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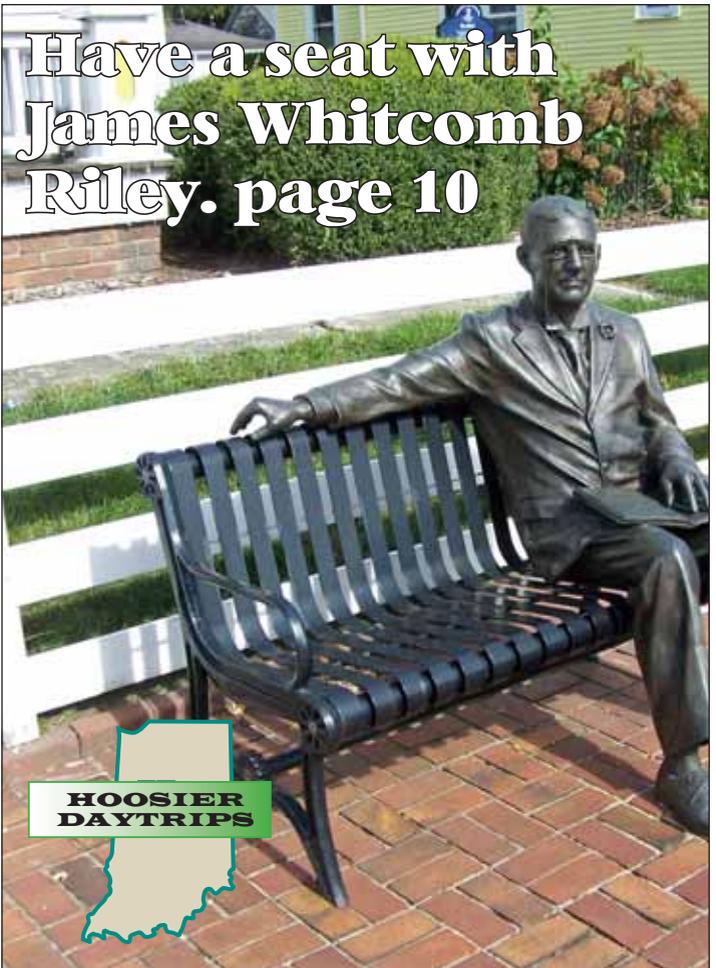
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Have a seat with
James Whitcomb
Riley. page 10



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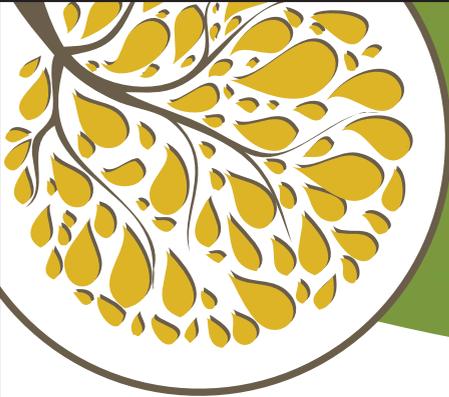
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Tales from half a century on an Amish work crew

BY TANYA ISCH CAYLOR

In more than 50 years of leading an Amish construction crew, one of the toughest jobs Martin Schwartz ever tackled was a barn that was literally falling over after being damaged by a tornado.

“It was leaning at a 45-degree angle,” the 70-year-old recalled recently.

The property owner’s insurance company didn’t believe the barn, located in northwest Ohio, just east of Lima, could be saved. Neither did Schwartz’s crew.

But never one to back down from a challenge — whether it’s a bow and arrow aimed at an apple on his head or a shotgun pointed his way during a misunderstanding over a practical joke — Schwartz took on the job.

In order to repair the building, they first needed to get it upright. So Schwartz had his men attach cables and rigging in preparation for what essentially amounted to a construction crew’s version of a tractor pull.

“The first day we pulled it, it moved half an inch,” he said. “The second day, it moved 2 inches.”

In the end, the crew was able to restore the barn to the point that now, owner Jeff Klingler insists, “it’s better than it ever was, and it was built back in 1912.”

Schwartz, who grew up in Allen County near Grabill, was 12 when he began riding along with his father to help out on summer construction jobs. At 14, after graduating from the eighth grade at his Amish school, he got a good-paying but laborious job helping butcher up to 4,000 chickens a day. He and a brother didn’t get home from work until 2:30 a.m., then had to get back up at 6 a.m. to start their day.

At 17, Schwartz moved with his fam-



A hammer is a natural fit in Martin K. Schwartz’s hand after more than half a century of leading an Amish construction crew. (Photo by Tanya Isch Caylor)

ily to a farm in Michigan. Not knowing where to look for work, or whom to ask, “I hitched up the horse and went down the road and asked these people if they wanted a new roof. They did, so I put it on. Then this guy wanted to help, and that guy, and that guy.

“Pretty soon I had a crew, only I was the youngest one.”

Over the years Schwartz, who married an Adams County woman in 1982 and relocated to that area, has worked on everything from sheds to restaurants to the DeKalb County Courthouse.

“They asked me to build a jury box,” he said. “I had no clue what a jury box was. But they showed me a picture, and then I could make it.”

He has particularly fond memories of working for Don Strong, founder of the Richard’s Restaurant chain, in the early 1970s. In addition to doing work in the Decatur restaurant, Schwartz helped build Bear Creek Farms, the entertainment and lodging venue Strong operated from 1975 to 2013.

“I can remember when there was 3 feet of manure in that barn out there,” Schwartz recalls. He said Strong himself did some of the work involved in cleaning up the building before it was renovated.

“He was a nice guy to work for. We worked side by side. He was fast, and I was fast. We flew along. We didn’t mess around.”

Spending so much time climbing up ladders and exploring foreboding crawl spaces has been hard on Schwartz’s body. Though he escaped injury in a William Tell-style apple-archery episode from his youth, and managed to avoid getting shot when his brother-in-law pointed a shotgun at him after he was mistaken for an intruder in another youthful misadventure, Schwartz has tumbled off more than a few buildings in his life.

One time a ladder slipped on a piece of plywood, causing Schwartz to smash through a picture window and sail over the heads of a couple drinking coffee at their kitchen table. He spent six weeks on crutches after that accident, which occurred when he was about 25 years old.

Another time, a trailer someone was moving struck the ladder Schwartz had been climbing, just as he was about to step onto a roof with a load of shingles.

“I was laid up again,” this time with a shattered heel. “Boy, it hurt,” he recalls. “But I wasn’t going to have anybody cuttin’ on my feet. I told ‘em they ain’t gonna put any screws in my foot.”

The worst accident Schwartz ever experienced came last summer, when the van he was riding in collided with a car en route to a construction job.

“That was the first wreck I was ever in, and I ain’t gonna do it again,” he

Continued on page 32

Ossian man's alluring collection

BY BOB CAYLOR

It was his grandmother who really hooked Bob King on fishing.

When he was a young child in the 1950s growing up in Fort Wayne, he spent weeks at a time with his grandparents at their home at West Lakes near Rome City in Noble County.

Cover Story

King, 72, who lives in Ossian now, often visited his grandparents with his father. But because his father did much of the maintenance on three rental properties his grandparents owned, young King spent a lot of time tagging along with his grandmother, who loved to fish.

"She had the patience to put up with a 5- or 6-year-old learning to fish," he remembers. "It wasn't too long before I became pretty patient for fishing, too. Not for everything, but for fishing."

As a teenager, he drifted out of fishing, but staying away from the fish was a phase that didn't last long for him. In his early 20s, he became part-owner of a bass boat, and that was all it took to cement a lifelong love of the sport, and,

in particular, the profusion of hardware that's been a part of fishing for more than a century.

When he was a young man, he started taking a closer look at some old lures in his dad's tacklebox.



Bob King points out fishing lures that are representations of tiny frogs.

He was particularly struck by a lure shaped like a frog, made from bakelite, an early form of plastic developed in the early 1900s. In the early '70s, an abundance of old fishing lures were available at very low cost at auctions and garage sales, and he began accumulating a collection that eventually numbered in the thousands



Bob King of Ossian has been a fisherman since he was a young child, and he's collected fishing lures most of his adult life. In retirement, he's part of the leadership of a national club of fishing-lure collectors. (Photos by Bob Caylor)

of examples of lures, along with antique rods, reels, bobbers and all the varied contents of American tackle boxes.

King, who worked for General Telephone and later Verizon for 42 years, retired in 2009, after a career that culminated in installing large phone systems in hospitals, schools and government offices. In recent years, he's pared back his collection of fishing gear. What remains is still dazzling.

He has lures that imitate almost any animal that might tempt a fish: smaller fish, of course, plus some larger fish; frogs, from tiny lures no bigger than a fingernail to ones as big as a man's hand; mice; even birds. And his reels tell the story of technology and innovation making lines less likely to snarl and fishing more pleasant for beginners.

