



We'd love for you to join Debbie and Collette in a Zoom call on March 7 at 7 p.m. to learn how you can both save \$100 and get your space reserved completely risk free!

Just click here to register for the Zoom call!



TRAVEL WITH US on Exploring Britain & Ireland 09-22-24 - 10-06-24 | 800.581.8942



TODAY'S VERSE

Romans 12:1-2 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Meet Estelle



Estelle is a 1 year old female black/white domestic shorthair cat that has been at the Animal Welfare League of Montgomery County (AWL) since 12/20/2022. Let's find Estelle a furrever home! Estelle is playful, friendly, and loves attention. Estelle is friendly with kitty friends in the community cat room, but is super ready for a cat scratcher and plush kitty bed to call her own! Estelle is available for foster to adopt. Come snuggle cats in one of the community cats, walk dogs, or lend a helping hand!!

The Paper OF MONTGOMERY COUNTY

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CRAWFORDSVILLE, INDIANA

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BTN

By The Numbers, a look at what's in the news... by the numbers. These are just numbers, not suggestions that they mean more or less than what they are. We do not suggest that one number is connected to another. These are simply facts with no extraneous details, bias or slanted reporting. To borrow (and perhaps mangle a bit) a quote from legendary fictional detective Joe Friday, it's just the numbers, ma'am!



One of The Paper shareholders and a hostess for this trip, Debbie Schaviatello.



9-22 / 10-6

The dates some a lucky group from Montgomery County will be traveling through Ireland, Scotland and Great Britain. Come on along with Collette Travel and The Paper of Montgomery County on this great adventure.

8 On day 8 of the trip, participants will visit Stonehenge, the elegant Georgian town of Bath where they will see the Roman Bath's Museum's 2,000-year-old spa. Come on along and walk the cobblestone streets and soak in the old world atmosphere.



The Paper photo

Eric Scott, a Collette representative, spoke at Fusion 54 in Crawfordsville last week about the trip.



106 The number of years Collette Travel has been in business. They are very well known for

The number of years Collette Travel has been in outstanding vacations with excellent customer satisfaction ratings. Plus, a lot of people know Collette through their long association with trips given away on the popular TV Game Show, Wheel of Fortune.

3-7

The date of the next informational meeting. However, you can participate in this one from the comfort of your own home via a Zoom call. To register so that you can take part and find out how you can save \$100, go to this link: https://collette.zoom.us/join/joinMeeting/register/tZEkcO2orDgiH9zqk7dPP5WPRReLno8azFdtD#/registration

Ah Yes...Those Wonderful Days of Track and Field



Butch at the pole vault



BUTCH DALE Columnist

Springtime...grass growing, flowers blooming, bees buzzing, birds singing...and yes, the beginning of high school track season. Our

school only had three sports...baseball, basketball, and track. I loved the first two...the last one not so much. But our basketball coach required his players to participate in track to stay in shape, so I had no choice.

To start us out, all of us had to jog from the school, all the way through town, then around State Road 47, down County Road 500 North past Greenlawn cemetery, and back to the school...a total of approximately 3 1/2 miles...not fun! A few boys soon discovered that a shortcut through Doc Otten's cow pasture could save considerable time. I was tempted to try that new route, but I had a hunch that I would be the first one to get nabbed by the coach. On the second week of this grueling daily jog, the weather turned very cold, and I developed a severe cold. No matter...we still had to run that 3 1/2 miles come hell or high water. One afternoon there was a strong western wind. As I was running into the wind, I coughed up a large amount of mucus, turned my head to spit it out...and unfortunately the wind blew the gob of green stuff right into Johnny Hudson's face...Sorry about that, Johnny Ray! To determine which event each boy could compete, the coach timed us in the 100-yard dash on Adams street in front of the school. The fastest runners were placed in the short dashes.

