

**➤ TODAY'S VERSE**

Romans 12:1 "Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship." (NASB)

**➤ FACES OF MONTGOMERY**

People who call our community their own.



Cub Scout Tucker Riddell and Mayor Todd Barton offer a smile while Tucker was being recognized for being the number one popcorn seller for Cub Scout Pack 909.

**➤ THREE THINGS You Should Know:**

**1** Tickets are available now for the Rotary Jail Museum Ghost Hunts. Please pay attention to the date and time you select, some events take place just before or just after midnight. The Fan Meet & Greet with the Fourman Brothers from Paranormal Nightare is a FREE event - we are only selling pre-purchase tickets for the Ghost Hunts on October 28 & 29. Night Tours on October 27 are \$10 at the door.

**2** The Animal Welfare League is hosting a Trickin' Jeeps and Trunk or Treat at Pike Place! Dress up your jeep in a fun Halloween style Saturday, October 21 from 4 p.m. to 8 p.m. This event is open to the public and will include raffles, prizes and a food truck. Trunk or treat will be from 6 p.m. to 8 p.m. The cost is \$25 per jeep. This event is sponsored by Animal Welfare League, HCJC Lafayette and Jeeps of MoCo.

**3** Public CISMA Meeting is scheduled to be held on Thursday from 4 p.m. to 5 p.m. at 2036 E Lebanon Rd Crawfordsville. This meeting is for anyone with concerns about invasive species in the county or who would be interested in volunteering.

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## Butch Had To Face The Goblins



**BUTCH DALE**  
COLUMNIST

I grew up in an old two-story farmhouse southeast of Darlington. As was the custom in those days, Dad farmed the ground for the landlord, and the house was provided for free. Up until the age of 3 1/2, I slept downstairs in a small bed in my parent's bedroom... safe and sound. However, when my brother Gary was born in March of 1952, I was shipped to the upstairs room. The only one up there was little ol' me. Not good. It certainly did not help the situation when Dad recited the following James Whitcomb Riley poem:

"Wunst they wuz a little boy wouldn't say his prayers, -- An' when he went to bed at night, away up-stairs, His Mammy heerd him holler, an' his Daddy heerd him bawl, An' when they turn't the kivvers down, he wuzn't there at all! An' they seeked him in the rafter-room, an' cubby-hole,



Photo courtesy of Butch Dale

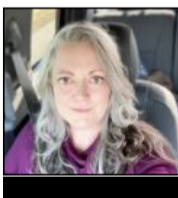
**Gary and Butch in 1954**

an' press, An' seeked him up the chimbly-flue, an' ever'wheres, I guess; But all they ever found wuz thist his pants an' roundabout, An' the Gobble-uns 'll git YOU Ef you Don't Watch OUT!" I have no idea why Dad repeated that poem over and over, unless he was trying to make sure I said my nighttime prayer, which went like this: "Now I lay me down to sleep...I pray the Lord my soul

to keep; If I should die before I wake...I pray the Lord my soul to take." Great...Now, not only did I have to worry about goblins, but it was now running through my feeble little mind that I could...DIE! No wonder I never missed Sunday School at the Methodist church. Each night was a struggle to get to sleep. A night light helped, but most of the time I slept under the covers,

➔ See BUTCH Page A5

## Hauntingly Good Horror Books



**MICHELLE OGDEN**  
Fresh Off The Shelf

The season of chills and thrills is approaching with a crisp fall breeze, bringing with it new titles and remembrances of old favorites. If you love to read books that induce

spine-tingling goosebumps, there are many new titles coming to the shelves of the Crawfordsville District Public Library. Check out the New Fiction shelves on the first floor for The Night House by Jo Nesbø (FIC Nes). The Swedish author of the Harry Hole mystery series, which includes The Snowman (FIC Nes v.7) has created excitement with his first horror novel. Coming out on October 3rd, this novel has a wickedly clever plot and all the classic horror tropes. Edenville by Sam Rebelein (FIC Reb)

