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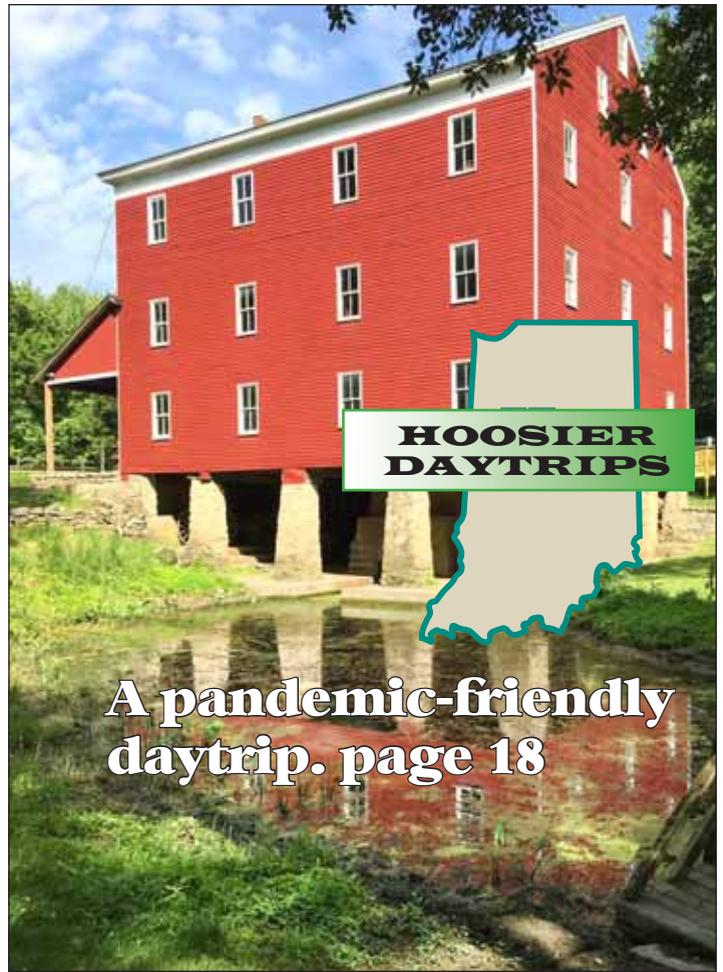
Senior Living

Summer 2020

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A pandemic-friendly daytrip. page 18

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Bees and butterflies

...have been a huge part of Janet Torson's busy life

BY MARK MILLER

Being a beekeeper is not all that unusual, but being a beekeeper who is allergic to bee stings is. In her 38 years of tending her bees, Janet Torson has been stung only once. More accurately, there was just one incident, but it involved about 30 stings that sent her to the local hospital.

"The first rule in beekeeping," she says, "is common sense." That means, more specifically, to always wear your bee suit and stay calm.

A number of years ago, a storm came through with high winds that toppled her hives. In her haste to put her suit on, she neglected to close up one opening. When she felt the first sting, she headed back to the house to get her EpiPen, which would counteract her allergic reaction. She fainted twice in that process and if it had not been for the help of a neighbor, she may not have survived. While allergic, she is not scared of her bees and the incident did nothing to dampen her enthusiasm.

"Bees are thoroughly enjoyable," she says. "They are calm and industrious, but they can sense fear."

Her home is filled with "everything bees," she says, including framed charts and photographs, reams of research and shelves full of books about bees. She will quickly share details of the facts and figures and history of bees. For example:

- Bees have been a part of mankind's life as far back as history is recorded, but they are not native to America. Colonists brought them along.
- Honey and bees are mentioned in more than 30 Bible verses.
- Approximately one-third of all the food we consume comes from pollinated crops. From alfalfa to a white onion, the list is a long one.
- Honey is considered the "perfect" natural food. It never spoils; in fact, honey found in Egyptian tombs was still edible.
- Since bacteria cannot live in honey, it has numerous medicinal qualities.
- Bees can be legally raised within the city limits of most, if not all major cities.

"There are bee hives kept on the top of several skyscrapers in New York City," she says.

Torson, who turned a youthful 84 in April, got her start in beekeeping from a student. She retired in 2001 after 38 years in education, the last 35 teaching kindergarten at Monmouth Elementary School north of Decatur. Any discussion of people she has dealt with concerning bees is peppered with "I had their three kids in my class," or "she was one of my students."

Her string of continually having a hive — which typically consists of anywhere between 100,000 and 200,000 bees — was sadly interrupted this past winter when all of her bees died.



From the top ...

Proudly standing next to her first bee hive and wearing very rudimentary bee protection gear, Janet Torson has been a beekeeper for more than 38 years. (Photo provided)



Torson models her bee suit with her head covering very temporarily removed in this picture taken in 2009. (News-Banner archives)

Today, Torson's hive is sadly empty, but only temporarily. Her bees died suddenly over the past winter, presumably not of the coronavirus. (Photo by Mark Miller)



“Bees have a weak immune system,” she says. Their health can be easily impacted by a lack of land, pesticides and mites. Keeping those mites out of her hives is the only one of those three factors she can control.

