

**TODAY'S VERSE**

*Isaiah 54:17 No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD.*

*Meet Dean*



Dean is a senior 12 year old male chihuahua available for adoption since 9/4/24. Dean enjoys the finer things in life like a nice comfy bed, wet food, and getting belly rubs! Dean is ready to retire in a forever home! Dean is looking for his best friend. Could that be you? We're open Monday - Friday from 12:15p-5p and Saturday's from 9:30a-3p. Come say hi, snuggle cats, walk dogs, or lend a helping hand!

# The Paper

OF MONTGOMERY COUNTY

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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!

**Halloween is just a little over a week away and today your friends at your favorite local newspaper are taking a look at the spooky holiday . . . by the numbers! Many thanks to our friends at statista.com for these eerie facts and figures!**

### 97.7 percent!

That's how many U.S. shoppers intend to buy something for Halloween – an almost frightening thought when you think about it!



### 1 in 5

Maybe almost everyone is buying something for the Oct. 31 holiday, but only 18.2 percent, or a little less than 1 in 5 Americans, plan on visiting a haunted house! That is probably bad news for our favorite – the Children's Museum in Indianapolis!

### \$11,600,000,000

Yup, that's billion with a big ol' capital B! About 11 and a half BILLION dollars are spent in this country annually for Halloween!



### \$3,800,000,000

More than a third of the total Halloween spending ends up going toward decorations. When you think about it, other than Christmas there really is no other holiday that gets the house decorations like Halloween does these days. Kinda scary, huh!

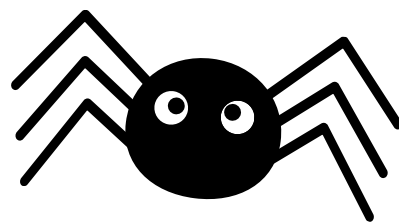


### 58 percent

The majority of millennials are planning on spending anywhere from a dollar to \$250 on the holiday. About 5 percent aren't spending a dime and incredibly, 8 percent are forking out \$750 or more!

### \$32

If you break that \$11 billion down into bite-sized chunks, the average house is spending about \$32 on candy. All we can say is we hope it's the good stuff and not that little off-brand crap no one wants to find in their trick-or-treat bags!

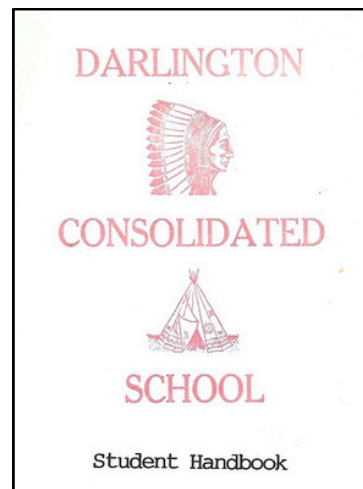


### \$5.24

The average price of a pumpkin last year, compared to about \$5.40 the year before. See, not everything has gone up in price!

**HAPPY HALLOWEEN**

## What's That? A Student Handbook?



**BUTCH DALE**  
Columnist

In the fall of 1963, I began my sophomore year in high school. About midway through the morning on the first day, the new principal announced over the intercom that all students should assemble in the gym. As we arrived, a booklet was handed out to everyone... "The Student Handbook." What the heck is this? It must be a mistake!

It began as follows, "The purpose of this handbook is to familiarize students with the rules, facilities, and traditions of the Darlington High School in order that they may derive the most from their time as well as develop the best traits of citizenship."

What does that mean? The principal then pointed out a few things that he thought we should be aware of. We didn't understand some of these new rules, but

➔ See BUTCH Page A7

## Get Rid of Unneeded Prescriptions Saturday

On Saturday, the Harm Reduction Committee of the Montgomery County Drug Free Coalition will host the biannual Prescription Drug Take Back event from 10 a.m. to 1 p.m. in the parking lot of the Montgomery County Courthouse in beautiful downtown Crawfordsville.

This free event provides the opportunity to carefully dispose of expired, unused, or unneeded prescription drugs and over the counter medications.

What can happen if you keep old prescriptions and other medications around the house? Expired medications can be less effective or risky due to a change in the chemical composition or a decrease in strength. Certain expired medications are at risk of bacterial growth and sub-potent antibiotics can fail to treat infections, leading to more serious illnesses and antibiotic resistance.

➔ See RID Page A3

### TODAY'S HEALTH TIP

Ear wax is normal. If you must, clean out ear wax with an over-the-counter ear wax removal kit, not a cotton swab.

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



### THREE THINGS You Should Know

- 1 According to our friends at Test Prep Insight, Hoosier parents say the age limit for having a social media account should be 14. A law introduced in January, which failed, would have prohibited minors in Indiana from having social media accounts without the company receiving written consent from their parents. Test Prep Insight surveyed 3,000 parents across the nation on the question of appropriate age for the medium. Cyberbullying emerged as the top worry, cited by 42% of respondents, followed closely by exposure to inappropriate content, which concerned 32% of parents.
- 2 Indiana Attorney General Todd Rokita has filed a lawsuit alleging that an Indianapolis home improvement contractor is scamming Hoosiers by taking money from consumers as deposits, starting work, then abandoning projects without issuing refunds – leaving consumers with partially finished conditions they must pay someone else to fix. The suit alleges that Hank Eversole – doing business as All Services Construction and Nationwide Construction – has violated Indiana law through such misconduct. This lawsuit alleges that Hank Eversole violated the Indiana Deceptive Consumer Sales Act and the Indiana Home Improvement Act. Attorney General Rokita is seeking injunctive relief, consumer restitution, penalties, costs and other relief.
- 3 There's the Nobel Prize and then there is the Ig Nobel Prize. The Nobel Prize honors "discoveries that have conferred the greatest benefit to humankind." The Ig Nobel Prize was created in 1991 by Marc Abrahams, editor and co-founder of the Annals of Improbable Research, to make "people laugh and then think." Among this year's prize winners was a Japanese research team that discovered mammals can breathe through their butts. This year's Ig Nobel Peace Prize was awarded to the late Harvard psychologist, B.F. Skinner, for his research into whether pigeons in missiles were able to guide their flights.