shares the same release date of October 3. Edenville is a surreal journey beginning with a vivid dream that inspires a novel, which leads to a job at a small liberal arts college where things aren't normal. Edenville mixes horror and humor. Bestselling author, Silvia Moreno-Garcia, returns with Silver Nitrate (FIC Mor) combining magic, movies, and bringing back the dead. Next up, Vampires of El Norte, by Isabel Cañas (FIC Can), features Nena and Nestor battling the undead along the Texas-Mexico border in the 1840s, and trying to protect Nena's ranch from the vampires that rule the sinister nighttime landscape. Other new horror titles to check out on the New Fiction shelves at the library are The Centre by Ayesha Manazir Siddiqi (FIC Man), Bridge by Lauren Beukes (FIC Beu), The September House by Carissa Orlando (FIC Orl), Rachel Harrison's Black Sheep (Har), And Then She Fell by Alicia Elliott



Photo courtesy of CDPL

(FIC Ell). The library's second floor will host a Hauntingly Good Horror display beginning October 1st. Check out your favorite authors or find new ones, like Clay McLeod Chapman. The New York Times described Chapman as, writing "with the trembling voice of Vincent Price and the sinister presence of Boris Karloff, Clay McLeod Chapman... uses the macabre to explore the humanity of his characters and reveal an almost spiritual side to the horrific." Grab Ghost Eaters, Whisper Down the Lane, or The

➔ See BOOKS Page A5

### The Daily Almanac

Sunrise/Sunset  
RISE: 7:58 a.m.  
SET: 7:07 p.m.



High/Low Temperatures  
High: 63 °F  
Low: 46 °F

Today is...

- Mulligan Day
- National Pasta Day
- Black Poetry Day

**What Happened On This Day**

- **1989** Loma Prieta Earthquake Rocks California. Santa Cruz County was the most affected by the 6.9 magnitude earthquake. About 60 people died as a result of falling buildings and landslides.
- **1973** OPEC Declares Oil Embargo. The Organization of the Petroleum Exporting Countries or OPEC led by Arab countries declared an oil embargo on any country that supported Israel during the Yom Kippur War, which was fought between Israel and a coalition of Arab states. The embargo led to a massive oil shortage and had long-lasting economic effects in the United States and Europe. The embargo was lifted in March 1974.
- **1814** London Beer Flood. Vats of beer at the Meux and Company Brewery burst, flooding city streets with 610,000 liters of beer. The almost 15 feet tall wave of porter killed 8 people, some of whom were gathered for a funeral.

**Births On This Day**

- **1972** Eminem American rapper, producer, actor
- **1918** Rita Hayworth American actress, dancer

**Deaths On This Day**

- **1868** Laura Secord Canadian war heroine
- **1849** Frédéric Chopin Polish pianist, composer

**➤ HONEST HOOSIER**

The enrollment period for Medicare is open. Be sure to get something back for all that you put in!



**➤ INSIDE TODAY'S EDITION**

- Service Directory...A3
- Classifieds.....A4
- Slim Randles.....A5
- Earth Talk.....A5

**➤ TODAY'S HEALTH TIP**

Learn to read food labels and watch for ingredients that end in -ose, that means it's a form of sugar.

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.



**➤ OBITUARIES**

None

The Paper appreciates all our customers. Today, we'd like to personally thank **Diane Thompson** for subscribing!



**➤ THE MONTGOMERY MINUTE**

**Darlington Library Board Meeting:**

The regular monthly meeting of the Darlington Library board will be held on October 24th at 6 p.m. at the library.

**➤ TODAY'S QUOTE**

"Deep into the darkness peering, long I stood there, wondering, fearing, doubting, dreaming dreams no mortal ever dared to dream before."  
-Edgar Allan Poe

**➤ TODAY'S JOKE**

Why did the game warden arrest the ghost? He didn't have a haunting license.

**13 WTHR 7 DAY FORECAST**

MON	TUE	WED	THU	FRI	SAT	SUN
46/56 COOL, BREEZY	46/63 PARTLY SUNNY	45/68 WARMER	53/67 P.M. RAIN CHANCE	49/60 SCATTERED SHOWERS	43/58 PARTLY CLOUDY	36/53 BREEZY AND MILD

Meeting Notes

# North Montgomery Regular School Board Meeting

Monday, October 23, 6 p.m.

