

# The Paper

## OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

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### ➔ TODAY'S VERSE

Psalm 119:9-11 "How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you." (NIV)

### ➔ FACES OF MONTGOMERY

People who call our community their own.



Ashlie Clark smiles brightly from Ivy Tech. Thank you for your smile!

### ➔ THREE THINGS You Should Know:

**1** Chilean swimmer, Bárbara Hernández, has broken the Guinness World Record for swimming a distance of 1.55 miles in the frigid waters of Antarctica, reports the Association of Mature American Citizens [AMAC]. And she did it wearing nothing more than a simple one-piece swimsuit in the 2.2 degrees Celsius waters off the coast of Greenwich Island. She had a purpose in mind when she decided to take a dip in some of the coldest waters on the planet. As she put it, "Swimming in Antarctica has been a dream I've had for years, and part of my longtime ambition to swim in parts of all seven of the world's oceans. Physically it has been incredibly tough, but all worth it if the message on the need for urgent action to protect these amazing waters reaches decision-makers."

**2** The Witham Volunteer Organization is hosting the Rise and Roll Bake Sale on Thursday from 8:30a.m.-1p.m. Offering a variety of baked goods, pastries, jams, cheese and more - all just in time for your Easter meal! (Debit card, credit card or cash accepted). All proceeds from the fundraiser will benefit the Witham Volunteer Organization Scholarship Program and various fund the need initiatives for Witham. The event will be located at the main entrance of Witham Health Services, located at 2605 North Lebanon Street in Lebanon.

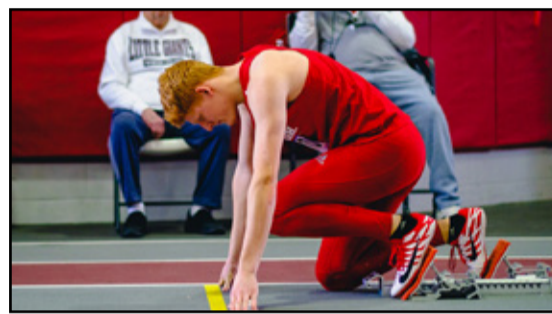
**3** Students from Indiana elementary and middle schools will demonstrate how they have learned to harness economic skills and innovation to create a successful business at the annual Dennis J. Weidenaar Classroom Business Enterprise (CBE) Showcase at Purdue University's Mitchell E. Daniels, Jr. School of Business on April 12. The event, which is free and open to the public, will recognize teachers and young entrepreneurs from the area who have participated in the CBE program throughout the school year. The CBE Showcase will take place from 10 a.m.-noon in Rawls Hall, Room 3011.

## 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!

## 29

Jake Oostman '25 was recognized by the Independent Colleges of Indiana with a "Realizing the Dream" scholarship, one of 29 first-generation college students statewide to be honored. ICI spotlights students from Indiana's private, non-profit colleges and universities who are the first in their families to attend college and are successfully advancing toward degree completion.



## \$10 million

Indiana's Office of Early Childhood and Out-of-School Learning today announced that \$10 million in funding is available to child care and early education providers to expand access to high-quality early education for Hoosier families. "This Child Care Expansion Grant provides a great opportunity for child care providers who are looking to grow their businesses and serve more children and families, particularly in underserved areas of Indiana, or to expand availability to priority age groups where care is often hardest to find," said Courtney Penn, director of FSSA's Office of Early Childhood and Out-of-School Learning.



## \$424,528

The Office of the Indiana Secretary of State, Securities Division joined other state securities regulators and the U.S. Securities Exchange Commission (SEC) in jointly announcing a settlement with Nexo Capital, Inc. (Nexo). The settlement requires Nexo to pay a fine of approximately \$22.5 million to states and U.S. territories. Indiana's portion is approximately \$424,528. Some of these funds will go towards the Indiana Securities Restitution fund to help victims of securities violations and to an enforcement fund supporting investor education.



