

PRIMETIME

'Still Spinning'

Former mayor stays involved
with community he loves

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HANCOCK COUNTY SENIOR SERVICES

MISSION

Hancock County Senior Services is a not-for-profit service organization advocating for and addressing the life challenges of our Hancock County senior population and individuals with disabilities and providing public transportation for all of Hancock County.

VISION

All Hancock County seniors have the available resources to achieve their highest quality of life.

FEES

Must be a Hancock County resident at least 60 years old. Services also provided to people under 60 with disabilities. Donations are encouraged. Sliding scale fee for respite and homemaker programs. Public transportation is available to everyone in Hancock County by appointment. Fees are \$4 per stop. Senior trips to essential destination are donation only.

FUNDING

Federal and state funds through Central Indiana Council on Aging; local

governments; Hancock County; client donations and fees; foundations; private donations; fundraising; and United Way of Central Indiana.

VOLUNTEER

Senior Services offers a variety of positions through handyman, volunteer services, telephone reassurance, fundraising events and board service.

SERVICES

The agency provides an umbrella of services that help seniors age in place with dignity and independence.

Legal assistance: An Indiana Senior Law Project representative visits the office regularly to assist seniors with legal questions and documents. Donations accepted.

Outreach and insurance: Senior Services provides help in connecting people in need to resources; enrolling in nutritional programs; and filling out IN SC-40 low-income tax credit forms. Senior Services provides insurance counseling. Medicare counseling provided through the State Health Insurance Assistance

Program, in which counselors offer information about Medicare, Medicare savings plans and other insurance options. The outreach program also loans durable medical equipment such as walkers and canes and provides incontinence supplies. Donations accepted.

PROGRAMS

Homemaker: Provides light house-keeping assistance with laundry, basic cleaning, cooking and grocery shopping. Fees based on the client's income.

Respite/Assisted Care: Non-medical respite to relieve an unpaid caregiver by providing in-home supervision to frail seniors or people with disabilities. Fees based on the client's income.

Handyman: Simple home repairs and technology assistance on a case-by-case basis. Examples include installing safety grab bars and smoke detectors, replacing batteries and light bulbs, and setting up a new TV. Donations accepted.

Telephone reassurance: Telephone calls are made by staff and volunteers to provide reassurance and safety checks.

Transportation: Through the HCSS

public transportation program (RIDE Hancock) appointments can be made for transportation to Hancock County destinations. Senior rides to essential destinations are donation only. Public rides are \$4 per stop.

Volunteer services: Volunteers visit in seniors' homes to provide companionship and general assistance. Volunteers are matched one-on-one with a client. Volunteer groups also undertake special projects under the guidance of the volunteer coordinator.

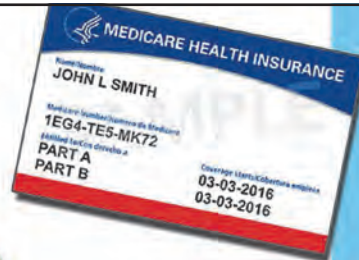
Intergenerational programs: Periodically, area high school students get together with Senior volunteers for fellowship, shared activities, and information exchange. This highly successful program helps to build bridges between generations.

Equipment loans: Senior Services loan wheelchairs, walkers and other assistive devices at no charge.

Office Hours: 8 a.m. to 4 p.m. weekdays
Location: 1870 Fields Blvd, Greenfield
For in-home services: 317-462-3758
For transportation: 317-462-1103
 TTY Relay System: 1-800-743-3333



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The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare. SHIP is provided by the Administration for Community Living and the Indiana Department of Insurance. We are part of a federal network of State Health Insurance Assistance Programs located in every state. All of our services are free.



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www.Medicare.in.gov

If your income is less than \$2,342/month and you have limited assets, you may qualify for help with medical costs not covered by Medicare and with prescription drug expenses.



How to prep perennials now for beautiful spring blooms

STATEPOINT

It's a common misconception that once fall rolls around, perennials simply go dormant and don't require maintenance until spring. But, fall is actually the perfect time to show perennials love.

In a recent Backyard Smart video, the lawn and garden experts at Exmark give the lowdown on prepping perennials for cold weather so you can enjoy beautiful blooms come spring. Here's what to know:

The benefits of dividing perennials

When plants become overcrowded, they compete for essential resources like water, air, and nutrients, which can hinder their growth. Dividing perennials helps distribute plants across your yard, maintaining a healthy size, preventing overcrowding, and reducing the risk of disease.

When to divide perennial plants

Generally, fall's the best time to divide perennial plants that bloom in spring and summer. (Conversely, spring's the best time to divide fall-blooming plants.) But if you're planning on dividing in fall, don't wait too long! Get outside about four to six weeks before the ground freezes, or else your plants will be in for a rough winter. Careful! Not every perennial needs to be divided every year. Most need it every three to five years, and some don't need it at all. Do your research before you begin.

How to divide perennials

Make the necessary preparations to ensure your perennials properly take to their new homes. First, thoroughly water your plants a day or two beforehand and cut them back so you can clearly see what you're dealing with. Then, head out on a cloudy, dry day and get to work.

Dig up plants around the roots and gently lift them out of the ground, knocking away loose dirt and debris. For best results, dig outside the

outermost part of plants that water drips from. You can either gently pull apart the roots with your hands, cut into them with a knife or spade, or use two gardening forks to wedge plants in half. Various perennials have different roots systems, so read up on the best method for the species.