Bees have been dying in increasing numbers since the 1970s, when a major commercial beekeeper in Pennsylvania lost all of his bees to a new virus. Five years ago, it was estimated that America had lost more than 40 percent of its bee population. It is still a struggle.

While climate change itself has not likely been a cause of the bees' declining numbers, she believes wide temperature swings during this past winter may have been a factor in her hive's demise.

“We would be in trouble if we lost our honey bees,” she says.

There are other “pollinators” out there, including butterflies, hummingbirds and bats, none of which have the volume and work ethic of bees.

Torson will not be able to get a new colony until next spring — they are in

such high demand and low supply that it was too late for her to get her order in for this spring. She purchased a new freezer to store what honey remains from her hives; when her new colony arrives next spring, “they’ll have a surprise waiting for them,” she says.

Janet Torson is also doing everything she can to preserve and protect her favorite insect. Her efforts and passion, she admits, easily qualifies her as being “evangelical” about bees. She will gladly share any information to anyone about how they can help:

- She has made “hundreds” of presentations about beekeeping over the years, educating people about the science of her hobby at schools, churches and retirement homes.

- Since bees and butterflies actually help each other, she has crafted a butterfly garden at her home. Milkweed plants and moonflowers attract butterflies and serve as their “nests.” It has proven to be a great learning experience for her children and grandchildren as well as neighbors and friends.

“We’ve spent hours watching the butterflies come out of their cocoons,” she shares and have watched the bees and

butterflies intermingle in the garden. It is not necessary for her to wear her bee suit unless she approaches the hive.

- All of the plants, including the evergreen and pear trees, that surround her home and two-plus-acre property are “bee friendly,” she says. The list includes honeysuckle and pussy willows.

“Adding those bee-friendly plants around your home is very easy to do, and almost always very pretty,” she says. The list of these plants is extensive and can easily be found with an internet search.

- Buying local honey is helpful as well, she says. The honey her hives produces is given away, approximately 75 to 100 pounds per year.

“People just seem to know about it,” she says. “They come from all over.”

- Perhaps most important, however, is reducing the use of herbicides and pesticides in gardens and lawns. While there are some that are considered “safe” for bees, most pesticides create “stressed” bees, more vulnerable to bacteria, viruses and parasites. Details on what is and is not safe can also be found on the internet.

Meanwhile, Janet Torson will tend



After her bees suddenly and mysteriously died over the past winter, Janet Torson has about 100 pounds of honey, which she will store in a recently purchased freezer. It will give her new colony a “head start,” she says. (Photo by Mark Miller)

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Janet Torson displays a very small fraction of her collection of "all things bees," as she calls them, in her rural Decatur home. (Photo by Mark Miller)

her butterfly garden this summer, look forward to getting her new colony next spring, and will be glad to talk about bees just about anywhere at just about

any time. She can be reached at 260-724-7609.

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



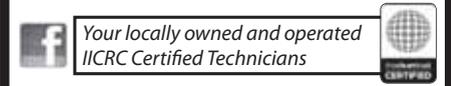
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Family legend from Spanish Flu Pandemic feels eerily relevant

BY TANYA ISCH CAYLOR

The prospect of not having church for several weeks during the coronavirus lockdown felt unprecedented and almost unthinkable to many people.

But to Clara Eicher and her family, it revived stories from the time their Old Order Amish church closed for several weeks during the Spanish Flu Pandemic.

In January 1919 her grandfather, a strong and healthy 22-year-old, died of influenza just three months after his only child — Eicher’s mother — was born. The way Eicher heard the story, her grandfather had gone to do the chores at his parents’ farm because they were both ill with the dreaded sickness. Fearful of going inside the house, he stood outside on the porch and waved to his ailing parents.

But on “the last night he did the chores, he went into the home and ate a piece of bread with apple butter,” according to *The History of the Schwartz Cemetery*, published by the late Amish historian Roman D. Schwartz. Pete Eicher started feeling ill even before he reached his home, the history book says. A little over a week later, he was dead.

Burial spaces in the Schwartz Cemetery were determined by the order in which people died. But after Pete Eicher’s death, his young widow announced she would never remarry. She begged to hold the space next to her husband for

Clara Eicher’s grandmother, Barbara Eicher, asked to be buried next to her husband after his death from the Spanish flu in 1919. She never dreamed she’d live another 60 years, making her 87 at her death, while her husband would forever remain age 22. Most graves at the Old Order Amish cemetery north of Berne where the couple is buried are plain wooden markers; theirs are now both painted white. (Photo by Tanya Isch Caylor)

her own burial plot someday.

Barbara Eicher’s request was granted, though six decades would pass before she was laid to rest beside her husband. She had been the older of the two; she was born in 1892, while he was born in 1896. By the time of her death in July 1979, their age difference had increased dramatically. Barbara had just turned 87, while Pete would forever remain age 22.

According to another legend recounted in the history book, Pete Eicher was one of the men who helped dig a double grave when a mother and daughter succumbed to the Spanish Flu on the same

day: Dec. 30, 1918. After they finished digging the grave for Mrs. Dan J. Schwartz and her baby daughter, Maryann, Eicher was said to have walked past the next space and declared, “You can dig my grave next.”

All these years later, Clara Eicher doesn’t know if her grandfather was joking or feeling clairvoyant. Either way, he spoke the truth, for he did end up being buried in the very next space to that double grave.

