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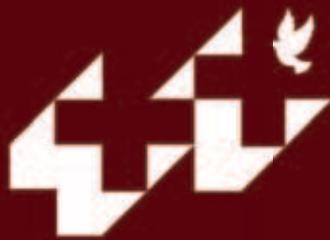
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carver still at it**

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Senior Living

Spring 2020

EDITOR'S NOTES

In the process of putting this first edition of 2020 together, I realized that this year will be the 10th for this publication. I am often reminded of how quickly time can pass. It can sneak up on you like a windshield sneaks up on a bug. We may be cruising along comfortably until something will go *smack!* — and you begin to realize what has happened.



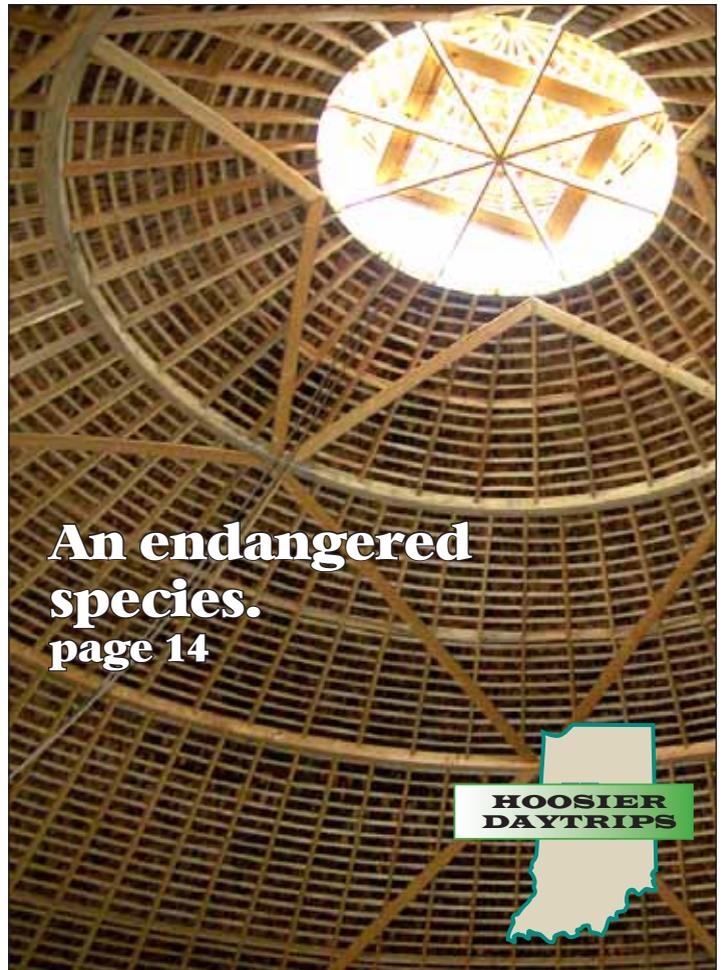
It seems like just a few months ago that we marked the 50th anniversary of the Beatles appearing on "The Ed Sullivan Show" and now, I see we will be marking the official breakup of The Fab Four at the end of this year.

Looking back to early 2011, I recall how excited we were about the launch of Senior Living. We knew of many stories to be shared. And that is precisely what has spurred me to take this unusual step in writing an "Introduction" of sorts to this edition, which I feel has one of the best collection of stories to date. The communities Senior Living serves are blessed in many ways.

And we are blessed by our readers, who have been generous in suggesting stories, and our advertisers, who obviously make this publication possible. So, gentle readers, keep those suggestions coming and whenever you get the opportunity, thank those businesses you see in our pages for their support.

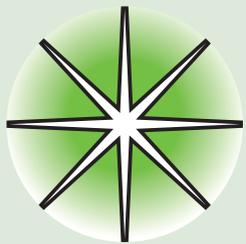
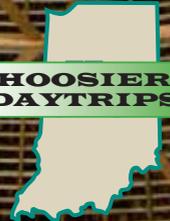
—Mark Miller

Senior Living is a quarterly publication of News-Banner Publications, 125 N. Johnson St., Bluffton IN 46714. Have a story idea? Send it via mail to above address or email: seniorliving@adamswells.com.



An endangered species. page 14

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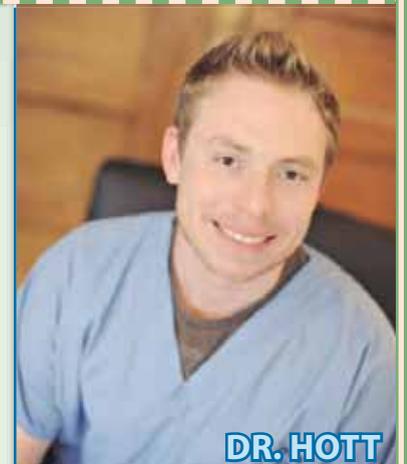
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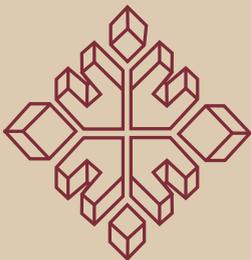


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Angels and Jewels

Decatur woman's hobbies have touched many lives

BY BOB CAYLOR

A hobby that began as a search for solace 50 years ago lingers as a brilliantly colored Christmas tree, suitable for all seasons, in a room at Woodcrest Assisted Living in Decatur.

The trigger for Irene Bieberich to take up crafts is unforgettably clear. On Sept. 27, 1969, her 17-year-old son, Steve, died in a car crash. As Irene looks back on decades of finding the raw material for art in objects at hand, that terrible loss is the origin.

"It all began as something to do. It took my mind off the suffering," said Irene, who is now 94.

Over the years, she was best known for making angels. Usually she formed these from handkerchiefs, but her family recalls many items, forms and purposes that turned to angels in her hands. There were bell angels, rose angels, doorknob angels, treetop Christmas-ornament angels, potpourri angels and more, made of satin, lace, lamé, velvet, pearls and ribbons, to name only some of the materials she used.

She also made "chemo-angels" for people going through chemotherapy. In keeping with that theme, these angels were bald unlike all other angels, who have hair.

Some were gifts, and many she sold at craft fairs and rummage sales, \$15-\$20 each for the larger ones. In 1999, her angels were headliners at a Christmas walk organized by the Adams County Historical Museum in Decatur. That year, a tree was decorated entirely with 149 of her angels. Every one of them sold, raising money for her church, St. Paul Lutheran Church near Preble.

A decade or so after she began working with crafts, Irene recalls, her sister-in-law was freshening up her jewelry — rhinestones had dimmed in fashion by then — and asked Irene if she would like pieces her sister-in-law was discarding. Irene looked them over, and a comparison struck her: The colorful pieces caught the light and glowed like lights, garland and ornaments on a Christmas



Above: Irene Bieberich holds a Christmas tree that she fashioned from pieces of jewelry. The frame in which it is mounted was made by her late husband, Fred. (Photo by Bob Caylor)



At left: A tree Irene Bieberich decorated entirely with angels she'd made was such a hit during the 1999 Christmas Walk for the Adams County Historical Museum that all 149 angels sold. (Courtesy photo)

Australian war bride

How Roma 'Frankie' Frankland McFarren came to northeast Indiana

BY KAYLEEN REUSSER

Sixteen-year-old Roma "Frankie" Frankland of Melbourne loved to dance. Her three older brothers had taught her several types.