## 1,200

CenterPoint Energy announced that contract crews working for the company continue replacing natural gas mains and service lines throughout its Indiana service territory as part of a multi-year program to replace approximately 1,200 miles of bare steel and cast-iron pipeline infrastructure in nearly 75 cities and towns. In 2023, 32 communities in Indiana will benefit with CenterPoint Energy investing more than \$76 million and crews retiring approximately 115 miles of pipeline.



## \$875 million

Indiana American Water filed a rate adjustment request with the Indiana Utility Regulatory Commission (IURC) reflecting \$875 million in water and wastewater system investments to be made through 2025 to continue providing safe and reliable service as well as a significant increase in the cost of procuring chemicals, goods and services.



Sunrise/Sunset  
RISE: 7:29 a.m.  
SET: 8:14 p.m.



High/Low  
Temperatures  
High: 68 °F  
Low: 45 °F



Today is...

- National Fun Day
- Find A Rainbow Day



What Happened  
On This Day

- 1973 The first public mobile telephone call is placed on a Manhattan sidewalk
- 1996 The Unabomber, Ted Kaczynski, is arrested
- 1948 Harry S. Truman signs the Marshall Plan



Births On This Day

- 1958 Alec Baldwin American actor, producer
- 1924 Marlon Brando American actor

Deaths On This Day

- 1882 Jesse James American criminal, murderer
- 1990 Sarah Vaughan American singer

### ➔ HONEST HOOSIER

There's just something better when baseball is back.



### ➔ INSIDE TODAY'S EDITION

Carrie Classon.....A2  
Casey Williams.....A3  
Classifieds.....A4  
John Roberts.....A4

### ➔ TODAY'S HEALTH TIP

Not receiving enough sleep can lead to increased appetite and obesity. Today's health tip was brought to you by Dr. John Roberts. Catch his column each week in The Paper and online at www.thepaper24-7.com.



### ➔ THE MONTGOMERY MINUTE

Show Us Those Smiles!

Are you a proud parent or grandparent? Got a great photo of your loved one? E-mail it to news@thepaper24-7.com along with the pertinent info (and your contact information so we can reach you if we have questions). C'mon, let's show off as many bright and smiling faces as we can and make clear exactly why Montgomery County is such a great place to raise a family!

### ➔ TODAY'S QUOTE

"If your ship doesn't come in, swim out to it."  
Jonathan Winters

### ➔ TODAY'S JOKE

What's a gas pump's favorite holiday?  
April Fuel's Day!

### ➔ OBITUARIES

NONE

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



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## That's Enough Steps

Anxiety likes numbers. I only recently realized that a lot of my anxiety fixates on meaningless numbers. I like to know how many there are of a particular thing and then attach meanings—usually sinister, sometimes hopeful, always unreasonable—to these numbers.

How many words are in this column? Six hundred exactly. Why are there 600 words? Because I once read that 600 words was a good length for a column, I have always written exactly 600. Never more. Never less. But if my wonderful editor suggests I let an extra word in or suggests a hyphen that makes two words become one, does this bother me? I am proud to tell you this does not bother me—very much.

How many pounds do I weigh? How many pounds should I weigh? Does the fact that I weigh less today mean I am at a better weight? If I weigh less tomorrow, would that be better still? How many days would it be better? When would it no longer be better? Because there is no exact answer to this question, I've decided it's better not to weigh myself. Instead, I take notice if I can no longer get into my pants.

How many steps have I taken? How many should I take? Should it bother me that I took 500 fewer steps today than I took yesterday? Should I try to take 500 more tomorrow? What if that works out to be an odd number? Wouldn't it be better if it were a nice even number? Should I run around the bed a few times until there are at least two zeros at the end of whatever number it is? For obvious reasons, I have never had a fitness watch. It was my brother-in-law who pointed out that a watch that counted my steps would be a very bad idea. I was a little embarrassed that he knew me so well.

Waiting also increases anxiety, and that's what I'm doing right now. I'm waiting to see if a publisher is interested in my



**CARRIE CLASSON**  
The Postscript

first novel. How many days will it take an editor to read my novel before replying? How many days would it take them if they liked it? How many days will it take them if they hated it? At what hour of the day will I know that I am waiting for nothing? Will I ever know?

