

➔ TODAY'S VERSE

*Psalms 117:1 & 2 O praise the LORD, all ye nations: praise him, all ye people. For his merciful kindness is great toward us: and the truth of the LORD endureth for ever. Praise ye the LORD.*

Meet Gus Gus



Gus Gus is a handsome 6 year old male black domestic shorthair cat available for adoption at AWL since 3/31/23 (stray). Gus Gus has tested positive for FeLV (Feline leukemia virus) and FIV (Feline immunodeficiency virus). Both diseases are not contagious to humans, but can be spread to other cat/s living in the same household. Gus Gus would have to be the only cat in the household, or be adopted out with other FIV/FeLV positive cats due to his medical condition. Gus Gus is affectionate, friendly, and playful. Gus Gus is looking for a place to call his own with a kitty tree and comfy bed! Gus Gus is neutered, dewormed, and up to date on his shots. FeLV+ cats still have plenty of love to offer! AWL is open Monday-Friday from 12:15p-5p and Saturday's from 9:30a-3p. Come say hi!!

# The Paper

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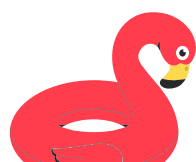
## BTN

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!

### ROLL OUT THOSE . . .

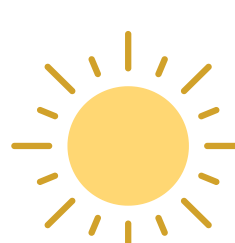
What was it Nat King Cole sang? **Roll out those lazy, hazy, crazy days of summer . . .** Dust off the sun and moon and sing a song of cheer. By The Numbers takes a look this week at one of our favorite seasons – summer! (And remember Mitch Miller's fun version of this one as well?)

**17**




The number of days until the astronomical first day of summer in the northern hemisphere. For those keeping score at home, summer officially begins on June 20 at 4:51 p.m. here.

**14:59**




The amount of hours of sunlight we should get in Indiana on that first day. Sunrise on June 20 occurs at 6:17 a.m. and sunset follows 14 hours and 59 minutes later at 9:16 p.m.

**94**




That's how long summer lasts this year. We don't know about you, but we'll be enjoying every minute of it until Sept. 22

**2**

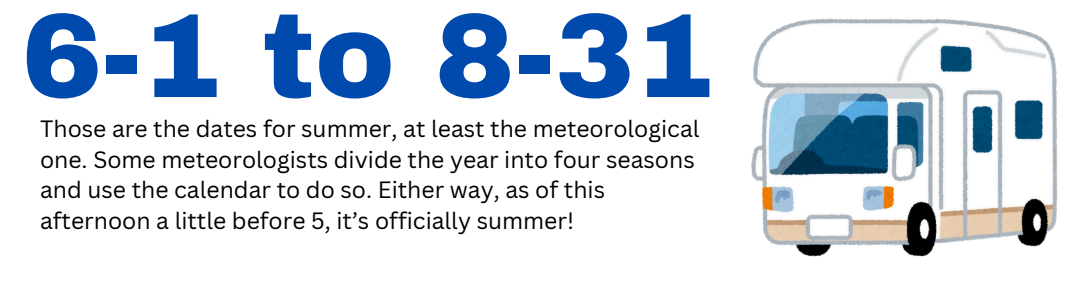


The number of degrees our friends at Accuweather tell us that temperatures are forecast to be above historical averages this summer.

**6-1 to 8-31**



Those are the dates for summer, at least the meteorological one. Some meteorologists divide the year into four seasons and use the calendar to do so. Either way, as of this afternoon a little before 5, it's officially summer!



### Butch Remembers Harry's Typing Class



Harry Inskeep helping his prize student, Rick Ward



#### BUTCH DALE Columnist

Yes, I admit it. I still use a typewriter here at the library. I have used an electronic typewriter for many years, but it bit the dust two months ago. I purchased a used one on E-Bay, and while waiting for it to arrive, I dug out the library's old Olympia manual typewriter, which weighs about thirty pounds. Still works great. Nope, they don't make 'em like that anymore!

I took typing class in high school in the 1960s, and we used Royal manual typewriters. Harry Inskeep was our typing teacher. Harry was a nice guy, but getting up there in age and just kind of finishing out his teaching career. After realizing my potential in junior high, with the encouragement of teacher Anna Faye Stevenson, I was determined to earn all-A's in high school. I knew I could do it; however, I was concerned about typing class as it requires actual skills instead of brain power. When people type, they do it automatically without much thinking, similar to playing a band instrument. I think too much. I couldn't even play the simple song flute in 6th grade music class!