"Fred knew the waltz, Vic did a fast jitterbug, and Sid liked the song dances," she said. She was thrilled when her brothers talked their mother into letting her accompany them to dances. It was not easy. "Mother thought I'd get kidnapped by white slavers," she said.

Her mother, Evelyn, may not have had as much cause for concern about Frankie being kidnapped at a dance as falling in love.

In September 1939, Australia, in protest of Germany's takeover of Poland, declared war on the Axis powers – Germany, Italy, and Japan. As a means of showing support for the Allied soldiers coming through the country on the way to the Pacific, the Red Cross organized dances to entertain them.

Frankie, whose nickname was given to her by a childhood friend, graduated from McRobertson Girls School before attending Metropolitan College in 1940. She lived at home while working as a secretary. Frankie's father, Ernest, owned a print shop and Evelyn was a homemaker.

In 1942, American soldiers arrived on the continent as part of the Allies. In Melbourne, the GI's (military lingo for 'government issue') bivouacked in tents at a football field.

As all three of her brothers were in the war, Frankie attended the Red Cross dances alone. She was happy to make the soldiers feel welcome, especially Army Private Robert McFarren of Bluffton, Indiana. He was in town on a three-day leave.

Frankie and Robert danced much of their first evening together. "He told me about his duties as an Army photographer," she said. "He was often on the front lines or wherever the action was."

Frankie left work each evening to stroll with Robert around Melbourne.

"We couldn't go far because we didn't have transportation and couldn't afford the train," she said.

On the third day, Frankie's mother invited Robert to their home for dinner. It was customary for locals to invite soldiers into their homes to eat a home-cooked meal and chat or play board games.

Before parting at the end of the third evening, Frankie and Robert promised to write to each other. The next day when the Army tent city disappeared, Frankie had no idea where Robert had gone or when she might see him again.

The couple wrote letters for nine months. When Robert arranged his leave time to visit Frankie and her family, they rewarded him with another dinner. "Dad even stayed home from the golf course because he liked Robert



Robert and Roma McFarren, 1944

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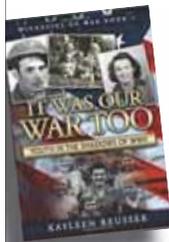
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Kayleen Reusser, of Bluffton, is a former regular contributor to Senior Living and News-Banner Publications. She has written a series of books about veterans of World War II. This story is from her most recent book, "It Was Our War Too — Youth in the Shadows of WWII." The book is available on the internet and is also available at The News-Banner office in Bluffton.

so much," she said.

Another ten months passed before Frankie and Robert saw each other again. In their correspondence, the couple shared their love for each other. At their next meeting in 1943 they became engaged.

Though Frankie and Robert planned to marry at their next reunion, neither could predict when that might be. This posed a problem with the Church of England where Frankie attended. "I could not get a marriage license ahead of time because a date for the ceremony had to be added," she said. Also, the marital banns had to be read by the minister within three weeks of the mar-

riage.

Frankie had no choice but to pick a date to have the minister read the banns and hope Robert could get there. Somehow, he arrived on time.

On May 6, 1944, the couple was married. As no one from Robert's family was present, Frankie's cousin stood with Robert as his best man.

Frankie's parents hired a caterer for the reception held at their home. "I didn't expect them to put so much money into the wedding," she said.

The couple honeymooned at a mountain retreat. As they left the lobby, they met American General Douglas MacArthur. "He and his staff were staying there," said Frankie. The general congratulated the couple on their nuptials.

Frankie stayed with her family while Robert returned to his unit. When the war ended in 1945, she and Robert decided to live in the United States. "He would have stayed in Australia, but I thought he needed to be around family," said Frankie.

In August 1945 she left Australia alone, traveling on a ship with other war brides and staying in Indiana with Robert's family until his discharge. As one of the last group to leave, Robert witnessed the signing of the Tokyo Bay peace treaty.

Robert trained at the New York School of Photography and set up a photography studio with partners in Bluffton. The McFarrens became parents to three children. A son and two grandsons served in the Army. One great-granddaughter is named Sydney after the city in Australia.

For many years Frankie stayed in contact with a girlfriend from Australia named Leslie who was her maid of honor. "Leslie married a soldier one week after I did," said Frankie. Robert died in 2001.

Robert and Frankie traveled to Australia occasionally to meet her family. "I didn't mind leaving my home and moving to the United States if it meant Bob would be there," she said. "If he had gone to Timbuktu, I would have gone there."

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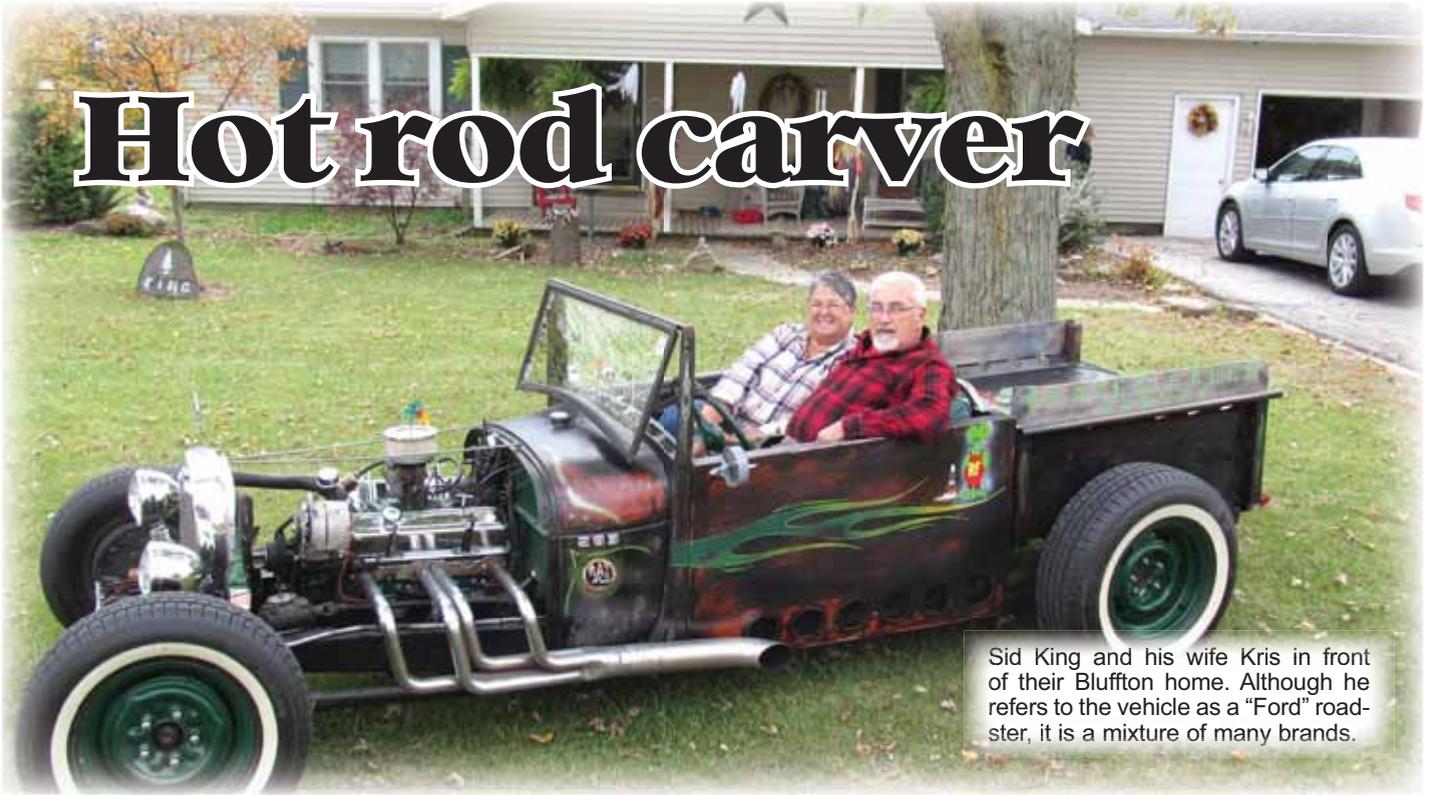
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Hot rod carver