### TODAY'S QUOTE

"From ghoulish and ghosties and long leggety beasties and things that go bump in the night, Good Lord, deliver us!"  
Scottish saying

### TODAY'S JOKE

Why do mummies make good employees?  
They get all wrapped up in their work.

### MONTGOMERY MINUTE

Crawfordsville Mayor Todd Barton's 136th community forum is set for Oct. 29 from 4 p.m. to 5 p.m. at his office, 300 E. Pike Street. Holding a monthly community forum was something Barton pledged to do during his campaign and he has continued to do so every month – except during the COVID pandemic. This event is designed to allow the public to come ask questions, discuss concerns, interact with the mayor and learn more about anything regarding the city.



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

## OBITUARIES

### Lois Opal Ridge

March 25, 1939 - October 15, 2024

Lois Opal (Summers) Ridge, age 85 of Crawfordsville passed away on Tuesday, October 15, 2024 at Wellbrooke of Crawfordsville. She was born in Hillsboro, Indiana on March 25, 1939 to the late Raymond and Jesse (Regan) Summers.



Lois graduated from Hillsboro High School. She went on to dental school in Houston Texas. After returning home, Lois worked for Dr. Neeley in Veedersburg for a number of years.

She married Paul Edward Ridge on January 21, 1966. The two of them settled in their one and only home at that time. Her hobbies included gardening, crocheting, and tending to her fitness. Lois was also an active member of the Alamo Christian Church.

Caring for her husband was of the utmost importance to her. She spoke often of how happy it made her to be able to do that for him. She also enjoyed spending time with her family and truly loved her 20 nieces and nephews.

Lois is survived by her husband of 58 years; sister-in-law, Dorothy Summers; and Gary and Tammy Murphy to whom she was like a mother.

She was preceded in death by her parents and her siblings, Iris Davidson, Robert Summers, Ramona Main, Joseph Summers, Melvin Summers, Rex Summers.

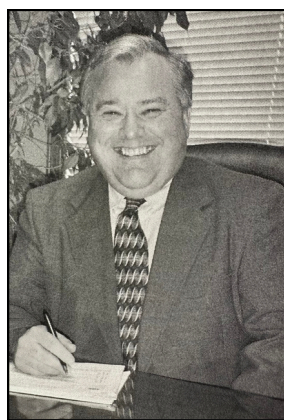
Lois was loved and adored by so many. We will all surely miss her.

Visitation will be held at Sanders Funeral Care, 202 Bratton Road in Waynetown on Saturday, October 19, 2024 from 12:00 noon until the time of memorial service at 1:00pm with Pastor Kevin Howey officiating. There will be a potluck to follow at the Alamo Firehouse. Share memories and condolences online at [www.SandersFuneralCare.com](http://www.SandersFuneralCare.com)

### Timothy Louis Servies

October 13, 2024

Timothy Louis Servies, 65 of Crawfordsville, passed away peacefully at his home on October 13, 2024. Born in Crawfordsville to Donald and Dorothy (Todd) Servies, Tim graduated from Crawfordsville High School 1977 and earned an associate's degree in business from Indiana Business College. His successful career included circulation management for the Journal Review and Indianapolis Star and life insurance sales.



Beyond professional accomplishments, Tim cherished traveling, exploring new destinations and creating lasting memories with loved ones. His infectious enthusiasm for amusement parks, laughter and adventure inspired countless smiles.

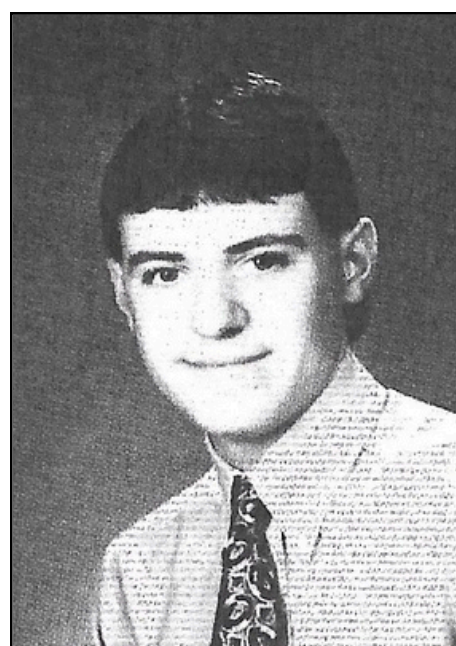
Survived by brothers, Mark and Daniel Servies; and sisters, Pamela Stone and Deborah Underwood.

Preceded in death by father, Donald Louis Servies; mother, Dorothy Mae (Todd) Servies; brothers-in-law; David Stone and Pat Underwood; and great-niece, Madyson Stone.

Tim's kindness, generosity and laughter will be deeply missed. His legacy lives on through cherished memories and love shared.

Visitation will be held on Tuesday, October 22, 2024 from 4:00 pm - 6:00 pm at Sanders Funeral Care, 315 S Washington Street in Crawfordsville. A Celebration of Life will follow at 6:00 pm. Share memories and condolences online at [www.SandersFuneralCare.com](http://www.SandersFuneralCare.com).

## Butch Dale's Flashback Trivia



Do You Recognize This 1994 North Grad?

HINT: He makes his living playing in the dirt!

