TODAY'S VERSE

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort

⇒ FACES of MONTGOMERY

People who call our community their own.



One of our roving photographers caught Cameron and Cooper outside and having fun and the boys were nice enough to offer a smile! 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).

⇒ THREE THINGS You Should Know:

Prophetstown State Park invites you to create a oneof-a-kind scarecrow for its 14th Annual Trail of Scarecrows, Oct. 1—Nov. 5. Support your local community, highlight an organization, promote special events or just show off your creativity to thousands of visitors this fall. This event is open to businesses and families alike. The scarecrows will be featured along Prophetstown's paved accessible trail. Promote recycling and upcycling by repurposing used items and materials to create fun (and funky!) art for this special event. It's free to participate and there are no registration fees. The public will have the chance to vote for their favorite scarecrows by making donations to the Interpretive Services Fund for Education, Arts, Culture and History Programs at Prophetstown State Park. By donating at least \$1, park guests can cast 100 votes for their favorite. Prizes are awarded for the most votes so spread the word to vote for your scarecrow. If you are unable to sponsor a scarecrow, please consider donating merchandise or gift certificates for contest prizes or gifting a monetary contribution for interpretive services

Come join artist Ellie Dieckmeyer for a fun class and make your own mixed media art piece. Instruction and supplies needed for students will be provided. Class will be on Thursday, October 12th. Choose either an afternoon session (1-3 pm) or an evening session (6-8 pm). Class is open to anyone 12 years and older. Cost is \$35. Classes meet at Athens Arts, 216 E. Main Street, Crawfordsville.

programs.

The Ladoga-Clark Twp Public Library will hold a special meeting to approve the library budget on October 17th at 5:30 pm at the library, 128 E Main St. Ladoga IN. This meeting will replace the regular October meeting of October 31st.



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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 extra-

neous 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 national think tank estimates that 3.2 million children may lose their child care as federal grant funding expires at the end of the month. Those dollars helped many centers keep their doors open during the economic tumult of the pandemic but Congress' stalemate on spending might mean it's too late for some providers.

Child Care Programs

Century Foundation, a progressive think tank, estimates that 70,000 child care programs nationwide would be impacted, roughly onethird of all the country's providers.

49,000 Century Foundation predicts that nearly 49,000 Hoosier children will lose child care and just over 1,000 programs will close — triggering a \$132 million loss in worker productivity and \$120 million in lost wages for parents.

59 Percent Of Parents

A 2023 survey from Arreaza's organization found that 59% of parents reported cutting back on hours or leaving a job because they couldn't find reliable, affordable child care. After losing that source of income, families often cut back on other expenses. Forty-four percent of families said they reduced food costs and over half, 55%, said they couldn't save while shouldering the cost of child care, which rivals the cost of full-time, in-state college tuition in Indiana and elsewhere.

Between \$700 and \$

Ouarles said she charges between \$700 and \$925 per month for each child. A family with two children could be paying \$1,400 monthly for care — essentially a mortgage payment, Quarles said. Without help, she still might need to increase prices to continue providing care for families. "It really needs to be as soon as possible. I'm doing everything I can to keep the doors open for the families I have," Quarles said.

57.8 Trillior

The national debt increased \$7.8 trillion during President Trump's four years in office to \$28 trillion, amounting to \$23,500 in new federal debt for every American.

Billion

For 35 days in late 2018 and 2019 when Trump was in the White House and Republicans held congressional majorities, Republicans shut the federal government down over a \$5.7 billion impasse on funding for the Mexican border wall, something Trump had repeatedly insisted that Mexico would pay for.

1,785,706 People!

When it comes to Indiana, the survey found that Indiana online gamers are among the most affected by insomnia - in 4th place overall. Here, 26% say they are sleep deprived due to their gaming activities, which equates to 1,785,706 people! Online-Solitaire.com was also able to identify specifically which towns and cities across Indiana are the most impacted - they found the local gamers in Anderson (29%) are the most affected by insomnia.

