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Senior Living



An artistic retirement

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- **June 11: VA BENEFITS AND MEDICARE.** *Lots of great information for veterans and how Medicare can work alongside their VA benefits.*
- **June 25: MEDICAID AND MEDICARE BENEFICIARIES.** *Learn about programs available to dual eligible beneficiaries along with the extra assistance these plans offer.*

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Tireless gardener tends cemetery, grave of Adams County's first settler, War of 1812 veteran

BY TANYA ISCH CAYLOR

Dian and Al Herman bought their 70-acre farm along the Wabash River back in 1988 because Al had fallen in love with the natural setting while deer hunting there.

But Dian was especially taken with some old tombstones she spotted along the property. This, it turned out, was a small family cemetery containing the grave of Adams County's first white settler, Joseph French, for whom French Township and the old Berne French High School were named.

Over the years, as the Hermans constructed a lake, floral gardens and a quarter-mile walking path to the cemetery along the back of the property, Dian learned more about the life of Joseph French.

A lieutenant colonel in the War of 1812, French had migrated from New York state to Adams County in 1835, buying 1,400 acres along the west side of the Wabash near what is now the intersection Ind. 218 and Ind. 116.

French, who was 59 at the time, was said to have slept in a hollowed-out log for protection from wild animals and potentially hostile Native Americans.

Returning to New York for his family, he later returned and built a log cabin, raising 10 children, including a daughter, Melissa, who became the first white child born in French Township. A son from his first wife who had died earlier, Joseph Jr., also accompanied them.

Four generations of this family, including Joseph French Sr., who died in 1845, are now buried in the old French Cemetery, which after all these years contains more graves than headstones.

The Hermans, who lived in Linn Grove and used a trailer during visits to their property, finally dug a basement for the log house they'd always dreamed of in 2002. But before they could begin construction on the house itself, Al died of a brain aneurysm. Dian buried him in the old French Cemetery, near their 21-year-old grandson who was killed in a car crash the previous year.

Dian was devastated. But never one who liked to sit around, she decided to



Dian Herman stands next to the new headstone for Joseph French, the first white settler in Adams County and a lieutenant colonel in the War of 1812. (Photo by Tanya Isch Caylor)

continue construction on the home with her family's help. She has four children, including a son who now lives with her and runs a body shop on the property.

She continued beautifying the garden walk to the cemetery as well, and began offering tours during the annual Berne Swiss Days Garden Walks.

Now 79, Dian Herman continues to lead tours to the cemetery during the summer months, especially during July, when the flowering plants reach their peak. These days, visitors get to admire a new monument for Joseph French,

which was secured with funding from the VFW Post 6236 Auxiliary of Decatur in 2016.

The assistance Dian Herman received to mark Joseph French's grave is typical of other projects she's worked on over the years. Though she's put more sweat equity into the gardens than money – in 2006 alone she planted 1,500 marigolds, all volunteers from 30 starter plants the year before – at various points she's received help from people who've taken an interest in her projects.

Continued on page 23






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An artistic retirement

BY MARK MILLER

The word “retirement” has many connotations. For Bluffton’s Don Skinner, it proved to be an opportunity to pursue a path he had long contemplated.

A native of Paris, Illinois, he met Bluffton native Sue Cline sometime after they had graduated from the same high school in Paris. The two soon married; Don worked at a variety of jobs, served a two-year stint in the Army and then earned a degree in industrial design from the University of Illinois in 1974.

Cover Story

Graduating into what he describes as “a tough job market,” Sue suggested he

contact her cousin Bill Cline back in Bluffton about a job.

Hence, Don began working in the retail store of Cline Lumber Co. in 1974; he would eventually become the company’s president.

“I pretty much did everything or anything that needed done,” he pauses and then smiles. “I worked so Bill could go play golf.”

He joined the Bluffton Rotary Club that same year — Cline took him along to a meeting very soon after he arrived — and would eventually serve as the club’s president for a year and then as secretary for nearly 20 years, the longest such period of service in that key position in the club’s first 100 years.

Sue was diagnosed with cancer in the late 1990s and passed away in 2000. Don took a year off his Rotary duties towards the end, and then resumed being secretary a year after her death. But he quickly realized his heart was no longer in it.

“I sort of dropped out of humanity for a while,” he says now. “That was a rough period. It took me awhile to recoup. But then I married Cheri, and I’m as happy as I can be.”

Cheri Clefenger had been the respiratory therapist during Sue’s fight with cancer. As fate would have it, Don and Cheri’s paths would cross again a couple years later. They married in 2004.

Cline Lumber sold in 2008, becoming



Don Skinner, who will turn 80 this year, spends six or seven hours of a typical day of retirement in the studio in his Bluffton home. “It’s something I had always wanted to do,” he says. (Photo by Mark Miller)

Habegger’s Ace Lumber of Bluffton. At age 69, Don was ready to step down but not ready to slow down.

“I told (Cheri) I could either be a greeter at Walmart or do some painting and maybe sell some pictures,” he says now. He had always wanted to explore painting. His college degree included some art training but not along the artistic angles. He had worked as a draftsman between high school and college in Illinois.

“I could draw, but I always wanted to

paint,” he says.

And paint he does these days, devoting six to seven hours a day in his home studio. In a normal week, he will produce at least three watercolor paintings, but has, on occasion, produced several in one day in preparation for an exhibit.

Joel Harmeyer, executive director of the Creative Arts Council in Bluffton is a big fan.

“From six feet away, Don’s paintings look like photographs,” he says. “Upon

Continued on page 6

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Turning your hobby into retirement income

In the gig economy, many people take hobbies such as their talents, travel or food and turn them into very lucrative opportunities. The same approach has also benefited many retirees, who have discovered extra retirement income in what they enjoy doing.

The story about Bluffton's Don Skinner is just one example. On a much larger scale, the eSports market started as a community of online gamers and is now estimated to be a \$1 billion industry with investors including ESPN and YouTube.

Four Steps Toward Fun And Profit
So how do you take your passion and

Continued on page 7

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Two examples of the landscape watercolors by Bluffton's Don Skinner. He and his wife Cheri enjoy traveling to visit a variety of light-houses, as evidenced by the painting of one of those sightseeing trips on the right.

An artistic retirement

Continued from page 4

closer inspection, one marvels at the detail he achieves using watercolors.”

Don has had two exhibits at the Arts, Commerce & Visitors' Centre during Harmeyer's tenure. His 2018 show during the Bluffton Street Fair “had the highest attendance of any exhibit that year,” Harmeyer continues.

Although he does not aggressively sell his paintings online, Don has sold “a lot” through that means over the years. He does not have a website nor a Facebook page. Rather, he has garnered a growing group of “fans,” as he calls them. They will occasionally contact him and ask to see his latest work. He will take some pictures and send them

along, likely resulting in a sale.

He gained a number of those followers at an art show he participating in several years ago in Wawa, Ontario, just north of the Mackinac Bridge.

Most of his work, however, is sold at local and regional art shows. He estimates he has sold about three-fourths of all the paintings he's done.

He enjoys landscapes, particularly of

the Loblolly Marsh close to Geneva; officials at the Limberlost State Historical Site have asked him to show his paintings and he has done some on-site programs there.

“We're lucky to have such a talented artist right here in Wells County.,” Harmeyer says.