You can typically get four to six new sections from a single plant. Just make sure each division has three to five shoots and a substantial, healthy root system. Afterwards, you're free to plant your new divisions, rearrange existing beds, or share new plants with family or friends!

Water and cut back

Even if you're not dividing your perennials, it's good to get one last thorough watering in before the first freeze. Leading up to that point, gradually wean perennials from regular watering to monthly watering throughout fall.

The general rule of thumb is to cut perennials back once they start to fade. However, there are exceptions. Some perennials should be left alone. Make sure you know what's in your garden before beginning.

Feeding and Mulching: Once plants are situated, it's time to layer up. Clear off old mulch so that the soil is exposed, and remove any weeds or grass peeking through. Then, spread on a 1-2-inch thick compost layer, followed by an equally thick mulch layer. The compost will gradually break down and release nutrients, promoting better root growth, better soil pH and hardier plants come spring. The mulch provides insulation while protecting soil from erosion and compaction.

Be on the lookout

Cold weather doesn't necessarily mean pests take a break from making a meal of plants. Many—such as slugs—will chow down on anything your garden has to offer, so stay attentive! Before mulching, lay down slug bait to send them packing.

To view the video, visit Exmark's Backyard Life, a multimedia destination that provides tips on everything from gardening to outdoor hosting at backyard.exmark.com.

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Jason White

Pickle perfection

Fortville resident shares family-favorite recipe

Editor's note: The Daily Reporter occasionally features recipes from Hancock County residents and the stories behind them. Here, Fortville resident Rosalie Hunt, president of Hancock County Extension Homemakers, shares about garlic dill pickles. It's a longtime family favorite, having been made for 40 years with home-grown cucumbers and dill. Hunt makes over 50 quarts each summer and has won grand champion on the pickles at Riley Festival Home Arts several times. She writes:

Put seven quart jars in the oven at 200 degrees. Wash cukes and set aside. Mix one quart of vinegar, three quarts of water and $\frac{3}{4}$ cup pickling salt together and put on stove to heat to very hot but not boiling. Put jar lids in small pan of water on stove to get hot as well. When the jars are hot about $\frac{3}{4}$ of an hour, take one at a time out of oven, put one grape leaf, one clove of garlic, one head of dill plant (or use $\frac{1}{2}$ tsp. dill weed, if you don't have fresh dill); and $\frac{1}{2}$ tsp of alum, grain type (only available at Amish stores). Add your cukes— slices, chunks, halves, quarters, whole, whatever you want— to the jar. Fill to within $\frac{1}{4}$ inch of top of jar with hot liquid. Put hot lid on and band

and tighten. Set aside to seal. These pickles will seal themselves since everything is hot or room temperature. If a jar does not seal, let cool then refrigerate until ready to eat, within about two weeks.

In the 44 years I have been making this recipe, I have only lost two jars that didn't seal, which I missed when I took them to the basement which is cool and unheated in winter. It is an old German recipe which is over 100 years old and came from a friend of mine whose mom made them, and he is 90 now.

I did water bath them one time for 10 minutes, but it does take away from the quality of pickle. They are crisp and salty and dill. Claussen pickles recipe is similar to this one and they do not water bath their pickles, but refrigerate them.

I use only Heinz natural vinegar. It is 5 percent acidity. Any less will not keep preserved.

If you like dill pickles, you will like these. If you don't like dill pickles, you will not like them—too potent. Enjoy. They are ready to eat in two weeks and are best cold.



Pictured from top: Rosalie Hunt has been making dill pickles for more than 40 years. // Hunt's pickles are kept refrigerated and are best eaten within two weeks. **SUBMITTED PHOTOS**

HOW DO YOU FEEL ABOUT CHANGE?

I have been told many times in many ways throughout my lifetime different versions of a quote that is attributed to the Greek philosopher Heraclitus (lived around 500 BC). “There is nothing permanent except change.” Sometimes the modern-day philosopher sharing this nugget with me will add death and taxes, but generally we all agree that change happens constantly.

Have you ever considered making a list of even the monumental changes in your life? How many sheets of paper would you need? How did you handle the different changes in your life?

Lately, I have been contemplating my personal philosophy on change. I have concluded that, assuming I am not the one causing the change, I only have a few choices.

Sometimes I consider fighting change. I am not thrilled, for example, when the streets around my house are all under construction or



SUZANNE DERENGOWSKI
GUEST COLUMNIST

when my favorite restaurant changes their menu. I huff and puff and threaten to move or stop dining at the restaurant. The truth is, of course, I have no authority over those changes, and I can only react.

I have had changes in my life that were way more personal than those. I wanted to fight, but fighting was not a choice. Like most people, I have lost a loved one or a job. As hard as I wanted to fight, it was useless.

So instead, let us try to embrace change and adapt? Grieve first, of course. Then start making a plan for our new reality. What kind of new job do you want? What can you do to honor your lost loved one? When

I was looking for the job I hold now, I was stressed! The search was overwhelming. I set ground rules regarding where I wanted to go and how much money I needed to make in salary. I knew I wanted to work in non-profit if I could. I kind of had my heart set on Hancock County. Here is the embrace and adapt part. I found the perfect position with a non-profit that required the combination of experience I was bringing, but I could not find a place to live in Hancock County that fit my family budget. So, we flexed. I found a position I love in a great community and my husband, and I found a great house a little outside Hancock County.