He has many fishing relics from Indiana, including the famous lures from

ABOVE & BEYOND

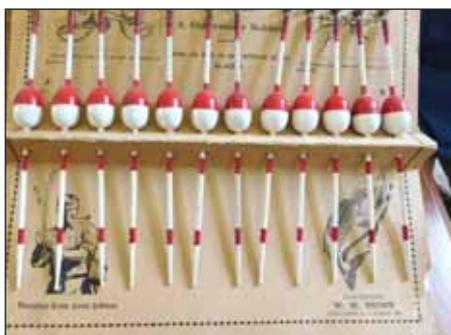
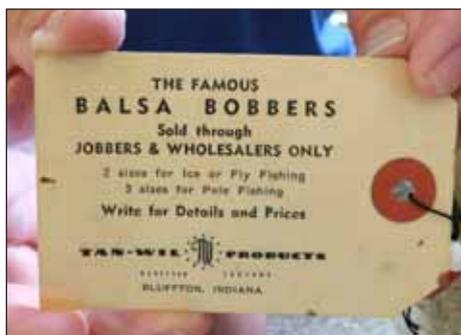
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In left photo, Bob King of Ossian holds a tag for fishing bobbers from Tan-Wil Products in Bluffton. Center, a display card is filled with bobbers from W. W. Brown in Warren. At right, larger frog-shaped lures had separate segments for the legs, so that the lure might move more enticingly as it was pulled through water.

the Creek Chub Bait Company in Garrett, a display card filled with bobbers from the W. W. Brown Company in Warren and a tag for balsa bobbers from Tan-Wil Products in Bluffton.

“It’s a good hobby,” King says, both of fishing itself and collecting the lures. He’s one of the leaders of the National Fishing Lure Collectors Club, organizing shows in Fort Wayne and also leading the group’s site selection for activities around the country. One of the key challenges the group takes on is getting young people interested in fishing, and

collecting, to boot.

They find young people hard to reel in.

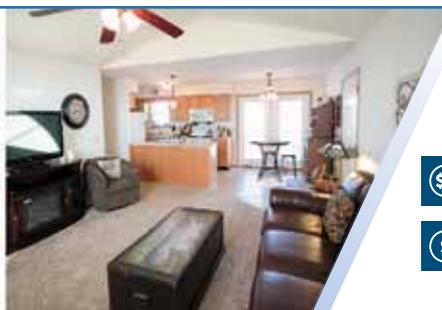
The lives of kids today are short on the wide spans of free time which young people could fill with fishing 50, 60 or 70 years ago. And, when they do have free time, there’s always the internet to captivate them.

“All the organizations (involved in fishing) struggle to find new, younger members. Kids have so much to do today. They’re incredibly busy,” he said.

caylor.bob@gmail.com



The most familiar lures, such as these from Bob King’s collection, resemble fish themselves.



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Major changes headed to a product label near you

If you're like 90 percent of shoppers, you consult the Nutrition Facts panel on food packages before you buy. To make it easier to make informed food choices, the U.S. Food and Drug Administration (FDA) has developed a new Nutrition Facts label. Here are the seven major new features:

1. Increased print size for "Calories."

Calorie counts will be easier to see.

2. Inclusion of "Added Sugars."

The FDA currently defines added sugars as "sugars that are either added during the processing of foods, or are packaged as such, and include sugars (free, mono- and disaccharides), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100 percent fruit or vegetable juice of the same type."

Sugar alcohols, or polyols, provide sweetness but aren't counted as "added sugars" because they're not sugar. These low-digestible carbohydrates

can replace sugar as a lower-calorie alternative. Common polyols include erythritol, maltitol, sorbitol, mannitol, xylitol, lactitol, isomalt and hydrogenated starch hydrolysates.

3. Changing "Sugars" to "Total Sugars."

Sugar can be present in healthy foods. This change can help consumers understand the amount of sugar the product contains from any source.

4. Removal of "Calories from Total Fat."

Research shows the type of fat (for example, polyunsaturated) is more important than the total calories from fat. Labels still include "Total Fat," "Saturated Fat" and "Trans Fat."



5. Increased print size for "Serving Size" and "Servings per Package/Container."

Portion control remains a problem for many. Increased visibility of recommended serving sizes can help people make better, more accurate decisions.

6. The amounts of vitamin D and potassium are now required, instead of vitamins A and C.

Based on research from the Institute of Medicine, the new labels will include this information to increase visibility of vitamin D and potassium requirements. Though voluntary,

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similar information for vitamins A and C may still be included.

7. Revision of “Percent Daily Value” Footnote.

The new language will specifically state: “The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.” Experts at the Calorie Control Council, a nonprofit association that seeks to provide objective, science-based communications about low-calorie foods and beverages, suggest that this revision may help clarify the meaning of “Daily Value”.

New food labels are easier to understand and may promote healthy eating. (NAPS)

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Warning! Travel insurance doesn't cover this

BY CHRISTOPHER ELLIOTT

If you think your travel insurance policy will protect your upcoming trip, you might want to take another look. Travel insurance doesn't cover everything. Truth be told, it might not cover anything.



The list of exclusions is long and includes everything from pregnancy to scuba diving.

On Travel

When you buy travel insurance, it's important to make sure you understand what it does — and doesn't — cover. Don't wait until the last minute to review your policy. By then, it may be too late.

Consider what happened to Jen Coburn recently when she booked a flight from San Diego to New York on American Airlines. At the end of the transaction, the airline made a high-pressure pitch for travel insurance: She was asked to choose between "protecting" her trip with insurance or leaving her trip "unprotected."

"I knew my plans might change, so I bought the insurance," says Coburn, a book publicist from San Diego.

Later, when she canceled her plans, she discovered that she wasn't covered by the insurance. "They said that I was only covered for a ludicrously few extreme circumstances. The most laughable one was if the airline canceled my flight," she says. "Yeah, if the airline cancels the flight, I definitely get my

money back without the stupid insurance."

Airlines that sell travel insurance disclose the terms online, but they're easy to ignore. The coverage was in the fine print," Coburn concedes, "but I felt duped."

Part of the problem, says Michael McCloskey, an associate professor at Temple University's business school, is that consumers don't understand how insurance works. Most travel insurance, he says, is the "named perils" variety, which is to say it covers only what's named in the policy.

But travel insurance companies often oversell the benefits when they promote their policies, promising that insurance will "protect" your vacation. In fact, travel insurance only protects what the fine print says it protects. Among the most notable exclusions:

Preexisting medical conditions: This is perhaps the biggest gotcha when it comes to exclusions. If you have a medical condition before you buy a policy, and it flares up before or during

your trip, your policy may be worthless. Some insurance companies offer a waiver of the preexisting condition exclusion, but only if you buy trip insurance within a specified number of days from the date you pay your initial trip deposit. However, more insurance companies are now offering coverage for preexisting conditions, says PK Rao, president of INF Visitor Care, a travel insurance firm. "As preexisting conditions like high blood pressure and diabetes become more prevalent, there's more demand for coverage," he says.

Pregnancy: Childbirth typically isn't covered as a travel insurance medical benefit. Some travel insurance companies offer plans that cover pregnancy-related complications, but they're limited to 26 weeks' gestation and have lower dollar amounts than typical medical-emergency coverage. The bottom line is, if you're traveling while pregnant, don't count on traditional travel insurance to pay for pregnancy-related medical care.

Mental illness: Mental illness is not

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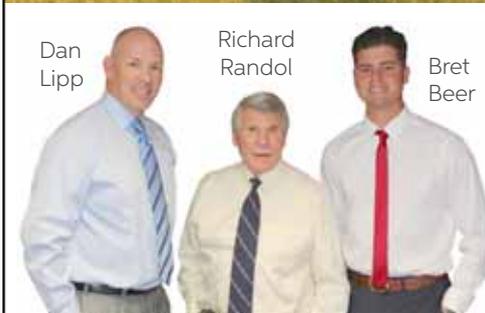
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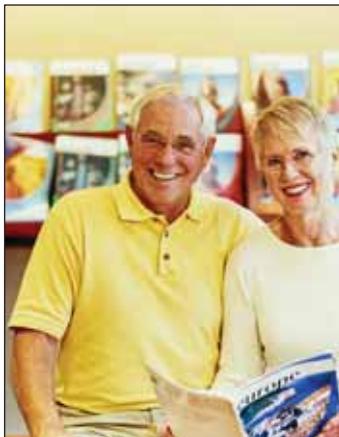
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typically included in travel policies. That includes canceling your flight because you're afraid of flying or you're anxious about your safety at your destination; most travel insurance companies summarily dismiss those claims. The fix is to buy "cancel for any reason" coverage. "A trip can be canceled and policy paid out should a traveler fall into depression or need to tend to their anxiety," says Maxime Croll, Maxime Croll, who heads up the insurance research division at ValuePenguin.com, a consumer finance website.