Not to fear though, our class had a little extra help. Mr. Inskeep administered timed tests in which he set the clock for 20 minutes while we typed. He would then munch on a snack (which was always on his desk), lean back in his chair, and take a nap...waiting for the clock's buzzer to sound when time was up. After he was sound asleep and snoring, a boy would sneak up to his desk and add five or ten minutes to our time...very handy! And on more than one occasion, while Harry was snoozing, Rick Ward peeked at the upcoming typing tests. He passed these out to everyone, and when the test day arrived, many of my classmates already had the assigned test typed out. They acted like they were typing up a storm, and then

➔ See BUTCH Page A3

#### ➔ TODAY'S HEALTH TIP

Applying heat to an injury the first few days can actually make it worse.

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



#### ➔ TODAY'S QUOTE

"Dad, a son's first hero and a daughter's first love."  
Unknown

#### ➔ TODAY'S JOKE

What's gray, has four legs and a trunk?  
A mouse on summer vacation.

#### ➔ THREE THINGS

You Should Know

- 1** The state legislature has made significant changes to the filing dates for those wishing to run for the school board in the upcoming General 2024 election. The filing period had been from July to August. This year, petitions opened on May 21 and will close at noon on June 20.
- 2** The American Red Cross critically needs blood donors following a concerning trend over the past month – fewer donors rolling up a sleeve to give lifesaving blood. In fact, about 20,000 fewer blood donations were collected over the past month than needed to maintain the Red Cross national blood supply. Make an appointment to give now by visiting [RedCrossBlood.org](http://RedCrossBlood.org), calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.
- 3** During the month of June, the Indiana State Department of Agriculture will accept submissions for the 17th annual Indiana Agriculture Photo Contest. The contest is open to all Indiana residents. The categories photos can be entered under are:
  - On the Farm: Showcasing any building, piece of equipment or activity that is a part of life on an Indiana farm.
  - Faces of Agriculture: Featuring those who grow and produce food, fuel and fiber in Indiana.
  - Agritourism: Spotlighting Indiana's seasonal and agricultural destinations, such as orchards, wineries and farmers markets.
  - Conservation: Highlighting Indiana's natural beauty with landscapes, water and wildlife.
 Contestants can submit up to five photos in digital format accommodated by a submission form for each photo. Entries must be submitted by 5 p.m. June 30. For more information visit [ISDA.IN.GOV](http://ISDA.IN.GOV)

#### ➔ MONTGOMERY MINUTE

The Darlington Library is sponsoring a summer reading contest for children ages 12 and under from June 4 through July 5. Children can sign up at the library or call 794-4813 to sign up over the phone. Kids will keep a log of the books they read and turn this in to win craft kits and gift cards to Dari-Licious, Wal-Mart and Barnes and Noble. Everyone will receive two new books to keep! Plus the top readers win trophies! Each time you check out books you get a FREE SNO-CONE.



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

## MCHS Recognizes Top 4th Graders



The Montgomery County Historical Society recently honored some very talented fourth-grade students. Results are in for the Annual 4th Grade Jane Kessler Essay Contest and below are the results from each school district. The good folks at MCHS shared the winners, the topic of their essay and their teacher. Congratulations and good job to all!

2nd Place: Aria Seward, "Mary Hannah Krout" (Mrs. McGaughey)

North Montgomery Community School Corporation

1st Place: Madeleine Nelson, "Mary Hannah Krout" (Mrs. Reichert)  
 2nd Place: Athalia Hurt, "Caleb Mills" (Mrs. Jeffery)

South Montgomery Community School Corporation

Crawfordsville Community Schools

1st Place: Jupiter French-Culley, "Joe Allen" (Mrs. Hargis)

2nd Place: Faith Grimes, "Susan Elston Wallace" (Mrs. Hargis)

1st Place: Alidy Clark, "Susan Elston Wallace" (Mrs. Whicker)

## Summer in Bloom at Carnegie Museum

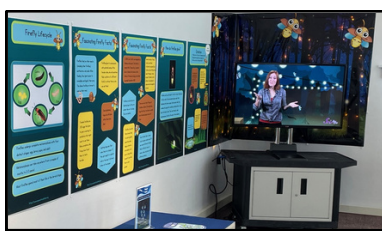


Photo courtesy Carnegie Museum

The summer program runs from now through Aug. 3.

Children, ages 4 to 12 are encouraged to join in on the fun during the annual *Summer at the Museum* program at the Carnegie Museum, running now through Aug. 3.

*Access Art!* and *Fireflies*. Registration for Summer at the Museum will continue throughout the summer. Participation is free.

Multiple visits to the museum over the summer will allow kids to complete activities and earn prizes. Activities will vary by age, with some different activities for younger and older kids. *Summer at the Museum* activities include scavenger hunts, science experiments, crafts, puzzles, and much more. All answers can be found in the Museum, and staff are always available to give hints and/or explanations.

Groups and individuals can contact the Carnegie Museum at (765) 362-4618 for more information or to book a tour or field trip.

During the months of June and July, the Carnegie Museum will be open Tuesday through Saturday from 10 a.m. to 5 p.m. and other times by appointment. August will see a return to regular public hours of Wednesday through Saturday, 10 a.m. to 5 p.m.