Here is the fun choice. What if we facilitate the change? Have there been times you taught yourself to do something so you could make a positive change in your life or someone else's? The great thing about this philosophy of change is that it is up to you. You can learn a

new skill, research the candidates in the upcoming election or work on your wellness. Those are elements of change where you can be in charge. Hancock County is full of people who see opportunities (we used to call them problems) and work to make positive change. I encourage you to research some of the non-profit organizations in this county. There are so many amazing groups making a difference. You can be a part of positive change.

Change is not always positive I guess, but my attitude about the changes can impact the outcome. Since change is the constant, I am working on embracing changes and making changes!

“Change is inevitable. Growth is optional.” — John C

“Change before you have to.” — Jack Welch

Suzanne Derengowski is executive director of Hancock County Senior Services.

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Chuck Fewell, past mayor of Greenfield for the last 10 years, in his home in Greenfield Oct. 18. Fewell has been retired from public service for the last year.

TOM RUSSO | DAILY REPORTER



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DIFFERENT GEAR, STILL SPINNING

Almost a year after leaving office, former Greenfield mayor Chuck Fewell keeps busy in retirement

By GRAYSON JOSLIN
For The Daily Reporter

After 10 years as mayor of Greenfield, Chuck Fewell left office at the end of 2023 as Guy Titus took over the helm.

"I was a transplant to Hancock County, and I moved here because of my wife," he said. "I enjoy being here in Greenfield."

Since leaving office, Fewell has stayed involved in the Greenfield community and has spent his newfound time tending to his growing family as well.

Fewell said one of his biggest tasks since leaving the mayor's office has been "catching up on things that I have let go."

One of these tasks has been clearing out his storage barns.

"You'd be surprised in just 10 years being in the mayor's office of how much stuff you really accumulate," he said.

His wife first suggested that he clean out the storage barns, and he has since come across many artifacts he hasn't seen in years.

"I've tried to rid myself of some of those invaluable treasures," he said. "When you have boxes in a storage barn that's labeled 'keepable junk,' probably don't need it."

In regard to the community, Fewell is a member of Purdue's Local Technical Assistance Program (LTAP) Advisory Board. He was a board member during his tenure as mayor, and he was recently retained on the board in a former elected official position.

According to Purdue's website, LTAP fosters "a safe, efficient, and environmentally sound transportation system by improving the skills and knowledge of local transportation providers through training, technical assistance, and technology transfer."

Fewell believes that LTAP services are not being effectively utilized, and

he wants people to know how valuable those services are.

"The best part about the services is that it's free. You have equipment, you have knowledge, and we do that free for local governments," he said.

He said one example of what LTAP does is provide funds for equipment such as the automated speed limit enforcer signs that are seen sometimes around school zones.

Alongside his role on Purdue's LTAP board, Fewell is also involved with the Hancock Health Foundation, a role he started before he was mayor.

"What makes it so nice is the fact that we have all these high-quality services available in the city, and we don't have to go outside of town to use these services," he said.

Fewell said he wanted to stay involved after his tenure as mayor because he finds it important to be an involved community member. He said this drive has been with him since he was a former state trooper, and he sees

potential for Greenfield to grow even further in the future.

"It's my job to still care about the city," Fewell said. "I went to Greenfield to be as prosperous, grow and be a place of destination for families to want to come there and live, spend their money, raise their kids and have a great life."

Outside of his continuing service to the community, Fewell also spends time with his family; he has four children, eight grandchildren and just welcomed his first great-granddaughter. He just recently took a Disney Cruise vacation with his family, sailing around Mexico. He enjoys golfing, spending pool time and grilling with his family.

Fewell said some of his main goals in retirement is to stay active and to keep busy. He also hopes to travel with his wife to Maine sometime soon.

"Times are moving on rather quickly," he said. "I'm grateful to catch up with my family."