Chamber Presents Local Legislative Lunch



Photo courtesy Chamber of Commerce

The Crawfordsville / Montgomery County Chamber of Commerce is preparing for the next City / County Legislative Lunch. It's set for Friday, March 8 at 11:30 a.m. on the third floor of Fusion

See CHAMBER Page A3

From left, Mayor Todd Barton, Councilman Andy Biddle, Commissioner Dan Guard and Councilman David Hunt will give updates on our community.

TODAY'S HEALTH TIP

You can usually take grandma's advice to the bank.

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com



TODAY'S QUOTE

"God gives us difficulties to bring out the best in us." Marvin J. Ashton

TODAY'S JOKE

How do you know it's almost Leap Day? It's only a hop, skip and jump away.

THREE THINGS

You Should Know

- 1 Hoosiers with a debt of \$53k not considered marriage material, survey reveals. A recent survey from the good folks at datingadvice.com found that the majority of people believe lying about money is worse than misrepresenting one's age. They also weighed in with more than half believing married couples should have separate bank accounts. In Indiana, the survey found that if someone has a significant debt, that will influence how the other thinks about a potential marriage. For more on this visit DatingAdvice.com
2 The Hoosier Lottery has released its Fiscal Year 2023 Financial Annual Report. According to the report, the Lottery sold \$1.307 billion in Scratch-offs and \$439 million in Draw games in FY 2023, for a total of \$1.746 billion. Of that total, \$1.35 billion was paid out in prizes and \$119 million was paid in retailer commissions. In addition, \$370.2 million was contributed to the state of Indiana. Since 1989, the Hoosier Lottery has contributed more than \$7 billion to good causes and provides annual contributions of \$30 million to local police and firefighters' pensions and \$30 million to the Teachers' Retirement Fund.
3 How far would you go for a page in the Guinness Book of World Records? Certainly, Denmark's Peter von Tange Buskov went to great lengths for his. Peter shoved no less than 68 matchsticks into his nostrils for his award. Was it painful? "Surprisingly it didn't really hurt. I have fairly large nostrils and quite stretchy skin. I'm sure that helped a lot," Buskov explained.

THE MONTGOMERY MINUTE

Mourning the loss of a beloved pet is real grief and needs the same kind of processing and support as any other kind of loss. Through a collaborative effort, the Animal Welfare League of Montgomery County is offering a half-day workshop to help people through the loss of their treasured pets. It will take place on Saturday, March 2 from 9 a.m. to noon at 300 W. South Blvd in Crawfordsville. There is no cost to participate. Donations to support the AWL will be accepted. For more information or to reserve your spot, contact Gwynn Wills at gwill6735@me.com or (317) 345-5306.

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

See BUTCH Page A3



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featuring England, Ireland, Scotland and Wales

September 22 - October 6, 2024



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W Enterprises, Chamber Cut Ribbon on New Transfer Station



The Crawfordsville / Montgomery County Chamber of Commerce celebrated the grand opening of the transfer station behind W Enterprises – Walden Transport & Recycle. A family owned and operated establishment offering recycling, open top containers for rent, tri-axle trucking, roll-off trucks, excavation and demolition, W Enterprises has added a transfer station as a trash collective service

“We are excited that a transfer station option will once again be available in Crawfordsville,” Crawfordsville Mayor Todd Barton said. “This is an important offering for our residents, businesses, and for our city trash collection service. This investment in our community by W Enterprises is very much appreciated.” The transfer station at W Enterprises is located at 424 S. Oak St. in Crawfordsville behind Walden Transport & Recycle. You can review their website for details at waldentransportand



Photo courtesy Chamber of Commerce

Chamber, Walden and community members celebrate the new transfer station.

recycle.com. For more information about the Transfer Station, call (765) 362-2182. For more information about becoming a member of the Chamber

of Commerce, please contact Executive Director Stacy Sommer at ssummer@crawfordsvillechamber.com or call (765) 362-6800.

