

SUNDAY The Paper OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

Halloween Writing Contest

It's going to be a mad, merry, macabre October in Montgomery County!
Your friends at Montgomery County's favorite daily are rolling out two – and possibly more – Halloween-themed contests that are filled with more fun and delight than a bulging trick-or-treat bag!
It starts with a good story and wraps up with spooky houses (be sure to read all the way to the end to find out about the houses).
Hey, everyone loves a good ghost story, right? Well, how about sharing yours with The Paper of Montgomery County and all our readers?
We're having our fun and frivolous Halloween Writing Contest and the entries are being accepted now.

Here's how it works:



Write your Halloween-themed story and send it to us.



Don't exceed 750 words



Connect your story to Crawfordsville and / or Montgomery County somehow.



The writing must be your own and original. You must own the rights to it and sign a release stating as such and giving us permission to publish it.



Get it to us by noon, Sept. 29.

Pretty simple.

Four winners will be selected and those stories will be published, along with the author's name and photo, in October. If the judges select any stories as honorable mentions, those will be published on our web site.

We'd suggest dusting off the cobwebs – unless cobwebs, creaky stairs and paintings with moving eyeballs are appropriate to your story – and getting busy. You know the first rule of writing, right? Butt in chair! So get yourself situated in front of a keyboard and let those fingers fly!

Tell us a ghost story, a spooky tale, perhaps a fiction piece about the ghost of Gen. Lew or Henry Lane, or perhaps a tale spun up from one of the pre-consolidation high schools. That's the great thing – it's a Halloween writing contest, so the who, what, where, and when are all up to you!

How do you enter? Simply e-mail your story to news@thepaper24-7.com or drop it off at our beautiful downtown Crawfordsville office (127 E. Main). If you e-mail, please copy and paste the story in the body of the e-mail and not as an attachment.

But wait, that's not all!

We're also looking for Montgomery County's best Halloween-themed house. It seems like more and more people are going all out for the spookiest of holidays. Well, we'd like to see them!

All you have to do is send us a picture of your house, include the address and your contact info and we'll share some of those with our readers in The Paper and online.

➔ TODAY'S QUOTE

"God can do wonderful things right here, in this place, if we take the risk. If we allow him to, and then if we move."
Joshua DuBois

➔ TODAY'S JOKE

What do you find on tiny beaches?
Micro-waves.

➔ TODAY'S VERSE

Isaiah 43:1-3 *Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. For I am the LORD thy God.*

➔ TODAY'S HEALTH TIP

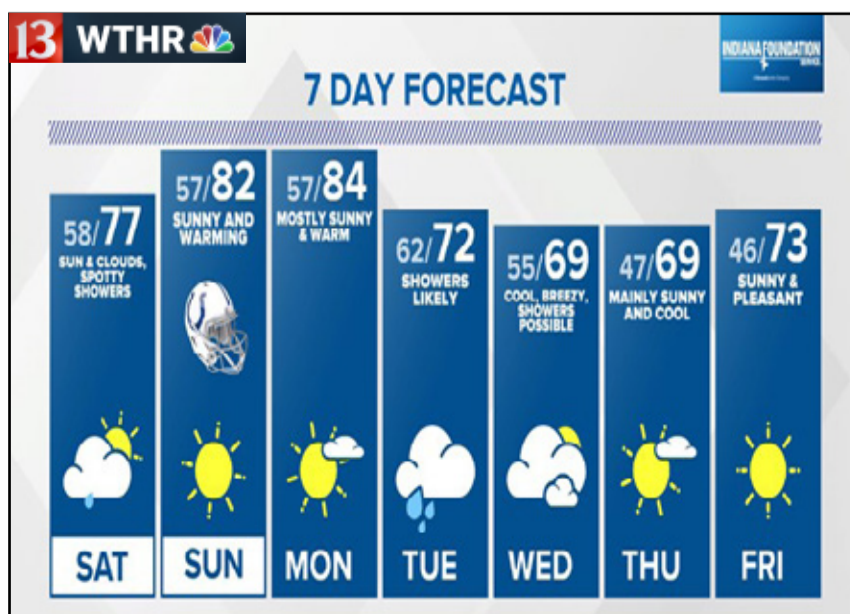
It's critical for kids, especially teens to get plenty of sleep to help with mood, school performance and appetite.

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.



➔ HONEST HOOSIER

It's Sunday. Give The Man Upstairs his due today, won't you please?



HONEST HOOSIER



Quite a unique county!

I ndiana

F & F acts un



38

Jay

Number \div Stumpers

1. What percentage of people live in Portland? \geq
2. How old is Jay County? \leq
3. How many live in the county, but not in Portland? \geq
4. What is the population density of the county? \leq

Answers: 1. About 29 percent 2. 183 Years 3. Around 15,030 People 4. 55/ sq. ml. \div

Did You Know?

- Jay County was formed in 1836
- It is the only county in the United States named for John Jay, co-author of The Federalist Papers, Secretary of Foreign Affairs under the Articles of Confederation, and first Chief Justice of the United States.
- According to the 2010 census, the county has a total area of 384.08 square miles (994.8 km²), of which 383.90 square miles (994.3 km²) (or 99.95%) is land and 0.18 square miles (0.47 km²) (or 0.05%) is water.
- The population in 2010 was 21,253
- The county seat, Potland has a population of 6,223

Got Words?

Why do you think it was decided to name the county after Jon Jay and why do you think it's the only county in the United States to bear his name?

Word Scrambler

Unscramble the words below!

1. AYJ NTUCOY
2. FLSTDRAERI
3. SJUCIE
4. QUIUNE
5. DETNUI TESTA

Answers: 1. Jay County 2. Federalist 3. Justice 4. Unique 5. United States

Indiana Facts & Fun Is Presented This Week By: Newspapers In Education

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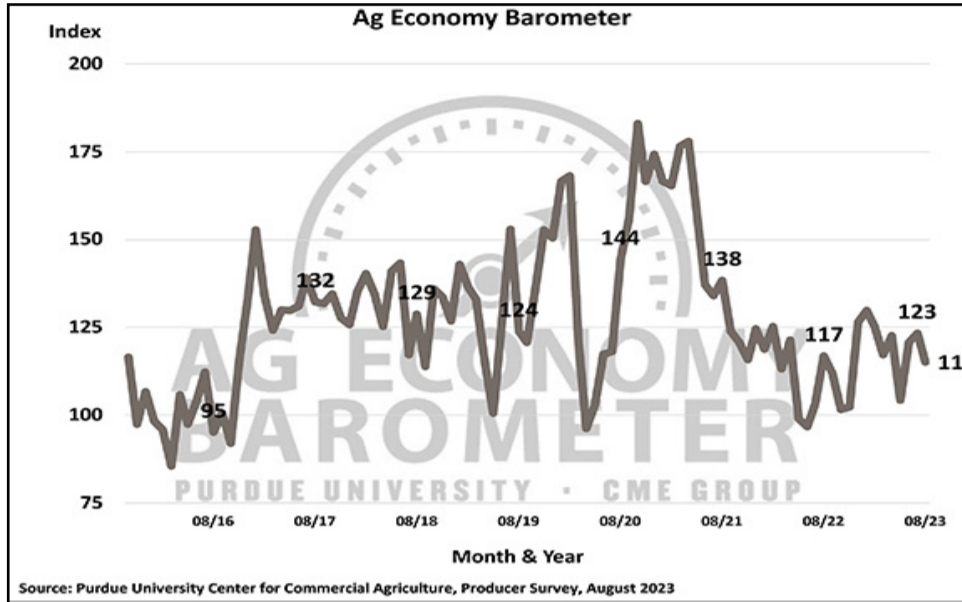
SUNDAY

Indiana the Strong

Sunday, Sept. 10, 2023

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Want to Contact Us? U.S. MAIL, 127 E. Main St. Suite 103, Crawfordsville, IN 47933 ONLINE, www.thepaper24-7.com (765) 361-0100



Farmer Sentiment Dips Amid Weaker View Of Current Conditions

Producer sentiment was notably lower in August, as the Purdue University/CME Group Ag Economy Barometer index dipped 8 points to a reading of 115. This month's decline was fueled by producers' weaker perception of current conditions both on their farms and in U.S. agriculture. The Index of Current Conditions fell 13 points to a reading of 108. The Index of Future Expectations also declined 5 points in August to a reading of 119. This month's Ag Economy Barometer survey was conducted from August 14-18.

"Rising interest rates and concerns about high input prices continue to put downward pressure on producer sentiment," said James Mintert, the barometer's principal investigator and director of Purdue University's Center for Commercial Agriculture. "This month over half (60%) of the producers we surveyed said they expect interest rates to rise in the upcoming year."

When asked about their top concerns for their farming operations in the next 12 months, producers continue to point to higher input prices (34% of respondents) and rising interest rates (24% of respondents). Even though crop prices weakened significantly this summer, only one in five producers (20% of respondents) chose declining commodity prices as one of their top concerns.

The Farm Capital

Investment Index was lower this month, falling 8 points to a reading of 37. Increasing prices for farm machinery and new construction along with rising interest rates continue to be the two most commonly cited reasons for their negative view. Meanwhile, producers' rating of farm financial conditions changed little in August, as the Farm Financial Conditions Index declined just one point to a reading of 86.

Despite increasing concerns about rising interest rates, producers remain cautiously optimistic about farmland values. The Short-Term Farmland Value Expectations Index rose one point to 126, while the long-term index was unchanged at a reading of 151. About 4 out of 10 (39%) respondents said they expect farmland values to rise over the next year, while 13% said they look for values to decline in the next year. When asked about their longer-term view of farmland values, more than 6 out of 10 (63%) respondents said they expect values to rise over the next five years, while 12% said they expect values to fall.

To better understand the usage of carbon contracts in row-crop agriculture, corn and soybean growers were asked about the types of conversations they have had with those companies. In the August survey, 6% of corn and soybean growers said they have engaged in discussions with companies

about receiving payments to capture carbon on their farms, while just 2% said they had signed a carbon contract. Nearly half (47%) of the farms who discussed contract terms with a company said they were offered a payment rate of \$10 to \$20 per metric ton of carbon captured. Among the farms who engaged in discussions but chose not to sign a carbon contract, half said it was because the payment level was too low.

Read the full Ag Economy Barometer report at <https://purdue.ag/ag-barometer>. The site also offers additional resources – such as past reports, charts and survey methodology – and a form to sign up for monthly barometer email updates and webinars.

Each month, the Purdue Center for Commercial Agriculture provides a short video analysis of the barometer results, available at <https://purdue.ag/barometervideo>. For more information, check out the Purdue Commercial AgCast podcast available at <https://purdue.ag/agcast>, which includes a detailed breakdown of each month's barometer and a discussion of recent agricultural news that affects farmers.

The Ag Economy Barometer, Index of Current Conditions and Index of Future Expectations are available on the Bloomberg Terminal under the following ticker symbols: AGEGBA-RO, AGECCURC and AGECFTEX.

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**BUTCH
DALE**



John "Butch" Dale is a former teacher, County Sheriff, author, artist, and local historian. He is the librarian at Darlington and has been there for 33 years! You never know what Butch might offer his readers two times each week...from funny and nostalgic stories about his childhood and hometown...to stories about life and death incidents when he was Montgomery County Sheriff. Sometimes he highlights sports stars from our county's past...or he might just poke a little fun at some of our national politicians and celebrities. He can make you laugh, make you cry, help you to appreciate the past or make you think about the future. But no matter what, Butch will keep you on your toes and keep you entertained!

Catch Butch every Tuesday & Friday,

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SUNDAY

In The Kitchen

Sunday, Sept. 10, 2023

C1

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FIGHT HUNGER WITH FAMILY MEALS



Selfless ways to support community members in need

Photo courtesy of Getty Images

FAMILY FEATURES

With hectic day-to-day schedules and varying dietary needs, many families face the dreaded daily question: “What sounds good for dinner?” In contrast, millions struggle to put food on the table each night, impacting about 1 in 8 children, according to Feeding America.

You can help support those in need through Safeway and Albertsons’ “Fight Hunger, Serve Hope” cause program – an initiative to fight hunger in local communities during summer months when households with school-aged children face higher rates of food insecurity. The company’s private label will donate one meal for every O Organics® product purchased, up to \$7 million and the equivalent of 28 million meals. Donations will be made to Nourishing Neighbors, a program of Albertsons Companies Foundation, to fund grants dedicated to providing healthy meals for at-risk youth throughout the summer.

“While summertime sparks excitement for countless students, it also marks the unfortunate reality that millions of children face when they lose access to school cafeteria lunches and breakfasts they depend on throughout the school year,” said Jennifer Saenz, EVP and chief merchandising officer at Albertsons Companies. “As a company, we are committed to making a difference in the lives of children in need. For the first time, we are making it easier than ever for our customers to support this mission by connecting each purchase of our O Organics brand to hunger relief efforts in the communities we serve.”

Following the campaign period, families looking to help in their communities can give back in a variety of ways.

Donate Canned Goods

Once school is in session, many classrooms participate in canned food drives for a variety of causes while serving a dual purpose: feeding those in need and teaching children the importance of giving back. Sending your students to school with canned goods can show them the value of helping others and instill a sense of responsibility.

Volunteer at a Food Pantry

Sharing valuable resources like canned goods helps make a difference in communities, but local food pantries also need willing volunteers to sort and distribute food, among other duties. It can provide a unique sense of perspective as you meet other volunteers, improve the lives of people in your community and gain new skills.

Promote the Power of Family Meals

Whether it’s breakfast, lunch, dinner or all three, sharing a meal with neighbors can be a powerful moment. It provides an opportunity to connect while enjoying easy-to-make recipes like Ribeye Steak, Grape Tomato and Mushroom Kebabs; Grilled Chicken Salad with Goat Cheese, Fresh Raspberries and Pecans; and Mixed Berry-Lime Smoothie Bowl with Banana and Granola.