High-risk activities: Most travel insurance doesn't cover high-risk activities such as scuba diving, bungee jumping or even zip-lining. Sheryl Hill, the executive director of Depart Smart, a nonprofit group that promotes travel safety, remembers the case of a traveler who was injured while zip-lining in Mexico. "He awoke in a hospital in a leg cast with purple toes," she says. His travel insurance wouldn't pay for medical evacuation because zip-lining wasn't covered, so he booked a commercial flight back to the United States, delaying his treatment. Doctors could not save his leg.



There's so much more that traditional travel insurance policies don't cover that it wouldn't fit in a single column. But there's one workaround.

"You can buy 'cancel-for-any-reason' coverage, which does exactly what it says," says Steve Pritchard, the founder of Cuuver.com, an insurance comparison site. "This extra coverage can be extremely helpful in protecting you from having to cancel due to unforeseen circumstances. It also gives you the flexibility to cancel your trip should you realize that the trip is no longer to your tastes or is no longer feasible financially."

Bear in mind, though, that a cancel-for-any-reason policy is more expensive and comes with significant restrictions. This type of policy can set you back about 10 percent of your trip's prepaid, nonrefundable cost, compared with 4 to 8 percent for a named-perils policy. And with a cancel-for-any-reason policy, you don't get a full refund, but from 50 to 75 percent of the cost of your trip.

All of which brings us to the biggest mistake travelers make when they buy insurance. They get the timing wrong. The time to think about insurance is before you book your vacation. You usually have from one to two weeks after booking your vacation to buy insurance.

You also need to read the policy before you buy it, not when you sit down to file a claim. Most travel insurance companies offer a "free look" period of up to two weeks: Change your mind about the policy, and you can get a full refund.

If you read the fine print, you can avoid some of the gotchas. Otherwise, you could discover that your policy is worthless.

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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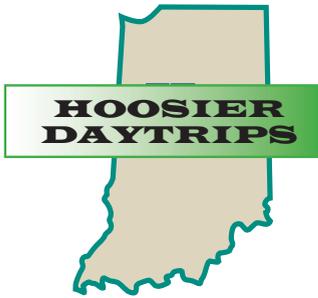
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Riley boyhood home worth the drive to Greenfield

BY ROD KING

When driving along the 200 block of Main Street in Greenfield, Indiana, you will come upon a man sitting on a bench in front of a white house. On second glance, it's not a man at all. It's actually a statue of famed Hoosier poet James Whitcomb Riley sitting in front of his boyhood home.

Stop and get a selfie on the bench with him, read the historical marker and go inside the museum next door and sign up to tour the house.

The Rileys moved to Greenfield from Uniontown and lived in a log cabin on the property while his dad, Reuben, constructed the present house between 1850 and 1853. The house is a testament to his craftsmanship. The circular staircase is an outstanding example of his skill with wood. In addition, he made most of the furniture, was a Union officer during the Civil War and operated a law office out of his house for 10 years until it became overcrowded with their sixth child.

James, their third, was born October 7, 1849. He was named after Indiana Governor James Whitcomb whom his father became friends with while serving in the House of Representatives. His birth date is occasion for a festival in Greenfield every year during the



Bronze James Whitcomb Riley sits on a bench in front of his boyhood home in Greenfield, Indiana. He started out selling poems to newspapers, then worked for several newspapers and finally did reading tours around the state and across the country. His first illustrated children's book, "Rhymes of Childhood," sold millions of copies and made him wealthy.

first weekend of October. Theme for the 2019 event is "The Old Swimming Hole," which was one of his poems.

His father always harped on having a skill and warned him that he'd not be able to make a living with words. Riley tried working in a shoe store, selling Bibles, sign painting and even spent a couple of years selling snake oil for a traveling medicine show.

His mother home-schooled the children and encouraged him to follow the arts. She taught him to play piano and organ and he picked up the banjo, lute, guitar, hammered dulcimer and violin on his own. He wanted to be a violinist, but after catching his thumb in a door he was never able to hold the bow prop-

erly. Riley organized and played in the Adelpian Band.

Poetry, however, was his true love. He formulated his own brand of down-home dialect to infuse life into the characters in his poems. "Little Orphant Annie," "The Raggedy Man" and "Out to Old Aunt Mary's" were about real people. "When the Frost is on the Pumpkin" and "The Old Swimming Hole" poems focused on simpler times and country living.

He began his road to fame by submitting poems to newspapers and after receiving an endorsement from poet Henry Wadsworth Longfellow he worked at several newspapers in the late 1870s. He took his poems to the


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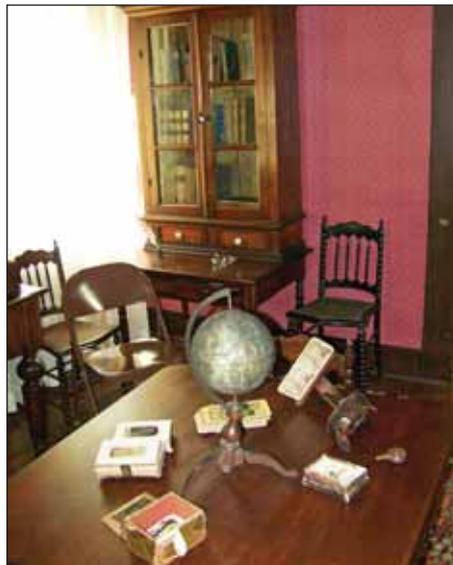
Over the front porch of the Riley Boyhood Home in Greenfield are the characters from his poem Nine Little Goblins which was the theme for the 2018 festival that is held every year during the first weekend of October. The 2019 festival theme features his "The Old Swimming Hole" poem. (Photos by Rod King)

public via reading tours throughout the Midwest and later across the country. By the 1890s he was a bestselling author with an illustrated children's book titled "Rhymes of Childhood." It became extremely popular, sold millions of copies and made Riley a wealthy man.

Riley made a promise to his mother after the family home was lost to taxes in 1870 that he would someday buy the house back. He did just that in 1893 and visited often from Indianapolis where he lived. The house is open April through October. Adult tours are \$4 and seniors, \$3.50.

To get there, drive south on Ind. 1 to U.S. 40. Then head west right into Greenfield and right past the Riley Boyhood Home (it's Main Street) on the right side of the street. Hours are 11 a.m. to 4 p.m. Tuesday through Saturday. For more information call 317-462-8539 or check their website at www.wrileyhome.org.

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



The Riley children were home schooled by their mother who encouraged James to follow the arts. She utilized this hand-made globe. Though he lived in Indianapolis, he bought the house in 1893 and wrote some of his poems at the desk in the background on visits to the family home.

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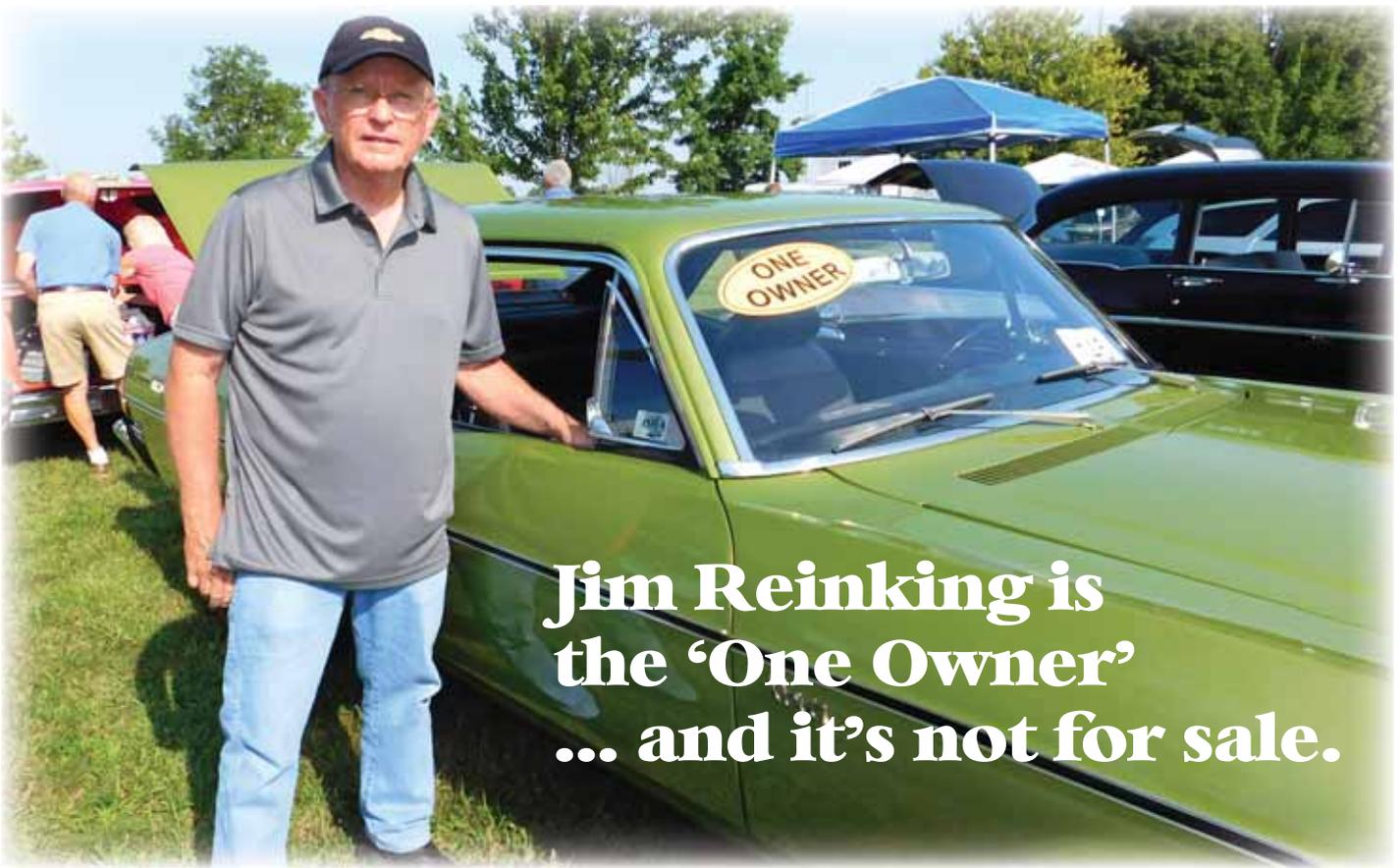
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Jim Reinking is the ‘One Owner’ ... and it’s not for sale.