The writer is the editor of Senior Living magazine. seniorliving@adamswells.com



On The Cover: One of Don Skinner's favorite sources for landscapes is the Loblolly Marsh near Geneva. (Courtesy photo)



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Turning your hobby into income

Continued from page 5

turn it into cash? Here are four tips to see if you can turn your hobby into a generous source of income.

• **Search Popularity**—It's important to know how popular your hobby is to assess whether there's moneymaking potential. One way to gauge popularity is by looking at whether people are searching for it on Google. A free online tool, Wordtracker, can help you look at how many people are searching your hobby and items similar to your hobby. For example, if you search "food," it shows that approximately 7.4 million monthly searches are done on food. This is definitely a passion you should explore to make money.

• **Explore Social Fandom**—Another way to determine whether your hobby can be a moneymaker is to look at communities on such social networks as Facebook, Twitter, Instagram and LinkedIn. You can search #food, #travel and so on or look for groups related to your hobby. See how many members or followers these top groups or most

popular handles have to determine your potential fan base.

• **Test Your Concept**—Once you're certain there's interest, it's time to test the market and see what sells. It's quite easy to start your own eCommerce website or blog using platforms such as WooCommerce or WordPress. And if you're not very tech savvy, that's OK. There are companies such as Liquid Web that can fully manage and host your website or blog so you don't have to worry about security or the site going down.

• **Finally, Share Your Website**—Let it be seen by those superfans you find on social media and your fellow hobbyists. Make it fun and enjoyable. Set goals each month and see how you do. Try new ideas, attend events, and talk about your website with everyone you meet.

And that's how you can enjoy turning your hobby into cash.

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Secondhand smoke: How bad is it?

Q. How dangerous is secondhand smoke? My son smokes in the house and it is annoying.

Secondhand smoke—also called environmental tobacco smoke (ETS)—is made up of the “side-stream” smoke from the end of a cigarette, pipe, or cigar, and the “main-stream” smoke that is exhaled.

Nonsmokers exposed to secondhand smoke absorb the same 4,000 chemical compounds that smokers do. More than 60 of these compounds are known or suspected to cause cancer.

About one in a hundred deaths worldwide is caused by secondhand smoke, which kills an estimated 600,000 people a year, according to World Health Organization (WHO) researchers.

Secondhand smoke causes increased cardiovascular risks by damaging blood vessels, decreasing your ability to exercise and altering blood cholesterol levels.

Some research indicates that people exposed to a spouse’s cigarette smoke for several decades are about 20 percent more likely to have lung cancer. Those who are exposed long-term to secondhand smoke in the workplace or social settings may increase their risk of lung cancer by about 25 percent.

Some of the components found in tobacco smoke that are known to cause cancer or are suspected to be carcinogenic include: formaldehyde, arsenic, cadmium, benzene and ethylene oxide.

Here are a few other chemicals in



The Healthy Geezer

By Fred Cicetti

tobacco smoke along with their effects: ammonia (irritates lungs), carbon monoxide (hampers breathing), methanol (toxic when inhaled) and hydrogen cyanide (interferes with respiration).

Throughout the world, governments are taking action against smoking in public places, both indoors and outdoors. Smoking is either banned or restricted in public transportation. Several local communities have enacted nonsmokers’ rights laws, most of which are stricter than state laws.

Although air-conditioning may remove the visible smoke in your home, it can’t remove the particles that

continue to circulate and are hazardous to your health, so don’t delude yourself that running the AC is the answer to secondhand smoke dangers.

To solve your problem, you should try to get your son to seek help in fighting his addiction to nicotine. There are many programs available. Call your doctor for some recommendations. Meanwhile, for your own health, you should insist that he not smoke in your house.

If you would like to ask a question, write to fred@healthygeezers.com.

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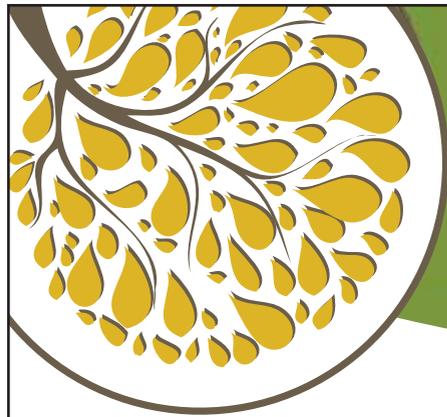
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Louisville Slugger integral part of America's pastime

BY ROD KING

Towering over the Hillerich & Bradsby building at 800 W. Main St. in downtown Louisville is a 120-foot tall baseball bat marking the home of Louisville Slugger bats. The enormous bat weighs

68,000 pounds, is constructed of carbon steel and has a hollow interior that can hold 30,000 gallons of water. The diameter at its base is nine feet, the

handle is three feet six inches and the knob is six-foot-six-inches ... perfect for a guy like Paul Bunyan.

It's leaning slightly as though it's ready to be picked up and taken to the plate by the likes of Babe Ruth, Joe DiMaggio, Ted Williams, Jackie Robinson, Roberto Clemente, Hank Aaron, George Brett, Ken Griffey Jr., or Derek Jeter.

These megastars are just a few of those who counted on Louisville Slugger and made it their bat of choice. Life-size replicas of some of them are scattered throughout the museum along with a host of hands-on exhibits about the game and the bat that put Louisville on the baseball map.

After purchasing admission tickets (adults \$15, seniors 60+ \$14, kids 6-12 \$8, kids 5 and under free), tour the factory to see bats being made. First stop is a lathe operator making a bat like it was done in the late 1880s. It takes him around 20 minutes to turn out a single bat.

Maple and white ash from 6,500 acres of timberland owned by the company in Pennsylvania and New York is used to make bats. Part of the tour shows how the logs are turned into bats and how the company reforests the property. As the tour progresses see chunks of bat-size wood moving along a conveyor belt and into a machine that turns out a bat in 30 just seconds.

Today around 3,000 full-size bats are

made per day and approximately 1.8 million bats of all sizes are produced each year. That number includes the 18-inch souvenir bat each guest receives at the conclusion of the tour.

Back in the museum, stand behind home plate and see a 90-mile per hour fast ball slam into a dummy catcher. In another exhibit guests are invited to step to the mound and throw a strike. After putting on gloves, visitors are welcome to pick their favorite player's bat from a rack for a photo opportunity. A short film called "Heart of the Game" glorifies America's Pastime.

The story behind the Louisville Slugger baseball bat involves Bud Hillerich, who was a teenage apprentice in his father's woodworking shop where they made butter churns. Bud, an avid baseball enthusiast and amateur player, skipped work one day to watch the



The monster baseball bat in front of the Louisville Slugger factory and museum in downtown Louisville is 120 feet tall and weighs 68,000 pounds. Tour of the factory shows visitors how bats were made in the late 1800s and today. (Photos by Rod King)

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Louisville Eclipse play. When Pete Browning broke his bat, Bud offered to make him a new one. According to the story, Browning got three hits in the next game with the bat made by Bud. By the way, Pete Browning's nickname was "The Louisville Slugger."

The Louisville Slugger became the company's registered trademark in 1894 and Bud's father made him a partner in 1897. In 1970 its factory was moved across the river into Jeffersonville, Indiana where it operated for 25 years.