Sid King and his wife Kris in front of their Bluffton home. Although he refers to the vehicle as a “Ford” roadster, it is a mixture of many brands.

In retirement, Rivergreenway carver Sid King has not slowed down

BY MARK MILLER

Sid King first observed a chainsaw artist at work during the Covered Bridge Festival in Park County. Twenty-five years later, he’s lost count of the number of carvings he’s done. And while he’s pretty much retired from doing any “commercial” carvings, he can often be seen at work in front of his East Dustman Road home in Bluffton when the weather is cooperative.

“I mostly do them for charities now, or maybe for some friends,” he says. “I figure it’s a God-given talent and you should give back because He can take it away any time.” King used to keep track of his works but stopped doing that around 500 — and that was 10 years ago.

“And it helps me keep my mind off of what all is going on these days,” he added with a laugh.

The 1970 Southern Wells graduate is particularly proud of his work that is featured along the Rivergreenway and in Pickett’s Run Park.

“I’m really glad they gave me the

opportunity to do that,” he said. King continues to maintain the pieces at no additional charge to the city.

“I want to see them stay around as long as they can,” he said.

Another piece that has special meaning for him is a bear holding a fish that is in his front yard. He’s had several unsolicited offers for it, but insists it will never be sold. It came from a piece of white cedar from his wife’s nephew, Scott Redding, who was a tree trimmer near Whitmore Lake, Michigan.

“His safety belt broke and he died from the fall,” King explained. “So that’s ‘Scottie the Bear’ and I’ll probably be taking it inside in order to protect it.”

He also gives his wife of 23 years, Kris, a good amount of credit for his carvings.

“She’s my best critic,” he said. “She won’t hesitate to tell me what doesn’t look quite right.”

The two have known each other “all our lives,” King said. “I wanted to ask her out when she was working at Bummies during high school, but I chickened out. It took awhile but we finally found each other.”

Between them, they have five children, nine grandchildren and two great-



On the cover: Sid King stands next to his favorite of the four carvings he created that serve as mile markers along Bluffton’s Rivergreenway. (Photos by Mark Miller)

**Cover
Story**

grandchildren. They are both retirees (after 38 years each) of Franklin Electric/Bluffton Motor Works, which is now WEG Commercial Motors.

“Her dad worked, there, both of my parents worked there,” he said. “I think we both intended to just get started there. I had wanted to go to school and become an art teacher but never felt like I could afford it.”

King’s interests go beyond just wood carving. He and Kris can often be seen cruising around Bluffton, weather permitting, in their 1929 Ford Truck Roadster convertible. How it can be called a “Ford” might seem a bit confusing.

“It’s got a 283 Chevy engine, a Pontiac shifter, an Oldsmobile rear end, a Ford chassis and truck bed, a ’40 Ford steering wheel

and Mercury Cougar seats,” he explained.

“We have a blast with it.”

The hot rod was purchased pretty much as is, although he added most of the painting touches, including the “Beaver Creek Carver” on the truck bed’s sideboards. That was the name that he used for a time when he “took a shot” at making the carving a business.

“I learned pretty quick that it’s much more fun to do it more like a hobby and maybe get a few bucks here and there,” he said.

The couple also enjoys taking their hot rod to car shows where he’s been surprised by the number of trophies they’ve won. The awards vary from special awards to Veteran’s Choice.

“I won the street fair last year,” he noted. He is perhaps most

Continued on page 32



“Scottie the Bear” is not going anywhere. The carving is named after a late nephew who had provided the white cedar log for Sid King’s carving.



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It's safe to say he's a 'Ford guy'

BY BOB CAYLOR

In 1967, Bob Counterman of Decatur had just returned from duty in the 11th Armored Cavalry in Vietnam. He and his wife had a new baby, and he was working hard at General Electric and Barker & Sons Wrecker Service, both in Decatur.

Classic Car Corner

Naturally, that was the perfect time to buy an old car to restore.

His quest for a project car made more sense for him than it might have made for some people. Already, in his early 20s, he had purchased and redone old cars before. Beyond that, his work at Barker's involved a lot of time under the hoods of tow trucks, a small fleet of cantankerous, underpowered Chevrolets with straight-six engines.

"That's where I learned to hate Chevies," Bob, now 74, remembers. His mechanical labors at Barker's took a turn for the better when the wrecker service bought a 1966 Ford truck. That helped lock in his preference for Fords, and that steered him toward Fords in his search for an old car to restore.

"We're going to buy something we can keep and enjoy," he told his wife, Kate. "Something to fix up."

He found it in the form of a 1956 Ford Crown Victoria. Clearly, this car checked the "something to fix up" box. It was in a corn crib in Bryant, painted a "military green" that he'd seen more than enough of in Vietnam where he drove an armored personnel carrier. That APC was the command vehicle for the captain who was his company commander, and his job as driver was the key to his having what he remembers as relatively good duty in Vietnam. The reason? There were always plenty of soldiers around to protect the captain's vehicle.

The Ford didn't hold its old military green for long. It soon was repainted in a classic 1950s two-tone: sea-mist green with colonial white. It's still painted those colors, more than 50 years after Bob and Kate bought this stately ride, and it's still the king of the garage and workshop behind their home.

The Crown Vic has company in that



Bob and Kate Counterman, of Decatur, show off their 1956 Ford Crown Victoria and their 1955 Ford Fairlane Sunliner convertible, the red car in the background. (Photos by Bob Caylor)



From left: Back in this Crown Vic's day, reservoirs for windshield-washer fluid were bags. • Of course, nothing accents a big 1950s coupe like a pair of fuzzy dice. • The 1956 Ford Crown Victoria has a classic example of the big, ornate steering wheels popular in the 1950s.

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The 1956 Ford Crown Victoria has been with Bob and Kate Counterman nearly as long as they have been married.

garage. There's a beautiful, red 1955 Ford Fairlane Sunliner convertible with a white top. And there's something for the future, too: the foundation of a 1955 Ford pickup that Bob is working on for Kate.

As for Bob's original quest, to buy

something the two of them could keep and enjoy, the Crown Victoria stands ready to drive on any special occasion, providing proof that he accomplished his aim.

