

**TODAY'S VERSE**  
Psalm 16:8 I have set the LORD always before me: because he is at my right hand, I shall not be moved.

**FACES OF MONTGOMERY**  
People who call our community their own.



Tavern manager Matt Davis and bartender Anna Cottrell, give beautiful smiles at the end of a great day of drinking and live music, on Taco Tuesday, Open Mic Night. Thank you for your smiles!

**THREE THINGS You Should Know:**

**1** Learn outdoor skills in a relaxed environment at Patoka Lake's Women's Wilderness Weekend April 22-24. Participants will camp overnight Friday and Saturday nights in the modern electric campground and learn skills such as archery, kayaking, fishing, Dutch oven cooking, wild edibles, wilderness first aid, rifle and trap shooting, operating a boat, self-defense, and other topics. All Saturday meals will be provided as will breakfast on Sunday. Cost is \$65 per person for the weekend, and registration is required by April 10. Register by calling the Patoka Lake Nature Center at 812-685-2447 or emailing interpretive naturalist Dana Reckelhoff at dreckelhoff@dnr.IN.gov.

**2** Indiana fishing and hunting licenses are now available for purchase. Valid from April 1, 2022, to March 31, 2023.

**3** The world celebrated International Waffle Day in March but that doesn't mean you can't indulge yourself when the urge strikes, according to the Association of Mature American Citizens. But the credit for the celebration of waffles, whether for breakfast, lunch or dinner, belongs to Sweden where it all started way back in the 14th century when Swedes began mispronouncing the religious celebration known as våfrudagen, the English translation of which is Our Lady Day, and began calling it väffeldagen, waffle day.

# The Paper

## OF MONTGOMERY COUNTY

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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!

**1,000**

Cora Keller, daughter of Daniel Keller and Correna Gilstrap of New Market, just completed the 1,000 Books Before Kindergarten Program at the Linden Library! Cora's grandmother, Moira Buckles of Linden, said that she has loved spending this time reading with her granddaughter. Cora loves I Wish I Had Duck Feet by Dr. Seuss and any of the Peppa Pig books.



**\$0** The Alzheimer's Association Greater Indiana Chapter is offering a new financial program called Money Matters: A Caregiver's Guide to Finances. The free, virtual program is designed for dementia caregivers and anyone facing a chronic illness.



**69** At the Indiana Statehouse, Lt. Gov. Suzanne Crouch and Indiana State Department of Agriculture (ISDA) Director Bruce Kettler presented 69 families with a Hoosier Homestead Award in recognition of their commitment to Indiana agriculture.

**11** Lt. Gov. Suzanne Crouch and the Indiana Office of Community and Rural Affairs today announced 11 organizations have been designated as recognized Indiana Main Street programs. The Indiana Main Street program encourages community-driven revitalization of downtown areas in Hoosier cities and towns.

**5** Hoosier Heartland State Bank has been honored as a Five Star Member of the Indiana Bankers Association. The award was presented on April 4 by Amber Van Til, IBA President & CEO, in recognition of HHSB's Association involvement throughout 2021.

**1,692,700** According to the Indiana State Department of Health on Friday, that's how many Hoosiers have been diagnosed with the virus.

**10,667** Number of COVID-19 cases found so far in Montgomery County, according to the State Health Department.

**80,191,020** According to the CDC, that's how many Americans have been diagnosed with the virus.

**22,553** How many Hoosiers have died because of this pandemic.

**161** How many people in Montgomery County who have lost their lives to the pandemic.

**982,663** How many Americans have lost their lives to the pandemic.

**The Daily Almanac**

**Sunrise/Sunset**  
RISE: 7:15 a.m.  
SET: 8:22 p.m.



**High/Low Temperatures**  
High: 61 °F  
Low: 57 °F



**Wacky Holiday Today**

- Holy Monday
- International Louie Louie Day
- National Poutine Day



**What Happened On This Day**

- 1961 The trial of Adolf Eichmann begins
- 2006 President Mahmoud Ahmadinejad announces that Iran has enriched uranium



**Births On This Day**

- 1960 Jeremy Clarkson English journalist
- 1893 Dean Acheson American lawyer, politician, 51st United States Secretary of State

**Deaths On This Day**

- 2007 Kurt Vonnegut American author
- 1985 Enver Hoxha Albanian politician, Prime Minister of Albania

**HONEST HOOSIER**

Speaking of remembering Hoosier legends - Kurt Vonnegut passed away on this date in 2007. So it goes.