Sunrise/Sunset RISE: 7:43 a.m. SET: 7:30 p.m.







Today is...

- Day of Unity
- Child Health Day • World Habitat Day

What Happened On This Day

- 2002 Beltway sniper attacks begin. A series of coordinated sniper attacks occurred in Washington, D.C., Maryland, and Virginia. The attacks lasted 3 weeks and resulted in the killing of 10 people.
- 1950 Peanuts published for the first time. Charles M. Schulz's comic strip, Peanuts, was printed for the first time in 9 newspapers around the U.S.
- 1835 Battle of Gon zales. The first military engagement of the Texas War of Independence, the Battle of Gonzales, occurred on this day between Texas rebels and Mexican troops. This battle marked the beginning of Texas' War of Independence, which resulted in the establishment of the Republic of

Births On This Day

Texas.

- **1949** Annie Leibovitz American photographer
- 1890 Groucho Marx American comedian, actor

Deaths On This Day

- 1985 Rock Hudson American actor
- 1803 Samuel Adams American politician, 4th Governor of Massachu-

setts

HONEST HOOSIER

Here's a tip of the seed corn cap to Montgomery County's favorite daily. My friends there tell me that they're going to share Halloween chuckles and quotes all month long. Good on you guys!

🗢 TODAY'S HEALTH TIP

Don't smoke around kids - it can

lead to increased numbers of ear

Today's health tip was brought to you by Dr. John Roberts. Catch his column each week in The Paper and online at

infections and lung infections.

www.thepaper24-7.com.



INSIDE TODAY'S **EDITION**

Casey Williams.....A3 Classifieds.....A3 Carrie Classon..... A4

THE MONTGOMERY MINUTE

Say Cheese!

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 guestions). 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

There is something at work in my soul, which I do not understand." -Mary Shelley, Frankenstein

TODAY'S JOKE

Why do witches wear name tags? So that they can tell which witch is which!

OBITUARIES **NONE**



The Paper appreciates all our customers. Today, we'd like to personally thank Heather Barnette







PAGE A2 🗉 MONDAY, OCTOBER 2, 2023

First And Second **Place Teams Tie** With Third Trailing

The first place team of Jeff Cohee, Dan Welliever, Steve Snyder and John Stull scored tenunder-par in this week's Senior Golf outing. The second place team of Bill Boone, Jack Phillips, Sonny Shelton and Steve Walker managed to tie the first place team. The third place team of

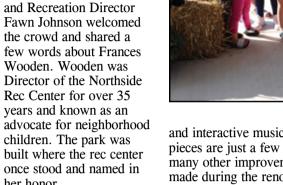
Dick VanArsdel, Greg Rister, Bill Combs, Bob Stephens and Jack Foos trailed behind with a score of seven-under-par.

Proxies went to Welliever and Mac Ingram on holes seven and thirteen, respectively. Longest drive of someone 80 years-old or older, went to Boone.





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Mayor Todd Barton explained the significance of the park's location before it became the Northside Rec Center, which sits adjacent to Bethel AME Church and was a stop on the Underground Railroad. Newly installed benches act as a historical timeline, with notable dates and facts etched into the bases. Play structures, a shelter,

It was an exciting Satur-

day morning on the north side of Crawfordsville as the community gathered

to dedicate the recently renovated Frances Wooden Park. Through funding from the Montgomery

County Community

summer.

her honor.

Foundation (MCCF) and

ville, the park underwent a

major overhaul during the

Crawfordsville Parks

the City of Crawfords-

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Dedication Held For Frances Wooden Park

Photo courtesy of MCCF

and interactive musical pieces are just a few of the many other improvements made during the renova-

He then thanked HWC Engineering who designed the park, and Spencer Construction Company, who built the park. "HWC Engineering was tasked with making this a fun space for children while also honoring the history of this location and did a great job." New play equipment, a shelter, and

interactive musical pieces are just a few of the many improvements made during the renovation.