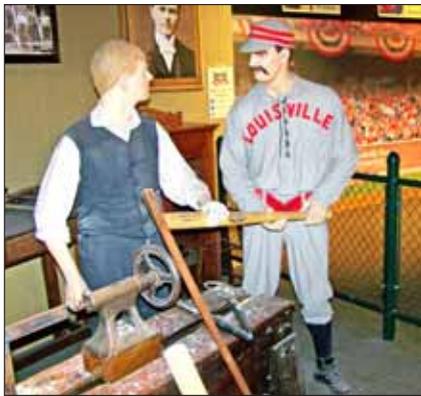
The writer, a Fort Wayne resident, may be reached at natrod2002@yahoo.com



At left, George Herman "Babe" Ruth started his baseball career as a pitcher for the Baltimore Orioles, was traded to the Boston Red Sox and then to the N.Y. Yankees in 1919. He hit a record 60 home runs in 1927 and was in the first class to be enshrined in the Baseball Hall of Fame in 1936.



Right: Star players like Joe DiMaggio, Babe Ruth, Ted Williams and others are featured in this museum display. These and other players chose Louisville Slugger as their bat of choice.



At left: Apprentice Bud Hillerich played hooky from work at his father's woodworking shop to watch a Louisville Eclipse baseball game in which the team hero broke his bat. Bud, left in this vignette, made a new bat for Pete Browning whose nickname was "the Louisville Slugger".



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Tourism is the 'heartbeat' of the Nappanee community

BY DENISE FEDOROW

The Goshen News

NAPPANEE — It may not have a beach or an amusement park, but Nappanee is still a tourist destination, and those who live and own businesses in Nappanee welcome those visitors to their city.

Summer Travel

Executive Director of the Chamber of Commerce and Redevelopment Commission Jeff Kitson said, "It's hard to put an economic value on it, but tourism is the vital heartbeat of Nappanee. We're trying to make it sustainable 365 days a year."

Amish Acres, on the west side of town, is a big reason why Nappanee is on the map of tourists regionally, nationally and even internationally. Owner and founder Richard "Dick" Pletcher said a guest register kept in the one-room schoolhouse on the grounds of the attraction, shows visitors from 37 different countries outside the US. Visitors also come from all over the country to visit the Amish farm and homestead and to see a play in the Round Barn Theatre.

Amish Acres will be celebrating its 50th anniversary this year. Pletcher said lots of special events are planned, starting with a kickoff Amish haystack supper on May 17 with donations going to New Beginnings Birthing Center and Sunshine Workshop. There'll be a large number of sculptures made from old saws and other implements that will provide a photo backdrop for visitors. There will also be a quilt giveaway with a windmill design in honor of Amish Acre's trademark image.

"We'll also have special events on social media — sweepstakes and giveaways," he said.

There'll be a visual 'throughout the years' display and Pletcher said, "People will have fun visiting and reminiscing with us this year."

Coppes Commons, located east of downtown, has become another destination for visitors since the first shops opened in 2008. The former kitchen cabinet factory has been refurbished into a collection of unique shops and eateries, but the adjacent Coppes Cabinet shop is



Bethany Miller, of Nappanee, uses liquid nitrogen to freeze ice cream Tuesday afternoon at Rocket Science Ice Cream in Coppes Commons. Goshen News photo by Ben Mikesell

still in operation.

Mike DeCola, general manager said, "Tourism is important to our facility." He said the majority of visitors are within driving distance — Chicago, South Bend, Indianapolis, Fort Wayne — but because they also have a quilt garden they get the tour buses of out-of-state visitors as well.

DeCola said they work with Elkhart County Convention and Visitor's Bureau and the Nappanee Area Chamber of Commerce to attract visitors as well as using social media and rack cards in Ohio, Michigan and northern Indiana.

Coppes Commons is home to several eateries, including Rocket Science Ice Cream, Nappanee Bakery, Culinary Mill & Deli, Perfect Twist Pretzel and Dutch Kernel as well as specialty shops Light of Grace book and gift store, Teapots and More, Countryside Shoppes, Dutch

Lady Antiques and Lera's Rugs. Two more shops are set to open June 1.

Director of Communication and Public Relation for the ECCVB Terry Mark said they partner with cities like Nappanee "on every level — city government, chamber of commerce, businesses, individual groups and non-profits."

Mark said the most visible tourist event for Nappanee and the county is the annual quilt garden tour, now in its 12th year. Nappanee has two gardens plus several quilt murals. Aside from that tour, ECCVB is an active sponsor of local festivals and non-profits. Mark said it's those kind of things that "really connect people to a community and make life richer so it's not just about work and living but a chance to see and enjoy your neighbors and connect."

Mark said based on their research and

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surveys conducted every two years, visitors to Elkhart County spend \$370 million a year on shopping, eating, lodging and attractions. He said that also has a multiplier effect and businesses hire more employees, add on, contract other services, etc, resulting in an additional \$176 million in economic impact.

Marilyn Miller, owner of Veni's Sweet Shoppe, said her candy store sees more out-of town visitors versus out-of-state, but people bringing their RV's to Newmar's service center is the exception.

"I find a lot of those people with extra time on their hands wandering in and out of the stores downtown," she said.

She often hears people say they "like the idea of the mom and pop shops" and she said for visitors wanting to take a gift home, her shop offers something for those who have enough of everything else.

Denny Miller, manager of Kountry Cabinets and Home Furnishings, said they likely couldn't survive just on the city's population.

"Sometimes our tourists come from Plymouth or South Bend," he said.

Miller said often their visitors will walk

out with small items, but he said their staff is all trained to be ambassadors for the Borkholder Furniture brand and for the town. He said he estimates maybe 5% of their business is from tourists, which might not seem like much, but can be considerable and what can't be measured is the referrals to the visitors as to where they can buy the furniture in Denver or Chicago. The staff also advises visitors where to go to find Amish baked goods or whatever they're looking for.

That kind of helpfulness is what Kitson said Nappanee excels at.

"I challenge anyone to tell me someone doing a better job than Nappanee," he said.

Aside from friendliness, Kitson said the prices are affordable compared to big cities and businesses in town don't raise prices when a large event is going on — on the contrary they "often offer more discounts to attract those visitors to their business."

Kitson said they want visitors coming back regularly and to spread the word.

"We strive to welcome everyone with open arms and make them part of our town and family," Kitson said. **SL**



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AFTER



BEFORE

Winery's platypus makes up for elusive lake monster

BY TANYA ISCH CAYLOR

A legendary lake monster lured us to Rochester. But what we found was an oversized platypus instead.

Sightings of a monster in Lake Manitou date back to 1827, when the lake was created to fulfill the requirements of an Indian treaty that called for the



Hoosier Fun

construction of a grist mill.

The Potawatomi people, who for generations had fished the five smaller lakes that were flooded by the damming project, were presumably uneasy about the sudden appearance of a 55-foot deep, 778-acre body of water. Spooked by Indian talk of a sea monster, workmen constructing the nearby mills also began to report sightings.

According to an article published in the Logansport Telegraph on July 21, 1838, the monster was 60 feet long with what one reputable witness described as a three-foot-wide “beef’s head” and a dingy coat with yellow spots.

A painter who visited Potawatomi and Miami sites in the late 1830s to chronicle the tribes’ forced removal from the Great Lakes region was fascinated by the lake monster – enough so that he painted a “Diagram for Trapping the Lake Monster” in 1839.

Decades later the painter, George Winter, wrote in an 1871 letter to a colleague that he “felt a deep interest in this inland lake as I had gathered up the facts in relation to the Indian story associated with it.”