**INSIDE TODAY'S EDITION**

Classifieds.....A3  
Public Notices.....A4

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**TODAY'S HEALTH TIP**

If you're planning overseas travel, check [www.cdc.gov/travel](http://www.cdc.gov/travel) to see if any vaccines are recommended for countries on your itinerary. 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](http://www.thepaper24-7.com).



**TODAY'S QUOTE**

"Age is of no importance unless you're a cheese."  
- Billie Burke

**TODAY'S JOKE**

Why don't ants ever get sick? Because they have little anty bodies.

**OBITUARIES**  
NONE

The Paper appreciates all our customers. Today, we'd like to personally thank The Town of Lodago for subscribing!



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OF MONTGOMERY COUNTY

**13 WTHR** **7 DAY FORECAST**

|                                   |  |  |                                  |                               |                               |  |
|-----------------------------------|--|--|----------------------------------|-------------------------------|-------------------------------|--|
| <b>64</b><br>FRIDLY START, WARMER | <b>57/61</b><br>SCT'D SHOWERS & STORMS | <b>45/68</b><br>WARMER, STEADY SHOWERS | <b>61/70</b><br>WINDY AND STORMY | <b>45/58</b><br>WINDY, COOLER | <b>40/57</b><br>PARTLY CLOUDY | <b>42/60</b><br>PARTLY CLOUDY, LATE DAY RAIN |
| SUN                               | MON                                    | TUE                                    | WED                              | THU                           | FRI                           | SAT  |

# My Grouchy Friends We're Wrapping Up Readers' Choice 2022



**CARRIE CLASSON**  
The Postscript

upbeat as me, at least have a sunny view of the world. But I keep looking at folks who are surrounded by storm clouds and wanting to keep them company.

Maybe I am some sort of competitive optimist, trying to conquer the most challenging pessimist to earn another notch in my optimist's belt.

Maybe it gets tiresome always hearing from people who believe as I do: that we are generally as happy as we make up our minds to be. Maybe I like hearing the opposing view to assure myself that, yes, I really do believe this stuff.

Or maybe (and I worry this might be the case) optimism is like one of those religions where, in order to believe, you have to convince others to give it a try.

I think it might be a little of all of the above. It might also be that I am genuinely curious. What would happen if I expected the worst? Would anything change?

Because being optimistic invites injury. Plans fail. People disappoint. Not everything works out as I hope. To be optimistic is to be vulnerable. And I don't actually think I started out as an optimistic person. I just allowed myself to be hopeful and discovered that things worked out, even when—especially when—it didn't look as if they would. And so I kept on hoping. Becoming optimistic was like building a muscle. Hope resulted in more things to be hopeful about.

My grouchy friends guard against injury by keeping their hopes low. Their pessimism protects them from disappointment. I try to explain that pessimism is an indiscriminate herbicide—it kills both the crops and the weeds. But, so far, my attempts to convert my grouchy friends to optimism have failed.

It doesn't matter. I know I'm right. I couldn't be an optimist and think otherwise.

Till next time,  
Carrie

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

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 automate the counting process.



## Want MORE?

Please turn to page A3 for the winners, runner ups, and honorable mentions in the **MERCHANDISE** category.

This year, rather than unveil

mentions are revealed, we will compile all of them into one keepsake edition that will stay posted on 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.

## Veto Override on May 24, But June 18 Could Be GOP Reckoning



**BRIAN HOWEY**  
The Howey Report

Word out across the Hoosier prairie these days is that many House Republicans are angered about Gov. Eric Holcomb's veto of the transgender athletic bill last month.

That was demonstrated not only by critical statements of legislators, but also three members of the Indiana congressional delegation as well as Attorney General Todd Rokita.

"Girls' sports should be for girls, and allowing biological males to compete with them robs female athletes of a chance to compete and win," said Sen. Mike Braun, who is considering a run for governor in 2024. "I'm disappointed Gov. Holcomb vetoed a bill to make this law in Indiana, and I support a veto override to protect women's athletics."

Another potential candidate, Rep. Jim Banks, added, "I'm disappointed with Gov. Holcomb's veto of a common sense bill that frankly doesn't go far enough to save women's sports. My hope is that the Indiana General Assembly will meet soon to override the veto and send a message to the rest of the nation that Indiana values women."