480 W 580 N Crawfordsville

1. Call to Order
- 1.1 Call to Order and Pledge of Allegiance (please stand)

2. Public Comment
- 2.1 Public Comment
3. Consent A.9.enda
- 3.1 Minutes 9-25-23
- 3.2 Minutes 10-6-23
- 3.3 Monthly Claims
- 3.4 Personnel, Extra-Curricular, Field Trips, Facilities Usage, Contributions, Gifts, Superintendent Stipends
- 3.5 Other

- 3.6 Consent Vote
4. Spotlight
- 4.1 Honorary Board Member
- 4.2 Pleasant Hill Spotlight
- s. Hear Terms of the Tentative A.9.reement
- 5.1 Hear Terms of the Tentative Contract Agreement
6. Action Items
- 6.1 Approve Substitute Teacher Handbook
- 6.2 Approve Revision to the 2023-2024 School Year Calendar
7. Other
8. Adjournment
- 8.1 Adjourn

# Lt. Gov. Crouch, IHCD A Encourage Student Groups To Apply For My Community, My Vision Program

Community planning program coaches student groups to enhance quality of life in their communities.

Lt. Gov. Suzanne Crouch and the Indiana Housing and Community Development Authority (IHCD A) today announced that applications are open for the My Community, My Vision (MCMV) program, which connects high school students across Indiana to each other and to their neighborhoods, towns and cities.

"The future of Indiana will be built on the vision of today's Hoosier students," said Crouch, Indiana's Secretary of Agriculture and Rural Development. "My Community, My Vision provides an opportunity for the leaders

of tomorrow to share their ideas and collaborate with local officials to make real change in their community. I look forward to seeing the how these fresh, innovative projects will benefit communities across the state."

Five selected cohorts of high school students across the state will participate in four months of workshops, planning and fundraising for a place-based community project they would like to see come to life in their town or city. Utilizing the features of IHCD A's CreatiNg Places program, students who successfully strategize, plan and reach a fundraising goal of between \$5,000 and \$25,000 towards their community project will

receive a matching grant from IHCD A.

High school youth council groups, alongside a foundation, nonprofit or local unit of government sponsor will work throughout the semester to determine a project, craft a budget, develop a fundraising strategy and raise the needed funds for all materials during a 45-day fundraising campaign. Throughout the semester, students will be required to participate in three in-person workshops hosted by IHCD A, where they will learn about place-based community development, project planning, fundraising strategies and stakeholder engagement. Each workshop will prepare students to brainstorm and reach

their project goal as well as provide networking and leadership opportunities. In the final workshop, students will present their work and success to their peers and Indiana's community development leaders.

Mayor youth councils, foundation youth councils, and other organized student groups looking to participate in the My Community, My Vision program should apply to IHCD A. The full application can be found on IHCD A's website. Applications must be submitted by 5:00pm ET on Nov. 3, 2023 with selected teams to be announced Nov. 17, 2023. The selected teams will officially kick off with a workshop event on Jan. 13, 2024.

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# DNR Celebrates 300 Nature Preserves, Humble Beginnings

By Stacey Baschwit  
stacey@thepaper24-7.com

The Hoosier Prairie Nature Preserve was smoldering.

It was late October, 1978: Indiana's first prescribed burn. The ancient prairie ecosystem requires periodic fire to regenerate, according to the Indiana Department of Natural Resources (DNR).

And John Bacone — one of just three employees within DNR's Nature Preserves Division — was nervous. He'd joined, early career, that same year.

After dark, with the fire out, he and a colleague returned to check on the nature preserve's black oak trees.

"I can always see this in my mind," Bacone told the Capital Chronicle 45 years later. "We walked through the blackened landscape, through the savannahs."

He described unscathed deer trails crisscrossing the burned-out prairie in stark white lines. And the trees, he said, "were hollow like chimneys" with sparks "flying out of the top of them."

"I could feel like, 'Wow, this is like it would have been in 1832,'" Bacone said. "... We've just seen a fire sweep through this area. And then we also know that next spring and summer it's going to be super green and full of flowers."