BY BOB CAYLOR

Jim Reinking of Decatur shows off his 1971 Nova, which he bought new 48 years ago at DeHaven Chevrolet in Fort Wayne. (Photos by Bob Caylor)

A car salesman at DeHaven Chevrolet on South Calhoun Street in Fort Wayne did Jim Reinking a favor he can still be thankful for 48 years later.

In his early driving years, Reinking, now 70, had a taste for high-powered muscle cars. But in the summer of 1971, he was lured to the Chevy dealer by the prospect of something fresh from Chevrolet’s corporate kitchen, something afford-

able, something thrifty to drive — the Vega.

Motorists of a certain vintage remem-

ber the Vega well. It was prone to rust even in agreeable climates. When its engine overheated, an event both dismal and common, its cylinder walls were deformed by the heat and, at best, the cars became oil-burners. At worst, those little engines were ruined.

That salesman steered Reinking, who lives in Decatur, away from the bargain-priced Vega toward something a little grander: A 1971 Chevy Nova. It was a pretty basic ride. Apart from

having a 250-horse V-8 engine instead of a base 6-cylinder, it was light on options. It had a three-speed transmission, shifter on the floor, an AM radio, and ... well, it had longevity, as it turns out.

Half a century later, Reinking still shows off his one-owner used car at special events, such as the car show at Swiss Heritage Village during Swiss Days.

When the Nova drew close to 100,000 miles on its odometer — Reinking doesn’t recall exactly when that hap-

pened — he found that he couldn’t get much for the car as a trade-in at a dealership. So he parked it instead. In the years since, he’s added miles sparingly, with about 108,000 on it now.

“It’s been repainted once, 19 years ago,” he said. Its “new” finish is the same shade of green the car wore when he drove it off the lot. The interior is immaculate and all original. He did dress it up with bright, chrome valve covers under the hood. Beneath the dash, he added gauges to keep tabs on

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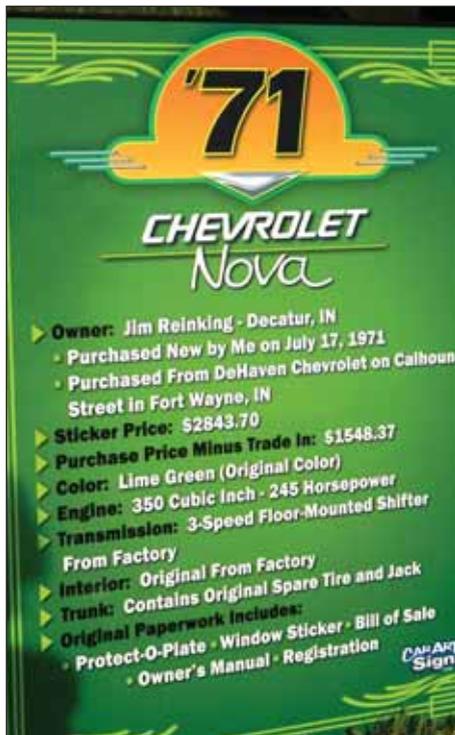
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Nova

- Owner: Jim Reinking - Decatur, IN
- Purchased New by Me on July 17, 1971
- Purchased From DeHaven Chevrolet on Calhoun Street in Fort Wayne, IN
- Sticker Price: \$2843.70
- Purchase Price Minus Trade In: \$1548.37
- Color: Lime Green (Original Color)
- Engine: 350 Cubic Inch - 245 Horsepower
- Transmission: 3-Speed Floor-Mounted Shifter From Factory
- Interior: Original From Factory
- Trunk: Contains Original Spare Tire and Jack
- Original Paperwork Includes:
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Remember what you paid for a car almost 50 years ago? Jim Reinking does, and he details that and more about his 1971 Nova on an information board he displays with the car.



The original keys that came with the 1971 Nova are still around, and they show a lot more wear than the car itself does at 108,000 miles.

oil pressure, coolant temperature and battery voltage.

The stock “idiot lights” on his dashboard alert a driver to trouble only after it happens. “I like to keep a closer eye on things,” he said. The aftermarket gauges he added gave him a reassuring moment-to-moment look at how the car is running.

Reinking, who taught freshman English at Adams Central and retired in 2006 after 31 years with the school system, now delivers parts and documents for a car dealer in Decatur.

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Honor history and its lessons

The reasons for understanding the past are plentiful. Historical knowledge may illuminate the moments that shaped a loved one's life or simply satisfy a curiosity about events and people that occupied a different place in time. A look into yesteryear can help make sense of the world today or even foreshadow happenings well into the future.

Whatever the basis for your interest in looking back in time, there are many ways you can honor and develop a deeper understanding of history. It's just a matter of finding the method that fits your interests best.

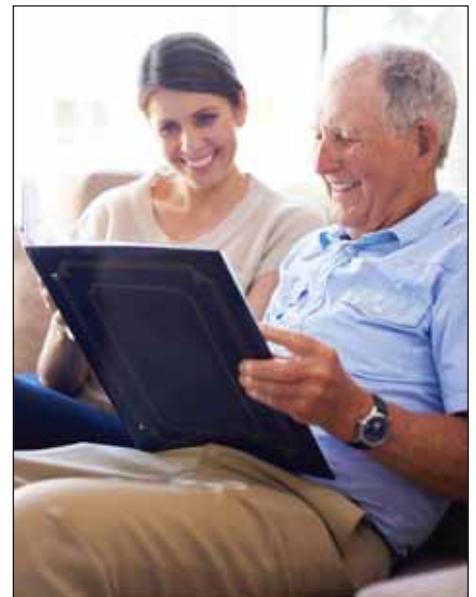
- Visit a museum or historical monument. These locations are rife with information, and often artifacts, that bring the past to life. You can find museums for all types of topics and interests, some with broad information about an event or subject and others that tell a story from a particular vantage point. Monuments offer a similar glimpse at the past, but they generally serve as physical markers of a particular place or event. This means you can stand exactly

where the nation's forefathers stood as they fought for liberation from British soldiers or take in the same sights as the pioneers who ventured west along a wagon trail.

- Explore written accounts of history. Historical books lend a diverse perspective on history, from factual accounts of times and places to personal narratives that let you experience exceptional moments through the eyes of someone who was there.

For example, "Sacred Duty: A Soldier's Tour at Arlington National Cemetery" paints an inspiring portrait of Arlington National Cemetery's elite Old Guard unit, as well as telling the story of U.S. Senator Tom Cotton's time as a platoon leader there.

America's oldest active-duty regiment, dating back to 1784, The Old Guard conducts daily military honor funerals on the 624 rolling acres of Arlington. Readers have the opportunity to immerse themselves in the honor and the challenges of duty at the nation's most sacred shrine.



- Let elders tell their tales. Though much of recent history is heavily documented, there's no comparison to hearing first-hand how a person felt and thought as those historical moments unfolded. War stories, memories of childhood, tales from the first time driving a car — these are all experiences that looked very different a generation

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or two ago. Use special occasions and family gatherings to encourage the elders in your life to tell their stories and make notes or record those memories to cherish years into the future.

- Research your family tree. No history is as personally relevant as your family tree. Your ancestors hold the answers to exactly why you look like you do, and maybe even why you act certain ways. Online services make it easy to begin piecing together relations that date back generations.

- Visit a cemetery. You may think of a trip to a cemetery as purely a chance to pay your respects to the departed. While visiting grave sites of loved ones you've lost and leaving flowers or other trinkets are common practices, you can also learn a great deal from a cemetery. Looking for surnames you recognize may alert you to members of your family tree you never knew or seeing dates etched in the stones may help you piece together bits of family history.