Answer on Page A3

Visit us online: [thepaper24-7.com](http://thepaper24-7.com)



Looking for a part-time job that does not involve the words:

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<p><b>Wraps</b></p> <ul style="list-style-type: none"> <li>Chicken Ceasar</li> <li>Southwestern Chicken</li> <li>Chicken Salad</li> <li>Pimento BLT</li> <li>Italian Club</li> <li>Chicken Bacon Ranch</li> <li>Turkey Cranberry cream cheese</li> <li>Greek Chicken</li> </ul>	<p><b>Gourmet Salads</b></p> <ul style="list-style-type: none"> <li>Taco Chef</li> <li>Chicken Cobb</li> <li>Chicken Fall Harvest</li> <li>Strawberry Chicken and Spinach</li> <li>Triple Berry</li> <li>Asian Chicken</li> </ul>
<p><b>Sandwiches</b></p> <ul style="list-style-type: none"> <li>BBQ Pulled Pork</li> <li>Chicken Salad on Croissants</li> <li>Turkey Cranberry cream cheese with avocado and bacon</li> <li>Turkey Club Croissants</li> </ul>	<p><b>Comfort Food</b></p> <ul style="list-style-type: none"> <li>Million dollar spaghetti bake</li> <li>Jalapeno peach chicken or pork chops</li> <li>Pork loin with blueberry balsamic sauce</li> <li>Pork loin with bacon and apple chutney</li> <li>Chicken and noodles</li> <li>Beef and noodles</li> <li>Sliced pork loin with Tuscan cream sauce or garlic Parmesan cream sauce</li> <li>Lemon garlic or Tuscan salmon</li> <li>Salisbury steak</li> <li>Stuffed chicken breast</li> <li>Chicken pot pie pasta</li> <li>white chicken cheese enchiladas</li> <li>Kfc bowls</li> <li>Lasagna</li> <li>Meatloaf</li> </ul>
<p><b>Sides</b></p> <ul style="list-style-type: none"> <li>Italian pasta salad</li> <li>Loaded bacon ranch potato salad</li> <li>Southern potato salad</li> <li>Creamy slaw</li> <li>Assortment of chips</li> </ul>	<p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>Gourmet brownies</li> <li>Many flavors of Cheesecake pudding cups</li> <li>Chocolate chip cookie dough stuffed croissants</li> <li>Assortment of cookies</li> <li>Mini Lemon, Brownie, and cinnamon roll bites</li> </ul>
<p><b>Catering Options</b></p> <ul style="list-style-type: none"> <li>Fruit bowls</li> <li>Fruit and Vegetables trays</li> <li>Meat and Cheese trays</li> <li>Boned Lunches</li> <li>Charcuterie Board</li> <li>Taco, Pasta, Potato, Salad, and Nacho Bar</li> </ul>	

Vote me the #1 Caterer in Montgomery County!

## A Favor for Future Me



**CARRIE CLASSON**  
The Postscript

I'm usually pretty good about doing things I don't want to do. I've been alive long enough to know that getting starting is always the hardest part. But nothing is harder for me to start than doing weights.

I say "doing" weights because I don't actually lift anything other than myself. I started out with push-ups because a friend suggested a "100-push-up challenge." I had never done any upper-body exercise of any kind. I couldn't imagine I could do 100 push-ups—and it turns out I was right. I couldn't for almost two years.

But I did them almost every day, and I went from 30 to 50 (where I stayed for a full year) to 75, and, finally, to 100. Then I discovered I could do 110 and, by the end, I was able to do 200 push-ups at a time.

Was my form perfect? It was not. I couldn't care less. I did them fast and sloppy and got them over with. But my arms got a lot stronger, and I hoped my genetic inclination toward osteoporosis might be helped. I did them because I thought a me in the future would appreciate my efforts.

But I finally got to a point where I absolutely dreaded push-ups. I stopped doing them for days at a time. It takes a while to do 200 push-ups, and I hated every moment of it.

So, I decided to do something different. There is a small gym in the building where I live, and it has machines in it. I'd never used any of these machines. They terrified me. But my 16-year-old nephew, Beau, started lifting weights two years ago. He is very muscular now and goes to the gym several times a week. Beau came to my gym with me, and we looked at the terrifying machines.

"What do I do, Beau?"

"All you need is this machine," he said, pointing to the scariest one. He sounded sure of himself, and Beau is a fellow who does a lot of research before he comes out with pronouncements.

"Just this machine?"

"Yup. If you want to work upper body, this will do it."

Beau showed me three exercises I could do on the one machine, and I became determined to use this machine every day. And I did. For a while. Then I began to hate it almost as much as push-ups.

I had to get dressed to go to the gym (even if it was just downstairs). I had to put on my shoes (and we all know how hard that can be). Sometimes I had to do my exercises in front of other people. (They were not the least bit interested, but still.)

And I started avoiding it, just as I had the push-ups.

"Maybe I don't have to do weights at all," I told myself. "Maybe I've done enough!" But I didn't feel good. And I knew Future Me would be disappointed in Past Me.

So, I've started up again.

I'm not pretending I love doing weights, but I'm not complaining as much, either. Because even if I only do one short set, I feel better afterward. I feel stronger and more confident—but not really because my arms are stronger. I feel stronger when I do something I truly detest, even for a short time, because I decided to do it and did it. I did something just because it was the right thing to do.

I remind myself that I'm doing a favor for Future Me. I sure hope she appreciates it.

Till next time,  
Carrie

## Wolfsie Talks Gastly Issues



**DICK WOLFSIE**  
Funny Bone

There are two filling stations near me where prices sometimes vary by as much as 40 cents per gallon. These two establishments are right across the street from each other. I wouldn't drive down town to save four bucks on a new car, but I sure would venture 300 yards to save a few dollars on a tank of gas. I want a job pointing out to people who drive into the more expensive gas station how they can save some good money. I'd charge them three cents a gallon. I told Mary Ellen I'd find a good paying hobby when I retired.

