

The Paper of Montgomery County presents ...

Exploring Britain & Ireland

September 14 - 28, 2024

For more information contact Collette

1-800-581-8942

Please refer to booking #1240271

TODAY'S VERSE

Jeremiah 33:3 "Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not." (KJV)

Meet



Ziggy is a 1 year old male American Pit Bull Terrier available to foster and/or adopt at AWL (since 3/5/24 came in as a stray). Ziggy loves to play fetch, go for walks, and frolic in a fenced yard. Ziggy will gladly sit for treats and is very food motivated. Ziggy is an active boy and a big time lover! Ziggy is looking for his best friend. Could that be you? Ziggy is available for adoption, to foster, or just simply going out for walks. Come say hi!!



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CRAWFORDSVILLE, INDIANA

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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!

As we slide into a new week, many are still basking in the glow of another Mother's Day. From the newest moms who are holding their babies tight to the ones who are enjoying the cute tributes the kiddos made at school to the ones who have children grown and gone . . . mothers everywhere were honored yesterday – and deservedly so. Before we put Mother's Day 2024 to rest, here's one last look at the numbers behind the day that honors the most important woman in our lives!

1908

The year when Anna Jarvis created a day to honor mothers. Interestingly, she later denounced it. She said it had become too commercial. Wonder what she would think today!

According to History.com, the ancient Greeks and Romans held festivals to

honor mother goddesses. Those gave way and Christians in the United Kingdom and parts of Europe set aside the fourth Sunday in Lent to call the faithful back to their mother church. That morphed into children presenting their mothers with flowers and adorations and thus our modern tribute to moms was born.



1914 That's the year Mother's Day became an official U.S. Holiday!

Speaking of commercialization, that's how much money the National Retail Federation expected to be spent on mom.



adults who were expected to celebrate

wife of civil rights leader Dr. Martin Luther King Jr., used Mother's Day that year to march in support of underprivileged women and children.

Coretta Scott King, the

Mother's Day.

84 percent

The number of U.S.

And finally #1

The place in our hearts Mom holds!

TODAY'S HEALTH TIP

If you snore loudly or appear to stop breathing while sleeping, you may have sleep apnea.

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

"The difference between ordinary and extraordinary is that little

Super Bowl Winning Coach Jimmy Johnson

THREE THINGS

diamond ring.

You Should Know

- This alligator managed to survive, thanks to brumation—the ability for reptiles to slow down their bodily functions. The critter had been trapped in a drainage pipe in Hilton Head, SC for some six months. According to wildlife expert Matt Kraycar, brumation "is basically like hibernation for reptiles. So as it gets cooler, they're going to shut their body down. So by doing that, he doesn't really need to eat as much as he typically would during the summer, and I'm sure there were still fish and turtles coming through those pipes as well, so it didn't look like he was starving by any
- Golden Retrievers come in light golden, golden, and dark golden. But Shamrock, a newborn retriever belonging to Carole DeBruler, owner of Florida's Golden Treasures Kennel, came into this world wearing a rather attractive light green coat. The pup's coloration was the result of biliverdin, a green bile sometimes found in the wombs of mother dogs, according to the experts. And, they say, Shamrock's coat will eventually bear the standard yellow color of retrievers.
- She lost her wedding ring on Galveston Island, TX but Deysi Maldonado was lucky enough to have the Galveston Island Treasure Hunters Club come to the rescue. But, as it turned out, it wasn't the metal detectors that helped find her band of gold. It was a couple who accidentally came across the ring. Caleb Brignac and his girlfriend were digging in the sand, came across a fishing net that was partially buried and, as fate would have it, when they pulled it out of the sand out came the

TODAY'S JOKE

A man bought a dozen bees, but he got 13. When he asked why the seller said the 13th was a "free-

MONTGOMERY MINUTE

Did you know the TASTE of Tippecanoe is coming up? It's set for June 15 in downtown Lafayette. However, even better is that things will soon begin gearing up for the very popular TASTE of Montgomery County. The panorama of sights, symphony of sounds and festival of flavors is scheduled for Aug. 24 at the wonderful General Lew Wallace Study & Museum. Tickets are \$8/adult (\$5 presale), \$3/student, children 6 and under are free. Food tickets are \$1/ticket, and no food item is more than 5 tickets.



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

Butch Says to Prepare for Round Two



BUTCH DALE Columnist

are over. Be thankful. But as the November election approaches, prepare for round two. Let

The primaries

us pray, "Dear Lord, give us the strength to bear that which is about to be inflicted upon us. Be merciful, Oh Lord, for they know not what they are doing...Amen."

Every two years we commoners are faced with electing Congressmen, every four years a President, and every six years a Senator...all of which are a never-ending source of headaches and amusement. For some odd reason, we voters think we can make a difference by electing our favorite candidates. But those in power know that if voting changed anything, they would make it illegal. Here are a few quotes about politics you might consider...

"Suppose you were an idiot, and suppose you were a member of Congress; but I repeat myself." Mark Twain

"We hang the petty thieves and appoint the great ones to public office." Aesop

"When I was a boy I was told that anybody could become President; I'm beginning to believe it." Clarence Darrow

"In politics, stupidity is not a handicap." Napoleon Bonaparte

"It is enough that the people know there was an election. The people who cast the votes decide nothing. The people who count the votes decide everything." Joseph Stalin

"Under every stone lurks a politician." Aristophanes

"Vote for the man who promises least; he'll be the least disappointing." Bernard Baruch

"Power is okay, and stupidity usually harmless. Power and stupidity together are dangerous. You can sway a thousand men by appealing to their prejudices quicker than you can convince one man by logic." Robert Heinlein

See BUTCH Page A3



PAGE A2 • MONDAY, MAY 13, 2024

Multi-Agency Investigation Results in an Arrest

A four-month-long investigation led by the Frankfort Police Department, Crawfordsville Police Department, **Montgomery County** Sheriff's Office, Indiana Gaming Commission, Indiana Department of Revenue and **Battleground Police** Department resulted in multiple locations in Frankfort and **Montgomery County** being raided. The focus of the investigation stems from complaints of illegal activity conducted at massage businesses in Frankfort and Crawfordsville.