Find more meal ideas by visiting Safeway.com and Albertsons.com.



Photo courtesy of Getty Images

Ribeye Steak, Grape Tomato and Mushroom Kebabs

Recipe courtesy of Safeway and Albertsons
Total time: 30 minutes
Yield: 4 cups

- 2 cloves garlic
- 1/2 small bunch Italian (flat-leaf) parsley
- 1/4 cup O Organics extra-virgin olive oil
- 1/8 cup red wine vinegar
- 2 teaspoons O Organics Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3/4 pound O Organics ribeye steak
- 1/2 pint O Organics grape tomatoes
- 1/4 pound O Organics white mushrooms green pepper, sliced (optional)
- 1/2 medium red onion
- 6 skewers

Peel and mince garlic. Wash and dry parsley. Shave leaves off stems; discard stems and mince leaves.

In large bowl, whisk minced garlic, half the minced parsley (reserve remainder for garnish), olive oil, vinegar, Dijon mustard, salt and pepper.

Cut steak into cubes; transfer to marinade bowl and toss to coat.

Wash tomatoes, mushrooms and green pepper. Halve mushrooms. Add tomatoes, mushrooms and green pepper to marinade. Peel onion and cut into chunks; add to marinade. Toss beef and vegetables until well coated.

Heat grill pan, outdoor grill or skillet to medium-high heat.

Thread steak and vegetables onto six skewers.

Cook kebabs in batches until steak is browned and vegetables are tender, 3-5 minutes per side. Transfer to plate and repeat with remaining kebabs.

To serve, plate kebabs and sprinkle with remaining minced parsley.

Grilled Chicken Salad with Goat Cheese, Fresh Blueberries and Pecans

Recipe courtesy of Safeway and Albertsons
Total time: 20 minutes

- 3/4 pound boneless, skinless O Organics chicken breasts
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 teaspoons O Organics extra-virgin olive oil
- 1 package (5 ounces) O Organics spring mix
- 1 package (6 ounces) O Organics blueberries (or desired berry)
- 1/4 cup O Organics pecan halves
- 3 tablespoons O Organics olive oil
- 1 tablespoon O Organics balsamic vinegar
- 1/2 log (4 ounces) O Organics goat cheese

Pat chicken dry with paper towels and place on cutting board. Cut chicken in half horizontally to

form thin cutlets. Season with salt and pepper on both sides.

Preheat grill pan, outdoor grill or skillet to medium-high heat.

Once pan is hot, coat with oil. Add chicken to pan and grill, turning once, until cooked through, 3-4 minutes per side.

Wash and dry spring mix. Place in medium bowl. Wash and dry blueberries. Add to bowl with mixed greens. Using clean cutting board, roughly chop pecans. Add to bowl.

Transfer cooked chicken to cutting board and cut into thin strips.

In bowl, mix olive oil and balsamic vinegar to create dressing.

Add chicken and dressing to salad bowl; toss to combine.

To serve, divide salad between plates or bowls and crumble goat cheese over top.



Mixed Berry-Lime Smoothie Bowl with Banana and Granola

Recipe courtesy of Safeway and Albertsons
Total time: 10 minutes
Yield: 3 cups

- 1 banana
- 1/2 package (6 ounces) O Organics blackberries
- 1/2 lime
- 2 cups O Organics frozen mixed berries
- 1 cup plain O Organics Greek yogurt
- 4 fluid ounces O Organics whole milk
- 1/8 cup O Organics honey
- 1/4 teaspoon ground cinnamon
- 2/3 cup O Organics granola of choice

Wash and dry banana and blackberries. Peel and thinly slice banana; set aside.

Zest and juice lime into blender. Add frozen mixed berries, yogurt, milk, honey and cinnamon. Blend on high speed until smooth, 1-2 minutes.

To serve, divide smoothie between bowls and top with banana, blackberries and granola.

SUNDAY

In The Kitchen

Sunday, Sept. 10, 2023

C2

Have a favorite recipe you want to share? Send it to news@thepaper24-7.com

Make Mornings a Breeze with Time-Saving Breakfasts

FAMILY FEATURES

Mornings can be hectic enough with wake-up calls, preparing for work, getting the kids ready and so many other daily tasks. Add in the need (or desire, at least) for a nutritious breakfast, and starting a new day can feel downright exhausting.

Make your mornings easier with delicious, better-for-you meals you can make ahead of time using simple ingredients like Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. You don't have to know how to pronounce quinoa to enjoy its light, nutty flavor packed with protein and all nine essential amino acids.

As a good source of fiber, it's a perfect solution composed of a medley of red, black and white quinoa that can make these Ham, Cheese and Zucchini Breakfast Cups a breeze. They're an ideal on-the-go solution for weekday breakfast bites that fit your busy schedule.

Cook up a batch as part of your Sunday meal prep and enjoy a week's worth of tasty, simple cups for the entire family. Once the combination of green onions, cheddar, ham, quinoa and more have been cooked and cooled, they can be refrigerated for up to 1 week.

For a creamier, fruity, dairy-free option, these Quinoa Overnight Oats make for a satisfying breakfast you can grab from the fridge and take to the office. Loaded with whole grains, bananas, blueberries and pomegranate, they'll provide the energy you need to get through the day while saving time in the morning.

These tasty treats can also last up to 1 week in the refrigerator, but remember to wait to add any crunchy toppings, honey or syrup until you're ready to enjoy so those favorite ingredients stay fresh longer. Another pro tip: Once you're done preparing your sweet, nutritious breakfast for the week ahead, divide evenly into four resealable to-go containers to make weekday mornings as easy as possible.

To find more weekday morning solutions using easy-to-make whole grains, visit SuccessRice.com.



Quinoa Overnight Oats

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 4

- 1 bag Success Tri-Color Quinoa
- 2 cups almond milk
- 1 cup quick-rolled oats
- 2 bananas, mashed
- 1/2 teaspoon ground cinnamon
- 1 cup fresh blueberries
- 1/2 cup pomegranate seeds

Prepare quinoa according to package directions. Let cool completely.

In large bowl, combine almond milk, oats, bananas and cinnamon. Stir in quinoa and blueberries.

Cover and refrigerate overnight. Divide among four serving bowls and garnish with pomegranate seeds.

Tips: For added sweetness, drizzle with honey, maple syrup or agave syrup, to taste. For a grab-and-go breakfast, combine overnight oats mixture and divide in resealable, single-serving jars or containers. Seal and refrigerate overnight.

Ham, Cheese and Zucchini Breakfast Cups

Prep time: 15 minutes
Cook time: 25 minutes
Servings: 12

- 1 bag Success Tri-Color Quinoa
- nonstick cooking spray
- 1 cup shredded cheddar cheese
- 1 cup shredded zucchini
- 1/2 cup diced ham
- 2 eggs
- 1/4 cup egg white
- 1/4 cup sliced green onion
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Prepare quinoa according to package directions. Preheat oven to 350 F.

Coat 12-cup muffin tin with nonstick cooking spray.

In large bowl, combine shredded cheddar cheese, shredded zucchini, diced ham, eggs, egg white, sliced green onion, salt and black pepper. Mix well. Spoon batter into prepared muffin tin.

Bake 25 minutes. Cool 5 minutes then remove to wire rack to cool completely.

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SUNDAY

In The Kitchen

Sunday, Sept. 10, 2023

C3

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Fuel FOR FULL DAYS OF LEARNING



FAMILY FEATURES

Between morning routines, days spent in the classroom, extracurriculars and homework, it may seem like there's never enough time in the day during the school year. However, making time for tasty meals and snacks doesn't have to be another burden on jam-packed schedules.

These quick recipes for a flavorful twist on a breakfast favorite, easy-to-make sliders featuring kid-friendly flavors and delightful treats to enjoy at the end of the day can help keep little learners (and older family members, too) fueled up and ready to tackle all the school year throws their way.

Find more recipes to get you through busy back-to-school season at Culinary.net.

Simple, Kid-Friendly Sliders

For those busy school nights when time is at a premium and you need to get a meal on the table quickly, these simple yet savory Pepperoni Pizza Sliders can be a perfect solution. A modified take on a kid favorite – pizza – they're easy to make after work and extracurricular activities to steal a few moments of family time enjoying the cheesy pepperoni goodness before completing homework and beginning preparations for a new day.

Pepperoni Pizza Sliders

Recipe adapted from MilkMeansMore.org

- 1 package slider rolls
- 1/2 cup pizza sauce
- 1/2 cup mini pepperoni
- 1 1/2 cups shredded, low-moisture, part-skim mozzarella cheese
- 1/4 cup butter, melted
- 1 teaspoon parsley flakes

- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 cup shredded Parmesan cheese
- nonstick cooking spray

Heat oven to 350 F.

Keeping rolls connected, cut sheet of rolls horizontally, separating tops from bottoms. Place bottom halves of rolls in baking dish.

Spread pizza sauce evenly over bottom halves. Sprinkle pepperoni over sauce. Sprinkle mozzarella over pepperoni and cover with top halves of rolls.

Mix melted butter with parsley flakes, dried oregano, garlic powder and shredded Parmesan cheese. Spoon evenly over sliders.

Cover baking dish with aluminum foil sprayed with nonstick cooking spray to keep cheese from sticking.

Bake 20 minutes.

Remove foil and bake additional 5-10 minutes, or until Parmesan is melted and golden brown.

Cut sliders and serve immediately.

A Fresh-Baked After-School Sweet

After a long day of learning or a tough homework assignment, many kids love a warm, chocolatey homemade cookie. Once your kiddos pack away the calculators and put their pencils down, serve up an ooey-goey delight as a reward for all that hard work.

These Brown Butter Chocolate Chip Cookies are ready in just 30 minutes and made with high-quality ingredients you can count on like C&H Dark Brown Sugar for that familiar homemade flavor.

Find more sweet after-school desserts at chsugar.com.

Brown Butter Chocolate Chip Cookies

Prep time: 15 minutes

Cook time: 15 minutes

Yield: 18 cookies

- 1 cup (2 sticks) unsalted butter, softened
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cups C&H Dark Brown Sugar
- 2 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 1 cup chopped pecans, toasted
- 1 1/2 cups semisweet chocolate chips

In medium saucepan over medium heat, melt butter and cook until foaming and golden brown. Remove from heat and transfer to heatproof bowl. Place in refrigerator until solidified, about 45 minutes.

In medium bowl, whisk flour, baking powder, baking soda and salt. Set aside.



Once butter has solidified, remove from refrigerator. In bowl of electric stand mixer, using paddle attachment, beat butter and sugar at medium speed 2-3 minutes until light and fluffy. Add eggs, one at a time, and vanilla. Mix until combined. Scrape sides of bowl as needed. Reduce speed, add flour mixture and beat to combine. Add pecans and chocolate chips; mix at low speed until combined. Place dough in refrigerator

and rest 30 minutes.

Preheat oven to 350 F and line baking sheets with parchment paper.

Using 2-ounce ice cream scoop, portion out dough on prepared baking sheets, spacing about 3 inches apart. Gently flatten dough balls using palm.

Bake 13-15 minutes, or until golden brown. Allow cookies to cool on baking sheets 10 minutes then transfer to wire rack. Serve warm.



A Traditional Breakfast with a Twist

The same bowl of cereal can get boring after eating it for breakfast day in and day out. You may find yourself looking for something new and exciting to start school day mornings on the right foot.

Kids can be picky when it comes to breakfast foods, but this recipe for Sausage French Toast Roll-Ups is a quick and easy way to fill their bellies with a taste of several flavors they may already love. A sizzling sausage link wrapped with French toast, it combines a favorite breakfast protein and traditional deliciousness in one roll.

Sausage French Toast Roll-Ups

Servings: 12

- 12 sausage links
- 2 eggs
- 2/3 cup milk
- 3 teaspoons almond extract
- 1/2 teaspoon ground cinnamon
- 6 bread slices, crust removed, cut in half
- 3 tablespoons butter syrup

In skillet, cook sausage links according to package directions. Set aside.

In medium bowl, whisk eggs, milk, almond extract and cinnamon.

Dip bread slice in egg mixture. Wrap bread slice around cooked sausage link, pressing seam to keep from unrolling. Repeat with remaining bread slices and sausage links.

In large skillet over medium-high heat, melt butter. Place roll-ups in skillet, seam-sides down, and cook until all sides are browned, approximately 10 minutes.

Drizzle with syrup.

SUNDAY

In The Kitchen

Sunday, Sept. 10, 2023

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How to Enjoy *Fresh Maine Lobster* this Season

Tips and tricks from a 4th-generation lobster family

FAMILY FEATURES

As people look to change what's on their plates, it can be tough to know where to begin. From social media-inspired recipes to trendy menu offerings, there are many options.

That's why restaurant owners Katie and Thom Werner are recommending a staple that's sustainable, fresh and versatile: Lobster. The Werners own the popular Island Lobster Co. restaurant in Peaks Island, Maine where Thom works as a commercial fisherman and supplies most of the lobster served.

The Werner family is well versed in the iconic Maine Lobster fishery, coming from a long line of generational fishing families, with Thom having fished since he was 6 years old. They know lobster can be intimidating for home cooks, but as people familiar with the product, they emphasize lobster is

easy to prep, delicious and supports communities up and down the coast.

"Lobsters are always sustainably harvested and handled with care by the fishery," Katie said. "It's so important to know where your food comes from and with local lobster, it's something you can feel great about enjoying that also directly benefits so many families like ours."

For those looking to enjoy a simple and classic version of lobster, the Werners recommend a tried and true method.

"Steamed with some melted butter is always perfect," Thom said. "You can't beat the sweet, succulent flavors of fresh lobster with that punch of salty butter."