After Pete Eicher’s death, his widow and infant daughter moved back in with her family, as she still had several siblings living at home with her parents.






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Clara Eicher's mother, Elizabeth, grew up with aunts and uncles who probably felt more like brothers and sisters.

"Grandma lived with us when we were growing up," Clara Eicher said, but so much time had passed she rarely mentioned those few brief months between her wedding and her husband's death. Because the Old Order Amish religious beliefs prohibit cameras, there were no framed photos of Pete Eicher around the house.

Much of what Clara knows about the story comes from the cemetery history book and from relatives' diaries.

"Grandma never talked about it," Clara Eicher said. "We should have asked more questions."

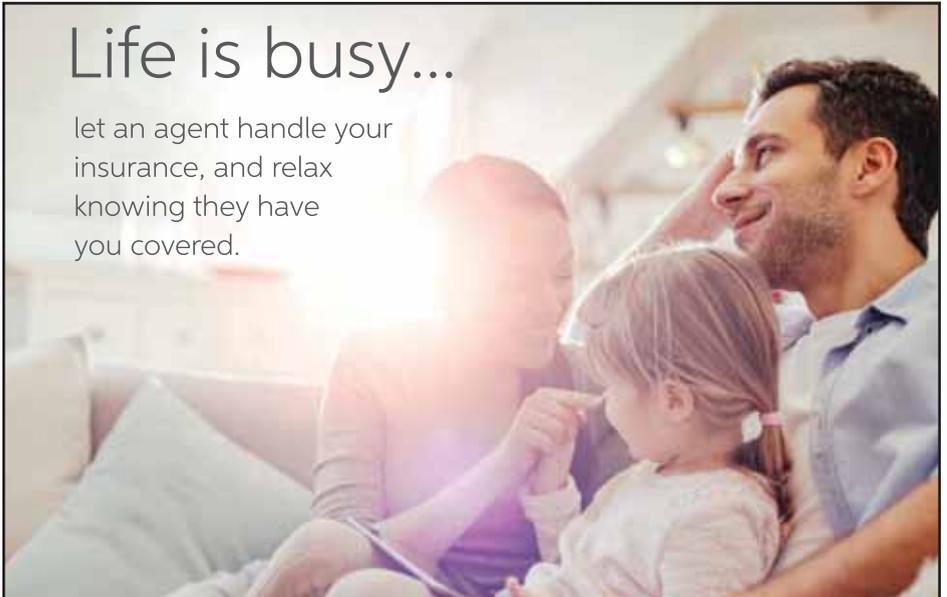
Do you have a story to tell or know someone who does? tischcaylor@gmail.com



Pete Eicher's grave marker, like many in the Old Order Amish cemetery, is wooden, bearing only his initials and the year he was born and died.

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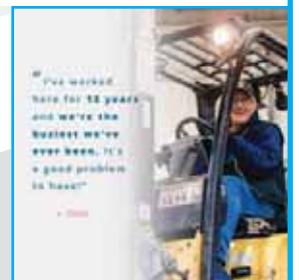
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Looking good in their Hupmobile

BY BOB CAYLOR

Barry and Connie Duncan broke into the hobby of car collecting with a daring and impulsive purchase.

In 2012, the Bluffton couple went to an auction in Uniondale. Barry was after a Ferguson tractor for his grandson. Bids on the tractor soared beyond his range, but there was a truly elderly car there, too — a 1925 Hupmobile.

Barry was standing behind Connie as they watched the sale, and he didn't bid on the car until he jumped in at the close to win it for \$16,000. Connie didn't realize he joined the bidding until she'd already become a Hupmobile owner, although they had talked about how it might be fun to buy an old car.

The car was sound enough that they drove it back to their home in Bluffton from the Uniondale auction. "At 45 miles an hour, that old engine just screamed," Barry remembers. Since then, they've found that the top end of reasonable cruising for the Hupmobile is 35-40 mph. That seems about right. Even though the car has a 268-cubic-inch eight-cylinder engine, its 60 horsepower isn't much to power a 3,800-pound car.

They had some work to do before their car was ready for the summer show circuit. The worst obstacle they encountered was a painter who gave up on the car at about the same time he declared bankruptcy. Tim Kleinknight, who also works for J&A Innovations in Uniondale, took on

the car as a personal project and redid the finish with a paint job so strong and lustrous that people at car shows sometimes remark on the beautiful reflections they see in its mirrorlike body. They started taking the car to shows in 2018.

The car has a long pedigree in the area. The owners before Duncan, the ones who sold it at the Uniondale auction, had purchased it at an auction in Markle in the 1980s. The Duncans learned that it had been parked in a barn for years before it was sold at the Markle auction.

Their 1925 Model E-1 was built by the Hupp Motor Car Company, one of the many American cars that withered and died during the Great Depression. The last vehicles it produced were a few 1941 models based on designs cribbed from Cord, an automobile company based in Auburn that also went out of business during the Depression.