In addition to our local history displays, exhibits featured in this year's program include

Admission to the Carnegie Museum is free, and the building is wheelchair and stroller accessible.

## Flower Lovers Bring Back Garden of Month



Photo courtesy Flower Lovers Garden Club

The cottage garden at 307 E. Jefferson should not be missed.

The Flower Lovers Garden Club is bringing back a favorite summer event – "Garden of the Month."

For the months of June, July, and August; a front yard garden will be selected by club members and publicized. The featured garden will have a "Garden of the Month" sign on display that particular month.

Our first selection is the lovely and creative garden found at 307 E. Jefferson St.!

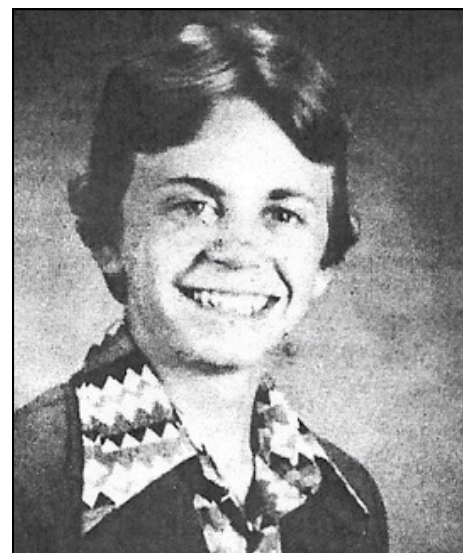
Janet Rivers' cottage garden is a kaleidoscope of plantings and should not be missed. Take notice of the large urn planters that stand guard at the entrance to the yard which are filled with banana leaves, sweet potato vine, and an assortment of annual petunias and

creeping jenny. Bordering the property are the ever popular and prolific "wave petunias"; not to mention the meandering ivy path that takes you up to the front door where planters of millet, gerbera daisy, sweet potato vine and bridal veil greet visitors... Janet's vision to start a rose garden, grow edibles and herbs are still in the planning stages; and with help of her family (hello to Erin, Lillie and Tillie) she is just getting started.

The Garden of the Month is sponsored by The Flower Lovers Garden Club (existing here in Crawfordsville since 1921).

For any additional information about our club, call (765) 366-6825.

## Butch Dale's Flashback Trivia



## Do You Recognize This Person?

**HINT:**  
 This 1981 North grad became a minister and one of Crawfordsville's top car salesmen!

Answer on Page A3

**AWL ADOPTION EVENT**

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Thank you for reading  
 The Paper

# Stubby is Gone Home Alone Four



**CARRIE CLASSON**  
The Postscript

It may be that Stubby is gone for good.

In the summer of 2022, I started writing about my mother's new pet, a red squirrel who she reluctantly began to care for.

My parents live on 20 acres in the woods up north in a house my father designed when he retired 35 years ago. The house looks over the lake and, for most of the winter, my parents have few neighbors, except for the birds at their feeder and the deer making their way through the deep snow and, of course, red squirrels.

Red squirrels are not friendly, like chipmunks. They are more rascally than gray squirrels. They are timid around people and aggressive around other squirrels and they will eat all the bird food they can get their paws on. My mother was not a fan of red squirrels.

But when one particular red squirrel began hanging around my parents' house, my mother began to reconsider. Their relationship got off to a rocky start when the red squirrel tossed pine-cone seeds on my father's head and dug up my mother's flowerpots and made a terrible mess of the deck.

But, after the mysterious loss of his tail, my mother began to feel sorry for this little scoundrel. She began to leave him a few seeds on the railing. Eventually, the red squirrel, who we decided to call "Stubby," became quite attached to my mother, and would stand with its little paws knit together, looking into the window after my mother left seeds out for him on the railing.

Stubby now appears to be missing.

There is another red squirrel and, as hard as my mother would like to believe otherwise, it is not Stubby.

"Could it be that his tail has grown back?" my

mother asked.

I'd heard of salamanders growing new tails, but this seemed unlikely in a red squirrel. We both stood silently at the window for a long time, trying to convince ourselves that this was Stubby—thinner after the long winter, with a new scar on his side and a much longer tail. But we knew it was not Stubby.

"I saw two squirrels chasing each other around," my mother said. "I thought one of them was Stubby. Do you think this squirrel chased him away?"

Of course, I didn't know. I didn't even know how long red squirrels lived. Three years, I later learned, is average, although some have lived up to 10 years in captivity. But even with a steady supply of seeds, I don't think Stubby was living under optimum conditions. Somebody had already gotten the end of his tail, after all. And we have no idea how old he was when that happened.

"Where could he have gone?" my mother wondered aloud.

We do not know, and I don't suppose we ever will. I had hoped Stubby would be around this summer, tossing more pine-cone seeds onto our heads and peering earnestly at my mother through the window. I would like to believe that, after an extended convalescence, Stubby was well enough to seek out new territory, perhaps find a mate, start a new life with his refashioned tail.

