.

Funeral service is scheduled at 11 a.m. on Thursday, March 31, 2022 at Machledt & Servies Funeral Home, 301 E. Green Street, Waveland, IN 47933, with Pastor Rodney Coffman officiating. Burial will follow in Russellville Cemetery. Friends are invited for a time of visitation on Wednesday, March 30, 2022 from 4 to 7 p.m. at the funeral home.

You may visit www.machledtservies.com where you may share a memory or leave an online condolence for the family. Machledt & Servies Funeral Home has been entrusted with Ernie's funeral arrangements.



Attorney General Todd Rokita Cautions Hoosiers To Do Their Homework On Spring Break

Indiana Attorney General Todd Rokita cautions Hoosiers to be smart and safe as they prepare for spring break. For many, it is a time to relax, recharge, and take a break from school. But an essential part of enjoying spring break is ensuring everyone stays safe.

"If you're planning a vacation over spring break, do your homework," said Attorney General Rokita. "When planning a trip, be sure to keep an eye out for potential scams related to resorts or heavily discounted amusement



Todd Rokita

park tickets. Once you are there, use good judgement when sharing details online about your trip."

Whether it be avoiding a scam or staying safe while at your destination,

here are a few tips to follow:

- Avoid high-pressure sales pitches before you book a trip.
- Read the fine print in the contract before you sign it. It will tell you about the conditions under which the operator can change or cancel the trip and the rules and penalties for cancellation.
- Remember when considering spring break offers that if it sounds too good to be true, it probably is.
- Pay by credit card. It gives you more protection than cash or checks.

• Lock your valuables in your trunk or hotel safe.

• Watch the weather. Storms can move in fast, so go to a safe place if you see lightning, hear thunder, or experience strong winds.

• Use good judgement when checking in on Facebook and other social media sites and consider changing your privacy settings on your trip.

If you feel you've experienced a spring break scam, please file a complaint here with Attorney General Rokita's office.

2022 Indy's Best And Brightest Winners Announced

On Thursday, March 24th Junior Achievement of central Indiana recognized 100 of the city's most outstanding young professionals, age 40 and under, at an awards event hosted at Hilbert Circle Theatre. All 100 individuals were recognized for their professional success and philanthropic impact on our community. Of the 100 honorees, 10 received additional recognition and walked away as an Indy's Best and Brightest winner from their respective category.

Junior Achievement was honored to have Rafael Sanchez, Morning News Anchor/Investigative Reporter, WRTV and JA Student Ambassador, Zahra, serve as the event emcees. Marshawn Wolley, CDE, CFRE, President and CEO of Black Onyx Management, Inc., and Jennifer Burk, President and CEO of Junior Achievement, also shared remarks at the event.

2022 Indy's Best and Brightest Winners:

ACCOUNTING
 ZeNai Brooks, CPA - Cummins

BANKING & FINANCIAL SERVICES
 Amanda Rubeck - STAR Financial Bank

EDUCATION & NON-PROFIT
 Matt Impink - Employ-Indy

GOVERNMENT



Photo courtesy of Junior Achievement of Central Indiana

From left to right: Representing the event's Presenting Sponsor, KPMG - Eric Sutherland, KPMG Indianapolis Managing Partner; ZeNai Brooks, CPA, Cummins; Amanda Rubeck, STAR Financial Bank; Matt Impink, EmployIndy; Portia Bailey-Bernard, Indy Chamber; Natraj Reddy Ammakkanavar MD, Community Hospitals Oncology Physicians and Community Health Network Precision Genomics Program; Barath S. Raman, Lewis Wagner Attorneys; Megan Custodio, Dittoe Public Relations; Meaghan Banks, Pacers Sports & Entertainment; Adrian Russell, Shiel Sexton Company; Lujia Zhang, Resultant; Representing Junior Achievement - Jennifer Burk, Chief Executive Officer, Junior Achievement of Central Indiana.