The General Assembly's super majority Republican caucuses are expected to

easily override that veto during technical corrections day on May 24. But the more telling day on where the GOP stands could be June 18 at the Indiana Farmers Coliseum in Indianapolis when the Republican Party State Convention convenes.

And look no further than the Indiana secretary of state race where Holcomb's appointed incumbent Holli Sullivan attempts to fend off Diego Morales and Knox County Clerk David Shelton. Sullivan quickly said she would support the veto override. "Generations of women have fought for equal rights in this country. HEA1041 is designed to protect those rights and the integrity of female sports," Sullivan said in a statement.

Shelton is seeking the nomination on election issues. "Call me old fashioned, but elections are sacred," Shelton told IndyPolitics. "I believe the state's top election official should be have actual hands-on election experience. If you can't have faith in election officials then how can you have faith in elections themselves?"

Shelton did not bring up the transgender veto. Since 2008, GOP conventions have lashed out at even popular governors. In 2016, Gov. Holcomb and Chairman Kyle Huffer pushed a new "Strong Families" family plank that recognized non-traditional families following the 2014 U.S. Supreme Court Obergefel ruling that legalized gay marriage.

It was overwhelmingly voted down on a voice vote by delegates in Evansville. A few days prior, Holcomb said, "The

Indiana Republican Party is big and diverse, with many different perspectives on issues we all care about. The debate over the past week regarding this year's party platform only reinforces that fact. Ultimately, though, the process of adopting a platform will end the way it always ends, with the delegates who attend and participate making the final decision."

The social conservatives' Victory Committee rallied to a packed conference room on the eve of the convention, drawing Senate nominee Braun, then-Attorney General Curtis Hill and U.S. Reps. Rokita and Banks. There were rumblings in the convention hallways of a potential Hill challenge to Holcomb in 2020. Sexual harassment allegations against Hill made later in June 2018 ended any notion of such a challenge.

At the 2008 GOP convention, Gov. Mitch Daniels backed Valparaiso Mayor Jon Costas for attorney general. But when the votes were counted, Greg Zoeller won the nomination by more than 300 votes. The Daniels hierarchy (including deputy chief of staff Eric Holcomb), retreated to the Columbia Club, angry and chastened by the defeat, perhaps fearing the wrath of the boss himself at such a loss, Howey Politics Indiana reported.

Daniels said, "If we had won, they would have said we were power crazy and if we lost, they'd say the opposite. I was just expressing a point of view."

HPI observed in the June 5, 2008, edition: Indeed, most party leaders and delegates HPI talked

to thought it was a one- or two-day news cycle story. Yes, there probably were some township assessors and sheriffs looking for a little paycheck (for the Kernan-Shepard Commission). Yes, they wondered why the governor decided to enter a battle he need not fight. No, he didn't spend hours seeking out delegate votes for Costas, who had defended the governor on Major Moves two years ago. Many said that Zoeller had the experience, as Marion County Prosecutor Carl Brizzi emphasized, and is one of the more likable guys in the party, who had served as Attorney General Steve Carter's deputy for seven years after enduring his own defeat at the 2000 convention.

But the fact is, delegates were willing (and able) to confront a popular governor and mete out retribution to an ally.

In addition to his transgender veto, Holcomb has also taken GOP hits on the way he conducted the pandemic shutdowns in 2020. Holcomb won reelection in landslide fashion in November 2020, so he's on stable ground with most voters, but not with the GOP's social conservative wing.

So when Hoosier Republicans gather at the Indiana State Fair Grounds in June, it will be about much more than November's mid-term elections. The coming veto override will still be fresh in the minds of many delegates. It will begin the big sort-out of who will be running for governor and U.S. Senate in 2024.