HHSB Welcomes Candace Anderson to Crawfordsville East

Hoosier Heartland State Bank is excited to announce the hiring of Candace Anderson as an Account Specialist at the Crawfordsville East branch. Candace’s responsibilities as an Account Specialist will include managing and improving current relationships with customers and providing personalized solutions about their respective accounts at HHSB. She will ensure high standards of service delivery and address the unique needs of HHSB’s clients. “We are thrilled to welcome Candace to our team,” stated Janet Evans, Branch Manager of Crawfordsville East. “Her extensive background in customer service makes her a perfect fit



Candace Anderson

for the Account Specialist position. We believe Candace will fit in great here in her role at HHSB.” Candace resides in Waynetown and is currently studying Business Administration at Ivy Tech. She has over 10 years of customer service experience from previous related occupations. Candace enjoys time with her two sons, traveling, and indulging in fitness related activities.

American Agriculture Movement Supports Global Farm Demonstrations

American Agriculture Movement, Inc. has announced its full support of the demonstrative efforts taken by fellow farmers in France, Germany, Spain, and other countries across the world as growers protest current farm policies and negotiate fair prices for their products. As farmers worldwide demand change in current farm policies and call for measures that combat rising production cost hikes, capital cities including Paris and Berlin have experienced demonstrations and major traffic disruptions in the form of tractor blockades to get the attention of government officials. These events are reminiscent of a major agricultural protest that happened 45 years ago in February 1979 when members of the American Agriculture Movement organized Tractorcade, a demonstration where thousands of farmers drove their tractors to Washington, D.C. in protest of the crippling farm economy. As present-day growers face similar challenges as seen in the U.S. farm crisis of the 1970s and

1980s, “No Farmers – No Food” is a common sign seen hanging on tractors participating in the blockades. Similar signs were used in 1979. “AAM realized what was happening here and knew it was going to happen to the rest of the world,” said David Senter, AAM President, about Tractorcade. “We were fighting U.S. corporations trying to take over all the agri-business and inputs, and further control what we were paid for our product. Now, those same corporations are multi-national corporations that are worldwide. They are driving family farmers out of business.” American Agriculture Movement has always believed that family farmers deserve a fair price for their production – worldwide. The collective actions from AAM members during 1979’s demonstration paved the way for many safeguards in place for today’s U.S. farmers. Though current protests are currently happening thousands of miles from U.S. soil, AAM members want the world’s farmers to know they have the wholehearted support of their fellow American producers. Keep those tractors rolling.