Search warrants were served ion May 8 n the 1000 Block of Walnut Avenue in Frankfort, the 2100 Block of W. Oak Hill Road, the 2000 Block of Lebanon Road, the 1500 Block of S. Washington Street, Mercedes Drive, the 600 Block of S. Grace Avenue, the 600 Block of S. Mill Street and the 400 Block of Shady lane in Crawfordsville.

A 52-year old (Xiaoyun Chen) was arrested in connection with the operations of the businesses and was booked into the Montgomery County Jail for the
Crawfordsville Police
Department case.
Frankfort Police
department will request
an arrest warrant to the
Clinton County
Prosecutor's Office.

"We want to thank Detectives from CPD, FPD and MCSO, officers from HSI, Battleground Police Department, the **Montgomery County** Probation Department, the Indiana Gaming Commission, the Indiana Department of Revenue, ICESAHT and **IPATH Taskforce for** their investigative efforts on this case," stated Crawfordsville Police Chief Aaron Mattingly, Frankfort Police Chief Scott Shoemaker and **Montgomery County** Sheriff Ryan Needham. "The partnerships between the departments and state agencies allowed both cities to work together when we found out how connected our cases were."

Police ask if anyone has any information regarding this investigation to contact the Crawfordsville Police Department (765) 362-3762.

Best Crowd Shows Up; Master Gardeners Say Thanks



Photo courtesy Master Gardeners of Montgomery County

Don't forget, the Native Plant Jamboree is on tap for June 8 at the Fairgrounds.

The Master Gardeners of Montgomery County would like to thank all the visitors who attended our annual plant sale and garden show Saturday, May 4 at the Montgomery County 4-H Fairgrounds. We had approximately 1,100 people come through our doors. We also would like to thank all the vendors who participated in making our annual event a success.

We will have several events over the summer, such as our Native Plant Jamboree, June 8 at the Fairgrounds from 10 a.m. to 2 p.m. Several vendors will be selling native plants only. Then later in June the Seed Library, a partnership of the Master Gardeners and the Crawfordsville District Public Library will have a Garden Flower Show accepting entries June 16 and 17, judging to follow.

More information will be posted on our Facebook group, Master Gardeners of Montgomery County (Indiana). If you have not joined our Facebook group, we encourage you to do so to keep up with our upcoming events.

Cone Zone Hitting Downtown Crawfordsville

The Indiana
Department of
Transportation
announces temporary
lane closures on U.S.
231 in Crawfordsville
from just north of
Market Street to just
south of Purple Heart
Parkway.

Beginning on or after Wednesday, crews will begin lane closures in various locations, at various times along this stretch. During these closures, crews will be patching and paving.

Work is expected to last until fall but is weather permitting and subject to change.

INDOT encourages all drivers to drive slowly and courteously through this and all work zones while keeping worker safety top-of-mind.

African American Civil War Soldiers Topic of Lew Wallace Talk Thursday

The General Lew Wallace Study & Museum is proud to present Shannon Sullivan Hudson who will speak about some of the African American men of Montgomery County who served the United States during the Civil War. Ms. Hudson will present her program on Thursday, May 16 at 7 p.m. in the Carriage House at the Lew Wallace Study & Museum.

In the fall of 1862, President Lincoln declared that black men could serve the Union through enlistment in the army. The United States **Colored Troops** ultimately comprised 10 percent of the Union Army and saw action in all the major military operations. African Americans who called Montgomery County home answered this call to arms. Hudson will offer insights into this under documented aspect of Montgomery County's history and share information on some of the individual men who participated in the war effort, their war service and their lives after the war.

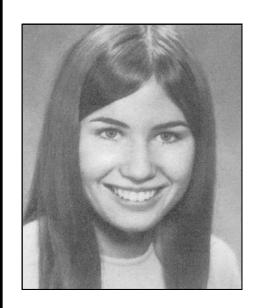
Hudson is a renowned science teacher in Montgomery County. She came by her passion for science from her father, a research agronomist and her passion of history from her mother, who fostered a love of genealogy. A graduate of Shelbyville High School and Purdue University where she earned a Bachelor's degree in Education, she went on to earn her Master of Education degree in Curriculum and Instruction from Indiana Wesleyan University in Indianapolis. She has been with the Crawfordsville School Corporation since 1990 as a middle school science instructor who has taught language arts, science, STEM, and health. She has served a number of professional organizations and is an adjunct professor at Ivy Tech, Lafayette Campus. She has received numerous teaching awards and research grants. She is also active in a number of local organizations. She has a special interest in the history of the Underground Railroad in Montgomery County and African

This presentation is free and open to the public and the Carriage House is ADA accessible. For more information visit our website: www.benhur.com or call Larry Paarlberg at (765) 362-5769 or email lpaarlberg@benhur.com.

American history.



Butch Dale's Flashback Trivia



Do You Recognize This Person?

HINT:
She graduated from
Wainwright H.S. in
1969 but has lived in
the Darlington area for
many years.

Answer on Page A3



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Waiting for Estefan



CARRIE CLASSON The Postscript

apartment my husband, Peter, and I rent in Mexico has seen better days, but we didn't want to be responsible for ushering it into an early retirement due to cat scratches. So I bought a beautiful turquoise handloomed bedspread from a woman across the street to use as a throw. And the job would have been done right then and there if

The sofa in

the little

Instead, I asked the woman if she knew anyone who could hem the cover to the appropriate size, and she said she had just the man for me. Her husband told me to follow him down the street, and we stopped at a tiny grocery store and met Estefan.