By the way, they are no longer called gas or filling stations. Oil companies prefer the term convenience store. They sell bread, milk, peach iced tea, pizza, lottery tickets, butane tanks, cheerleader calendars, and kindling wood. And, of course, Red Bull. I have never downed a Red Bull or eaten biscuits and gravy. I am no longer an honorary Hoosier.

A real gas station, including someone to pump your gas, is only a distant memory for baby boomers like me. Back in New York, when I was young and virile and could pump my own gas, an attendant did it for me. Sixty years later, I have two bad knees, a sore elbow, and a bad back. Now I'm supposed to do it myself. This was abysmal planning on everyone's part.

I still don't know what side of the vehicle my gas tank is on. I drive into the station and try to look in my sideview mirror, but I can't see the gas cap. So, I take a chance and pull up to the pump. WRONG SIDE. Then I return to the car and drive completely around the pump to the other side. Wrong side again. OMG, someone stole my gas tank. I thought the little arrow on my dashboard was telling me where to look

out the window.

Now, how about that gas pump. It's always asking me questions.

Do you want to pay inside? NO!  
Do you want a car wash? NO!  
Do you want a receipt? NO, NO!  
Do you want a Krispy Kreme doughnut? Let me think about that one.  
Do you want us to turn off that stupid music video? YES!!!!  
Do you want to know why the gas price went up while you were pumping the gas? Oh, YES!

Inside a service center, milk costs are not quite so erratic, but be prepared for this as you enter for your next fill-up.

WHOLE MILK: \$2.39 and 9/10 cents per gallon  
2 PERCENT MILK \$2.34 and 9/10 cents per gallon  
1 PERCENT MILK: \$2.28 and 9/10 cents per gallon  
½ PERCENT MILK: \$2.17 and 9/10 cents per gallon  
WHITE-COLORED WATER: \$1.02 and 9/10 cents per gallon

I figured out last night that mouthwash would cost about \$150.00 a gallon, and computer ink would cost and about \$4,000 per gallon.

I hope that makes you feel better about gas prices.

And some final good news. If you work for a company that pays you 67 cents a mile to operate your own car, you could hop on 465, drive 60 mph for 24 hours, and make almost a grand a day. That's \$365,000 a year.

"Sir, you were speeding. Where are you going?"

"No where officer, just getting in enough mileage to feed my family."

*— 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.*

## Witham Looking for Help

Witham Health is growing its team! Join in for the Witham Volunteer Organization annual Recruitment Fair being held on Tuesday, Oct. 29 from 11 a.m. to 1 p.m. at the main entrance and Beck Room of Witham Health Services in Lebanon.

Looking for a way to give back to your community and be in service to others? An important part of the Witham team is our volunteers! Witham volunteers provide assistance in many ways throughout the organization to help us provide the best possible care and experience for our patients and guests.

Witham is always looking for new volunteers to join our team! Volunteering is a great way to foster community involvement while helping others. The volunteer program at Witham has been in existence for nearly 100 years, and Witham volunteers have always made a tremendous impact, giving of their time and service.

Some of the many volunteer service areas available include, (but are not limited to), patient transport, guest services, retail sales, administrative assistant, dietary aid, rehab aid, maternity center aid, pastoral care and chaplaincy, and so much more!

Volunteers work in four-hour shifts from either 8 a.m. to noon, noon to 4 p.m. or 10 a.m. to 2 p.m. (based on the location). New volunteers will participate in a one-day orientation, department-specific training, and annual mandatory education.

Volunteer perks include a \$8 complimentary meal for every 4 hour shift, a Witham volunteer polo shirt, participation at the annual meeting and awards ceremony luncheon, celebration of National Volunteer Week, participation at the annual holiday luncheon, and various other events throughout the year! Other volunteer benefits include a discount at the Waterfall's Edge Gift Shop and Pavilion Boutique. The Volunteer Organization also hosts many fun fundraiser events throughout the year!

Come see what the Witham Volunteer Organization is all about, ask questions and receive information about the program. You may also sign up the same day! We thank you in advance for your interest to volunteer at Witham! We look forward to having you join our team! For more information contact Amy Mitchell, Director of Volunteers, (765) 485-8175 or by email at: amitchell@witham.org.

## ↓ RID From Page A1

According to the DEA, many people don't know how to properly clean out their medicine cabinets and failing to dispose of old medications, especially opioids, can often lead to dangerous drugs ending up in the wrong hands. Reducing the misuse of these expired medications can play a key role in combating the substance abuse issue often serving as a gateway to using more harmful substances.

Can't attend this event? Don't worry! Prescription drug disposal is also available year-round at the Montgomery

County Sheriff's Office and the Crawfordsville Police Department.

The Harm Reduction Committee would also like to highlight 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 Crawfordsville Police Department lobby, located at 311 N. Green Street.

For more information, visit [www.drugfree.moco.org](http://www.drugfree.moco.org).

### Butch Dale's Flashback Trivia

Answer:  
**Bart Maxwell,**  
owner of Maxwell Farm Drainage

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# Antibiotics: A Double-Edged Sword



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

There's no doubt that antibiotics have saved millions of lives since their discovery. However, is it all good news? You may have heard about the growing concern of antibiotic overuse, which can lead to dangerous bacteria becoming resistant. This problem was predicted as early as 1945 by Alexander Fleming, the discoverer of penicillin, during his Nobel Prize speech. In fact, Dr. Sally Davies, former Chief Medical Officer of the United Kingdom, has said that antibiotic resistance is as serious a threat as terrorism.