Tic Taco: The Wolfsies visit Mexico



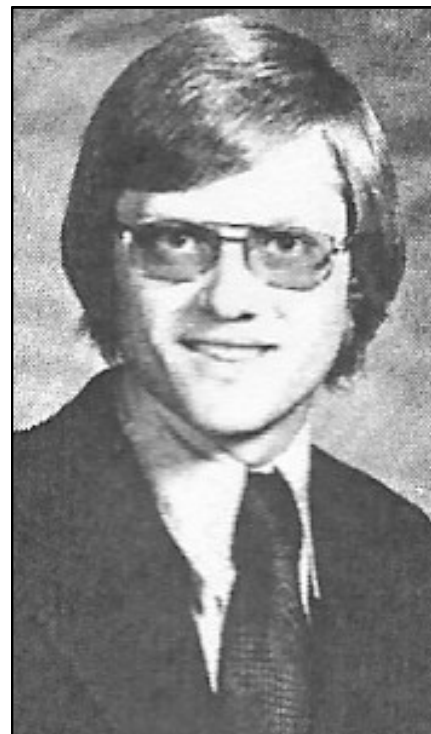
DICK WOLFSIE
Funny Bone

The Wolfsies recently returned from a wonderful vacation in Mexico where we

visited with Mary Ellen’s brother Tom and his new bride, Cori. In preparation for the trip, I have been learning Spanish with an app called Duo Lingo. When airline safety instructions were given in Spanish, Mary Ellen asked me to translate. The only thing I am sure the flight attendant said was THANKS FOR FLYING AMERICAN... because that part was in English. Here are a few other funny things that happened on our journey... During the flight, there was a mother and baby in the seat across the aisle. The baby never stopped screaming. When the flight landed, the mom apologized and said air travel made the baby’s ears hurt. “Yes,” I said, “that is exactly how I felt during the last two hours.” My wife was not without a few embarrassing moments. At the Indianapolis Airport, most passengers must take off their shoes before going through security. I am exempt from this requirement because I am over 75 years old. The restriction is lifted for super-seniors because if I did have something dangerous stashed in my shoe, it would take me about 20 minutes just to bend over in my seat and extricate the contraband from my sneakers. After we had all passed through airport security, we began to gather our belongings from the rubber trays provided for items like cell phones, belts and wallets so they can move through the X-ray machine. I looked back to the beginning of the line and someone had taken off their shoes but neglected to place them on the conveyor belt. They had been left on the airport floor.

Somewhere, someone was walking around barefoot. By the way, my wife has lovely feet and now everyone about to head for gate 32A knew it. In Mexico one evening, Mary Ellen commented to her brother how beautiful the songbird sounded warbling in the nearby park. But it was the burglar alarm of Tom’s car that had accidentally been set off when he exited his vehicle. (Note: Mary Ellen never does goofy stuff like this, but this did make the vacation so much more fun for me.) I was very good at asking questions in Spanish, but terrible at understanding the answers. Where is the bathroom? (Donde esta el banyo?) seemed easy enough. But after simple inquiries, I’d often get lengthy responses that I didn’t understand. When I asked the question: “Do you serve beer?” I was hoping for a simple response like “Si, Senior,” but I think what I got was a dissertation on Mexican breweries, none of which I understood, although I did catch the words Corona every once in a while. The streets in Puebla were very rocky and Mary Elen told me that if I wasn’t careful, I’d eventually trip and hurt myself. She was right. After stumbling for the seventh time, I took a nasty fall on the uneven street. I glared at my wife. “Why are you upset with me?” she asked. “I told you that if you didn’t walk carefully, you were going to eventually trip and fall.” “Yes, but you didn’t tell me which time.” On the final night, we all went out to dinner with Cori’s immediate family. Her mother leaned over and offered a few thoughts in Spanish. I did the same in English. I have no idea what she said and she had no idea what I said, but I’m pretty sure we were both sharing how happy we were to all be together.

Butch Dale’s Flashback Trivia



Do you recognize this person?

HINT:
This 1974 Southmont graduate will sell to the highest bidder!!!

Answer on Page A3

Primary 11 Weeks Away; Be Sure to Register to Vote

Indiana Secretary of State Diego Morales is reminding Hoosiers that they need to register to vote and vote in the upcoming Election. Hoosiers should note important upcoming dates ahead of Indiana’s May Primary Election. The 2024 Election season is under way, and the May Primary is just 11 weeks away. The Indiana Secretary of State’s Office has taken several initiatives aimed at increasing voter participation and election integrity such as community outreach efforts, cybersecurity enhancements, and poll worker recruitment. “As Indiana’s Chief Election Officer, I’m putting a call out to every eligible Hoosier: Now is the time to register to vote! It is fast, easy, and can be done online. Voting is and will always be very personal to me and that’s why I’m so passionate about encouraging every eligible Hoosier to get registered to vote,”

Morales said.

Here are some key dates leading up to the May Primary Election:

- Voter Registration: Now until April 8
- Early In-Person Voting begins April 9. Check local offices for specific days, locations, and hours.
- Absentee Ballots must be received by May 7 (by 6 p.m.)
- Primary Election Day: May 7 from 6 a.m. to 6 p.m.

As a reminder, Hoosiers can register to vote online until midnight on April 8. Hoosiers can register to vote in person at county election offices until the end of the business day on April 8. Registering to vote, checking your status, or updating your information is easy and can be done online at Indiana Voters.com or at local county clerk’s offices.