I'd kept my mouth shut.

Estefan is an older gentleman with a broad smile, and he was sitting at a sewing machine improbably parked in a tiny spot behind the beverage cooler. Estefan said he would be delighted to sew a sofa cover for us. He came to look at the sofa. He borrowed a tape measure from Peter, and he wrote a lot of numbers down on a pad of paper. Then he left with Peter's pen in his

A couple of days later, Estefan returned. He needed more measurements. And he returned Peter's pen. At this point, the fabric had some cuts in it, but he measured some more and left. We didn't see him for a week.

"How is the sofa cover coming?" I asked one day as he was minding the store.

"I need more measurements," he told me in Spanish. I would have liked more details, but Estefan does not speak a word of English, and I know very few sewing terms in Spanish.

When Estefan returned, he brought two pin cushions and the cover, which now had some stitching on it. Then he began to pull out stitches and pin pieces together. I honestly could not tell what he was doing, but there were obviously some problems. Then he was gone for a long time.

"Is the sofa cover ready?" I asked.

"It is a very big job," he told me.

Two weeks went by, and I saw him on the street.

"How is the sofa cover?" I asked.

"Oh, good, good!"

In the meantime, we learned that Felix had no interest in scratching the sofa and, more surprisingly, he didn't mind having his nails trimmed with the fancy clipper I had ordered while we were waiting for Estefan.

A month passed.

"How's the sofa cover?" I asked every time I came into his store.

"It will be ready soon!"

More weeks passed, and Estefan came a couple more times. Each time, he brought the fabric and took more measurements.

"We will never see that sofa cover," Peter predicted.

Then I got sick. One day, I felt so bad I stayed in bed, and I heard Peter talking to someone at the door. When I got up, I saw we had the sofa coveralmost two months exactly from when we ordered it. Estefan had run out of fabric for the back and sewed on some gray-and-red plaid, which showed a little. It is quirky, like the rest of the apartment, and I love

"You were sick!"
Estefan said when I
was well enough to
make it back to his
store. He sounded very
concerned.

"I am better now," I told him. "And the sofa cover is fabulous!"

Estefan smiled. It was worth waiting for.

Till next time, Carrie

Breaking Bad



wonderful congregation. The WOLFSIE

The

Wolfsies

belong to a

Funny Bone Universalist Unitarian Church is warm and welcoming. I wouldn't fix a thing.

More to the point, I can't fix a thing; yet, that's exactly what they asked me to do. Last week, there was a signup sheet posted for some opportunities to spiff up different aspects of the building. My wife and I wanted to help, but while jotting down our names on a sign-up sheet to help in the garden, the new head of the building committee approached me looking for some additional help with some needed repairs.

"Say, Dick, can you help us replace a broken window?"

"Sorry, I don't have a clue how to do that."

"Any experience with electricity?"

"Bulbs. I can change bulbs."

"How about plumbing? Can you assist with that?"

"I don't have a prayer."

I had to be careful. I used to belong to a temple back in New York. Jewish people have a blessing for everything and I didn't want to find out that I did have a prayer for plumbing.

"How about just cleaning?" he asked.

My wife was on my side with this one. "He doesn't even know how to do that at home," she volunteered. Mary Ellen loves to volunteer. What a trouper.

Why is repairing things so difficult for me? Growing up, everyone in my family was more adept at this kind of stuff. My father, for example, could fix anything. He'd go downstairs to his workshop with a broken vase or an electric can opener on the fritz and an hour later emerge from the basement to flaunt his success. How about some credit for me? Where would Dad have attained all that experience if I hadn't busted this stuff to begin with?

My mother was also skillful at repairing things. After all, she fixed dinner every night for 30 years. My brother was always in some kind of a fix. My uncle back in New York was accused of fixing an election for city councilman. And my sister? Well, she spent most of her free time fixing up her friends. Even our dogs were fixed. Fixing is in the Wolfsie blood. Everyone had some kind of repair skill but me. That's a tough fix to be in.

I used to have a great handyman. He installed our ceiling fan, rescreened the porch and patched up the leak in our roof. He charged \$50.00 an hour. "Unless you help me," he'd say, "then it's \$65.00." Now that he's gone, my wife's favorite expression is, "You need to call somebody." So I call the plumber, the electrician, the roofer, the computer repairman. Yes, I can't fix a darn thing, so I pay these guys at least 100 bucks an hour.

Here's a word of warning. If you are like me and can't fix anything, you will end up broke.

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

Butch Dale's Flashback Trivia

Answer: Nancy (Haynes) Norton

■ BUTCH

"No politician should ever let himself be photographed in a bathing suit." Adolf Hitler

"Today's public figures can no longer write their own speeches or books, and there is some evidence that they can't read them either." Gore Vidal

"He knows nothing, and he thinks he knows everything. That points clearly to a political career." George Bernard Shaw

"Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly, and applying the wrong remedies." Ernest Benn

"If you put the federal government in charge of the Sahara Desert, in 5 years there would be a shortage of sand." Milton Friedman

"The most terrifying words in the English language are: "I'm from the government and I'm here to help." Ronald Reagan

"A politician is just like

From Page A1

a pickpocket; it's almost impossible to get one to reform. Never blame a politician for not doing something. When they do nothing, they don't hurt anybody. When they do something is when they become dangerous. What makes it hard for them is every time a bill comes up, they have things to decide that have nothing to do with the merit of the bill. The principal thing is 'What will this do for

Get ready to listen to more promises, and stories, and tall tales, and facts mixed with fiction. This fall, we would like to vote for the best man or woman. But we dedicated voters will do what we always do...vote for the candidates we dislike the least.

me personally back

home?'" Will Rogers

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

South Schools Get STEM Certification

South Montgomery Schools recently got some good news from the Indiana Department of Education. Ladoga Elementary, New Market, Walnut Elementary and Southmont Junior High School were all certified as leaders in science, technology, engineering and mathematics (STEM) education. Those four schools are part of 20 throughout all of Indiana.