We didn’t find any sign of the monster on a rainy Saturday in April as we drove around the lake, a little over an hour northwest of Bluffton on Ind. 31. Nor did we see any evidence that the creature had been adopted as a tourism-boosting town mascot.

We did, however, discover a 6-foot-tall stuffed platypus inside Schnabeltier, a combination winery, brewery and cheese-making operation on the edge of town.



Schnabeltier is a combination winery, brewery and cheese factory in Rochester. For winery hours and a schedule of summer live music events, check out the website at schnabeltier.com. (Photos by Bob Caylor)

Owners Rex and Kris Robison chose the name, which is the German word for platypus, because of a family joke about their struggles to find souvenirs for their platypus-collecting oldest daughter on business trips to Germany for RapidView, their high-tech sewer camera business.

Because the Robisons loved going to wine and cheese tastings in Germany, eventually they decided to start their own cheese-making operation back home in Rochester, using Old World European methods but locally sourced ingredients.

Our tour guide, Beth Howard, told us that the milk for Schnabeltier cheese comes from a herd of 80 grass-fed, hormone-free cows on a farm near Bourbon, Ind. Though there wasn’t any action in the production area that day – cheese is made on Mondays – we got to peek inside the room where wheels of gouda, asiago, swiss and gruyere were resting on shelves designed to hold up to 20,000 pounds of cheese.

Wine-making and cheese-making seemed to go hand in hand, and Schnabeltier now makes 29 varieties. Last fall they added a line of craft beers as well.

Though there isn’t a menu per se, Schnabeltier wines come with recom-

mendations for which cheeses pair best with them, and both can be enjoyed at cafe-style tables indoors or out.

Tastings are \$4.95 for five wines. Guests are given wooden tokens and a paper placemat covered with wine logos arranged from dry to sweet. Simply place your tokens on the wines you wish to try.

We didn’t sample any of the craft beer that day, though we did bring home a growler of Involuntary Dismount pale ale.

Like so many small Hoosier towns, Rochester’s neglected downtown appears to be slowly undergoing a transformation. Walking around a bit after the rain subsided, we checked out a small record shop before having dinner at a tony restaurant called Evergreen. A small art gallery and a theater appear to be undergoing renovation.

We didn’t get around to checking out the Round Barn Museum, a small living history village, or the Judy Burton Nature Preserve along the lake. Maybe we’ll do that next time, if we come back to refill our growler at Schnabeltier during one of the live music events they have scheduled over the summer.

The writer, a resident of Wells County, can be reached at tischcaylor@gmail.com.



An oversized stuffed platypus greets guests to the Schnabettler Winery and Cheese Factory in Rochester.

BRAIN EXERCISE

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. Answers on page 32.

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Indiana's Azalea Path Botanical Garden offers petals, trails

BY AIMEE BLUME

Evansville Courier & Press

HAZELTON, Ind. — The gorgeous, blooming shrubs. The winding paths. The secret fairy gardens. The cozy, off-the-beaten-path seats. The Azalea Path Botanical Garden and Arboretum is the

Summer Travel

Southwest Indiana's very own Secret Garden.

"This is everybody's yard," said Beverly Knight, who owns the Garden and Arboretum in Hazelton with her husband Stephen. It is just an hour from Evansville and is a hidden gem. Yet for people in the know, it's a popular outdoor springtime destination.

Knight grew up in Vanderburgh County living near Cynthiana. She drove for UPS, and on her route enjoyed finding



Southwestern Indiana's Azalea Path Botanical Garden provides acres of more than 5,000 plants, trails for a floral retreat. (Photos courtesy of the Evansville Courier & Press)

landscaping ideas — and wanted lots of land to implement them. She and her family eventually found a larger plot straddling the Pike and Gibson County line and started building a home and garden.

One of Knight's friends on her route was Dr. Henry Schroeder, a renowned hybridizer of azaleas.

"I loved azaleas, just loved them," Knight said. "When I'd see Dr. Schroeder, he would ask if we were going up

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to our ground and send a tray of azaleas for me to plant. He was one of the most prolific hybridizers in America.”

Knight didn't plan for her home to be a tourist destination at first, but she is located close to Smith's Greenhouse, and when customers drove by and saw her flowers, they'd pull in thinking it was the greenhouse. Then they'd ask to look around a little, and then they'd show up later with friends.

“I figured I should just open to the public,” she said.

It was the beginning of something that grew and continues to grow.

Knight's original 15 acres have grown into much more, with 25 acres now landscaped and more sections coming every year. There are thousands of azaleas, paths and statuary. They've added two lakes. Next year she's adding a legacy garden for Dr. Shroeder, and eventually, a creek on the property will be landscaped.

The gardens include many unusual trees, plants and gorgeous landscaping where weddings are scheduled every weekend during the summer.

There's even a deck with seating, beer and wine where visitors may enjoy a picnic lunch they bring along. Until mid-June, Azalea Path is open from 7 a.m. to 7 p.m. daily so visitors can come before it gets hot or after work.

Visitors to Azalea Path often make a day of it by stopping in Sullivan's Grocery and Diner, a historic eatery just a couple miles down the road. The building was erected in 1883, and Jeff and Terri Sullivan have owned it for 21 years. Sherri Sullivan is the manager.

“This place was built originally as an Odd Fellows club,” Sherri said. “After that, it became a small grocery store where they served cold cut sandwiches for years. When my brother and his wife bought it, they started serving hamburgers, fish sandwiches and tenderloins.”

Folks missed the big fish sandwiches that used to be sold at the Gibson County fair so the Sullivans came up with “Tad's Fair Fish” sandwich — a large slab of white pollock in a puffy secret batter, served piping hot on a bun with leaf lettuce and tartar sauce.

Sometimes homemade baked goods are available, and during cold months, homemade soups are offered.

We ran into Sheila Austin of Evansville having lunch at Sullivan's after a trip to Azalea Path. It was her first journey to the area, and she was glad she'd made it.

“When we were at Azalea Path somebody recommended we eat here,” she said. “The flowers there were breathtaking, and I liked the idea of eating here because it was an old-time grocery store. The food is great, just what you'd expect from an old-fashioned diner. We thoroughly enjoyed ourselves today. This is a hidden gem that a lot of people don't know about; I posted so many pictures and got a lot of comments.”

SL



One of the many chainsaw woodcarvings at the Azalea Path Botanical Garden.


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Don't forget this on your next trip

BY CHRISTOPHER ELLIOTT

You'll probably forget something on your next trip. It might be as inconsequential as a pair of socks, or as important as lifesaving medication. But you will. At least that's what the surveys — and you — say.



More than 8 in 10 travelers forgot something while they were on vacation, according to a survey by Minimus.biz, a company that specializes in travel-size products. The most commonly overlooked item? Toothbrushes, followed by clothing and shoes, toothpaste, toiletries, socks, hair appliances and chargers.

**On
Travel**

"It was interesting to see the age of the person determined which items they forgot the most," says Paul Shrater, Minimus's chief operating officer. "Younger people forgot things like food, chargers and socks. Older people forgot things like medication, eyewear and shampoo."

What is it about travel that makes us forget? And how do you prevent the kinds of oversights that can derail a trip? Seasoned travelers and memory experts have a few answers, and you'll want to remember them before you leave for your next trip.

"My husband and I have been forgetting things more and more," Paula Parker, an administrative assistant from Atlanta, says in an email. "In the last month, we've left two items in the overhead compartment ... my husband's sports coat and, on another flight, my fleece."

