

SUNDAY The Paper OF MONTGOMERY COUNTY

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Bus Safety Tips For This School Year



Photo provided

(Family Features) Another school year means millions of children across the United States will begin and end each day with a bus ride. The way many kids ride to school today, however, is the same as it was 25 years ago & in diesel school buses, which have been shown to be harmful to children's health, the community and the climate.

Investments are being made to clean up the nation's school bus fleet, like the Environmental Protection Agency's (EPA) Clean School Bus Program, which will provide \$5 billion over five years to help replace existing buses with low- and zero-emission models. One alternative energy source, propane, is an environmentally friendly and affordable option that can be implemented today to provide a better tomorrow for more students. The low-carbon emissions energy source is abundantly available and can work in tandem with other energy sources, including electric, to move the nation's school bus fleet further down the path to zero emissions and ensure every child has a safe, clean, healthy ride to school.

In addition to speaking to your children's school district officials about alternative school bus solutions, there are lessons parents can teach their children about how to remain safe before, during and after their daily trips on school buses. Consider these tips from the experts at the National Association of Pupil Transportation.

Before the Bus Arrives

Ensure backpacks are packed securely so papers and other items don't scatter as the bus approaches.

Create a morning routine that puts kids at the bus stop five minutes before the scheduled pickup time. This helps avoid a last-minute rush, when safety lessons are easily forgotten, and ensures kids are safely in place for boarding.

Encourage children to wear bright, contrasting colors so they can be seen easier by drivers.

Instruct children to walk on the sidewalk. If there is no sidewalk, advise them to stay out of the street, walk single-file, face traffic and stay as close to the edge of the road as possible.

Walk young children to the bus stop or encourage kids to walk in groups. There is safety in numbers; groups are easier for drivers to see.

If kids must cross a street, driveway or alley, remind them to stop and look both ways before crossing.

Verify the bus stop location offers good visibility for the bus driver; if changes are needed, talk with nearby homeowners or school district officials to implement changes. Never let kids wait in a house or car, where the driver may miss seeing them approach the bus.

Remind children the bus stop is not a playground. Balls or other toys can roll into the street and horseplay could result in someone falling into the path of oncoming traffic.

Instruct children to stay at least three steps away from the road and allow the bus to come to a complete stop before approaching it.

On the Bus Ride

When boarding the bus, items can get bumped and dropped. Caution children

that before picking anything up, they should talk to the driver and follow instructions to safely retrieve their possessions.

Teach safe riding habits: Stay seated with head, hands and feet inside at all times; keep bags and books out of the aisle and remain seated until the bus stops moving.

Instruct children to never throw things on the bus or out the windows and to never play with or block emergency exits.

Remind kids that loud noises are off limits so they don't distract the driver. That includes cellphones and other electronic devices; instruct children to put them on mute or use headphones.

Leaving the Bus

Remind children to look before stepping off the bus. If they must cross the street, teach them to do so in front of the bus by taking five big steps (approximately 10 feet) away from the front of the bus, looking up and waiting for the driver to signal it's safe.

For parents who meet their kids at the bus, eliminate the risk of your children darting across the street by waiting on the side of the street where they exit the bus.

Make the bus ride part of your daily "how was school?" discussion. Encourage kids to talk about the things they see and hear on the bus so you can discuss appropriate behaviors and, if necessary, report any concerns to school administrators.

Benefits of Propane Buses

Every day, 1.3 million children in the

United States ride to school in 22,000 propane-powered school buses, which are currently in use by more than 1,000 school districts across 48 states. Alternative fuels, such as propane, offer multiple benefits for school districts and students alike because propane buses reduce harmful emissions, save money and provide a safer ride for students.

Student Health

Propane reduces harmful nitrogen oxide emissions by up to 94% compared to diesel and emits near-zero particulate matter emissions. Both emissions, which can be found in the cloud of smoke emitted from the tailpipes of diesel buses, are known triggers for asthma, bronchitis and other respiratory problems, according to the EPA.

Reliability

Propane has a range of 400 miles and the performance needed to drive long distances without stopping to recharge or refuel.

Cost Savings

While propane and electric are both options for clean student transportation that also reduce the harm to air quality, the cost is not equal. On average, an electric school bus costs \$375,000, meaning districts can purchase three propane-powered buses (which are only \$6,000 more expensive than diesel buses) for the price of one electric bus. In fact, a study from the World LP Gas Association found the cost savings of getting rid of all diesel buses and replacing them with propane would save enough money to hire 23,000 teachers due to lower long-term fuel and maintenance costs.

TODAY'S QUOTE

"If a man harbors any sort of fear, it makes him landlord to a ghost."
Lloyd Douglas.

TODAY'S JOKE

What do you use to mend a jack-o-lantern? A pumpkin patch.

TODAY'S VERSE

Philippians 3:13 "Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (NIV)

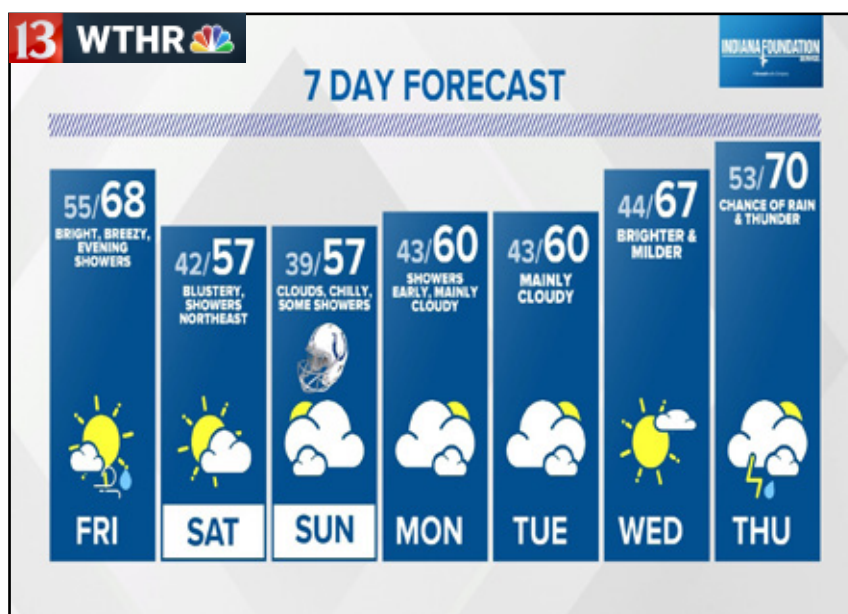
TODAY'S HEALTH TIP

Start exercising regularly early in life, continue, and reduce your risk of getting a middle aged spare tire. 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 a day of rest - well, two, actually. I'm taking tomorrow off to celebrate Columbus Day. See you Tuesday.



HONEST HOOSIER



I & Indiana Facts Fun



Number % ÷ Stumpers

1. How many total schools are there in Greenwood?
≥
2. How old is Johnson County?
≤
3. What percentage of people live in Greenwood?
≥
4. What is the population density of the county?
≤

Answers: 1. 19 Schools 2. 196 Years
3. Around 35.6% 434/sq. mi. ÷

Did You Know?

- Johnson County was founded in 1823 and named after Indiana Supreme Court Justice John Johnson.
- The largest city, Greenwood, is inhabited by approximately 49,791 residents.
- The county seat, Franklin, is the home of Franklin College along with several international companies.
- Greenwood has 2 high school, 3 middle schools, 10 elementary schools, and 4 private schools.
- The county is 321.79 square miles and has a population of 139,654 residents.

Got Words?

Franklin was nationally recognized during the 1920s for the outstanding athletic achievement of a local basketball team. Coined the Franklin Wonder Five, the small group won 3 consecutive state titles. How do you think achievements, such as this one, impact small communities?

Word Scrambler

Unscramble the words below!

1. ONRDEW EFIV
2. FNRALKNI
3. ONJSHNO NYCTUO
4. EGROOWEND
5. CHSLOOS

Answers: 1. Wonder Five 2. Franklin 3. Johnson County
4. Greenwood 5. Schools

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Indiana the Strong

Sunday, Oct. 8, 2023

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Purdue's eXcellence In Manufacturing And Operations Initiative Focuses On Resiliency In The Industry

Purdue University's recently launched eXcellence in Manufacturing and Operations Purdue Engineering Initiative, or XMO PEI, is positioned to strengthen the U.S. advanced manufacturing industry's adaptability for the 21st century across multiple sectors, such as semiconductors, aerospace, defense, biomanufacturing for agriculture, and transportation.

The XMO initiative is building a national coalition of academia, government and industry partners to meet at the intersection of physical, digital and sustainable manufacturing to achieve excellence at scale.

As part of the initiative, Purdue will in November host a summit at the National Academies of Sciences, Engineering, and Medicine (NAEM) in Washington, D.C. This event will bring together industry, government and academic leaders to discuss building resilient U.S. infrastructure for advanced manufacturing and operations, which are critical to America's security and economic durability in the era of globalization.

"It's not just advanced manufacturing in the sense of making things in a factory. It's also the supporting operations that you need for creating these resilient supply chains, resilient infrastructure and a resilient workforce," said Stephan Biller, the Harold T. Amrine Distinguished Professor in the School of Industrial Engineering and the Mitchell E. Daniels, Jr. School of Business.

Biller and Ajay Malshe, the R. Eugene and Susie E. Goodson Distinguished Professor of Mechanical Engineering, were named XMO PEI co-chairs in May 2023.

Both are members of the prestigious National Academy of Engineering.

"Our biggest challenge is that the U.S. has great scientific innovations, technologies and minds. What we need is infrastructural resilience and a system for fast and real-world engineering and industrial translation of innovations at scale," Malshe said. "While the U.S. is starting to make notable moves toward building a robust supply chain, we need to be more focused and intentional about resilient manufacturing and operations for the present and future as a matter of national security. We're addressing that through the XMO initiative with a unified national message that 'we make,



Stephan Biller (L) and Ajay Malshe (R) serve as co-chairs of the eXcellence in Manufacturing and Operations Purdue Engineering Initiative.

and we move."

To bring about that change, the co-chairs said the country needs to undergo a seismic shift in the manufacturing sector.

Biller said the U.S. needs a manufacturing renaissance, adding, "At the same time we want to do it in a digitally enabled and sustainable way. The renaissance is quite critical for prosperity, for our ability to innovate and for our society. If you only design and then have other nations manufacture this, you're losing your ability to innovate."

Malshe, who is the inaugural director of the Manufacturing and Materials Research Laboratories, echoed Biller's sentiments and added the shift supports a key pillar for economic stability and security.

"I would like to go from 'designing in America and manufacturing elsewhere' to 'designing in America and manufacturing in America.' That's the renaissance I'd like to see, and that's the renaissance we need to build resilience," Malshe added.

The multidisciplinary scope of the co-chairs' research mirrors the junction of disciplines that govern advanced manufacturing and operations today, as it spans physical processes, digital transformation and sustainable production. "The collaborative multidisciplinary approach at Purdue mirrors the endeavors of large and small innovators; most innovation happens in the intersection of disciplines today," said Biller, who has 25 years of experience as a senior executive at companies including General Electric Co., General Motors Co. and IBM.

"I would argue that

there is probably no resiliency without sustainability, because you really have to ensure that you produce in a more environmentally friendly way," Biller said. "If you want the next-generation workforce interested in manufacturing, you better make sure that it's happening sustainably."

Malshe and Biller said the initiative will be an instrument to foster nationwide collaborations from multiple academic disciplines that share a common bond to develop, educate and retrain the workforce in critical industrial sectors.

Biller said accelerating the adoption of innovative technologies and tools in advanced manufacturing, strengthening operations, and bolstering the supply chain must benefit not only large corporations.

"We need to build an advanced manufacturing operations innovation ecosystem that will allow us to help the small and medium-sized businesses that supply the original equipment manufacturers," Biller said. "If you want resilient supply chains and transparent supply chains, we need these small and medium manufacturers to transform in physical, digital and sustainable manufacturing."

Biller cited work underway at Purdue's Dauch Center for the Management of Manufacturing Enterprises, in which he serves as director, as the types of efforts to be supported by XMO PEI.

"In particular, it is contributing to Indiana's electric vehicle product commission initiatives, analyzing transformational risk and opportunities in both innovation and workforce development and helping with courses and

conferences to educate the small and midsize enterprises in digital transformation," Biller said.

Malshe, who has more than 30 years of experience in industry and academia, said advanced manufacturing related to defense and in-space applications, agriculture and food security, transportation, and semiconductors is often not discussed.

"The new space age is upon us, and Space 2.0 will provide colossal returns for America's engineering and scientific sectors," said Malshe. "Today, space commerce, security and exploration are getting seamlessly interconnected to Earth physically, digitally and sustainably."

Conexus Indiana, a statewide organization that exists to promote Indiana's advanced manufacturing and logistics sector, hails Purdue's critical role in the transformation of industry.

"Working with Purdue University, we look forward to accomplishing digital transformation and workforce readiness at scale," Conexus Indiana president and CEO Fred Cartwright said. "Our efforts in digital transformation and workforce readiness, through statewide programs such as Manufacturing Readiness Grants and Catapult Indiana, contribute to building resiliency in these critical sectors."