- The columnist is publisher of Howey Politics Indiana at www.howeypolitics.com

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# Readers' Choice Results - Merchandise Category

- Bike Shop  
Winner - Red Hawk Choppers  
Runner Up - Rotten Robbles  
Honorable Mentions - Larry's Motorcycles  
\*\*\*

- Car Wash  
Winner - Soft Cloth  
Runner Up - Laser-wash  
Honorable Mentions - Great Details, Morris Neal Detailing

- \*\*\*  
• Carpet/Flooring Store  
Winner - Zahn's  
Runner Up - Home Depot  
Honorable Mentions - Town & Country,

- Flooring Gallery Plus  
\*\*\*  
• Clothing Store  
Winner - Maurice's  
Runner Up -

- Heathcliff  
Honorable Mention - Cato, Goodwill, WalMart, Denhart's Merchantile  
\*\*\*  
• Consignment Store

- Winner - Eliza's  
Runner Up - Wesley Thrift Shop  
Honorable Mentions - Trader Bucks, Just Because, Goodwill, Marianne's, Simpler Times

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of Crawfordsville

# HIN Announces Rural Entrepreneurship Program

Thanks to \$798K in funding from the Wabash Heartland Innovation Network (WHIN) Regional Cultivation Fund (RCF), the ten-county WHIN region is getting a big assist in its efforts to boost entrepreneurship and support local businesses in rural communities.

“From the pandemic to a rapidly changing technological and economic environment, small and medium sized businesses in our rural areas have felt a lot of stress over the past few years,” says Johnny Park, CEO of WHIN. “But the forces that are challenging local businesses also present new opportunities to refresh business plans, find new markets, and better serve existing customers with online platforms. As well, the time is right for new business startups. WHIN’s Rural Entrepreneurship (RE) initiative will help.”

According to Vice President for Engagement Pat Corey, WHIN has several goals for the RE initiative.

“The purpose of WHIN’s RE program is to help start-ups in rural communities through those difficult early

stages as well as to give small and “Main Street” businesses a disciplined process for exploring new possibilities,” says Corey. “Consistent with WHIN’s overall focus on technology, the program will also help small and rural manufacturers create business plans around retooling, and assist businesses as they make the pivot to conducting more business online.”

There are specific skills that entrepreneurs and business owners need, according to Corey.

“Entrepreneurial thinking at any stage of a business, online and digital proficiency, and networking connections can all provide traction for ideas to take off,” she says.

But consistent with WHIN’s own core value of leveraging existing resources and assets, the RE program had to be delivered in a way that would help rural communities find and develop their own capacity to nurture startups and existing businesses.

WHIN sought a community partner who could implement RE as it was envisioned, and found in Lafayette’s Match-

BOX the right mix of well-tested programming, a platform for delivering that programming across the region, and, most importantly, a commitment to developing an infrastructure of expertise throughout the region.

“We already have relationships with other coworking studios and entrepreneurship partners in the region, including Iron Block, Fusion 54, RuralUrban Center, Benton 4 Business, OCRA, and WEGA,” says Amanda Findlay, Managing Director and Acceleration Lead for MatchBOX. “What we will be able to provide is a mentor-supported curriculum that addresses topics that we know from experience to be game-changing for both startups and existing businesses.”

According to Juliana Casavan, Director of Operations for MatchBOX, the program will invest in local communities by funding local mentors when possible and paying for memberships to local coworking studios.

“Our goal is to distribute our expertise in a way that embeds it throughout the region and to increase participation in local pro-

grams,” says Casavan. Corey says that what impressed the WHIN team besides MatchBOX’s commitment to regionalism was its record of success for both startups and existing businesses, in all types of businesses.

“That diversity was crucial to WHIN,” says Corey. “A coffee shop or general market might mean the difference between viability and decline in a small town. Yes, we’d love to see that town produce the next Steve Jobs, but in the meantime, keeping the economic fabric of the community strong is just as important.”

Another plus for MatchBOX is that it has been awarded funding from the Indiana Economic Development Corporation (IEDC) that it will also use for the program.

“Our region is very fortunate to have home-grown and highly successful programs like MatchBOX,” says Corey. “We are grateful that they were willing to step up and share what they have learned and accomplished with the entire region.”

## PUBLIC NOTICES

### Darlington Town Council NOTICE TO TAXPAYERS OF HEARING ON RE-ESTABLISHMENT OF CUMULATIVE CAPITAL DEVELOPMENT FUND AND RE-ESTABLISHMENT OF CUMULATIVE CAPITAL DEVELOPMENT FUND TAX RATE