Portia Bailey-Bernard - Indy Chamber
HEALTH & LIFE SCIENCES

Natraj Reddy Ammakkanavar MD - Community Hospitals Oncology Physicians and Community Health Network Precision Genomics Program
LAW
 Barath S. Raman - Lewis Wagner Attorneys, LLP

MANUFACTURING, RETAIL & SERVICES
 Megan Custodio - Dittoe Public Relations

MEDIA, SPORTS & ENTERTAINMENT
 Meaghan Banks - Pacers Sports & Entertainment

REAL ESTATE, DEVELOPMENT & CONSTRUCTION

Adrian Russell - Shiel Sexton Company
TECHNOLOGY
 Lujia Zhang - Resultant

About Indy's Best and Brightest
 The Best and Brightest initiative was created by Junior Achievement of Central Indiana to recognize rising talent and the next generation of leaders in our community. Honorees in each category were evaluated on professional accomplishments, civic involvement, and leadership qualities. Please visit www.indybestandbrightest.org to

view the complete list of finalists.

About Junior Achievement of Central Indiana Junior Achievement of Central Indiana, Inc. (JACI), in partnership with the business and education communities, empowers young people to own their future success. JA educates and inspires young people in the areas of career exploration, employability/life skills, entrepreneurship, financial literacy, and philanthropy through hands-on, experiential learning opportunities for children in kindergarten through high school. www.jaindy.org

Country Singer Jeff Carson Dead At 58

Country music hitmaker and Academy of Country Music award-winner Jeff Carson died of a heart attack at Williamson Medical Center in Franklin, Tennessee at the age of 58.

Jeffrey Lee Herndon, known musically by Jeff Carson, was born in Tulsa, Oklahoma, on December 16, 1963, and began his musical career early on singing in church. After forming a band in Rogers, Arkansas, Carson eventually moved to Branson, Missouri where he wrote songs and played around locally before moving to Nashville where he began recording demos, including Tracy Byrd ("Walkin' To Jerusalem"), Tracy Lawrence ("I See it Now"), Reba McEntire ("The Heart Is A Lonely Hunter"), Tim McGraw ("I Wouldn't Want It Any Other Way"), Faith Hill ("It Matters To Me"), Mark Wills ("Places I've Never Been"), Diamond Rio ("Mirror Mirror") among others. In 1995, Chuck Howard was instrumental in getting Carson his recording contract at Curb Records, and soon a single, "Yeah Buddy," was released to radio. This was his first charting single and was followed up with "Not On Your Love," which went number one. The following single, "The Car," became a top-five hit, topping out at number two and won Carson his first Academy of Country Music award for "Video of the Year." Carson had several other singles,



Jeff Carson

including "Real Life (Was Never The Same Again)" from his album "Real Life." In total, Carson's career achieved 14 charted singles on the Billboard chart.

In 2009, Carson retired from music to become a law enforcement officer with Franklin Police Department in Williamson County, Tennessee, where he currently remained on the police force.

Carson returned to music in 2019 signing a singles deal with MC1 Nashville to recut and release a previously recorded song "God Save The World," which charted on the Music Row Top 40 chart. Most recently Carson signed with Encore Music Group and has been in the studio with Buddy Hyatt recording a specialty album to be released later this year that included duets with Michael Ray, Darryl Worley, Mark Wills, and Craig Morgan.

Jeff Carson is survived by his wife Kim Cooper Carson, son Dayton Grei Herndon Carson, mother Virginia Norton, brother Steve Herndon, sister Karen Spurlock, as well as aunts, uncles, nieces, and nephews.

ICBA Chairman Appoints Brad Monts To The Cyber And Data Security Subcommittee

The Independent Community Bankers of America® (ICBA) announced that Brad Monts, President/CEO of Hoosier Heartland State Bank was elected to serve on ICBA's Cyber and Data Security Subcommittee. ICBA is the nation's voice for community banks and is committed to its 92-year mission of creating and promoting an environment where community banks flourish.