"STEM certified schools are committed to providing highquality, engaging experiences that not only support students in developing problemsolving skills, but also prepare them for careers in emerging industries," said Dr. Katie Jenner, Indiana Secretary of Education. "Ensuring every student in Indiana can meet the challenges and opportunities of a constantly evolving workforce begins with

education, and these schools are leaning in to meet the needs of Hoosier students."

high-quality STEM

Created in 2015, the STEM Certification program recognizes schools committed to teaching STEM disciplines beyond the classroom. STEM Certification exemplifies a highly innovative approach to education, employing a great deal of inquiry, project-based learning community engagement, entrepreneurship, student-centered classrooms, integration into humanities and related arts and out-ofschool STEM activities. For secondary schools in particular, earning STEM Certification requires heightened intention and coordination in terms of vision, scheduling and interdisciplinary collaboration. More than 100 schools statewide hold STEM Certification.

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Indiana-Built 2024 Lexus TX, 2025 Buick Enclave are the Three-Row Crossovers Their Luxury Brands Need







Photos courtesy of Lexus







Photos courtesy of Buick



Auto Reviews When it

one of the first luxury automakers to introduce WILLIAMS a crossover launched

the stylish RX in the late 1990s. Through multiple generations, the RX has become an anchor of the brand. But Lexus never had a proper three-row crossover, essential for attracting upscale families and retirees. It needed a luxury version of the venerable Toyota Highlander, and for 2024, it gets exactly

Long and Tall

Styling is a blend of Highlander and Lexus. The long and tall proportions are shared with the Highlander, which also shares its Princeton, Indiana assembly plant and platform, but details identify the TX as a Lexus. The brand's "spindle grille" is present, but more muted with body color slats and accented by sparkling LED headlamps under swoosh driving lights. The side view is highlighted by crisp body creasing, 20" wheels, and floating roof with chrome flourishes. Around back, check thin taillamps and LEXUS spelled across its footoperated power rump.

If you've been in recent Toyota and Lexus models, the TX will feel like home. Flatscreen gauges and an intuitive 12.3" touchscreen convey information while devices connect wirelessly through Apple CarPlay, Android Auto, and console charging. It's pretty luxurious, too, with heated/ventilated front seats. heated/ventilated rear captain's chairs, and a heated steering wheel. Actual adults fit in the third-row. My daughter and I thoroughly enjoyed the Mark Levinson audio system and panoramic moonroof as we sang the Wonka soundtrack on the way to Grandma's. The flipwrist gear selector was a pain at the carwash, but the TX is a

Typical for Toyota and Lexus, Safety checks all the boxes for automatic emergency braking, blind spot warning, front/rear cross path detection, and lane keep assist. Add to that lane tracing and safe exit assist that prevents passengers from stepping into traffic. Go forth with confidence all you consider family will arrive safely.

welcoming space in

which to travel.

Plug or Not

You can get the TX as a hybrid or plug-in hybrid, but ours saunters forth with the base 2.4-liter turbocharged fourcylinder engine that delivers 275 horsepower and 317 lb.-ft. of torque enough to pull up to 5,000 lbs. of boat, RV, or classic car. Frontdrive is standard, along with an 8-speed automatic transmission, but ours stepped up with allwheel-drive for those snowy frozen mornings (or muddy path to the weekend cabin). Even without a hybrid system, the TX delivers a responsible 20/26-MPG city/highway.

I used the TX as would many of you. I carried my family on a long Interstate drive to visit relatives, picked up my daughter at school, dropped her at piano lesson, and drove through city traffic to get to the office. We collected groceries, picked up yard supplies, and took a nice Sunday drive in the country. The fourwheel independent suspension feels much like it would in a giant Toyota Camry, but it rumbled over rough pavement, rode comfortably, and handled itself with grace. That said, you never forget it's a big rig, designed more for carrying families than making haste in the

twisties.

Why it took decades for the inventor of luxury crossovers to hit the heart of the family travel is mysterious, but by sharing all Toyota learned from the Highlander while applying luxury and style demanded by Lexus customers, the TX350 mostly hits its mark. A base price of \$55,050 -\$69,044 as-tested puts the TX against the Lincoln Aviator, Cadillac XT6, Acura MDX, Hyundai Palisade, Jeep Grand Cherokee L, and redesigned 2025 Buick Enclave.

Preview - 2025 Buick Enclave

Buick has a long history of offering world-class, stylish and powerful flagship luxury models, and since XXX, that's extended to the threerow Enclave crossover. GM's near-luxury brand has big changes in store as it heads into its third generation.

In truth, this longer, wider, and taller Escalade is not completely new, but it sure looks it. Cribbing design cues from the smaller Encore and Envista crossover, the Enclave adopts their gaping grille, signature winged lighting, LED headlamps, and crosscar LED taillamps. It's decidedly sportier. Avenir models add walkup lighting animation

and 22-inch wheels. Artful expressions of the red, white, & blue Buick family crest adorn both ends.

Interiors are dominated by a 30-inch-diagonal display screen that wraps from the instrument cluster to infotainment screen.

Artfully rendered, it provides access to the available 16-speaker Bose Audio system and devices connected through wireless Apple CarPlay and Android Auto. Going beyond the usual, front seats offer heat, ventilation, and massagers on Avenir trim.