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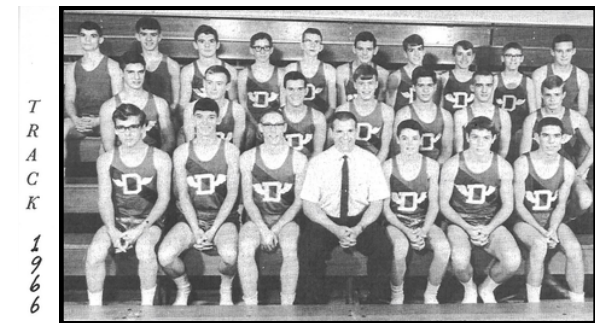
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↓ BUTCH From Page A1



1st ROW: Larry Leslie, Richard Huffer, Dan Hampton, Coach Galen Smith, Steve Emmert, John Dale, John Wells. 2nd ROW: Ted Alexander, Harold Abbott, Mike Mutterspaugh, Wayne Palmer, Bruce Rummel, Rick Rentschler, Steve Welliver. 3rd ROW: John Groves, Mike Lampi, Mike Clouser, Paul Rummel, Tom Lehe, Bill Douglas, Fred Warren, Don Threlkeld, Mark Maxwell, Steve Biggs.

The slowest were stuck running the mile. Harold Abbott was always the fastest, earning the nickname "Rabbit Abbott." I ran fast enough that I did not have to run the mile...thank the Lord. When I was a freshman, Emerson Mutterspaugh was our coach. He made all freshmen run the mile, even at the county track meet held at Wabash College. I just knew I would come in last, so I came up with a great idea. I purposely left my track shoes in the coach's car, and then just a few minutes before the mile was to begin, I told him about my shoes. Coach Mutterspaugh told me to hurry and retrieve the track shoes, but I took my dear time...and just as I arrived back at his car, the gun went off to start the event...Success! All of us tried out for various field events...hurdles, shot put, high jump, long jump, and pole vault. I kept hitting my knees on the hurdles and knocking the crossbar off on the high jump. The shot put was mostly for big, strong guys...so I chose the long jump and pole vault. As a small fry, I had run and jumped from our front porch many times with my red cape (a towel) strapped to my neck. I had also practiced pole vaulting at the age of 13...using straw as a landing pit, a long iron rod as a crossbar, and an 8-foot section of a TV antenna for a vaulting pole! I am still amazed I did not break any bones during those times! Our school had an aluminum pole when I was a sophomore, but purchased a fiberglass pole during my junior year. The pole was for someone who weighed 150 pounds or less. I weighed 170 pounds...Hmmm? I had no form, but I could really bend that pole and flip myself over the crossbar anywhere from 10 1/2 to 11 feet to win against most other schools. I was able to win at the county meet,

too...thanks to a misty rain which caused New Market's Dale Conrad to lose his grip on all three of his attempts. In the long jump, I was also able to win many times, although on a few occasions, my size 13 feet crossed the line, which disqualified the jump. That happened on each of my four long jump attempts at the county meet, and I didn't even place! After my events were over, I enjoyed watching my teammates compete in their chosen events. I was always amazed at how high Dan Hampton could go in the high jump...clearing a height as tall as himself! And Steve Emmert was a great runner in the mile. Harold Abbott won every 100 and 220-yard dash, and Dick Clouser could heave the shot put like a pro. However there was one boy who ran the mile who I will always remember. When the coach timed him in the 100-yard dash, he appeared to be running in slow motion. Harold could run the 100 in 10 seconds. Most of us were between 12 and 15 seconds, but this particular boy was timed in 25 seconds, so he was stuck running the mile. He had a good attitude and tried his best, but always finished last. The next year, two teammates told him he could run faster if he ate some candy a few minutes before the mile began...to give him more energy. He decided that would be a good idea. Well, his buddies gave him some chocolate, which he excitedly gobbled down. However, on the last lap of the mile, this boy was still in last place. As he rounded the last corner on the oval, he had a little accident...not a good one either. You see, his buddies had given him chocolate EX-LAX. Yes, that will always be one of the classic pranks in Darlington school track history..."Maximum Strength" will do it every time!