Every year in the United States, about two million people get infections caused by antibiotic-resistant bacteria, and sadly, 23,000 of them die as a result. The Centers for Disease Control and Prevention (CDC) released a 2019 report detailing this issue, which you can access at [bit.ly/2QICpep](https://bit.ly/2QICpep). The main cause of resistant bacteria is the overuse of antibiotics, not only in medicine but also in agriculture. The problem is further complicated because new antibiotics are rarely developed—drug companies have little incentive to invest in them since bacteria will eventually become resistant to the drugs.

In addition to the rise of antibiotic-resistant infections, there's also evidence that the overuse of antibiotics may be linked to other health problems, particularly those related to the immune system. This is a rapidly growing area of medical research and might help explain some of the alarming trends in diseases that have become more common since antibiotics became widely used. Scientists are now looking into how changes to the bacteria living in our bodies, known as the microbiome, could be causing these problems.

When we are born, trillions of bacteria start to colonize our bodies, both inside and out.

This collection of bacteria, called the microbiome, plays a vital role in our health. Some experts estimate that there are over ten times as many microorganisms in our microbiomes as there are cells in our bodies, but the microbiome weighs only about seven ounces in total. Humans and their microbiomes have evolved together over thousands of years to form a unique partnership—our bodies provide these organisms with a home, and in return, they help us stay healthy.

A key place where this partnership happens is in our digestive system, particularly in the intestines. The bacteria in our intestines have a close relationship with the cells lining the gut, which is crucial for training and regulating our immune system. Our microbiome helps us fight off infections, but it also teaches our immune system how to respond appropriately to outside threats.

So, how does antibiotic use affect this delicate balance? Depending on which antibiotics are used and for how long, they can cause varying levels of damage to a person's microbiome. Often, people may not notice anything more than mild diarrhea or bloating, which goes away after some time. However, the long-term damage can be much more serious.

When parts of the microbiome are wiped out by antibiotics, those bacterial colonies may not grow back. In their place, more harmful organisms can take over. One example is *Clostridium difficile*, or *C. diff*, which normally lives peacefully in the gut but can cause serious infections if the microbiome is disrupted.

Even more concerning is that altering the microbiome can also disrupt the immune system. When the balance of bacteria in the gut is disturbed, it can lead to immune system dysfunction, which is thought to play a role in autoimmune diseases. Autoimmune diseases occur when the immune system

mistakenly attacks healthy tissues in the body. Examples include inflammatory bowel disease (like Crohn's disease and ulcerative colitis), Type 1 diabetes, multiple sclerosis, and rheumatoid arthritis. Other conditions, like allergies and asthma, can also be linked to an overactive immune system, possibly triggered by changes in the microbiome.

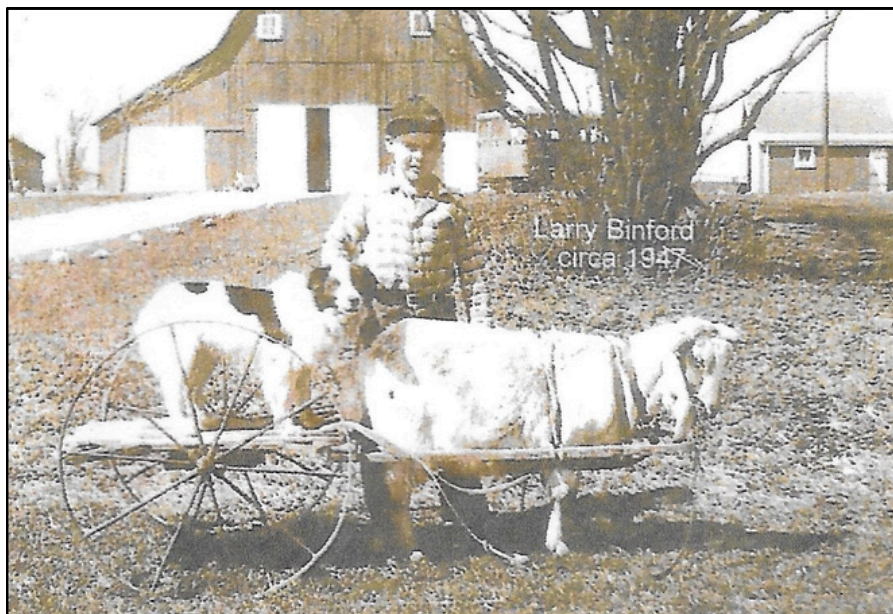
There's also growing research on how the microbiome might be connected to obesity. The bacteria in our guts help with digestion and metabolism, so when these bacteria are altered—perhaps by antibiotics—it could contribute to the rise in obesity rates. This is still a developing area of study, but it's possible that altering our microbiomes might play a role in many more diseases than we currently realize.

As we learn more about the importance of the microbiome, new treatments are emerging. One promising approach involves fecal transplants, which involve transferring healthy bacteria from one person to another. These transplants have been successful in treating conditions like resistant *C. diff* infections and even ulcerative colitis. As research advances, we may see more treatments aimed at restoring or modifying the microbiome to prevent or treat disease.

In the meantime, it's essential to use antibiotics only when they're truly needed. Keep in mind that 90 percent of coughs and 80 percent of sinus infections are caused by viruses, which antibiotics don't treat. Parents should be especially careful when asking for antibiotics for their children. Altering a child's microbiome at an early age could have long-lasting effects and possibly lead to health issues later in life.

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

## Back in the Day with Butch Dale



Larry Binford circa 1947

If you're too young to drive ... and you don't own a horse, what is your only option? Yes, hitch the old goat up to a cart, and off you go! Shown above is Garfield resident Larry Binford giving his pet dog a ride in 1947. Larry eventually owned a car, and he liked automobiles so well that he started up his own service station.