Along with national alliances, within Purdue the PEI will foster academic alliances across campus with the Mitchell E. Daniels, Jr. School of Business, the College of Agriculture, the College of Science, and the Purdue Polytechnic Institute to statewide and national impact.



Photo courtesy of Purdue Agricultural Communications

A chemical applicator drives through a field to spray nitrogen onto a field.

Midwestern Regional Climate Center Develops Soil Temperature Climatology Tool

The Midwestern Regional Climate Center, which is housed at Purdue University, is launching a new tool in partnership with the U.S. Department of Agriculture's Midwest Climate Hub to provide soil temperature threshold information based on historical data from the last 30 years.

Melissa Widhalm, the MRCC's associate director and regional climatologist, said the Soil Temperature Climatology Tool will be crucial for the agricultural industry to better identify benchmark dates for when specific agronomic activities, such as planting and applying nutrients, should take place.

"Every spring and every fall we get numerous requests from farmers asking us at the MRCC when they should expect to be able to put seed in the ground or apply nitrogen, based on past soil temperatures," Widhalm said. "While this isn't a real-time monitoring program, this does clue in that piece of historical data that we didn't have access to before so we can make better-informed decisions."

Data for the tool was sourced from the North American Regional Reanalysis (NARR), a model produced by the National Centers for Environmental Prediction that generates reanalyzed data for temperature, wind, moisture, soil and dozens of other parameters. Widhalm said using data from NARR

was necessary because several areas across the Midwest lack substantial soil temperature measurements. These soil temperature estimates provide for an accurate historical perspective.

Laurie Nowatzke, coordinator of the USDA Midwest Climate Hub, expressed excitement over the tool's release:

"Soil temperature affects so many on-farm management decisions. We consistently hear from producers and agricultural service providers that they need better access to this key piece of climate information. As with many of MRCC's data tools, the Soil Temperature Climatology Tool can help Midwestern farmers plan ahead during complex parts of the season."

While the Soil Temperature Climatology Tool was developed with the farming community in mind, Widhalm said the data this tool provides will be useful for several other production areas.

"This will be helpful for anyone working with soil, whether that is construction companies needing to dig in the ground or a forester needing to haul cut trees across frozen ground," she said. "We want people to understand this tool can be versatile for a multitude of industries."

The Soil Temperature Climatology Tool is available to the public on the MRCC's website.



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Kickoff Cravings

Win your tailgate with MVP-level appetizers

FAMILY FEATURES

Before the end zone dances and sideline celebrations, settling in for a winning game day experience starts with delicious foods. Whether your football parties take place at home, in the backyard or right outside the stadium, kicking it off with savory appetizers can get the crowd on its feet.

Keep your game plan simple this season and light up the scoreboard with fan favorites like dips and wings. These versions are both easy to prepare and can be enjoyed fresh or made in advance and kept warm or reheated to energize your fellow diehards.

Visit Culinary.net to find more touchdown-worthy tailgate recipes.

Add Savory Spice to Game Day Celebrations

Powering up for a successful game day starts with a pregame spread, and no tailgate or homegame is complete without a spicy dip that brings the heat.

This Game Day Buffalo Chicken Dip is a perfect solution for firing up your crowd as it requires little preparation so you save precious time before kickoff. Whether you bake shortly before the game begins or make it ahead of time for a parking lot party, simply keep it warm and serve with chips or veggie sticks for a quick, shareable appetizer.

Game Day Buffalo Chicken Dip

Servings: 3-4

- 2 cups shredded chicken
- 8 ounces cream cheese
- 1/2 cup sour cream
- 1 1/2 cups sharp cheddar cheese, plus additional for topping, divided
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 heavy pinch dried dill
- 1/2 cup hot sauce
- 2 green onions, chopped
- blue cheese crumbles
- chips
- vegetable sticks

Heat oven to 400 F.

In bowl, mix shredded chicken, cream cheese, sour cream, 1 1/2 cups shredded cheese, onion powder, garlic powder and dried dill until combined. Add hot sauce; mix until combined.

Transfer mixture from bowl to oven-safe dish. Top with additional shredded cheese, to taste.

Bake until cheese is melted, approximately 15 minutes. Top with blue cheese crumbles and chopped green onion. Serve warm with chips and vegetable sticks.



Score a Touchdown with a Game Day Dip

One of the best ways to take tailgating to the next level this season is by making healthier versions of classic game day fare. For example, you can be the MVP of your game day gathering with a delicious, hall-of-fame-worthy appetizer. Call an audible by using fresh, easy and healthy ingredients to make it better for you and score extra points with family and friends.

This Game Day Taco Dip takes fan-favorite flavors — beef, refried beans, salsa, guacamole, sour cream, cheese, tomatoes and black olives — and adds a twist with the Fresh Express Butter Supreme Salad kit.

This tasty, colorful blend of green butter lettuce, red butter lettuce, radicchio and baby chard is available in the refrigerated produce department and is perfect for creating healthier versions of beloved tailgating dips, snacks, finger foods and more.

Visit FreshExpress.com to discover more winning game day recipe ideas and find a retailer near you.

Game Day Taco Dip

Prep time: 25 minutes

Cook time: 5 minutes

Servings: 12

- 1 pound ground beef
- 1 package (1 ounce) taco seasoning
- 1/4 cup water

- 2 tablespoons minced cilantro
- 1 can (16 ounces) refried beans, zesty salsa flavor
- 1 jar (16 ounces) thick and chunky salsa, medium or hot
- 2 cups guacamole
- 1/2 cup sour cream
- 3 packages (5 ounces each) Fresh Express Butter Supreme
- 1 1/2 cups shredded sharp cheddar cheese
- 1 cup tomatoes, chopped
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 package (14 ounces) tortilla chips

In skillet over medium-high heat, cook beef 5 minutes, or until no longer pink. Sprinkle with taco seasoning; mix well. Add water; cook 2 minutes, or until water is absorbed. Transfer to bowl; cool to room temperature. Add cilantro; mix well.

In 9-inch pie plate, evenly spread refried beans; top with seasoned ground beef and salsa. Add spoonfuls of guacamole across top of salsa then carefully spread to smooth.

Place sour cream in small resealable bag; cut off corner. Pipe sour cream to create football shape on guacamole.

Put pie plate in center of 15-by-18-inch tray. Arrange salad blend around pie plate. Top with cheddar cheese, tomatoes and olives. Serve with tortilla chips.

Just Wing It

Skip the silverware at your next homegame and dive right in with a fan favorite that requires just your hands and a heap of napkins: wings.

Whether you pick through your pieces or clean each wing to the bone, these Game Day Chicken Wings are perfect for eaters of all types. A simple flour-based coating keeps the recipe easy to make and baking in the oven means you can skip the messy fryer or firing up the grill.

Cook until crispy then corral your party's favorite dipping sauces from ranch and blue cheese to barbecue and more. Once your spread is served, it's time to sit back and enjoy the game.

Game Day Chicken Wings

Total time: 50 minutes

Servings: 4

- 1/2 cup butter, cubed
- 1/3 cup flour
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 10 chicken wingettes, thawed
- dipping sauces (optional)
- fresh parsley (optional)

Preheat oven to 425 F.

Line baking sheet with foil. Arrange butter cubes on foil. In medium bowl, combine flour, paprika, garlic powder, salt and pepper.

Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.

Bake wings 30 minutes.

Turn wings over and bake 15 minutes, or until crispy and fully cooked.

Serve with dipping sauces and sprinkle with fresh parsley, if desired.



SUNDAY

In The Kitchen

Sunday, Oct. 8, 2023

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5 COZY WAYS TO ADD WARMTH TO COLD-WEATHER MEALS

FAMILY FEATURES

When the winds howl and the chill of changing seasons brings a crispness to the air, one way to warm up from the inside out is with favorite foods. Filling up on comforting recipes like hearty soups and stews can be the solution you need to fight off cold temperatures.

Consider quick and easy ingredients that add a little warmth to your plate as the cravings for comfort kick in.

Cheese

A family favorite in recipes year-round, ooey-goey cheese is a hallmark of cool-weather recipes. Consider creamy mac and cheese mixed with your preferred protein, homemade Mexican cuisine topped

with melted chile con queso or an appetizer plate with options like brie, Manchego, aged cheddar, Parmesan and more.

Rice

If you're craving a meal that's big on flavor but short on prep time, it's hard to top the classic comfort food combo of chicken and rice. This Parmesan Chicken and Rice with Spinach and Artichoke starts with the homestyle taste of fully cooked Minute Chicken & Herb Seasoned Rice Cups with carrots, onion and garlic. The BPA-free cups offer a quick and flavorful option for an on-the-go power-up loaded with chicken, vegetables and herbs paired with hearty rice. Ready in only 1 minute, you can enjoy the flavored rice right out of the cup or prepare it as part of this 5-minute recipe on a busy weeknight.



Thai Chicken and Rice Soup

Prep time: 2 minutes
Cook time: 5 minutes
Servings: 1

- 1 Minute Ready to Serve Cilantro & Lime Jasmine Rice Cup
- 1/2 cup (3 ounces) cooked rotisserie chicken, chopped
- 1/2 cup chicken broth
- 1/2 cup coconut milk
- 1 tablespoon Thai green curry paste
- 3 small shiitake mushrooms, thinly sliced
- 1 green onion, thinly sliced

Heat rice according to package directions. In medium, microwave-safe bowl, combine chicken, broth, coconut milk, curry paste and mushrooms. Microwave on high 3 minutes. Stir in rice and garnish with green onion.



Parmesan Chicken and Rice with Spinach and Artichoke

Prep time: 5 minutes
Cook time: 5 minutes
Servings: 1

- 1 Minute Chicken & Herb Seasoned Rice Cup
- 1 tablespoon olive oil
- 1 cup spinach, stems removed
- 2 ounces chicken, cooked and shredded
- 1/4 cup canned artichokes, drained and quartered
- 1/4 cup shredded Parmesan cheese

Heat rice according to package directions. In medium saute pan over medium heat, heat olive oil. Add spinach and saute 1 minute. Add chicken and artichokes; saute 2 minutes, or until heated through. Add cheese and rice; stir to combine until heated through.

Pasta

Whether you prefer spaghetti or penne, bowtie or stuffed shells, pasta provides a simple base for delicious meals loaded with comforting ingredients. For an easy weeknight meal, just choose a type of pasta, sauce and protein to put dinner on the table in 30 minutes or less.

Curry Paste

Available in many varieties, curry paste is a common ingredient in South Asian dishes. It typically consists of ingredients like garlic, chiles or peppers, ginger and lemon-grass. When you'd like to add some spice to your menu without bothering with takeout, this Thai Chicken and Rice Soup calls for green curry paste, which is generally spicier than red or yellow versions, but any can be substituted based on your heat tolerance. You can

take the dish up a level with lightly seasoned Minute Cilantro & Lime Jasmine Rice for zesty flavor in a BPA-free, microwaveable cup for a simple solution when life gets hectic and preparing a time-consuming meal becomes challenging.

Cayenne

Serving up a touch of spice in a wide variety of favorite recipes can be as easy as adding ground cayenne. Made of dried cayenne peppers finely ground to a powder, it's commonly used in dishes ranging from deviled eggs and pastas to shrimp and barbecue as an easy way to add a warming kick to cold-weather meals.

Find more comfort food recipes at MinuteRice.com.

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KAREN ZACH



Think writing a column on genealogy is easy?

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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-goopy 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, Oct. 8, 2023

C4

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

Sweeten the Holiday Season with Deliciously

Creamy Desserts

FAMILY FEATURES

Once the table is cleared and gifts are put away, it's often time for one of the favorite moments of holiday gatherings. The taste (and smell) of those divine desserts you may only make once a year is enough to keep guests hungry even after the main course.

Put a new staple on holiday menus for years to come with this Cran-Raspberry Quinoa Pudding Trifle that combines fresh raspberries, vibrant cranberry sauce, orange juice and orange zest for a unique dessert. Ready in 30 minutes, it can be an easy way to impress everyone at the table with a creamy pudding base inspired by favorite winter flavors.

As a tasty treat that's ideal for just about any occasion, this take on rice pudding is made using 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. Its light, nutty flavor and versatility creates a pudding that's perfect for a wide range of pairings, from satisfying chocoholics or pumpkin-spice fanatics to whipping up a sweet, simple dessert.

For a comforting dish full of familiar cold-weather flavors, serve Pumpkin Pecan Rice Pudding Bars. Pumpkin-spice fanatics can enjoy their favorite ingredient mixed into a rice pudding base sweetened with coconut milk, brown sugar, vanilla extract, whipping cream and maple syrup.

This holiday-inspired dessert relies on the fluffiness of Success Boil-in-Bag White Rice as a high-quality, precooked solution. The boil-in-bag rice is quick and easy with no measuring and no mess, and it's ready in 10 minutes to make seasonal recipes a cinch.

Find more sweet holiday recipe inspiration at SuccessRice.com.