For those looking for a fresh twist, Katie suggests trying her favorite recipe at Island Lobster Co.: the BLT Lobster Roll.

"It's a savory and sweet combination of crispy bacon, juicy tomatoes and tender lobster meat, all served on a buttery roll," she said. "It's a great way to enjoy sustainable trap-to-table fare."

No matter what recipe people go with, the Werner family hopes everyone can partake in enjoying a staple of their heritage.

"To me, Maine Lobster is a taste of home," Thom said. "I've always enjoyed it with friends and family. Now I get to share that legacy with my own kids and our community at the restaurant. I feel incredibly lucky, and I hope everyone – whether you're a Mainer or on the opposite side of the country – can enjoy it as a celebration of such an iconic industry."

To learn more about the Werners' story, find recipes and look for ways to support the industry, visit lobsterfrommaine.com.



BLT Lobster Roll

Recipe courtesy of the Werner family of Island Lobster Co. on behalf of the Maine Lobster Marketing Collaborative
Yield: 1 roll

- 3 slices bacon
- 1/4 pound fresh lobster meat (or meat from 1-pound lobster)
- 1 tablespoon butter
- 1 brioche bun, halved
- 1 tablespoon mayonnaise
- 3 tomato slices
- 1 large leaf romaine lettuce or butter lettuce

Preheat oven to 400 F. Line baking sheet with parchment paper and arrange bacon slices on top. Cook 10-15 minutes, or until desired crispiness.

Prepare large pot with 2 inches of salted water and bring to rolling boil. Add lobster and steam 12 minutes. Halfway through, lift lid carefully and shift lobster to cook evenly.

Break down lobster and remove meat from shell, yielding about 4 ounces of cooked meat. Chop meat into bite-size pieces.

In large skillet or griddle over medium heat, warm butter to coat pan. Place both pieces of bun cut sides down on pan and cook about 30 seconds until golden. Remove buns from pan and set aside.

In bowl, toss chopped lobster meat with mayonnaise and set aside.

Assemble cooked bacon, tomato, lettuce and lobster mix on toasted bun.



Thom and Katie Werner

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KAREN ZACH



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Each week Karen Zach pores over page after page after page of historical records just so she can bring the readers of The Paper of Montgomery County the absolute latest . . . well, it's historical, so it's not exactly . . . so she can bring you the most up-to-date . . . oh, you know what we mean!

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Sunday, Sept. 10, 2023

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Brighten Your Fall Landscape With Mums



MELINDA MYERS
Columnist

Mums are a favorite fall flower that adds weeks of seasonal color to containers, gardens and fall displays. They are also a popular gift plant in garden centers and floral shops. Choosing the right one for the purpose and providing proper care will help you achieve your desired results.

Start by selecting the best mum for your gardening goals. You'll find mums labeled as garden, perennial, gift or florist mums. All these names for plants that look alike can be confusing. The answer lies in their response to day length, hardiness and use.

Mums set flowers based on day length. Growers can force them into bloom by covering them to create shorter days that initiate flowering. Those grown as gift mums, often called florist mums, usually require the longest periods of uninterrupted darkness or shorter days. When these mums are grown under natural daylight they usually don't flower until late fall or early winter. These late bloomers are usually killed by cold temperatures before or soon after the flowers appear in colder areas.

Nurseries selling mums ready to flower in the fall often refer to them as garden mums. These may be perennial mums



Photo courtesy of MelindaMyers.com

Mums add seasonal color to the fall landscape.

or "florist" mums forced to flower for fall displays. The intent is to use them as annuals. Select ones with lots of buds and just a few if any open flowers to maximize the bloom time and your enjoyment. Place one or two mums on the front steps, plant them in vacant spots in the garden or combine them with other fall favorites in containers.

These garden mums may be hardy and suited to the area but since all the energy is directed to the flowers little is left to establish a hardy, robust root system. If you have success overwintering your garden mums, feel free to brag. If your plants don't survive or you don't try, don't worry. You are using them as a fall annual as they were intended. This also provides space for new plants in the spring and an opportunity to try a different color mum next fall.

Those mums sold as perennials are hardy

enough to survive the winter and flower in late summer or early fall providing weeks of color in the garden. They are often sold alongside other perennials, labeled as perennials, or promoted as hardy for the area. Increase your success by planting them in spring. This allows the plant time to develop a robust root system before it begins flowering in the fall which will increase its ability to survive cold winters.

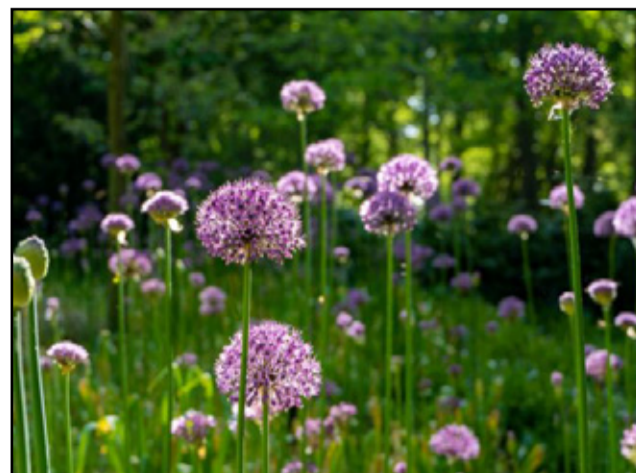
Place mums in an area with full sun and water thoroughly and often enough to keep the soil moist but not soggy wet. Check the soil in containers daily and water when the top few inches of soil are starting to dry. Always use a container with drainage holes or a self-watering pot.

Increase overwintering success by leaving the plants intact in the garden over winter. Those gardening in colder regions may opt to cover the

plants with evergreen boughs after the ground freezes, providing extra insulation. Remove the mulch when temperatures begin hovering above freezing. Whether covered or not, prune out the dead stems in spring as new growth appears.

Whatever you call them, add a few colorful mums to your fall displays. You are sure to enjoy the blast of color they provide to your landscape before winter arrives.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition and DVD series Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www.MelindaMyers.com.



Allium Is The Flower Bulb Of The Year 2023

Allium has been awarded Flower Bulb of the Year 2023. And not without reason! This majestic and imposing flower combines beautifully with other bulbs and perennials in the garden. What's more, Alliums are a trusty friend to bees and butterflies. They are not only beautiful, but also good for biodiversity.

From small to grand

There's no two ways about it: Alliums are here to stay. The large purple round blooms on tall stems of Allium aflatunense or the large Allium giganteum, for example, stand out beautifully in the garden. In addition to well-known types, you can find many other Allium varieties in different colors and sizes. From various shades of purple and pink, to white and even yellow. Depending on the variety, Alliums will grow anywhere between 6 in. to more than 5 ft. tall. If you are looking for a slightly shorter variety for your balcony or patio, choose low-growing Allium karataviense, Allium cristophii, or Allium schubertii. The bloom shape of the different Allium types also varies widely: from 1 in. to about 1 ft. In other words, there is something for everyone.

Combinations

Combine Alliums with perennials and other spring bulbs for the best results. This is a good way to hide the leaves, which are not Alliums' best feature. Tall varieties look lovely when they grow well above the rest of the border planting. With their spherical

trast perfectly with perennials. Alliums flower a little later in spring (from April through July), making them perfect for bridging the season between spring-flowering bulbs and the summer border.

Planting

Plant Alliums between October and December in a sunny spot, in well-drained soil. Some varieties will also tolerate partial shade. Since Alliums do not like getting their roots wet, it is best to mix some coarse sand into the soil before planting them. Plant the bulbs twice as deep as they are tall and about 4-6 in. (bulb size <3 ft.) to 2 ft. (bulb size >3 in.) apart. After flowering, the Allium bulbs can stay in the ground, but bear in mind that the flowers will get a little smaller every year. The wilted Allium flowers will remain decorative even after flowering, in fall and winter.

Nectar-rich flowers for biodiversity

Alliums are bursting with nectar! Insects, butterflies, and bees love nectar, so Alliums promote biodiversity. Did you know that the bulbous flower of Alliums is actually made up of many small flowers? Insects love the nectar they find in these tiny flowers. When they feed, they also pollinate other plants which, in turn, can reproduce. In other words, flowers, bees, butterflies, and other insects in the garden are very important for nature!

More information about flower bulbs is available at www.flower-shape.com.

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Strengthen the Family Connection with Nostalgic Activities

FAMILY FEATURES

In spite of returning to busy school-day schedules and never-ending to-do lists, most families want to maintain a sense of connectedness all year round. Special moments with your family start by leaving behind that checklist, setting smartphones aside and saving responsibilities for tomorrow.

If you catch yourself reminiscing about the goodness you grew up on, turning back the clock and showing your kiddos what childhood was like for you is one way to foster a better connection with your kids. Throw it back to your childhood with these family-favorite activities to enjoy at the breakfast table, after school or over a weekend.

Read Favorite Books

Take it a more educational route and hook your children on a favorite novel, short story or book series. You can introduce them to favorite genres, popular characters or specific authors then head to the library to search the shelves. In fact, you could be giving them a leg up on English class; literature from your days in the classroom might still be read in schools today.



Share the Goodness You Grew Up On

Childhood in the '80s and '90s meant school-day mornings with cartoons and delicious breakfasts. Classics like Cinnamon Toast Crunch, Lucky Charms and Cheerios were good then and are even better now with 20% the daily recommended value of Vitamin D – twice the previous amount. Vitamin D is essential for building and maintaining strong bones but is often under-consumed, according to the National Health and Nutrition Examination Survey, with 96% of all Americans ages 2 years and older falling short on this key nutrient.

“Cereal has the same great taste as when parents were kids and now even better nutrition,” said Amy Cohn, registered dietitian and senior nutrition manager at General Mills. “Affordable, accessible nutrition doesn’t have to be complicated or break the bank – and it can be as easy as a bowl of cereal beloved by multiple generations.”

Get Outside and Explore

Tech devices from tablets to video game consoles often dominate kids’ free time, but you can open their minds to a whole new world with a little outdoor exploration. Climb aboard bicycles (and strap on those helmets) for a cruise around the neighborhood or enjoy bird watching from the comfort of the backyard. If you’re on the adventurous side, gather a tent and s’mores supplies for a night or weekend in the great outdoors.

Watch Classic Movies

No VCR, no problem. A range of streaming services available at your fingertips means you can watch remastered classics just using a smart TV or casting device. Whether it’s a Spielberg favorite, original superhero flick or comedy classic, an abundance of kid-friendly movies from the video rental days are ready to watch online.

5 ways to share childhood classics with your kids



Photo courtesy of Getty Images

Play Board Games

Another way to turn kids’ attention from screens to the physical world is to dust off those old board games for some fun at the dining room table. Start with the basics like

checkers or, with older children, jump straight into strategy-based brain games like chess for a dose of friendly competition.

For more ways to share your childhood with the next generation, visit GeneralMills.com.

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Photo courtesy of Purdue University

Attending the launch of Purdue@Crane: U.S. Rep. Jim Baird (IN-4); Angela Lewis, NSWC Crane technical director; Navy Capt. Rex Boonyobhas, NSWC Crane commander; Mung Chiang, Purdue University president; Karen Plaut, Purdue University executive vice president of research.

Purdue Establishes Permanent Presence Next To NSWC Crane For Future Of National Defense And Semiconductors

Officials of Purdue University, the Purdue Applied Research Institute (PARI) and the Purdue Research Foundation announced a permanent presence in elevating the partnership with Naval Surface Warfare Center, Crane Division (NSWC Crane), in a ceremony Tuesday, Sept. 5, at WestGate Academy in Odon, Indiana. This investment will catalyze and accelerate the existing collaborative research agreements that focus on national security and defense and on semiconductors.

Titled Purdue@Crane, this focus on hypersonics, energetic materials and trusted microelectronics at WestGate@Crane Technology Park builds on the strong Crane-Purdue partnerships in these fields and takes them to the next level, Purdue officials said. This new initiative bolsters the partnership with a permanent Boilermaker presence at the Odon, Indiana, center adjacent to NSWC Crane.

"Today marks a momentous milestone and turns a new chapter in the collaboration between Purdue and Crane," said Purdue University President Mung Chiang. "This new strategic partnership with the most important defense presence in our state brings excellence at scale to deliver solutions for national security research. With one of the nation's largest and highly ranked STEM programs, Purdue is excited to become a permanent neighbor and dedicated partner with NSWC Crane. As America's leading university in semiconductor workforce and innovation, we are also looking forward to the new semiconductor ecosystem at WestGate Foundry 1."

An initial focus of this initiative — secure and reliable microelectronics — will be led by a research director, an experienced and respected leader in defense microelectronics who will expand workforce and technology development in advanced packaging, reliable and trusted microelectronics, and electronic system design.

Collaborative work with companies located in the WestGate@Crane Technology Park, beginning with NHanced Semiconductors Inc. and Everspin Technologies Inc., is anticipated. The estimated annual budget will begin at \$2 million this fiscal year and is expected to grow to \$40 million of collaborative research in national security by 2030, Purdue officials said.

The Purdue director and a team of researchers and staff will be located permanently outside NSWC Crane, starting

at WestGate Academy. The staff will grow in number as Purdue@Crane moves forward. Plans include 3,000 square feet of space in WestGate Academy to start with, as well as a cleanroom space in WestGate Foundry 1. The cleanroom space is a forthcoming microelectronics manufacturing facility and a key component of Purdue's semiconductors workforce, innovation and partnership strategies in the execution of the CHIPS and Science Act. The SCALE microelectronics workforce development program, which is administered by NSWC Crane, just received \$19 million from the Defense Department.