Notice is hereby given to the taxpayers of the Town of Darlington, Indiana that the Darlington Town Council will consider at the Darlington Community Center, 105 S. Franklin Street Darlington, Indiana at 5 o'clock p.m. on May 5, 2022, the re-establishment of the Cumulative Capital Development Fund and the re-establishment of the cumulative capital development fund tax rate under the provisions of Indiana Code §36-9-15.5 for the following purposes: purchase, construction and maintenance of public buildings and equipment therefor, acquisition of land and improvements that are necessary for construction of public buildings, for the demolition of any improvements on land to be acquired to level grade and prepare land for construction of a public building, provide funds for a cumulative drainage fund, acquire land or rights-of-way to be used for public ways or sidewalks, construction and maintenance of public ways or sidewalks, acquire land or rights-of-way for the construction of sanitary sewers or storm sewers, or both, to construct or maintain sanitary sewers or storm sewers or both, to purchase, lease or pay for all or part of a utility, to acquire, by purchase or lease, land, buildings or rights-of-way for the use of any utility that is acquired or owned by the Town, to purchase or acquire land, with or without buildings, for park or recreational purposes, to purchase, lease or pay all or part of the purchase price of motor vehicles for the use of the police department, to retire in whole or part in part any general obligation bonds of the Town, to purchase or lease equipment and other non-consumable personal property needed for any public transportation use, to purchase or lease equipment to be used to illuminate a public way or sidewalk, to purchase, lease, upgrade, maintain or repair computer hardware, computer software, wiring and computer networks, communication access systems used to connect with computer networks or electronic gateways, to pay for the services of full-time or part-time computer maintenance employees, to conduct nonrecurring in service technology training of employees, and to purchase body armor for active members of the Town police department.

If accommodations are required to attend this meeting, please contact Clerk/Treasurer, Michelle Cash at (765) 794-4496.

The Darlington Town Council will consider re-establishing the tax rate at \$0.05 per \$100 of assessed valuation. The tax will be levied on all taxable real and personal property in the Town of Darlington and will not exceed \$0.05 per \$100 of assessed valuation. The proposed tax will be levied beginning with taxes due and payable in the year 2023. Taxpayers appearing at this public hearing will have the right to be heard on this issue. The proposal to re-establish the Cumulative Capital Development Fund and Increase the cumulative capital development tax rate is subject to approval by the Department of Local Government Finance.

Within thirty (30) days of the adoption of the ordinance re-establishing the Cumulative Capital Development Fund and re-establishing the cumulative capital development tax rate by the Town Council, the Town will publish a Notice of Adoption.

Upon publication of the Notice of Adoption, fifty (50) or more taxpayers in the taxing district (Town of Darlington) may file a petition with the County Auditor not later than thirty (30) days after the publication of the Notice of Adoption setting forth their objections to the proposed fund.

Dated this 8th day of April, 2022.  
Darlington, Indiana Town Council

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Photos courtesy of Hyundai

# 2022 Hyundai Santa Cruz Answers the Right Questions

You may think the 2022 Hyundai Santa Cruz answers questions nobody asked, but if that's true, somebody should have asked. A car-based pickup is not a new idea. Chevrolet and Ford offered the El Camino and Ranchero over sixty years ago, Subaru had the Baja two decades hence, and Ford currently offers the sold-out Escape-based Maverick. I think most people will decide the Santa Cruz answers all the right questions.

Nothing looks like it, with its angry multi-faceted dark chrome mask sporting driving lights embedded vertically and squinty LED headlamps integrated horizontally. As with the Tucson crossover on which it's based, the Santa Cruz could have suffered from a congelation of creases and bumps, but didn't. It's both beautiful and muscular, planted on 20" alloy wheels. The composite bed harbors an integrated

tonneau cover, adjustable rail system for tie-downs, under bed and sidewall storage, 115v power outlet, and LED lighting for nighttime escapades.

As much as I like the exterior, stylists did their best work inside where smart integration of technology provides a modern traveling environment. Drivers are confronted with flatscreen instruments and grip a perfectly sized heated leather-wrapped steering wheel. Another flatscreen controls audio and navigation. I prefer actual knobs for volume and tuning, but the screens are vivid and lend a contemporary sheen to the cabin.

Devices easily connect to the Bose audio system through Apple CarPlay and Android Auto. Wireless charging keeps them humming. Heated and ventilated front seats, dual-zone auto climate control, and power sunroof add unexpected luxuries. Details like cloth strips

across the dash/doors, rear air vents, and 60/40 flip-up rear seats with hidden storage should delight owners.