Cran-Raspberry Quinoa Pudding Trifle

Pumpkin Pecan Rice Pudding Bars

Prep time: 10 minutes
Cook time: 40 minutes
Servings: 4-6

- 1 bag Success White Rice
- 1 cup pecans
- 4 cups coconut milk
- 1 can (15 ounces) pumpkin puree
- 3/4 cup brown sugar
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- 3 eggs
- 1/2 teaspoon vanilla extract
- 1 cup heavy whipping cream
- 2 tablespoons maple syrup

Prepare rice according to package directions. Preheat oven to 350 F. Spread pecans on baking sheet and toast 8-10 minutes. Cool then chop.

In large saucepan over medium-high heat, combine milk, pumpkin, brown sugar, pumpkin pie spice and salt. Bring to boil, stirring constantly. Slowly add about 1/2 cup hot liquid to eggs and beat well. Stir egg mixture back into saucepan and cook over medium-high heat 2 minutes. Remove from heat and stir in cooked rice, vanilla and pecans.

Pour mixture into greased 13-by-9-inch baking dish. Bake, uncovered, 30 minutes, or until knife inserted near center comes out clean.

Whip heavy cream to soft peaks then add maple syrup and continue beating until peaks form. Serve with warm pudding.

Tip: For sweeter pudding, increase brown sugar to 1 1/2 cups.



Pumpkin Pecan Rice Pudding Bars

Cran-Raspberry Quinoa Pudding Trifle

Prep time: 25 minutes
Cook time: 5 minutes
Servings: 6

Quinoa Pudding:

- 2 bags Success Tri-Color Quinoa
- 4 cups almond milk
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

Creamy Yogurt Layer:

- 2 cups plain Greek yogurt
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 cup heavy cream

Cran-Raspberry Layer:

- 1/2 cup cranberry sauce
- 1/4 cup orange juice
- 1 teaspoon orange zest
- 2 cups fresh raspberries
- 1/2 cup sliced almonds, toasted
- 2 cups gluten-free vanilla cookies, chopped
- 1/2 cup fresh raspberries

To make quinoa pudding: Prepare quinoa according to package directions, substituting almond milk for water. Drain, reserving almond milk.

Remove quinoa from bags and stir into almond milk in saucepan over medium heat. Stir in honey, vanilla and cinnamon. Bring to simmer. Cook, stirring constantly, 5-8 minutes, or until thickened slightly. Refrigerate 45-60 minutes, or until well chilled.

To make creamy yogurt layer: In large bowl, stir yogurt, honey and vanilla. In separate bowl, beat cream until stiff peaks form. Stir whipped cream into yogurt mixture until blended. Refrigerate until ready to use.

To make cran-raspberry layer: In medium bowl, stir cranberry sauce, orange juice and orange zest. Gently fold in raspberries.

To assemble: In 10-cup trifle dish, layer 1/3 quinoa mixture, 2 tablespoons almonds, 1/3 cran-raspberry mixture, 1/3 vanilla cookies and 1/3 yogurt mixture. Repeat layers twice. Garnish with remaining raspberries and almonds.

KENNY THOMPSON



With decades of experience as an award-winning sports writer and sports editor – most of it covering Purdue athletics – Kenny Thompson has a perspective and inside knowledge that few others have. Whether it's putting what's going on in the Big Ten in historical perspective or shooting straight from the hip on what's happening today, no one has a better take on Purdue and sports than Kenny!

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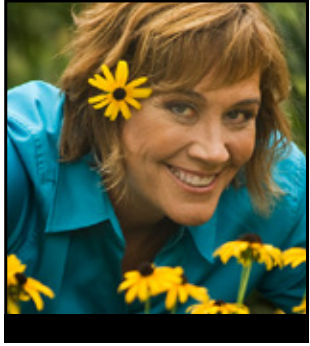
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Cutting And Enjoying Fall Perennials



MELINDA MYERS
Columnist

Bring a bit of your fall garden indoors. Many of your fall flowering perennials make great cut flowers to enjoy in arrangements for your home and bouquets to share with others.

Harvest your flowers early in the morning whenever possible. This is when they are fully hydrated, helping to extend their vase life. Early evening is the next best time, but any time you need to cut your flowers will work.

Take along a clean bucket of water and a sharp pair of bypass pruners or snips to the garden. Immediately place the flowers in the water to help prolong their vase life.

Picking flowers at the right stage for the variety you are cutting is important to ensure the flowers showcase their best display and will last the longest in your arrangements. In general, spike-type flowers should be harvested when one-fourth to one-half of the individual flowers on the spike are open. Daisy-type flowers like rudbeckias, coneflowers, Heliopsis and Helenium are harvested when the flowers are fully open.

Asters and golden rods make a great combination in the garden as well as a vase. Harvest the golden rod as soon as the flower color is visible with half of the individual flowers in the cluster open. Look for and pick asters when



Photo courtesy of MelindaMyers.com

Honeysong Pink Aster (*Aster novae-angliae* 'Honeysong Pink') combined with Russian sage (*Perovskia atriplicifolia*) works well in cut floral arrangements.

one-fourth of the flowers in the cluster are open to enjoy them for as many as 7 to 12 days.

The native Agastache, you may know as lavender or anise hyssop, is a pollinator favorite and makes an excellent addition to flower arrangements. Wait for one-half to two-thirds of the flowers on the spike to open before picking. With proper harvesting and care, these flowers can last 6 to 10 days in your arrangement.

Watch as the individual flowers on the *Liatris* spike open from the top down. Harvest these when less than half of the flowers at the top of the spike are open and the remainder are in bud.

Once rudbeckias and coneflowers shed their petals, which are actually non-fertile ray flowers, the remaining seed heads still make an attractive addition to fall bouquets. Don't overlook the wispy seed heads and foliage of ornamental and native grasses growing in the garden. These can be harvested at any time after the seed head emerges and last about a week.

Consider adding a few seed pods for added fall flare in your bouquets. The pods of native baptisia and milkweed as well as Siberian iris are a few to try.

Condition fresh flowers before arranging to further extend their vase life. Set the flowers in tepid water and place them in a cool place out of direct sunlight for at least several hours and preferably overnight before arranging.

Recut the stems on a 45° angle to the desired length when creating your arrangements. The angled cut prevents stems from sitting flat on the bottom of the vase, exposing more surface area to absorb water. Remove the lower leaves that would otherwise end up submerged in the water in the vase. Foliage in the water encourages microbial growth that can shorten the vase life of your cut flowers.

Always use a clean vase filled with fresh water. Add a floral preservative to the water to further extend the vase life of your flowers. Change the water often to keep flow-

ers looking good for as long as possible. Remove individual flower stems as they fade and rearrange the remaining ones that still look fresh. Recut the stems as needed to keep the flowers absorbing water and lasting longer.

Add your own perennial flower favorites and evaluate how they perform as cut flowers. Make a few notes on those that worked well and do a bit of research to improve the vase life of those that did not. Even a short-lived arrangement will generate a smile and brighten your mood when bringing a bit of your garden indoors.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition and Small Space 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. Myers' website is www.MelindaMyers.com.



Flower Bulbs For Happy Bees

If you want lots of fluttering butterflies and buzzing bees in your garden, make sure there are plenty of flowers, such as spring-flowering bulbous plants. The bright colors, nectar and pollen provide a veritable feast for bees, butterflies, and other insects.

Spring food

Insects like bees and butterflies need nectar and pollen to survive. But in early spring, there are not many flowering blossoms in nature. If you want to do your bit for the bees and butterflies in spring, plant spring-flowering bulbs to provide more food for these important little critters.

Increasing biodiversity

Flower bulbs are indispensable for biodiversity in your garden. When the temperature rises above 10 degrees, the bees come out to go looking for food. Since spring-flowering bulbs are the first ones to flower in early spring, they are a must for biodiversity. Flower bulbs that produce plenty of pollen and have 'open' flowers are the most suitable, such as:

- grape hyacinths (*Muscari*)
 - bluebells (*Hyacinthoides*)
 - Sicilian honey garlic (*Netaroscordum siculum*)
 - crocuses (*Crocus*)
 - Grecian windflower (*Anemone blanda*)
 - alliums (*Allium*)
 - snowdrops (*Galanthus*)
 - imperial crown (*Fritillaria imperialis*)
 - snake's head (*Fritillaria meleagris*)
 - Eranthis hyemalis (winter aconite)
 - star of Bethlehem (*Ornithogalum*)
- Food and variety**
Plant a variety of bulbs, since each insect has its individual preference. Thanks to the different flowering periods of spring bulbs, you will, of course, enjoy the flowers in your garden for an extra long time yourself. Together with the other plants, animals, and insects, they make nature healthy and vibrant. Together, we can improve biodiversity: starting in your own garden.
More information about flower bulbs is available at www.flowerbulbs.com.

Make Your Home New Again: Seven Backyard Improvements That Make A Difference

The housing market always has its ups and downs, and home renovations appear to be hitting some record highs in the last few years. With more people staying home to work, relax and play, many homeowners have chosen to renovate rather than move to a new home to obtain their dream house and have it work better for their family. But what about extending those enhancements outside, into the family backyard?

According to a recent poll commissioned by the TurfMutt Foundation and conducted online by The Harris Poll, more than three-quarters of Americans who have a yard (76 percent) say the family yard space is one of the most important parts of their home. When it comes to design, it makes sense family backyards are being taken as seriously as the interior of the home.

"Backyard improvements can impact your home's value should you decide to sell someday, but we think it's also important to make changes that enhance your experience and enjoyment of your yard today," says Kris Kiser, President & CEO of the TurfMutt Foundation, which encourages people to care for and utilize the green space around them, including our own backyards and community parks.

He adds, "Mulligan the TurfMutt and I are loving our newly renovated backyard as we've brought some of our indoor living,

outdoors. It feels like we've added onto the house by just utilizing the outdoor space more effectively."

Maybe you've already completed the improvement projects inside your home such as adding a fresh coat of paint, putting in new flooring, or updating appliances and furniture. But how are home improvements taken to the backyard so the "outdoor living room" works better for your family and at the same time make your home feel new?

Here are seven suggestions from the TurfMutt Foundation for turning home renovations "inside out":

- Replace flooring inside = cleaning up the yard and improving its turfgrass. Grass is the canvas for your outdoor living room. Improve existing turfgrass by overseeding or aerating, or start fresh with new sod. Clean out flower beds and remove debris from all parts of your yard, and then build the other elements from there. Remember, outdoor power equipment like a lawn mower, hedge trimmer, or leaf blower can help make even big jobs easier.
- Repaint inside = planting flowers to attract and support backyard wildlife. A fresh coat of paint can transform a room, just like planting flowers outside does for a yard. Choose native plants that have evolved to thrive in your microclimate (they are better for the ecosystem and require less input from you). Selecting native

perennials over annuals means only having to plant once to enjoy their beauty for years to come. Plus, pollinators and other backyard wildlife will thank you as these types of plants are natural habitat and food for them.

- Replace household appliances = freshening up your cache of outdoor power equipment. Getting the right equipment for your lawn size and type customizes the experience of caring for your yard. Good news is there are lots of options available for all needs and tastes. Robotic mowers that act like a Roomba for the lawn and battery-powered leaf blowers that are lightweight, powerful, and portable are good choices. For larger lawns, zero-turn mowers and even a UTV might be helpful.

- Swap out furniture inside = creating high-value spaces outside. Spending time outside is all about connection with nature and others. Really think about what you need for your lifestyle, and buy outdoor furniture accordingly to create spaces that support your family's lifestyle. Things like a picnic table for backyard study sessions, an outdoor sectional for connecting with others, a hammock for swinging away stress, or even an outdoor office to strike a better work life balance are all ways you can create high-value outdoor spaces.

- Kitchen renovation = adding an outdoor kitchen. The sky is the limit when adding an outdoor kitchen.

You can certainly create full set-up complete with a sink, refrigerator, and built-in grill and cooktop. Or keep it simple with a beverage cart or cooler and spend a little more on a quality grill to cook meals on.

- Add on to your home = creating a true outdoor living room. Go all out and add a deck, hardscaped area or screened in porch if you have the time and budget, or simply make the most of the yard you have. Create a soccer or croquet field on a grassy flat area. Add a fire pit and use string lights in trees to enhance enjoyment in the wintertime. For warm summer days, a pergola covered in colorful vines that attract butterflies might be just the ticket.

- Add a game room inside = creating activity zones outside. Make your backyard the neighborhood gathering hot spot by creating activity zones that are fun for the whole family. Cornhole, soccer, bocce ball, and a giant checkers board game can help parents more easily manage their kids' screen time. A patio or deck is a great setting for family game nights. Or go all out and add a swimming pool to lock in your backyard as the place-to-be for your kids and their friends. Involve your family in the planning and keep in mind that shrubs and hedges are a great way to distinguish the different activity zones you create in your yard.

To learn more about creating a dream yard, visit TurfMutt.com.

Oct. 4 Was Energy Efficiency Day

CenterPoint Energy joined in the national celebration of Energy Efficiency Day on Oct. 4, by promoting energy efficiency as one of the easiest, quickest ways for customers to reduce their energy use, lower their utility bills and limit their carbon footprint.

"At CenterPoint Energy, we recognize how important safe, reliable energy is in our customers' daily lives and the tremendous privilege we have to deliver it," said Elizabeth Brock, Vice President, Energy Solutions and Business Services. "We're committed to working with our customers to bring awareness and help them take advantage of opportunities to use energy wisely and save money."