Owning a car now 95 years old — or even examining it closely — provides a great lesson in how much cars have changed. The framework of its body, its steering wheel and even the spokes in its wheels are made of wood. Its heater



Connie and Barry Duncan have found new friends and great joy in taking their “surprise” 1925 Hupmobile auction purchase to numerous car shows where they’ve won many awards. (Photos by Bob Caylor)

Continued on page 30

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4 Ways to help nurses during the coronavirus pandemic

America's nurses are on the front lines of the fight against coronavirus, providing safe, quality, compassionate and nondiscriminatory care to those they serve, many of whom are doing so at significant risk to their own well-being.

The American Nurses Foundation, the philanthropic arm of the American Nurses Association, created the Coronavirus Response Fund for Nurses to provide direct financial assistance, mental health support and science- and data-based information to nurses serving on the front lines.

"Nurses always answer the call to serve their patients, communities and country during times of crisis," said American Nurses Foundation Chair Tim Porter-O'Grady. "As we confront the new and emerging challenges of this pandemic, nurses are and will continue serving on the front lines in extraordinary ways."

To show your support during this uncertain time, consider taking part in these four key actions:

① Text THANKS to 2022 to donate \$10. One of the easiest ways to directly support nurses is to donate \$10 to the Coronavirus Response Fund for Nurses, spread the word to others using the hashtag #ThanksNurses, and visit ThanksNurses.org.

② Stay home. Only leave home for essentials and maintain a safe distance from other people.

③ Wash your hands. Frequently wash your hands for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, sneezing or coughing. It is also important to wash your hands after going out in public and touching



items that others may have come in contact with such as doors, shopping carts or credit card readers.

④ Follow local guidelines. Seek guidance from local public health officials, such as those at your county health department.

Nurses are reliable and proven responders during infectious disease emergencies, providing essential care where it is needed most. Following simple steps like these can go a long way toward keeping people healthy.

Donations will help provide direct financial assistance, mental health support and science- and data-based information to benefit nurses. Visit ThanksNurses.org to learn more.

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Coronavirus Response Fund for Nurses is a nationwide effort to provide direct financial assistance, mental health support and science- and data-based resources to benefit nurses. The Johnson & Johnson company and its Tylenol brand made a \$1.5 million commitment to launch this fund.

A portion of the donations will help support Nurses House, Inc., a national

fund for registered nurses in need. The American Nurses Foundation is partnering with this organization to help nurses affected by COVID-19. Nurses who are unable to work due to COVID-19 infection, are caring for a family member with COVID-19 or are under mandatory quarantine can submit an application for assistance.

(Family Features)

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4 horses and a dog bring smiles

BY TRACI L. MILLER,
The Herald Bulletin (Anderson)

ANDERSON — Pressing his face close to an Edgewater Woods window, Wes Jackson peered inside. Bonnie, a sorrel colored therapy horse, was pressed close to his side.

“Those horses would get right up to the window,” said Sandy Montgomery, director of marketing and admissions at Edgewater. “It was a great time. Everyone’s spirits were so lifted by it.”

Wes and Marci Jackson brought the Horses of Hope to visit with the nursing home residents. Montgomery said the furry visitors included a total of four horses and a dog.

“They also brought their dog who ran around loving on everyone,” said Montgomery. “He liked his share of the attention also.”

American Senior Communities owns Edgewater and arranged for the window visits by the ASC Cavalry, Horses of Hope to provide comfort, hope and entertainment to residents during visitation restrictions due to the COVID-19

pandemic.

Horses of Hope has already visited 43 American Senior Communities sites with many more scheduled in the coming days and weeks, said Montgomery.

“They were really good at engaging the residents with the horse even though they couldn’t get together,” said Montgomery.

Window visits at local nursing homes during the COVID-19 pandemic aren’t necessarily uncommon, but Montgomery said this is the first time in the seven years that she has worked at the facility that the horses have visited Edgewater.

“Dorothy and Margaret said it brought back so many memories from their childhood,” said Montgomery. “They were both raised on farms.”

A resident named Jim told Montgomery he used to spend “hours and hours” with horses growing up and he used to drive them in racing buggies.

“Jim followed the horses going to several windows to see them again,” she said.

She said about 63 of the residents were engaged with the horses that



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walked all the way around the building stopping at each window along the way.

“Normally they would be able to pet them and things, but the state we are in now they can’t do that,” she said.

Montgomery said the staff has been working hard to keep the residents engaged and entertained while maintaining social distance. Movies are played all day with a few residents in attendance instead of all at once with everyone present.

Other activities at the facility have included hall bingo where residents can be stationed at their room doors and spirit week where hero and pajama days are celebrated, she said with a laugh.

Montgomery said the horse visit was a positive experience for everyone, including the horses who were able to munch on longer than normal grass that couldn’t be mown before their visit.

“Oh, my goodness – it was all smiles for hours after they left,” she said.



Wes Jackson and his therapy horse Bonnie visit residents at Edgewood Woods in Anderson.

Sandy Montgomery, director of marketing and admissions, said, “It was a great time. Everyone’s spirits were so lifted by it.” A resident peers out the window at therapy horse Titus as horses with ASC Cavalry, Horses of Hope. (Photos by Don Knight, courtesy of The Herald Bulletin)

Photos and story courtesy of The Herald Bulletin



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How to buy travel insurance after the pandemic

BY CHRISTOPHER ELLIOTT

Travel insurance is no longer optional. After hundreds of thousands of travelers lost deposits, nonrefundable tickets and activities because of the coronavirus outbreak, it's more or less mandatory.