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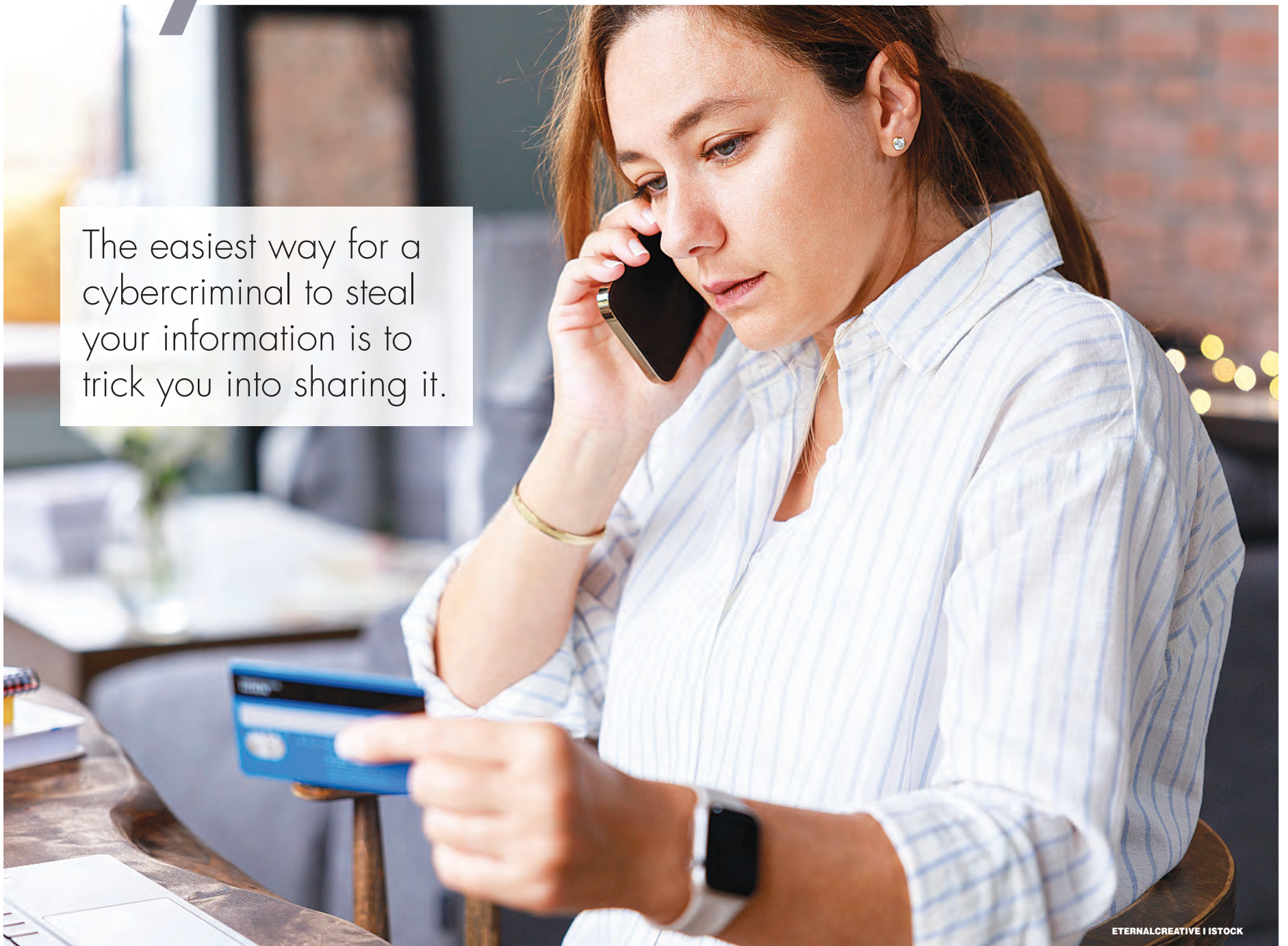
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Anyone can be a victim of cybercrime

The easiest way for a cybercriminal to steal your information is to trick you into sharing it.



How to recognize phishing, smishing, vishing and quishing

STATEPOINT

Even the most skilled cybersecurity expert can fall prey to today's incredibly sophisticated phishing attempts.

Phishing can take place in a variety of ways, but recognizing these "lures" is a powerful way to defang cybercriminals:

PHISHING: Traditional phishing comes in the form of a fraudulent email that encourages recipients to click on a link and provide personal data. Often the subject lines are designed to entice the receiver with an interesting headline, timely topic or urgent request.

SMISHING: An attacker sends a text prompting the recipient to click a link or call a number for more information. If the link is clicked, the user downloads malicious software to their phone.

VISHING: An attacker uses the telephone—or voice—to gain access to sensitive information for financial gain. The criminal usually poses as someone they are not, such as another

employee, technical support person or someone representing a government agency.

QUISHING: An attacker creates a fake QR code and uses it to direct victims to a malicious website that prompts them to enter their personal or financial information.

Ultimately, the easiest way for a cybercriminal to steal your information is to trick you into sharing it. Their fraudulent communications will often look official and appear to have come from a trusted source. However, there are warning signs to watch out for. Pause and ask yourself the following questions before responding:

Do you know the person who sent you the message? The source of an email or text can easily be forged, making it seem that a request is coming from someone you know. If something seems off or if the sender is asking for money or personal information, contact them through a different channel than the original message to confirm the message came from them.

Does the message create a sense

of urgency? Criminals will often try to rush you into making an unwise decision. An example of such a message may read, "confirm your login details in the next 24 hours using the link below or your account will be suspended." Always take the time necessary to think through your response and confirm legitimacy.

Does the offer seem too good to be true? Treat any messages announcing you've won money, a prize or the opportunity to purchase an item at a significant discount as suspicious.

Does the message ask you to click on a link or open an attachment? Be particularly wary of emails from people or organizations you don't know urging you to click on a link or open an attachment. Doing so can lead to malware being installed on your device.

Does the telephone call ask for personal or financial account information? If you receive a call that just doesn't feel right, trust your instincts. Hang up and call the customer service line from their official company website.

Does the message ask you to scan a QR code? As QR codes become more common in daily transactions, utilize these tips when scanning a code:

- First, check to determine that the QR code has not been tampered with, such as a sticker placed on top of the original code.

- Check the URL to make sure the code is sending you to the intended site and that the site looks authentic. Look for typos or misplaced letters.

- Exercise caution when entering information on a site accessed via a QR code and avoid making payments; manually enter a secure URL to complete a payment.

- Do not download an app from a QR code. Instead, search for the app via your device's app store.

- If you receive a QR code from someone you know, reach out to them through a known number or address to verify that they sent you the code.

In the face of increasingly sophisticated scams, an ounce of prevention can go a long way in helping you to protect yourself.

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GOLDEN HOOSIER

Greenfield man receives state honor after decades of service

By KRISTY DEER | DAILY REPORTER
kdeer@aimmediaindiana.com

INDIANAPOLIS — Growing up in Osage, Okla., a small farming and dairy community in the late 1940s and early 50s was — in a nutshell — rough.