Kelly Taylor, MCCF CEO, shared how this project is fitting of the Foundation's mission of "Building Bridges to Support the Future of Montgomery County," by connecting donors' philanthropic goals with needs for the benefit of the community. With a gift to MCCF in 2021, a private donor helped renovate the Kathy Steele Park. "Be-

LIVING WITH DIABETES CAN BE

cause of the great success of that park, the donor decided to keep going and we focused our sights on the Frances Wooden Park," Taylor shared.

Bethel AME Church Historian Vicke Hudson-Swisher, echoed the sentiments of the day at the end of the dedication. "I grew up on the north side and spent much of my childhood at the rec center with Frances. To see the improvements made here is wonderful for this neighborhood."

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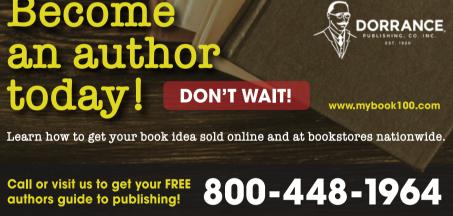
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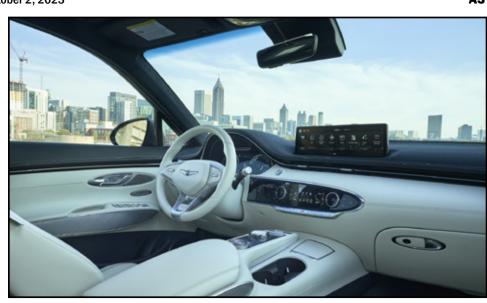






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Photos courtesy of Genesis and Porsche

2023 Genesis GV70 Crossover Electrifies Luxury Compact Crossovers

I'm as much into modern minimalism as anybody, but sometimes I'd like a little less being less and a little more being more. Take, for instance, a popular electric luxury compact crossover bearing a name that starts with the last name of a 19th Century innovator and ends with a letter we last explored on Sesame Street. I appreciate Tesla's style, but might prefer a dose of classic elegance combined with all the latest technology. The 2023 Genesis Electrified GV70 may be

that car. The GV70 was already debonair with its big grille, flowing forms, deep arching swage line in the bodysides, and rear window treatment that echoes the Porsche 928. The only clue this one is electric is the mesh-molded silver insert with a hidden door for the plug where a grille normally resides. The

long hood, quad front light strips, and equally thin taillamps continue. It looks especially fetching over 20" wheels and under a power panoramic sunroof.

Large screens for gauges, infotainment, and dual-zone automatic climate control glass up the cabin, but Nappa leather seats, sueded headliner, stitched dash coverings, and lush door panels dish deep class. Add fingerprint authentication juxtaposed against heated/ventilated front seats, heated rear seats, and a heated steering wheel. Wireless phone charging and Lexicon audio, same as in a Rolls-Royce, provide sweet tunes. Safety is enhanced by a head-up display, adaptive cruise, blind-spot intervention, and safe exit assist that prevents passenger from stepping into traffic.

Few will complain about onds of up to 483 horse-

2023 Genesis **Elect. GV70 Five**passenger, AWD Crossover

Output: 429hp/516 lb.ft. torque Suspension f/r: Adapt. Ind/Ind Wheels f/r: 20"/20" alloy Brakes f/r: regen disc/ disc 0-60 mph: 3.8s Range: 236 mi Fuel economy: 98/83 MPGe city/hwy Assembly: Montgomery, AL

the GV70's performance. Its electric drive sends 429 horsepower and 516 lb.-ft. of torque to the road through all-gripping all-wheel-drive. A Boost Mode button on the steering wheel allows 10 sec-

Base/As-tested price:

\$66,450/\$74,350

LIKES

Sexy styling Quick acceleration

Fast charging

power to zap 0-60 mph in just 3.8 seconds. Range is limited to 236 miles, but drivers can fast charge 10-80% in just 18 minutes. That's not a lot of range for a luxury crossover, but at least drivers can replenish quickly.