There's an incredible amount of safety technology, too. Automatic emergency braking, lane keep assist, and blind spot warning are a start. There's also rear cross traffic alert with braking, adaptive cruise control, lane following steering, and surround vision cameras. Adaptive cruise keeps a safe distance from other vehicles. A rear occupant alert keeps kids from being left behind while safe exit assist uses the blind spot system to prevent you from stepping into traffic.

Step in and move out. Base models come with a 191 horsepower four-cylinder, but ours conjures more attitude with the turbocharged 2.5-liter four-cylinder that shoves 281 horsepower and 311 lb.-ft. of torque through an eight-speed automatic

## 2022 Hyundai Santa Cruz Limited

**Five-passenger, AWD Pickup**  
**Powertrain:** 2.5-liter T4, 8-spd trans  
**Output:** 281hp/311 lb.-ft. torque  
**Suspension f/r:** Ind/Ind  
**Wheels f/r:** 20"/20" alloy  
**Brakes f/r:** disc/disc  
**Must-have features:** Style, Capability  
**Towing:** 5,000 lbs.  
**Fuel economy:** 19/27 mpg city/hwy  
**Assembly:** Montgomery, AL  
**Base/As-tested price:** \$24,140/\$41,100



**CASEY WILLIAMS**  
Auto Reviews

transmission – paddle shifted, if you please. Front-drive is standard, but we went with all-wheel-drive to handle slick winter roads and muddy off-road trails. As equipped, our truck achieves 19/27-MPG city/highway and can tow a robust 5,000 lbs. of boat, motorcycles, or RV.

Given that capability, it's no toy. But, it goes further with a self-leveling rear suspension and drive mode selector to configure the throttle and shift points for sportier or calmer behavior. The

Tucson was already a very nice-driving crossover, but reinforcements to the platform for truck duty create a vehicle that feels more robust. Even over rough pavement, it is solid as an ingot of iron. You would never guess it foregoes a full frame as on-pavement performance is impressive.

People will undoubtedly compare the Santa Cruz to the Ford Maverick and Subaru Baja. In concept, that makes sense, but the Hyundai is much more. It has unique EV-age style,

full suite of technology, and feels very well developed whether taking it to work or utilizing its bed for hauling mulch or toys for a weekend away. A base price of just \$24,140 reached \$41,100 with every imaginable option. Beyond those already mentioned, competitors include the Chevy Colorado, Nissan Frontier, Honda Ridgeline, and Toyota Tacoma.

Storm Forward!

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

# All About the Thyroid



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

Jill wants to know, "what's a thyroid and what does it do?" We take care of a lot of problems in family medicine practices. For those like Jill who don't know what the thyroid gland is or does, read on!

The thyroid is an endocrine gland found in the front part of the neck below and to the sides of the larynx or Adam's apple. Endocrine glands make hormones that are secreted into the bloodstream and travel around the body where they interact with cells in different tissues signaling them to perform particular functions.

The primary job of the thyroid gland is to control metabolism (energy use) in our cells. It does this by producing two hormones, T4 (thyroxine) and T3 (triiodothyronin). Both of these hormones contain iodine which is why iodine is so important in our diets.

Our cells have hormone

receptors protruding from their cell membranes that act as sensors to constantly monitor body functions and tweak them to maintain "homeostasis," a balanced internal environment. Biochemical systems that maintain homeostasis are extremely elegant. Some work like a furnace thermostat that turns the furnace on or off based on the temperature in the room. Instead of using wires and electricity to communicate, the body uses the circulatory system and hormones as chemical messengers.

The hypothalamus, found near the bottom of the brain, serves as the thermostat in our body that interacts with the thyroid. When the hypothalamus detects the body is cold or requires more energy production, it will release the hormone TRH (Thyrotropin Releasing Hormone). This hormone travels to the pituitary gland, another endocrine gland just below the hypothalamus, where it stimulates the pituitary to secrete TSH (Thyroid Stimulating Hormone) into the bloodstream. The TSH then stimulates the thyroid gland to release T4 and T3.

Once the hypothalamus turns on the thyroid "furnace" via TRH and TSH, how does the system get shut off? The hypothalamus and pituitary also monitor the levels of T4

and T3 in the bloodstream via a feedback loop; when the hormones reach a certain level in the blood they suppress the production of TRH and TSH.