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# 2024 Nissan Rogue is the Three-Cylinder Rental Crossover You'd Love to Own



**CASEY WILLIAMS**  
Auto Reviews

I usually have a string of test cars rotating through my driveway, but this week, I actually needed to rent a car for a work trip. I was about to take a Chevy Malibu before my 10-year-old daughter pointed at a silver 2024 Nissan Rogue SV and said, "Get that!" Who am I to argue?

taillamps. Even dressed down, it's dressed up.

The interior isn't fancy, but nothing feels cheap. I'm perfectly fine with the canvas and wool-like seat upholstery, flat-bottom rubber sport steering wheel, and textured black plastic on the console. Check the posh dash, doors, and French stitching. It even has dual-zone automatic climate control. I like the flatscreen instruments in higher trim levels, but analogs are clear. The intuitive touchscreen includes proper volume and tuning knobs – always a plus. Toss out your old USB cords because the Rogue has gone all USB-C.

Deep cupholders, flybridge console, and concealed storage were super convenient while the power hatch revealed a tall and deep cargo compartment, enlarged by flipping down the seats. Even rear passengers stretch

legs for trans-continental journeys. And, everybody should stay safe given automatic emergency braking, lane keep assist, blind spot warning, and rear cross traffic with auto brake. Nissan's ProPilot Assist included adaptive cruise and lane-following steering. Hands must stay on the wheel, but an update for 2025 frees your digits.

I didn't rent the Rogue because I wanted to be fabulous; I rented it because I thought it would be comfortable, sip fuel, and take my co-workers to dinner. It just turned out to be a very nice drive. It was quiet, rumbled over rough pavement, and made friends with on-ramps. Steering is light, and the chassis is competent, but the engine was the biggest surprise.

You're going to think I'm looney when you read the specs: 1.5-liter turbo-three connected

to a continuously-variable transmission. Bored? Keep reading. It produces 201 horsepower and 225 lb.-ft. of torque plus achieves 30/37-MPG city/highway...without a hybrid system. That little three-banger is one of the most sophisticated pieces of engine kit in the world and named to "Wards 10 Best Engines & Propulsion Systems" list for 2022.

"This engine inspires words that never have been uttered in the same sentence as '3-cyl. engine': very smooth, exceptionally quiet during idle, pleasant to drive in traffic or on the highway," says Judge Drew Winter.

Its secret talent is variable compression, which allows the engine to shape-shift in real time. An actuator changes the stroke of the cylinders to either optimize power or economy. That, along

with the infinite variation of output allowed by the CVT and turbo, makes for a dreamy drive. You may expect this in an Infiniti, but certainly not a Nissan rental car!

My daughter got this one right as I could not have been more pleasantly surprised. Even without fancy accouterment, I'd happily own it for myself. And, I could afford it. Rogues start

at \$29,230, rising to just \$32,360 all-in. That makes it pretty tough competition for the Honda CR-V, Toyota RAV4, Chevy Equinox, Hyundai Tucson, Ford Escape and Mazda CX-50.

*Storm Forward!*

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

- Likes**
- Roomy interior
  - Easy touchscreen
  - VC Turbo-three engine
- Dislikes**
- Rental style
  - Limited features
  - I was wrong!

**2024 Nissan Rogue SV**  
Five-passenger, FWD Crossover  
Powertrain: 1.5-liter TI-3, CVT  
Output: 201hp/225 lb.-ft.  
Suspension f/r: Ind/Ind  
Wheels f/r: 18"/18" alloy  
Brakes f/r: disc/disc  
Fuel economy city/hwy: 30/37-MPG  
Assembly: Smyrna, TN  
Base/as-tested price: \$29,230/\$32,360



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**↓ BUTCH** From Page A1

eventually figured out the TRUE meanings, such as....

(1) "Conduct between boys and girls should be on a plane which will discredit neither them or the school." (Meaning: No hugs, smooching or hanky-panky in the hallways. I guess we need to use the PE storage room instead.)

(2) School cafeteria: "You will be held responsible for conduct unseemingly to the average adult." (Meaning: You can no longer throw hot dogs at nerds, squirt ketchup on a geek's head, or put a dead fly in a buddy's baked beans.)

(3) "Study hall is a place where you can develop habits of concentration and systematic study." (Meaning: You cannot secretly fill your water pistols at the drinking fountain, hide in a nearby room and squirt friends and dweebs until they are soaked.)

(4) "Proper dress for girls excludes the wearing of slacks, shorts, or jeans to school and basketball games." (Meaning: Sorry girls, you cannot wear your new Ann-Margret style mini-skirt and white go-go boots.)

(5) "Boys will wear belts, refrain from wearing pants at a low level, and will keep shirt tails in, and shirt fronts buttoned." (Meaning: You cannot be cool. You must dress like an ordinary dork. However, it might

be cool to pull your jeans up to your armpits, wear your belt unbuckled, and put your shirt on backwards.)

(6) "Magazines must be used in the library, and cannot be checked out." (Meaning: You can no longer take the National Geographic magazines home and cut out the photos of naked women aborigines.)

(7) "At school dances and parties, all students will behave as ladies and gentlemen." (Meaning: The fun is officially over...unless the PE storage room is left unlocked.)

(8) "Gum chewing will not be allowed during school hours." (Meaning: You CAN chew gum, but don't let the teacher catch you.)

(9) "If you are absent from school, parents must notify the principal by written excuse." (Meaning: Learn how to write notes using the same handwriting style as your mother.)

(10) "Help to keep the classroom neat and clean." (Meaning: You can no longer shoot spitwads, throw jelly beans, stick gum under the desk, or attempt to throw paper wads in the waste basket from 3-point range.)

(11) "Students should leave the room only when necessary, and must ask the teacher for a pass." (Meaning: Type up a fake note from your doctor that you have a urinary or

bowel problem, or are subject to sudden migraine headaches. Even better...list all three!)

(12) "Students may participate in intramural basketball, subject to rules and regulations of their constitution." (Meaning: If you get cut from the varsity team, you can still play intramurals and continue to smoke Marlboros.)