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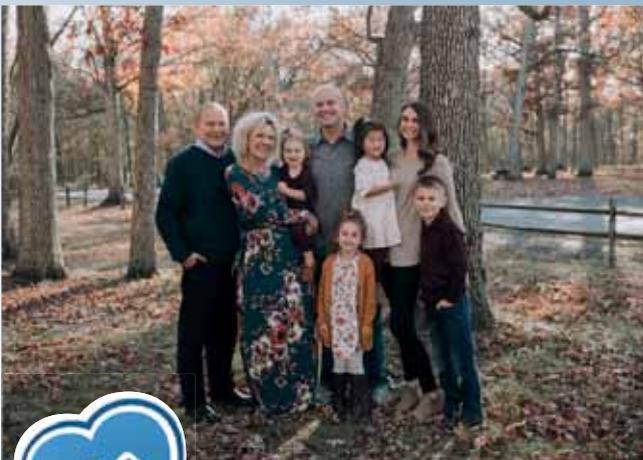
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Hoosier celebrities and Confederate soldiers share space in Indy cemetery

BY TANYA ISCH CAYLOR

Did you know more than a thousand Confederate soldiers died in Indiana during the Civil War?

They didn't die in battle, but as prisoners of war at what was then known as Camp Morton. More than 9,000 captured Confederate troops were sent to the camp, then located on the outskirts of Indianapolis; 1,616 never made it home.

I figured exploring Crown Hill Cemetery, where their remains are buried, would make for an interesting (and free) way to kill some time before picking my son up at the Indianapolis airport.

What I didn't realize is that Crown Hill is so vast, beautiful and home to so many intriguing historical figures — a U.S. president, drug magnate Eli Lilly, several Indianapolis Motor Speedway personalities and the infamous bank robber John Dillinger are among those buried here — that I ran out of time before I made it to the Confederate memorial site. ➔



Hoosier Fun



The National Cemetery located within Crown Hill Cemetery contains the graves of veterans from the Civil War to Vietnam. More than a thousand Confederate prisoners of war who died at Camp Morton in Indianapolis are buried elsewhere at Crown Hill. (Photos by Tanya Isch Caylor)

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At 555 acres, Crown Hill is one of the largest private cemeteries in the nation. Initially established in 1863, the U.S. government purchased adjoining land in 1867 for a national cemetery for the Union Army dead. Veterans of every major conflict up to Vietnam were buried in that space through 1969.

If you enter through the Gothic gates at the intersection of 34th Street and Boulevard Place, you can pick up a free map that identifies the graves of notable figures. I pulled in at the funeral home entrance, 700 W. 38th St., where a funeral appeared to be under way. Not wanting to bother anyone, and eager to get started given my relatively short time frame, I proceeded to explore on my own.

I'd hoped to do my tour on foot but given the size of the cemetery, I decided to first drive the grounds to get a feel for its scope. The national cemetery was easy to spot, with a U.S. flag flying in the center of row after row of identical white markers reminiscent of those at Arlington National Cemetery.

Even more intriguing was a monument in a nearby section that turned out to belong to Richard Jordan Gatling,



The memorial to Hoosier poet James Whitcomb Riley atop the crown of Crown Hill Cemetery in Indianapolis.

inventor of the Gatling gun, a hand-cranked, rapid-firing artillery piece used by Union troops during the Civil War. His tombstone said he was born in North Carolina; apparently Indianapolis was his wife's hometown.

Even without a map, signs pointed me to two of the cemetery's most popular tourist destinations: that of former U.S. President Benjamin Harrison (1833-1901) and the poet James Whitcomb

Riley (1849-1916). Riley's memorial was the more impressive of the two, housed in a structure resembling a Greek Temple atop the hill for which Crown Hill is named. It was steep enough that a bicyclist out for a ride on a relatively warm winter day had trouble peddling up it; the site provided an excellent view of the downtown skyline three miles away.

In the same general neighborhood as Riley's monument, though at a slightly lower altitude, I found the site where the late Indianapolis Colts owner Robert Irsay is buried. His monument was large but simple, marked on the front only with his last name and the signature Colts horseshoe.

Benjamin Harrison's monument, near the base of Crown Hill, was interesting but far from impressive, overshadowed by probably hundreds of more grandiose monuments throughout the cemetery. After reading what was etched there, I turned to go and realized I literally almost stepped on his grave, judging from the coffin-sized outline of ground cover.

Eventually I made it to the 34th Street entrance, where I finally found

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The surprisingly modest tombstone of former president Benjamin Harrison includes this weathered inscription: Lawyer and Publisher//Col. 70th Reg. Ind. Vol. War 1861-1865//Brevetted Brigadier General 1865//U.S. Senator 1881-1887//President 1889-1893//Statesman yet friend to truth of soul sincere//In action faithful and in honour clear.



a map that revealed the location of the Confederate memorial, along with notable tombstones such as that of John Dillinger, Eli Lilly, department store magnate L.S. Ayres, and my sentimental favorite, Bernard Vonnegut Sr., grandfather of one of my favorite novelists

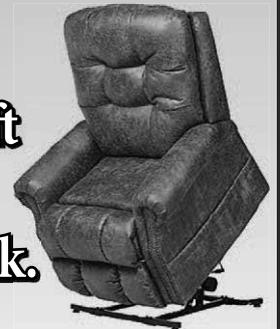
and an architect who designed several important buildings in Indianapolis. Unfortunately, my time was growing short. But now I've got a plan for the next time I explore Crown Hill.

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

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Round barns: An endangered species

BY ROD KING

If they haven't already been included in the list of endangered species, round barns should be. Their numbers are getting smaller and smaller because of decay, weather, maintenance expenses

and rising taxes. Back

in the middle of the 20th Century there were more than 440 round and/or polygonal barns throughout the United States. Today there are less than 100.

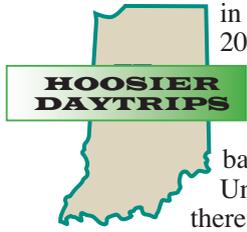
Fulton County, Indiana had more of them (17) than any other county. In fact, it was known as the "Round Barn Capital of the World" until 1971 when it was discovered that a Wisconsin county had 20. They deferred to Fulton County, so it still holds the title and is still the place to see these magnificent structures. There are only eight left. The best place to start is the Round Barn Museum run by the Fulton County Historical Society located on U.S. 31 just four miles north of Rochester.

The museum's barn, which was originally on a dairy farm, has a diameter of 60 feet and is 65 feet tall. The main floor served as storage for hay, straw and grain and now houses a variety of 1900s farm implements. Light filtering through the cupola windows gives the structural members a sort of artsy geometrical appearance.

Cows were fed and milked in the lower level. All the stalls face inward, making feeding more efficient, saving farmers lots of steps. Purdue University in the early 1900s declared that round barns were economical. First, their capacity is larger than rectangular barns, they're faster, easier and cheaper to construct than a post-and-beam barn because they utilize one-inch lumber instead of one-foot-thick beams and finally, nails could be used instead of pegs.

This particular barn was built in 1924, with the last owner, a Mr. Paxton, donating it to the historical society after a tornado ripped most of the roof off. It was moved to its present site and restored in 1990-91 for \$65,000.

Some theories give the English credit



Fulton County has just eight round barns left. At one time the county had 17. This barn, which was built in 1924, was donated to the Fulton County Historical Society and relocated to its present site in 1990. (Photos by Rod King)



In the Historical Society's museum are numerous vignettes of life in the first half of the 20th century. This display (above left) shows typical tableware and dining room furniture of the period. Meanwhile, on display in the round barn is this 1912 Lincoln pick-up truck. Farm implements and tools from the early 1900s can also be seen.