"As a civic leader and advocate for my community, I'm excited to work with ICBA to bring awareness to the vital role community banks serve locally and in our nation's economy," Monts said. "Community banking endures because we continue to place value on the all-important relationship and work hard to earn the trust and respect of our customers. I'm proud to

be a community banker and to do my part to ensure our industry's vitality for future generations."

In addition to helping shape and advocate ICBA's national policy positions and programs, Monts' duties include engaging in grassroots activities in Indiana to promote pro-community bank policies and serving as a liaison between community banks and ICBA staff and leadership in Washington, D.C.

"Brad is an exceptional community bank leader who has dedicated time and resources to advance ICBA's mission and help local communities thrive," said ICBA Chairman Brad M. Bolton, president, CEO and senior lender at Community Spirit Bank in Red Bay, Ala. "We are honored that Brad has accepted this appointment to



Brad Monts

represent the industry and thank him for volunteering to serve as we work to ensure a bright future for community banks and the customers they serve."

About ICBA
 The Independent Community Bankers of America creates and promotes an environment where community banks flourish. ICBA is dedicated exclusively to representing the interests of the community banking industry and its membership through effective advocacy, best-in-class education, and high-quality products and services. With nearly 50,000 locations nationwide, community banks constitute 99 percent of all banks, employ more than 700,000 Americans and are the only physical banking presence in one in three U.S. counties. Holding more than \$5 trillion in assets, over \$4.4 trillion in deposits, and more than \$3.4 trillion in loans to consumers, small businesses and the agricultural community, community banks channel local deposits into the Main Streets and neighborhoods they serve, spurring job creation, fostering innovation and fueling their customers' dreams in communities throughout America. For more information, visit ICBA's website at www.icba.org.

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Readers' Choice 2022 Results - Food Category

- **Bakery**
Winner – Jack's Donuts
Runner Up – Maxine's on Green
Honorable Mentions – Warehouse Bakery, Kroger, Wal-Mart, Casey's General Store

- **Banquet Facility**
Winner – Stone Creek Lodge
Runner Up – Crawfordsville Country Club
Honorable Mentions – Historic Ladoga – Old Normal, Cochran's, Eagles, Hidden Hollow Farms

- **Bar and Grill**
Winner – Backstep Brewing Co.
Runner Up – Applebee's
Honorable Mentions – Canning Factory, Barefoot Burger, Waveland Pub, Francis and Mount

- **Caterer**
Winner – The Juniper Spoon
Runner Up – Maxine's on Green
Honorable Mentions – Cochran's Catering
- & Cakes, Bon Appetit, Robin Pirtle, Francis and Mount, Miller Quality Meats, Harry's Hideout

- **Chinese/Japanese Restaurant**
Winner – Beijing
Runner Up – China Buffet
Honorable Mentions – China Inn, Yamato's

- **Coffee Shop**
Winner – Joshua Cup
Runner Up – Good To Go Xpresso
Honorable Mentions – 1832 Brew, Jack's Donuts, Starbucks

- **Fast Food Restaurant**
Winner – Culver's
Runner Up – Wendy's
Honorable Mentions – Steak n Shake, Beijing, Buffalo Wild Wings, Subway (US 231)

- **Ice Cream Place**
Winner – Dari-licious
Runner Up – Culver's
Honorable Mentions – Big Dipper, Lindy Freeze, Dairy Queen,
- Steak n Shake, Emporium 109

- **Italian Restaurant**
Winner – Brother's Pizza
Runner Up – Valentino's
Honorable Mentions – Pizza Hut, Mama Fazio's, Italian Pie & Bakery, Greek's

- **Liquor Store**
Winner – Ken's
Runner Up – Malt Shoppe
Honorable Mentions – Kork & Keg