(13) "Students not making satisfactory academic progress will be placed on probation, and if necessary, parents will be called in." (Meaning: Become buddies with two or three really smart classmates, and pay them to complete your written assignments; also sit near these students when taking a test so you can see their answers.)

OK, we all understand the wonderful new student handbook. Now it's time to have fun and resume our hallowed REAL traditions. But guess what? I was nice and obeyed the rules...well, most of them that is. And 12 years later, in 1976, I became the assistant principal at my beloved Darlington school. Yep, it's time for a new handbook!

*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.*

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# Practical Tips to Help Avoid Misinformation About Food, Nutrition



Nooshan Mirmohammadali  
Guest Columnist

In the age of social media, it's easy to come across an overwhelming amount of information about food and nutrition. However, not all of it is accurate or reliable. Here are some practical tips to help you navigate social media and avoid misinformation about food and nutrition:

Check the credibility of the sources sharing information. Reliable nutrition advice typically comes from registered dietitian nutritionists (RDNs), medical doctors (MDs) with solid backgrounds in nutrition, or PhDs in nutrition. RDNs are credentialed professionals with extensive training in nutrition, and MDs or PhDs with expertise in nutrition often have a deep understanding of how food affects health. Ensure that the information being shared is backed by peer-reviewed research or evidence-based guidelines. A peer-reviewed article is one that has been evaluated by experts in the same field before being published. This process ensures that the research meets high standards for quality, accuracy, and reliability. Peer-reviewed studies are often published in scientific journals and provide strong evidence for health and nutrition advice. You can find these articles in databases like PubMed, Google Scholar, or by visiting reputable journals such as The American

Journal of Clinical Nutrition or The Journal of Nutrition. When reading a peer-reviewed article, focus on the abstract for a summary, the methodology for how the study was conducted, and the conclusion for key findings.

Social media is rife with sensational claims that promise quick fixes or miracle solutions, such as rapid weight loss or "superfoods" that can cure diseases. Be cautious of posts that sound too good to be true. Evidence-based nutrition advice usually does not involve extreme or unrealistic claims. Claims that promise drastic health changes with little effort are often misleading. Look for scientific evidence supporting the claims being made. Reliable nutritional information is often supported by research studies published in peer-reviewed journals. Avoid sources that don't provide references or fail to link to credible studies. If a post provides no evidence, it may not be trustworthy. Verify the information by cross-checking it with other reputable sources. If you find conflicting advice, consult a professional or look for consensus from trusted health organizations like the Academy of Nutrition and Dietetics or the World Health Organization. Consistency among multiple credible sources is a good indicator of reliable information.

Content that promotes specific products, supplements, or diets may have an underlying bias. Be cautious of influencers or bloggers who endorse products without providing balanced information or who might benefit financially from

promoting certain items. Always question if the person promoting a product has a vested interest. Remember that social media platforms often prioritize engagement and sensationalism over accuracy. Posts are sometimes designed to generate likes and shares rather than provide reliable information. Approach social media content with a critical mindset, and remember that it is not a substitute for professional advice. When in doubt, consult an RDN, a healthcare provider with a strong nutrition background, or a nutrition PhD holder. These professionals can offer personalized advice based on your individual health needs and help you decipher accurate information from misleading or incorrect claims.

Invest time in learning basic principles of nutrition from reputable sources. Understanding fundamental concepts, such as the role of macronutrients, micronutrients, and balanced diets, can help you critically evaluate the information you encounter on social media.

Avoiding misinformation on social media about food and nutrition involves being vigilant about the sources of information, questioning sensational claims, seeking evidence, and consulting with professionals when necessary. By applying these strategies, you can make informed decisions about your diet and health and protect yourself from misleading or harmful advice.

Nooshan Mirmohammadali is the Purdue Dietetic Intern with the Montgomery County Purdue Extension office.



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<p><b>Wraps</b></p> <ul style="list-style-type: none"> <li>Chicken Ceasar</li> <li>Southwestern Chicken</li> <li>Chicken Salad</li> <li>Pimento BLT</li> <li>Italian Club</li> <li>Chicken Bacon Ranch</li> <li>Turkey Cranberry cream cheese</li> <li>Greek Chicken</li> </ul>	<p><b>Gourmet Salads</b></p> <ul style="list-style-type: none"> <li>Taco Chef</li> <li>Chicken Cobb</li> <li>Chicken Fall Harvest</li> <li>Strawberry Chicken and Spinach</li> <li>Triple Berry</li> <li>Asian Chicken</li> </ul>
<p><b>Sandwiches</b></p> <ul style="list-style-type: none"> <li>BBQ Pulled Pork</li> <li>Chicken Salad on Croissants</li> <li>Turkey Cranberry cream cheese with avocado and bacon</li> <li>Turkey Club Croissants</li> </ul>	<p><b>Comfort Food</b></p> <ul style="list-style-type: none"> <li>Million dollar spaghetti bake</li> <li>Jalapeno peach chicken or pork chops</li> <li>Pork loin with blueberry balsamic sauce</li> <li>Pork loin with bacon and apple chutney</li> <li>Chicken and noodles</li> <li>Beef and noodles</li> <li>Sliced pork loin with Tuscan cream sauce or garlic Parmesan cream sauce</li> <li>Lemon garlic or Tuscan salmon</li> <li>Salisbury steak</li> <li>Stuffed chicken breast</li> <li>Chicken pot pie pasta</li> <li>White chicken cheese enchiladas</li> <li>Kfc bowls</li> <li>Lasagna</li> <li>Meatloaf</li> </ul>
<p><b>Sides</b></p> <ul style="list-style-type: none"> <li>Italian pasta salad</li> <li>Loaded bacon ranch potato salad</li> <li>Southern potato salad</li> <li>Creamy slaw</li> <li>Assortment of chips</li> </ul>	<p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>Gourmet brownies</li> <li>Many flavors of Cheesecake pudding cups</li> <li>Chocolate chip cookie dough stuffed croissants</li> <li>Assortment of cookies</li> <li>Mini Lemon, Brownie, and cinnamon roll bites</li> </ul>
<p><b>Catering Options</b></p> <ul style="list-style-type: none"> <li>Fruit bowls</li> <li>Fruit and Vegetables trays</li> <li>Meat and Cheese trays</li> <li>Bowed Lunches</li> <li>Charcuterie Board</li> <li>Taco, Pasta, Potato, Salad, and Nacho Bar</li> </ul>	