Since Bacone joined DNR in 1978, the number of nature preserves in Indiana has grown sixfold:

from 46 to 300. More than 50,000 acres of Hoosier land lie within dedicated nature preserves, in the most widely distributed system of protected lands in the state.

\*\*\*  
**'Irreplaceable' places**  
Nature preserves protect Indiana's highest-quality natural lands, whether that's landscapes seldom touched since the state was settled or species that face extinction.

Indiana established its first two state parks in 1916, according to DNR, and now has 24.

But conservationists saw other Hoosier land at risk of degradation and destruction.

The Indiana General Assembly approved the Nature Preserves Act in 1967.

"It is necessary and desirable that areas of unusual natural significance be set aside and preserved for the benefit of present and future generations before the areas have been destroyed," reads the act. "Once the areas have been destroyed, the areas cannot be wholly restored."

Attorney Jim Barrett wrote in the law that the areas are "irreplaceable" as laboratories for scientific research, reservoirs of potentially useful natural materials and habitats for species "whose diversity enriches the meaning and enjoyment of human life."

Barrett, a founder of Indiana's ACRES Land Trust, called the areas

"living museums," where people can ponder the "interdependence of all forms of life" and be reminded of human health's "vital dependence ... upon the health of the natural communities."

Pine Hills Nature Preserve in Montgomery County became the state's first, in 1969.

Its most recent — as of last week — is Toothwort Woods Nature Preserve in Jennings County. It's the only place in Indiana where all four native Hoosier toothwort plant species are found growing together, according to DNR.

And Barrett's words, straight from Indiana Code, were read aloud at its dedication as the state's 300th nature preserve.

The program's successes, however, belie its humble beginnings.

\*\*\*  
**Scrounging for resources**

Bacone joined DNR fresh off a three-year gig surveying Illinois for unprotected land worth preserving.

"That was done kind of in one fell swoop," Bacone said of the Illinois project. "When I started working here (at DNR), ... we tried to duplicate it. But we never did get, like 'Here's a ton of money, go inventory the state.' So we did what we could when we could."

The Division of Nature Preserves was small at the time: Director Bill Barnes, Assistant Director Bacone,

a secretary and a federally funded field assistant. Though the team was crammed into "a couple of teeny rooms" at the back of DNR's State Parks offices, Bacone recalled only "great respect and cooperation."

Barnes maintained detailed files for potential nature preserves — the initial sites were based off an influential conservationist book — and updated them as he visited the land and owners. And he'd call on the rest of the agency for borrowed equipment, or even time — like to fence the new properties.

"(Barnes) would do (fencing) with volunteer workdays. There was just so many people that always were showing up to help get the job done because he didn't have any staff," Bacone said. "... It was just wonderful cooperation ... and it kind of grew from there."

It grew, according to Bacone, with "fortuitous bumps" in resources. He became director of the division in 1980.

In the 1970s, as the state considered creating a coastal management program, the division got a grant to inventory that area.

Later, when Indiana wanted to take over administration of a coal mining and land restoration program from the federal government, it needed a database of natural areas. It used DNR's, and Bacone's division gained two coal

region-focused employees. The state gained primacy in 1983, according to an annual oversight report.

The division was also asked to inventory urban U.S. Department of Defense properties, like Fort Benjamin Harrison in Marion County — right as the federal government began decommissioning those properties.

"They were going to get rid of these military installations (and) we had already done this report. I think it helped Evan Bayh decide, when he was governor, that this is kind of a neat place," Bacone said.

The former fort — opened as a state park in 1996 — contains four different nature preserves. Bacone noted that the park is the largest contiguous forested block in central Indiana. Hoosiers have converted most of the region's forests into farmland or developed upon it.

And DNR gained a new funding source in 1992, when the Indiana General Assembly established a land acquisition trust. It's funded by "environmental" license plate design purchases, donations and any additional lawmaker appropriations.

The trust has enabled the state and others to acquire 440 sites totaling 61,793 acres — nature preserves, state parks and more — for about \$50 million, according to DNR. Indiana has also used the Land and Water Conservation Fund, a federal-state 50-50

matching program, to acquire land, Bacone said.