Digging into the past may be entertaining, insightful, inspiring or all of the above. You may be surprised by all you can uncover once you get started.

(Family Features)

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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Mystery novels to true crime

1966 Tipton grad turns her writing to Indiana crime cases

BY REBECCA R. BIBBS

The Herald Bulletin

ELWOOD, Ind. — On Oct. 16, 1965, Janis Thornton's Tipton High School classmate, Olene Emberton, had dropped off a date late in the evening. Emberton's brother found her car parked halfway between the six blocks from her date's house to her own, and her nude body was found the next day at the side of the road.

After taking a criminology class in the mid-1980s, Thornton, a former journalist who now serves as office manager at the Elwood Chamber of Commerce, shared with her family her desire to write a book about the case.

"They told me what a stupid idea it was. My dad said leave it alone."

Thornton, didn't take her father's advice. After more than a decade in the works, she late last year published "Too Good a Girl," focusing on the cold case that rocked the community where she grew up.

The 1966 graduate of Tipton High School was born in Muncie, the only child of Bill Thornton, a rate clerk for the Nickel Plate Railroad, and his wife, June, who worked for the Tipton Telephone Co. and was president of the national Gene Autry Fan Club.

"He was involved with that, so we got to know him," Thornton said of the "The Singing Cowboy."

A self-described nerd, Thornton said she loved going to movies and Broadway musicals.

"I wasn't a cheerleader type. I had a different way of looking at things that made me seem like a nerd, but that's really helpful now as an adult," she said. "I'd get the big records, you know, the big 78s from the library, and bring them home. I learned the words to all the Broadway musicals."

Rather than attending college, Thornton did what many young ladies of her era did: attend charm school in Columbus, Ohio.

"It was a shortcut. I wanted to do public relations and advertising," she said. "I learned how to stand properly and never cross my legs."

After visiting with some of her father's family who had moved to Cali-



Janis Thornton

fornia in the 1950s, Thornton moved to California at age 24.

"I used to have this thing about movie stars and Hollywood," she said.

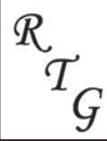
While there, she continued her education at a junior college starting in 1978 and finally earned a degree in general studies at Indiana University-Kokomo in 2002 after returning to Indiana in 1993 to raise her only child, Matt Geas.

"I wanted him to have somewhat the childhood I had," she said. "I always knew I wanted him to grow up here instead of L.A. I thought I would lose my mind worrying about him, sending him off to school there."

After having some trouble finding a job, Thornton was hired as a secretary at St. Luke United Methodist Church in Indianapolis. It wasn't long before she was able to realize her career goal there.

"After a few months, I convinced them to let me start a communications department, so I was their first communications director," she said.

Seven years later, however, Thornton took a journalism class in Kokomo with Indiana Journalism Hall of Famer Raymond Moscowitz, who was known



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for taking promising students under his wing.

“He picked me out and thought I had ability,” she said. “I told him I thought I was a little old to start a new career. He said, ‘That’s OK because you’ve got something the kids coming out of J school don’t have. You have experience.’”

So at mid-life, Thornton switched careers, becoming a features writer and copy editor at the Frankfort Times.

“From then on, I was a writer,” she said.

Then 40 years old, Thornton also had taken an adult evening class on fiction writing.

“I was hooked. It was the first time I was writing through the experience and voice of another person,” she said.

In 2014, she published the cozy, “Dust Bunnies and Dead Bodies,” the first of three mystery books. Three years later, she published “Dead Air and Double Dare” and “Love, Lies and Azure Eyes.”

“I wanted to write about a murder,” she said. “When I found a publisher, they wanted to tone it down, so they

Continued on page 29

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Want to experience authentic Mexican culture? Head to Amish country in Ligonier

BY TANYA ISCH CAYLOR

Most Indiana small towns have one token Mexican restaurant, maybe two.

But do an internet search for “Ligonier restaurants” and you might be shocked at the result. This Noble County town roughly the size of Berne boasts nearly 10 Hispanic eateries, almost all of them in a three-block section of downtown.

That’s because Ligonier, despite being located in the heart of Amish country, is now more than 51 percent Hispanic according to the latest Census data, released in 2010.

My husband and I discovered this by accident, passing through on a recent drive to Michigan. Looking for dinner, we got a nice meal and friendly service in a bustling neighborhood diner called El Pacifico, then continued on our way.

On our return trip, though, in less of a rush, we decided to explore downtown Ligonier on foot to get a closer look at what was going on here.

We found several other Mexican businesses besides restaurants, including an insurance agent, a barber shop and a store selling religious gifts. With the exception of La Michoacana, an ice cream shop that appeared to be part of a franchise, almost none of them appeared to be catering to would-be tourists like us.

The signage outside a Mexican bakery, for instance, offered zero clues to English speakers as to what you might find inside. Luckily, my ability to detect the presence of sugary treats helped us deduce that pastries were being sold at Panaderia Y Pasteleria.

Inside, the lady behind the counter was happy to help us pick out several varieties to take home to the kids. Without her assistance, though, we would’ve just been guessing. These doughnuts and cookies didn’t look familiar, and the labels didn’t come with subtitles.



Hoosier Fun

They were tasty, if slightly less rich than what we were used to.

Walking through downtown Ligonier isn’t like strolling through a barrio, though. Both in the restaurants and on the streets, we saw roughly equal numbers of white and brown-skinned residents. Given that our visit took place the same week that a mass shooter targeted Hispanics in El Paso, it was comforting to see people of different ethnic backgrounds interacting in this community.

Ligonier Mayor Patty Fisel has said that cultural tension in the town “has been virtually nonexistent,” according to an internet search I did on the way home. Perhaps that’s due in part to local programs promoting cultural awareness, the article suggested. At any rate, the population shift here didn’t occur overnight. It’s been more of a gradual process dating back to the early 1990s, when workers were drawn to industrial jobs in the area.

Though residents who were born in Mexico mostly came from the same area — the state of Aguascalientes, according to a 2011 study done by Gos-

hen College and the University of Notre Dame — more than half of the town’s Hispanic residents were born in the United States. Many of them attend the local schools.

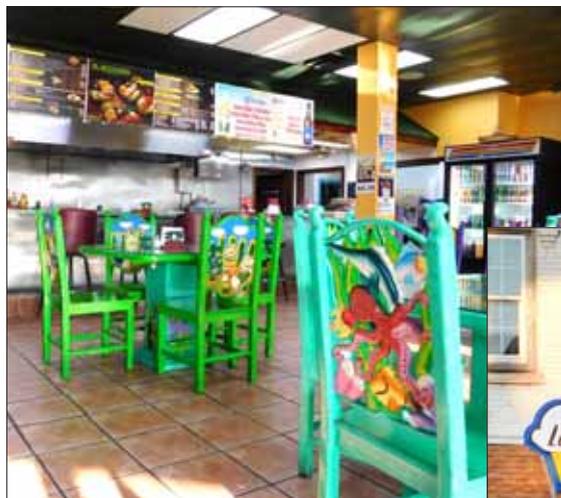
“Diversity is a great thing,” Ligonier Elementary Principal Brian Shepherd was quoted as saying in a 2011 story posted on the Indiana Economic Digest website. “Having so much culture shows that we can all learn from each other’s differences.”

We ordered fajitas at El Paraiso, a taqueria located inside a Mexican grocery store on Cavin Street. A “taqueria,” we learned, is considered more of a taco stand than a full-service restaurant. In this case, the owners were selling themselves short. This one had a casual but festive dining room with tables every color of the rainbow.

Our final stop was La Michoacana Ice Cream, where we encountered a Muslim family coming out as we were going in.

“I think they said they were from Kendallville,” said the girl behind the counter. She shrugged, smiled, then proceeded to tell us about the shop’s ice cream flavors, which she said are all made on site by her sister, the owner. I had the coconut. It was fantastic.