"There are various coverages that could be vital for travelers," says Damian Tysdal,

founder of Travel Insurance Review. Almost half of Americans who canceled their travel plans after the pandemic lost money, according to a new survey by ValuePenguin. The main offenders? Airlines and hotels. The average loss: \$854 per person. So how do you buy travel insurance after the pandemic?

Very carefully, say experts.



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These are the two types of travel insurance you can buy after the pandemic. If you're going to travel, it's not a question of if you need insurance, but what kind.

- "Cancel for any reason" travel insurance. It costs between 10 and 12 percent of the price of your vacation, and it will refund part of your travel costs if you decide to cancel.

- "Named perils" travel insurance. This is the more common kind of travel insurance. It's less expensive (7 to 9 percent of your trip cost), but as the name implies, it only covers the perils named in the policy. And a pandemic is probably not included.

"Every traveler, especially when traveling outside of the U.S., should consider purchasing a comprehensive travel insurance policy to protect themselves and their trip investment from unforeseen emergencies," says Terry Boynton, president of Yonder Travel Insurance. But one size doesn't fit all, say experts.

"Travelers may have different needs when it comes to travel insurance," says Kasara Barto, a spokeswoman for

Squaremouth.com, a travel insurance comparison site. For example, domestic travel will probably rebound first, which means customers will look for policies that include cancellation coverage and little to no medical coverage. The reason? "Health insurance typically covers travelers while in the U.S.," she says.

Travel insurance after the pandemic focuses on health and money

So what should you look for in a post-pandemic travel insurance policy? Overall, there's more of an emphasis on health — and money.

"Travelers should continue looking for policies that provide coverage from unexpected injuries, illness, or accidents," explains Rachel Coen, a spokeswoman for G1G Travel Insurance. "Additionally, this current pandemic underscores the need to protect trip costs. Millions of trips were impacted by COVID-19 related global travel shutdowns, leaving travelers bearing the financial brunt of canceled flights, hotel reservations, and other nonrefundable trip costs."

Continued on page 29

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Summer grilling beats the pandemic blues!

Dry-Brined New York Strips with Grilled Brown Butter Balsamic Onions

Prep time: 1-12 hours

Cook time: 30-40 minutes

Servings: 4

Dry Brine:

- 4 tablespoons Kosher salt
- 1 tablespoon coarse ground pepper
- 4 (11-ounce) boneless New York strips, thawed

Butter and Balsamic:

- 4 tablespoons salted butter
- 2 tablespoons balsamic vinegar
- 2 teaspoons fresh thyme

Grilled Onions:

- 2 large sweet onions
- 4 wooden skewers, soaked
- 1 tablespoon olive oil

salt, to taste
pepper, to taste

To make dry brine: Combine salt and pepper; season steaks generously on all sides. Place steaks on elevated rack on baking sheet and refrigerate at least 1 hour or overnight.

To make butter and balsamic: Heat small skillet to medium high heat. Add butter and cook until butter begins to brown and smell nutty. Remove from heat and add balsamic vinegar and thyme. Set aside.

To make grilled onions: Peel off outer layers of onions. Slice into 1/2-inch slices. Lay onions on flat surface. Push skewers through centers of onions; two



onion slices per skewer. Brush onions with olive oil and season with salt and pepper, to taste.

To cook steaks and onions: Make two-zone fire on charcoal grill with coals on one side and no coals on the other.

Place onions on cool side of grill; flip and rotate every 10 minutes until golden brown, approximately 25-30 minutes.

Total time will depend on how hot coals are and how close onions are to fire. When onions are golden and tender, brush with brown butter balsamic mixture.

On hot side of grill, during last 15 minutes of cook time for steaks, cook steaks to desired temperature. When steaks are 5 F from desired temperature, remove from grill and let rest 5-10 minutes.

Remove onions from grill. Carefully remove onions from skewers and place in serving dish. Top with remaining brown butter balsamic mixture and serve with steaks. (Family Features)

Source: OmahaSteaks.com

Spiedini of Chicken and Zucchini with Almond Salsa Verde

Makes 6 servings

Salsa:

- 1 cup chopped flat parsley
- 2 tablespoons chopped almonds, toasted
- 2 tablespoons chopped fresh chives
- 3 tablespoons capers, chopped
- 1/2 teaspoon grated lemon rind
- 3 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 tspn. chopped fresh thyme



- 1/2 teaspoon chopped fresh oregano
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1 garlic clove, minced

Spiedini:

- 1 1/2 pounds skinless, boneless chicken breast, cut into 1-inch pieces
- 6 small zucchini, cut into 1-inch slices (about 1 1/4 pounds)

Cooking spray

- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper

Soak 12 (10-inch) wooden skewers in water for 30 minutes to prevent burning.

Bring the grill to medium-high heat

To prepare the salsa, combine

the first 12 ingredients; set aside.

To prepare the spiedini, thread the chicken and zucchini alternately on each of the 12 skewers. Coat the spiedini with cooking spray; sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper. Place on a grill rack; grill 6 minutes or until done, turning once. Serve with salsa.