Benny Eaton tells the story of how, as a small child, his family didn't have electricity or running water until he was six or seven years old.

"You just had to wait your turn," Benny said. "But, it was always a kind of place where people took turns helping those in need."

The 81-year-old, longtime Greenfield resident has come a long way from those early Oklahoma days. Seated in the south atrium of the Indiana Statehouse Tuesday, Benny was given The 2024 Golden Hoosier Award during a ceremony for his contributions to Hancock County.

The Golden Hoosier Award was established to acknowledge and recognize outstanding seniors for their lifetime of service to their communities. Sponsored by Indiana Lieutenant Governor Suzanne Crouch in collaboration and partnership with the Indiana Family and Social Services Administration, the Golden Hoosier Award is the highest honor bestowed on a senior in Indiana.

The ideal recipient is considered an unsung hero who has not received previous recognition for the impact they have made in the lives of others and the community.

"I was very surprised when I learned I was getting this award," Benny said. "I've been involved with community service since we moved here some 50 years ago."

Since 1973, Benny has been a member of the Greenfield Sertoma, a community service organization whose motto says they are dedicated to the service to mankind.

"We've always done as much as we

could to donate to and help the community and I enjoy that," Benny said. "Greenfield is a place where a lot of people are civic-minded and like to volunteer, so I'm just one of many."

Benny says there is nothing like seeing the smiles on people's faces after community service deeds are completed. While he can't begin to remember all the good deeds he and other Sertoma members have done through the years, Benny says helping Shares Inc. get some new vans, getting Christmas presents and throwing a real Christmas party for those in need, purchasing hearing aids for people who can't afford them, as well as donating thousands to charities raised from the weekly Sertoma bingo games, really is what life is all about.

"We were part of the church when I was growing up, and we'd give people food and water when they need it and my mother was always active in that so I guess I saw that from the very beginning," Benny said.

Benny went on to earn four degrees — three from Oklahoma State University in agriculture, physiology and bio-chemistry — before earning a PhD in agriculture from Kansas State. He came to Greenfield in 1973 to work for Eli Lilly and then Elanco where he completed a 30-year career. Benny specialized in worldwide product development — a job that took him all over the globe.

Prior to all of that, Benny started his college career at tiny Northeast Oklahoma Junior Community College, where they allowed students to house their horse if they had one.

"There were probably 700 or 800 students, and you walk in the door and they said, 'What do you want to do, either arts and science or agriculture,'" Benny said. "One of the last questions they asked you when you were signing up for classes was, 'Did you bring your horse to school?'"



TOM RUSSO | DAILY REPORTER

Hancock County's Benny Eaton, 81, along with Lt. Governor Suzanne Crouch during the 2024 Golden Hoosier Award ceremony at the Indiana Statehouse Sept. 24. Eaton was one of 17 recipients of the award, which are given out to seniors who have been recognized for service to their communities.

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That humble beginning, Benny's son Brent Eaton said, sums up his dad's simple love for helping others and giving back to his community.

"He's probably the hardest working man I know and he's really old school," Brent said. "My dad grew up on a dairy farm, and I'm telling you he for sure worked 12 hour days from the time he was six years old."

Brent recalls a conversation his dad had with him when he was a youngster growing up in Greenfield that helped him sort of set the tone for doing right and serving others.

"He said, 'Boy, there are two kinds of people in this world, the kind who get things done and the kind who make excuses, which one you want to be?' I'm like nine years old at the time," Brent said. "It just shows you his heart for getting things done and it does not stop ever, even to this day."

Benny and his wife Brenda, a former school teacher at Greenfield-Central schools, say they fell in love with Greenfield when they first moved to the area and knew right away they wanted to make the area home and contribute.

"He's always done so much for the community ever since we moved here," Brenda said. "The Sertoma group, that's a very good group with many great leaders who are still helping unless they've died or moved away."

Some of Benny's other work includes volunteering at the Nameless Creek Youth Camp, raising funds to keep it open for area youth.

"That place not long ago was bankrupt and not functional," Benny said. "We rescued that place by raising money for a new building after we went around asking for contributions and now they've got a new building out there and are serving kids."

Benny said all-in-all it was a thrill to be recognized by state officials for doing community work and he's not only humbled by the honor, but was surprised to be nominated.

"I like to see people be happy and it makes you sleep good at the end of the day," Benny said. "I'd like to think I've done my part to make a contribution to the good things that have happened in Hancock County."



TOM RUSSO | DAILY REPORTER

Eaton was one of 17 recipients of the award, which are given out to seniors who have been recognized for service to their communities Sept. 24.

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Fall back into a healthy routine with these 3 easy tips



STATEPOINT

The fall season is upon us and it's the perfect time to reset and renew. Simple and small modifications to your daily exercise and nutrition routines can make a huge difference—and these three easy tips will help you “fall” back into a good routine.

Sneak in Extra Steps

Fall is a refreshing time of year to get moving, especially as we welcome a break from the summer heat. Engaging in simple cardiovascular exercise weekly is key. It can help maintain healthy cholesterol and blood pressure levels. If working out regularly is daunting, instead, find simple ways to be active in your daily life. Use a smaller cup for your water, allowing you to get up more often to refill it, take the stairs instead of the elevator or park a bit farther from your destination—all these habits will encourage you to take more steps per day.