↓ CHAMBER From Page A1

54 in beautiful downtown Crawfordsville. The panel will consist of Mayor Todd Barton and City Councilman Andy Biddle for the city and County Commissioner Dan Guard and County Councilman David Hunt representing the county. The panel will give updates on what is happening in our community, followed by a question and answer session. The sponsor for this event is Duke Energy. Lunch will be catered by Blue Cactus Tacos &

Tequila. This event is open to the public. The cost for the event is \$10 for Crawfordsville/Montgomery County Chamber of Commerce members and \$15 for non-chamber members. Space is limited so please register to attend online at crawfordsvillechamber.com by Friday, March 1. For more information regarding the breakfast or the chamber, please contact Stacy Sommer at ssommer@crawfordsvillechamber.com or 765-362-6800.

FOR THE RECORD

NORTH MONTGOMERY SCHOOL BOARD

Monday, Feb. 26
 Executive Session, 5 p.m.
 Regular Meeting 6 p.m.
 North Montgomery Administration, 400 W 580 N

Executive Session

1. Where authorized by federal or state statute.
2. To discuss a job performance evaluation of individual employees, this subdivision does not apply to a discussion of the salary, compensation or benefits of employees during a budget process.

Call to Order

Public Comment

Consent Agenda

1. Minutes
2. Monthly claims
3. Personnel, extra-curricular field trips, facilities usage, contributions, gifts, superintendent stipends
4. Other
5. Consent vote

Artwork Recognition

1. Students from each building will be recognized for their artwork

Spotlight - Middle School

1. Honorary board member recognized
2. Middle School Spotlight

Action Items

1. Approve 2024-25 School Year Calendar Revisions
2. Hear first reading on 2025-26 school year calendar
3. Approve board policy 6325 – procurement – federal grants / funds revision
4. Approve Baumgartner Asphalt Company for the high school hardscape improvements
5. Void outstanding checks


Other

Adjournment

For The Record is a public service and regular feature in The Paper of Montgomery County. It is designed to tell you what is scheduled to happen and what actually does happen in meetings paid for with your tax dollars. The Paper encourages all citizens to take an active role in being involved in local government.

Butch Dale's Flashback Trivia

Answer: Bill Servies



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A Piece of Cake



CARRIE CLASSON
The Postscript

My husband, Peter, and I landed in Mexico again, and we did what we have done in the past. We bought an enormous cake. It's nice to have a cake in the house. I have discovered it is not necessarily a good idea to eat cake every day, as it eventually makes my clothes too small. But I do like cake, and I especially like Mexican cake, and more than anything, I like giving cake away.

We love the folks who work at this hotel. When I say "hotel," you might be thinking of some swanky place with long hallways and bellhops and a concierge. This would not be where we are staying.

Our hotel has only seven small apartments. We stay with Jorge, the owner, and Lulu, who cleans our room twice a week, and Pepe, who mans the front desk, and Pedro, who is the waiter in the small restaurant, and Daniel, who is the cook. On busy weekends, Jorge will bring in an additional waiter or two. And when all the rooms are filled, Lulu will get some help—sometimes from her granddaughter, Bianca, if she is off from school.

Finally, there is Fabricio, who does not work for the hotel but is hired by Jorge to paint. He is Jorge's artist-in-residence, and sometimes he comes with a son and occasionally his daughter. It is a mystery where they could possibly put more art, but Jorge has endless ideas he wants to see painted on wood and ceramic, and he keeps this family busy painting together on the roof.

We see these folks nearly every day. So, shortly after we arrive, we buy a cake for our hotel family in Mexico. It is a little too easy to buy cake.

The cake shop is just a block away from our

hotel. It does not sell anything but cake. You cannot buy a piece of cake. I asked the woman behind the counter once. She looked surprised and possibly a little offended.

"No," she told me, in no uncertain terms.

This shop sells only whole cakes. They sell every variety imaginable, and they sell a lot of them. The huge display case, which rounds the corner, is filled with three shelves of cakes. The wall cooler, which goes from floor to ceiling, is filled with cakes. And the back room (which I sometimes get a peek into when the door swings open) is filled with gas-fired ovens and more cakes.