But I know that none of this is likely. And it makes me sad.

Stubby was a good friend to my mother. He made a big impression with his short life and his short tail and his surprisingly courteous manners. He was a fine example of how we can rebound from tragedy, make new and unexpected friends and behave better than people expect.

Till next time,  
Carrie



**DICK WOLFSIE**  
Funny Bone

This is the longest time I have ever been home alone. My wife is in Boston with my sister, Linda. Before Mary Ellen left, she gave me precise directions on what to do and what not to do. My wife hopes that when she returns from her trip, she will walk into a house that looks somewhat like the one she left.

Mary Ellen's plane gets in this Saturday at 3:45 pm. She should walk in the door at about 4:30 pm. Our housekeeper is scheduled to leave that day at 4:15, just before Mary Ellen arrives. After Nettie leaves, I am not allowed to cook anything or open the fridge. I can't walk out the front door and then come back in the house unless I take off my shoes. And if I go outside barefoot, then I'm not allowed to come back in the house at all.

Mary Ellen is particularly concerned with our cat, Angel. This cat hates me. Every time she sees me she snarls and her hair stands up on her back. She tries to bite me when I come near Mary Ellen. That's why I haven't kissed my wife good night in 14 years.

But Mary Ellen wants me to play with Angel because she doesn't want Angel to miss her too much, get bored, or wish she had someone to snuggle with. Hey, what about me? That's in the rules, as well. I'm not allowed to have anyone to snuggle with.

After Mary Ellen had been gone about a week, I sent her this note:

Hi Mary Ellen,

I just wanted to update you on what's going on here at home...

Angel is fine. She did get out once, but she seems very content to be on the roof. I'm sure she'll be okay, even if we have that expected tornado.

I borrowed your Prius

*Thank you for subscribing!*

one day to save on gas.

Bad news: I hit a guy in the rear.  
Good News: No damage to your car. He was a pedestrian.

When I came home the other day I heard this dingy noise in the house. I thought that maybe Angel was playing with her toys. But no, it was the fridge signaling me the freezer door had been left open. But only for 12 hours. Don't worry, I refroze everything that had melted. Then someone told me this wasn't a safe thing to do. You might want to google every item on the list attached to see which foods are deadly to refreeze.

I am proud that I ran the dishwasher all by myself. I couldn't find the dishwasher soap you said to use so I just put in some liquid hand soap. Did you know bubbles can stick to the ceiling? The house is so festive now. We should do this next Christmas.

The lawn has not been cut in two weeks. Not my fault. We have no mower. I left the garage door open one night. All my beer is gone, too. I hope whoever took all my winter coats off the garage rack will donate a few to kids who need them. Spring is here, so I'm sure the crook will find good use for all your gardening tools.

Finally, our son is doing great. He just pulled into the driveway. He's going up on the roof to chase Angel.

Well, I hope you are having a great vacation. All is good, here.

Dick

*– 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. E-mail Dick at Wolfsie@aol.com.*

## Butch Dale's Flashback Trivia

**Answer:  
Ron Brown**

## ↓ BUTCH

From Page A1

when the buzzer sounded...pulled out the completed tests from under their desks! I never tried that stunt, although it was tempting!

Well, to make a long story short, I never learned to "touch type." I sat behind another classmate so Harry could not see me typing. I acted like I could, but I always looked at the keys, and still managed to type 45-50 words a minute with very few errors...enough to receive an "A." With a bit of fellow classmate assistance, we all did well in Harry's class. Yes, we felt a little guilty, but we figured that if Harry could sleep in class, then we could run the class our way. "All is fair in love and war and typing class."

One afternoon Harry woke up from his nap and caught Rick pilfering a scheduled typing assignment. He chased him through the school hallway, down a flight of stairs, and up another flight...and then around again...before tuckering out and giving up. Poor Harry, who was overweight, plopped down in his chair, huffing and puffing. His track and field days were over.

There was one funny incident I will always remember. Early in the semester, Harry gave us an assignment in which we were to type up 20 different things...business letters, personal letters, charts, legal forms, etc. We were to

type these at home and turn them in for a grade by the last day. One of my classmates, Connie Clark (who is now my wife), was an excellent typist. She turned her folder in early and received an A+ grade. However, another classmate, Ralph Coffing, on the next to last day, had not even started his typing assignment. Ralph was desperate, so he asked Connie if he could "borrow" her folder. Ralph carefully erased Connie's name on each of the twenty typed documents, and then typed in his name...and turned in all twenty of Connie's work in to Harry. The next day, Ralph was shocked when he received the folder back. He received a grade of "C.!!!!" Of course, Ralph couldn't say anything to Harry...and everyone had a good laugh over that!

Many times while I am typing away today, kids ask me what kind of keyboard and computer I am using, and I explain, "It's not a computer...it's a typewriter." "Well, how do you print it out?" they inquire. "It's already printed out," and I show them..."Gee, I would like to have one of those!"