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Light filtering through the cupola windows on top of the round barn gives the structural members an artsy geometrical look. These barns were considered easier, cheaper and faster to build than rectangular barns because they utilize one-inch lumber instead of one-foot-thick beams. In addition, nails could be used instead of wood pegs.



for developing round/polygonal barns to protect horses walking in a circle to produce power to operate mills. The earliest one in this country belonged to our first president, George Washington. He had a 16-sided barn built in 1792 on his farm near Mount Vernon. It was torn down in 1870. A replica was completed in 1996.

Shakers built the first true round barn in this country in Massachusetts in 1824. They preferred round barns because there were no corners for evil spirits to hide in. The height of the round barn building boom was in 1910. The first round barn to be built in the Hoosier state was in 1874 and the last

one went up in 1936.

In addition to the round barn, the Fulton County Historical Society has a large collection of historical memorabilia from the early 1900s and a living history village called Loyal, Indiana that existed a few miles away. It was originally known as Germany, but the name was changed to Loyal during the First World War. It features structures built between 1900 and 1925.

There is no admission fee to visit the Round Barn Museum. It's open Monday through Saturday from 9 a.m. to 5 p.m.

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

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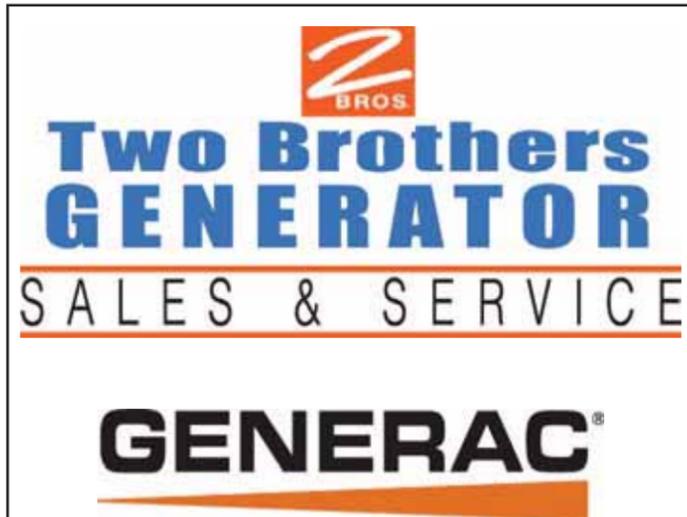
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Fire up the smoker for Easter dinner this year

For much of the country, Easter Sunday typically falls during a time of year when the weather outside is still pretty chilly. But this year Easter falls on the third Sunday in April, increasing the chances that temperatures will be more spring-like and less reminiscent of winter.

Warmer temperatures on Easter Sunday means hosts tasked with cooking Easter dinner might be able to expand their culinary horizons and avoid the stove. Though they might not have considered it before, hosts might want to fire up their smokers to give their families something delicious and different to dine on this Easter Sunday. If the weather takes an unexpected turn for the worse, electric smokers can typically be used indoors, but check the manufacturer's instructions to confirm that.

Big meals are part and parcel for Easter Sunday, this recipe for "Pork Loin Roast with Hot Pepper Jelly Glaze" from Karen Putman and Judith Fertig's

"Championship BBQ Secrets for Real Smoked Food" is a great way to take advantage of warmer Easter weather while still ensuring everyone has a full belly by the end of the meal.

Spring Recipes

Pork Loin Roast with Hot Pepper Jelly Glaze

Serves 4 to 6

- 1 boneless pork loin roast (about 2 lbs.)
- 4 cups apple juice
- 1/2 cup Brown Sugar Rib Rub (see below)
- 1 cup hot pepper jelly
- Additional apple juice for spraying
- 1. Rinse pork under cold running water and pat dry. Place in a large sealable plastic bag and pour in apple juice. Seal bag and refrigerate for at least 8 hours and up to 12 hours.
- 2. Remove pork from marinade and pat dry. Discard marinade. Sprinkle dry rub over the surface of the meat, coating evenly. Set aside.
- 3. Prepare a fire in your smoker.



4. Meanwhile, in a small saucepan, melt hot pepper jelly over medium-low heat. Keep warm by the smoker.

5. Place pork directly on the smoker rack, add wood to the coals and close the lid. Smoke at 225 F to 250 F, spraying with apple juice every 30 minutes, for 2 hours. Brush with hot pepper jelly, close the lid and smoke, spraying with apple juice every 30 minutes, for 1 to 1 1/2 hours, or until a meat thermometer inserted in the thickest part of the pork registers 160 F for medium, or until desired doneness. Let rest for 15 minutes before slicing.

Brown Sugar Rib Rub

Makes about 3 1/2 cups

- 2 cups packed dark brown sugar or granulated maple sugar
 - 1/2 cup fine kosher or sea salt
 - 1/4 cup sweet Hungarian paprika
 - 1/4 cup chili powder
 - 1/4 cup ground lemon pepper
 - 1/4 cup granulated garlic
 - 1 tablespoon freshly ground black pepper
 - 1 teaspoon dried basil
 - 1 teaspoon dried thyme
- In a medium bowl, combine brown sugar, salt, paprika, chili powder, lemon pepper, garlic, black pepper, basil, and thyme.

TF194852 © MCS

Serve up homemade salsa this Cinco de Mayo

Much like St. Patrick's Day is celebrated by people with no trace of Irish heritage, Cinco de Mayo has become a day of celebration for people who do not trace their ancestry to Mexico. In fact, History.com notes that Cinco de Mayo is a relatively minor holiday in Mexico, where the day commemorates a symbolic yet not significantly strategic win by a heavily outnumbered Mexican army over French forces sent by Napoleon III to establish an empire on Mexican land. In the United States, Cinco de Mayo has become a day to commemorate Mexican culture, including its much-loved cuisine.

Food is front and center at

many Cinco de Mayo celebrations. Home cooks hosting friends or those who simply want to enjoy some homemade Mexican fare this Cinco de Mayo can try their hands at this recipe for "Fiery Corn Salsa" from Kelley Cleary Coffeen's "200 Easy Mexican Recipes".

Fiery Corn Salsa

Makes 2 cups

- 1/4 cup olive oil
- 3 tablespoons freshly squeezed lime juice
- 2 teaspoons minced fresh cilantro
- 3 tomatoes, seeded and diced
- 1 1/2 cups corn kernels
- 2 to 3 jalapeño peppers, seeded and diced

Salt and freshly ground black pepper

1. In a large bowl, combine oil, lime juice and cilantro. Add tomatoes, corn and jalapeño to taste. Mix well until corn mixture is well coated. Season with salt and pepper to taste. Transfer to an airtight container and refrigerate, stirring occasionally, for 1 hour or up to 2 days.

Tip: In place of the corn kernels, you can use canned corn, drained; frozen corn, thawed; or corn from the cob, cooked on the stove top. For a smoky flavor, use corn grilled on the barbecue grill.

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Time apart helped shape Brickers' shared mission in life

BY TANYA ISCH CAYLOR

Over the past two decades, Dick and Linda Bricker have quietly helped feed and clothe untold numbers of local children.