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



Above: The colorful dining room of El Paraiso Taqueria, located inside a Mexican grocery store on Cavin Street in Ligonier. Because of its large Hispanic population, the town has an abundance of Mexican restaurants. At right: La Michoacana is an ice cream franchise out of Chicago with a shop in Ligonier. (Photos by Bob Caylor)



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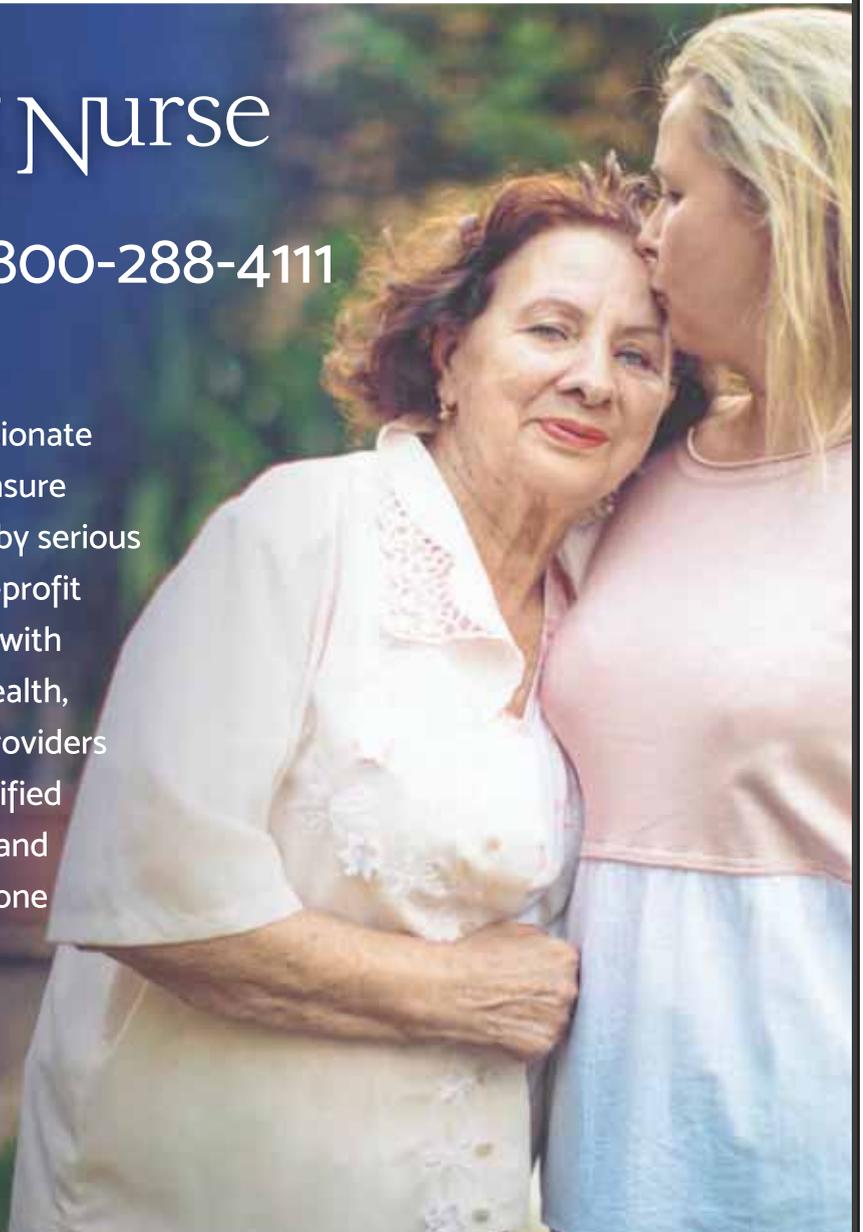
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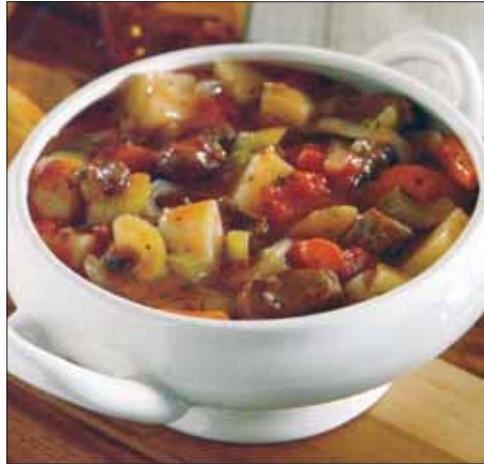


Create the quintessential autumn meal

Autumn evokes all types of cozy images. There are the chilly evenings spent around the fire pit outdoors or nights spent by the fireplace sipping warmed cider. Afternoons strolling through crunchy leaves or seeking out the perfect apples in the orchard also make autumn a special time of year.

Comfort foods are popular in fall, and many people have their tried-and-true recipes that they prepare when temperatures starts to dip. Perhaps no fall meal is as coveted and enjoyed as beef stew.

Simmered for hours, stew meats fall apart, and soft potatoes and carrots perfectly complement the rich beef. This recipe for “Harvest Beef Stew” from “Crock-Pot® 365 Year-Round Recipes” (Publications International, Ltd.) from Crock Pot® Kitchens is a make-ahead-then-forget recipe that promises all of the flavors that make beef stew so delicious. Serve it with a fresh-baked loaf of crusty bread to soak up the mouth-watering sauce.



Harvest Beef Stew

Makes 6 servings

- 1 tablespoon olive oil
- 1 1/2 pounds beef for stew
- 1 quart canned or stewed tomatoes, undrained
- 6 carrots, cut into 1-inch pieces
- 3 medium potatoes, cut into 1-inch pieces
- 3 celery stalks, chopped (about 1 cup)

- 1 medium onion, sliced
- 1 cup apple juice
- 2 tablespoons dried parsley flakes
- 1 tablespoon dried basil
- 2 teaspoons salt
- 1 garlic clove, minced
- 1/2 teaspoon black pepper
- 2 bay leaves
- 1/4 cup all-purpose flour (optional)
- 1/2 cup warm water (optional)

Heat oil in a large skillet over medium-low heat. Brown stew meat on all sides. Drain excess fat.

Place browned meat and remaining ingredients except flour and water in a slow cooker. Mix well. Cover; cook on high 6 to 7 hours.

Before serving, thicken gravy, if desired. Combine flour and warm water in small bowl, stirring well until all lumps are gone. Add mixture to liquid in the slow cooker; mix well. Cook 10 to 20 minutes, or until sauce thickens. Remove and discard bay leaves before serving.

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WHAT'S COOKING, GOOD-LOOKING?

Making healthy and delicious food choices

BY JULIA PRICE

Creators.com

When most people are figuring out what they want to eat, they're not always thinking about which foods will energize them the most throughout the day, because it's easier to think about what tastes best in that moment. However, if you can mentally fast-forward to how you'll feel after a meal, it might help you to make healthier decisions before you eat. For example, think back to the last time you had a healthy breakfast, whether it was this morning or maybe even weeks ago. How did you feel after you ate? Chances are you had some pep in your step and therefore continued the healthy pattern for lunch and dinner, fueling your body with feel-good nutrition. Now

think about a meal where you went for a less healthy option: Do you remember how you felt then? Were you sluggish, cranky and tired? If there was a lot of sugar in the meal, did you experience a high followed by a drop in energy or attentiveness? How did your skin and body feel after you ate?

Deciding to make healthy choices is the first step, but once you make that conscious choice, it can be a little intimidating to try to figure out which foods are actually good for you and which ones you should avoid. Some people swear by the "blood-type diet" (a personalized, customized meal plan based on your blood type); others stick to The Paleo



Healthy grains such as quinoa are full of protein, amino acids, calcium and iron to keep you looking and feeling great.

Diet, while some prefer living a vegetarian lifestyle. Everyone's body is different, but there are some decisions that are universally beneficial across the board.

While you're figuring out which food feels best in your body, you can start replacing some unhealthy patterns with

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healthier alternatives immediately. For example, nuts are a great source of protein, and they're considered healthy fats, so stock up on almonds, walnuts, pecans, etc. Keep bags in your car, at your workplace and in your purse, and you'll quickly forget about the days of munching on chips and crackers as snacks.

You may also start to feel your energy fade right around the late afternoon, but instead of looking for a boost of sugar to bounce you back, try some sort of fruit or sweet potatoes. This way you'll have more sustainable energy with long-term effects and can avoid the drop-off period, which will only make you want to eat more sugar later on.

Instead of energy drinks, try tea or black coffee. While energy drinks are now announcing that they're using more organic and "healthy" ingredients, that doesn't make up for the fact that most of their other ingredients are completely unnatural. Herbal teas and coffee are a better way to perk up, but just like any caffeinated drink, make sure to



pace yourself and enjoy it rather than chugging it just to wake up.

If you haven't tried quinoa yet, now is the time. Quinoa is a healthy grain full of protein, and amino acids, calcium and iron. It's filling without giving you that overwhelming "stuffed" feeling; it holds your hunger over throughout longer periods than most other grains, and it can be mixed with vegetables, meat, and different spices and flavors, so you can make it taste however you'd like. There are some

people who swear by eating quinoa for every meal.

In order to figure out what works best for you, you can keep a food log for a week and jot down what you ate and how you felt after. Sometimes seeing it in front of you on a piece of paper is enough to connect the dots as to what is and what isn't serving you. From there, you can start to make changes and then note how those changes make you feel. Before you know it, you'll have more energy than you know what to do with!

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AFTER



BEFORE



How the internet can help prevent Alzheimer's disease

Over the past 10 years, researchers have learned Alzheimer's disease starts much earlier than the onset of symptoms — 10-20 years before an individual, family member or friend might notice the signs of the debilitating disease.

According to the Alzheimer's Association, 5.5 million Americans, of

Focus on Health

all races and ethnicities, age 65 and older currently live with Alzheimer's

disease, which is expected to grow to more than 7 million people by 2025.