Now that you know the physiology of the thyroid, hopefully it will make it easier to understand how things can go haywire. There are two main problems that can develop with the thyroid. The first is HYPOTHYROIDISM, a "low" thyroid state where too little T3 and T4 are produced. The other is HYPERTHYROIDISM a "high" thyroid state where too much hormone is released. Either one of these conditions can be very serious since homeostasis is knocked out of balance.

Hypothyroidism can result when there is an interruption in any step of the complex hypothalamic – pituitary – thyroid pathway. The hypothalamus may not detect the body is cold or in need of energy and/or may not produce or release TRH to stimulate the pituitary to secrete TSH. The pituitary may not respond to TRH or may not make or release TSH. Finally, the thyroid gland itself may not respond to TSH or make T3 or T4.

Common symptoms of hypothyroidism include fatigue, weight gain, water retention, intolerance to cold, brittle hair and nails, dry skin, muscle cramps, joint aches, thy-

roid enlargement (goiter), low heart rate and constipation.

Hypothyroidism may result from a number of conditions involving the endocrine glands controlling the thyroid as well as the thyroid's ability to make T3 & T4. The most sensitive way to diagnose hypothyroidism is by checking the level of TSH in the blood. Levels will be high in the blood because the pituitary is sensing the low levels of thyroid hormone and is trying to stimulate the thyroid to make more T3 and T4. Depending on the situation, blood tests for T3 and T4 may be checked in addition to TSH.

Treatment of hypothyroidism usually involves taking synthetic thyroid hormone pills. Monitoring is performed by checking blood levels of thyroid hormones on a periodic basis and adjusting the replacement medication dose accordingly.

Hyperthyroidism is caused by problems with excess thyroid hormone production. The most common cause, Hashimoto's thyroiditis, results from a person's immune system producing antibodies that mimic TSH that keep the thyroid in a constant "on" state. Other problems like thyroid tumors can also cause production of excess hormone.

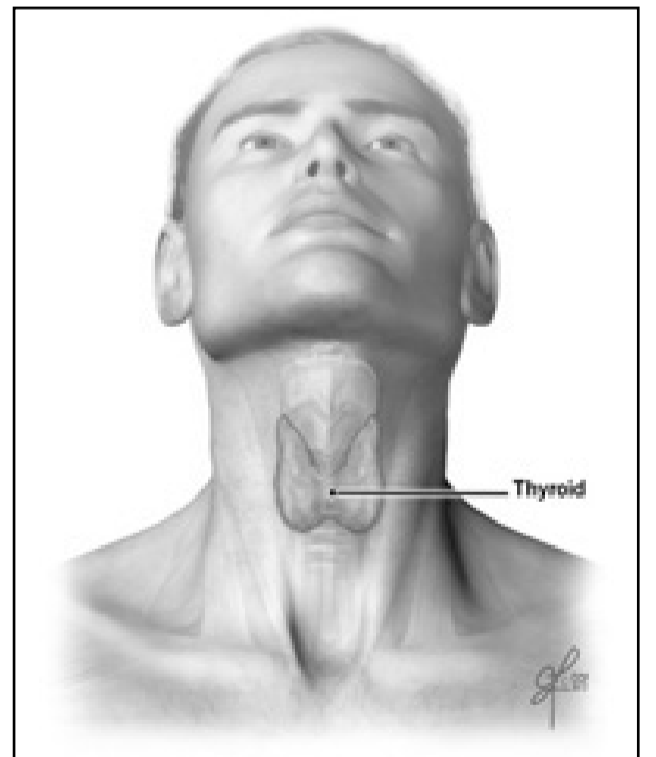


Photo courtesy of Dr. John Roberts

Symptoms of hyperthyroidism include weight loss, anxiety, tremor, intolerance to heat, rapid heartbeat or palpitations, thyroid enlargement, apathy or depression, and sometimes bulging eyeballs.

Like hypothyroidism, hyperthyroidism is confirmed with lab testing. Usually the level of TSH is low since the pituitary sees plenty of thyroid hormone in the blood. The thyroid hormones T3 & T4 are usually elevated. Additional testing may include ultrasound or nuclear imaging of the thyroid to look for growths or other abnormalities.

The treatment of hyperthyroidism varies based on the cause. It may require taking medication to suppress hormone production or taking radioactive iodine to destroy overactive thyroid tissue. Surgery is sometimes performed. Over-treating hyperthyroidism sometimes results in hypothyroidism with the need to take thyroid hormone pills.

- 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.

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