Tip: Prepare the salsa up to a day ahead, and assemble the skewers earlier in the day. Coat with the seasonings just before grilling.

Source: MetroCreative

The best ways to grill fish

Fish is one food that can sometimes cause grilling-related anxiety. The tender, flaky nature of fish makes it seem like a poor fit for the grill, simply because it can fall through the slats. Yet grilling fish is easier than one may think when they utilize these methods of cooking.

Foil packets

Grilling fish in foil packets is relatively foolproof. Simply place the fish on a thick piece of aluminum foil and add seasonings and other ingredients, like lemon slices or vegetables. Fold

it up into a pocket that is completely sealed so that no juices or steam can escape. Then grill for 10 to 15 minutes, depending on the thickness of the fish. The steam and moisture will keep the fish succulent.

Season the grill

Much like a chef properly seasons a cast iron grill, the same technique can be applied to grill grates, says Cooks Illus-

trated. Apply a generous amount of cooking oil to the grates and allow them to heat up. This adds a nonstick element to the grill, and fish fillets will be less likely to adhere to the grates and prove troublesome to get off in one piece. Removing excess moisture from the fish with a paper towel also can help.

Wood planks

Utilized a well-oiled plank of fragrant, food-grade wood on which to cook the fish. The fish will take on the flavor of the wood as well as cook without sticking to



the grill.

Grill basket

Visit a cooking supply retailer and you're bound to find different grill baskets that house flaky fish to make it easier to cook these on the grill. The basket keeps the fish from breaking apart while cooking and turning.

Choose thick cuts

Certain fish, or those with a texture similar to meat and poultry, may stand up better to direct grilling. Salmon, tuna and swordfish are just a few options to try.

Fish and other seafood can be tasty and quickly cooked on the grill with the right techniques.

Source: MetroCreative



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STEP BACK IN TIME

BY ROD KING

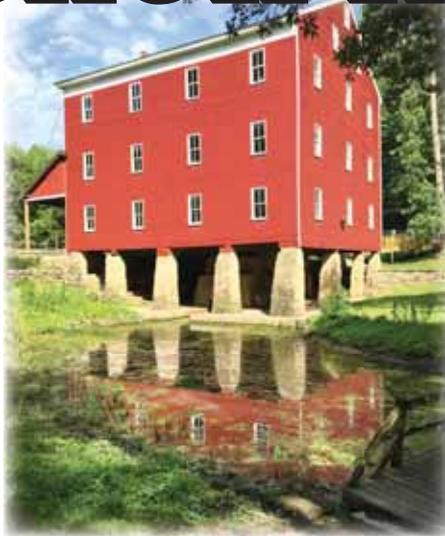
Once the state lifts pandemic restrictions Adams Mill near Cutler, which is a little bit west of Kokomo, may be the perfect Hoosier Daytrip for these times. Located in the country near a small community, much of what you will tour will be outside; what is inside is very much in “the open, fresh air” of Carroll County. It is all like taking a step back in time.

The 1845 grist mill, which ground wheat and corn into assorted grades of flour for more than 100 years, is not just a mill, however. It's also the site of the Museum of Americana and is chock full of mill machinery and related equipment from Conestoga and Prairie Schooner wagons, a McCormick reaper, a buggy and a sleigh to antique hand tools, harnesses and yokes, a butter churn and more.

The story behind the mill starts when John Adams (not the president) moved his family from Pennsylvania to Carroll County in 1831. He walked the Wildcat Creek from Lafayette toward what is today Kokomo in search of a suitable site to build a mill. He chose a spot where the creek makes a big bend, built a dam, dug a millrace and constructed a mill.

In 1835 he began work on a two-story 26 by 34-foot grist mill. It began operating a year later with a single run of buhrs (grinding wheels). Business was good — so good, in fact, the place sometimes operated around the clock to meet the demand for flour. Adams, a consummate entrepreneur, quickly saw the need to expand. In 1841 he started building a bigger four-story mill with four runs of buhrs and two turbine wheels that could produce 40 barrels of flour a day.

Adams Mill is a prime example of post-and-beam construction. The hand-hewn timber framework is held together with wooden pegs. Posts, beams and joists are walnut, oak and poplar harvested locally and shaped on site. The steep stairs are removable to allow large equipment to be hoisted from floor to



The four-story Adams Mill and Museum of Americana near Cutler is chock full of mill-related equipment, antique hand tools, harnesses and yokes, wagons and a McCormick reaper. At various times in its history it was home to a Masonic Lodge, U.S. Post Office and generated power for surrounding communities.

at Adams Mill near Cutler

floor.

In addition to grinding grain into flour, Adams Mill at one time was headquarters for the local Masonic Lodge, served as a U.S. Post Office and in 1913 the mill's turbines powered a generator to provide electricity to surrounding communities. Cutler's first street lights were powered by the mill.

Mark and Jill Scharer purchased it in 1993 and opened it to visitors. They're now active in Adams Mill, Inc., the present not-for-profit owner. Mark is proud of the fact that his grandfather worked at the mill in the early 1930s. An 11-minute video details its history.