The Enclave is the first Buick with GM's handsoff Super Cruise system that can be used on approved roads (mostly divided highways). And,

it will ride those roads with authority given a 2.5-liter turbocharged four-cylinder engine delivering 328 horsepower and 326 lb.ft. of torque. Tow up to 5,000 lbs. All-wheeldrive and an adaptive suspension system are available.Safety systems include blind zone steering assist, automatic emergency braking, and lane keep assist.

Sales begin later this summer with production coming from GM's crossover plant in Lansing, Michigan. Expect prices to start around \$45,000.

Storm Forward!

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

2024 Lexus TX350 Luxury

Seven-passenger, AWD Crossover Powertrain: 2.4-liter T4, 8-spd trans Output: 275hp/317 lb.-ft. torque Suspension f/r: Ind/Ind Wheels f/r: 20"/20" alloy Brakes f/r: disc/disc Towing: 5,000 lbs. Fuel economy: 20/26 mpg city/hwy Assembly: Princeton, IN Base/As-tested price: \$55,050/69,044

Likes

Dislikes

- · Roomy interior · Analog
- · Mark Levinson audio
- · Turbo power
- suspension
- · Gear selector
- Frumpy proportions

estrogen alone, only

suitable for women

breast cancer risk.

hysterectomy, lowered

However, combination

therapy with estrogen

and progestin slightly

increased risk, similar

to the effect of one or

bone fracture risk was

groups. These findings

offer a clearer picture

of hormone therapy's

decisions about its use.

Please visit

us online:

risks and benefits,

allowing women to

make informed

two daily alcoholic

drinks. Importantly,

reduced 33 percent

lower across all age

who've had a

Montgomery Medicine with Dr. John Roberts: Hot Flashes



JOHN R. ROBERTS, M.D. Montgomery Medicine

in unusual places. A few months ago I was pulled aside at a store and

Sometimes

I get asked

questions

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 flushes.

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 a woman's 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) causing a release of heat from the body, or to constrict

(vasoconstriction)

conserve heat.

which helps the body

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. This can result in poor sleep, likely contributing to daytime irritability and cognitive difficulties such as poor memory and concentration that are described by many menopausal women.

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 is may be helpful and probably not harmful. Recall that herbs are not regulated by the FDA. If a woman is interested in using it, I usually recommend Remifemin® which is a standardized preparation. The antidepressant venlafaxine or Effexor® can also be helpful.

Estrogen replacement remains the most effective treatment for hot flashes. Treating menopausal symptoms with estrogen fell out of favor about 20 years ago when the results of the Women's Health Initiative (WHI), a very large study of 160,000 postmenopausal women between 50 and 79, were announced. Taking estrogen appeared to increase the risk of breast cancer. cardiovascular disease,

stroke and blood clots in the lungs. However, an analysis

of long-term follow up

data of women in the WHI study published this May in the journal JAMA (bit.ly/4ah1MDY) showed that most women less than 60 years of age are at low risk when taking estrogen. The original findings seem to be biased due to the data being skewed by older women in the study.

Researchers compared mortality rates in women using hormone therapy to those taking a placebo. They found no difference in overall deaths regardless of age. There was also no significant change in heart attack risk for hormone users compared to the control group. The 2002 report suggesting increased heart risk was not confirmed in this new study. Stroke risk among young hormone users was relatively low — less than one extra case per 1,000 women using estrogen-progestin therapy and no excess risk with estrogen alone.

breast cancer. Taking

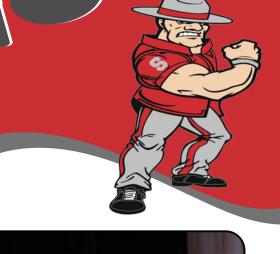
The two main types of hormone therapy had

thepaper24-7.com The Paper opposing effects on

THE PAPER OF MONTGOMERY COUNTY **SALUTES**

SOUTHMONTS

ACADEMIC AWARD AND SCHOLARSHIP WINNERS





From left, Logan Link, Brett Keller, Kyler McCandless, Blessing Smith, Jesse Smith, Zaryah Paul, Hanna Long, Ryan Bowman, Hailey Hester, Jacob Fox, William Myers, Waylon Gomez, Abigail Sayler, Chloe Jenkins, Nichole Spurr, Jessica Bradley. The students not shown are Calinn Murphy, Joshua Troutman, Alana Bowman (Salutatorian) and Megan Andrews (Valedictorian).



Indiana Percussion Association with presenter Elizabeth Newnum and Valedictorian Megan Andrews



Salutatorian Recognition with presenter Assistant Principal Raymond Jones and Alana Bowman



Ladoga Tri Kappa Scholarship with presenter SHS counselor Brad Acton and Joshua Troutman



Valedictorian **Megan Andrews**

Salutatorian Alana Bowman

Top 20 Seniors

Megan Andrews Alana Bowman Joshua Troutman **Calinn Murphy** Jessica Bradley **Nichole Spurr Chloe Jenkins Abigail Sayler Waylon Gomez** William Myers **Jacob Fox Hailey Hester** Ryan Bowman Hanna Long Zaryah Paul **Jesse Smith Blessing Smith** Kvler McCandless **Brett Keller** Logan Link

Agriculture Award Jenna Bushong

Military Awards: Semper Fidelis Music

Excellence **Megan Andrews**

Distinguished Athlete

Wyatt Woodall DeLorean Mason

Scholastic Excellence Megan Andrews

Military Recognition

Dawson Mason **Waylon Gomez**

Amber Power Sparks

Scholarship Hanna Long

American Legion Auxiliary Academic Award Jesse Smith

American Legion Gronert Award Megan Andrews

Art League of Montgomery County Katherine Pinchin

Baldwin Memorial Lodge Scholarship

Hanna Long **Bob and Margaret Buser**

> **Scholarship Megan Andrews**

> > **Bob J. Tandy Scholarship Hayden Hess**

Cole Petty Scholarship Jenna Bushong

> **Dave Winningham Ethan Nelson**

Delta Kappa Gamma Marlin Williams

Distinguished Young

Women **Abigail Sayler**

Dollars for Scholars

Megan Andrews Ella Brewer Hanna Long **Hailey Hester Brett Keller** Logan Link Johnna Miller **Cheyenne Shaw** Joshua Troutman **Wyatt Woodall**