Larry Waight, who works for a digital marketing agency in Belize, says he has lost his fair share of things. Waight developed two techniques to prevent a loss of travel documents. "When I'm at an airport, I check every 10 minutes to make sure I have my passport with me," he says. He also uses a smartphone app called Evernote to store reminders and to-do lists. "I write down everything I will need for my trip to not forget it," he adds.

There's a scientific explanation for our absent-mindedness.

"People are more likely to forget something if the activity is not part of their routine," says Douglas Scharre, director of the division of cognitive neurology at Ohio State University's Wexner Medical Center Neurological Institute. "It takes extra effort in our brain to complete all necessary tasks if our routine is disrupted, such as when traveling. In our busy lives, we rely on our routines to get up, get dressed, groom, and out the door to work. We are often in automatic mode."

When you travel, you're not in "automatic" mode — and are more likely to forget something.

People also forget things because there's so much to remember. It's not just your itinerary, food, electronics and carry-on, but also what to do with it all. Now that you're at the airport, which terminal? Which gate? And once you're at your destination, try remembering the WiFi password at your rental house or your hotel room's number. It's

no wonder people leave chargers and toothbrushes in their rooms. They have a lot on their minds.

At the Pechanga Resort & Casino in Southern California, guests left 37,243 items in rooms last year, says Shirlene Orr, the lost-and-found property officer. Cellphones were at the top of the casino's most-forgotten list, with 4,754 devices left in guest rooms in a year. Half of them find their way back to their owners, she says.

I know how those guests must feel. You name it, I've probably left it in a hotel room. That includes a phone, a tablet computer, various chargers, an electric razor, several electric toothbrushes, every possible clothing item and, in one memorable case, one of my children (quickly recovered, of course).

My method of remembering: Double-check everything, starting with your itinerary and ending with your hotel checkout. That means reading your confirmation screen twice and going through your hotel room twice before

Continued on page 32

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Adams Central Class of 1966 graduates (from left) Karen Beer, Marcene Gilliom, Wanda Bieberich, Connie Shady and Etta Steffen visited their former teacher, Florence Kellogg, front center, on her 101st birthday in March. (Courtesy photo)

Teacher, 101, reconnects with former students

BY TANYA ISCH CAYLOR

Etta Steffen was taking a new resident's lunch order at Christian Care Retirement Community one day when she was surprised to discover she was speaking to one of her favorite teachers from high school.

"We hadn't seen each other for more than 50 years," the 1966 graduate of Adams Central High School explained.



Long retired teacher Florence Kellogg as she appears in the 1967 Adams Central High School yearbook.

Florence Kellogg taught English and French at Adams Central, but only for three or four years before she had to move out of

state because her husband was ill.

Kellogg, who lived in Bluffton in those days and still has a daughter in town, enjoyed getting reacquainted with Steffen, whom she recalls as a "good student." Kellogg has since befriended Steffen's mother, fellow Christian Care resident Josephine Schwartz, as well.

In March, when Kellogg turned 101,

Steffen and a group of close friends from high school decided to surprise their former teacher with a birthday cake.

"It was a really nice surprise," Kellogg recalled recently.

Kellogg played the piano for the group of women, who jokingly refer to themselves as the "Fabulous Five." Steffen said she and Karen Beer, Marcene Gilliom, Wanda Bieberich and Connie Shady still get together regularly to celebrate birthdays. They mark milestone ages – 60, 65, 70 – by taking a cruise or trip together.

Though Kellogg finds handwriting more difficult these days than playing the piano – "sometimes I can't even read my own writing," she admits – she was inspired to write each of her former

students a heartfelt thank you note.

Kellogg, who said she "moved around a lot" before eventually settling in Hartford City, has reconnected with other former students as well since she moved into Christian Care. She even attended a reunion of the Adams Central Class of 1967, which included Steffen's brother, Loving Shepherd Ministries founder Ed Schwartz – whom Kellogg once sent to the principal's office.

"It was the passing period between classes, and he and another boy were standing outside my classroom, sparring with each other," Kellogg recalls.

She told them to cut it out and go into the classroom, but the boy known then as "Little Eddie" Schwartz resisted, pointing out that they still had a minute

Continued on page 23

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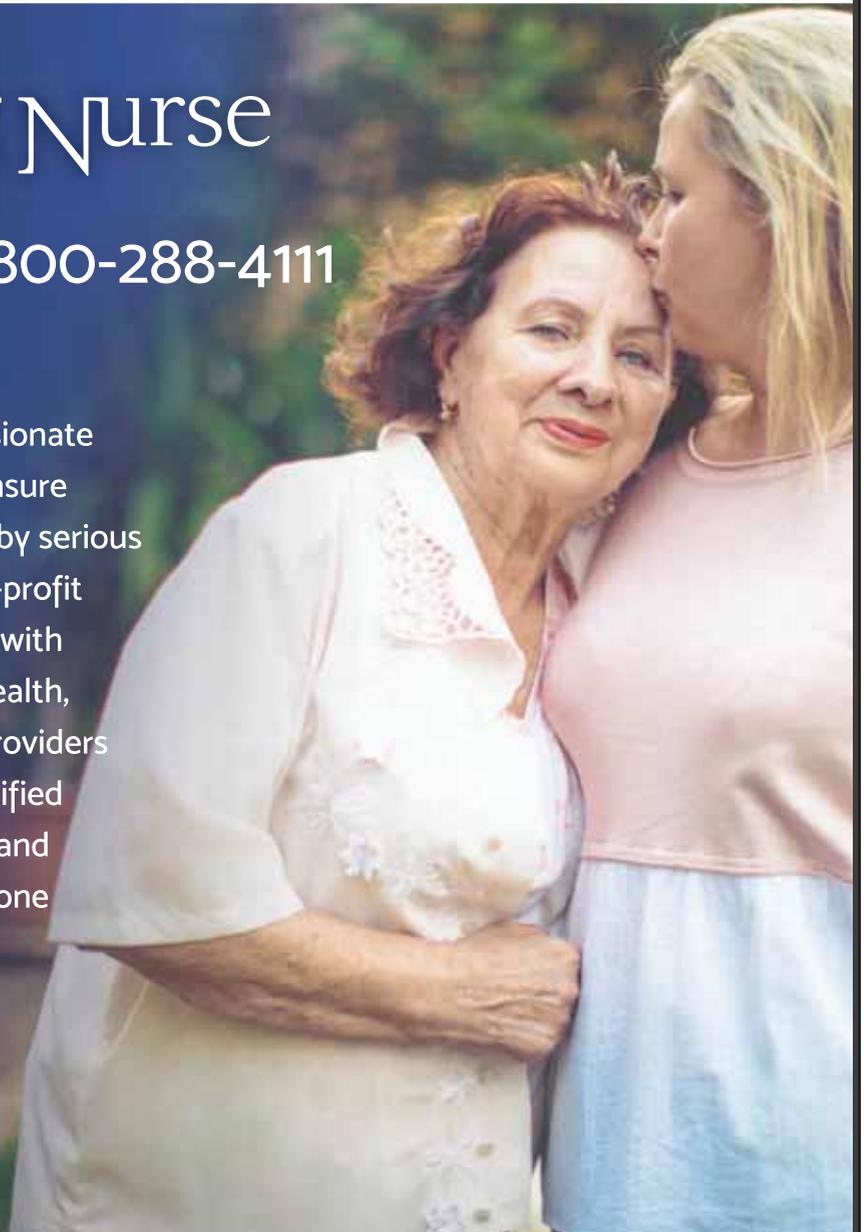
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Tireless gardener

Continued from page 3

One lady donated lumber for a gazebo, then asked her to hang a sign there: “God Winks.” This, the woman explained, was her name for unexpected gifts from God.