- **Meat Processor**
Winner – Four Seasons Market
Runner Up – Moody Meats
Honorable Mentions – Miller Quality Meats, This Old Farm, Back 40 Amish, Ladoga Frozen Foods

- **Mexican Restaurant**
Winner – Little Mexico
Runner Up – El Charro
- Honorable Mentions – Rancho Bravo, Mi Corcel, Aki Les Voy Takeria

- **Best Omelet**
Winner – The Breakfast Co.
Runner Up – Forum
Honorable Mention – Neighborhood Café

- **Best Tenderloin**
Winner – Sunoco
Runner Up – Culver's
Honorable Mentions – Alice's Restaurant, Francis and Mount, Creekside, Neighborhood Café

- **Best French Fries**
Winner – McDonald's
Runner Up – Culver's
Honorable Mentions – Barefoot Burger, Steak n Shake, Arby's, Alice's Restaurant

- **Best Milk Shake**
Winner – Dari-licious
Runner Up – Big Dipper
Honorable Mentions – Culver's, Dairy Queen, Steak n Shake, Lindy
- Freeze, Emporium 109

- **Best Onion Rings**
Winner – Sunoco
Runner Up – Culver's
Honorable Mentions – Applebee's, Buffalo Wild Wings, Arby's, New Ross Steak House

- **Best Cup of Coffee**
Winner – Good To Go Xpresso
Runner Up – Joshua Cup
Honorable Mentions – 1832 Brew, Mary Lou, Jack's Donuts, Starbucks

- **Dine-In Restaurant**
Winner – Applebee's
Runner Up – Little Mexico
Honorable Mentions – Cracker Barrel, Creekside Lodge, Barefoot Burger, Cozy Corner

- **Best Donut**
Winner – Jack's Donuts
Runner Up – Warehouse Bakery
Honorable Mentions – Casey's, Kroger, Wal-
- Mart

- **Best Burger**
Winner – Culver's
Runner Up – Barefoot Burger
Honorable Mentions – Crawfordsville Country Club, Creekside, McDonald's, Steak n Shake

- **Best Chili**
Winner – Wendy's
Runner Up – Arni's
Honorable Mentions – K&K Café, Neighborhood Café

- **Best Cookie**
Winner – Subway
Runner Up – McDonald's
Honorable Mentions – Steak n Shake

- **Best Bagel**
Winner – The Breakfast Co.
Runner Up – Forum
Honorable Mentions – Neighborhood Café

- **Pizza Place**
Winner – Arni's
Runner Up – Brother's Pizza
Honorable Mentions – Pizza Hut, Ladoga Pizza King, Little Caesar's, Pizza Pie & Bakery

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What You Should Know About Hot Flashes

Sometimes I get asked questions in unusual places. A few months ago at church I was pulled aside and asked if I could write my column on the menopausal malady of hot flashes.

Hot flashes are usually described as a feeling of intense heat, usually with sweating and a rapid heartbeat. They can last a few minutes up to a half hour or so. The feeling usually starts on the face or upper chest but can also be on the neck and even spread over the entire body. Many women experience flushing of the skin over the involved area, hence they may also be called hot flushes.

Interestingly, some women never experience them. There is no hard and fast rule when, or if, a woman will develop hot flashes. Some women are fortunate enough to have them for only a few months, while others (up to 45 percent) may suffer for five to ten years. Some may have infrequent episodes while others may have them numerous times a day.

Hot flashes are caused by a reduced level of estrogen, the hormone that is made primarily by the ovaries. The production of estrogen gradually tapers off as a woman ages. If a woman has undergone surgical removal of the ovaries,



JOHN R. ROBERTS, M.D.
Montgomery Medicine

the estrogen level drops rapidly and she develops "surgical menopause."