Dr. Smullen Scholarship **Hailey Hester**

Edith Bolts Nursing

Scholarship Sydney Cox Olivia Gray **Hailey Hester**

Hanna Long **Harmonee Margison Madison Willhite**

> **Edith Strickler Scholarship** Hanna Long

Edmond and Martha Lauer Scholarship

Cheyenne Shaw

Florence and Lee Servies **Scholarship**

> Kela Johnson **Brie-Ann Million**

Frances E. Gray **Scholarship**

Abigail Sayler Olivia Gray **Wyatt Woodall**

Fred and Ina Clark **Hailey Hester**

William Myers **Abigail Sayler Brett Keller**

Future Educators

Marilin Williams Haley Burton Kela Johnson **Hayden Hess** Johnna Miller **Grace Simpson**

Allie Rhodes

Brie-Ann Million

Sybil & T. Herman Davis **Tuition & Merit Scholarships**

> **Kasey Line Calinn Murphy** Alana Bowman **Megan Andrews** Jessie Bradley Hanna Long

Hoosier Heartland State Bank Scholarship

Nolan Boyer

Indiana Farm Bureau **Scholarship Grace Simpson Hailey Hester**

Indiana Percussion Association Megan Andrews

Indiana State University Scholarship Ella Brewer

Ivy Tech Chancellor's Opportunity

Scholarship Rachel Rhoads

James and Patti

Pearson Brie-Ann Million

Jeff McClaskey **Scholarship** Jessica Bradley

Jerry and Dorothy Servies Vaughn Wyatt Woodall

John and Ruth Isaacs **Family Scholarship Brett Keller**

Joseph and Clara Smith **Scholarship**

Jessica Bradley

Kiwanis Club-Pat Cline **Memorial Scholarship** Ella Brewer

> Kiwanis Indiana **Foundation** Ella Brewer

Ladoga Tri Kappa **Scholarship** Joshua Troutman

Lakeside Book Company

Kela Johnson

Madonna Everhart and Betty Howard Nursing Scholarship

Hailey Hester Hanna Long

MIBOR Scholarship Hailey Hester

Sybil & T. Herman **Davis Tuition & Merit** Scholarships by presenter Chip Timmons. From left, Chip Timmons, Kasey Line, Calinn Murphy, Hanna Long, Alana Bowman, Megan **Andrews and Jessica**

Bradley.

Montgomery County Civitan Club **Abigail Sayler**

Mt. Zion United **Methodist Church Scholarship**

Marlin Williams **Next Generation Hoosier Educators Scholarship**

Grace Simpson Nucor Foundation Scholarship

Jenna Bushong **Kyler McCandless Nucor Engineering**

Scholarship Megan Andrews

Academy Ayden Dickerson

Nucor Technical

Parke County REMC Joshua Troutman

Pauline Conover

Logan Link Kela Johnson

Rhoads Family Memorial Scholarship **Rachel Rhoads**

> **Ripley Township Shelby Chieppo**

Rotary Club Scholarship Megan Andrews

Thelma Biddle Nolte Scholarship

Johnna Miller **Brie-Ann Million**

Van Johnson **Scholarship Courtlyn Carpenter**

Walnut Township Community Scholarship

Megan Andrews Cheyenne Shaw

William H. Earley **Madelyn Bower**

Allie Rhodes

William and Louise

Allen

Megan Andrews

FOR THE RECORD

SOUTHMONT SCHOOLS BOARD OF TRUSTEES

Regular School Board Meeting Corporation Board Room Monday, May 13, 2024 - 6 p.m.

Public Meeting

I. Call to Order
II. Pledge of Allegiance

III. Roll Call

IV. Welcome and Recognition of Visitors. We will be recognizing Student/Staff of the Month.

V. Revisions to the Agenda

VI. Public Comments

VII. Consent Agenda:

(minutes, monthly claims, field trips/facilities usage, contributions/gifts and personnel)

Minutes from previous meetings Claims/Payrolls

Personnel:

-Lucy Johnson - English Teacher -Southmont High School.

-Alison Burris - Science Teacher -

Southmont Jr. High School.

-Approve resignation of Michelle Eisenhart, Science Teacher - High School

- effective

May 24, 2024.

-Approve resignation of Hannah Crosby -Teacher Aide - New Market Elementary effective May 2, 2024.

-Approve resignation of Alison Burris -Instructional Aide - Southmont Jr. High effective end of 2023-24 school year.

-Approve resignation of Alison Burris -Regular Bus Route driver - effective end of 2023-24 school year.

-Bo Taylor - Technology Aide.

-Approve retirement of Cindy

Hockersmith - Bus Driver - effective end of 23-24 school year.

-Greg Sutton - 8th grade Baseball Coach - Volunteer.

-Bailey Thompson-Long - JH Softball Coach - Volunteer.

-FFA Trip to Purdue University, West Lafayette, IN for June 18-20, 2024.

-Approve Montgomery County

 ${\tt Educational\ Foundation\ grants.}$

-Approve Chartwell's for Food Service Management Company.

-Approve handbooks for Ladoga

Elementary, New Market Elementary, Walnut

Elementary, Southmont Jr. High School and Southmont High School.