CenterPoint Energy offered these simple energy efficiency tips for the upcoming winter heating season:

- Make sure your heating system is operating safely and efficiently with an annual tune-up by a qualified technician. Check your furnace filter monthly and clean or change it as needed to help your unit run at full efficiency and supply better air flow.

- Use a programmable thermostat to match your household's schedule by automatically lowering the heating temperature at night or while you're away from home. It can maximize your energy savings without the hassle of manually adjusting your thermostat.

- Caulk and weather strip around windows and doors to keep warm air from escaping and cold air from entering. These two simple air sealing techniques can pay for themselves in energy savings within one year.

- Keep curtains and blinds open during the day to allow the sun's heat to warm your house. Close curtains and blinds at night so you don't lose heat when the sun goes down.

- Look for the ENERGY STAR® label when shopping for a new appliance to help you get a product that meets high efficiency standards.

Customers are encouraged to take advantage of energy efficiency tips, equipment rebate offerings and resources to help save energy and money year-round. Visit CenterPointEnergy.com/SmartSavings for more information.



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6 Tips to Prepare for a Cold, Stormy Winter

FAMILY FEATURES

Weather fluctuations are the norm these days, and cold winter weather is on the horizon.

This winter, don't get caught out in the cold when it comes to heating costs. There are things you can do now to help save money by reducing your energy consumption. Consider these tips from the experts at Carrier to help you reduce usage and home heating costs this season.

1. One of the easiest ways to save on your heating bill is turning the heat down to the lowest setting you are comfortable with. According to the U.S. Department of Energy, turning the temperature down an additional 10-15 F while you are sleeping or away can help save about 10% a year on energy costs.
2. Installing a programmable thermostat can make turning down the heat automatic. Depending on the model, you can set different temperatures for when you are home, away or asleep. Better yet, a WiFi-connected smart thermostat can make automatic adjustments and is controllable remotely using a smartphone.
3. Keep up with regular maintenance of your home heating system so it runs efficiently. Change your filter as recommended by the manufacturer and have a professional conduct an inspection and tune-up before the weather gets cold and appointments become harder to get. A dirty or clogged furnace filter can cause your furnace to work harder than needed and waste energy in the process. According to the experts at Carrier, regular, routine maintenance and cleaning can help your furnace run more efficiently and potentially extend its life.
4. The average life of a furnace is 15-20 years, so be prepared when it comes time to replace. Oftentimes, people wait to buy a new furnace until their current system breaks down and have to resort to buying what's in stock. Planning ahead lets you shop for a system that's right for your home and preferences. Right now may be a good time to consider replacing your aging furnace with available manufacturer promotions, energy company incentives and tax credits associated with the Inflation Reduction Act.
5. If you replace your furnace, consider switching to a high efficiency model. They offer a higher level of comfort and energy cost savings. Many homeowners are opting for higher efficiency heat pumps, units that handle both heating and cooling. They are powered by electricity and a growing choice for consumers who



want to use less fossil fuels. For example, Carrier's award-winning Infinity line is among the most energy efficient on the market and operates down to -15 F.

6. Check for drafts around doors, windows and other openings. Seal with caulk or weatherstripping. Also ensure your home is insulated properly. Some utility companies offer to check your home's insulation for free. Having less cold air to heat can yield considerable cost savings.

Being prepared for cold weather can help save money in the long run. Find more tips at Carrier.com/Residential.



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Indiana Awarded New Grant Funding To Power Small Business Exports

The Indiana Economic Development Corporation (IEDC) secured \$300,000 in competitive grant funding from the U.S. Small Business Administration (SBA) to support the export activities of Hoosier small businesses through the Indiana State Trade and Export Promotion (IN-STEP) grant program. IN-STEP, which launched in 2020, helps Indiana small businesses develop and expand export-related activities, opening up new international markets for Hoosier-made goods around the world.

"In Indiana, we're focused on building a global economy of the future, and our Hoosier entrepreneurs and small businesses will be critical to advancing future-focused innovations and solutions," said Indiana Secretary of Commerce David Rosenberg. "Indiana ranks in the top 15 states for exporting, and the IN-STEP program aims to build on this momentum, helping more Hoosier small businesses reach customers in international markets and find success in the global economy."

IN-STEP is designed to help small businesses identify,

market and sell their products or services around the world. Through the program, eligible companies can receive reimbursements of costs associated with export-related activities, such as participating in international trade missions, trade shows and export educational programs, as well as other export services provided by the U.S. Department of Commerce. This new grant funding will be available to Indiana companies beginning Oct. 1, 2023, through September 2025, or until all funds are distributed.

Since the program's launch less than four years ago, IN-STEP has helped 65 Indiana entrepreneurs and small businesses with 102 projects to start or expand export activity across six continents. These businesses have reported export sales \$20.7 million for grant-support activities, generating an approximate return on investment of \$26 for every grant dollar invested.

Indiana entrepreneurs and small businesses are encouraged to apply for export assistance through IN-STEP. To be eligible:

- The business must be in operation for at least one year;
 - The business must be new to exporting or market expansion;
 - The business must be an Indiana Small Business Development Center (Indiana SBDC) client;
 - The business must be in accordance with SBA size standards, which categorizes small businesses based on measures like industry, number of employees and annual receipts. Use the SBA's Size Standards Tool to see if your company qualifies; and
 - The business' goods must be made in the U.S. or composed of at least 51% U.S. material.
- Learn more and apply for export assistance through IN-STEP online. Indiana entrepreneurs and small businesses are also encouraged to connect with statewide resources and leverage the support of ecosystem navigators at ConnectIND, a digital portal available in 11 languages that is designed to increase support for entrepreneurs and founders, powering Indiana's entrepreneurial ecosystem.

Hoosiers Should Use Caution During Cybersecurity Awareness Month

October is Cybersecurity Awareness Month, and Attorney General Todd Rokita wants Hoosiers to be prepared for cyber criminals.

"The world we live in relies more and more on technology every day," Rokita said. "This is making our businesses and even our schools vulnerable to these types of attacks. The best thing Hoosiers can do is educate themselves and stay on high alert."

Making sure your business has the appropriate cybersecurity controls has become a necessary step in today's economy. The average cost incurred by a business from a data breach is now more than \$4 million, and the average cost of a healthcare data breach has skyrocketed to over \$10 million.

Cyber-attacks do not only affect schools and businesses, but they also affect individuals and can potentially destroy people's lives by taking their hard-earned money.

To keep you and your family protected, Rokita is sharing the following tips:

- Monitor your credit. Credit monitoring services track your credit report and alert you when-

ever a change is made, such as a new account or a large purchase. Most services will notify you within 24 hours of any change to your credit report. Most major credit cards now offer these monitoring services at no cost to the consumer.

- Place a fraud alert on your credit report. A fraud alert tells lenders and creditors to take extra steps to verify your identity before issuing credit. You can place a fraud alert by contacting any one of the three major credit bureaus.
- Consider placing a free credit freeze on your credit report. Identity thieves will not be able to open a new credit account in your name while the freeze is in place. You can place a credit freeze by contacting each of the three major credit bureaus:
 - o Equifax: 1-888-766-0008
 - o Experian: 1-888-397-3742
 - o TransUnion: 1-800-680-7289
- Contact Rokita. If you believe you are a victim of identity theft, visit gov/attorneygeneral or call us at 1-800-382-5516. For additional tips, you may also visit identitytheft.gov, a site maintained by the Federal Trade Commission.

BBB Business Tip: 10 Creative Ways To Increase Employee Engagement

By Rick Walz - President/CEO
BBB Serving Northern Indiana

What's the enthusiasm reading on your employees? Are they passionate about their work? Do they feel a regular sense of achievement? As an employer, you have an incredible opportunity to challenge yourself with this question:

- How can I get my workforce excited about clocking in each day? Now, if you've got a large team, answering this question for each employee will involve trusting your managers and leaders to engage regularly. But this all starts with you. Be the tone-setter regarding improving employee engagement with these ten tips.

- Allow employees to be flexible. In our post, we mentioned flexibility in keeping employees happy and productive in the workplace. We're bringing it up again because it's a biggie. According to Business News Daily, "more than 3 in 5 working adults (62 percent) agreed that flexibility is one of the most important factors they consider when looking for a new job."

- Flexibility in work schedules and remote or hybrid workplace opportunities have become popular in recent years. Prioritizing this flexibility can impact everything from the well-being of your employees to their productivity to your recruiting efforts.

- Volunteer as a team. As an employer, you might have the chance to get involved with local charitable organizations. These efforts are a great way for the team to come together. Encourage your employees to participate in volunteer projects to demonstrate that the company is not just about mak-

ing money but about making a difference in people's lives.

- Always be genuine. A genuine relationship between employees and management builds trust. This is one of the drivers of your operation, both internally and externally. As an employer, strive to build meaningful relationships through authentic communication. Stronger teams emerge when this trust is felt, leading to a comfortable workplace where everyone wants to bring their best.

- Encourage employees to take breaks. We all need a quick recharge from time to time. Encourage your employees to take their minds off work every once in a while to de-stress. Send out reminders if possible and stay tuned to the signs of an overworked team member. When their (or your) eyes are glazed over, it's time to take a step back and breathe. Designating these times to recenter shows employees you care about their wellbeing.

- Ask for feedback. While employers usually give employees feedback, don't be afraid of a role reversal. Ask them for feedback occasionally and communicate that their opinion matters and they play an important role in the company.

- Hold weekly gatherings. Team lunch, anyone? Hang out after work? Gatherings with colleagues and peers are the perfect way to get to know one another more personally. Plus, not only does this break up the work routine, but it also gives the team something to look forward to and work toward.

- Create a unique workplace environment. Does your work environment inspire you? If not, chances are your employ-

ees are struggling with the drabness, too. Solicit feedback from them on creating a more welcoming, more engaging atmosphere. Then, follow through by creating a workplace together that's unique, comfortable and on-brand for your company.

- Become more people-centric. We all have our personal lives. The important thing is to find the right balance. As mentioned earlier, flexible work schedules and hybrid/work-from-home opportunities are part of this; more importantly, it's about the people. A sense of camaraderie is a great way to make people feel valued and heard, so stay active in listening and keeping your door open to your team members' needs.

- Lead by example. Talk the talk, walk the walk. Want something done in a certain way? Carve out the time to help your employees. Be a mentor when you see people struggling. Going the extra mile by getting in the trenches with your team to solve problems boosts morale.

- Appreciate your employees! A simple "thank you" goes a long way. Take the time to appreciate your team's efforts by acknowledging them. This could be anything from gift cards and celebrations to evaluating their benefits packages. Ultimately, this appreciation can build trust, repair strained relationships, and motivate employees to be their best daily.

To learn more ways to improve your business practices, go to bbb.org and visit the BBB Small Business Resources page. You can also visit BBB.org/get-accredited to learn how to stand out as BBB Accredited business.

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SUNDAY

Business

Notes and

NEWS DAY

Sunday, Oct. 8, 2023

F2

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Space Needs Better ‘Parking Spots’ To Stay Usable — An Engineer Is Finding Them

Any mission headed to space needs a “parking spot” at its destination. But these parking spots, regions located on orbits, are quickly becoming occupied or more vulnerable to collisions.

Most objects launching to space are satellites, which can travel faster than 4 miles per second in the regions where they park. About 10 times the number of satellites currently in space are expected to launch by 2030. Simultaneously, satellite constellations are increasing in number and size. These are groups of satellites working together as a system, such as for enabling GPS, observation of Earth, internet access and other types of communications.

“With this density of satellites, something is going to fail and cause a collision. It’s just a matter of probability,” said David Arnas, an assistant professor of aeronautics and astronautics in Purdue University’s College of Engineering. “Satellite constellations are getting so big and numerous that it’s becoming impossible to accurately track them all and ensure their long-term safety even through computational means.”

Arnas and his graduate students are investigating how orbits could be used to design better parking spots for satellites both in areas closer to Earth, where many of these available locations have already been taken, and in other parts of space that will soon see an increase in satellite population, such as the large area between Earth and the moon called the cislunar region. His research group also is coming up with new methods for feasibly analyzing satellite constellations as they increase in size.

Arnas’ goal is to make space more equitable. Putting spacecraft in designated parking spots instead of just anywhere could reduce the likelihood of space becoming too cluttered for missions to safely take place.

“Space is a common resource of humanity, just like water and air. Even if it seems very vast, it is still limited. It is our responsibility to ensure that future generations will also have fair access to it,” he said.

Helping satellite constellations get bigger more safely

No matter whether satellite constellations are

located closer to Earth or eventually near the moon, space debris is an unavoidable issue.

Within just one month, pieces of debris from a satellite explosion or collision in low Earth orbit can cover the whole Earth. This debris could stick around for anywhere from a few years to several hundred years, depending on the altitude. If low Earth orbit becomes more crowded, satellites will have few places where they can quickly get out of the way of debris before getting hit.

This presents a mess of a math problem. But Arnas and his students are identifying how to organize large satellite constellations so that it’s feasible to predict how they should reconfigure when a massive debris cloud is headed their way.