It's zippy, but also sophisticated. The adaptive suspension system reads the road ahead to anticipate rough pavement so it can adjust before it even bumps. A switch in the console adjusts the Drive Mode Select system through Eco, Comfort, Sport, and custom settings. The throttle is less sensitive in Eco, most sensitive in Sport. Steering adjusts accordingly too.

DISLIKES

· Limited range Heavy feel Hefty price

I drove in Eco and was impressed...until I clicked into Sport and the satin devil appeared. No matter the mode, the GV70 rides smooth and quiet.

The driving experience instills confidence, but the GV70 feels heavy when you put it into a corner. Some will like that, some won't. Range is abysmal for a premium luxury electric crossover wearing the price tag you'll soon see, but at least it can charge with the best of them. Beyond all that, it's a handsome little fiend with an interior that pampers passengers in egregious luxury.

One thing for sure: It's not cheap. Gasoline



CASEY WILLIAMS **Auto Reviews**

GV70s start at \$44,900, but Electrified versions rise from \$66,450 to our vehicle's \$74,350 sticker. Given that lofty outlay, also check the Tesla Model Y, Cadillac Lyriq, Mercedes-Benz EQB, BMW iX, and Audi Q4 e-tron.

Storm Forward!

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

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Antibiotics Are Good – Right?



There

doubt that

antibiotics

have saved

millions of

lives, but is

it all good

news? I

suspect

you have

is no

JOHN R.
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been seeing Medicine more news stories related to problems with overprescribing antibiotics that can result in antibiotic-resistant bacteria. Alexander Fleming, who discovered penicillin, warned of this inevitability in his Nobel Prize acceptance speech in 1945. Dr. Sally Davies, the former Chief Medical Officer of the United Kingdom,

has equated the critical

resistance to the risk of

health threat of antibiotic

terrorism. Each year in the United States, two million people are infected with antibiotic-resistant bacteria and 23,000 die. An excellent CDC report on the topic was published in 2019 and can be downloaded at bit. ly/2QlCpep. The primary cause of resistant bacteria is the overuse of antibiotics, both in medicine and agribusiness. This is also complicated by the fact that very few new antibiotics are being developed since there is little profit in drugs that will quickly become ineffective as bacteria continue to develop antibiotic resistance.

In addition to the growth of resistant bacteria and the infections associated with them, the overuse of antibiotics has also been identified as a probable cause of a number of other medical conditions involving the immune system. This is an absolutely fascinating and rapidly expanding area of medical research. It may hold the key to putting the brakes on many of the disease trends that have been on the rise in the decades since antibiotic use has become commonplace. Researchers have hypothesized that altering the bacteria that reside in the gastrointestinai tract and eisewhere in and on our bodies can lead to a number of medical conditions.

Shortly after we are born our bodies are colonized, both inside and out,

by trillions of bacteria. The entire collection is referred to as our "microbiome." In fact, some estimate that there are over ten times as many organisms in a person's microbiome than there are cells in the body, yet a person's microbiome is estimated to weigh only about seven ounces. Humans and the organisms in their microbiomes have evolved together over the millennia to form a finetuned symbiotic relationship – we gain certain things from the microorganisms and they, in turn, gain things from us. It is a truly fascinating relationship and one we are just beginning to understand.

One of the main interactions we have with our microbiomes occurs in our gastrointestinal tracts. The organisms colonizing our GI tracts have a very close association with the cells that line it. This close association is critically important for the training and regulation of our immune systems. The interaction of our microbiome with organisms outside of it (i.e. infectious microorganisms) is also very important in helping to develop our immunity.

So, what does all this have to do with antibiotic use? Depending on what antibiotic is taken and for how long, it can lead to varying levels of damage to a person's microbiome. More often than not, the person does not notice much difference – perhaps a little diarrhea or bloating that eventually resolves. However, the insidious effects can be very significant.

When a part of the microbiome is killed off, it may or may not be able to regenerate. If not, there are other organisms that are more than willing to inhabit the open turf. When this occurs, a couple of things can happen. First, the open space can be taken over by pathogenic organisms that cause disease. You may have read or heard about Clostridium difficile or "C. diff" infections. These are bacteria that normally live a peaceful life in the gut, but can become invasive and infect the wall of the intestine if a person's normal bacterial ecosystem is altered.