The first-of-its-kind Alzheimer Prevention Trials Webstudy (APT Webstudy), funded by the National Institutes of Health, aims to increase the pace of research by enlisting thousands of healthy volunteers who can quickly be enrolled in clinical trials focused on preventing Alzheimer's disease. Enrollees in the APT Webstudy can use the



internet to help stop the disease while being alerted to changes in their own memory function.

"In order to change the lives of the numerous people and their loved ones who will be affected by Alzheimer's, we need everyone to get involved with prevention efforts," said Paul Aisen, MD, co-principal investigator of the APT Webstudy. "The bigger the army of volunteers, the faster we can work to prevent this terrible disease."

Volunteers can access the Webstudy when and where it is convenient for them, such as on their computer or tablet, or even a public library; anywhere

they can access the internet. Volunteers participate in regular online memory testing. If there is a change in memory function, eligible volunteers are alerted and may be invited to a no-cost, in-person evaluation at one of the research sites across the country.

"This is an opportunity for everyone to help future generations avoid the suffering caused by Alzheimer's," Aisen said. "With enough volunteers, we will be one step closer to seeing the first Alzheimer's survivor."

Researchers are looking for a diverse group of people ages 50 or older who have normal thinking and memory function. Volunteers must be willing to answer a few questions about their family and medical history and provide information about their lifestyles. Volunteers will take online memory tests every three months, each one about 20 minutes long.

If you are interested in participating, visit aptwebstudy.org to learn more.

(Family Features)

Common cataract causes and treatment

Cataracts are the most common cause of vision loss among people age 40 and older. According to All About Vision, cataracts also are the principal cause of blindness in the world.

There are more cases of cataracts worldwide than there are glaucoma, macular degeneration and diabetic retinopathy, states Prevent Blindness America. Fortunately, cataracts are easily recognized and treated.

What are cataracts?

A cataract is a clouding of the lens in the eye that affects vision. The lens is the clear part of the eye that helps focus light — and images — on the retina. The lens must be clear to receive a sharp image. If the lens is cloudy, vision will be blurred.

Cataracts tend to form slowly. Initially, they only affect a small part of the lens, and they're not very bothersome as a result. However, over time, cataracts can grow and impair vision. Seeing "halos" around lights, fading of colors, sensitivity to light, glare, and the need for brighter light for reading and handling tasks are common symptoms.

What causes cataracts?

Various things, including aging or

injury to the eye tissue, can cause cataracts. Prior eye surgery, diabetes, long-term use of steroid medications, and inherited genetic disorders also can cause cataracts, says the Mayo Clinic. Smoking and alcohol use as well as consistent exposure to UV sunlight also may contribute to the formation of cataracts. With aging, the lenses in the eyes become less flexible, less transparent and thicker. Tissues within the lens can break down and clump together, clouding small areas within the lens of the eye, thereby forming a cataract.

Cataracts may be a subcapsular cataract, which occurs at the back of the lens. A nuclear cataract forms in the center of the lens. A cortical cataract



starts in the periphery of the lens and works its way inward to the center.

Treating cataracts

Cataracts need only be treated if they are affecting vision severely or preventing examination or treatment of another eye problem. An eye care professional will discuss with patients if surgery is needed.

The National Eye Institute says surgery is safe and effective. In roughly 90 percent of cases, people who have undergone cataract surgery have better

vision afterward. The surgery involves removing the clouded lens and replacing it with a clear, artificial one. The procedure is usually done on an outpatient basis and patients typically stay awake during the surgery.

Routine eye examinations are a key part of an overall health plan. They can shed light on the formation of cataracts and help people develop effective treatment plans.

TF196019

Solutions for managing medication



Managing medications is a major source of worry for seniors, as the complexity of their treatment often requires careful organization. Which pills have to be taken in the morning, in the evening, or at mealtimes? What to do if you forget to take a pill or if you've taken two by mistake? Don't worry; there are a few simple solutions that can help you avoid this sort of situation.

The most popular option is to use a pill organizer. Several different models are available in stores. These range from the classic seven-day box with compartments, which allows you to plan one day at a time, to a more elaborate box where each day is separated into four time slots.

Some companies also offer digital pill

organizers. These come equipped with a programmable alarm that makes it virtually impossible to forget to take your medication. The help of a family member may be required in order to program the device.

Placing your medication in a pill organizer requires a great deal of care. Seniors who are nervous about making mistakes can ask for help from their pharmacy. As well as organizing the medication properly, the qualified personnel at the pharmacy will know when your prescriptions need to be renewed and can clearly explain the importance of each pill and the best way to take it.

Some simpler solutions are to use the alarm on your watch or to put reminder stickers on the fridge door or bathroom mirror. Seniors who have a precise daily routine can also take their medication at routine points of reference, such as the start of their favorite morning and evening television programs.

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Don't let stroke strike twice

Not all strokes can be prevented, but making healthy lifestyle choices, like exercising, eating right, maintaining a healthy weight and treating conditions such as high blood sugar, cholesterol and blood pressure can help reduce your risk of another one.

While there are about 7.2 million stroke survivors in the United States, people

who have had a stroke are at high risk of having another one. In fact, about one in every four stroke survivors will have a second one.

Efforts like Together to End Stroke, an American Stroke Association initiative, nationally sponsored by Bayer Aspirin, work to educate stroke survivors and caregivers about how they can avoid a second occurrence.

Because the consequences of a second stroke can be more detrimental than the first, it's important to recognize the signs, which come on suddenly, and act quickly. An easy way to remember the most common warning signs is the acronym F.A.S.T., (F - face drooping, A - arm weakness, S - speech difficulty, T - time to call 911).

Talk to your doctor about medications that may help you with your stroke prevention efforts. For example, taking aspirin regularly or other blood clot prevention medications can help reduce the risk of another ischemic stroke.

Consider following the American Heart Association and American Stroke Association's "Life's Simple 7" to achieve ideal health:

- **Don't smoke.** Smoking puts you at higher risk for heart disease and stroke. Quitting is one of the best things you can do to improve your health and add years to your life. You're more likely to quit for good if you prepare for your



Getty Images

last cigarette and the cravings, urges and feelings that come with quitting.

- **Be physically active.** A good starting goal is at least 150 minutes of physical activity a week, but if you don't want to sweat the numbers, just move more. Find forms of physical activity you like and will stick with and build more opportunities to be active into

your routine.

- **Eat a healthy diet.** Healthy eating starts with simple, healthy food choices. You don't need to stop eating your favorite meals, just use substitutions to make them healthier. Learn what to look for at the grocery store, restaurants, your workplace and other eating occasions so you can confidently make

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• **Maintain a healthy weight.** The benefits of maintaining a healthy weight go beyond improved energy and smaller clothing sizes. By losing weight or maintaining a healthy weight, you can also reduce your risk of heart disease and stroke. There's no trick to losing weight and keeping it off, but the majority of successful people modify their eating habits and increase physical activity.

• **Control cholesterol.** Having large amounts of low-density lipoprotein cholesterol, the bad cholesterol, in the blood can cause build up and blood clots, which can lead to heart attack or stroke. Reducing your fat intake, especially trans fats, often found in fried foods and baked goods, can help reduce your cholesterol. Adding more foods with omega-3 fatty acids like fish and nuts, as well as soluble fiber and whey protein, helps in managing cholesterol.

• **Manage blood pressure.**

Nothing causes more strokes than uncontrolled high blood pressure. Of the 116.4 million people in the United States who have high blood pressure, fewer than half have it under control, putting them at increased risk of stroke. Lowering your blood pressure by 20 points could cut your risk of dying from stroke by half.

• **Control blood sugar.** By managing your diabetes and working with your health care team, you may reduce your risk of stroke. Every two minutes, an adult with diabetes in the United States is hospitalized for stroke. At age 60, someone with type 2 diabetes and a history of stroke may have a life expectancy that is 12 years shorter than someone without both conditions.

For more information on how to prevent stroke, and a complete list of warning signs, visit strokeassociation.org/americanstroke-month.

Source: American Stroke Association (Family Features)

Knowledge is Power

Understanding the rights of nursing home residents

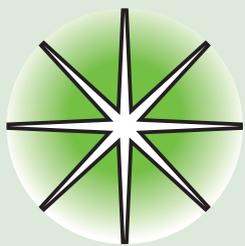
An estimated 1.4 million older adults and people with disabilities live in nursing homes, according to the Centers for Disease Control and Prevention. If a nursing home participates in Medicare or Medicaid — and most do — it must meet requirements “to promote and protect the rights of each resident.”

This means nursing homes are required to care for their residents in a way that enhances the quality of life for residents, respects their dignity and ensures they are able to make choices for themselves.