“If we have a lot of satellites in an area where there’s been a fragmentation event, we will have to move these satellites. This means that we have to optimize not only the final positions of the satellites, but also the maneuvers that each satellite would have to perform in a very short period of time. And right now, that’s not possible

to do if several large constellations are involved,” he said. “However, if you have a general structure, a distribution containing all satellites in the region, it’s not only possible, but something that we can do even with pen and paper. We can foresee the possibilities of reconfiguration and react very quickly if something unexpected happens.”

Arnas has made findings about how to estimate orbital capacity, reduce the risk of collisions within satellite constellations, and design satellite orbits that are more resilient to disturbances. One method he developed would help to calculate the minimum distance that satellites should maintain from each other so that no matter what happens in a particular orbit, each satellite would be far enough away to avoid a collision. He’s also proposed a new way to analyze large satellite constellations in subsets so that they are easier to study.

Currently, there are few policies regulating where satellites can be put in space. Through the tools he’s creating, Arnas hopes to help inform decision-makers on what

the consequences could be for launching a new satellite or establishing a new constellation.

“I want to give policy-makers a way to know how approving a mission is going to affect the future capacity and sustainability of the space sector,” he said.

Making travel between Earth and the moon more fuel-efficient

The increase in space missions and satellite density doesn’t just affect spacecraft orbiting close to Earth.

Dozens of missions may be traveling through the cislunar region over the next few years, but it’s hard to chart the trajectories spacecraft should take for each individual mission. Solar radiation and the combined gravitational pull of the Earth, moon and other planets have a large effect on orbits and how they’re used.

To help solve this issue, Arnas’ research group is exploring how so-called resonant orbits could be used to design these trajectories and help spacecraft save fuel when traveling the 238,900 miles from Earth to the moon.

Arnas and Purdue

graduate student Andrew Binder are building on an idea NASA explored in the past to propel satellites from low Earth orbit without expending fuel by using very long cable structures called “tethers.” Applying this idea to the cislunar region, Arnas and Binder envision building a reusable infrastructure in space based on a pair of tethers that could “catch and throw” satellites between Earth and the moon. One tether would be in orbit around Earth and the other would orbit the moon. The tethers would provide the necessary impulse for satellites to cross cislunar space so that they won’t have to use up fuel to perform that trip.

Although their findings are preliminary, Arnas and Binder are developing more complex models of this tether system that they hope could help lead to a more streamlined way to travel through cislunar space.

“If missions to the moon and back are going to become more common, then it could be very useful to have an infrastructure already built in orbit to transition payloads in the cislunar system,” Arnas said.

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Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

*a small church
with a big heart!*

Dr. Curtis Brouwer, Pastor
765-918-4949



Woodland Heights Christian Church

Invites you to join us as we welcome our new lead minister:
Dr. Tim Lueking
Beginning Sunday, February 28th, 2021

Weekly Sunday Schedule:

Traditional Service - 8:15 AM
Sunday School for all ages - 9:30 AM
Contemporary Service - 10:30 AM
Woodland Heights Youth (W.H.Y.) for middle schoolers
and high schoolers - 5-7 PM

Visit us online at WHCC.US

Woodland Heights Christian Church
468 N Woodland Heights Drive, Crawfordsville
(765) 362-5284

"Know Jesus and Make Him Known"



Waynetown Baptist Church

Service: Sunday 10:30 am

Children's Church

Casual Clothes, Everybody Welcome

Traditional and Contemporary



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

A family for everyone



Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

*Pastor Steve Lee and his wife, Tamara,
invite you all to their spirit-filled church*

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm



NEW ROSS UNITED METHODIST CHURCH

The BRICK CHURCH on State Street

Sunday Worship 9:00 AM

Children's Sunday School during Sunday Worship

In person or on Facebook at

Facebook.com/NewRossUnitedMethodistChurch

Pastor Dr. David Boyd

John 3:16

"Making the World a Better Place"



New Market Christian Church

300 S. Third Street • New Market
(765) 866-0421

Dr. Gary Snowden, Minister

Sunday Worship at 10:00 am
in the Family Life Center
(Masks Encouraged)
or in the Parking Lot Tuned to 91.5 FM
No Sunday School at This Time

nmcc@sbcglobal.net • newmarketcc.org
Visit Us on Facebook

*We Exist to Worship God,
Love One Another &
Reach Out to Our Neighbors*



*Helping
people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

Thursday night at 6:30
Sunday mornings at 10:30

Both services are streamed



NORTH CORNERSTONE CHURCH

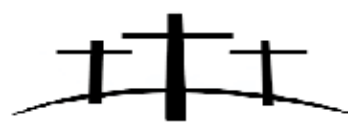
Sunday Worship 10:00 AM

Sunday School 9:00 AM

Rev. Clint Fink

Website: northcornerstonechurch.org

609 S. Main Street • Linden
(765) 339-7347



Liberty Chapel Church

Phil 4:13

Church Services:

Sunday School 9 am

Church 10 am

Wednesday Children's Awana
Program
6 pm-8 pm



Church Service at 10 am

124 West Elm Street • Ladoga
(765) 942-2019

ladogachristianchurch@gmail.com

www.ladogacc.com



HOPE CHAPEL

110 S Blair Street
Crawfordsville, IN 47933
www.hopechapelupci.com

Service Times:

Sunday 10:30 a.m.

Starting August 1:
10 a.m. Sunday School
11 a.m. Worship

Wednesday 6:30 Bible Study



Garfield Apostolic Christian

4485 E 300 N • Crawfordsville

Services

Sunday at 10 am

Tuesday Prayer Meeting

6 pm - 7 pm

Thursday Bible Study

6:30 pm - 8 pm



Friendship Baptist Church

1981 West Oak Hill Road • Crawfordsville

Romans 15:13

Follow us on Facebook

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



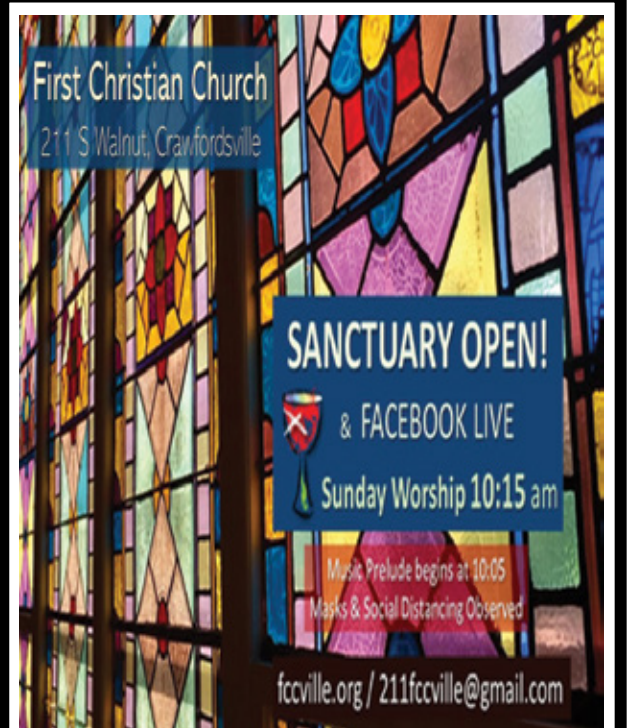
FIRST UNITED METHODIST CHURCH

Follow in The Sun

212 E. Wabash Avenue
Crawfordsville
(765) 362-4817
www.cvfumc.org

**Virtual services at 9:00 am
Can be watched on channel 3**

All are welcome to join and
all are loved by God



Faith Baptist Church

5113 S 200 W • Crawfordsville
(765) 866-1273 • faithbaptistcville.com

Sunday School 9:30AM
Sunday Morning 10:30 AM
Sunday Evening 6:00 PM
Prayer Mtg Wednesday 7:00 PM

Where church is still church
Worship Hymns
Bible Preaching




EAST SIDE BAPTIST CHURCH

2000 Traction Rd • Crawfordsville
765-362-1785
www.eastsidebc.com

Services:
Sunday School at 9 am
Church at 10 am

Help and hope through truth and love



Crossroads Community Church of the Nazarene

SUNDAY
9:00 AM: Small Group
10:15 AM: Worship
5:00 PM: Bible Study

WEDNESDAY
6:00 PM: Mid-week Service

117 E State Road 234 • Ladoga
765-866-8180



Congregational Christian Church

"Be a blessing and be blessed"

101 Academy Street • Darlington
765-794-4716

Sunday School for all ages 9:30am
Worship 10:30am

You can find us on Youtube and Facebook



First Baptist Church

CRAWFORDSVILLE, INDIANA

Sunday School/Growth Groups: 9:00 AM

Worship Service: 10:30 AM

Youth Group Wednesday at 6:30

You can watch us on YouTube and Facebook
Watch Sunday Mornings

CHRIST'S UNITED METHODIST CHURCH

909 E. Main Street • Crawfordsville

Coffee Fellowship @ 10:45 a.m.

Worship @ 11 a.m.

Dr. David Boyd

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YOUR MONTGOMERY COUNTY CHURCH DIRECTORY