One of estrogen's biochemical targets in the body is the hypothalamus, a collection of nerve cells found at the base of the brain. One of the jobs of the hypothalamus is to function as the thermostat of the body. It regulates body temperature via the autonomic nervous system. Autonomic nerves cause blood vessels in the skin and elsewhere to either expand (vasodilation) allowing the release of heat from the body, or to constrict (vasoconstriction) which helps to conserve heat.

Blood levels of estrogen are in constant flux in and around menopause. This gives the hypothalamus confusing signals, resulting in vasodilation at inappropriate times. This increases blood flow to the skin that causes the

warmth, sweating and flushing that is typical of a hot flash.

This also explains the problems many women have with night sweats. The level of circulating estrogen in the body is usually lowest during sleep. This, on top of the already low level of estrogen in menopause, triggers the hypothalamus to cause vasodilation. Hot flashes at night can result in poor sleep that is the felt to contribute to irritability that many women describe in menopause. Lack of sleep can also cause cognitive difficulties with concentration and memory.

The most effective treatment for hot flashes is replacement of estrogen. Taking estrogen after menopause is associated with a slight increased risk of breast cancer (depending on length of exposure) and does increase the risk for cancer of the uterus if it is not taken with progesterone. Estrogen has also been shown to increase the risk of cardiovascular disease (heart attack and stroke) if taken for an extended period of time, particularly in women who smoke.

Current science suggests that estrogen replacement is probably safe for about the first five years after meno-

pause in low risk women who have intolerable hot flashes. Women who have a history of breast cancer, undiagnosed vaginal bleeding after menopause, severe liver disease, or a history of blood clots should not take estrogen. Smoking also increases a woman's risk of complications. Any woman who decides to take estrogen should take it at the lowest effective dose for the shortest amount of time.

Some herbal preparations may be somewhat helpful with hot flashes. The most popular one is black cohosh, a member of the buttercup family. There have not been many well designed studies to assess its effectiveness, but anecdotal evidence seems to indicate it may be helpful and probably not harmful. If a woman is interested in using it, I usually recommend Remifemin® which is a standardized preparation. Recall that herbs are not regulated by the FDA. Some antidepressant medications can also be helpful. The one that seems to work the best is venlafaxine or Effexor®.

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.

Best April Fool's Joke We Ever Gonna Have



Slim Randles
Home Country

"Wait a minute ... wait a minute ... I got it!" said Steve, our tall cowboy with the shaving brush moustache. "Here's what we can do ... just listen a minute."

The faithful no-card-carrying members of the Mule Barn truck stop's morningly congregation of the valley's supreme court of dang near everything hushed and sipped and listened.

Out on the road beyond the last of the parked pickups, they could hear it "... so's I was sayin' jest set yerself down and scribble off a note to Cane Bridge University ..." and then it faded away as Windy drove the Gates of Heaven restaurant's loudspeaker car farther down the main drag of town.

"See what I mean?" grinned Steve. "Hey, it's a natural. Best April Fool's joke we ever gonna have."

"You mean pull a joke on Windy?" said Dud. "Sure. If ever a natural April Fool's joke fell into

Want MORE HOME COUNTY?

In The Paper of Montgomery County. Slim is out of Albuquerque, N.M. and his writing is enjoyed all over the country.

our laps, this here has to be the best. Sure beats the volcano we faked last year by burning those tires."

Doc shook his head and looked up from stirring his coffee.

"Guys," he said, "we can't do it. Well, shouldn't do it, anyway. You know how obsessed ol' Windy is at getting that honorary college degree. If we fooled him into thinking he was actually getting one ... it might just cause massive organ seizure or something."

"Is that a medical term, Doc?" asked Bert.

"Nope. Just a natural fact."

Several bites were taken from the sweet rolls and washed down with coffee. Mavis brought more coffee.

"Doc's right," said Steve. "Can't mess with a guy's dream."

Nods all around. Back to the drawing board.

Pick up "Home Country: Drama, dreams and laughter from the American heartland" www.lpdpress.com.

Ken's Liquor Store

Thank you for voting us #1!
We appreciate all of you!