Whether it was the neighbor who offered to help her haul 20 bags of cement for a bridge she put in or the tireless efforts of Adams County Veteran Services Officer Ron Bollenbacher to help her find funding for Joseph French’s tombstone, Herman feels like she’s experienced plenty of “God Winks” since moving to the property.

“Everything I’ve got out here is a miracle,” Herman says. “I want God to have the credit.”

Do you have a story to tell or know someone who does? tischcaylor@gmail.com

Teacher reconnects

Continued from page 20

and a half left before class was to begin. “He was a nice kid,” she recalls, “but he just didn’t want to go in.”

Schwartz clearly didn’t hold a grudge about getting in trouble that day, because he’s since loaned his senior year-book to Kellogg. In the book, she identified another teacher who used to drive her from Bluffton to Adams Central.

Kellogg, who grew up in Pennsylvania and Louisiana, said “there was a little write-up in the paper” when she and her family moved to Bluffton because her husband was the new agricultural extension agent. The article must have mentioned that she was a teacher, because the next thing she knew, Adams Central officials were contacting her about a job.

“I said I couldn’t do it, because I didn’t drive,” she recalls. “But they said a Miss Williamson could take me. You know, I don’t think they even asked her.”

Kellogg, who takes her increasing forgetfulness in stride – the natural consequences of trying to store a century’s worth of memories in your head – found herself pausing to reflect briefly on the older teacher, who has almost certainly passed on by now.

“She had an interesting background,” Kellogg recalled, “but I can’t remember what it was.”

Do you have a story to tell or know someone who does? tischcaylor@gmail.com



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Compact heirloom gleams again after restoration



This 1933 American Austin has been a part of Jim Trumbower's life since his father bought it, thoroughly used, when Trumbower was 4 years old.

BY BOB CAYLOR

The antique minicar in Jim Trumbower's garage near Zanesville has been a part of his life since he was a little boy. After he retired, he restored it to better-than-new condition.

The 1933 American Austin Suburban is no daily driver; it's more an occasional contortion for Trumbower, who is 6 feet 1 inch tall, to fit

behind its wheel. But it runs beautifully. In car-show season, he and his wife, Sandra, sometimes tow it on a trailer to gatherings of car buffs to show it off or drive it in the Bluffton Street Fair parade.

Its wheelbase of 75 inches is not quite 2 inches longer than that of a SmartFortwo, the smallest minicar familiar to most drivers on today's roads. Its

45-cubic-inch engine, about 0.75 liters in displacement, is half the size of engines in modern econoboxes such as the Chevrolet Spark or Honda Fit. Its power? Fresh off the assembly line, it was rated at 14 horsepower, somewhere on the weak end of the range of power in today's riding lawn mowers.

Yet it is so small and light — roughly 1,100 pounds, as it came stock from the Butler, Pennsylvania, plant where it was manufactured — that those 14 horses were good for a top speed of 45 mph. Some daredevil sources said the Austin American could attain even 55 mph. Trumbower reports that for his Austin, a comfortable cruising speed is 35-40 mph.

This deep maroon classic is much more than the sum of its itty-bitty specifications. It's an enduring link to

Trumbower's father, his childhood and his teenage exploration of the fun cars can provide.

When his father was in high school, he was taken with the looks of the Austin, and he bought one himself in the late 1930s, Trumbower said. Affordability was always the Austin's prime selling point; new, they sold for \$350 each during the Great Depression, which encompassed the 1930-1934 model-year run of the American Austin. The cars were produced under license from the much more successful



Austin Motor Car Company in Britain. In 1949, when Trumbower was only 4 years old, his father bought another Austin. "He bought it just because he liked the Austin when he was in high school," he said.

"The Austin came in very rough

"The Austin came in very rough

"The Austin came in very rough

shape,” he said, remembering that it had a broken crankshaft that kept it benched for years. When he was 14 or 15, he recalls, his dad pulled the engine from the Austin and traded it for a two-cylinder engine from a Crosley, a better-known manufacturer of tiny cars. Trumbower and his brother got the Crosley engine running, and the Austin was rolling again, right into the imaginations of teenage boys.

“We took the fenders off it and made it kind of a hot rod,” Trumbower said. The Crosley engine was as modest a powerplant as the original equipment in the Austin, so the heat in their rod was mainly cosmetic, provided by flames they painted on the car’s side.

Trumbower left the Austin behind and became a mechanical engineer and later a farmer. The American auto market left the Austin behind, too. As Trumbower explained, the Austin had to compete for bargain-hunting buyers with the Ford Model A, introduced in the 1928 model year. In its cheapest trim, the Model A sold for only \$385, and came with an engine four times as large, with nearly three times the horsepower, of the Austin.

“There were lots of Model A’s, and they were a lot better car,” he said.

Following a bankruptcy, American Austin became American Bantam in 1935, tinkered with the Austin’s design enough to avoid patent infringement and built the Bantam from 1937-1941. The Austin and Bantam never sold well and became footnote automotive makes, except in the eyes of a few devotees.



Left: Jim Trumbower takes off his shoe to make it easier to squeeze his left leg into place. Above, a look inside the spartan interior. (Photos by Bob Caylor)

“Austins were considered clown cars in some circles. They used to use them in circuses,” Trumbower said.

In 2010, after he retired, he turned his attention to restoring the Austin. His meticulous work created a car undoubtedly better than what rolled off the assembly line 86 years ago. Its deep maroon finish is built from 21st-century paint, including automotive clearcoat. Its immaculate upholstery was crafted by Marcus Marquart, of Marquart’s Custom Creations in Waynedale.

Through his patient labor and long search for obscure parts, Trumbower has built a rolling ambassador from a distant age in the auto industry, when hundreds of forgotten brands competed for buyers.

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3 barbecue books will help you get your grill geek on

BY J.M. HIRSCH

AP Food Editor

With grilling season upon us, let's all take a moment to reflect on the various ways we send our food to the fire.

There is, of course, Monday through Friday grilling. This is when the intense

heat of the grill helps us along that painful march to what we call "week-night dinner."

This is where we crank the grill — gas only, thank you very much — slap some chicken or salmon or veggies on the grates and call it good about 15 minutes later.

Then there is weekend grilling. Real grilling. This is when we have the luxury of getting our geek on. This is when we break out the charcoal and the wood chips and the water pans. This is when we marinate, baste, rub, soak and slather, then use a heat that is low and

slow to nuance thick slabs of pork and beef.

And every year, book publishers unleash a deluge of grilling and barbecue books to help you navigate all of this. Selfless man that I am, I waded through them all so you don't have to. The short take — this is going to be a great year to be a grill geek. There are some fine new books ready to walk you down that fiery road.