And by the way, I still look at the keys. Sorry, Harry!

*–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.*

**We appreciate our readers!**

# Prescription Drug Take Back Day Success

The Drug Free Montgomery County Harm Reduction Committee in April conducted the biannual Prescription Drug Take Back Day event in the parking lot of the Montgomery County Courthouse.

On April 27, Lt. Bob Rivers of the Crawfordsville Police Department collected 141 pounds of unneeded, unused, and expired medications. This is the largest amount of medications collected during Drug Take Back Day than any past event!

Not only are unneeded, unused and expired medications collected during Drug Take Back Day, Montgomery County has two permanent drop off locations that are available year-round. The locations where medications can be properly disposed of are at the Montgomery County Sheriff's office, 600 Memorial Dr., and the Crawfordsville Police Department, 311 N. Green St.

In the last six months, there has been more than half a ton of medications collected.

The Montgomery County Sheriff's office has gotten 949 pounds and the Crawfordsville Police Department 264 pounds. That's an approximate total of 1,350 pounds taken to the DEA for proper disposal. This total comes from medications disposed of at each permanent site and Prescription Drug Take Back Day.

The permanent disposal locations and the Prescription Drug Take Back Day events help reduce the risk of old medications ending up in the wrong hands. By

reducing this risk, we also reduce the risk of substance misuse which plays a key role in combating the issue of substance use within our community.

It is also important to remember the importance of proper disposal for not only medication, but for sharps / needles. Sharps can be safely disposed of at the Montgomery County Health Department, located at 1580 Constitution Row, Suite G and at the CPD. The next Prescription Drug Take Back Day event will be on

Saturday, Oct. 26. As always, many resources can be found on the Drug Free Montgomery County's website at [drugfreemoco.org](http://drugfreemoco.org).

For further questions, reach out to Diamond Justus at [diamond@mcysb.org](mailto:diamond@mcysb.org).

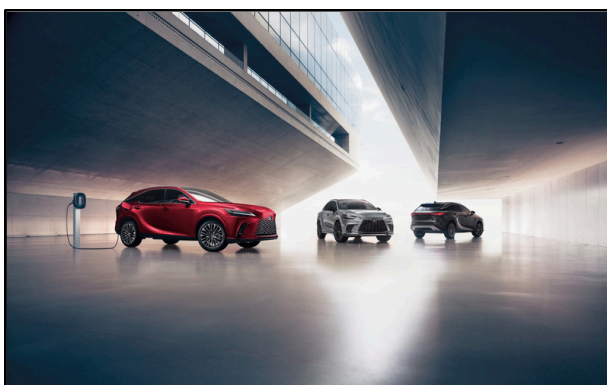
Drug Free Montgomery County is a program of the Youth Service Bureau. The YSB is a United Way in Montgomery County partner agency and is also supported by the Montgomery County Community Foundation.

**Thank You For Reading The Paper**



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2024 Lexus RX450H+ is The Sumptuous Luxury Electric Crossover That Can Travel Near and Far



**CASEY WILLIAMS**  
Auto Reviews

A well-respected automotive journalist recently went on a rant about plug-in hybrids. To his point, they're not efficient. When running as an EV, they must tote around an unnecessary gas engine. And, when running in gas mode, it's lugging heavy batteries. I'm all in with his logic... until I have to plug in somewhere away from my garage. While I may like owning a Tesla Model Y, Cadillac Lyriq, or Genesis GV60, it might be easier to own a Lexus RX450H+ plug-in hybrid.

profiles, but a large monochrome spindle grille, 21" wheels, accentuated bodylines, and floating roof add distinction today. Squinty LED taillamps and thin-line taillamps underlining LEXUS lettering across the power-opened hatch connect the RX to other Lexus crossovers.

Lush interiors are a Lexus hallmark, and the RX450h impresses with sueded swaths on the dash and doors, sueded leather seats, and a wood-and-leather steering wheel. Light woodgrain trim lends an airy atmosphere. Add to that heated/ventilated front seats, heated steering wheel, and heated rear seats for carnal luxuries that extend to the panoramic glass moonroof and drenching Mark Levinson audio system. The RX is a serene place to travel.

It also has all of the latest technology. A 14" touchscreen intuitively conjures conjure navigation, phone, radio, and media. Thank Lexus the decrepit joy-mouse has been retired. Wireless connections through Apple CarPlay and Android Auto plus wireless console

charging add convenience.

Safety starts with a head-up display but also includes adaptive cruise, automatic emergency braking, and rear cross path detection with auto brake. Blind spot warning, lane tracing, and safe exit assist go further. It's all great, but I could do without the constant beeping and buzzing as I no longer require a nagging mother and auto brake was a pain when backing past a bush to my home charger. Wouldn't have it!