Readers' Choice Winner!

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Readers' Choice 2022 Results - Medical Category

• Audiologist
Winner – Beltone
 Runner Up – Hearing Care Professionals
 Honorable Mentions – Crawfordsville Audiology

• Podiatrist
Winner – Dr. Chae
 Runner Up – Dr. Hiskes

• Home Health

Winner – C'Ville Docs
 Runner Up – Crawfordsville Home Health Care
 Honorable Mentions – Franciscan Home Care

• Hospital/Medical Center
Winner – Franciscan Health Crawfordsville
 Runner Up – St.

Vincent
 Honorable Mentions – IU/Arnett Health, Witham

• Nursing Home
Winner – Well-brooke
 Runner Up – Whitlock
 Honorable Mentions – Bickford Cottage, Lane House, Ben Hur, Hickory Creek, Williamsburg

• Physician
Winner – John Roberts
 Runner Up – Scott Douglas
 Honorable Mentions – Barry Mathison, Joshua Krumenacker, Kyle Graper, Katie L. Towles

• Nurse Practitioner
Winner – Jamie

Barton
 Runner Up – Aimee Barnett
 Honorable Mentions – Stephanie Ross, Jennifer Mertl, Corinna Cain, Jill Reisman, Penny Husnberger

• Pharmacy
Winner – CVS
 Runner Up – Walgreen's
 Honorable Mentions – Kroger, Wal-Mart

• Optometrist
Winner – Dr. Boyd
 Runner Up – Sugar Creek Eye Center – Dr. Scheidler
 Honorable Mentions – Dr. Ledgerwood, Pearle Vision

• Orthodontist
Winner – All Smiles
 Runner Up – Dr. Aaron Altschul



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BUTCH From Page A1

when I finished near the last...also embarrassing. But I stuck with it...until the county meet at Wabash College. I did not want to finish last in front of a large crowd, so I came up with a plan. I rode in Mr. Mutterspaugh's car to the meet, and when we got out, I purposely left my track shoes in the car. I watched the events take place, and when it was almost time to run the mile, I informed Emerson that I had left my track shoes in his car. Well, I took my time...and just as I reached the car, the gun went off to start the race...great timing on my part...got out of that one!

The next year I had matured enough physically to not only be able to start on the varsity basketball team, but also participate in the pole vault and long jump. However, all track members had to run each afternoon to get in shape...starting at the school, through town to Empire Gas (now the Mini-Mart), east around St. Rd. 47, and back past Greenlawn cemetery to the school...a total of about three miles. Not fun. A classmate of mine, who only participated in the shot put, came up with a great idea. He jogged to Empire Gas, where a fellow student picked him up in his car...and drove him to the cemetery, where he would rest (and maybe smoke a couple of cigarettes) until the other track team members made it around. He then joined back up and finished the run...saving himself almost two miles of running!

I didn't win very many ribbons that sophomore year, but I did start placing in the pole vault and long

jump during my junior year. Our new coach, Galen Smith, also placed me in the mile relay, in which each of the four boys ran 440 yards (a quarter mile). In my first race, I was designated as the fourth runner to carry the baton. We were at Ladoga, and those Cannons always seemed to excel in track. My three teammates, however, had built a great lead after the first three laps around the track. When they handed me the baton, I took off like a bolt of lightning, hoping the Ladoga boy could not catch me...Wrong! About halfway around the cinder track, I hit "the wall." I felt like I was running in slow motion, and the Ladoga boy passed me in a breeze to win that event.

During my senior year, I was able to win the pole vault competition at most meets, and in addition, often placed first in the long jump. However, at the county meet, I had to compete against Phil Myers of Waveland in the long jump and Dale Conrad of New Market in the pole vault...both of whom had bested me during the regular season. The coach also had me run the 220-yard dash, in which I finished a dismal sixth. Each boy was given four attempts in the long jump. I was determined to do my best, but I "scratched" (toe went over the take-off board) all four tries! No placing...no ribbon.