Make Healthy Swaps

Looking to eat healthier? The fall season

offers an abundance of delicious vegetables and fruits for an easy swap out. Start small by trading out a bag of chips for an apple or fries for sweet potatoes. You are what you eat, and your gut microbiome plays a major role in your health. Ultra-processed diets negatively impact gut health and throw off the omega-6 to omega-3 ratio, which can lead to chronic inflammation. Inflammation lessens your ability to function properly at the cellular level and increases your vulnerability to lifestyle diseases.

Focus on Whole Body Health

A fall reset should focus on whole body health and that starts with your cells. Your body is made up of trillions of cells that help keep you functioning and thriving and supporting them is crucial.

Krill oil is an effective supplement for keeping your cells and whole body healthy. What distinguishes krill oil from other marine oils, is that it is a natural multi

nutrient. Meaning, that from the source, krill oil already contains several essential and cellular nutrients all in one, including omega-3s, phospholipids, choline and astaxanthin. The body's cells need to get these nutrients from the diet on a consistent basis.

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“By adding a supplement like krill oil to our lives, we are helping ourselves in a big way,” says Thomas Repstad, nutritionist and global technical marketing manager at Aker BioMarine, a biotech innovator and supplier of Superba Krill. “The real X factor in krill oil is its phospholipid advantage. Around each cell and membrane, we have phospholipids that help maintain the cell's strength, flexibility, and integrity. Phospholipids are also naturally found in krill oil, delivering total body benefits at a cellular level.”

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How to prep perennials now for beautiful spring blooms

STATEPOINT

It's a common misconception that once fall rolls around, perennials simply go dormant and don't require maintenance until spring. But, fall is actually the perfect time to show perennials love.

In a recent Backyard Smart video, the lawn and garden experts at Exmark give the lowdown on prepping perennials for cold weather so you can enjoy beautiful blooms come spring. Here's what to know:

The Benefits of Dividing Perennials:

When plants become overcrowded, they compete for essential resources like water, air, and nutrients, which can hinder their growth. Dividing perennials helps distribute plants across your yard, maintaining a healthy size, preventing overcrowding, and reducing the risk of disease.

When to Divide Perennial Plants: Generally, fall's the best time to divide perennial plants that bloom in spring

and summer. (Conversely, spring's the best time to divide fall-blooming plants.) But if you're planning on dividing in fall, don't wait too long! Get outside about four to six weeks before the ground freezes, or else your plants will be in for a rough winter. Careful! Not every perennial needs to be divided every year. Most need it every three to five years, and some don't need it at all. Do your research before you begin.

How to Divide Perennials: Make the necessary preparations to ensure your perennials properly take to their new homes. First, thoroughly water your plants a day or two beforehand and cut them back so you can clearly see what you're dealing with. Then, head out on a cloudy, dry day and get to work.

Dig up plants around the roots and gently lift them out of the ground, knocking away loose dirt and debris. For best results, dig outside the outermost part of plants that water drips from. You can either gently pull apart the roots with your hands, cut into

them with a knife or spade, or use two gardening forks to wedge plants in half. Various perennials have different root systems, so read up on the best method for the species.

You can typically get four to six new sections from a single plant. Just make sure each division has three to five shoots and a substantial, healthy root system. Afterwards, you're free to plant your new divisions, rearrange existing beds, or share new plants with family or friends!

Water and Cut Back: Even if you're not dividing your perennials, it's good to get one last thorough watering in before the first freeze. Leading up to that point, gradually wean perennials from regular watering to monthly watering throughout fall.

The general rule of thumb is to cut perennials back once they start to fade. However, there are exceptions. Some perennials should be left alone. Make sure you know what's in your garden before beginning.

Feeding and Mulching: Once plants are situated, it's time to layer up. Clear off old mulch so that the soil is exposed, and remove any weeds or grass peeking through. Then, spread on a 1-2-inch thick compost layer, followed by an equally thick mulch layer. The compost will gradually break down and release nutrients, promoting better root growth, better soil pH and hardier plants come spring. The mulch provides insulation while protecting soil from erosion and compaction.

Be on the Lookout: Cold weather doesn't necessarily mean pests take a break from making a meal of plants. Many—such as slugs—will chow down on anything your garden has to offer, so stay attentive! Before mulching, lay down slug bait to send them packing.

To view the video, visit Exmark's Backyard Life, a multimedia destination that provides tips on everything from gardening to outdoor hosting at backyard.exmark.com.

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WHAT YOU NEED TO KNOW

Diabetes & your feet

STATEPOINT

Foot ulcers develop in about 15% of the 25 million Americans living with diabetes and are a top cause of hospitalization. These ulcers can lead to serious complications, such as infection and amputation. According to foot and ankle surgeons, there are steps you can take to prevent complications and keep your feet healthy, as well as breakthrough treatments that are saving limbs, restoring mobility and improving lives.

“The majority of lower-extremity amputations are preceded by a reoccurring foot sore or an ulcer that won’t heal,” says John S. Steinberg, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member and Past President of the American College of Foot and Ankle Surgeons (ACFAS).

“Patients do best when they take charge of their foot health with the help of a foot and ankle surgeon.”

The surgeon members of ACFAS are sharing some important insights into preventing foot ulcers associated with diabetes and treating them if they do occur.