• **"Franklin Barbecue: A Meat-Smoking Manifesto"** by Aaron Franklin and Jordan Mackay

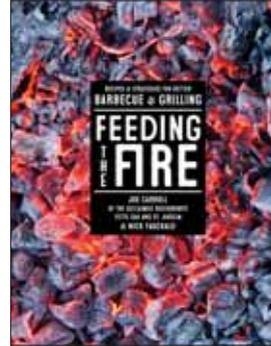
This is more text book than cookbook, and that is a delicious compliment. Aaron Franklin — co-owner with his wife, Stacy, of Texas' cultishly popular Franklin Barbecue — spends 122 pages walking the reader through every step of classic smoke-based barbecue, from how to build a smoker and what sort of wood to burn to which meats

work best and how to trim and slice them. And that's all before he ever gets to the recipes.

For that, you get another 75 pages that take you through everything from how to make a great dry rub to how to maintain an ideal cooking temperature. Finally, he gets to the actual recipes, and he spares no detail. Fourteen pages to cook a pepper-rubbed brisket? Yes, please! Ten pages for pork spare ribs? Why not?

• **"Feeding the Fire"** by Joe Carroll

Where Franklin is steeped in Texas barbecue culture, Joe Carroll is more have-it-your-way. This New Yorker — the man behind a string of big deal barbecue shops, including Fette Sau — found his own way in the barbecue world, borrowing ideas and approaches from various Southern traditions. The result is more freewheeling, but no less educational or delicious.



Summer Grilling

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Carroll starts off teaching you how to barbecue no matter what your equipment, whether gas grill, charcoal smoker or kettle grill. He doesn't spare the how-to details, but he gives equal time to the recipes, including sides and drinks. And everything packs big, bold flavor. I kind of want to take a bath in his "tiger sauce."

• **"Smoke it Like a Pro"** by Eric C. Mitchell

When it comes to gear, true barbecue geeks generally go one of two ways. They either build their own rig or the buy a Big Green Egg. And if you don't know what the latter is, you aren't a grill geek.

For those who are, Eric Mitchell has written the definitive guide to walk you through your favorite toy (though he also covers other ceramic-style grills). He keeps the front matter to a minimum, instead focusing on the many ways low and slow charcoal cooking can be a transformative experience. The "Sully's marinated steak tips" sounds trashy (Coke and Italian dressing are ingredients), but I can't help but want them.

jhirsch@ap.org

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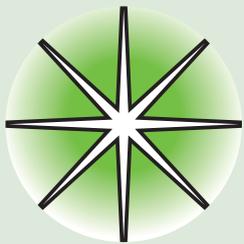
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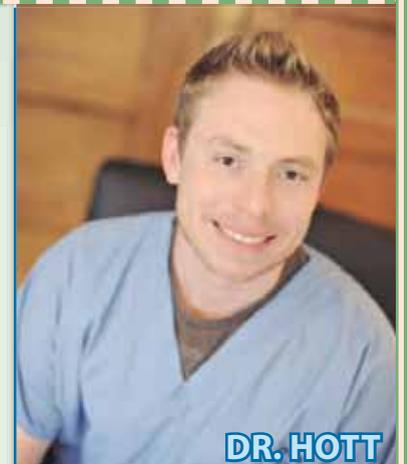
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Juicy Lucy Burger!

There's no better time to cook on the patio or deck. Step outside your comfort zone and create some "wow-worthy" dishes with big flavors with these recipes from McCormick and chef Roger Mooking from Cooking Channel's "Man, Fire, Food."

Get started with these ideas:

- Once ribs are grilled until tender, use a sharp knife to carefully slit skin on the back of each rib for easier bone removal.
- Make a giant cheese-stuffed burger by lining a 9-inch round cake pan with foil. Add in half of the ground beef followed by a cheese layer. Top with remaining ground beef and shake on seasoning for maximum flavor.
- Brine pork chops in the refrigerator for 8-10 hours before grilling to infuse with flavor and help make tender and juicy. Top with caramelized apples cooked in a cast-iron skillet.

Giant Bacon-Cheddar Juicy Lucy Burger

Servings: 8

- 2 tablespoons McCormick Grill Mates Montreal Steak Seasoning, divided
- 2 pounds 80 percent lean ground beef
- 8 ounces sliced medium or sharp white cheddar cheese
- 1/4 cup mayonnaise
- 1/4 cup yellow mustard
- 8 long pickle slices, plus 2 tablespoons brine
- 1 round loaf soft bread (10 inches), cut in half horizontally

- olive oil
- sea salt
- freshly ground black pepper
- 1 large heirloom tomato, thinly sliced
- 1 small red onion, thinly sliced
- 8 slices bacon, cooked
- 2 cups shredded iceberg lettuce

Line 9-inch round cake pan with aluminum foil, leaving extra foil over edges of pan. Sprinkle with 2 teaspoons steak seasoning. Press half of ground beef into cake pan. Layer cheese in

middle, leaving 1/2-1-inch border around sides. Sprinkle with additional 2 teaspoons seasoning. Top with remaining ground beef in even layer and press to seal in cheese. Sprinkle with remaining seasoning.

Lift burger from cake pan using foil. Press to flatten to about 11 inches in diameter. Refrigerate until ready to cook. (Patty can be assembled up to 2 hours in advance.)

In small bowl, whisk mayonnaise, mustard and pickle brine until smooth.

Summer Grilling



Spend less time in the kitchen this summer with easy desserts

When the grandkids are at your house and begging to play outside and the sun is too perfect not to be enjoyed, who wants to spend all their time in the kitchen?

Whether you're feeding hungry guests or preparing simple meals for the family, quick and easy no-bake desserts are key essentials for barbecues, picnics and any dining you do this summer.

You can easily make this patriotic-themed recipe a part of your al fresco spread:

Oh Say Can You See Skewers

Ingredients:

- 1 family pack of Tastykake Mini Koffee Kake Cupcakes
- 1 carton of strawberries
- 1 carton of blueberries

Instructions:

Layer bite-sized pieces of Tastykake's Mini Koffee Kake Cupcakes, straw-



berries and blueberries on a skewer to resemble an American flag.

Or, try this recipe for another fast, fun treat that makes entertaining easy and fun.

Patriotic Pops

Ingredients:

- 1 pack of Peanut Butter Kandy Kakes
- Candy melts (red, white and blue)
- Popsicle sticks

Sprinkles

Instructions:

1. Place the popsicle stick in one end of the Tastykake Peanut Butter Kandy Kake.
2. Melt candy melts in a bowl.
3. Dunk the Kandy Kake into the candy melt, lay on parchment paper and put in the refrigerator to cool
4. Pour remaining candy melts (melted) into a ziplock bag. Cut a small hole in the bottom of the bag.
5. Use the bag of icing to draw on stripes or stars onto the cooled cake pop. Add sprinkles.
6. Place back into the refrigerator to cool.

When it comes to delightful desserts, think simple in order to make your summer a sweet success. Easy recipes and entertaining ideas will give you more time to spend with family and friends.

(StatePoint)

Cover and refrigerate.

Remove most of soft insides from top of bread to make hollow. Reserve insides.

Prepare grill for indirect medium heat at about 350 F.

Brush grill grates with oil. Hold burger on foil bottom and flip onto indirect-heat side of grill; peel off foil. Cook until sides of burger are cooked and it feels firm when lifted with spatula, about 8-10 minutes. Using two spatulas, carefully flip burger. Close grill and cook until burger is cooked through and cheese is melted, about 5-8 minutes longer. Move to direct-heat side of grill for 1-2 minutes per side for more char.