Officials of NSWC Crane and Purdue joined together to make the announcement at the southern Indiana defense outpost. Among the guests were NSWC Crane Cmdr. Navy Capt. Rex Boonyobhas and U.S. Rep. Jim Baird, IN-4, who said collaborations such as this between Purdue and NSWC Crane are important.

"This kind of thing with Purdue, with the (Purdue Applied) Research Institute ... all of that ties with America and the importance of protecting this country," Baird said.

Indiana Gov. Eric Holcomb congratulated both parties on this new endeavor, noting, "Indiana's commitment to developing the next-level, hard-tech ecosystem is ahead of schedule because of partners like Purdue University and NSWC Crane, WestGate."

"Having this formalized strategic collaboration in place will not only assist in strengthening America's national security but also provide the academic talent pipelines necessary for next-generation innovation. I applaud President Mung Chiang and the base leadership for formalizing this important and impactful partnership."

U.S. Sen. Todd Young of Indiana called Purdue and NSWC Crane "two of our country's most important assets as we strive for technological advantage."

"Our national security depends on partnerships among higher education, the private sector and all layers of government," Young said, "and this venture yet another example of how Indiana is leading the way."

NHanced President Robert Patti echoed the governor's statement. "We at NHanced are thrilled with the Purdue announcement," he said. "Their permanent presence will accelerate our collaborations and bring new technology to market much

faster."

"As a leader in MRAM (magnetoresistive random-access memory) commercialization, research and development, and manufacturing, Everspin is excited to collaborate with Purdue University on the next generation of MRAM use cases related to artificial intelligence and high-density memory applications," said Sanjeev Aggarwal, Everspin president and CEO.

NSWC Crane's skilled professionals put technical solutions directly into the hands of the armed services, ensuring safer missions by leveraging the talent, knowledge and experience of its highly technical workforce.

It is this work at Crane that makes Purdue@Crane a "very natural fit" with PARI's mission of "applying the vast research infrastructure of one of the world's greatest universities to solving critical problems in national defense and global security," said Mark Lewis, PARI president and CEO and a former deputy undersecretary of defense for research and engineering.

"There is a lot of discussion in defense circles about bridging the so-called 'valley of death' between the laboratory and the warfighter," Lewis said, "but that is exactly what we will be doing with this new initiative. I look forward to a future of impactful collaborations at Crane."

"NSWC Crane's partnership with Purdue University is stronger than ever, and the strategic investment in Purdue@Crane is a true testament that our priorities are aligned to provide critical defense solutions to solve some of the nation's toughest technical challenges," said Angela Lewis, NSWC Crane's technical director. "It is an honor to collaborate with an esteemed academic institution like Purdue, and I am excited to see this investment mature, particularly in the fields of hypersonics and microelectronics development."

Purdue's engagement at WestGate started in 2015 to support research and development of innovations through commercialization and collaboration, said Chad Pittman, chief executive of economic development at the Purdue Research Foundation. "This announcement reflects the next phase of Purdue's commitment to the region, to NSWC Crane, to the state and to the growth of semiconductor and microelectronics workforce that is mission critical to our nation," he said. "This announcement is an intentional next step for Purdue's collaboration with key partners in the national defense community."

BBB Tip: 10 Tips To Avoid Buying Flood Damaged Cars

Flooding problems may lead to scam artists attempting to pawn off flood-damaged vehicles as standard secondhand cars. These vehicles typically show up at auto auctions, used car dealerships, and classified ads. Unsuspecting consumers, particularly those living in regions of the country unaffected by hurricanes or flooding, are often fooled by fresh upholstery, new carpeting, and bargain prices.

Once the owners of damaged cars settle with the insurance companies, the vehicles are sometimes refurbished and resold. Flooded cars are often transported well beyond the original region where the flood or major storm occurred to locations where consumers may be less aware of the damage and what warning signs to look for. Sometimes, a middleman buyer intentionally hides a car's history as a flood-damaged vehicle through a process known as "title washing" and sells it to an unsuspecting buyer in a state unaffected by the disaster. Among many possible mechanical problems faced by flooded cars, corrosion can take years to surface eventually, when it can cause electrical and mechanical problems. By the time the issues become apparent, the seller is gone, and the new owner is left with an unreliable vehicle and no recourse against the seller.

Better Business Bureau (BBB) strongly recommends used car buyers to be cautious of unscrupulous businesses and individuals who may try to sell flood-damaged cars as standard secondhand cars without revealing the vehicles' history. When importing a motor vehicle into Canada -- whether it's from an area affected by flooding or not -- check with the federal Registrar of Imported Vehicles before you purchase a vehicle.

BBB has the following tips for car shoppers to determine if a used car is flood-damaged:

- Ask to see the title. Check the date and place of transfer, verifying where the car came from. Ask questions if the title is stamped "salvage" or arrived from a recently flood-damaged state. Consider purchasing a vehicle history report, which includes information if the car has ever been tagged as "salvage" or "flood damaged" in any state.

- Carefully check the dashboard. Examine all gauges to ensure they are accurate and there are no signs of water. Look for indications that the dashboard may have been removed.

- Check the electronic components. Test the lights, windshield wipers, turn signals, cigarette lighter, radio, heater, and air conditioner several times to ensure they work. Also, flex some wires under the dash to see if they bend or crack since wet wires become brittle upon drying.

- Check the interior spaces. Look in the trunk, glove compartment, and beneath the seats and dash for signs of mud, rust, or water damage. Check for open drainage holes in the bottom of the vehicle.

- Check the condition of the fabrics. Look for discolored, faded, or mildewed upholstery and carpeting. Recently shampooed carpets may be cause for concern. Carpeting that has been replaced may fit too loosely or not match the interior color.

- Get a vehicle history report from a database service. The National Insurance Crime Bureau's (NICB) free database lists flood damage and other information. But note that NICB reports are only helpful if the car is insured. If an uninsured flood-damaged car owner tries to sell it on the open market and you're the buyer, you may never know there's a problem until things like the electrical system go bad.

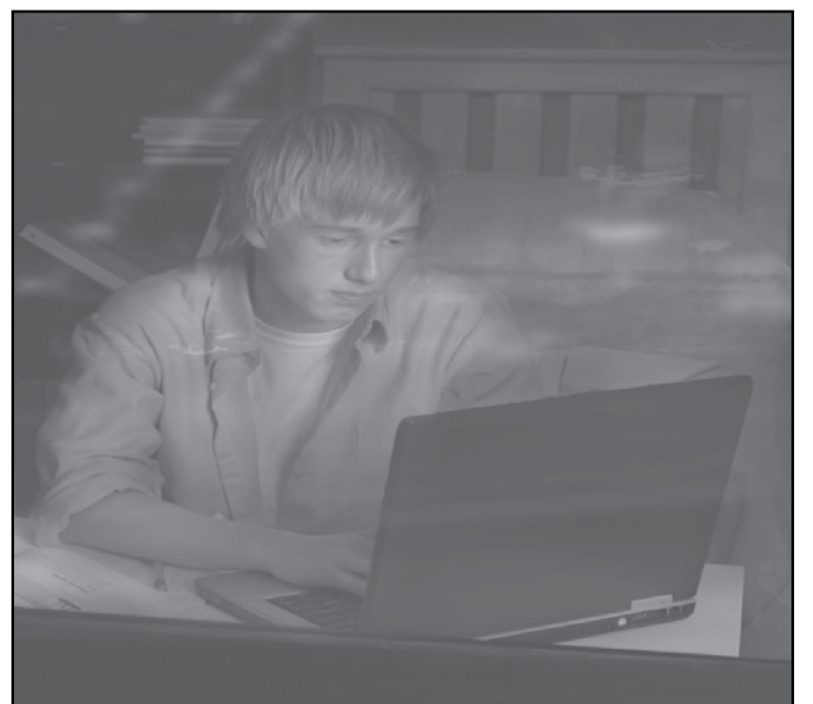
- Remember to check under the hood. Look for standing water, mud, or grit in the spare tire wheel well or around the engine compartment under the hood.

- Do a smell test. A heavy aroma of cleaners and disinfectants is a sign there may be a mold or odor problem.

- Research the dealer. Always check out the BBB Business Profile of the dealer at BBB.org.

- Get an inspection. Before buying any used car, consider having a pre-purchase inspection by a trusted mechanic.

For more information and to learn how to protect yourself, Google "BBB 10 Steps to Avoid Scams". If you spot a scam, whether you have lost money or not, report it to BBB's Scam Tracker at BBB.org/ScamTracker and the FTC at ReportFraud.ftc.gov. Your story can help protect consumers from similar scams.



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Photo courtesy of Purdue University

From left to right, Dimitrios Peroulis, senior vice president for Purdue University Online; Frank Dooley, chancellor of Purdue Global; and Kelvin Gumbs, executive director for educational partnerships in Purdue's Office of Industry Partnerships, were members of a Purdue delegation that visited the USS Nimitz in August.



Photo courtesy of Purdue University

Dimitrios Peroulis, senior vice president for Purdue University Online; and Frank Dooley, chancellor of Purdue Global, on the flight deck of the USS Nimitz.

Purdue Delegation Embarks On USS Nimitz, Gains Insights Into Naval Operations

It was the experience of a lifetime for members of a Purdue University delegation as they cruised the Pacific Ocean on the USS Nimitz with almost 5,000 sailors.

Frank Dooley, chancellor of Purdue Global; Dimitrios Peroulis, senior vice president for Purdue University Online; and Kelvin Gumbs, executive director for educational partnerships in Purdue's Office of Industry Partnerships, participated in this firsthand experience, which offered a unique view into the training-rich environment of sailors at sea, learning about ways to strengthen educational opportunities for officers and enlisted personnel.

"It was truly a once-in-a-lifetime opportunity," Dooley said of his weekend at sea. Approximately 300 dignitaries a year visit the Nimitz (CVN 68), a supercarrier and the lead ship of the U.S. Navy's Nimitz class of nuclear-powered aircraft carriers.

The trio started their visit receiving briefs at the Naval Air Force, U.S. Pacific Fleet headquarters and then took off from Naval Air Station North Island in Coronado, California, on a C-2 Greyhound aircraft, which made an arrested landing on the Nimitz.

"The arrested landing forces the aircraft to

stop completely within a second or two. The deceleration that you feel is immense — going from 160 miles per hour to zero," Peroulis said. "By the time you realize what is going on, it has ended. It's only a few hundred feet and the plane has stopped."

Once on board, the Purdue delegation began meeting with the admiral, commanding officer, executive officer, command master chief, and other officers and enlisted personnel, touring most areas of the ship.

A highlight of the Purdue delegation was watching the crew perform about 180 daytime and nighttime flight maneuvers, in some instances observing from just 30 feet away as F/A-18 Super Hornets launched from the flight deck.

"All of these men and women serving on the USS Nimitz have received training and are constantly training," Dooley said. "It is incredible, and it shows how the team all knows how to work together in their areas. Everyone knows what they are supposed to do. It's a well-organized and -operating machine."

Purdue Global serves approximately 10,000 military-affiliated students, a population that includes uniformed personnel, veterans and eli-

gible dependents. Purdue University Online serves about 200 military-affiliated students through its online master's programs.

As the trio toured the ship, they were continually greeted with "Boiler Up!"

"There were people who shared stories of relatives and friends who had come to Purdue; some people had themselves been to Purdue. There was a Purdue connection almost everywhere, which was impressive," Peroulis said.

Dooley, Peroulis and Gumbs learned of the need for continuing education for sailors of all ranks, especially after their time in the service, and saw firsthand not only where they work but also where they live and would study. The group plans to further develop programs and procedures to make online learning programs more innovative for Navy and other armed forces personnel and more aligned with sailors' professional development needs.

"The fact that we can serve both officers and enlisted personnel at the same time through the virtual campuses of Purdue was intriguing to them, as they are aware of Purdue's quality education and commitment to the military. This is where Purdue is positioned so



Photo courtesy of Purdue University

Frank Dooley, chancellor of Purdue Global (left), and Dimitrios Peroulis, senior vice president for Purdue University Online (middle), learn about naval operations while on the bridge of the USS Nimitz.

differently than other schools," Dooley said.

Gumbs, himself a Purdue Global grad and a Navy veteran who previously served on the Nimitz, said the visit allowed everyone to understand and witness the training and learning that takes place on board.

"America's Navy provides a tremendous opportunity for young people to receive highly technical training and learn countless skills, develop themselves as

leaders, thinkers, communicators and innovators, all things that also translate smoothly into success as adult learners and our military students," Gumbs said.

The visit also renewed a commitment to improve access to the various programs offered through Purdue Global and Purdue University Online.

"I appreciate the dedication, professionalism and skill that the Navy has. You really get to understand how much they

sacrifice to accomplish their missions," Peroulis said. "We want to further improve the quality of the opportunities we offer those crew members in their next career steps."

"Getting to know the people behind that and understanding the challenges they face, the sacrifices they make and the dedication to our country really increased my appreciation for them and my desire to serve them as best we can," Peroulis said.



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Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

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New Market Christian Church

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Dr. Gary Snowden, Minister

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in the Family Life Center
(Masks Encouraged)
or in the Parking Lot Tuned to 91.5 FM
No Sunday School at This Time

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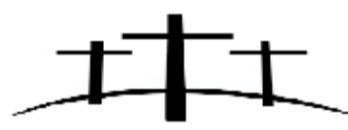
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Rev. Clint Fink

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Liberty Chapel Church

Phil 4:13

Church Services:

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Church 10 am

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Program
6 pm-8 pm



Church Service at 10 am

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www.hopechapelupci.com

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Sunday 10:30 a.m.