Even today it's more than just a mill. Three cabins on the property are avail-

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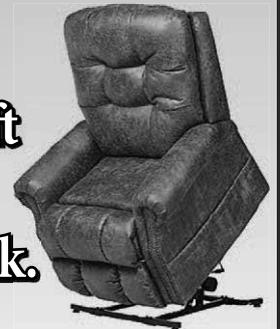


Left: The stairways to the second, third and fourth floors are removable so large equipment can be hoisted up. Posts, beams and joists are walnut, oak and poplar harvested locally and shaped at the mill site. Construction took four years. It opened for business in 1845. Right: Adams Mill is full of belts and shoots that haul grain to the top for grinding and then sent it down for finishing and packaging. The mill produced 40 barrels of flour a day under the name of Good Luck Flour. Part of the operations have been motorized to demonstrate the workings. (Photos by Rod King)

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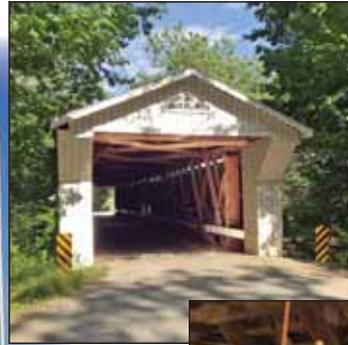
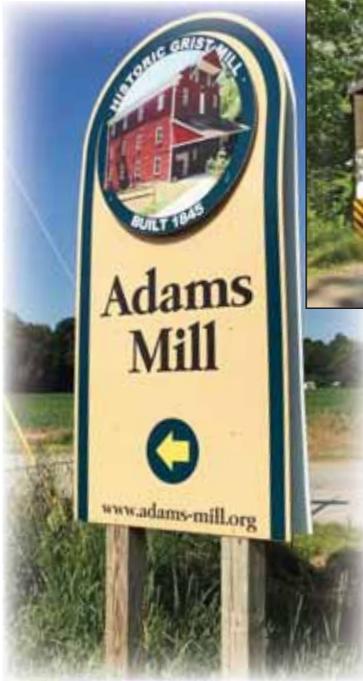
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able to rent)at least during normal times) and tent camping is also encouraged. Campers come to tube, kayak and canoe down Wildcat Creek and under historic Adams Mill Covered Bridge that dates back to 1872. By 1974 the 144-foot-long bridge was deteriorating badly and was closed. Vandals had torn off sections and dropped them in the creek; it had been set on fire and was covered with graffiti.

Before it could be demolished and replaced with a steel structure, Friends of Adams Mill Valley, Inc. came to the rescue, raised money and secured grants to bring it back to its historic glory. It's located less than a mile from the mill.

To get to Adams Mill and the covered bridge, take Interstate 69 to Ind. 18 and go west through Marion to Flora. Then head south on Ind. 75 into Cutler where signs will direct you to the mill. The attraction maintains a website at www.adams-mill.org.

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



The 144-foot-long Adams Mill Covered Bridge just downstream from the mill was in bad shape in 1974 and was about to be torn down and replaced by a steel structure when Friends of Adams Mill Valley, Inc. came to the rescue.



This 2,000-pound corn grinder greatly increased production beyond the capacity of the original mill. The present mill is on the National Register of Historic Places.



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1			8		9	5		2
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3		2						

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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Wabash County waterfall a rewarding hike

BY TANYA ISCH CAYLOR

Did you know there's a waterfall southwest of Huntington, less than an hour's drive from Berne or Decatur and just 32 miles from Bluffton?

There's no charge to get into Kokiwanee Nature Preserve, where Kissing Falls is located. And while it may be more fun to hike the scenic but hilly 1.6-mile trail that loops around the waterfall, it's also accessible via a mostly paved shortcut just a couple of minutes' walk from a parking lot.

I'd been to this preserve a few years ago for the Waterfall 5K, a trail race that takes you right across the top of the waterfall. But I'd forgotten all about



Hoosier Fun



Photo by Bob Caylor

Kokiwanee as a hiking destination until this spring, when "The Coronavirus Lockdown" canceled virtually everything except "The Great Outdoors."

Kokiwanee is in Wabash County, on

the north bank of the Salamonie River, adjacent to Salamonie Reservoir and Salamonie State Forest. It's part of the Acres Land Trust, an Allen County-based nonprofit that manages 7,230 re-



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verting-to-nature acres in Indiana, Ohio and Michigan.

Hiking through Kokiwanee in 2020, you'd never guess these 140 acres were once part of a farm that later spent 50



elsewhere in Wabash County. There are other, presumably much smaller waterfalls at Kokiwanee as well — 13 in all, according to the website at acreslandtrust.org.

At a time when we're all re-defining our agendas as well as our bucket lists, visiting all the ACRES preserves in the surrounding counties seems like a meaningful, cheap and entertaining goal.

Adams County has one site, the 25-acre Munro Nature Preserve, which was once part of the Limberlost Swamp. It has a half-mile trail and contains

remnants of the old Brushwood School House, mentioned in Gene Stratton Porter's "Girl of the Limberlost."

Wells County has two: Acres Along the Wabash, on Ind. 116 east of Murray, and the Anna Brand Hammer Reserve on 800 North near Uniondale. The first is 86 acres with 2.6 miles of trails; the second is 40 acres with a half-mile trail.

There are 14 ACRES sites in Allen County. To find a guide to these nature preserves and many more, including Kokiwanee, visit acreslandtrust.org.