\*\*\*

**Preserved in perpetuity**  
Today, Indiana and other landowners maintain 300 nature preserves, with more to come.

Bacone retired from DNR in 2019, but said his former division is still "out there looking" for new possibilities.

"They're ... still finding things, and going back out and rechecking things," he added.

The state of Indiana owns much of the land, but so do other entities: local units of government, nonprofits and more.

The land is permanently protected; when the preserves are dedicated, the documents are recorded with the location's county and stay with the deed.

At Toothwort Woods' dedication, DNR Director Dan Bortner presented Bacone with a Sagamore of the Wabash award for his decades of work on nature preserves. The award is one of the state's highest honors, conferred by the governor for distinguished service to the state.

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# Eco-Friendly Beer & Cider



**Dear EarthTalk:** What eco-friendly beers and hard ciders are available in the U.S.?

The explosion of U.S. craft breweries and cideries in recent years has meant that beer and hard cider drinkers have more eco-friendly options than ever. But what exactly constitutes an eco-friendly brew? Local sourcing, organic ingredients, sustainable farming practices, energy-efficient machinery and operations, water conservation, recyclable or biodegradable packaging and the use of renewable energy are a few of the hallmarks. While a given brand doesn't have to employ all of them to market itself as eco-friendly, the more it can toe the green line from farm to table, the better.

Consumers can start their research online as to which beers and ciders are both sustainable and available locally, and then continue with real world taste-testing at a bar, restaurant or at home. At the grocer, check out the labels on available beers and ciders to see if any carry one or more sustainability-oriented certification labels, such as USDA Organic, Fair Trade or Salmon-Safe.

Some of the most popular eco-friendly beers include Peak Organic's Fresh Cut Pilsner and Super Juice DIPA, Eel River's Organic IPA,

Wicked Weed Appalachia Session IPA, Ninkasi Brewing's Cold Fermented Lager, Hopworks Urban Brewery's HUB Lager, Samuel Smith's Organic Chocolate Stout, Lawson's Finest Liquids Kingdom Trails IPA, Sierra Nevada Dankful Generously Hoppy IPA, Alaskan Brewing Company Icy Bay IPA, Great Lakes Brewing Company Burning River Pale Ale, Cantillon's Gueuze 100% Lambic Bio and Brasserie Dupont's Foret Organic Saison, Fort George Brewery's Vortex IPA, Full Sail's Oregon Original Amber, Brewdog's Italian Pale Ale, Rhinegeist Brewing Fruited Sour, Fairstate Brewing's Smell Test Hazy IPA, Toast Ale's Session IPA, Brewery Vivant's Tee Patrol, New Belgium's Voodoo Ranger, Humboldt Brewing's Black Xantus, and Upslope Brewing's Pumpkin Ale.

As for hard cider, which has enjoyed a huge surge in popularity in the last decade, sustainable varieties also abound. Some favorites include Samuel Smith's Organic Cider, JK's Scrumpy Farmhouse Organic Hard Cider, Flag Hill Farm's Sapsucker Organic Hard Cider and Coronado Nice, Tieton Organic Hard Cider, North Country Cider's Original Press, and Dry USDA Certified Organic Cider.

While these premium beer and cider options represent a small piece of the overall U.S. market, consumers are increasing-

ly upgrading from light beers to these products as they learn more about them. Market research firm International Wine & Spirit Research (IWSR) reports that while "standard-and-below" beer volumes are expected to continue declining in the U.S. at a rate of about five percent a year (mostly thanks to Americans increasingly turning to spirits-based hard seltzers instead), volumes of "premium-and-above" beers and ciders—like those mentioned above—are expected to increase some three percent annually, thus representing the future of the beer and cider industries in the U.S. Whether you like beer or hard cider a lot or a little, you can do your part to help out the planet by considering just who is making it and whether or not they are taking the environment into account in the process.

**-CONTACTS: USDA Organic Standards,** <https://www.ams.usda.gov/grades-standards/organic-standards>; **Key Trends For The U.S. Beer Market in 2023,** <https://www.theiwsr.com/key-trends-for-the-us-beer-market-in-2023/>; **Fair Trade International,** <https://www.fairtrade.net/>; **Salmon-Safe,** <https://salmonsafe.org/>.