Second, the interaction

between the microbiome and the cells in the gut can be altered causing changes in immune system function. Since a properly functioning immune system is critical to maintaining health, altering it can lead to many diseases, particularly autoimmune diseases. These diseases result when the immune system does not recognize the normal body tissues as friendly and attacks them.

Inflammatory bowel disease (Crohn's disease and ulcerative colitis), diabetes, multiple sclerosis and rheumatoid arthritis are a few examples of autoimmune diseases. Other diseases such as allergies and asthma can be caused or worsened by an overactive immune system. It's hypothesized the microbiome is important in regulating and training the immune system to not over-react to an infection or allergen.

or allergen.

Another fascinating branch of this research examines the interaction of the microbiome and obesity. The microbiome is very important in aiding digestion and metabolism. Has altering people's microbiomes, perhaps through antibiotic use, led to or worsened the rates of obesity?

It is very likely many more diseases will be tied to altered microbiomes and that novel treatments such as replacing or altering our microbiomes may become commonplace. We are already witnessing the incredible success rates of fecal transplants (putting someone else's feces inside a patient) to treat conditions such as ulcerative colitis and resistant C. diff infections. In the meantime, you should avoid taking antibiotics unless they are definitely indicated. Remember that 90 percent of coughs and 80 percent of sinus infections are caused by viruses and will improve with time. And parents, be particularly cautious about asking for antibiotics for your kids – it's possible that early alteration of their microbiomes could lead to diseases later in life.

- Dr. John Roberts is a retired member of the Franciscan Physician Network specializing in Family Medicine.

Sunshine During The Month Of September



CARRIE CLASSON The Postscript

He was sitting outside his home on a tiny patio, wearing a fedora and smoking a cigar.

He had

a portable music player sitting beside him, and he looked as if he was enjoying the September sunshine about as much as anyone could.

"Good afternoon!" I said as I passed.
"Good afternoon!" he

agreed.

I don't smoke, but I like the smell of cigars. My grandpa smoked a cigar occasionally, and the smell of cigar smoke reminds me of my childhood. In fact, all of September reminds me of childhood.

I see yellow buses carrying kids to school and wonder how it is possible that school buses look so much the same, after all these years. I feel the same need for a new pair of shiny shoes. Autumn says that we should be putting on our new, shiny shoes and getting out our freshly sharpened pencils (remember that smell?) and heading off on adventures.

I actually bought new boots this fall. I've never had Dr. Martens and so I got myself a pair. I love them. My husband, Peter, says I look like Frankenstein—but I know he means that in the nicest possible way. With my new Dr. Martens all laced up, I feel as if I should be racing off to catch a yellow bus, or sharpening some pencils, or at least picking out some fancy new notebooks.

But there is no bus to catch, no new class starting. My life—as pleasant as it is—remains very much the same, while all around me, the season is signaling that big changes are coming.

I've often envied birds, who have a much busier social calendar than I have ever had. They arrive from who knows where in the spring, scope out the neighborhood build a house, raise a family, leave the neighborhood, and are back on the road by fall, headed off to parts unknown. By comparison—even with the occasional trip to Mexico—my life seems very dull.

Then there are butter-flies—who aren't even butterflies until they decide that's what comes next. They build themselves a cocoon and show up, looking like another creature entirely in a few weeks' time. It doesn't seem quite fair, buying a new pair of boots and trying to compete with that kind of transformation.

But although any transformation I attempt will pale beside the butterfly's, I think there might be

something hard-wired within me that says in the fall, "Now is the time to get ready!"

"For what?" I can't help but ask. And when I don't come up with a ready answer, I feel frustrated. Surely, I should be busy growing wings or, at the very least, storing up a winter's worth of acorns. Instead, I walk around in my shiny new boots, and I wonder if I shouldn't be doing something different—even if it's less ambitious than learning to fly or stockpiling enough food to live on for six

months.