Starting August 1:
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11 a.m. Worship

Wednesday 6:30 Bible Study



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Services

Sunday at 10 am

Tuesday Prayer Meeting
6 pm - 7 pm

Thursday Bible Study
6:30 pm - 8 pm



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1981 West Oak Hill Road • Crawfordsville

Romans 15:13

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Sunday school 9:30 am

Church 10:30 am

Wednesday Bible Study 4 pm



Fremont Street Baptist Church

1908 Fremont St • Crawfordsville

Sunday school 9:30 am

Church 10:30 am

Sunday Evening 6 pm

Wednesday Night Bible Study 7 pm



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SUNDAY

Health and WELLNESS

Sunday, Sept. 10, 2023

H1

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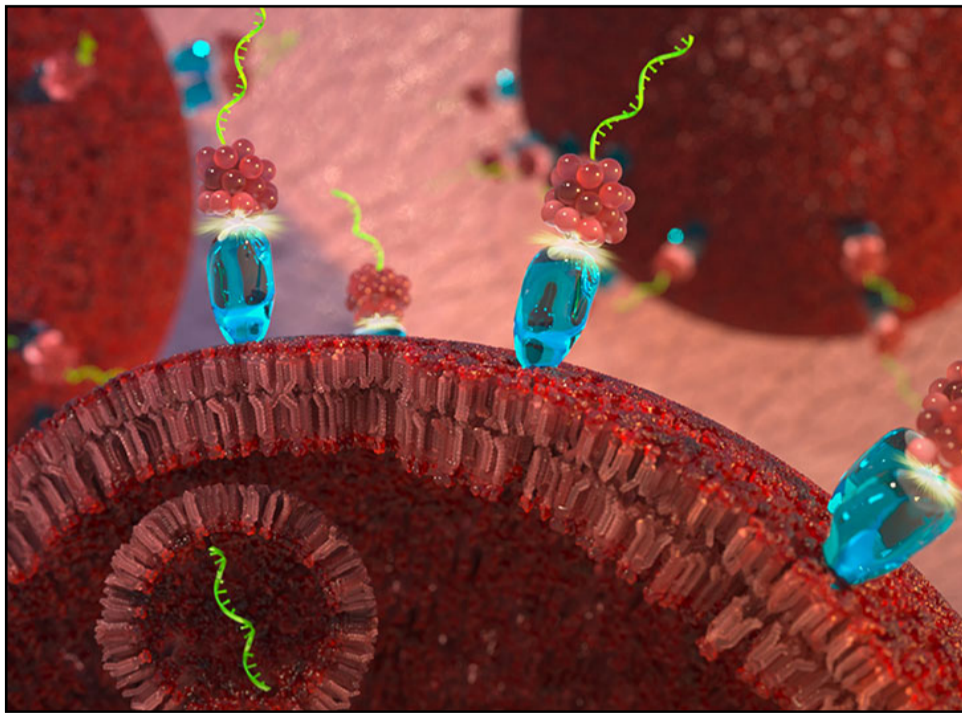


Photo courtesy of Second Bay Studios

A new therapy for cancer uses microRNA to slow or stop division of cancer cells.

First-In-Class Targeted MicroRNA Therapy Slows Cancer Tumor Growth

A new cancer therapy developed by Purdue University researchers attacks tumors by tricking cancer cells into absorbing a snippet of RNA that naturally blocks cell division. As reported Monday (Sept. 4) in *Oncogene*, tumors treated with the new therapy did not increase in size over the course of a 21-day study, while untreated tumors tripled in size over the same time period.

Cancer can begin almost anywhere in the human body. It is characterized by cells that divide uncontrollably and that may be able to ignore signals to die or stop dividing, and even evade the immune system. The therapy, tested in mouse models, combines a delivery system that targets cancer cells with a specially modified version of microRNA-34a, a molecule that acts “like the brakes on a car,” slowing or stopping cell division, said Andrea Kasinski, lead author and the William and Patty Miller Associate Professor of Biological Sciences at Purdue University.

In addition to slowing or reversing tumor growth, the targeted microRNA-34a strongly suppressed the activity of at least three genes – MET, CD44 and AXL – known to drive cancer and resistance to other cancer therapies, for at least 120 hours. The results indicate that the patent-pending therapy, the newest iteration in more than 15 years of work targeting microRNA to destroy cancer, could be effective on its own and in combination with existing drugs when used against cancers that have built drug resistance.

“When we acquired the data, I was ecstatic. I am confident that this approach is better than the current standard of treatment and that there are patients who will benefit from this,” said Kasinski, a member of the Purdue Institute for

Cancer Research. MicroRNA-34a is a short double strand of ribonucleic acid – a string of ribonucleic acids attached like the teeth of a zipper along the length of a sugar-phosphate chain. The two strings of the microRNA are unevenly zipped together, with one string acting to guide a protein complex to the worksite in the cell while the other string is destroyed.

In healthy cells, microRNA-34a is abundant, but its presence is dramatically reduced in many cancer cells.

While the idea of reintroducing microRNA-34a to cancer cells appears simple, the research team had to overcome many challenges in crafting an effective therapy. Naturally occurring RNA breaks down rapidly, so to improve the durability of the therapy, the team stabilized microRNA-34a by adding several small clusters of atoms along the length of the strand. The team modeled its modifications on an FDA-approved chemical structure that researchers at the biotechnology company Alnylam used on similar short interfering RNAs. Experiments on mouse models show the modified microRNA-34a endures for at least 120 hours after being introduced.

As a bonus, the fully modified microRNA-34a is invisible to the immune system, which would ordinarily attack double-stranded RNA introduced to the body.

To ensure the modified microRNA-34a makes it to cancer cells, the team attached the double strand to a molecule of the vitamin folate. The surfaces of all cells in our body have receptors that bind to folate and draw the vitamin into the cell, but the cells in many cancers – breast, lung, ovarian and cervical – have far more folate receptors on their cell surface than do healthy cells. The

tiny microRNA-34a and folate compound penetrates the dense tissue of tumors and binds to the folate receptor on the cell surface. It is then drawn inside in a little bag of cell membrane called a vesicle. Once inside the cell, some of the microRNA-34a is able to escape the vesicle and slows cell division.

The targeted specificity of the therapy reduces the amount of the compound that must be administered to be effective, which in turn reduces potential toxicity, side effects and cost. The team can also prepare a separate version, which targets a different cell surface receptor, for prostate cancer cells, which do not produce excessive folate receptors. Kasinski and her team are confident in the value of the most recent iteration and will prepare for clinical trials.

At Purdue, Kasinski was joined in the research by Philip S. Low, Presidential Scholar for Drug Discovery, Ralph C. Corley Distinguished Professor of Chemistry, and inventor of the FDA-approved drug Cytalux; Nadia A. Lanman, a research assistant professor; Ahmed M. Abdelaal, first author and a graduate student in Kasinski’s lab; and researchers Harish Kothandaraman, Kasireddy Sudarshan, Shreyas Iyer and Ikjot S. Sohal. “A first-in-class fully modified version of miR-34a with outstanding stability, activity, and anti-tumor efficacy” was published in *Oncogene* with support from the National Institutes of Health and the Department of Defense.

Kasinski disclosed the innovation to the Purdue Innovates Office of Technology Commercialization, which has filed a patent application on the IP. Industry partners interested in developing or commercializing the work should contact Joe Kasper, assistant director of business development, JRKasper@prf.org.

How To Get Involved During Suicide Prevention And Awareness Month

(StatePoint) Suicide is one of the leading causes of death in the United States. Each year, tens of thousands of Americans die by suicide and millions more have serious thoughts about suicide.

September, which is Suicide Prevention and Awareness Month, is meant to shine a light on this growing public health problem, and give people the tools they need to support those who are struggling or in crisis. Here’s how to get

involved:

- Regularly reach out to family, friends and members of your community. Talking about mental health issues may help them feel more comfortable getting needed help.
- Join a local American Foundation for Suicide Prevention chapter, or participate in awareness-raising events, such as a community or campus Out of the Darkness Walk. Events like these give individuals the

courage to open up about their personal connection to the cause, and help those struggling feel less alone.

- Spread the word about 988, a three-digit dialing code. When someone dials 988, they will be connected to the existing National Suicide Prevention Lifeline. This confidential support line is available 24 hours a day to provide free help to people in suicidal crisis or mental health-related distress.

Preventing Bug Infestations At Home Can Reduce Your Anxiety

(StatePoint) A new survey reveals a pervasive fear of bugs among Americans. This is bad news considering that the average home has more than 100 kinds of bugs living in it.

According to a Proctor & Gamble survey, 71% of Americans suffer from what Zevo calls “bugxiety.” Much more than a mere nuisance, many respondents confessed to extreme reactions and big emotions after a bug sighting.

But you don’t have to live in fear. Here’s your five-part plan for han-

dling insects and achieving a sense of calm:

1. For round-the-clock protection, use strategically placed Zevo Flying Insect Traps in the kitchen, garage and areas where doors and windows are open and closed frequently.
2. Seal cracks around windows and doors. It’s a cost-effective, DIY project to keep bugs out.
3. Wash up after meals. Regularly sweep and vacuum to prevent crumbs.
4. Make a thick line of used coffee grinds around your home’s perimeter. Not only will it naturally

prevent ant invasions, it’s beneficial mulch for your garden, too.

5. Apply Zevo On-Body repellent before heading outdoors for peace of mind and up to 8 hours of protection from mosquitos and ticks.

To learn more, visit zevoinsect.com or follow the conversation on Facebook and Instagram with the #ZEVOit hashtag.

While bugs are an inevitable part of life, having a plan to handle them at home and while on the go, can help you react with less stress and fear.

September 16 - November 11, 2023

On Saturday, September 16th, Athens Arts will host the opening of:

[untitled]3
a national juried exhibition

The evening will be an art, music, and culinary pleasure event!

We will celebrate the artists and announce the award winners of the juried exhibition.

Athens Arts is a tremendous asset to downtown Crawfordsville, the county, and the community bringing vibrant opportunities to engage the community in art and celebrating creativity! We appreciate your support and advocacy for the arts in our community. The national exhibition needs monetary award donors. **This is where you come in!**

Your monetary support is vital in keeping the gallery open for local artists to share their talents, sell their art, and bring visual arts to the community. We thank you! For this special exhibition, we would like to extend the opportunity for you to be pART of the [untitled]3 celebration! Athens looks forward to allowing you to choose the award winner within levels. Athens Arts’ board and artists appreciate your continued support. This prize money will go a long way to celebrate the artists!

Kindly fill out this form and return to be received no later than September 6, 2023.

Name: _____
 Address: _____
 Phone: _____
 Email: _____

Amount of award donation*:
 _____ \$35* _____ \$50* _____ \$100 _____ \$250 _____ \$500

*Donations may be combined with other awards - award would be listed as: _____ award given by ZXY company and CBA family

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1. How business/individual to be listed on the program: _____

2. Is this in honor or memory of someone?
 HONOR of: _____
 MEMORY of : _____

3. (circle) YES NO
 Do you want to come to the gallery and choose the art piece for your award? (date/time TBA, Sept 14 or 15) A representative of Athens will contact you to set up a time.

Please make checks payable to Athens Arts.
 Mail this completed invoice with the check to:
 PO Box 207, Crawfordsville, IN 47933. Attention: Diana McCormick, Director.
 If you prefer to pay by card, please contact the Director.
 Deadline to be included in the program is September 6, 2023

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Health and WELLNESS

Sunday, Sept. 10, 2023

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Photos courtesy of Getty Images

5 Lifestyle Changes to Help Combat Incontinence

FAMILY FEATURES

Sometimes living a healthy lifestyle can feel like an impossible task when combined with all your other responsibilities like working a full-time job, taking care of family and friends or spending time in the gym. Add dealing with an underlying health condition and it may seem almost overwhelming.

For example, a condition such as urinary incontinence is a common problem that is often difficult to manage and can range from a light leak while coughing or sneezing to even greater loss of bladder control.

In fact, almost two-thirds of U.S. women over the age of 20 will experience leaking, according to the experts at *FitRight Fresh Start*. While stress, aging and obesity can cause incontinence, certain health events unique to women such as pregnancy, childbirth and menopause can also cause problems with the muscles and nerves that help control your bladder.

Consider these healthy lifestyle changes to help combat issues like urinary incontinence:

Focus on Fluid Intake

While it may seem counterintuitive when dealing with certain conditions, it's important to hydrate appropriately. In fact, drinking too infrequently can cause other issues like dehydration. To avoid frequent or urgent needs to urinate, the Mayo Clinic recommends drinking smaller amounts throughout the day, such as 16 ounces with each meal and 8 ounces between meals. If you find yourself waking multiple times at night to urinate, try drinking more of your fluids in the morning and afternoon rather than evening, and avoid alcohol and beverages with caffeine like coffee, tea and soda.

Make Dietary Modifications

The things you eat can have an impact on your condition – both positively and negatively. For example, alcohol; spicy foods; chocolate; artificial sweeteners; caffeinated, carbonated and citrus beverages; and high-acid foods, like citrus and tomatoes, may contribute to bladder irritation, according to the National Institutes of Health. On the other hand, consider incorporating more of these foods considered good for bladder health:

- Blueberries
- Green beans
- Cauliflower
- Winter squash
- Sea bass
- Eggs or egg whites
- Whole grains
- Nuts

Manage Bladder Leaks

Changing day-to-day habits may improve bladder control, but for those living with leaks, it's important to manage the condition rather than letting it disrupt your life or define you. One way to do that is choosing products that allow you to live your life to the fullest.

For example, created for women by women, *FitRight Fresh Start* offers a range of options including discreet underwear, surface protectors, liners and pads that fit close to your body and smoothly under your clothes – all available in a variety of sizes and styles – deliver one-of-a-kind wetness and odor control and uncompromising personal care. The proven power of *Arm and Hammer* Baking Soda helps fight odor faster and longer, and ultra-advanced materials instantly absorb and trap moisture to keep you feeling dry and confident all day long. Additionally, they're built for maximum comfort for discreet use whether you're staying on the couch or heading out on the town, and the 100% breathable materials enriched with vitamin E help soften and protect sensitive skin.