"What do you think about a carrot cake?" Peter asked me when we arrived. Peter likes all the cakes, but he is not as fond of tres

leches as some. (I love tres leches, and the cake shop has six varieties.)

I ordered a carrot cake and picked it up the next day. We cut it into pieces and gave everyone at the hotel a slice. Then we each had a piece, and there was still plenty of cake for later.

"Gracias!" Lulu says, tucking her cake away to take home with her. "Gracias!" Pedro says, eating his cake immediately.

"Gracias!" Fabricio says, his paintbrush in hand.

"Everyone likes getting cake," I said to Peter.

"Uh-huh," he agreed, eating his cake.

Getting a piece of cake in the middle of the afternoon adds some unexpected sweetness to the day. Peter and I don't speak enough Spanish to know how to tell these people how grateful we are, how at home we feel, and how much their everyday kindness means to us.

So we give them cake. And cake seems to be understood by everyone.

Till next time,
Carrie

Plumbing Problems



JOHN R. ROBERTS, M.D.
Montgomery
Medicine

I'm running through my list of suggested topics from readers, and this one goes out to a reader from Sheridan. It's a common problem, but one of those topics that doesn't usually come up in casual conversation – constipation. There are three times in a person's life when constipation is more likely to become a problem: during early childhood, during periods of inactivity, and during the elder years. Each one has different causes.

First, I have to deliver yet another lesson in basic anatomy and physiology. When we eat, food travels through the following structures: mouth, esophagus, stomach, small intestine and finally, the large intestine (colon). This journey is facilitated by peristalsis, a physiologic process where involuntary muscles in the wall of the digestive tract contract to move food from north to south.

While constipation can involve trouble anywhere along the way, the vast majority of problems occur in the colon. One of the main jobs of the colon is to reclaim water from the undigested food remaining in the feces. If food is slowed down in its transit through the colon, more water is absorbed, making the feces firmer and more difficult to evacuate.

Young children can develop problems with constipation when they put off going to the bathroom for various reasons. When this happens, they can develop a condition called encopresis. They can retain very large amounts of stool in their colons to the point where the muscles are not able to push the stool out and the child may lose the urge to have a bowel movement.

These children may pass very large bowel movements and may have a great deal of pain when doing so. They also may have

accidents, passing semi-solid or liquid stool that has leaked around the blockage. Painful movements lead to the child not wanting to have a bowel movement and the vicious cycle repeats. It's important to treat this condition as early as possible using medications and behavioral modification.

Another common cause of constipation is a period of inactivity, often following surgery. This is especially true following abdominal surgery, particularly if it involved manipulating the intestines. Handling the intestines tends to interrupt normal peristalsis for a period of time. Taking pain medication post-operatively is also a common cause of constipation, especially in older patients. It's important to minimize the use of narcotics and to prevent post-operative constipation using a bowel regimen started as soon as possible following surgery.

Older persons are also more likely to be inactive, so they tend to suffer from bouts of constipation. They are also commonly dehydrated due to not drinking enough fluids. These folks are frequently on medications that can exacerbate the normal age-related slowing of intestinal motility.

Common drugs that can result in slowing include Benadryl®, Tylenol PM®, Zantac®, some antidepressants, and anticholinergic medications used to treat bladder spasms and incontinence.

As usual, prevention is the best medicine. All people should consume adequate fiber, plenty of fruits and vegetables, and enough fluids to keep the

urine clear to pale yellow. Google "high fiber diet" for recommendations. Children need to be taught the habit of sitting on the toilet at least twice a day for ten minutes or so. They should not be rushed and they should have good support for their feet. Along those lines,

a shout out to two of my prior patients for telling me about the Squatty Potty®. This is a simple device that elevates the feet, allowing one to be in a more anatomic position to make it easier to have a bowel movement (www.squattypotty.com).

Those planning to have surgery, or who are laid up for another reason, should make sure they are consuming plenty of liquids and taking a stool softener like docusate or an osmotic agent like MiraLAX® immediately following surgery or at the beginning of their illness. The elderly should consume fluids and also remain as active as possible.