The Bluffton couple loves sharing their blessings so much they've converted a bedroom closet into a pantry that serves as their own private food bank.

But though they're widely known in the community for all the projects they're involved in, from the Dream Team to Paws and Claus, not many people realize they were divorced for 22 years before fate drew them back together again.

The Brickers first met in 1971, in the surgical ward of what was then Wells Community Hospital. Dick, then 19, was having a hernia repaired. Linda was his nurse, fresh out of college. They got along so well that the patient who shared Dick's room suggested they get married.

They did, three months later, with Dick's hospital roommate, a preacher, officiating.

Five years later they divorced, at least in part because their only child was stillborn. Dick had grown up with nine siblings; he couldn't imagine not having kids.

The other problem, he says now, was that in his early 20s he still hadn't figured out what he wanted to do with his life.

"I knew what I was going to be in third or fourth grade," Linda quips.

"And I was still trying to be a third or fourth-grader," Dick responds without missing a beat.

Fast-forward to Christmas Day, 1997. Linda, who by then was a nurse at Bi-County Services, was making her annual holiday phone calls to the agency's group homes. She dialed what she

Even Dick and Linda Bricker's pet is a survivor; like Linda, their miniature pinscher, Taser, has type 1 diabetes -- and has lived six years with the disease, far above the average. (Photo by Bob Caylor)



Helping out needy kids is so important to the Brickers they've converted a bedroom closet to their own personal food bank. (Photo by Bob Caylor)

thought was the first number on her list and gave her usual holiday greeting: "Merry Christmas to you and everyone who lives in this house!"

Only it turned out she had accidentally dialed her former sister-in-law instead. They recognized each other's voices, laughed about the mix-up, and wished each other Merry Christmas.

A little while later, Dick — by now a state employee at the Air National Guard base in Fort Wayne, and in the process of going through a divorce — called back.

The second time around they took more time with their courtship. Dick was caring for two sons he eventually got full custody of. A little over a year later, on Jan. 6, 1999, Linda was driving up to the air base to bring Dick a batch of homemade eggnog.

The eggnog never arrived, and neither did she. A car accident put Linda in intensive care for 22 days.

It wasn't the first time Linda had survived a brush with death. At age 13 she fell into a diabetic coma when her blood sugar soared to 1100, more than 10 times the normal level.

By that point Dick had survived a heart attack as well.

Despite their latest setback, the Brickers remarried that April, with Dick pushing Linda down the aisle in a wheelchair. It was another month before she took her first step.

Over the past two decades there have been more blood-sugar scares, another heart attack, and two bouts with cancer.

Through it all, the Brickers have relied on their faith — he's

Lutheran, she's Seventh Day Adventist — their determination to stay busy, and their shared love of helping those in need.

Both grew up poor. Linda remembers getting an orange and a cup of her own for Christmas one year.

"We didn't have a whole lot," Dick, recalls of his childhood. "We had a lot of love. We didn't starve, but we didn't eat steak and potatoes every night."

Their mission of helping needy children is a product of their second marriage. Through his connections with the Bluffton school district, where he now drives bus for special-needs children and runs the scoreboard at athletic events, Dick has a way of finding out when families need help.

His speciality is playing matchmaker between good causes and those who can provide assistance, with the construction of Whicker Park being the best example.

"He's a good beggar," says Linda, who now works as an instructor at Bi-County Services after retiring from her nursing duties a few years ago. Linda says she will retire "when I take my last breath."

Continued on page 21



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Time apart

Continued from page 19

Dick can't imagine staying home or hanging out drinking coffee all day. "I enjoy being out doing stuff, doing things in the community."

Do they regret those 22 years apart? Both seem more inclined to appreciate the quirkiness of fate rather than ruminate over what might have been. Besides, it's always amusing to see people's faces when they're asked how long they've been married, and they look at each other and say, "Which time?"

"We both have a warped sense of humor," notes Linda. "I think that helps us."

"In a lot of ways we're total opposites," Dick adds. "She's a lot smarter than I ever will be. Yet we always seem to know what each other is thinking."

Despite all they've been through, "I wouldn't change anything," Dick says. "I like where I'm at in this stage of my life. We had to pay the price back then to be able to do what we do now."

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



Dick Bricker enjoys playing Santa at the Bluffton Parks Department's Paws and Claus event every Christmas. Here he is pictured with Taser, the Brickers' miniature pinscher, whom Linda calls "my baby." (Courtesy photo)

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SPRING-Y TIPS FOR SENIORS

How to prevent and relieve lower back pain

Lower back pain is a common side effect of aging. Here's how to go about preventing and relieving it.

Prevention

Good posture is essential for preventing lumbar aches, as is the position you sleep in. Try to sleep on your side with your knees bent. If you can only sleep on your back, a firm mattress can help to prevent back aches.

In addition, maintaining a healthy weight can help reduce the amount of strain put on your spine. Try to exercise regularly, ideally by performing activities that are of moderate intensity.

You should also try to avoid lifting heavy objects. If you need to pick one up, keep your back straight, use your



abdominal muscles and bend your knees.

Relief

As much as possible, try to integrate physical activity into your daily routine that won't impact your back. Swimming and walking are two good examples. Yoga and tai chi are also great low-impact activities that allow you to gently stretch and strengthen your muscles.

Consulting a physiotherapist is another good idea, as these professionals can teach you various stretches and exercises that will provide relief. Massage therapy and ibuprofen can also help you manage your pain.

If these methods fail and the pain persists, be sure to consult a healthcare professional, ideally before it becomes unbearable or spreads to other areas of your body.

Caffeine and aging

Q. Does caffeine bother you more the older you get?

Sensitivity to caffeine—the pick-me-up in coffee—tends to increase as you get older. Children metabolize caffeine quicker than adults.

About 90 percent of Americans consume caffeine daily. More than half of all American adults consume more than 300 milligrams of caffeine every day, making it America's most popular drug.

Caffeine occurs naturally in many plants, including coffee beans, tea leaves and cocoa nuts. It is therefore found in a wide range of food products. Caffeine is added artificially to many others, including a variety of beverages. The most common sources of caffeine for Americans are coffee, tea, colas, chocolate and some over-the-counter medications.

Here are some useful numbers to help you determine how much caffeine you



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By Fred Cicetti

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- An ounce of chocolate—6 mg
- One tablet of Extra Strength Excedrin—65mg
- One tablet of Anacin—32 mg
- One tablet of Maximum Strength NoDoz—200 mg

For most people, 200 to 300 milligrams a day aren't harmful. But, if you are sensitive to caffeine or use of certain drugs, you may want to cut down or eliminate caffeine from your diet. Your caffeine consumption is worth discussing with your doctor.

Caffeine can cause restlessness, anxiety, irritability, muscle tremors, sleeplessness, headaches, nausea, diarrhea and abnormal heart rhythms.

Some medicines and supplements

interact negatively with caffeine. These include some antibiotics and bronchodilators. Talk to your doctor or pharmacist about whether caffeine might affect the medicines you take.

In the practice of medicine, caffeine is useful as a cardiac stimulant and also as a mild diuretic. Caffeine is an addictive drug. It stimulates like amphetamines, cocaine, and heroin.

If you feel you have to have caffeine every day, then you are addicted to it. Eliminating caffeine suddenly can cause withdrawal symptoms, such as headaches and fatigue. These symptoms usually pass after several days.