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# Do What You Love, And You Will Never Work A Day In Your Life



Slim Randles  
Home Country

The sign in front of the gas station says "Unleaded, 3.39, special on Colt .357 Magnum, six-inch barrel."

Visitors here in the valley do a double take when they see Vince's sign there at what we all know as "the gas station gun shop." That's because Vince doesn't believe in being deprived of his passion while earning a living. His passion: guns. His living: pumping gas.

We had all known of his passion for many years. He is the perennial president of the local rod and gun club, plans nearly all their annual spaghetti feeds to raise money for

targets. If you want to go hunting, all you need to do is pull up in front of Vince's house on the edge of town with some hounds in the back of the truck in the evening and honk the horn. You don't even need to call ahead.

The combination business began about three years ago when an out-of-town customer pulled up to the gas pumps, walked inside to pay Vince, and saw the owner sitting there polishing a 1911 Government Model .45 auto.

CPR wasn't necessary, but it did give Vince some thinking to do.

"I looked around in here," he said, "and saw all this wall space. What did I have on it? Fan belts, stacks of motor oil containers, those little air fresheners shaped like pine trees. What a waste! So I put that stuff out in the

repair side of the station and nailed up this knotty pine. Looks pretty good, doesn't it?"

"Then I got my federal firearms license, bought a bunch of ammunition and some guns, and set it up."

He says he's always sure to put a gun ad up on the big white sign, along with the gas prices, so people won't be surprised when they walk in and find him cleaning a Model 70 behind the counter.

"I actually do okay in the gun business here," he said. "It isn't enough to be a gun shop on its own, really. We aren't a big enough town."

And then he grinned and said, "And I've never been held up."

*-For great hunting season advice and products, check out <https://www.sportsmansguide.com>.*

## 🔪 BUTCH

From Page A1

even on hot summer nights. I could hear something, likely mice, scratching around inside the walls, so my folks brought up a fan to drown out those noises. In the winter, the upstairs room was so cold that I could see my breath. Oftentimes, in addition to my pajamas, I wore a sock hat, coat, and gloves... but still ran the fan!

Well, I eventually adjusted to sleeping in that tiny upstairs bedroom. But when I was six years old, our landlord died of a heart attack in a field behind our house. After the funeral, I was absolutely certain that his ghost resided in the up-

stairs closet. Fortunately, my little brother joined me soon afterwards. We were scared to death... together. We slept in that upstairs bedroom all through our years at home. There was no bathroom up there, and since we did not want to venture too far in the darkness, many times we took a few steps, lifted the window, and urinated through the screen... You do what you have to do. Dad never figured out why that window screen became rusty.

When my wife and I had children, I recited the Riley "Gobble-uns" poem to my kids. Might as well be a family tradition...and

at age 75, every day of the year...I still run a fan at night. So...all of you need to remember this:

"You better mind yer parents, an' yer teachurs fond an' dear,

An' churish them 'at loves you, an' dry the orphan's tear,

An' he'p the pore an' needy ones 'at clusters all about,

Er' the Gobble-un's 'ii git YOU...Ef you don't watch 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.*

# 5 Weight Loss Tips For Busy Parents

(StatePoint) For parents, juggling the demands of work and home life can no doubt take a toll on physical health. In fact, a Cornell University study of 50 working moms and dads found that more than half turned to unhealthy eating options – pizza, chocolate and fast food, because they were too busy to start a new healthy eating plan.

With the weather changing and kids back in school, there is no better time to focus on your health. Here are five tips to fall back into a healthier routine and conquer your weight loss goals:

**Eat enough protein.** Protein is the key to feeling full and satisfied, especially when you're trying to lose a few pounds. That's why finding a high-protein plan like Nutrisystem is so important. Nutrisystem is easy to follow, and offers a variety of protein-rich meals and snacks that taste great and are made in minutes – a great choice for the busy mom or dad on the go.