This is a very long process—and I knew it would be. But knowing something will take a long time and actually waiting for it—day by day, week by week, sometimes minute by minute—is a very different thing. It makes me worry more about other things—like whether I have more or less hair than I used to and how much sugar I am eating. It makes me take longer walks than usual, and it makes me grateful to my brother-in-law, once again, because I do not have a fitness watch.

Instead, I just walk. I realize that whatever I weigh, it's about right. I realize that, in reality, I have not been waiting very long for publishers to read. I realize that my hair is actually looking pretty good these days (a stranger even gave me a compliment!), and I probably don't need to worry about going bald. And, after enough steps (although I cannot tell you how many), I realize, once again, what a lucky girl I am to be able to do all these wonderful things and have all these wonderful opportunities.

I'd tell you more, but I've hit 600 words—exactly.

Till next time,  
Carrie

Check out CarrieClasson-Author on Facebook or visit CarrieClasson.com.

## The Lincoln School For Colored Children

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

### Frances Pricilla Wooden 1914-1978

Frances Wooden was born on 1 March 1914 to Elijah and Francis Wooden. Elijah worked at MidStates Wire Mill and was a building caretaker for the Strand Theater. Fannie, an accomplished pianist, ran the kitchen at the Phi



Frances Pricilla Wooden

Gamma Delta House at Wabash College. Frances was stricken with polio at aged four, damaging her right leg and requiring her to walk with a crutch. The family lived at 307 Beech Street.

Fannie taught Frances to read using the Bible. Francis once said, "I have faith in the man who actually put us on this Earth. And if it wasn't for him, a lot of times, I don't think the Woodens would have made it. Prayer. I believe in prayer."

Frances remembered segregated schools as she attended Lincoln School for Colored Children, learning reading, writing, and arithmetic from her first teacher, Clara Freeze. Her next teacher Dr. Robert Anthony, "looked more Indian, limped, had copper-colored skin, and was heavy-set. Teachers demanded respect; punishment such as spanking or standing in a corner would occur". She learned to dance, jump rope with her crutch, and play most games because "I had a choice. I can sit around and feel sorry for myself, or I could just get out there with the rest of them." Frances chose to walk to school every day but walked on the top of her foot, where the shoelaces are. Eventually,

the Crawford family paid to have her foot straightened. Frances graduated from Lincoln to attend Crawfordsville High School, where she struggled to climb the steps to her top-floor homeroom classroom. She participated in the Sunshine Girl Club and chorus before graduating in 1935. She loved music and shared that with all people that she met. Frances sang in the choir during her high school graduation, which included about 135 students; only three were Black girls.

After Frances had graduated from high school, she searched for a career that was limited because of her polio. She was hired to work on the Tuttle Elementary School playgrounds, teaching handicrafts and helping tell stories that always drew a crowd of Black and White children.

When Frances was about 19, Nina Jones of the Welfare Department offered Frances a job at the YMCA supervising children from approximately two in the afternoon until nine or ten at night. But, there was a catch; Frances had to learn to crochet if she wanted the job.

Over time, she developed programs for teenagers and senior citizens. Frances thanked her mother for her love of working with children. She loved the kids, and they knew it. She was tough, but she had to be when she disciplined them if talking failed. They respected her for it. She always reminded them that she'd be fair with them if they were fair with her.

When asked about the Civil Rights Movement and Dr. Martin Luther

King Jr., Frances said, "he was trying to get the White man to see that we weren't like we were when they first brought the Blacks to the United States, that we were not something that had to bow down to them and be their slaves and all of that, that we were put here as people, just like the Whites. We wanted to be treated just like the Whites and serve God."

Retiring on 30 December 1982, she had worked with children for over 35 years. Community member John Bowerman stated, "the greatness and strengths of any community are determined by the moral attributes of those live and work in our community. Unsung heroes transform the lives of the youth. In Crawfordsville, Frances was one of those heroes, and her life became a profile of inspiration over time."