Established by federal law, the “Residents’ Bill of Rights,” states if you live in a nursing home, you are entitled to rights including:

- The right to be fully informed in a language you understand of all aspects of your residency.
- The right to participate in all aspects of your

Continued on page 31



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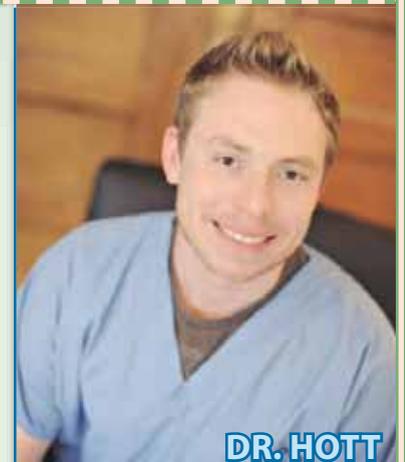
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Mystery novels to true crime

Continued from page 17

changed it and softened some things. I had some four-letter words and blood.”

But there was one story that always haunted Thornton, a true crime cold case from her teenage years.

Murder or misdemeanor?

The autopsy on Emberton was inconclusive, with the coroner saying that according to the condition of her body, she should have been alive to tell what happened to her.

“It’s something that stuck with me. It stuck with all of us,” she said.

With the skills she learned in a criminology class and as a journalist, Thornton dug in about 2007. She called Emberton’s family and friends and hunted down the investigating officers.

At first, Emberton’s mother asked her not to publish the book, so it gathered dust until a couple of years ago when the last surviving member of the family gave the green light.

Even with all of Thornton’s work, the case remains unsolved.

“I didn’t write the book to solve it. I wrote it so we never forget,” she said. “I have my theory. I wanted the readers to make up their own minds.”

Thornton also wrote the book to start the Olene Emberton Memorial Community Grantmaking Fund through the Tipton Community Foundation. Anyone who contributed \$100 received a free copy of “Too Good a Girl,” which raised nearly \$43,000, including matching grants.

“I didn’t want to make money on this book. It was too personal, too tragic,” she said. “It feels good to turn something so tragic into something good.”

Dixie Ihnat, who was quoted in “Too Good a Girl,” has been friends with Thornton since middle school.

“The last four or five years we talk constantly and go places and have re-kindled our old friendship,” she said. “She’s involved. She’s the one who plans the get-togethers for the people we went to school with. She’s one of those people that goes to plays, going to movies, that’s her forte. We do Beef and Boards. She enjoys that a great deal.”

Information from: The Herald Bulletin, <http://www.theheraldbulletin.com>

Oh, your aching back!

Q. How common is back pain?

Back pain affects about 8 out of 10 people. Back pain becomes more common with age.

Back pain is more common among people who are not physically fit. Weak back and abdominal muscles may not properly support the spine. If you're sedentary most of the time and then exert yourself on rare occasions, you are more likely to injure your back than someone who exercises daily. If you're carrying a big belly, you put added stress on the muscles in your low back and are a candidate for agony.

Your job can be a major influence on back health. If your work requires heavy lifting or sitting all day, you risk hurting your back. Many sanitationmen and writers suffer from back troubles.

Mechanical problems can cause back pain. Perhaps the most common mechanical cause of back pain is disc degeneration. The cushioning discs between the vertebrae of the spine break down with age.

If there is stress on these compromised discs, they press against spinal nerves and you may experience what feels like a toothache in a buttock. At almost any age, an injury can force these discs to bulge or rupture causing the same kind of pain.

Q. Do you have any tips for avoiding back pain?

A program of regular low-impact exercises such as walking, swimming, or riding a bike—mobile or stationary—will be beneficial. Yoga can also help stretch and strengthen muscles and improve posture. Ask your doctor for a list of exercises appropriate for your age and physical condition.

Here are some quick pointers to prevent back problems:

- Don't slouch when standing or sitting. When standing, keep your weight balanced on your feet. Curvature of the spine puts stress on back muscles.
- Sit in chairs or car seats with good lumbar support. Switch sitting positions often and periodically walk around or gently stretch muscles to relieve tension.
- Don't bend over without supporting your back. For example, don't lean over a low sink without bracing yourself with your hand. Also, don't reach and

lift an object out of a car trunk; first slide the object to the edge of the trunk.

- Wear comfortable, low-heeled shoes.
- Sleep on your side to reduce any curve in your spine. Always sleep on a firm surface.
- Don't try to lift objects too heavy for you. Lift with your legs keeping your back straight. Keep the object close to your body. Do not twist when lifting.
- Try to control your weight, especially weight around the waistline that taxes lower back muscles.

Q. Are there some non-surgical treatments for chronic back pain?

- Hot or cold packs can be soothing.
- Medications are used to treat chronic back pain. These include over-the-counter pain-relievers such as ibuprofen or acetaminophen; prescription narcotics such as oxycodone; topical analgesics such as Ben Gay; muscle relaxants and certain antidepressants.



The Healthy Geezer

By Fred Cicetti

- Traction, which employs pulleys and weights to stretch the back, pulls the vertebrae apart to allow a bulging disc to slip back into place.
 - Injections into nerves, spinal joints or specific areas of pain.
 - Spinal manipulation refers to procedures in which professionals use their hands to treat the spine or surrounding tissues.
 - Transcutaneous Electrical Nerve Stimulation (TENS) involves wearing a small box over the painful area that directs mild electrical impulses to nerves there.
 - Acupuncture, which involves the insertion of thin needles at precise locations, is used to relieve pain.
 - In acupressure, no needles are used. Instead, a therapist applies pressure to points with hands, elbows, or even feet.
- If you would like to ask a question, write to fred@healthygeezer.com.*

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Knowledge is power

Continued from page 27

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- The right to complain without fear of repercussions.
- The right to be free from discrimination.
- The right to be free from abuse, neglect and restraint.
- The right to adequate medical care and treatment.
- The right to get information about alternatives to nursing homes.

Some states have laws and regulations that establish additional rights for nursing home residents. Some states also guarantee a similar set of rights for people who live in assisted living or similar settings.

Every state, the District of Columbia, Puerto Rico and Guam have an advocate, called a Long-Term Care Ombudsman, for residents of nursing homes, board and care and assisted living facilities and similar residential care facilities. These advocates work to resolve problems affecting residents' health, safety, welfare and rights. Residents, their families and others have the right to contact their local Ombudsman program to help them understand their rights, learn about community resources and work through problems.

For more information on these rights,



Getty Images

and to find your local Ombudsman program, visit acl.gov/ombudsman. The website also provides information on other programs and services available to help older adults and people with disabilities who need help with daily tasks, like getting dressed, bathing or cooking, to receive this support in their own homes. These programs can help delay or avoid nursing home care, guide nursing home residents looking to transition back into the community and support family members serving as caregivers.

Source: Administration for Community Living (Family Features)



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After a 2013 tornado moved this barn about a foot, causing it to lean, insurance adjusters told owner Jeff Klingler of rural Harrod, Ohio, that it couldn't be saved. But he hired Martin K. Schwartz of Adams County to restore the barn and now, Klingler says, it's as good as it ever was, despite being a century old. (Courtesy photos)

Tales from an Amish

Continued from page 9

said. "It's bad enough fallin' off a barn."

Schwartz broke his kneecap, exacerbating earlier knee problems. He also developed an infection that led to abdominal surgery.

Now recovering from double knee replacement surgery this past May, Schwartz recently went back to work –

this time at Bi-County Services, caring for adults with intellectual disabilities while trying to earn money to pay off his medical bills.

The slower pace of this job is easier on his body, though he can't resist picking up a rake or a hammer if he sees something that needs done.

"I ain't like I used to be," he said. "But I can still do the work."

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

Solution to puzzle on page 15

7	2	1	8	3	4	6	5	9
3	4	5	2	6	9	8	1	7
6	9	8	5	7	1	4	2	3
4	8	6	9	5	3	1	7	2
5	7	2	4	1	8	3	9	6
1	3	9	6	2	7	5	8	4
8	1	3	7	4	2	9	6	5
2	6	4	1	9	5	7	3	8
9	5	7	3	8	6	2	4	1

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EDUCATION CENTER

FREE 1 Hour Information & Education Seminars on Tuesdays from 4pm – 5pm

*Space is limited — Please RSVP early to reserve your seat.
Light refreshments along with coffee & water.*

**NO SALES &
NEVER ANY
OBLIGATION**

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- **Free** Information/ Education on turning 65 or New to Medicare A & B. Our office or your location.
- **Free** Information/ Education on disability for 24 months? Then what are your options?
- **Free** Information/ Education on your Medicaid Options.
- **Free** VA Information/ Education on benefits.
- **Free** Reviews of your products that you have now.
- **Free** USA made Ink Pen with every visit.
- **Free** Annual Enrollment Information/ Education October 15 thru December 7.

PLEASE START MAKING APPOINTMENTS

FOR ANNUAL ENROLLMENT TIME

- **Free** Dental - Vision - Hearing Information/ Education
- **Free** Life Insurance Quotes/ Reviews
- **Free** Long Term Care Quotes Information/ Education
- **Free** fittings for diabetic shoes for people on Medicare

**All at our office or your location
Jerry Flack & Associates**

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Life Insurance, Annuities and Long-term Care
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