**Go-anywhere Hybrid Powertrain**

So, what about that powertrain? Plug it into a 240v "Level 2" charger to get 37 miles electric range, after which the 2.5-liter gasoline engine fires up to form the basis of a normal hybrid. Total system rates 304 horsepower. Employing the full range of batteries, motors, and gasoline engine, delivers 83-MPGe. Off the grid, expect 35-MPG combined. All-wheel-drive keeps this energy display moving no matter the weather.

I spent an entire week driving the RX450h and didn't burn a drop of gasoline. I commuted to work, ran errands, dropped my daughter at school, and carried her to piano lessons. With chargers at home and work, it was easy to plug and play. Acceleration is anything but brisk, and the suspension can be a bit firm, but it's all fine for daily jaunts. And, had I decided to drive to, say Alaska, I could have done so without looking for another plug.

It makes no sense to use two unique powertrains for one vehicle, but until we have reliable chargers, plug-in hybrids like the RX450h+ are super convenient. The fact this crossover does it with all the style and luxury expected from a Lexus makes it all the better. While the RX starts at a reasonable \$49,950, our 450h+ comes to a lofty \$76,505. At that price, compare against the Volvo XC90 Recharge, Mercedes-Benz GLE 450e, and BMW X5 xDrive50e.

*Storm Forward!*

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



**2024 Lexus RX450h+**  
Five-passenger, AWD Crossover  
Powertrain: 2.5-liter I4 Hybrid  
Output: 304hp combined  
Suspension f/r: Ind/Ind  
Wheels f/r: 21"/21" alloy  
Brakes f/r: regen disc/disc  
EV Range: 37 miles  
Fuel economy gas/hybrid: 35/83-MPGe  
Assembly: Fujikoka, Japan  
Base/as-tested price: \$49,950/76,505

| Likes  | Dislikes   |
|--|--|
| <ul style="list-style-type: none"> <li>· Lush interior</li> <li>· All-electric range</li> <li>· Advanced safety</li> </ul> | <ul style="list-style-type: none"> <li>· Polarizing design</li> <li>· Firm suspension</li> <li>· How much \$\$\$???</li> </ul> |

**Evolved Lexus Style**

Let's pause for a moment to remember the RX pretty-much invented luxury crossovers in the late '90s, and when Lexus joined its corporate parent Toyota in offering hybrids, the RX was one of the first to gain batteries for compact car fuel economy. Like its powertrain, design has evolved progressively over the generations.

If you parked the original RX next to this one, you'd recognize similar high arching

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To learn more about details of the position and how to apply, please visit the College's hiring website at [www.wabash.edu/employment](http://www.wabash.edu/employment).

Review of application materials will begin on June 17, 2024 and continue until the position is filled.

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 among diverse populations.

# Montgomery Medicine: Thyroid



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

Fred wants to know, “what’s a thyroid and what does it do?” Thyroid problems are common in primary care medical practices. For those like Fred who don’t know what the thyroid gland is or does, read on!

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

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

Our cells have hormone receptors protruding from their cell membranes that act as sensors to constantly monitor body functions and adjust them to maintain “homeostasis,” a balanced internal environment. Biochemical systems that maintain homeostasis are very elegant. The thyroid works similarly to a furnace thermostat. Instead of using wires and electricity to communicate, the body uses thyroid hormones as chemical messengers.

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

Once the hypothalamus turns on the thyroid “furnace” via TRH and TSH, how does the system get shut off? The hypothalamus and pituitary also monitor the levels of T4 and T3 in the bloodstream via a feedback loop. When the

hormones reach a certain level in the blood they suppress the production of TRH and TSH.

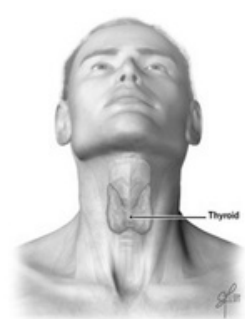
Now that you know the physiology of the thyroid, hopefully it will make it easier to understand how things can go haywire. There are two main problems that can develop with the thyroid. The first is HYPOTHYroidism, a “low” thyroid state where too little T3 and T4 are produced. The other is HYPERthyroidism,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

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

Common symptoms of hypothyroidism include fatigue, weight gain, water retention, intolerance to cold, brittle hair and nails, dry skin, muscle cramps, joint aches, thyroid enlargement (goiter), low heart rate, irregular/heavy menstruation, and constipation.

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

Treatment of



hypothyroidism usually requires taking synthetic thyroid hormone pills for the rest of one’s life. Monitoring is performed by checking blood levels of thyroid hormones periodically and adjusting the replacement medication dose accordingly.

Hyperthyroidism is caused by problems with excess production of thyroid hormones. Hashimoto’s thyroiditis is the most common cause. Antibodies produced by the person’s immune system mimic TSH by binding to TSH receptors that keep the thyroid in a constant “on” state. Other problems like thyroid tumors can also cause production of excess hormones.

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

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

The treatment of hyperthyroidism varies based on the cause. It may require taking medication to suppress hormone production or taking radioactive iodine to destroy overactive thyroid tissue. Surgery is sometimes performed. Treatment of hyperthyroidism often results in hypothyroidism, requiring replacement with thyroid hormone pills.