Here are some tips if you want to chase the caffeine monkey:

Read labels carefully for ingredients and keep track of the caffeine you consume.

Gradually reduce the amount of caf-

feine you take in. This will enable you to acclimate to less caffeine and reduce the effects of withdrawal.

Start drinking decaffeinated coffee, tea and soda.

Brew your tea for less time to cut down on caffeine. Or try herbal teas which are caffeine-free.

Check the caffeine content in over-the-counter medications that you take. If you can, switch to caffeine-free forms of the medications you need.

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SPRING-Y TIPS FOR SENIORS

4 ways seniors can alleviate loneliness

Are you feeling isolated or flat out lonely? If so, here are four ways to enrich your social life, connect with others and alleviate loneliness.

1. Adopt a pet

Caring for a pet can mitigate feelings of loneliness. If your situation allows for it, welcoming a furry friend into your life could be a great idea. You might even meet other pet owners, especially if you take your animal companion out for a walk from time to time.

2. Leave the house

Venturing outdoors will help you feel better both mentally and physically. Make a habit of running a few errands every day or visiting your local library, movie theater or park. If you're limited in terms of mobility, leaving the house regularly may require a mobility scooter or going on seniors' trips with a trusted organization.



3. Join a class or group

Rekindling your interest in an old hobby or adopting a new one can be a great way to push the cobwebs of loneliness away. What's more, joining clubs and taking classes will allow you to meet new people. If you prefer, there are plenty of courses and groups that cater specifically to seniors.

4. Reach out

There are a number of organizations that help seniors improve their quality of life. Some may be able to provide individual counselling to help you move beyond your loneliness. Additionally, there may be group counselling sessions where you can connect with others going through a similar experience.

Keep in mind that you don't need to rush anything. The best way to move beyond loneliness is at your own rhythm.

How retirees can make new friends

Has your social circle diminished over the years? If so, it can be difficult to make new friends as you get older. Here are some tips that might help.

Be proactive. Go out and meet people. Libraries, cafes and neighborhood gatherings are all ideal places to mingle. Alternatively, take a class that interests you, volunteer with a charity or join a club.

Seize opportunities. If someone invites you to an event or on an outing, accept! Don't make excuses just because you're nervous. If you meet someone you like, make plans to see them again soon.

Be interested. Listen to others and be interested in what they have to say. Smile, ask questions and don't monopolize the conversation.

Keep in touch. Meeting new people isn't the only way to enrich your social life. It can be just as rewarding, if not more so, to get in touch with old friends. You may be surprised at how easily you're able to reconnect.

There's no shortage of ways to meet new people. Search the internet to find local groups and clubs that interest you. Alternatively, take regular walks around your neighborhood. It'll keep you in shape and you'll get to know people in the area.

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4 ways to be more active

According to the Department of Health and Human Services, adults over the age of 65 should engage in at least two and a half hours of moderate-intensity aerobic activity every week. Here's how to begin.

1. Choose fun activities

If you opt for activities that you enjoy doing, you'll be more motivated to stay active. Exercising is also a great way to enhance your social life. Invite your family for a bike ride or sign up for a dance class with friends.



2. Start off slowly

Ease into a more active lifestyle to avoid getting discouraged and injured. Start by integrating a few 10-minute activity sessions into your week. Gradually increase the frequency and duration of your workouts until you attain the weekly goal of 150 minutes.

3. Listen to your body

It's important to respect your body's limits, particularly as you get older.

This means taking a break or a day off when you need to. If you have a chronic condition, you should take into consideration how it affects your ability to safely engage in physical activity.

4. Keep moving

An active lifestyle is about more than just exercise. Walk whenever you can, both as a leisure activity and a mode of transportation. Plus, many household chores allow you to strengthen your heart and muscles, including mowing the lawn, carrying groceries and vacuuming.

If you have a suspected or diagnosed medical condition, talk to a health care professional before you start a new physical activity or workout regimen.

There are many benefits that come with being more active. Physical activity can improve your balance and posture, help you to remain independent for longer and aid in preventing falls, injuries and certain diseases.



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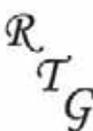
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Automatic tipping is everywhere!

(Here's what to do about it)

BY CHRISTOPHER ELLIOTT

I saw it at a pizza restaurant in Provo, Utah, recently. When I paid for my order, the electronic payment system asked if I wanted to tip 10% (cheap-skate!), 15% (better!) or the correct amount, 20%. No, the touchpad didn't actually comment on the choices, but the incorrect selection was clear: the "no tip" box that wasn't highlighted.



**On
Travel**

It was a takeout order, for goodness sake.

Tipping is a confusing ritual for consumers. Coffee shops, hair salons and fast-food restaurants now actively solicit tips from their customers. But automatic tipping takes it to the next level. When a business either strongly suggests a tip or just adds a gratuity to your bill hoping you won't dispute it, that feels wrong.

Automatic tipping takes tipping to the next level

Consider what happened to Joshua Zweighaft, a New York-based travel consultant. When he ordered a beer at a poolside bar at an upscale hotel in San Jose, California, it added an 18% gratuity for his "convenience."

"I paid it," he says. "But did not leave an additional tip. I hope the gratuity went to the bartender."

Service charges for drinks are becoming common in resort towns, particularly Las Vegas. You can sometimes negotiate them off your bill, but do you really want to make a scene?

Even when a business doesn't automatically add a tip, it still feels as if you have no choice. Wade Eyerly, the CEO of an insurance company based in New Canaan, Connecticut, is unhappy about the airport restaurants that solicit tips through a tablet-based payment system like Square before you receive your food.

"It's like a mob threat," he says. "Tip well, or who knows what happens, you

know? But there's no way for your tip to reflect the service."

The cruise industry may be the worst when it comes to auto-tipping.

Cruise lines such as Carnival, Princess and Norwegian automatically add fees of up to \$23 per person, per day to your bill. You can remove these tips before you disembark, but once you're off the ship, there's nothing you can do. Many cruise passengers don't review their folio before they disembark. As a result, they sometimes tip twice.

Should tipping even exist?

A lot of service employees believe tips ought to be mandatory. If you don't believe me, I'll show you the hate mail I'll get after this story appears. Before chewing me out, they'll inform me that a tip is part of their salary – and that by encouraging readers to withhold a tip, I'm an accessory to theft.

That's nonsense. Tips have always been optional. But the servers and tour guides are right about one thing: gratuities are starting to feel like an undisclosed tax.

"I think you hit the nail on the head by calling it a tax," says Tanner Callais, editor of *Cruzely.com*, a website about cruising. "These fees are all but mandatory, especially on a cruise."

The automatic tipping problem is forcing travelers to ask difficult questions. For example, should we be tipping at all?

"Tipping is another word for dishonest pricing," says Wayland Eheart, a retired professor from Urbana, Illinois. "It's a way to advertise prices that are lower than what you'll actually pay. Tipping should not exist. 'If the salary of the provider is insufficient, raise it. And raise the price accordingly.'"

Eheart has traveled abroad and seen how it's done in other countries.

Most restaurants in Europe charge a flat rate "service charge" for a meal, for example, and tipping on top of that is entirely discretionary and not at all expected. In some places, like Japan, there's basically no tipping. The service cost is worked into the basic price.