- Apostolic:**
Garfield Apostolic Christian Church
Rt. #5, Box 11A, Old Darlington Road
794-4958 or 362-3234
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Bible Study: 6:30 p.m.
Pastor Vernon Dowell
- Gateway Apostolic (UPCI)*
2208 Traction Rd
364-0574 or 362-1586
Sunday School: 10 a.m.
- Moriah Apostolic Church*
602 S. Mill St.
376-0906
10 a.m. Sunday, 6 p.m. Wednesday
Pastor Clarence Lee
- New Life Apostolic Tabernacle*
1434 Darlington Avenue
364-1628
Worship: Sunday 10 a.m.; 6 p.m.
Sunday: The Voice of Healing & Restoration on 103.9 at 9 a.m.
Tuesday prayer: 7 p.m.
Thursday Mid-week: 7 p.m.
Pastor Terry P. Gobin
- One Way Pentecostal Apostolic Church*
364-1421
Worship 10 a.m.
Sunday School: 11 a.m.
- Apostolic Pentecostal:**
Cornerstone Church
1314 Danville Ave.
361-5932
Worship: 10 a.m.; 6:30 p.m.
Bible Study: Thursday, 6:30 p.m.
- Grace and Mercy Ministries*
257 W. Oak Hill Rd.
765-361-1641
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
Sunday School: 11 a.m.
Co-Pastors Nathan and Peg Miller
- Assembly of God:**
Crosspoint Fellowship
1350 Ladoga Road
362-0602
Sunday Services: 10 a.m.
Wednesdays: 6:30 p.m.
- First Assembly of God Church*
2070 Lebanon Rd.
362-8147 or 362-0051
Sunday School: 9 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday: 6:30 p.m.
- Baptist:**
Browns Valley Missionary Baptist Church
P.O. Box 507, Crawfordsville
435-3030
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
- Calvary Baptist Church*
128 E. CR 400 S
364-9428
Sunday School: 9:30 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Calvary Crusaders Wednesdays: 6:45 p.m.
Pro-Teen Wednesdays: 7 p.m.
Pastor Randal Glenn
- East Side Baptist Church*
2000 Traction Rd.
362-1785
Bible Study: 9 a.m.
Worship: 10 a.m.; 6 p.m.
Wednesday: 6:30 p.m. Prime Time
Teens, Pioneer Clubs; 6:45 p.m. :Adult Bible Study
Rev. Steve Whicker
- Faith Baptist Church*
5113 S. CR 200 W
866-1273
Sunday School: 9:30 a.m.
Worship: 10:30 a.m. and 6 p.m.
Wednesday Prayer Meeting: 7 p.m.
Pastor Tony Roe
- First Baptist Church*
1905 Lebanon Rd.
362-6504
Worship: 8:15 a.m.; 10:25 a.m.
Sunday School: 9:30 a.m.
High School Youth Sunday: 5 p.m.
- Freedom Baptist Church*
6223 W. SR 234
(765) 435-2177
- Worship: 9:30 a.m.
Sunday School is 10:45 a.m.
Wednesday Bible Study: 7 p.m.
Pastor Tim Gillespie
- Fremont St. Baptist Church*
1908 E. Fremont St.
362-2998
Sunday School: 10 a.m.
Worship: 11 a.m.; 6 p.m.
Pastor Dan Aldrich
- Friendship Baptist Church*
U.S. 136 and Indiana 55
362-2483
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
Friendship Kids for Christ: 6 p.m.
Pastor Chris Hortin
- Ladoga Baptist Church*
751 Cherry St., Ladoga
942-2460
Sunday School 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study 7 p.m.
Ron Gardner, Pastor
- Mount Olivet Missionary Baptist*
7585 East, SR 236, Roachdale
676-5891 or (317) 997-3785
Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday Evening: 7 p.m.
Bro. Wally Beam
- New Market Baptist Church*
200 S. First St.
866-0083
Sunday School: 9 a.m.
Worship: 10 a.m.
Children's church and child care provided
- Second Baptist Church*
119 1/2 S. Washington St,
off of PNC Bank.
363-0875
Sunday School: 10 a.m.
Worship: 11 a.m.
- StoneWater Church*
120 Plum St., Linden
339-7300
Sunday Service: 10 a.m.
Pastors: Mike Seaman and Steve Covington
- Waynetown Baptist Church*
Corner of Plum and Walnut Streets
234-2398
Sunday School: 9:30 a.m.
Fellowship: 10:30 a.m.
Worship: 11 a.m.
Children's Church: 11:10 a.m.
Pastor Ron Raffignone
- Christian:**
Alamo Christian Church
866-7021
Worship: 10:30 a.m.
- Browns Valley Christian Church*
9011 State Road 47 South
435-2590
Sunday School: 9 a.m.
Worship: 10 a.m.
- Byron Christian Church*
7512 East 950 North, Waveland
Sunday School 9 a.m.
Worship Service 10 a.m.
- Waynetown Christian Union Church*
SR 136, then south on CR 650.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Wed. Prayer: 5:30 p.m. - 7 p.m., Wed Bible Study 7 p.m.
Kingdom Seekers Youth Group (alternate Sundays)
Pastor Seth Stultz
- Darlington Christian Church*
Main and Washington streets
794-4558
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
- First Christian Church (Disciples of Christ)*
- 211 S. Walnut St.
362-4812
SUNDAY: 9:22 a.m. Contemporary
Café worship
9:30 a.m. Adult Sunday School
10:40 a.m. Traditional Worship
WEDNESDAY: 5-7 a.m. Logos Youth
Dinner & Program
Pastor: Rev. Daria Goodrich
- Ladoga Christian Church*
124 W. Elm St.
942-2019
Sunday School: 9 a.m.
Worship: 10 a.m.; 6 p.m.
- Love Outreach Christian Church*
611 Garden St.
362-6240
Worship: 10 a.m.
Wednesday: 7 p.m.
Pastors Rob and Donna Joy Hughes
- New Hope Chapel of Wingate*
275-2304
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Bible Study: 6:30 p.m., Wed.
Youth Group: 5:30 p.m., Wed.
Homework Class: 4:30 p.m. Wed & Thurs.
Champs Youth Program: 5:30 p.m. Wed.
Adult Bible Class: 6:30 p.m. Wed.
Pastor Duane Mycroft
- New Hope Christian Church*
2746 US 231 South
362-0098
newhopefortoday.org
Worship and Sunday School at 9 a.m. & 10:30 a.m.
- New Market Christian Church*
300 S. Third St.
866-0421
Sunday School: 9 a.m.
Worship: 10 a.m.
Wednesday evening: Bible Study 6:15,
Youth 6:15, Choir 7:15
Pastor Gary Snowden
- New Richmond Christian Church*
339-4234
202 E. Washington St.
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor John Kenneson
- New Ross Christian Church*
212 N. Main St.
723-1747
Worship: 10 a.m.
Youth Group: 5:30-7 p.m. Wednesday
Minister Ivan Brown
- Parkersburg Christian Church*
86 E. 1150 S., Ladoga
866-1747
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Rich Fuller
- Providence Christian Church*
10735 E 200 S
723-1215
Worship: 10 a.m.
- Waveland Christian Church*
212 W. Main St.
435-2300
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
- Waynetown Christian Church*
103 W. Walnut St.
234-2554
Worship: 10 a.m.
Sunday School: 9 a.m.
- Whitesville Christian Church*
3603 South Ladoga Road
Crawfordsville, IN 47933
(765) 362-3896
New Worship Service Time
9:00am 1st Service
10:30am 2nd Service
Worship: Sunday, 10 a.m.
Pastor Andy Schindler
whitesvillechristianchurch.com
- Woodland Heights Christian Church*
468 N. Woodland Heights Dr.
362-5284
Sunday School: 9:30 a.m.
Worship: 8:15 a.m. (traditional);
10:30 a.m. (contemporary)
Student Ministry: 5 p.m., Sunday
Pastor Tony Thomas
- Young's Chapel Christian Church*
Rt. 6, Crawfordsville
794-4544
- Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor: Gary Edwards
- Church of Christ:**
Church of Christ
419 Englewood Drive
362-7128
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Wednesday Bible Study: 7 p.m.
- Southside Church of Christ*
153 E 300 South, east of US 231
765-720-2816
Sunday Bible Classes: 9:30 a.m.
Sunday Morning Worship: 10:30 a.m.
Sunday Evening Worship: 5 p.m.
Wednesday Bible Classes: 7 p.m.
Preacher: Brad Phillips
Website: southsidechurchofchristindiana.com
- Church of God:**
First Church of God
711 Curtis St.
362-3482
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Chuck Callahan
- Grace Avenue Church of God*
901 S. Grace Ave.
362-5687
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.; 6 p.m.
Pastor Duane McClure
- Community:**
Congregational Christian Church
402 S. Madison St., Darlington
794-4716
Sunday School: 9:15 a.m.
Worship: 10:30 a.m.
- Crawfordsville Community Church*
Fairgrounds on Parke Ave.
Crawfordsville
794-4924
Worship: 10 a.m.
Men's prayer group, Mondays 6:30 p.m.
Pastor Ron Threlkeld
- Gravelly Run Friends Church*
CR 150 N, 500 E
Worship: 10 a.m.
- Harvest Fellowship Church*
CR 500 S
866-7739
Pastor J.D. Bowman
Worship 10 a.m.
- Liberty Chapel Church*
500 N CR 400 W
275-2412
Sunday School: 9 a.m.
Worship: 10 a.m.
- Linden Community Church*
321 E. South St., Linden (Hahn's)
Sunday: 9:15
- Yountsville Community Church*
4382 W SR 32
362-7387
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Alan Goff
- Episcopal:**
Bethel African Methodist Episcopal
213 North St., Crawfordsville
364-1496
- St. John's Episcopal Church*
212 S. Green Street
765-362-2331
Sunday Eucharist: 8 a.m. and 10:30 a.m.
Christian Formation: 9:15 a.m.
Midweek Eucharist Wednesday: 12:15 p.m.
- Full Gospel:**
Church Alive!
1203 E. Main St.
362-4312
Worship: 10 a.m.; Wednesday, 7 p.m.
- Enoch Ministries*
922 E. South Boulevard
Worship: Sunday, 10 a.m.
Pastor: Jeff Richards
- New Bethel Fellowship*
406 Mill St., Crawfordsville
362-8840
Pastors Greg and Sherri Maish
Associate Pastors Dave and Brenda Deckard
- Worship 10 a.m.
- Victory Family Church*
1133 S. Indiana 47
765-362-2477
Worship: 10 a.m.; Wednesday 6:30 p.m.
Pastor Duane Bryant
- Lutheran:**
Christ Lutheran ELCA
300 W. South Blvd. • 362-6434
Holy Communion Services: 8 a.m. and 10:30 a.m.
Sunday School: 9:15 a.m.
Pastor: Kelly Nelson
www.christchurchindiana.net
- Holy Cross (Missouri Synod)*
1414 E. Wabash Ave.
362-5599
Sunday School: 9 a.m.
Worship: 10:15 a.m.
Adult Bible Study: 7 p.m., Wed.
Minister: Rev. Jeffery Stone
http://www.holycross-crawfordsville.org
- Phanuel Lutheran Church*
Lutheran Church Rd., Wallace
Sunday School: 10:30 a.m.
Worship: 9:30 a.m.
- United Methodist:**
Christ's United Methodist
909 E. Main St.
362-2383
Sunday School: 10 a.m.
Worship: 11 a.m.
- Darlington United Methodist Church*
Harrison St.
794-4824
Worship: 9:00 a.m.
Fellowship: 10:00 a.m.
Sunday School: 10:30 a.m.
Pastor Dirk Caldwell
- First United Methodist Church*
212 E. Wabash Ave.
362-4817
Sunday School: 10 a.m.
Traditional Worship: 9 a.m.
The Gathering: 11:10 a.m.
Rev. Brian Campbell
- North Cornerstone Church*
609 South Main St. P.O. Box 38
339-7347
Sunday School: 9:30 a.m.
Worship: 10 a.m.
Rev. Clint Fink
- Mace United Methodist Church*
5581 US 136 E
362-5734
Sunday School: 9:30 a.m.
Worship: 10:40 a.m.
- Mount Zion United Methodist*
2131 W. Black Creek Valley Rd.
362-9044
Sunday School: 10:45 a.m.
Worship: 9:30 a.m.
Pastor Marvin Cheek
- New Market United Methodist Church*
Third and Main Street
866-0703
Sunday School: 9:30 a.m.
Worship: 10:45 a.m.
- New Ross United Methodist Church*
108 W. State St.
Sunday School: 10 a.m.
Worship: 9 a.m.
- Waveland Covenant United Methodist Church*
403 E. Green St.
866-0703
Sunday School: 10:30 a.m.
Worship: 9:15 a.m.
- Waynetown United Methodist Church*
124 E. Washington St.
243-2610
Worship 9:30 a.m.
Johnny Booth
- Mormon:**
Church of Jesus Christ of Latter-day Saints
125 W and Oak Hill Rd.
362-8006
Sacrament Meeting: 9 a.m.
Sunday School: 10:20 a.m.
- Nazarene:**
Crossroads Community Church of the Nazarene
US 231 and Indiana 234
866-8180
Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Pastor Mark Roberts
- Harbor Nazarene Church*
2950 US 231 S
307-2119
Worship: 10 a.m.
Pastor Joshua Jones
www.harbornaz.com
- Orthodox:**
Holy Transfiguration Orthodox
4636 Fall Creek Rd.
359-0632
Great Vespers: 5 p.m. Saturday
Matins: 8:30 a.m.
Divine Liturgy: 10 a.m. Sunday
Rev. Father Alexis Miller
- Saint Stephen the First Martyr Orthodox Church (OCA)*
802 Whitlock Ave.
361-2831 or 942-2388
Great Vespers: 6:30 p.m. Saturday
Wednesday evening prayer 6:30pm
Divine Liturgy: 9:30 a.m. Sunday
- Presbyterian:**
Bethel Presbyterian Church of Shannondale
1052 N. CR 1075 E., Crawfordsville
794-4383
Sunday School: 9 a.m.
Worship 10 a.m.
- Wabash Avenue Presbyterian Church*
307 S. Washington St.
362-5812
Worship: 10 a.m.
Pastor: Dr. John Van Nuys
- Roman Catholic:**
Saint Bernard's Catholic Church
1306 E. Main St.
362-6121
Father Michael Bower
Worship: 5:30 pm Saturday; 9:30 am, 12:15 - Spanish Mass, 5:00 pm at Wabash College Chapel (during school year)
www.stbernardcville.org
- United Church of Christ:**
Peasants Hill United Church of Christ - Wingate
Worship: 9:30 a.m.
Sunday School: 10:30 a.m.
Pastor Alan Goff
- United Pentecostal:**
Pentecostals of Crawfordsville
116 S. Walnut St., Crawfordsville
362-3046
Pastor L. M. Sharp
Worship: 2:30 p.m.
Prayer Meeting: 10 a.m., Tuesday
Bible Study: 6 p.m., Wednesday
- Non-denominational:**
Athens Universal Life Church
Your Church Online
http://www.aulc.us
(765)267-1436
Dr. Robert White, Senior Pastor
The Ben Hur Nursing Home
Sundays at 9:00am
Live Broadcast Sundays at 2:00pm
Bickford Cottage Sundays at 6:00pm
- Calvary Chapel*
915 N. Whitlock Ave.
362-8881
Worship: 10 a.m., 6 p.m.
Bible Study, Wednesday: 6 p.m.
- Rock Point Church*
429 W 150S
362-5494
Sunday church services are 9:15 a.m. and 11 a.m.
Youth group is from 6 p.m. to 7:30 p.m. on Sunday
Small Groups: Throughout the week
- The Church of Abundant Faith*
5529 U.S. Highway 136
Waynetown, IN
Reverend John Pettigrew
Sunday Worship: 9:45 am
(765) 225-1295
- The Vine Christian Church*
1004 Wayne Ave. Crawfordsville
Service at 10:02

SUNDAY

Health and WELLNESS

Sunday, Oct. 8, 2023

H1

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How Young Adults Can Build a Healthier Future

FAMILY FEATURES

Shaping the future of public health into an equitable one means ensuring all people and communities have access to the health care and resources they need to live well. The nation requires a strong, diverse public health workforce to accomplish that goal.

That's why AmeriCorps and the Centers for Disease Control and Prevention launched Public Health AmeriCorps – to support the recruitment, training and development of early career public health workers who can serve their local communities.

Bridging national service and public health, the initiative supports a diverse group of early career professionals working to address today's public health challenges in a range of roles, including:

- Health education and training
- Community outreach and engagement
- System navigation, referrals and linkage to care
- Research, data collection, analysis and assessment

What Members are Saying

Everyone was impacted by the COVID-19 pandemic – including Dionne Johnson, who lost a loved one to the virus.

"I had a family member die from COVID-19, and it really touched me," Johnson said. "That gave me the passion and lit the fire under me to actually pursue a career in public health."

Now, Johnson is realizing her dreams of transforming public health in her community. In her work, she wants to teach people in Black and brown communities how they can learn to be healthy and advocate for themselves.