Make these precautions part of your foot care routine:

- Inspect feet daily using a flashlight and mirror to see the bottoms of your feet.
- Moisturize dry, cracking feet to prevent sores. Use powder to control moisture that can result in blisters.
- To prevent injury, wear protective, well-fitting shoes and socks at all times, even in the house. Change socks daily and more often if your feet get wet or sweaty. Avoid socks with holes or seams.

Sometimes diabetic shoes are prescribed to avoid pressure and rubbing on the feet.

- Get regular foot exams from a foot and ankle surgeon, which can reduce amputation risk by 45-85%. The surgeon can also screen feet for loss of protective sensation.

- Manage your diabetes. Out-of-control blood sugar levels can lead to nerve cell damage, making it harder to detect foot problems.

Look for telltale signs that an ulcer may be developing:

- Swelling. The foot or ankle may look puffy or engorged and larger than the other.
- Temperature. Cold feet might mean a circulatory issue, whereas hot feet might mean infection.
- Color changes. Redness and even other colors might appear before an ulcer forms.

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- **Calluses.** If a callus changes colors or develops dark, “dried blood” colored spots, it may be time to have a foot and ankle surgeon offer a proper diagnosis.

Ask your foot and ankle surgeon about innovative treatments:

If you do experience a non-healing ulcer, talk to your foot and ankle surgeon right away about innovative technologies that stimulate healing.

Groundbreaking approaches include stem cell therapy, the use of bioengineered skin substitutes to accelerate growth of healthy skin, and negative pressure wound therapy (NPWT) to promote healing and enable healthy, new tissue to grow. Today, foot and ankle surgeons rarely do a skin graft without NPWT. Skin grafting for foot ulcers has also advanced. Surgeons now use advanced reconstructive surgery and grafting techniques to promote wound healing and decrease wound recurrence.

The success rate of these advanced therapies is high, providing substantial improvement over treatments of the not-too-distant past, when doctors would clean and bandage the wound and hope for the best.

“Thanks to the many advances in diabetic foot care, patients today are having simpler surgeries, avoiding amputations, and getting back to everyday life sooner than ever before,” says Dr. Steinberg.

For more information or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.



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Daily Reporter

PRIME TIME SENIOR PUZZLE PAGE

WORD SEARCH

O B E R T N Y O N I T I U R F E P A R G
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| PERSIMMON | AVOCADO | RASBERRY |
| QUINCE | MEDLAR | GUAVA |
| MULBERRY | APPLE | PINEAPPLE |
| LEMON | STRAWBERRY | MANGO |
| POMEGRANATE | CHERRY | RAMBUTAN |
| GRAPE | BLUEBERRY | PLUM |
| KUMQUAT | POMELO | COCONUT |
| PEAR | WATERMELON | BANANA |
| LOQUAT | PAPAYA | MELON |
| TANGERINE | GRAPEFRUIT | |
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SUDOKU

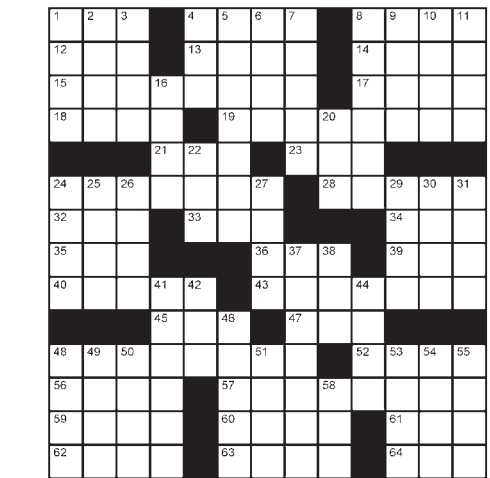
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| 9 | | 4 | | 6 | | 8 | | 3 |

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CROSSWORD

ACROSS

- 1 Small dog, for short
- 4 Restrain
- 8 Confabulation
- 12 "Much — About Nothing"
- 13 Indigo shrub
- 14 "Damn Yankees" vamp
- 15 Nation's inhabitants
- 17 Utah town
- 18 Greek god
- 19 Give up
- 21 America's uncle
- 23 Failure
- 24 Teemed
- 28 Used a keyboard
- 32 Snaky fish
- 33 Mountain in Crete
- 34 Cakes and —
- 35 Bud
- 36 Letter after pi
- 39 Put in play
- 40 Lovers' meeting
- 43 Set alight
- 45 — excellence
- 47 Depot (abbr.)
- 48 Follower
- 52 Appear menacingly
- 56 Bobbin
- 57 Ropes and anchors



- 59 Name
- 60 About (2 wds.)
- 61 Brain wave reading
- 62 Charity
- 63 Santa's cargo
- 64 No longer working (abbr.)
- DOWN
- 1 "— Was a Rollin' Stone"
- 2 Bouquet
- 3 Be gloomy
- 4 Ripken of baseball
- 5 Lacking weapons
- 6 Paella base
- 7 Mix
- 8 Overcast
- 9 Trumpet
- 10 Actor — Baldwin
- 11 Make manageable
- 16 Defunct empire
- 20 Unfashionable
- 22 French friend
- 24 Clan
- 25 Sport
- 26 Friendly nation
- 27 Gloomy
- 29 Musician — McCartney
- 30 If not proof
- 31 Ownership
- 37 Toronto's
- 41 Incantations
- 42 Sailor
- 44 Far-out artist
- 46 Send payment
- 48 Old strong box
- 49 Bargain
- 50 Place of leadership
- 51 Something forbidden (hyph.)
- 53 Nonpareil
- 54 Pointed arch
- 55 High-ranking NCO
- 58 Domicile (abbr.)