## FOR THE RECORD

### NORTH MONTGOMERY SCHOOL BOARD RETREAT

June 10

1. Call to order and Pledge of Allegiance
2. Public comment
3. Consent agenda
  - a. Personnel, extra-curricular, field trips, facilities usage, contributions, gifts, superintendent stipends
  - b. Other
  - c. Consent vote
4. Action items
  - a. First reading for Policy 4307 – student use of wireless devices
  - b. Approve paving project change order
  - c. Approve bus bid
  - d. Approve transportation GPS device payment process
5. Other
  - a. Budget overview
  - b. General obligation bond discussion
  - c. Strategic planning
6. 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.*

## Beckwith Plans to Change Property Tax System

Micah Beckwith, Republican candidate for Lt. Governor, announced that he will lead the fight to make Indiana affordable again by using all of his influence to lower property taxes. As the next Lt. Governor, Beckwith will push to end property taxes for seniors and veterans and freeze property taxes at the point of purchase.

“We need to make Indiana affordable. Too many of our citizens are being taxed out of their homes by surging property taxes. It has been said that ending the property tax surge is complicated and hard. I have always believed that when there is a will there is a way,” Beckwith said. “As the next Lt. Governor, I will have the energy and determination to provide relief. I will use my business experience to find a solution to the problem that will end property taxes for our seniors who have paid their entire life and for veterans who put their lives on the line to protect our freedoms. I will also work to cap property taxes at the time of point of purchase.

Our state has been running ahead of projected tax revenue for a few years. It is time to find a way to stop surging property tax bills. It could not

be more critical with inflation soaring. Our seniors are having to decide between food on the table or a roof over their head. That’s wrong. I will provide the leadership to end this over taxation,” he added. Beckwith’s plan is to:

- End property taxes for seniors over the age of 65 who have lived in Indiana for over 10 years.
- End property taxes for veterans who served our nation for 10 years
- Cap property taxes at the same level as when the home was purchased.

“As a homeowner and like so many Hoosiers, I fear when I get the updated mortgage statement on how much our monthly payment has increased due to increases in property taxes and insurance. I know how this takes a huge bite out of family budgets,” Beckwith said. “It is time to put government spending on a permanent diet to make Indiana affordable again.”

Beckwith is a devoted husband, proud father, pastor and small business owner. He and his wife Susan and their two children have been serving Hamilton County and surrounding areas for over 15 years. He is a graduate of Huntington University with a degree in

business and economics. Currently, Beckwith teaches a high-school constitutional literacy class for a Christian school in Carmel. He also co-hosts the popular podcast “Jesus, Sex and Politics” with Pastor Nathan Peternel.

Beckwith is an inspirational speaker and has served as the keynote speaker for several not-for-profit and community groups and over the past year has toured the state as an advocate for healthcare freedom. He currently serves in leadership positions for several organizations, including: Noblesville Campus Pastor for Life Church, Executive Director of Indiana Family Action PAC, Co-Founder of Indiana Coalition Conservatives, Indiana Chairman of U.S. Term Limits, and Executive Director of Hoosier Leadership Series.



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# Big Ten Football Going Head to Head with High School's Friday Night Lights



**KENNY THOMPSON**  
Columnist

The Big Ten Conference's lottery winnings - a.k.a. the \$7 billion to be paid by Fox, CBS and NBC over the next seven years - comes at a price that trickles down to just about every community in central Indiana.

Seeking to receive the most return on its investment, Fox has mandated a series of Friday night football games beginning Sept. 13. With two exceptions, these games will kick off at 8 p.m. or right about halftime of our local high school football games.

Unlike their college peers, high school athletic departments need to raise every dollar possible to fund their teams. Helmets, shoulder pads and cleats don't come cheap.

I won't be the old man yelling at the clouds but Friday nights used to be traditionally off limits for major college football. Fans could support their local high schools without having to look down at their phones to check the Purdue or Indiana score.

In a development that shouldn't shock anyone in Big Ten country, fans at Michigan, Ohio State and Penn State won't have to worry about Friday night football. Those schools have the clout, and the bank accounts, to say no to Fox.

Thirteen of the now "Big 18" didn't have a choice. Indiana is the only other conference school that won't have a Friday night game on Fox in 2024. Had Michael Penix not gone off to the NFL, the Hoosiers' Oct. 26 home matchup with Washington might have been more attractive than USC vs. Rutgers at 11 p.m. EST the night before.

Purdue has two Friday night games, Oct. 18 in Ross-Ade Stadium against Oregon and Nov. 22 at Michigan State. High

school regular season finales take place on Oct. 18 across Indiana.

Luckily for the three high schools in the Paper's circulation area, none have home games that night. Crawfordsville travels to Frankfort, North Montgomery is at Danville and Southmont takes on Tri-West.

IHSAA football semistate games are scheduled for Nov. 22.