Brush cut sides of bread with olive oil and sprinkle with salt and pepper. Grill on direct-heat side of grill until bread is toasted and grill marks appear, about 3 minutes.

Place bottom half of bread on large cutting board. Spread with half of mustard sauce. Place burger on top and top with tomatoes, onions, pickles and bacon. Spread top of bread with remaining mustard sauce and fill with lettuce. Place top of bun on burger and cut into eight wedges. (Family Features)



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Foods on the barbie need not be unhealthy

Barbecue season is in full swing, and that means many evenings spent dining outdoors with a feast of grilled foods at your beck and call. Such foods may be delicious, but some barbecue stand-

Summer Grilling

ards may not be ideal for those trying to maintain a beach-ready body. But even if a trim waistline is your ultimate goal, you can still enjoy your favorite grilled foods by making a few smart food choices and substitute high-fat foods for healthier fare at your next backyard barbecue.

BAD: BBQ ribs may be savory, but they have a high fat-to-meat ratio. Whether your ribs are pork or beef, each bite delivers much more fat than meat. These cuts of meat are among the fattiest parts of the animal to eat and contain a high amount of saturated fat, according to the American Dietetic Association. Saturated fat can contribute to cardiovascular disease and increase risk of type 2 diabetes. Ribs can pack

on the pounds, too.

BETTER: Rather than fatty ribs, opt for a lean pork loin that can be slathered in barbecue sauce and spices. The loin also can be smoked and shredded to make tasty pulled-pork.

BAD: What would a barbecue be without a helping of rich and creamy potato salad? Potato salad is typically the go-to side dish accompanying burgers, hot dogs and chicken. While potatoes can be healthy, they also are loaded with calories. Plus, potato salad is often made by mixing boiled potatoes with calorie-rich mayonnaise, adding even more calories and fat to this beloved side dish.

BETTER: A vegetable slaw, made from thin strips of carrots, broccoli, cabbage, and other firm vegetables is a healthier option. Mix the slaw with a light vinaigrette instead of mayonnaise. The slaw will be refreshing and provide a bounty of healthy vitamins and minerals. Plus, the slaw will be less likely to spoil pre-

maturely under the hot sun.

BAD: Frankfurters have been a staple of backyard barbecues for decades. But the average beef hot dog contains 140 calories and 15 grams of fat. And that's before it's even placed on a bun and embellished with your favorite toppings. Hot dogs also are high in sodium and some have a bevy of preservatives.

BETTER: Turkey and chicken hot dogs are leaner than pork and beef varieties, with containing half the amount of calories as their more traditional counterparts. Concerns about "mystery meat" in hot dogs has long plagued the food industry. If you are worried about what is in your hot dogs, try making your own. Ground meat yourself and stuff into sausage casings. Fresh hot dogs thrown on the grill afford the ultimate control over what's going into your body.

BAD: Though nothing may be more American than apple pie, pie is not as healthy as one might think. Rich, buttery crusts and sugar-laden fillings can



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make one slice of pie quite fattening. Double-crust pies with a bottom and top crust will have even more calories.

BETTER: Fresh fruit is always a better option than pie. A bowl of berries served with fresh whipped cream on the side will offer far fewer calories and just as much flavor as a slice of pie.

BAD: Sugary beverages and mixed alcoholic drinks may be commonplace at barbecues. People often do not realize how quickly the calories can add up when consuming a tall glass of lemonade or a few poolside margaritas. There can be as many as 100 calories in a single shot of liquor, while soft drinks have increasingly drawn the ire of medical professionals on account of their high sugar content.

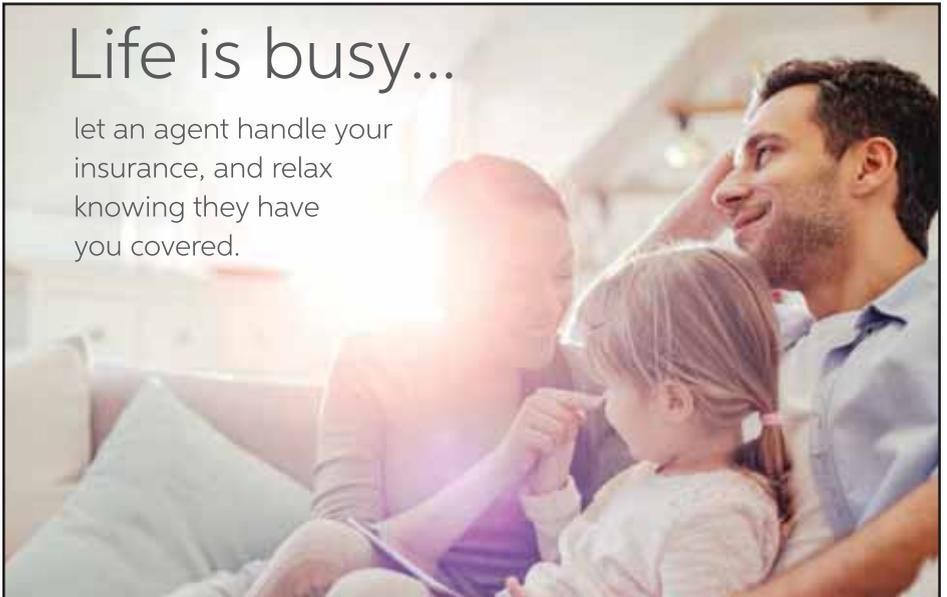
BETTER: Water remains the best and healthiest thirst quencher. Float some lemon slices in a pitcher of water for a refreshing flavor without the calories. Those who want to indulge in an alcoholic beverage can choose a light beer and not go overboard.

Smart choices at barbecues make it easier to stay healthy and continue to look great in a swimsuit all season long.

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On Travel: Don't forget this...

Continued from page 18

leaving. That usually works, as long as you're the last set of eyes in the room. I travel with three kids, who sometimes do their own "double-check" and leave an item in the room.

Jennifer Aspinwall, who writes a blog called "World on a Whim: The Perfectionist's Guide to Spontaneous Travel," says the best way to remember is to forget. "On my first long-haul flight to Europe, I left my computer glasses wrapped in a blanket in the open middle seat," she remembers. "I was so mad at myself for forgetting something critical so early on in my travels, but it ended up being the best thing for me because I constantly checked and rechecked for my belongings every stage of the way for the rest of the trip."

Brenda Avadian recommends keeping lists of basic travel data. "I add reservation information to my online calendar, weather-forecast links," she says.

Technology can help jog your memory. That's what Alexandra Tran, a marketing specialist based in Seattle who travels three weeks a month, has found. She uses Tripit, in sync with to her Google

account, to track hotel and flight itineraries. "Tripit does a great job notifying me about upcoming bookings that I often forget about. I am also able to consolidate my itineraries into one app," she says. Tran also uses Google Keep, a note-taking application, to make a list of items she has to remember.

Scharre, the memory expert, says people often fail to use all the tools at their disposal. Take your phone, for example. Most travelers think that they should use the camera only for those lovely panorama shots of the Grand Canyon. But you can also take pictures of your hotel room number. "Or take a photo of the parking level you are on as you rush to catch the plane so you can find your car when you return," he says.

When you're on the road, you may forget something — your brain can't handle all the new information. But a few memory-enhancing tools and habits can help you avoid overlooking something important.

Christopher Elliott's latest book is "How To Be The World's Smartest Traveler" (National Geographic). This column originally appeared in the Washington Post.

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