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## Haitian-American Artist's Work on Display



The Mary Bishop Memorial Gallery at the Crawfordsville District Public Library would like to invite the public to view the work of Haitian-American artist, Johnson Simon. This exhibit is currently open and will be on display through mid-November. The public is welcome to visit the gallery during CDPL's regular hours of operation. Several artworks are for sale (cash only) during the exhibition through our Circulation department, including a limited amount books for children created as a companion to the documentary "The Best We've Got: The Carl Erskine Story" which won the Heartland International Film Festival's Audience Choice award in 2022.

Johnson Simon moved to America with his family as a small child to seek better opportunities. Haiti did not have the means to provide adequate medical care for Johnson's Cerebral Palsy which he developed as a result of the umbilical cord wrapping around his neck during his birth. In Haiti he was not allowed to attend school even though he was highly intelligent because his community did not have the means to accommodate his physical needs. He prayed daily with his grandmother that he would one day attend school in America. His prayers were answered but the path was very difficult. Johnson completed his Bachelor's degree in

Fine Arts at Western Michigan University and earned a Master's of Fine Arts from IUPUI. While he attended WMU, he began to explore the concept of movement by observing how we move when we walk, run, and swim, as well as the force of skydiving. He even recorded his own movements and discovered his personal rhythm. This research inspired him to create dance-focused expressionistic painting and he has continued to express movement with bright colors and broad painterly brush strokes to transfer this feeling to canvas. "As someone with a disability, movement impacts me on a daily basis. My artwork is a way for me to express how I would move if I could do so freely and uninterrupted. On canvas I can run, walk, jump, and dance without being bound by physical limitations. In my artistic work, I can move freely without limitations."

Johnson is a Teaching Artist for ArtMix, a service that bridges the gap between education and the arts for students with disabilities. Approximately 14% of Indiana residents live with some form of a disability, and many do not have access to art, music, or physical education. The ArtMix program focuses on building vocational and collaborative skills while encouraging self-expression and socialization in their studios, schools, and

hospitals. It ensures the arts are accessible to artists of all ages and skills levels. Check out their website at [artmixindiana.org](http://artmixindiana.org) for more details about their programs or to volunteer, or visit their gallery located at 1505 N Delaware Street, Indianapolis. Johnson also regularly exhibits his work in Indianapolis. His work can be seen at the Butter Art Fair, Welcome Race Fans, The Harrison Center for the Arts, and Newfield's Museum of Art's Galleries.

If you are interested in learning more about Johnson's work or to inquire about commissioned work, please visit his website at [artbyjohnsonsimon.com](http://artbyjohnsonsimon.com). Be sure to watch the video on his website that explains how he became involved with the telling of Carl Erskine's story and the excitement around meeting Mr. Erskine. Learn about The Erskine Impact by visiting the Special Olympics Indiana's webpage at [soindiana.org/erskine-impact](http://soindiana.org/erskine-impact).

For more information about upcoming events at CDPL, please visit our website at [crawfordsvillelibrary.in.gov](http://crawfordsvillelibrary.in.gov). If you are an artist or a member of an artists' group and are interested in displaying your work at the Mary Bishop Memorial Gallery in 2025 or 2026, please contact the Gallery Coordinator at (765) 362-2242 for more details.

## AG Defends Ability to Ban Sex-Change Procedures on Minors

Attorney General Todd Rokita is taking action to protect states' authority to prohibit sex-change procedures from being performed on minors — co-leading a 22-state brief to the U.S. Supreme Court aimed at thwarting the Biden-Harris administration's efforts to override state laws.

"The Biden-Harris administration will stop at nothing to impose its radical transgender ideology on all Americans," Attorney General Rokita said. "But Hoosiers elect state lawmakers to represent their values, and the Indiana General Assembly has passed a law forbidding medical practitioners from performing surgery or administering drugs to children under 18 to 'transition' them to live as members of the opposite sex."

In the amicus brief, the attorneys general

support the State of Tennessee's authority to enforce a law that — similar to Indiana's — prohibits medical interventions before age 18 intended to alter boys' or girls' physical appearances so that they resemble members of the opposite sex. "The Constitution leaves to states the right to make decisions about how best to protect children from unproven and risky interventions," Attorney General Rokita said. "Here in Indiana, we have laws rooted in common sense, compassion and science."

That lack of authority did not prevent the federal government from supporting a lawsuit against Tennessee that erroneously claims the Tennessee law violates the Equal Protection Clause of the 14th Amendment.

"Nothing in passing the Fourteenth Amendment," the amicus brief states, "remotely suggests that the Equal Protection Clause was meant to override the States' traditional role in regulating medicine."

Joining Attorney General Rokita in leading the amicus brief are the attorneys general of Arkansas and Kentucky.

"In our federalist system," the brief further observes, "the States get to decide within their borders what interventions are available for boys and girls suffering from gender dysphoria. Tennessee gets to decide that using puberty blockers and hormones . . . is not sufficiently safe or beneficial — that long-term it will do more harm than good. No equal-protection challenge can change that."

# The Parthenon

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