Maintain a Healthy Weight and Stay Active

Two factors that have been shown to be part of nearly every healthy lifestyle include overall body strength and weight loss, which can be improved by increasing physical activity. Seek out exercises you enjoy so you can get physical while having fun. Aim for 30 minutes daily of low-impact activities such as brisk walking, biking or swimming.

Stop Smoking

As a habit that can be detrimental to overall health, smokers are also more likely to suffer more severe symptoms from a variety of conditions, according to the Mayo Clinic. For instance, heavy smokers may also develop a chronic cough, which could cause pressure on the bladder, further aggravating urinary incontinence.

Find more savvy tips to slow urinary incontinence at FitRightFreshStart.com.



FRESH STRATEGIES

FRESH FACTS ABOUT BLADDER LEAKS

WHO LEAKS A LITTLE?

A lot of us in the U.S. Nearly two-thirds of women over 20 deal with bladder leakage—that's 78 million of us!

1 in 3 experience urinary incontinence (UI) almost every day.¹

28 million women experience moderate or severe urinary incontinence.¹

LEAKAGE HAPPENS FOR ALL KINDS OF REASONS

Stress incontinence is the most common type of bladder leak and the one most likely to affect younger women.²

TYPICAL TRIGGERS*

- 99% Coughing or sneezing
- 88% Laughing
- 81% Exercise

Urge incontinence is a strong, sudden need to urinate without delay, leading to leaks and accidents.¹

Nearly a third of women have experienced the urge!¹

Tell yourself

"Does being dehydrated, humorless and inactive sound like any way to live?"

Ask Yourself

"No leaky bladder is going to define or confine me. I'm finding my Fresh Start!"

DO

Stay hydrated and healthy

DON'T

Limit liquid intake

DO

Live life fully

DON'T

Hover next to bathrooms

DO

Keep moving

DON'T

Skip the gym

DO

Laugh a lot

DON'T

Skip comedy clubs

DO

Use the best protection

DON'T

Make do with period pads

© Source: University of Michigan Health. © Source: University of Michigan Health/Johns Hopkins Health. © Source: US Department of Health & Human Services, Office of Women's Health. © Source: Healthline.com. © Source: Paper Direct.

FitRightFreshStart.com

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Understanding Urinary Incontinence

If you're experiencing bladder leaks, dealing with them and the frustrations they bring shouldn't keep you from freely living your full, multifaceted life. Designed for women by women, *FitRight Fresh Start* offers this information to help you learn about leaks and understand what's happening to give you the power to keep bladder leaks from disrupting or defining your life.

Common Kinds of Urinary Incontinence

- **Strong urges:** That overwhelming need to use the restroom right away is known as urge incontinence, which frequently involves some level of unwelcome, involuntary leakage.
- **Stress and pressure:** This is the type of incontinence many people experience and hate when they leak a little (or sometimes a lot) simply because a tiny sneeze or good laugh put extra pressure on the bladder. Jumping and heavy lifting are also causes.
- **Ongoing overflow:** If it feels like your bladder is never completely empty and you feel a slow, continuous drip, you're experience overflow incontinence.

Common Causes of Urinary Incontinence

- **Motherhood:** Carrying a bundle of joy inside your body for nine months then giving birth is bound to put pressure on your pelvic floor muscles, which don't always bounce back, especially after multiple births.
- **Menopause:** Leaks can begin in perimenopause, before you actually stop having periods, usually in your 40s or 50s. As hormones shift, lower estrogen levels can lead to less elastic, weaker pelvic floor muscles.
- **Medical issues:** Health conditions like diabetes, nerve or joint conditions, urinary tract infections and obesity can cause bladder leaks, too, as well as physical limitations that inhibit your ability to make it to the bathroom in time.

SUNDAY

Voice of our PEOPLE

Sunday, Sept. 10, 2023

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One Hard Working Local Deere

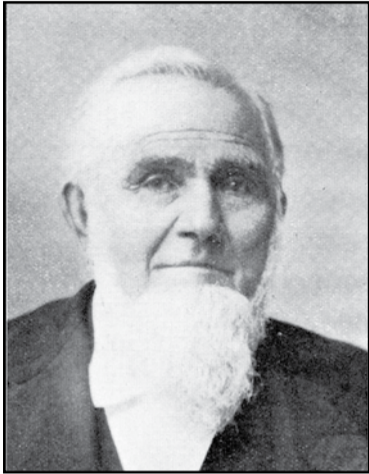


KAREN ZACH
Around The County

The Deere family of the Shades area of Montgomery County was one of the largest and biggest business oriented groups in our early days. I want to thank a descendant, Sharon R. for sending me Joel Garnett Deere's biography written by one of the sons in 1912, who noted writing the family story was one of the "most sacred tasks of my life!" A nice job done!

Joel Garnett Deere received part of his mother and father in his name, his father being Joel and mother being Sarah "Sally" Garnett from the Boone County, Kentucky area where Joel Garnett was born March 29, 1828, the youngest (I believe) of their six children and four of Sally's from a first marriage with Elijah Rice. Not long after he was born, the family headed to MoCo, Joel riding on horseback in his mother's lap all the way. His father farmed but built Deere's Mill in the early 30s. Sadly, Joel lost his mother in 1842, at the cross-roads into adulthood, his father remarrying not long before Joel G did (April 1849). Joel, age 21 married Mary McGregg, just 19, after their courtship of two years and she was often noted to say that they did not step over the bounds of modesty!

They went to housekeeping in the what we all know as the Deer's Mill hill area, beginning in a small cabin, building a home as the children came along and eventually ending up at the very top of the hill, first house on left after the Shades turn-off on 234 (which they built late 1873 or early 1874). He farmed some but ran the mill and then the children arrived being: (Joel Thomas March 4, 1850; Sarah Elizabeth April 14, 1852; William Edmund Oct 22, 1853; Charles Henry May 13, 1857; Susan Anne Sept 21, 1860; Elva Jane



July 15, 1863; Albert Maywood Oct 19, 1865; George Washington Oct 10, 1868; John Harvey August 31, 1871 and Stephen Ellis Feb 13, 1874). Another child was welcomed to their fold who was as much theirs as any of their birth rights, Ellen being the child of Joel's brother, Edmund, Ellen's mother, Susanna McGregg dying shortly after her birth and begging Joel and Mary to raise her. They were thrilled. All their own children but Sarah grew to adulthood (died age 21 unmarried), all producing children of their own.

The name Joel continued somewhat, Joel Thomas parenting nine children, one being Joel Leroy; Albert Maywood having two daughters and four sons, one being Joel. Then, I absolutely love this - Elva Jane married William Tyre Whittington, mothered two daughters but wanted her daughter Mary to carry her father's name as her middle (she married George Durham Manson, grandson of General Mahlon Manson) thus Mary Joel!

The biography continues by giving each marriage and number of children (although most weren't named) but the next part is truly my favorite of the little pamphlet. "Physically, the father of us all bore the marks of his German extraction. He was about 5'9", bulky built, with a short neck, high forehead and honest face (fits the photo from the biography quite well). Nature lavished strength upon this pioneer son, equal to the tasks of the farm, store, mill and the thousands of miles he covered during the many years of his daily journeyings."

Also, the notation that had Joel been given scholastic opportunities, he'd have been a cut above any of his local fellow men. Certainly, "his honest nature, broad sympathies, dry

wit, strong mentality" took him a great way nonetheless. Joel made sure his children were given what he was missing offering each \$1000 for college or another choice of \$1000 to get them started in their marriage.

A Republican, he wasn't much into running for office, although he did serve as county commissioner one term due to pressure to get honest Uncle Joel signed up. Impressive that he was known to give the other the advantage, his honesty known all-around. Never would he have been accused of taking advantage and he abhorred those who would. My kind of man!

Joel Deere loved his family and the best joy to him was those gathering around the fireplace with a cheerful fire relishing a bucket of apples or munching on hickory nuts. A fairly quiet man, he did enjoy his Masonic life, serving as his lodge's treasurer for many years. He planned the very first Deere reunion, making a reservation at the Shades for the noon meal, so that the women would not have to toil. Another joy was resting with his beloved on their porch or gathering garden vegetables, or in the shade of a tree, reading and just being together. They were married more than 50 years and he gave her the credit for their success. Both were extreme hard workers and members of Freedom Baptist Church along with most of their children. His faith was not of the boisterous kind but of the quiet, never-failing kind.

As Joel passed, his beloved dog was in the yard near his window, moaning in thought of losing his master and one of the sons was with him. He called his son to him and resting his hand on his rapid-beating pulse asked him, "What does this mean?" The son said, "Father, isn't it fine to be a Christian?" Feeble Joel answered YES and on February 9, 1903, "he closed his eyes on the scenes of earth!" His thoughts rested with Victor Hugo, "The tomb is not a blind alley - it is a thoroughfare!" That said, Rest In Peace, Joel Garnett Deere!

Karen Zach is the editor of Montgomery Memories, our monthly magazine all about Montgomery County. Her column, Around the County, appears each Thursday in The Paper of Montgomery County. You can reach her at karen.zach@sbcglobal.net.

Butch Remembers "The King Of The Cowboys"



BUTCH DALE
Columnist

There are very few western movies in theaters nowadays, and like many of today's flicks, they are full of extreme violence, gore, cursing, and sex. Where are the good guys in the white hats? We need Leonard Slye back on the screen. You remember him, don't you? Well, you likely know Leonard by his acting name...Roy Rogers, the singing and yodeling "King of the Cowboys."

Roy was born in Cincinnati in 1911. His family lived in a tenement apartment and moved to a farm in 1919. When there wasn't enough money, Roy dropped out of high school after two years and worked in a shoe factory with his father. During the Great Depression the family moved to California, where Roy worked in construction and picked peaches. However, during this time he learned how to play the guitar, and practiced his singing and yodeling, eventually forming a group called the Sons of the Pioneers. His big break came in 1934 when Decca recorded his song "Tumbling Tumbleweeds," followed by "Cool Water," both of which became big hits.

Roy appeared in a few westerns as an extra, but in 1935 took on the leading role in "Under the Western Stars." From that time on, he and Gene Autry, another singing cowboy, became box office attractions. Most of us baby boomers remember Roy from his 1950s TV show, which also featured his wife, Dale Evans, along with sidekick Pat Brady (driving his jeep Nellybelle), and of course Roy's wonder horse, "Trigger." I also enjoyed reading Roy Rogers comic books when I was getting a haircut at Slim's barbershop in Darlington. And my little brother Gary just HAD to have a Roy Rogers "Double-R-Bar

Ranch Chow Wagon" lunchbox, too! All I had was a plain black one...not fair!

Unlike the movie and TV cowboys today, Roy never drank, smoked, or swore. He and Dale were also very devoted and outspoken Christians throughout their marriage. In addition to their daughter, they adopted four other children and became advocates for the adoption of homeless and handicapped children, and also sponsored several children's charities. Roy was always thankful to the Lord for his life and his success as an entertainer. He was always grateful for his many fans, and loved to talk with them and sign autographs. He loved horses and ranch life, and his faithful horse Trigger appeared in every movie and TV show. When Trigger died, Roy didn't have the heart to bury him, so he had him stuffed and placed in his western museum.

An interviewer asked Roy about today's westerns compared to the past. He replied, "It was a healthier era then. There were things people held kind of sacred and didn't platter all over the screen. Some of these pictures today I wouldn't even want Trigger to watch. And the violence--why, I don't think I ever killed anybody in any pictures. We'd catch somebody, we'd chase him and run him down and maybe rope him, and then whup him in a fistfight, but that's about it."

Roy Rogers passed away in 1998 at the age of 86 from congestive heart failure, and his wife Dale Evans died three years later. They both were clean-cut heroes of the West...to kids and adults alike, champions of right and wrong morality...and just plain good human beings who we admired.

"Happy trails to you, Until we meet again, Happy trails to you, Keep smiling until then. Who cares about the clouds when we're together? Just sing a song, and bring the sunny weather...Happy trails to you... until we meet again."

Happy trails, Roy and Dale....We miss you!

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history.

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Sunday, Sept. 10, 2023

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Hey Boomers, Looking For Something To Do . . .



TIM TIMMONS
Two Cents

Summer doldrums are over – fall is just 16 days away. And before the final few days of another season slip away from our lives forever, some of us find ourselves longing for a little bit of fun. You know, like we used to have when we were little

kids and left the house after breakfast and played outside all day long? Trouble is, life's not quite the same now. For those of us still working, well, there's that. My retired buddies tell me they are busier than they used to be. So there's that. What's a Boomer to do?

Here are a few ideas. Maybe some will fit you, maybe some won't. Like a lot of things in life, it's your call.

1. Wait till dusk and go catch fireflies. It might already be too late, but perhaps you can find a few stragglers.

2. Play a practical joke on someone. OK, don't be mean and don't do it on anyone who won't appreciate it. But for those who do, a good one is worth more than a few laughs.

3. If you still have a record player, pull out the old albums and listen to one or two. Closely. All the way through. Remember when we did that as kids? We could spend hours listening to the songs and coming up with our own meanings to them.

4. Read a comic book or color in a coloring book. If you don't have any old ones, there are plenty of new ones – although you might be shocked at how different the storylines are now.

5. Got a spouse or significant other? Have a seat on the couch and

make out. Oh c'mon, this is a family newspaper and I'm not suggesting anything more. But remember how much fun it used to be just to kiss? I'll bet you'll find it still is – and I'll certainly bet you'll both laugh and enjoy it more without the teen-age angst.

6. Stay off your phone, computer, social media, internet and all that stuff for a day. Heck, you grew up without any of it. What did you do to occupy your time then? Do it again.