Another member, Jaiden Singh, is the son of immigrants. Singh launched a promising career in public health so he can give back to the community where he grew up.



Dionne Johnson

"Being a part of the organization not only has really supplemented my education that I'm working toward in public health and policy, it has also given me the opportunity to do work that I am really passionate about in a community that I have known all my life and really do love," Singh said. "I would highly recommend being a part of this really valuable and inspiring community."

Action That Creates Impact

The diverse work of Public Health AmeriCorps benefits not only program members but also the communities they serve. As examples of the program at work, members have:

- Provided overdose rescue education, raised awareness about opioid use disorder and harm reduction strategies and distributed overdose rescue kits containing naloxone (an overdose-reversing nasal spray).
- Held back-to-school COVID-19 testing events, distributed early childhood health education and built community gardens in underserved communities.
- Participated in a community mental health crisis intervention system to assess, stabilize and

link people in crisis to follow-up care and services.

- Supported elementary schools as part of a dental hygiene program that sends out staff and volunteers to provide free teeth cleanings to students.

Learn More and Apply

If you want to start your career and make a difference in public health, consider member benefits such as:

- Education awards to apply to higher education or student loan forgiveness
- Student loan deferment and forbearance
- Living allowance
- Hands-on experience
- Training from experts

Visit [AmeriCorps.gov/PublicHealth](https://www.americorps.gov/PublicHealth) for a list of opportunities to serve and contact your desired opportunity by phone or email to learn more and apply. You can also subscribe to the newsletter to learn more about the initiative.

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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

1 in 3 ¹

experience urinary incontinence (UI) almost every day.²

28 million

women experience moderate or severe urinary incontinence.¹

Women who experience incontinence

- 38% have stress incontinence
- 22% have urge incontinence
- 33% have mixed (stress & urge) incontinence
- 5% have unspecified incontinence

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.³

79%

Coughing or sneezing

84%

Laughing

81%

Exercise

Urge incontinence is a strong, sudden need to urinate without delay, leading to leaks and accidents.⁴

Nearly a third of women have experienced the urge!⁵

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

¹ Source: University of Michigan Health. ² Source: University of Michigan Health and Public Health Agency. ³ Source: University of Michigan Health. ⁴ Source: University of Michigan Health. ⁵ Source: University of Michigan Health.

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.

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Around The County With Samuel Smiley Martin



KAREN ZACH
Around The County

Samuel Smiley and Sarah Jane Martin were married October 8, 1857 and had three sons and three daughters, their son Bertram who was an excellent local photographer likely took these photos (and thanks to J&D Jones for sending them). One is of them on their porch in Darlington; the other in their Lambert Automobile.

Samuel Smiley was born in Washington County, Pennsylvania Feb 8, 1838 (Darlington Herald 10-27-1916) the son of Thomas who was born in Ireland and his mother was a Smiley where he received his nifty middle name. Likely, he passed away at the home you see here in Darlington on October 19, 1916, being the age of 78 years, 8 months and 11 days, passing from anterior sclerosis.

The Martins were good, long standing members in the Darlington Methodist Church and he a member of the Masons and GAR.

Sam was 25 when he went to the service on the 2nd day of January 1864 from C'ville in the 11th Cavalry (126th Regiment Co M) serving under Lew Wallace and made the regimental commanding Sgt November 23, 1864. If you've heard of Wallace's Zouaves, then you know Sam was one of them and they were in several of the worst CW battles, including Fort Henry; Fort Donelson; Shiloh; Vicksburg and Cedar Creek among others. Just seemed to be a man you could count on as well as trust.

Sam Smiley and Sarah Jane lived on their farm in the Potato Creek area, had a large sale of their animals and farm equipment and headed into Darlington where he opened an insurance and collection office, then was the Darlington Postmaster for some time. Quite a versatile fellow. They were all settled in by the end of March in 1888 (CWJ 24 March), later building in 1896 I imagine the home pictured here.

Their son, George Earl lived in Kentucky and southern Indiana for quite a time and did his work as a physician, but as I figure it, about the end of



WWI, he headed back our way where he and wife Bessie Buchanan (son Harry and daughter Helen) farmed. Their oldest son, Thomas H. lived most of his life in Louisville where he was a tanner. He was just over 60 when he passed away from TB and sclerosis of the liver. He and his brother George returned back home to Darlington where they are buried.

The other son I mentioned above, Bertram Stevenson Martin, was indeed a photographer in the Darlington area for a number of years but also moved to Kentucky with much of the rest of Sam and Sarah's group. On June 19 in 1918, at just over 45 years old, he passed away of TB at the Waverly Hills Hospital in Valley Station, Kentucky. Three children blessed him but sadly one in 1937 at age 36 (Cameron, his oldest) died from car wreck injuries at Louisville.

The three daughters of Sam and Sarah were: Dora Bell, Maud and Ola Margaret. Dora married Hugh Taylor and they were parents of four daughters, Ella, Martha, Isabelle and Dora Irene. One of the neat things about this couple was that they went to Hong Kong with the two youngest girls returning in May 1924. Dora taught school before her marriage. Maude Alice married (Aug 1881) Albert K. Peterson and they died close together, he in Oct 1948, she in January 1949

after falling and breaking her hip on the 2nd, passing on the 14th. They were parents of four daughters: (Ethel; Hattie; Nellie and Bessie). They were farmers in Franklin Township. Ola, called "Maggie" married Oliver Delashmit and was basically the only other one to remain here, living quite some time in Crawfordsville passing at almost 71 of liver cancer in 1937. Sadly, Oliver went to Oklahoma and filed for divorce out there in 1927 but she did fine afterwards, moving to Darlington where she rented rooms here and there plus did a great deal of visiting with her family members.

Sam was fairly well-known as an early Darlington historian (thanks so much to Martha F. for sending him my way) and wrote articles about the early days, using others' knowledge and likely books for the earlier years and much of his own remembrances after he lit here in 1857 right after his marriage. Good stuff. His writing is nonfiction, but reads in a light way, flitting here and there a bit, but overall, excellent local history!

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@sbeglobal.net.

Biden At The Bat !!!

(written in honor of the poem "Casey at the Bat")



BUTCH DALE
Columnist

The outlook wasn't looking great for the Democrats that day; The score stood 3 to 2 with but one inning left to play.

Then gaffe-prone Kamala dropped the ball, an error with no shame, The MAGA crowd then roared with laughter...now 4 to 2 the game.

A straggling few got up to go in sad and deep despair; The wokesters faced much gloom and doom; defeat for them was rare.

They thought that if their Mighty Joe could get up to the plate, He's slam a homer that's for sure, but now they had to wait.

"The View" clapped loudly for dear Ol' Joe, as did also CNN, Whoopie, Joy, and Sunny, too, and the media--all Joe's friends. But within the snowflake multitude no joyous bells would ring, There seemed but just a tiny chance that Joe would get a swing.

But then Hillary beat out a single, to the wonderment of all, And John Kerry, the Green Giant, tore the cover off the ball; And when the dust had lifted, and the Dems saw what occurred, There stood Lurch at second, and Crooked Hillary on third!

Then from the excited liberal fans there arose a lusty yell; It rumbled through the stadium, it rattled in the dell; It knocked upon bleachers and the crowd no longer sat, For Biden, Mighty Biden, was advancing to take a bat!

There was ease in Ol' Joe's manner as he stepped up to the plate, There was pride in Ol' Joe's bearing and a smile upon his face. And when he heard those cheers, Ol' Joe lightly doffed his hat, No stranger in the crowd could doubt... 'twas Biden at the bat!

Ten thousand eyes were on him as he rubbed his hands with dirt; Ten thousand tongues applauded when he wiped it on his shirt. Then while the MAGA pitcher Trump ground the ball into his hip, Defiance gleamed in Biden's eyes, a sneer curled Ol' Joe's lip.

And now the leather-covered ball came hurtling through the air, But Ol' Joe stood a-watching...in haughty grandeur there. It whizzed right o'er the plate, just like a bat from Hell, "That ain't my pitch," said Biden... "Strike One!" the ump did yell.

From the bleachers, thick with Dems, there came a muffled roar, Like the beating of the storm waves on a stern and distant shore. "Kill him! Kill the ump!" shouted Pelosi from the stands; And they just might have done it, but Ol' Joe raised his hand.

With a smile of utter confidence, great Biden's visage shone; He stilled the rising tumult and bade the game go on; He signaled to the pitcher Trump, and again the ball thus flew; But Biden ignored the pitch again, and the umpire yelled, "Strike Two!"

"Unfair!" cried Bernie Sanders, "the ump must be a fraud!" But one scornful look from mighty Joe, and the audience was awed. Ol' Joe's face grew stern and cold, they watched his muscles strain, They knew that Mighty Biden wouldn't let that ball go by again.

The sneer is gone from Biden's lip, his teeth are clinched in hate; He pounds with cruel violence his bat upon the plate. Now Orangeman Trump he grips the ball...and now he let's it go; And then the air is shattered...by the force of Ol' Joe's blow.

Oh, somewhere in this favored land the sun is shining bright; The band is playing somewhere, and somewhere hearts are light, And somewhere men are laughing, and somewhere children shout; But there is no joy for Democrats--Mighty Biden has struck out.

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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Is It The Spooky Season, Or Just Silly?



TIM TIMMONS
Two Cents

Scattershooting while wondering whatever happened to Abe Martin . . .

DID YOU hear that we're spending more and more and more and more . . . no, not talking about government. I'm talking about Halloween. According to the National Retail Federation, we the people are going to pony

up \$12.2 billion on candy corn and costumes.

As Tom Carnegie would say, that's a new track record.

The record it broke was just a year old when we spent \$10.6 billion.

There are more facts and figures from the retail organization.

- 73 percent of consumers are expected to participate in the holiday

- Per-person spending is projected to be \$108.24

- Seven in 10 of us plan to hand out candy

- A little over half of us (53 percent) plan to decorate their home or yard

- Half of us are going to wear a costume

- A third of us are going to an in-person party

- A quarter of us are taking the little ones trick-or-treating

And when it comes to costumes, the kids are going for Spiderman, a princess or another superhero at a cost of \$1.4 billion. Us grown-up types are more expensive. We're going to spend \$2 billion to dress up like witches, vampires or Barbie.

But wait, it gets sillier. We're going to spend \$700 million on pet costumes.

The older I get the more I understand why my grandpa would just shake his head sometimes.

OK, SO YOU can blame us at your favorite Montgomery County daily for adding to the insanity. But hey, ours is all free!

The Paper is sponsor-

ing a Halloween-themed writing contest – and we're still accepting last-minute entries.

In fact, you can see one of those stories in today's edition.

The deal is simple. Write a Halloween story, make sure it's connected to Crawfordsville or Montgomery County and e-mail it to news@thepaper24-7.com. Each Wednesday in October, we'll publish one of the entries.

Again, there's no charge. We're just doing it for fun.

AND ONE MORE Halloween note – we'll also run photos of your decorated house if you like. Just snap the photo, include a few details (like who you are, where the

house is, etc.) and e-mail it to news@thepaper24-7.com. We'll share those with our readers and help you get a few more folks wandering by to look at your handiwork!

I LIED, HERE'S one last spooky season note: Have you seen any of the "maker" podcasts and such on the Internet connected to Halloween? Folks are sharing all kinds of ways to very cheaply make some pretty cool Halloween decorations. There are bunches, but my favorite is a family friendly couple named Jaimie and Jay. You can find their DIY Halloween projects on YouTube.

MOST HOOSIERS are well-acquainted with

Abe Martin. The folksy cartoon was created by Frank McKinney "Kin" Hubbard and appeared in newspapers around the state and nation. Recently, a state historical marker dedicated to Kin and Abe was unveiled at the Abe Martin Lodge in the Brown County State Park. Abe used to share his wit and wisdom with things like, "We're all mighty unselfish when it comes t' handin' out advice we could use ourselves."

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 timmons@thepaper24-7.com.

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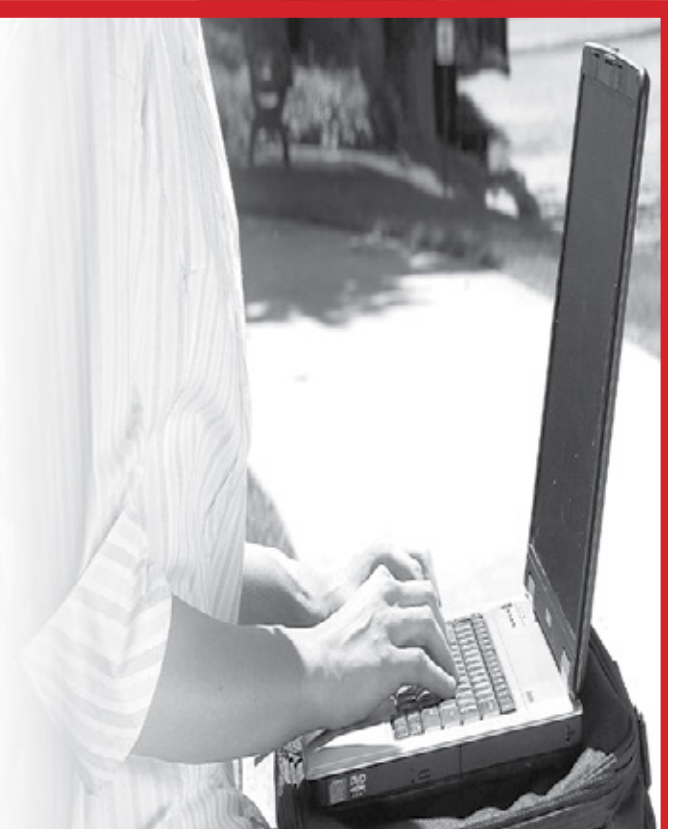
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SUNDAY

Voice of our PEOPLE

Sunday, Oct. 8, 2023

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Ask Rusty – How Do Disability Programs Affect Social Security’s Budget?