Mayor Glenn Knecht designated 7 June 1985 as Frances Wooden Day, appropriately held at the Northside Recreation Center, where she spent many years with her beloved children. Many of the children with whom she worked attended the ceremony and sent letters thanking her for all she did for them. They remembered she was tough yet softhearted. She helped poor kids get materials for crafts. Governor Robert Orr recognized her with a Special Appreciation Award for her years of dedicated, faithful, and honored services performed as a public employee.

Frances died on 20 January 1987. The Frances Wooden Park on North Grant Street is named in her honor.

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Photos courtesy of Genesis

## The Genesis G90, Motor Trend Car Of The Year, Is A \$100,000 Fusion Of Rock And Opera

Following his band's iconic performance during Live Aid at London's Wembley Stadium, Queen frontman Freddie Mercury had an idea. He wanted to perform a concert in Barcelona with Montserrat Caballe, one of the world's premiere opera singers. Barcelona-born Caballe was an unlikely duet partner for flamboyant Zanzibar-born Mercury, but this welding of rock and opera made magic.

Transfer that ethos to four wheels and you have the Genesis G90, a Korean car born to rock traditional players from Germany and Japan. Genesis' enormous cross-hatch grille is flanked by twin strips of LED headlamps that extend into the front fenders, but its most enchanting elements are the gently rear-sloping beltline and upwardly angled windowline that give a sense of motion with contemporary formality. Add to those chiseled bodylines and narrow wrap-around taillamps – all placed over 21"

### Likes:

- Cultured Style
- Divine audio
- Sublime driving experience

wheels. It's a unique, yet beautiful composition.

The G90's fusion of rock and opera continues inside where soft Nappa leather, sueded headliners, and sustainable wood veneers conspire with twin screen infotainment, wireless phone charging, and drenching 26-speaker Bang & Olufsen audio that recreates the acoustics of Boston Symphony Hall. Front seats heat, cool, and massage. Same for the rear. A "mood curator" adjusts ambient lighting, audio, and fragrance to your desire.

My daughter, who's expressed her own inner queen from the rear seats of some spectacular sedans, was impressed with the right rear extendable footrest, power window shades, panoramic

### Dislikes:

- CarPlay/Auto not wireless
- Middling fuel economy
- Aspirational price

sunroof, and touch controls in the console. Rear seats even get their own climate setting and the air suspension has a chauffeur mode to insure nothing pierced her sanctuary.

Safety is paramount. Assisting drivers is a head-up display, adaptive cruise with steering inputs, and blind spot cameras. Automatic emergency braking, rear cross path detection, and lane keep assist help too. Going farther are ultrasonic rear seat detectors for kids and Safe Exit Assist that prevents passengers from stepping into traffic.

Mercury was known for his supercharged performances while Caballe was known for her smooth vocals. The G90's powertrain match-

### 2023 Genesis G90

**Five-passenger, AWD Sedan**  
**Powertrain: 3.5-liter SCV6, 8-spd trans**  
**Output: 409hp/405 lb.-ft. torque**  
**Suspension f/r: Air Ind/Ind**  
**Wheels f/r: 21"/21" alloy**  
**Brakes f/r: disc/disc**  
**Must-have features: Style, Power**  
**0-60 mph: 5.1s**  
**Fuel economy: 17/24 mpg city/hwy**  
**Assembly: Ulsan, Korea**  
**Base/As-tested price: \$88,400/100,370**

es both. In top trim, the G90 duets a 3.5-liter V6 with an electric supercharger. Shifted through an 8-speed transmission, the powertrain conjures 409 horsepower and 405 lb.-ft. of torque – plenty to raise the G90's prow as it traces fast motorways. Press gently to see 17/24-MPG city/highway.

It's a delightful car to drive across any stage. The air suspension wafts along on smooth roads, but can be clicked into Sport mode if you want a faster sprint. Rear wheel steering maneuverers The Queen Mary like a

compact in tight drive-ways. Getting a prized passenger in and out of a concert venue – or tight downtown parking – is effortless. When weather turns ugly, all-wheel-drive pushes through.