The pole vault was my last chance, and the event started with the crossbar at nine feet. Each boy gave it his best, but by the time the crossbar reached 10 1/2-feet, there were only two vaulters left...Conrad

and me. The sky became cloudy and a misty rain covered the track field. Dale Conrad's hands slipped on all three of his attempts. After missing my first two attempts, I drenched my hands in pine tar, held on tight, and cleared the crossbar... the new county pole vault champion! Poor Dale Conrad shook his head in disbelief.

My track and field days were over. After graduating, I married my wife two days after I turned 18, started college at Purdue, and worked full-time to pay my tuition and living expenses. I also started smoking...big mistake! As a college student and then as a teacher, I smoked perhaps 3 or 4 cigarettes a day, but later on, when I was a deputy sheriff, I got up to two packs a day... and then after being elected Sheriff in 1994...three packs a day. By the time I left the

Sheriff's Department, my health was not good. I gave up smoking "cold turkey," and started walking every day. The next year I started jogging a mile a day... and the next year...around our block...five miles each morning. A cross country runner at last! That is...until my knees started aching. Now I am back to walking each day. But they do have pole vaulting competition for those 65 and older... maybe some day for me...I am 73 years old and just crazy enough to try it!

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

JOHN From Page A1

found. After briefly considering the irony -- that after decades of using milk cartons to locate people, there is no vehicle for people to locate missing milk -- I set out to find the lamming liquid.

It wasn't hard. In the cool spot where the milk once stood was my favorite Carefree Nordic™ Syracuse china cereal bowl. I recognized it, because it has a chip in the green abstract leaf. That chip distinguishes it from the un-chipped "company" bowls. I trot those out for guests when throw-away paper bowls overstate how long I'm hoping they will stay.

If my favorite cereal bowl is in the refrigerator, I thought, then there's a good chance that the milk is in the ... sure enough. Upon opening the cabinet door, there stood an almost full gallon of milk, sweating like Joe Frazier in a title fight.

For nearly all of my adult life, my morning routine has been to take my bowl out of the cabinet, tumble in a cup or two of crunchy cereal, and then submerge the grains in a deluge of milk from the fridge.

However, here lately,

I've been trying to eat a healthier breakfast, and slow the consumption of carbs. Somehow, in breaking my breakfast routine, I managed to also break the habit of putting the milk back in the right place.

My diet is just one of the many habits I'm trying to change. I'm trying to see if changing habits can really change my life.

Habits are different than routines. For one thing, they are more popular. James Clear's Atomic Habits has resided atop the New York Times Bestseller list for weeks. So, too, has Dean Graziosi's Millionaire Success Habits and Tiny Habits by BJ Fogg, PhD.

Good. Bad. Ugly. Naughty. We are obsessed with habits.

Why not? Who doesn't appreciate the idea of putting some tasks on autopilot, so we can use our cognitive brain power on important stuff? But herein lies the problem. We tend to equate a habit with something that comes effortlessly. It's just the opposite.

Habits and routines are easily confused.

According to research psychologist and "habitologist" Benjamin Gardner,

habits are behaviors we do without thinking. Routines are actions we regularly follow. And, while all habits start out as routines, all routines cannot become habits. It takes time and effort for a habit to form.

The easiest test to distinguish the two is to decide if you have to think about them. For instance, Gardner's example of fastening a seat belt when you first get in your car is a habit, because it is a behavior that has become second nature. Going to the gym everyday, or writing this column before the deadline are routines. I have to think about doing them.

As my old farmer friend, Red, commenting on quitting his smoking habit says, "Habits are hard to break, because you have to work really hard to acquire them in the first place."

We've been told that cultivating the right habits can lead us to becoming virtually any kind of person we want to be. I've still got a long way to go.

Luckily, I haven't yet soured on the idea.

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

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