VIII. Items for Action: IX. Report from Superintendent:

X. Items for Discussion by the Board XI. Adjournment

XI. Adjournment

Notice of Meeting Montgomery County Council and Board of Commissioners

Montgomery County Government Center 1580 Constitution Row May 14, 2024 8 a.m. The meeting will occur just prior to the regular Council meeting. They will discuss projects and other items of mutual interest.

MONTGOMERY COUNTY BOARD OF COMMISSIONERS MEETING

MONDAY, MAY 13, 2024

8 a.m.

CALL TO ORDER Board President John E. Frey

PLEDGE ALLIGENCE and PRAYER CONSENT AGENDA

Approval of Claims: AP & Payroll

Minutes: April 22, 2024

PUBLIC HEARING -Petition to Vacate Jackson Street & Unimproved Alley -Parkersburg, IN

Petition filed by Dwayne L. Scott, Jr. to vacate an unimproved alley and Jackson Street in Parkersburg, Indiana. The adjoining landowners have been notified

via certified mail and the Notice of

Hearing has been published in the Journal Review & The Paper.

OLD BUSINESS

Health Department -Truck Quotes Quotes have been obtained by: D Patrick Truck-2024 Ford F-250XL -\$48,141.25;

York Automotive Group -2024 Dodge Ram 2500 -\$48,127.25;

Lafayette Ford Lincoln -2024 Ford F-250 -\$51,820;

The department will use the current 2009 truck as a trade-in.

NEW BUSINESS

Open Proposals -4.77 acres orchard/timothy/alfalfa mix
Notice has been given that the
Montgomery County Commissioners will receive sealed proposals and bids until the hour of 8:00 a.m. on Monday, May 13, 2024 at the Commissioner's Office.
Proposals will be opened at the meeting on Monday, May 13, 2024, at 8 a.m.
Pay App #4 -2022 Taxable Economic Development Revenue Bonds (IAW/CSX Project)-Pay App 4 approves bond payment of \$1,314,015.37 to Indiana American Water for the

(IAW/CSX)construction and infrastructure for the Tempur Sealy water project. Statement of Work -Resilient Strategies, Inc. Proposal for Facilitation of Tabletop Exercise for the Montgomery County LEPC -\$5,495

Tabletop Exercise for the Montgomery County LEPC -\$5,495

Resilient Strategies has submitted a proposal for a tabletop exercise. The proposed services cover the planning, preparation, conduct, and summary of the planned exercise at a fixed cost of \$5,495. They will be using HSEEP (Homeland Security Exercise and Evaluation Program) methodology and will utilize the guidelines to conduct an

efficient planning process and ensure the exercise meets their objectives. To meet the objectives discussed for the Montgomery County LEPC, this includes: Tabletop Exercise

Planning: Combined Concepts and Objectives and Initial Planning Meeting; Mid-Term Planning Meeting; Secure Project Management Web Site.

Preparation: D

Development of Exercise Evaluation Guides; SITMAN Documentation; Facilitator and Evaluator Training, including HSEEP based guidance documentation; Final Planning Meeting Conduct:

Exercise and Hot Wash Facilitation, Control, and Evaluation Team for the tabletop exercise.

Summary:

After Action Meeting & Draft After Action Report/Improvement

Plan

INDOT Unofficial Detour Letter of Understanding -US136 4.2 over Raccoon Creek

Unofficial local detour for 136 closurethis will use CR600 S to CR1050 E. This ULD will be able to hold INDOT responsible if any damages while the closure exists. The closure is expected to be closed 14 days.

ORDINANCES

2nd Reading Ordinance 2024-11 Adopting a Policy for Disposal of Lost or Abandoned Personal Property by Sheriff Sheriff's Office often comes into possession of lost or abandoned personal property that is unclaimed. The Sheriff has requested the BOC adopt a policy for the disposal of lost or abandoned personal property if the rightful owner cannot be located and/or the property remains unclaimed. The Sheriff requests that in such circumstances the Sheriff be authorized to release the property to its owner or, if the owner cannot be located, then the Sheriff be authorized to dispose of the property as surplus property. **RESOLUTION**

Resolution 2024 -11 - Resolution Determining Need for Project The BOC have determined a need for renovation of the Montgomery County Courthouse. In order for the BOC to move forward with the Project, it intends to approve funding needed for the Project. A leasing entity is required to own the real estate on which the project will be renovated to be leased to the County and real estate on which the project will be renovated to be leased to the County and the County is required to have the value of the Property determined by two independent appraisers. The BOC has received one independent appraisal from Sedgwick Valuation Services Division and accepts and ratifies the appraisal. The resolution ratifies and approves the appointment of an additional independent appraiser in order to determine the fair market value of the Property. The resolution authorizes the circulation of proposed petition of taxpayers requesting the lease of the

OTHER BUSINESS ADJOURNMENT

Project.

Next meeting Tuesday, May 28, 2024 @ 8 a.m.

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.

The Paper of Montgomery County presents...

Exploring Britain & Ireland

September 14 – 28, 2024





For more information contact Collette

1-800-581-8942

Please refer to booking #1240271

THE PAPER

Kiwanians Salute MoCo's Top Students



North Montgomery High School



Southmont High School



Photos courtesy Crawfordsville Kiwanis

Crawfordsville High School

The Crawfordsville Kiwanis Club recently honored the academic achievements of the top 15 senior students from each of the three **Montgomery County** High Schools. These exceptional students, who have demonstrated outstanding academic prowess, were invited to a celebratory luncheon hosted by the Kiwanis Club, featuring Dr. Roberto Gallardo, Vice President for Engagement and Director of the Purdue Center for Regional Development at Purdue University, West Lafayette, IN, as

Dr. Gallardo's address focused on the importance of engagement, service, and personal growth, imparting valuable insights to the attending students through four key pillars:

the keynote speaker.