People joke a lot about prunes, but they are very effective. Young children who have difficulty with bowel movements should be evaluated by their medical provider. The earlier this problem is treated, the easier it is to correct.

For adults who are suffering from constipation who do NOT have abdominal pain, laxatives such as Dulcolax® are generally safe and effective for short-term use. If results are not obtained in a couple of days or you develop pain you should consult your medical provider.

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Ford F-150 Tremor Adds a Little Fashion to the Worksite



CASEY WILLIAMS
Auto Reviews

Last year, I drove the Ford Maverick Tremor and thought it was very cool with its gold accents, black wheels, and enhanced off-road capability. But, let's be honest, the Maverick is essentially a compact crossover with a bed that's better suited to light lawn duty than heavy hauling. For that, we step up to the 2024 Ford F-150 Tremor that's just as stylish, but far more capable.

Off-Road Chic

Like a lot of these stylish all-rovers that have come to vogue – vehicles like Subaru's Wilderness, Chevrolet's ACTIV, Toyota's TRD, and Kia's X-Line – the F-150 Tremor bridges the trail between city life and taming Baja. Let's call it "off-road chic". Check gold accents across the black grille, gold tow hooks, and gold accents on its flanks. TREMOR badges on the bed and 18" black wheels shod in off-road tires glam its broadsides. Around back, look for exposed tow hooks, integrated

trailer hitch, and electrical connections. For work or play, notice spray-in bedliner, tie-down hooks, and two household outlets for running power tools or camp lighting.

Place a foot on the step plate and pop inside. Gold accents continue to the dash, console stitching, and perforations in the heated and ventilated leather seats. Front and center are a 12" touchscreen and flatscreen gauges. Dual-zone automatic climate control, B&O audio, and wireless charging add their own delights. Check the power opening rear window and dual-pane sunroof too. Should work haunt you, the center console flips open for desk space next to an in-dash household outlet. Connect to wi-fi to stay in touch wherever you roam.

Keeping everybody safe in the roomy crew cab is a full suite of safety tech, centered around Ford's Co-pilot 360 2.0 system. Automatic emergency braking, lane keep assist, and blind spot warning are a good start. Add to



that rear cross path detection and trailer sway control to stay in the green zone.

Big V8 Performance

I'm a big fan of Ford's twin-turbo V6, but am warming up to the 5.0-liter V8 in our Tremor. It puts out a romping

400 horsepower and 410 lb.-ft. of torque, all sent to the four-wheel-drive system through a smooth-shifting 10-speed automatic transmission. While bed for off-roading, the thick tires and enhanced shocks provide a calmer ride on pavement. Keeping in mind this is a large and capable pickup, fuel economy rated 15/20-MPG city/highway isn't terrible.

So, what's not to like? Given all of the

technology stuffed inside the F-150 Tremor, it would be even better with a head-up display and heated steering wheel. While the F-150 Lightning EV has an independent rear suspension to improve handling, the gas-version goes without. Handling is tight and ride is smooth for a full-size pickup, but could be even better. And then, there's the window sticker.

The F-150 Tremor is a pretty cool truck that adds some fashion to the worksite. Of course, all of that comes at a price. While a base F-150 starts at \$34,585, our Tremor – all in – is considerably more expensive at \$74,040. Competitors include the Chevy Silverado Trail Boss, GMC Sierra AT4,

Toyota Tundra TRD Pro, and Ram 1500 Rebel.

Storm Forward!

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

2024 Ford F-150 Tremor

Five-passenger, 4WD Pickup
Powertrain: 5.0-liter V8, 10-spd trans
Output: 400hp/410 lb.-ft. torque
Suspension f/r: Ind/Solid Axle
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Fuel economy: 15/20-mpg city/hwy
Assembly: Dearborn, MI
Base/as-tested price: \$34,585/74,040

Likes

- Stylish exterior
- Luxurious cabin
- V8 power

Dislikes

- No head-up display
- Solid rear axle
- Hefty price

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