With up to 30 grams of protein, Nutrisystem's Hearty Inspirations meals will control your appetite for up to five hours. With menu items like Sesame Beef & Broccoli and Bourbon-Style Chicken, you're going to enjoy what you're eating and lose weight.

Get moving with fun, 15-minute workouts. As a busy parent, finding time to exercise may not be top

of mind. Committing to just 15 minutes daily will do wonders for your health and help you stay on track with your weight loss goals. Look for new and exciting workouts to try, such as Pilates, dance and boxing, so that you don't get tired of doing the same exercises.

You can also get the family involved. Go on an evening walk together or take all the boredom out of exercise and have a dance competition!

Stock your fridge with healthy, seasonal options. Fall is the perfect time to enjoy in-season fruits and vegetables. During the cooler months, you'll find mouth-watering produce like apples, squash, salad greens, broccoli and Brussels sprouts that will satisfy your tastebuds. If you like trying new things, consider beets. Low in calories and high in fiber, vitamin C and potassium, beets make a great vegetable to add to your grocery list.

Nutrisystem plans allow you to add a variety of fruits and vegetables to your day, and offer hundreds of recipes, including some seasonal favorites, on its lifestyle blog, The Leaf.

Plan your menu for the week. You're busy, so opt for easy, convenient options. That's where planning your weekly menu using healthy and simple ingredients comes

in. Make sure to include variety so you don't risk getting bored. If you find yourself saying, "I had this last week. I don't feel like having that again," you may find yourself ordering takeout.

Another option is to look for a service that will deliver nutritionally-balanced, portion-controlled meals to your door. Nutrisystem offers delicious, easy to prepare options that you can be confident will not only taste good, but help you lose weight.

**Prioritize yourself.** Being a busy parent can be exciting, but it could also mean having difficulty prioritizing yourself. Write yourself encouraging daily reminders and hang them around your home and workplace. Set aside time to read a book before bed. Do yoga for 15 minutes in your living room to unwind. Finding something new you love – be it meditation, crafting or listening to a podcast – can motivate you to stay committed to yourself.

For more great weight loss tips, healthy recipes and more, check out <https://leaf.nutrisystem.com>.

Utilizing these simple tips will help you balance your busy work and home life and guide you on your successful weight loss journey. If you slip up, don't harp on your mistake instead, forgive yourself and start again.

## 📖 BOOKS

From Page A1

Remaking by Chapman (FIC Cha) from the horror display. One of last year's favorites, *The Children on the Hill*, by Jennifer McMahon will also be featured. The story begins in 1978 in Vermont. Dr. Helen Hildreth is a renowned psychiatrist at the local treatment center for the mentally ill and she is raising her grandchildren, Violet and Eric. When Helen brings home an almost feral little girl named Iris, Vi is happy to have a friend. The story jumps to 2019, when a little girl goes missing and Lizzy, a local podcaster from *Monsters Among Us*, comes to investigate the disappearance. Lizzy knows there are monsters that walk among us because her sister is one.

Looking for a spooky

camping story, *The Troop* by Nick Cutter (FIC Cut) is set in the Canadian wilderness. Scoutmaster Tim Riggs takes his troop camping every year for one weekend, and something is waiting for them in the darkness this year. Fans of stories featuring survival at any cost will enjoy *The Troop*. If you prefer graphic novels try Junji Ito, the master of macabre stories from Japan. The library has many of his works including *Uzumaki* and *Fragments of Horror* (GN FIC Ito). Classic horror tropes shine in *Mary: an Awakening of Terror* (2022) by Nat Cassidy (FIC Cas) in which dark thoughts and weird things begin happening to quiet, middle-aged Mary. Are you

a fan of the Final Destination movies? Tananarive Due's *The Between* (FIC Due) tells the story of Hilton who was saved from death by his grandmother's sacrifice. Now, it seems dark forces are out to claim him.

This October, stop by the library and check out the New Fiction shelves and the second-floor display, *Hauntingly Good Horror*. The library staff can help recommend books and movies whatever your preferences are.

*- Michelle is a library assistant at CDPL with over twenty years of library experience. She can be found at the second-floor reference desk plotting programs featuring yarn and reading books and magazines about books and magazines.*

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