7. Go play. Maybe it's with Barbie's, maybe it's one-on-none with a basketball? What is it that trips your trigger? Have at it.

8. Write a letter. Maybe

you can write to an old friend you haven't seen in a few decades? Maybe it's to someone who already passed? Maybe it's to your better half today? Your call.

9. On the other side of writing is reading. Find someone to read to and open a book. You'll both enjoy it.

10. Maybe you can do this one and the last one at the same time – visit an old friend.

11. Go to a church. Yeah, sure, go to the service. But ever visit a church when there's no one around? Sit in a pew and spend a little quiet time. What a great time to be thankful, or to be reflective, or both.

12. If you go outside and walk or run or ride your bike all the time – good for you! But if not, try it. I LOVE the Sugar Creek Trail, but even winding your way through a neighborhood or a country road is worthwhile. It's amazing the things we notice at slow speeds that we completely miss in a car.

Say so long to summer in style – and maybe say hello to a little fun. Enjoy!

Two cents, which is about how much Timmons said his columns are worth, appears periodically on Wednesdays in The Paper. Timmons is the publisher of The Paper and can be contacted at ttimmons@thepaper24-7.com.

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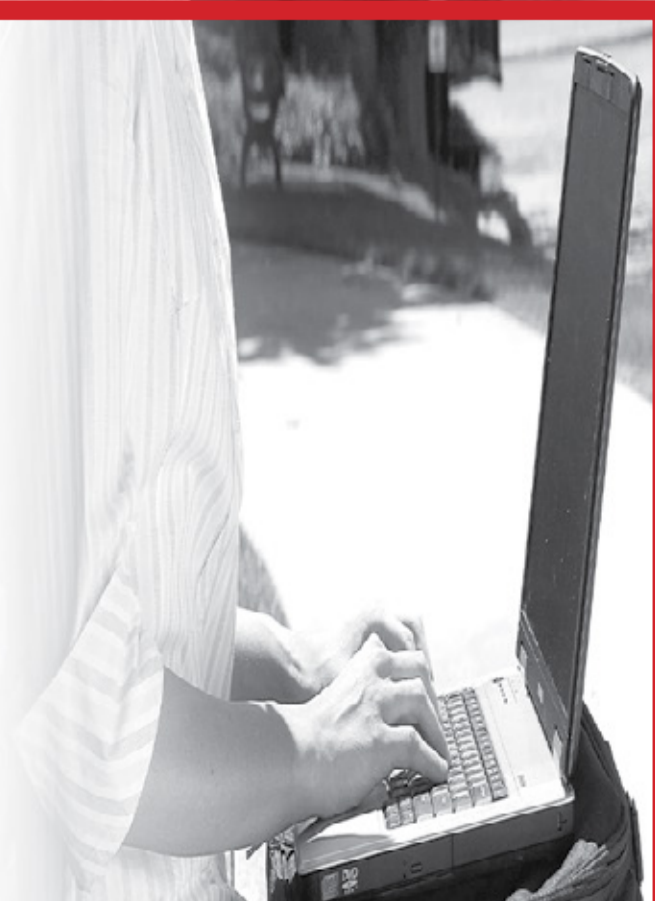
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SUNDAY

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Ask Rusty – Why Is My Age 70 Benefit Not Higher Than My January Amount?

Dear Rusty: I plan to retire in 2025 (the year I turn 70). Given that I'm still working, I'm delaying my Social Security until that year. I noticed on my Social Security statement that my payment in January of 2025 will not be much different than my age 70 amount in October of 2025. If that is truly the case, would it not be better for me to start taking Social Security payments starting in January of 2025. Am I missing anything here? *Signed: Uncertain Senior*

Dear Uncertain Senior: Your benefit in October 2025 at age 70 will be about 6% more than it will be in January

2025. If that isn't shown on your Statement of Estimated Benefits, it may be due to a particular nuance in Social Security's rules relating to Delayed Retirement Credits (DRCs). When benefits are claimed mid-year after full retirement age (FRA), the DRCs earned in that year aren't applied until the following January. Thus, someone who claims benefits to start mid-year will initially get the DRCs they've earned through the end of the previous year, but not immediately get credit for the additional DRCs earned during the claim-year. Those extra DRCs earned between January and the month benefits started will be applied the following January.



ASK RUSTY
Social Security Advisor

By way of example, if someone beyond FRA claims benefits to start in October 2024, their initial SS retirement benefit will be what they were entitled to at the end of 2023 and would not include DRCs earned between January 2024 and September 2024. They will collect that initial January

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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2024 benefit until January 2025 when the DRCs earned in 2024 are applied, at which point their benefit would increase by 6%. There is, however, one exception to this rule, which is that all DRCs are immediately credited when benefits are claimed to start in the month age 70 is reached, so despite

what your Statement of Estimated Benefits might reflect, if you claim for benefits to start in the month you turn 70 (October 2025) you will get your maximum age 70 benefit immediately and won't need to wait until January 2026 for those extra DRCs to be applied. Unfortunately, Social

Security's benefit estimator doesn't explain how this nuance works and may show someone claiming mid-year receiving the same benefit as for the preceding January, without further explanation. That is, in my opinion, a flaw in the estimator which may result in people making a wrong decision on when to claim their Social Security benefit. Nevertheless, rest assured that your benefit in October 2025 (the month you turn 70) will be your maximum amount - 6% more than it would be if you claimed benefits to start in January 2025, and you won't need to wait until the following January to get the DRCs earned earlier in 2025.

Butch Helps You Understand Politics And Elections



BUTCH DALE
Columnist

Do you remember all of those times you fell asleep in high school government class? Nope, you didn't learn one thing about the three branches of government, the Electoral college, the Bill of Rights, how laws are passed, etc. etc. Well, don't worry, my little buckaroo, it was all made-up stuff anyway. I am here to help you understand how government and politics REALLY work!

Yes, there are three branches of government. First off is the legislative branch which is composed of Congressmen and Senators who are elected. No brains or common sense required. All you need is money... lots of it. These people make speeches and promise to do whatever it takes to get your vote. And once they're in, it's party time till they kick the bucket! Occasionally they pass laws, but only for their own good (or for whichever lobby or special interest group gives them the most bribery money). They often form committees to investigate things and come up with new laws, but nothing is ever accomplished, but hey, that's a good thing! They also give lots of speeches. Nobody listens to these blowhards, except the opposing party, who always disagrees!

The executive branch is the President. As you have likely figured out by now, there are no qualifications for this job either; however, you have a better chance of being

elected if you are an old white guy who has a lot of "connections," (rich friends, union bosses, big tech manipulators, media moguls, etc.). Yes, you might point out that Barack Obama was Black. Sorry, that doesn't count. He is only half-Black, is wealthy, and is the smoothest talking con artist in U.S. history. If you run for President, you have to make speeches (unless you are Joe Biden in the basement). If you are a Republican, you must be pro-family and pro-police. You must kiss babies and display the American flag everywhere. You must not wear a tie. Keep your shirt unbuttoned and wear a John Deere hat. It also helps if you have a good-looking wife and like country music. If you are a Democrat, even though you may be a rich white dude, you must portray yourself as the champion of the oppressed, the minorities, and all of the woke crowd. You have to dig up dirt on your opponent and make him look bad. Call him a racist, gun-loving, Nazi extremist who hates minorities, women, and poor people. Campaigning is easier for Democrats, because they just have to go to the big cities and states with the most people, and give speeches in which they promise to give everyone more free stuff.

The judicial branch is composed of the judges appointed to the Supreme Court. They are nominated for this job by the President. They are supposed to listen to big cases and interpret the law based on the Constitution. Not true. They actually vote based on what they THINK THE LAW SHOULD BE to benefit their political party. One benefit is that they get to wear those cool, long black robes and pretend they are smarter than the

rest of us.

OK, now that you understand all of that, it is important to know what some of the political terms mean, so here you go...

- (1) "bureaucrat"...a government worker who gets paid for doing nothing
- (2) "deficit"...no money for the government to spend, but they can just put it on America's charge card
- (3) "fair election"... your party WON! (in contrast to "RIGGED election" in which your party LOST)
- (4) "intern"...sexy-looking young lady who will do anything you want (just ask Bill Clinton)
- (5) "corporate lobbyist"...the actual person who writes the laws for Congress to pass
- (6) "politician"...another name for pickpocket... cannot hold a regular job
- (7) "taxes"...your hard-earned money taken away by politicians for your own good...income tax, property tax, sales tax, capital gains tax, gift tax, estate tax, inheritance tax, social security tax, etc. etc.
- (8) "illegal immigrant"...a person who votes Democrat
- (9) "Vice President"... no qualifications, no important duties...kind of like being a prince or princess. (Think of Dan Quayle and Kamala Harris.)
- (10) "confidential source"...a fictitious person that political opponents conjure up when they fabricate a story to ruin your election chances
- (11) "debate"...a comedy show featuring politicians who smile and brag about themselves, and proclaim that their opponents hate little kids
- (12) "social media"... the unofficial 4th branch of government. They tell you what to think, who you should vote for...

and "accidentally" delete opposing viewpoints

- (13) "fact checker"... an enemy of Joe Biden's press secretary
 - (14) "investigative committee"...Congressmen who try to make it look like they are doing something important
 - (15) "Feds"...armed employees of the FBI who spy on mothers who oppose "gender transition" and "gender neutral" restrooms in public schools
 - (16) "peaceful protest"...an excuse to hit innocent people, burn down buildings, and steal everything in sight
 - (17) "news media"... news? Ha, Ha, Ha...that's a good one!
 - (18) "deceased person"...a Democratic voter in Georgia or Michigan
 - (19) "Constitution"... the law of the land which protects your freedoms and basic rights...unless our government decides otherwise
 - (20) "Big Oil"...the enemy of John Kerry and climate change activists, except when they fly in a jet or drive a car
 - (21) "corporate CEO"... an important person who provides money, steak dinners, and free prostitutes to politicians in exchange for tax benefits and protection from regulations
- That should about do it. Just remember what Will Rogers said..."More men have been elected between sundown and sunup, than ever were elected between sunup and sundown...if you ever injected truth into politics, you'd have no politics....America has the best politicians that money can buy!" Thanks, Will...Amen.

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history.

Can I Be Recreated In A Computer?



RANDALL FRANKS
Southern Style Columnist

As Labor Day passes by this is the first one that I actually recall being on strike on the day we acknowledge the contributions of American workers.

I am part of the film and television industry and earlier this year, the screenwriters went on strike, and shortly thereafter the actors followed suit.

While I am sure there are many intricate elements to the negotiations with the producers, ultimately, I think on all fronts the impact of artificial intelligence is what will hold the members of SAG-AFTRA and other industry unions in negotiations for the indefinite future.

As I understand, with current technology, basically, writers, and we actors may become obsolete and AI can take the basics of writing stories, our vocal patterns and our facial and body movements and can basically recreate all of the talents in a box.

This may be a simplistic view, but the future of what that looks like and its impact on the worker are far reaching.

While I am sure many see Hollywood's absence from creating new television shows and films as a relief, there are good people in the industry who create positive and uplifting content who now not creating also.

I imagine, AI and robotics will continue to touch every imaginable job across our country in the coming months and years.

While the genie in many respects is already out of the bottle, we the workers of America, must be mindful to return and create opportunities for our selves and others in our home communities.

We may have to start thinking of the models used by our ancestors when every town required at least one person to have a particular skill to meet the needs of the residents and make the products we need.

I have a feeling, we will not be able to depend upon these AI and robots to look after our interests and create what is best for us.

Those who have let the critters into your homes through various devices, you may want to rethink that.

While it may seem convenient, is it in your best interest?

That answer is still far into the future when we find out who exactly is listening and collecting the data and for what ultimate purpose.

Being far removed from the mainstream of production, I am picketing, but only in my mind. Like many of my relatives have through the years as their unions have went on strike, we must stick together to make sure we do not lose the world we depend upon and love.

Randall Franks is an award-winning musician, singer and actor. He is best known for his role as "Officer Randy Goode" on TV's "In the Heat of the Night" now on WGN America. His latest 2019 #1 CD release, "Americana Youth of Southern Appalachia," is by the Share America Foundation. He is a member of the Old Time Country Music Hall of Fame. His latest book is "A Badge or an Old Guitar: A Music City Murder Mystery." He is a syndicated columnist for <http://randallfranks.com/> and can be reached at rfrankscatoosa@gmail.com.



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Barker, Buffett, Richardson And Extraordinary Lives



GLENN MOLLETTE
Guest Columnist

Jimmy Buffett, Bob Barker and Bill Richardson all died recently. They all had one thing in common. They lived extraordinary lives.

Buffett had become a billionaire. He had amassed his fortune by capitalizing on his song, "Margaritaville." His hotels, restaurants, resorts and even retirement communities were hugely successful. In his later years, he continued to build new hotels and resorts that were beautiful and hugely successful.

Sadly, Buffett passed from Merkel cell skin cancer. He had been receiving treatment for over four years at was still doing concerts even as late as early July in Rhode Island. There was nothing stopping Buffett, except the skin cancer that took

his life even when he had so much he still wanted to do. Yet, few people will ever live the life of Jimmy Buffett.

Bill Richardson had spent his last few years helping people internationally. He was very successful in politics serving as a U.S. Congressman, Governor of New Mexico and as an Ambassador to the United Nations. He may best be remembered for his diplomatic work in negotiating the releases of journalist Danny Fenster from a Myanmar prison in 2021 and most recently Britney Griner from a Russian prison, among others. Richardson lived an amazing life.

Bob Barker gets the longevity prize. It's hard to top 99, unless you make it to 100. Barker lived a full life of entertaining us on television. For fifty years he came into our homes as the host and producer of The Price is Right and earlier as the host of Truth of Consequences. Many of us show him in the hit comedy Happy Gilmore. Many Americans felt like Barker was a member of their families since he was in their homes via television for so many years.