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VISUAL PUZZLE

Try to match the objects with their shadows



4B
3C
2A
1D
VISUAL
PUZZLE



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Daily Reporter

PRIME TIME Recipes

OCT. 2024

Two-Beef Chili

INGREDIENTS:

2 Tbsp. olive oil
 3 lb. chuck, cut into 1-inch pieces
 Kosher salt and freshly ground black pepper
 1 yellow onion, chopped
 2 lb. ground beef
 8 cloves garlic, minced

2 Tbsp. chili powder
 2 Tbsp. ground cumin
 2 tsp. red pepper flakes
 2 c. beef broth
 2 (28-ounce) cans diced tomatoes
 Chopped scallions, grated Cheddar, sour cream, and diced avocado, for serving

DIRECTIONS:

Step 1
 Heat oil in a large Dutch oven or pot over medium heat. Season chuck with salt and pepper. Cook, in batches, until brown on all sides, 6 to 8 minutes; transfer to a plate.

Step 2
 Add onion to pot and season with salt and pepper. Cook, stirring occasionally, until soft, 8 to 10 minutes. Add ground beef

and cook, stirring occasionally, just until beef is no longer pink, 10 to 12 minutes. Add garlic, chili powder, cumin, and red pepper flakes. Cook, stirring, 1 minute. Add broth, tomatoes, and browned chuck. Cover and cook, stirring occasionally, until chuck is very tender, 2 to 2 1/2 hours.

Step 3
 Serve with desired toppings alongside.



Fried Apple Hand Pie

INGREDIENTS:

For the crust:
 3 c. all-purpose flour, spooned and leveled, plus more for work surface
 1 1/2 Tbsp. granulated sugar
 1 tsp. kosher salt
 1 tsp. baking powder
 1/2 c. (1 stick) cold unsalted butter, cut into pieces
 3/4 to 1 cup cold milk

For the filling:
 1/2 c. granulated sugar
 1/4 c. packed light brown sugar
 1 Tbsp. cornstarch
 1/3 tsp. freshly grated nutmeg
 1/4 tsp. ground cinnamon
 1/8 tsp. kosher salt
 4 c. sliced Golden Delicious apples (from 2 to 3 apples)
 1/2 tsp. pure lemon extract
 1 (40-ounce) bottle canola oil

sugar, salt, and baking powder in a bowl. Cut in butter until it resembles coarse meal with several pea-size pieces remaining. Add 3/4 cup milk, 1 tablespoon at a time, using a fork to pull dough together into a crumbly pile. (Add up to an additional 4 tablespoons of milk if needed.) Wrap dough in plastic wrap, using the plastic to flatten and press dough into a disk. Refrigerate until firm, 2 hours.

Step 2
 Make the filling: Meanwhile, whisk together granulated sugar, brown sugar, cornstarch, nutmeg, cinnamon, and salt in a bowl. Combine apples and 1/2 cup water in a large Dutch oven. Bring to a boil over medium-high heat. Add dry ingredients and stir to combine. Cook over medium-low, stirring occasionally, until thickened and apples are tender, 10 to 12 minutes. Stir in lemon extract. Cool to room temperature.



Step 3
 Line a baking sheet with parchment paper. On a floured work surface, roll dough to 1/8-inch thick. Use a 5-inch round cookie cutter to cut out circles. Reroll and cut scraps once. Scoop a scant 1/4 cup filling in the center of each circle. Fold dough over filling, creating a half-moon shape, and crimp edges with a fork to seal. Place on prepared baking sheet and chill 15 minutes.

Step 4
 Set a wire rack in a rimmed baking sheet. Heat oil in a large Dutch oven, with a deep-fry thermometer attached, to 350°F. Fry pies, in batches, turning once, until golden brown, 2 to 3 minutes. Drain on prepared wire rack. Serve warm or at room temperature.

Slow Cooker Chicken Noodle Soup

INGREDIENTS:

2 Tbsp. olive oil
 2 carrots, chopped
 2 celery stalks, chopped
 1 small onion, chopped
 3 garlic cloves, chopped
 Kosher salt and freshly ground black pepper
 1/4 c. dry white wine
 2 1/2 lb. bone-in, skinless chicken thighs
 2 (32-ounce) containers chicken stock
 2 1/2 c. uncooked wide egg noodles (about 4 ounces)
 3 Tbsp. chopped fresh flat-leaf parsley
 2 Tbsp. chopped fresh dill
 2 Tbsp. fresh lemon juice

starting to brown, 8 to 10 minutes. Add wine and cook until reduced, 1 to 2 minutes.

Step 2
 If necessary, transfer ingredients to slow cooker. Add chicken and stock. Season with salt and pepper. Cook until vegetables are tender and chicken is cooked through, 3 1/2 to 4 1/2 hours on high or 7 to 9 hours on low.

Step 3
 Transfer chicken to a cutting board and shred with two forks. Discard bones; return meat to pot. Stir in noodles. Cook until noodles are just tender, 25 to 30 minutes on high and 50 to 60 minutes on low. Stir in parsley, dill, and lemon juice. Season with salt and pepper.

DIRECTIONS:

Step 1
 Optional: Heat oil in a 5 to 7 quart slow cooker using the sauté function or in a large pan over medium heat. Add carrots, celery, onion, and garlic and season with salt and pepper. Cook, stirring occasionally, until softened and



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