And then I think about that fellow with the cigar and wonder if he isn't on to something.

Because it is going to get colder and certainly less pleasant than it is today. This is as true of autumn as it is of life. Any reasons I might have had for delaying doing things that sound like fun sound pretty foolish in the autumn.

I'm glad I bought those shiny new boots. I don't think I'll take up cigar smoking, but I'm going to try very hard to do something new in the September sunshine, something fun, before it's too late.

Till next time, Carrie

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

Protecting Our Water Resources Last especially downstream as If there are other con-



SPENCER DEERY Guest Columnist

night I joined 400 others at a meeting in Shadeland for a discussion about the proposal from the

Indiana
Economic Development
Corporation (IEDC) to
transfer large amounts
of water from Tippecanoe County to Lebanon,
primarily for the LEAP
project in Boone County.
IEDC officials were on
hand to present results
from the first phase of its

aquifer feasibility testing.
Toward the end, local leaders were invited to say a few impromptu words. I made it clear in my comments that I share the concerns of those in attendance, and I am working hard on legislation to protect our region from anything that would harm our wells, our own economic development, or the vitality of our aquifers and rivers.

While I strongly believe economic development should be among the state's highest priorities, and that we must never slip into the very human habit of opposing new ideas just because they are different and generate questions, it is completely reasonable for the people and leaders of Senate District 23 to have our doubts resolved before we support such a project. After all, our district contains more of the Wabash River than any Senate district in the state.

I have a long and substantial list of boxes that I would need checked before I could support such a project. They include the following:

Protecting rural communities downstream:
Will there be adverse impacts to rural Indiana,

especially downstream as the Wabash flows through District 23? Farmers and well owners need to be protected.

Protecting economic growth in Greater Lafayette: Would the project leave enough water for greater Lafayette's booming population as well as our own developing chips industry and economic growth?

Establishing rules for future water transfers: Indiana lacks adequate laws and safeguards to keep water transfers from occurring in reckless quantities or for unworth-while projects. This must be fixed.

Protecting tax dollars and property rights: Pipelines are expensive, and we need more answers about how the pipeline will be financed.

Promoting a transparent and accountable IEDC: As water decisions are made, who is making them and who will be held accountable for the merits of those decisions? With great power and large budgets come the need for accountability to the people. Have neutral experts been given the data to conduct a peer-review of IEDC's conclusions?

Environmental health for future generations: How will the rate of water recharge compare to the rate of withdrawal, and what are the implications if the aquifer is diminished?

Some of these boxes can only be checked by legislation (which I am working on), and some by neutral experts who should be involved in this process. You have my commitment to do everything I can to get the answers we need and to protect our interests, while also supporting our state's economic development as much as we prudently can.

If there are other concerns or questions I should consider, please share them by email at Senator. Deery@iga.in.gov or by phone at 317-232-9517.

Supporting Healthy Hoosier Families

One of my priorities as your state senator is ensuring families are well-supported. This is why I was pleased to pass a new state budget providing financial resources to community-based organizations throughout Indiana that work to foster healthier, happier families.

These organizations

- include:
 Real Alternatives,
 which provides wraparound services to
 pregnant women and new
 mothers;
- The Nurse-Family Partnership, which provides nurse home visits to expectant mothers;
- All Pro Dad, which promotes responsible fatherhood; and
- fatherhood; and
 The Indiana Alliance
 of Boys and Girls Clubs.

The budget also funds important public programs like Safety PIN grants and My Healthy Baby, which now serve pregnant women in all 92 counties. The budget also includes financial support for parents by expanding the income tax exemption for new dependents and continuing to fund an adoption credit, which was increased tenfold by the General Assembly in 2022.

Healthy families are critical to the success of our young people, and I will continue to support efforts ensuring Indiana remains a great place to raise a family.

- Spencer Deery is an Indiana State Senator serving District 23 which includes Fountain, Parke, Vermillion, Warren and portions of Montgomery and Tippecanoe counties.