I think many Americans would agree with Eheart. Ideally, the price of a meal or cruise would include everything. If you want to leave a tip for exceptional service, that should be your choice, but

not an obligation.

So what should you do about automatic tipping?

If you see an automatic tip on your bill, do something about it quickly. No one should pay a tip before they receive the service. So as you might have guessed, I didn't accept any of the suggested tips on my takeout order.

Don't let a business tip shame you, either. When an employee pivots the payment screen to you, sign and tap that "no tip" button without remorse. (Although, if a server later provides outstanding service, feel free to leave a tip.)

Remember, a tip is for great service. It's not an entitlement.

What if it's too late? Elaine Thompson thought it might be after a conference dinner at a fancy restaurant. Thompson, a history professor from Ruston, Louisiana, watched the dinner's host write out a \$200 tip.

"It dawned on me the next day that, as a party of more than eight, there was likely an automatic gratuity, so I called the (dinner) host to let her know," she recalls. "Sure enough, she had accidentally tipped the waiter about \$425 total. The restaurant was gracious enough to refund the additional tip because the waiter had not pointed out the automatic gratuity."

Sometimes, that's all it takes.

How to identify and eliminate an automatic tip

Read before signing. Automatic tips often hide in plain view. On a restaurant bill, they're rendered in small print just before your subtotal.

Talk to a manager. If you've inadvertently signed a bill that agrees to an automatic tip, or if a server or employee refuses to remove an automatic tip, politely ask for a manager. That person usually has the authority to override the gratuity.

If all else fails, dispute the charge on your credit card. Under the Fair Credit Billing Act, you have the right to remove charges such as an automatic tip, especially if it wasn't previously disclosed. It won't be easy, but it's worth a try.

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

SPRING-Y TIPS FOR SENIORS

The benefits of gardening

Aging shouldn't stop you from cultivating your interests. Whether you're a long-time gardener or eager to pick up the hobby, here are some of the advantages to gardening as you get older.

Health benefits

Gardening is a form of aerobic exercise that strengthens major muscle groups and improves mobility. It also encourages you to spend more time outdoors where you can benefit from the sunshine and fresh air. Tending to a garden reduces stress, promotes relaxation and instills a sense of accomplishment. A vegetable or herb garden also gives you access to fresh, nutritious food.

Social opportunities

Gardening can be a collective pastime that allows you to meet new people or spend time with old friends. Studies show that strong social ties increase longevity, lessen cognitive decline and prevent de-



pression among older adults. If you live in a retirement home, inquire about joining or starting a gardening club to connect with residents who share your interests. You can even make gardening a family activity and an opportunity to teach your grandchildren new skills.

Downsizing potential

A balcony garden or an assortment of houseplants will allow you to continue gardening once you've moved from a house to an apartment or retirement home. Many plants can thrive in pots and window boxes. If you're used to growing a vegetable garden, microgreens can be grown in even a small living space. Also, plants make great roommates — they boost your mood, beautify your home and require little upkeep.

Gardening is an activity that can be done at any age. Find what works for you and don't be afraid to get your hands dirty.



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This close-up shows the meticulous attention Irene Bieberich paid to form, color and placement when she built a Christmas tree from jewelry. (Photos by Bob Caylor)

Continued from page 3

tree. She'd found the sparkling seeds of her biggest project.

There weren't enough suitable pieces in that collection that started her on the road to a Christmas tree, but she kept her eyes open at the garage sales and rummage sales she visited with her late husband, Fred. When she'd found enough pieces to make her vision of a tree take shape, she removed the backs of the jewelry so that they would lie flat on a black velvet background she chose. Fred then built a frame to display the completed tree.

In the 40 or so years since she made the tree, the hundreds or thousands of angels she made have flown as far away as Florida, California and Europe, but the tree has never wandered far from home. For a few weeks around last Christmas, the tree was on loan for display at Eichhorn Jewelry in Decatur. Now it's back with Irene, where it surely best belongs, in her room at Woodcrest.

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

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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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Art for All! Fort Wayne public art plan makes its debut

BY CINDY LARSON

Greater Fort Wayne Business Weekly

Art doesn't have to be confined to a museum, where people have to pay to get in and then might feel intimidated by the environment.

Public art projects, accessible to all, beautify the city and benefit residents and visitors.

In 2018 Mayor Tom Henry and the Fort Wayne City Council created the Fort Wayne Public Art Program and Fort Wayne Public Art Commission, which went to work creating a master plan.

In late January, that plan was presented to the public at an event in the Ian Rolland Gallery in the Arts United Center.

Nine displays featured examples of nine possible public art projects that could be implemented over the next decade. Members of the Art Commission stood by at each exhibit ready to explain the concept. Attendees were given



The city of Fort Wayne's Public Art Commission gathered ideas and examples for proposed projects here from those in other cities. (Photo by Cindy Larson)

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red stickers that they could put on the project posters to indicate which ideas they liked best.

One idea, Open Walls Fort Wayne, would allow street artists to legally paint murals on buildings owned by the city.

Faces of the Fort would involve large-scale murals of local civil rights and social justice leaders as well as new Americans who have moved to Fort Wayne.

Some of the ideas would play off the city's already impressive architecture with lighting. "Everything is going to be lit up very well, especially downtown buildings and roof lines," former City Councilman Tom Smith said, referring to the Topographic Light idea. Smith is a member of the Art Commission.

The Topographic Light idea could include lighting up important architecture, such as the Lincoln Tower, or add lights to underpasses.

Fort Wayne Gateways is an idea that would add art to primary gateways into the city.

Another idea is to give local neighbor-

hoods their own gateways and gathering spaces.

One proposal would be to add a Grand Wayne Monument Sculpture to the convention center downtown. This would be a statement art piece, such as Denver's Big Blue Bear multi-story sculpture looking into a window of their convention center.

Other ideas include an Arts and Culture Corridor, a Riverfront Public Art Trail and a Discovery Walk.

In remarks during the event, Henry noted the importance of public art and what it adds to quality of life. "You want Fort Wayne to shine in other ways than just low unemployment," he said.

Nancy Stewart, chair of the Art Commission, said with feedback from the presentation, and especially from the voters at the event, the group will begin to prioritize the projects.

The projects are funded by philanthropic donations and by a percentage of Tax Incremental Financing (TIF) money given back to the project.

Story and photo courtesy of the Greater Fort Wayne Business Weekly



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Solution to puzzle on page 29

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

Hot rod carver

Continued from page 7

proud of the Roth Family Choice trophy at this year's Cruise-In which honors Ed "Big Daddy" Roth, credited with originating the "Ratfink" line of hotrod products.

The vehicle has also given him an opportunity to work with one of his mechanically-minded grandsons.

"He's got his eye on it but I told him he'll have to wait until I'm cold until he can do the things he'd like to add to it," he said with a chuckle.

"We try to go cruising in it every night during the summer and as long as the weather is OK," he said, adding that it's not unusual to put 25 to 30 miles on it on any given evening. "We get a kick out of the looks we get from kids. Everybody likes it."

He is hoping to be able to get it out occasionally during the winter if it gets warm enough on some days. Perhaps that route will include along the River-greenway to check on his carvings.

Miller is the editor of Senior Living Magazine. seniorliving@adamswells.com



Bluffton resident Sid King works on an eagle carving in his "studio" — an area off his driveway on East Dustman Road.

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