- Investing in the Community: Encouraging students to consider returning to Montgomery County after completing their education, utilizing their talents and skills to contribute to the local community.
- Championing Goals: Inspiring students to become

- champions of their aspirations, emphasizing the significance of determination and perseverance in achieving their
- Public Service:
 Advocating for public service as a means to effect positive change,

dreams.

- urging students to consider roles in public office to serve their community and beyond.
- Entrepreneurship: Encouraging entrepreneurial spirit among students, highlighting the potential for innovation and economic growth through starting their own businesses.

The event also featured recognition of the outstanding students from each school:

North Montgomery High School:

Gavin Berry
Kyle Bowman
Alexander Chapman
Miranda Crowe
Ella Fritzen
Brooklynn Hamm
Jarrod Kirsch
Paul Lueking
Sophia Morris
Sydney Neideffer
Eva Rose
Brent Runyan
Zurisadai Santana

Roldan

Emily Schaub Trista Thomas

Southmont High School:

Megan Andrews Alana Bowman Ryan Bowman Jessica Bradley Jacob Fox Waylon Gomez Hailey Hester Chloe Jenkins Hanna Long William Myers

Calinn Murphy Saryah Paul Abigail Sayler Nichole Spurr

Crawfordsville High

School:

Joshua Troutman

Thomas Bowling
Tyson Fuller
Whitman Horton
Elizabeth Jeffries
Hayden Jeffries
Aleyah Jones
Campbell Mason
Jada Moore
Jaycie Myers
James Novak
Kristin Thompson
Brenden Warren
Gabrielle Warren
Nivek Witt
Zion Zacarias

The Crawfordsville
Kiwanis Club extends
heartfelt
congratulations to all
the recognized
students for their
remarkable
achievements and
wishes them continued
success in their future
endeavors.

Invasive Species Management Class in June

I bet when you hear
"invasive species" you
think of Emerald Ash
Borer, and maybe
Dutch Elm Disease. Do
you think of Asian Carp
or Bradford/Callery
Pear Trees? What about
Burning bush and
poison hemlock? You
probably see an
invasive species every
single day.

In June, Purdue **Extension Montgomery** County will be hosting a 4-Week Invasive Species class to learn more about invasives. The class costs \$35 for all four classes, and space is limited to 20. The class will be on Tuesdays, June 4, 11, 18, & 25th Time: 5-7 p.m. Location: Fusion 54 in the 3rd floor Conference Room

Module 1 – June 4 – Introduction to Invasive Species Module 2 – June 11 – Reporting, Recording, and Tracking Module 3 – June 18 – Invasive Forest Plants Module 4 – June 25 – Invasive Species in the Home Landscape

Supplementary Weed ID Walk:
Invasive Species are a major threat to Indiana's ecosystems and economy, causing significant harm to native plants, animals, and habitats. In this educational series led by Purdue Extension, you'll learn how to:

- 1. Identify, report, track, and control invasive species in aquatic, forest, agricultural, and home landscape settings.
- 2. Choose and incorporate native plants into your home landscaping. Please consider joining

the class. If you cannot commit to the fourweek class,
Montgomery County
CISMA will be hosting an Invasive Plant ID
Walk at Sugar Creek
Nature Park on June 20,
5-7 pm. The Invasive
Plant ID Walk is FREE and open to the public, as well as the participants in the class.

Tricia Herr is the Purdue Extension Montgomery County Ag and Natural Resources Educator



Witham Celebrates Hospital Week

National Hospital Week is May 12-18, 2024 and is the nation's largest healthcare observance. It unites healthcare facilities across the country in saluting their employees and reaffirming their commitment to the patients and communities they serve.

Witham Health Services, with locations in Montgomery and Boone counties, celebrates National Hospital Week honoring the teamwork and dedication of its employees. Witham was officially founded May 13, 1915 so this week coincides perfectly with these national observances and has been named "Witham Week" by those at Witham Health

the team at Witham has festivities planned for each day. With Sunday as Beach Day, Alma Mater/Sport Monday, Twin Tuesday, Witham wear Wednesday and Superhero/Disney Thursday as a few examples, you may see some funny characters around the Witham campuses. Selfie stations, prizes and treats all week to celebrate the awesome Witham team and all they do for our community.

National Hospital week also provides an opportunity to thank all of the dedicated individuals – physician, nurses, therapists, engineers, food service workers, volunteers, administrators and so many more – for their contributions. Every community has health

care workers that work day and night to provide care on the front lines of public health while creating innovative ways to support the needs of their community members. Hospitals and health systems support public health nationwide by ensuring equitable access to care, leading innovative research and educating the public on prevention and wellness. "This important week gives us all the opportunity to celebrate our health care teams that provide hope and healing, and who support the health and well-being of our communities through dedication and care from the heart." said Kelly Braverman, President/CEO Witham Health Services.

Thank you for subscribing!

Wabash.

TRAVEL COORDINATOR

Wabash College seeks candidates for its open position of Travel Coordinator. The Travel Coordinator serves a critical role for the College related to travel management including travel arrangements, contracting, and reporting. The position is responsible for coordinating domestic and international travel for faculty and staff, student immersion travel and individual class trips, and other group travel events. The Travel Coordinator supports other programs of the College including arranging local ground transportation, scheduling vehicles and drivers, and managing the driver eligibility process. This position assists in the preparation or review of travel expense reports, recharges motor pool costs, and orders foreign currency. This position will report to the Director of Auxiliary and Insurance Services and may require some evening and weekend work.

To learn more about this position and how to apply, please visit the College's website at www.wabash.edu/employment.

Wabash College, a liberal arts college for men, seeks faculty and staff who are committed to providing quality engagement with students, high levels of academic challenge and support, and meaningful experiences that prepare students for life and leadership in a diverse, multicultural world. We welcome applications from persons of all backgrounds. Wabash College is an Equal Opportunity Employer.

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