### Big Ten football gossip

Every week, college football media ask coaches to discuss their upcoming opponent. Every week, that coach always praises the opponent even if it is 0-11 and has no chance of winning. Think Lou Holtz at Notre Dame when he was asked about the Fred Akers-Jim Colletto Purdue teams of the late 1980s and early 1990s.

Not interested in coach speak, Athlon Sports offered anonymity to Big Ten coaches to be candid about the league's 18 schools. Surprisingly, Purdue and Indiana are viewed mostly positively coming into the 2024 season.

Ryan Walters' reputation as a defensive coach has raised some expectations in Year 2 with the Boilermakers.

"Watch these guys for a defensive breakout. They didn't fully understand the system Ryan installed in Year 1. They've brought in some really talented transfers, and a lot of their key guys are back. This is going to be the identity of their team."

"The freshman safety from last year (Dillon Thieneman) who was All-American, he's their kind of guy. That's their model."

"Hudson [Card] is a solid and experienced quarterback, and he's got another year under his belt in (offensive coordinator Graham) Harrell's system."

"They need to develop the O-line and receivers better, but expect them to improve overall this season."

Most of Indiana's positive vibes are the result of bringing in coach Curt Cignetti from James Madison to replace Tom Allen.

"There's a lot of talk about the program for the first time since any of us can remember."

"Cig is a really good hire; it shows that the school wants to be competitive and respectable in football. They're taking football seriously in NIL, too."

"They brought in a few studs from James Madison, and they've worked the portal well."

"The competition level in this league is still above them, but they should look more talented, especially on offense. The MAC quarterback (Kurtis Rourke) is pretty solid."

"If you're setting reasonable Year 1 expectations, I'd look for them to build an offensive identity to help recruiting."

### Big jump for Purdue recruit

The latest addition to the Purdue tradition of 7-footers, incoming 7-3 freshman Daniel Jacobsen, played his way onto the USA Basketball U18 National Team this week.

In recognition of that accomplishment, and perhaps admitting his recruiting service severely underrated Jacobsen, Adam Finkelstein of 247Sports announced Jacobsen's ascension to No. 86 in the Class of 2024. Three weeks ago, Jacobsen was the 149th overall prospect in the 247Sports ratings.

"(Jacobsen) has always been an intriguing prospect thanks to his combination of size and skill. But, there was always a bit of a gap between his potential and production," Finkelstein writes.

"This week in Colorado Springs, we didn't see the tallest player on the floor drift out to the 3-point line or be reluctant to assert himself in the paint like we have sometimes in the past. We saw the opposite. We saw Jacobsen assert himself at the rim on both ends of the floor from the start of the event."

Before Purdue fans begin dreaming of Jacobsen filling the huge shoes of Zach Edey, Finkelstein notes that Jacobsen weighed in at 251 pounds at the Team USA trials. At Brewster Academy, Jacobsen began the season at 234.

"This rating reflects the recent growth that we have seen first-hand, and simultaneously accounts for the time it may still take for him to continue to fill out his frame and grow into his body," Finkelstein writes. "But make no mistake about it, Purdue now has another 7-footer with a very exciting future."

Jacobsen and Team USA travel to the FIBA U18 Men's AmeriCup tournament in Buenos Aires from June 3-9.

During the past decade, the Team USA U18 and U19 squads have been launching pads for future success at Purdue for Caleb Swanigan, Carsen Edwards, Trevion Williams, Jaden Ivey, Caleb Furst and Myles Colvin. Two-time National Player of the Year Zach Edey earned a bronze medal with Team Canada three years ago.

### Number change

Las Vegas Raiders coaches and fans probably won't mind if quarterback Aidan O'Connell's switch to No. 12 produces similar results to another Purdue quarterback who wore that number in the NFL.

Bob Griese led the Miami Dolphins to two Super Bowl championships on his way to the Pro Football Hall of Fame. Griese passed for 25,092 yards and 192 touchdowns from 1967 to 1980.

During an appearance on

Raiders defensive end Maxx Crosby's podcast, O'Connell said he asked to change from the No. 4 he wore as a rookie a year ago out of respect for the team's all-time passing leader.

Derek Carr sits atop the Raiders' passing yards and touchdown passes list, more than 16,000 yards and 60 touchdowns ahead of Super Bowl champion Ken Stabler.

"When the offseason came, it felt to me it was Derek's number," O'Connell said. "It felt disrespectful, so I just wanted to kind of give that back to him."

"I just didn't want to be (No.) 4 anymore. I didn't pick four. As a rookie you just kind of do what you're told, so I was cool with it."

O'Connell, who wore No. 16 at Purdue, threw for 2,218 yards and 12 touchdowns while starting 10 games. Wide receiver Jakobi Meyers wears No. 16 for the Raiders.

*Kenny Thompson is the former sports editor for the Lafayette Journal & Courier and an award-winning journalist. He has covered Purdue athletics for many years.*




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