Dear Rusty: I read with interest an analysis of the history, reasons, and financial costs of the SSI (Supplemental Security Income) and SSDI (Social Security Disability Insurance) programs. My question is, specifically, what portion of the Social Security budget goes toward SSI and SSDI vs. for regular SS retirement income for those who paid into the fund during their working lives? How are the costs of SSI and SSDI covered by the federal government? When did these two sections of the budget enter the law and what was the impetus behind them? *Signed: An Inquiring Mind*

Dear Inquiring Mind: No part of Social Security’s “budget” is used to pay SSI (Supplemental Security Income). SSI is a means-tested general assistance program for disadvantaged children and needy disabled adults

and aged seniors who have very little income and very few assets. Federal SSI benefits are paid from the government’s General Treasury, not from Social Security Trust Funds. SSI is jointly administered by the person’s state of residence and the Social Security Administration, and the state usually provides additional benefits to supplement the financial assistance provided by the federal government under the SSI program. The Social Security Administration only administers the SSI program, it does not fund it.

By contrast, SSDI (Social Security Disability Insurance) benefits are for employed Americans who become disabled and unable to work full time. SSDI benefits are meant to provide limited income replacement for the disabled worker, and those benefits are paid from a separate Social Security



ASK RUSTY
Social Security Advisor

“DI” (Disability Insurance) Trust Fund. The DI fund receives a portion (0.9%) of the FICA SS payroll taxes every American worker pays on their earnings and is used to pay disability benefits to eligible American workers who are unable to perform “substantial gainful activity” for a year or more. The eligibility criteria to collect SSDI are very strict, but those approved receive their benefits from this separate DI trust fund, not from Social Security’s Old Age and Survivors

Social Security Matters by AMAC Certified Social Security Advisor Russell Gloor

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Trust Fund. Payroll taxes collected for disability purposes are deposited in the DI Trust Fund as interest-bearing government bonds, and those DI assets are redeemed as needed to pay SSDI benefits. FYI, SSDI (disability) benefits stop when the person reaches full retirement age, at which point the beneficiary is automatically switched to regular SS retirement, and after which their benefits are paid from the regular “OASI” Trust Fund.

“Regular” Social Security retirement benefits,

spousal benefits, dependent benefits, and survivor benefits are paid from Social Security’s Old Age and Survivors Insurance (OASI) Trust Fund, which receives most (5.3%) of the 6.2% FICA Social Security tax withheld from the paychecks of American workers. As of the end of 2022, the OASI Trust Fund held about \$2.7 trillion in interest bearing government bonds. Neither SSI or SSDI affect this “regular” OASI Trust Fund - only true SS retirement benefits and benefits for de-

pendents of the retiree are paid from the OASI Trust Fund (As an aside, Social Security reform is needed to prevent the OASI Trust Fund from being fully depleted in 2033).

To answer your last questions, the Social Security Disability Insurance (SSDI) Trust Fund was established in 1956, after which SSDI benefit payments to eligible disabled American workers began. Federal “Supplemental Security Income” (SSI) assistance was codified into law in 1974. And, as you likely know, Social Security retirement, spousal and dependent benefits were enacted in the 1930s, before the first monthly Social Security check was mailed in January 1940. The impetus behind these programs? Avoiding poverty for the neediest among us. Without these programs, at least 22 million more Americans would be living below the poverty line.

The Story Of Trooper’s Revenge



BUTCH DALE
Columnist

Did you ever do something really stupid when you were young? Come on now, admit it. Here’s one from my youth...

When I was about ten years old, my brother Gary and I wanted a dog. We had no money, and we knew that our folks wouldn’t want to spend much. But fortune came our way. A nearby couple, Boyd and Martha Price, raised and sold Boston Terriers. Boyd called Dad one afternoon and told him there was a male that he couldn’t sell because it had a crooked tail...so he would let my brother and I have it for free! We drove over there and picked it up...the cutest little black and white dog I had ever seen, and we named it Trooper.

Trooper was an instant hit with the family. He followed us around wherever we went. He liked to fetch the ball, chase chickens and cows, and bark whenever someone drove up our lane. We tried to teach him tricks, but he was too excited just being with us. Trooper ate just about anything. He loved scraps from the dinner table, but his favorite food was bologna. Gary and I would throw him a slice, and he would jump in the air and grab it before it hit the ground. Sometimes we forgot to take off the bologna wrapper, and the next day



Trooper could be seen scooting his rear end on the ground, trying to get shed of the wrapper!

One afternoon Gary and I walked down the lane to retrieve the mail. Trooper followed us, and as I opened the mailbox, a car was traveling west towards Darlington. It was Lew Bush in his 1949 Ford. He was quite old and drove about 30 mph top speed. As I started back to the house, Trooper saw the car, ran to the road, and started barking. Bad timing. Lew’s car tire hit Trooper and knocked him for a loop. Lew kept on going down the road. Gary ran across the road to tell Dad, who was at our aunt and uncle’s house.

Trooper’s face was swollen and covered in blood. One eye was completely bloodshot. He couldn’t walk, so I carried him to the house. Dad arrived and laid Trooper down on a blanket on the back porch and gave him a drink of water. He just laid there and whimpered the rest of that afternoon and evening. The outlook for recovery was not good. However, a couple of days later, Trooper started to become

his old self. He began eating again and gained his mobility back. And in a month or so, Trooper played and followed us around like the good ol’ days...with one exception...he did not bark at cars anymore!

That winter, on a snowy afternoon, I decided to get revenge. I grabbed a couple of medium-sized rocks and walked through our field to a culvert that ran under the road. I made two snowballs, with the rocks in the center, hid by the side of the culvert, and waited for Mr. Bush to make his daily trip past our house. In just a few minutes I saw the bullet-nosed grill of the blue Ford headed my way at its usual slow pace. I was the pitcher on the Little League team, and I was determined to throw a strike. Just as Lew crossed over the culvert, I let loose with a fastball...WHAM...right in the middle of the car’s windshield. I hid inside the culvert tile and waited. Mr. Bush stopped his car in the middle of the road to look things over. I peeked over the concrete barrier. The windshield was shattered!

Lew got back in his

car and drove back in the opposite direction. I ran like lightning through the field to my house. I didn’t know if Lew had seen me or not. My heart was pounding. I knew what Dad would do for punishment...two or three whacks with the belt. I never told my folks. I knew I had done a really dumb thing, especially since it wasn’t really Mr. Bush’s fault that Trooper had been injured that past summer day. I doubt that he even knew he had struck Trooper. People say revenge is sweet. It’s not. I felt guilty for a long time after that. Attending Sunday School can do that to a kid.

Mr. Bush passed away a few years later. Trooper lived for another five or six years. He developed a growth on his leg, likely cancer, and became very ill. Dad finally had the vet put him to sleep. Trooper was the best dog we ever owned.

A few years ago, at a Darlington High School alumni banquet, I spoke to John Bush, who is slightly older than me and is Lew Bush’s grandson. I told him the story of my ill-conceived, window-smashing revenge incident. Yep, I finally got that off my conscience. And Mr. Bush, if I am lucky enough to meet you up there in Heaven some day, and you are still driving that blue ‘49 Ford...I promise to buy you a new windshield. And Trooper, I promise to bring you a slice of bologna.

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.

The Little Things Mean A Lot



RANDALL FRANKS
Southern Style Columnist

When I was growing up, I had many role models. My parents were great role models imparting many lessons. Some were easily learned while others took a bit of strict discipline to get them through my thick head.

My grandfather Jesse and both my grandmothers were role models. My older brothers in a way, even though they were ahead of me a few years on the learning curve, taught me a lot. Some of the key lessons was missing out on the discipline they received by proper coaching away from some of the mistakes they made.

Several of my parent’s friends and extended family also at times found their way into role model list as I was growing up imparting bits and pieces of wisdom on various topics as life’s opportunities afforded. When we remodeled our bathroom, I learned a lot from my Uncle Clarence about building and doing tile work. My Uncle Waymond taught me a lot about trapping and hunting.

Standing alongside my father as he worked on various projects, I saw him pull his tools from his black tool bag. He would lay out the tools he might need, in a neat order, he then began his diagnostic approach to figuring out what was wrong with whatever device he was fixing.

I stood there watching

what he was doing as he strategically isolated the potential issues until he deduced the solution and used his tools to make it work again. He then cleaned up his tools and packed them away into his leather bag like a doctor with his instruments.

He told me that it might seem like a little thing to clean off your tools and properly pack them away until next time they are needed. But if you do it, he said. You will have them ready when needed again.

It’s a little thing, he said, but if you don’t take care of the little things, you won’t take care of the big things.

As time has went by, I have learned that lesson well. I have seen people who do not care for the little things lose sight of the importance of caring for the big things.

Perhaps that is why I have always looked towards the details in every project.

If you take care of those, all the others parts will fall into place.

Learning the lessons passed on from others can make each of the tasks we take on in life find greater success.

The little things really do matter!

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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Ubiquitous Road Hazards



MARK FRANKE
Guest Columnist

Like nearly every other red-blooded American, I have dreamt about get-rich-quick schemes but to no avail. I wish I had been the genius who figured out that he could take free water, bottle it and then sell it at three bucks a crack. I was also too late with hula hoops, slinkies, soap-on-a-rope and pet rocks.

Genius is 99 percent perspiration and only one percent inspiration, if Thomas Edison is to be believed. I've paid my dues in perspiration and finally reached the one percent point as a can't miss idea hit me the other day while driving on the interstate.

I propose to secure the state highway department contract to supply those orange barrels that are everywhere. And I mean literally everywhere.

Try driving on any stretch of interstate highway without having to merge into a single lane of traffic because the other lane is blocked off by orange barrels. Note that I didn't mention construction zones; there are a lot of those too but the ubiquitous barrels don't need any construction project to show up unannounced.

That is perplexing in itself. The interstate that runs along my hometown has a lane closed off for miles with orange barrels and no work going on. Nor is there any obvious need for road work in that stretch.

When there is bona fide road work to be done, why does it take so long? One very busy

intersection near my house has two lanes of traffic approaching from all four directions and with left turn lanes for each. All summer traffic has been reduced to one lane in each direction as vehicles are funneled into orange barrel tunnels. It might take three or four lights to get through. This is a real construction site but with only infrequent work going on. The "Men Working" cautionary signs should be changed to "Men Working . . . Tomorrow . . . Maybe."

So how do all these barrels get there? One almost wonders if they are dropped randomly by alien spaceships at night. If a Twilight Zone explanation won't work, then they have to be manufactured somewhere. Has anyone seen the massive plant required to produce so many of them? Are all the plant's workers sworn to secrecy? I certainly have never met someone who admitted to building those things.

I have nightmares about waking up to find half of my driveway blocked off by orange barrels.

There is money to be made here and now I need to figure out how to get some of the action. These being political contracts, my cynical inner self tells me to become an in-law of the governor or mayor. My wife will probably veto my doing that personally but I have dozens of cousins. Surely one of them has an available grandchild we can use as marriage material to improve the family fisc.

I shouldn't be flippant about this situation. All the lane closures, interstate merges and road closures have a deleterious effect on our driving safety.

A neighbor was trying to enter an interstate reduced to one lane, from an entrance ramp shortened and with poor visibility. Trying to figure out whether to speed up or slow down to merge, or to stop entirely if on-coming

traffic wouldn't allow her in was one of those split-second decisions no one wants to make. She ended up clipping a barrel to avoid a collision. I don't need to mention the body shop bill for that. At least she wasn't hurt.

Driving has become more dangerous and it's not all due to the orange barrels. Two friends have had their cars totaled by drivers who ran red lights. Fortunately neither suffered major injuries but what is going on? Why are we seeing more of this sort of thing? Are people not paying attention or do they just not care about traffic laws?

One more example: I nearly was run down at a pedestrian crossing on a corner with a four-way stop. I noticed the speed of the approaching car and determined that its driver had no intention of stopping. I would have been in the legal right but also in the hospital.

At my age I remember less and less but I do recall the emphasis placed on defensive driving in my driver's ed class. It was a required class for us ninth graders at the township school. The course is no longer required and that township school has been demolished. So much for educational advancement.

If I have been unfair to governmental highway departments, road construction companies or school curriculum designers, I apologize. But the problem is real and probably rests with self-indulgent drivers who are focused on their own convenience (or their cell phones), and the other guy be damned.

After that last sentence, I probably should apologize again but I don't think I will.

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.

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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)

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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.

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