In the movie Bohemian Rhapsody, we're given a glimpse of a Rolls-Royce Silver Shadow taking Freddie Mercury to the Wimbledon concert. The Mercedes S-Class was arguably a better car, but the Rolls dispensed its past with unibody construction and streamlined body that predicted the brand's future. The G90 makes a similar



**CASEY WILLIAMS**  
Auto Reviews

break from Genesis past, earning it Motor Trend's 2023 Car of the Year while employing panache and tech that equally satisfies a rock star or opera diva.

You may need their incomes to afford the G90's base price of \$88,400 or, a-hem, \$100,370 as-tested. Competitors like the Mercedes-Benz S-Class, BMW 7-Series, Audi A8, and Lexus LS cost considerably more.

Storm Forward!

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

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# Hot Flashes And What You Should Do



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

Sometimes I get asked questions in unusual places. A few months ago I was pulled aside at a store and asked if I could write about hot flashes.

Women typically describe hot flashes 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 their alternate name of hot flashes.

There is no hard and fast rule when, or if, a woman will develop hot flashes. Some women never have them, some are fortunate enough to have them for only a few months, while up to 45 percent may suffer for up

to 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, 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 regulate body temperature via the autonomic nervous system. Autonomic nerves cause blood vessels in the skin to either expand (vasodilation) releasing 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 likely contributes to irritability described by many women. 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 period 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 retired member of the Franciscan Physician Network specializing in Family Medicine.*

# Spring Checklist For Pets

(Family Features) Warmer weather means it's time to spring clean, get grooming and prepare your pets' diets to support them through the season.

Keep your furry friends happy and healthy this spring with these six tips from the experts at Zesty Paws, an award-winning pet supplement brand:

Give Skin and Coats a Little TLC: Many pets form winter coats during the colder months to help them stay warm and comfortable then shed the coats in the spring to prepare for warmer temperatures. Some pets may need extra help maintaining their shiny, healthy coats, especially if mats have formed in their fur or if they are breeds that develop a thick undercoat. Professional grooming, at-home brushing and regular bathing can all be helpful ways to speed up the process to remove some of the extra fur and decrease the prevalence of dander, dust and pollen that can attach to fur and skin through the season.

Add Seasonal Allergy Support with Supplements: Just like humans, furry friends can develop and experience seasonal allergies, too. Giving your pets' immune systems some extra support can help ease some common allergy symptoms. Supplements like Zesty Paws Aller-Immune Bites for Cats and Aller-Immune Bites for Dogs are chewables that provide seasonal allergy support by aiding normal immune functions, skin health and gut flora, and may also help maintain normal histamine levels.

Ease Back into Exercise: The change in weather means more time for outdoor adventures with your pets, but don't forget to cool down and warm up as you and your pets ease back into the season. Planning for short, leashed walks and timed play sessions can help your pets gradually prepare their hips and joints for fun, warm weather activities.

Watch Out for Pet Pests: Once temperatures start to rise, the tiny, creepy critters start crawling. Fleas, ticks and other pests can cause serious health concerns for pets. This spring, make sure your pest control programs are primed and ready for added protection. Talk to your veterinarian about the best routine and products for your pets.

Freshen Up Bedding and Bowls: It's important to keep a clean environment by scrubbing, sweeping and vacuuming regularly to decrease allergens in the home. When you're tackling this year's spring cleaning, remember to put your pets' bedding and bowls on the list, too. Updating or disinfecting your pets' blankets, litter boxes, toys and other supplies is a good way to keep them feeling safe and comfortable in the home.

Schedule an Annual Vet Visit: Spring is a good time to schedule your pets' annual vet visits. Make sure they're up to date on all vaccinations, get their dental health checkups and re-evaluate nutrition plans.

Find more advice for keeping your pet healthy and happy at [zestypaws.com](http://zestypaws.com).

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