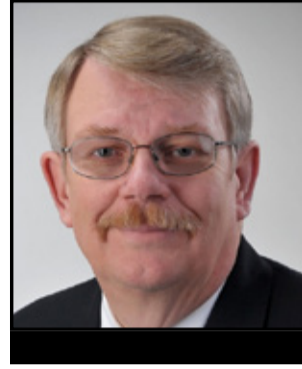
Barker, Buffett, and Richardson were all bigger than life personalities who lived extraordinary lives filled with success and prosperity.

Keep in mind the measure of our lives is not meant to be measured beside the lives of national or global personalities or anyone else. The fulfillment and success of your life may be in taking care of an aged parent, a troubled or disabled child, or seeing your spouse or life partner through life's difficult stages. Or, the great success of your life may be remembered in your kindness to your neighbors and to others you meet along the way. Quite possibly, life's most extraordinary people may not be fully recognized until we are beyond this life.

The best we can do is the best we can do. We should trust God and live our lives in as meaningful a way as possible.

Find his books and music on Amazon.Com, the Spiritual Chocolate series, Grandpa's Store, Minister's Guidebook insights from a fellow minister. His column is published weekly in over 600 publications in all 50 states.

Donald Trump Cast As Shakespeare's Richard III



MARK FRANKE
Guest Columnist

A recent conversation with my editor over future writing assignments inevitably led to Donald Trump. I don't like writing about him, or about Joe Biden for that matter. That whole situation seems to me to be a surreal collision of "Citizen Kane" and "The Wizard of Oz." My editor, with his feet more firmly grounded in good literature, called it "Shakespearean."

That caused a light to go on, just like in the old cartoon strips when a light bulb appears above the head of a particularly dense character.

Being a fan of Shakespeare, I immediately began to recast the main characters from the play "Richard III" as 21st century political players. It proved rather easy, much too easy. Here is my casting:

Donald Trump as Richard III, disparaged as an illegitimate usurper by the Tudor elite and the 15th century equivalent of media moguls.

Joe Biden as Henry Tudor, emerging from his basement — make that France — to win a crown on the metaphorical field of battle.

Mike Pence as Lord Stanley, riding under Trumpian colors to the vote-counting battlefield and then refusing to fight at the critical moment.

Former Trump cabinet secretaries as the Princes in the Tower, whose fate ran afoul of Richard's need to be top dog.

Hillary Clinton as deposed Queen Margaret, not-so-secretly plotting a revengeful return to the power she craves.

Enough of the whimsy, but there is a resemblance between events today and those of the Wars of the Roses of 500 plus years ago. England then, as the United States today, was a deeply divided nation with frequent changes of regime. Power ebbed and flowed between the Lancastrians and Yorkists, literally cousins in descent from kings such as Richard the Lionheart. It's the same here and now, only our factions are red and blue rather than red and white but with no less vitriol being spread.

Donald Trump is Richard III come to life, at least the Richard created by Shakespeare. When reading or watching Shakespeare, one must always keep in mind that he wrote history such that it was acceptable to the Tudor court of his day. That meant positive spins for Queen Elizabeth's Lancastrian predecessors such as Henry V while giving the opposite treatment to Yorkists such as Richard.

Not that Shakespeare was all wrong; he simply understood his role as a publicist for the powers that be. It would be a simple matter for the lord chancellor to shut down an offensive play, that century's version of cultural cancellation.

Richard's negative press in Tudor days is like Donald Trump's treatment by the mainstream leftist media today. He combats the progressive narrative, and at times overwhelms it with his own "fake news" narrative. He is the embodiment of evil in the minds of the power structure, much like Richard was back then.

Richard's character and capabilities are still being debated today. There is a society formed specifically to provide a "accurate, fair, and balanced" reading of the man and his legacy. Their success has been mixed at best. We like our villains to be villainous and don't want them rehabilitated.

One slur on Richard was that he was a hunchback, or crookback in contemporary usage. Some argued

that this was pure editorial license but Richard's remains were recently disinterred in a parking lot and, sure enough, he had a spinal deformity. One point for Shakespeare.

Another was the princes in the Tower. The academic consensus among historians is that Richard murdered the two princes to protect his throne from these rightful heirs. Not all agree with this, however. Josephine Tey wrote a fascinating novel, "The Daughter of Time," which uses a bed-ridden Scotland Yard inspector to reexamine all the evidence and finds in favor of Richard's innocence. She is in the minority, even though I found her case compelling.

Still, the urge to see Trump as Richard's doppelganger is nearly irresistible, at least if the caricatures are to be believed.

Shakespeare begins the play with these famous lines put into Richard's mouth: "And now is the winter of our discontent made glorious summer by this sun of York."

Does Donald Trump have the same thoughts now, confident of his courtroom victories and rehabilitation as the Republican presidential candidate in 2024? I certainly have no insight into how that man's mind works but the egotistical will that drove Shakespeare's Richard has its match in our media's Trumpian demon. They hope Trump's trials and the Republican primaries may be his metaphysical Bosworth. Time will tell.

But before rooting for our Richard's permanent destruction, remember the mixed Tudor legacy of brutality amid self-indulgent excesses. I am neither a Tudorite nor a Trumpist but I worry about where we are headed. Will 2024 give us a 21st century Henry VIII? Please, no.

Mark Franke, M.B.A., an adjunct scholar of the Indiana Policy Review and its book reviewer, is formerly an associate vice-chancellor at Indiana University-Purdue University Fort Wayne.

California Names August Transgender History Month

The California State Assembly voted earlier this week to declare every August moving forward, Transgender History Month. The move comes as more than 500 anti-LGBTQ bills have been introduced in State Legislatures across the country with the majority targeting the human and civil rights of transgender people. A common message spread by anti-trans legislators is that trans people are somehow new, and that being transgender is a modern invention. Scholars and historians have confirmed that gender-nonconforming and trans people exist in historic written records dating back to antiquity. California in particular has a rich and documented transgender history going back to the Spanish colonial era.

"Trans people have always existed," said Assemblymember Matt Haney (D-San Francisco), the author of the bill. "In every era and in every culture they have existed. As long as there's been the written word there has been a record of trans people. Ancient Egypt, the Romans, China, Native Americans -- the history of transgender people is there if you look for it."

San Francisco's Tenderloin District has been home to transgender people since the 1800s. Historians have letters written by trans women that describe their daily life living in the California city. In 2017 San Francisco designated a small part of the Tenderloin as the Transgender Cultural District making it the first legally designated area in the world to be declared "of historic importance" to the transgender community.

"Many Californians remain unaware of the real lives and experiences of

transgender people, even here in California. This lack of familiarity has been exploited by those on the right to attack the trans community," said Transgender District founder, and current Chair of the San Francisco Democratic Party Honey Mahogany. "We can change that through awareness, education, and outreach, and I believe that establishing a Transgender History Month in California is one way we can do just that."

In 2021, San Francisco became the first city in the nation to declare August as Transgender History Month followed by Santa Clara County shortly thereafter. The Compton's Cafeteria riots took place in San Francisco in August of 1966 and are largely recognized as the first LGBT Civil rights uprising in the United States. August is celebrated by many transgender advocates as a turning point in transgender civil rights history.

Professor Susan Stryker is a nationally recognized leading scholar of transgender history, and is the former Executive Director of the LGBT Historic Society. "I earned my Ph.D. in United States History at UC Berkeley in 1992, and have spent much of my working life documenting and disseminating the history of trans people in California, throughout the United States, and around the world. It's very gratifying to see that labor, and the labor of so many others who have devoted time and energy to this multigenerational undertaking, culminate today in the recognition of transgender history month. We have a proud heritage, as well as a difficult one."

In California, the first record of trans people dates back to 1775 when a Spanish soldier encoun-

tered native people near present-day San Diego, whom he described as "those Indian men who, both here and farther inland, observed in the dress, clothing, and character of women... They are called joyas, and they are held in great esteem."

The Gold Rush in California created an environment where transgender people could thrive. The life story of stagecoach driver Charley Parkhurst, a transgender man who ran routes from Stockton to San Jose is well documented. And his life story was celebrated in the popular television show Death Valley Days, hosted by former California Governor and President Ronald Reagan.

California was also at the forefront of transgender legal rights. Lucy Hicks Anderson of Oxnard--whose parents allowed her to grow up as the girl she knew herself to be in spite of her male anatomy--argued in court in the 1940s that as a woman she was entitled to her husband's military pension.

Celebrations and events will be planned over the next year and will occur during the first annual Transgender History Month in August 2024.

"I believe that as Californians our strongest defense against the anti-trans agenda is just to tell the truth," said Haney. "Let's tell the truth about transgender people's lives, and let's lift up the history of the transgender Californians who left their mark on our great state. I couldn't be more proud to have introduced legislation that will designate August as the first statewide Transgender History month in the nation and I look forward to celebrating every August with this community."

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5 Budget-Friendly Travel Tips

FAMILY FEATURES

For many people, traveling is about exploring new cultures, landscapes, cuisines and ideas. However, the cost of the trip is still one of the most important considerations when booking a vacation.

In fact, according to a survey conducted by Slickdeals, a one-of-a-kind online community of shoppers working together to shop smarter and save more, 81% of respondents listed total cost as their top consideration followed by a desire for kid-friendly experiences at the destination and discounts or deals on transportation and lodging.

Even amid reported concerns about inflation (56%), increasing flight costs (51%) and gas prices (49%), 84% of families plan to spend the same amount or more on travel this year as last. Among the respondents, 42% plan to spend between \$1,501-3,000 and 15% plan to spend \$5,000 or more on travel.

While traveling is undoubtedly an investment, it doesn't have to break the bank. Consider these tips from Pete King, deal expert for Slickdeals, to save money as you begin planning your next excursion.

Set your budget with hidden costs in mind. When setting budgets, many people stop at the basics like transportation, accommodations and entertainment. Make sure to factor in additional costs such as pet care, food, checked luggage fees and airport and hotel parking so there are no surprises at the end of the trip.

Look for deals. Being open to a variety of destinations and travel dates can help you score the best deals. If you're tired of switching between booking sites or searching online for bargains, consider browsing the latest travel deals on the Slickdeals Travel Page where community members share some of the best travel deals on the internet, which can save you time and effort when looking for savings on your trip. You can even set deal alerts to be notified when deals pop up for your desired destination.



Photos courtesy of Getty Images



Bring an empty water bottle. While Transportation Security Administration regulations don't allow you to bring most fluids through security checkpoints in airports, packing an empty water bottle in your carry-on or personal item can save you from high costs inside the terminal. Once you're through security, simply fill your bottle at the nearest water fountain. An added bonus: You can take the full bottle on the airplane to stay hydrated during the flight without having to rely on the small complimentary beverage on board.

Pack less than you think you'll need. Many people overpack, and that can be a costly mistake. A single checked bag can cost as much as \$50, and some airlines charge extra for a ticket that includes a carry-on. For a weekend trip, keep it simple with a carry-on or backpack, and for longer adventures, keep in mind nobody at your destination will likely know you wore the same jeans two days in a row.

Find the right rewards credit card. If you have a rewards credit card, you could get cash back when you make certain purchases. You could get a percentage back on groceries, travel, dining and more. For example, with a travel rewards credit card, you earn points or miles that can be redeemed for future travel plans. General travel cards earn points or miles on virtually every purchase, regardless of airline or hotel chain, while co-branded cards that align with a specific airline or hotel reward users with more points for loyalty spending and provide additional benefits like free checked bags or a free night's stay on your card anniversary.

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Montgomery County's Most Wanted

The Montgomery County Sheriff's Office is requesting your assistance in locating a subject wanted on a felony warrant. If you have any information on the whereabouts of this wanted person please contact the Montgomery County Sheriff's Office at (765) 362-0885 or (765) 362-3740.

WANTED



Caleb J. Mathews
Born 1984
Charge: P/V Dealing Methamphetamine (Level 3)

WANTED



Wyatt W. Hunt
Born 1996
Charge: FTA Resisting Law Enforcement/Criminal Confinement (Level 5)

WANTED



Mario G. Ortega
Born 1977
Charge: Sexual Misconduct with a Minor (Felony 4)

WANTED



Robert E. Butler
Born 1984
Charge: Possession of a Firearm by Serious Violent Felon (Level 4)

WANTED



Devin R. Post
Born 1990
Charge: FTA Possession of Methamphetamine (Level 6)

WANTED



Amanda J. Fry
Born 1987
Charge: P/V Theft (Felony 6)

WANTED



Thomas W. Farley II
Born 1991
Charge: FTA Possession of Methamphetamine/Carrying Handgun w/out license

WANTED



Cole M. Williams
Born 1995
Charge: P/V Escape

WANTED



Stephen C. Shaffer
Born 1992
Charge: Domestic Battery (Level 5)

WANTED



Tasha L. McCray
Born 1991
Charge: FTA Fraud (Felony 6)

Please Read Our Disclaimer:

All warrants are the property of Montgomery County, Indiana. This list of wanted suspects is updated on a daily basis, but all warrants need to be verified through the Montgomery County Sheriff's Office Warrants Division before any action is taken. If you feel a warrant is listed in error, please contact the Montgomery County Sheriff's Office.

Notice:

If you have information about the whereabouts of any of the listed suspects, please contact the Montgomery County Sheriff's Office at the numbers provided, or contact your local law enforcement agency. The issuance of a warrant by no means indicates that a person is guilty of a crime, only that probable cause exists to believe that person has committed a crime.

DO NOT ATTEMPT TO APPREHEND ANY OF THESE SUSPECTS AS THEY MAY BE ARMED AND DANGEROUS.

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