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

The terrain leading up to the river bluff now contains more than 17 "natural communities," from bog to prairie to pioneer forest. With its rocky streams, exposed limestone and Kissing Falls, Kokiwanee looks like something that belongs in another state — or at least another part of Indiana.

The funny thing is that while I've hopped from rock to rock across the stream at the top of the waterfall as a participant in the trail race, I'd never actually viewed Kissing Falls from below. By the time we got to the finish line, we were eager to indulge in the cookout that followed. And usually after that, it was time to go.

Visiting Kokiwanee as a sightseeing hiker — with all the time in the world, now that life as we knew it has basically been canceled — allowed me to view the terrain up close and in slow motion. It was a pleasure to give my eyes so much to look at without resorting to a viewscreen.

We did find ourselves wishing that we'd brought our phones along on this hike, however, because the trails weren't clearly marked and there were no maps at the north entrance. Navigating the trail backward from the direction we went during the trail race, I felt certain we'd gotten off course somewhere.

Eventually we retraced our steps and went back to the car to check for an online map. We decided to try another entry point, on the south side, where there's a parking lot that leads to the river.

This time I plugged "Kissing Falls" and "Indiana" into Google Maps — and discovered we were a mere three minutes away on foot.

The waterfall was more impressive than I expected, though I suspect it ebbs and flows with the amount of rainfall. Later, looking around online, I discovered that there are more waterfalls

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Does marijuana help glaucoma?

Q. I heard that marijuana helps glaucoma. I'd like to try it, but won't I get in trouble?

Marijuana can help your glaucoma and it could get you in trouble because there are legal restrictions upon its use. If you are interested in trying medical marijuana for your glaucoma, discuss this treatment with your doctor.

(I could write an entire column on the marijuana laws, but I'll stick to the health issues.)

Marijuana refers to the parts of the Cannabis sativa plant, which has been used for medicinal purposes for more than 4,800 years. Doctors in ancient China, Greece and Persia used it as a pain reliever and for gastrointestinal disorders and insomnia.

Cannabis as a medicine was common throughout most of the world in the 1800s. It was used as the primary pain reliever until the invention of aspirin.



The Healthy Geezer

By Fred Cicetti

Marijuana contains at least 60 chemicals called cannabinoids. THC is the main component responsible for marijuana's mind-altering effect. Marinol (dronabinol), a prescription drug taken by oral capsule, is a man-made version of THC.

One of THC's medical uses is for the treatment of nausea. It can improve mild to moderate nausea caused by cancer chemotherapy and help reduce nausea and weight loss in people with AIDS.

Older people, especially those with no marijuana experience, may not tolerate THC's mind-altering side effects as well as young people. Doctors generally prescribe several kinds of newer anti-nausea drugs with fewer side effects

before resorting to Marinol.

Glaucoma increases pressure in the eyeball, which can lead to vision loss. Smoking marijuana reduces pressure in the eyes. Your doctor can prescribe other medications to treat glaucoma, but these can lose their effectiveness over

time.

Researchers are trying to develop new medications based on cannabis to treat pain. THC may work as well in treating cancer pain as codeine. A recent study found that cannabinoids significantly reduced pain in people with multiple sclerosis, a disease of the nervous system.

Along with the legal implications of smoking marijuana are the health problems such as memory impairment, loss of coordination and the potential for withdrawal symptoms and hallucinations. And, inhaling marijuana smoke exposes you to substances that may cause cancer.

Continued on page 27

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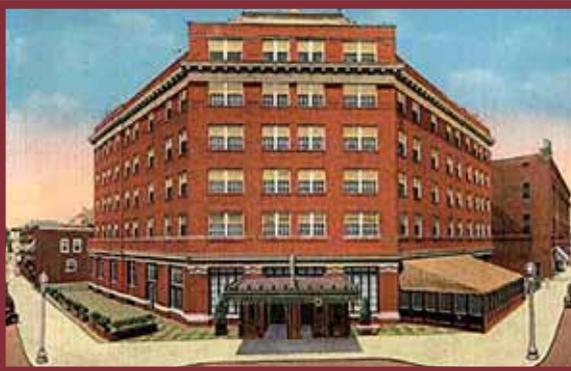
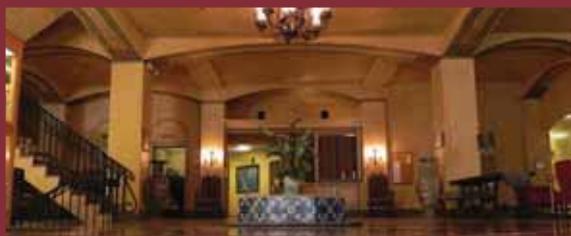
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How to avoid COVID-19 online scams



Common types of scams



Falsely representing health organizations

Scammers posing as health authorities, such as the WHO or CDC, may offer cures, tests or other COVID-19 information.



Websites selling fraudulent products

Sites might offer hand sanitizer, face masks or other in-demand products that never arrive.



Posing as government sources

Some scams claim to issue updates and payments on behalf of the IRS or local government tax authority.



Fake nonprofit donation requests

Requests for COVID-19 donations to nonprofits, hospitals or other organizations should be checked carefully.



Fraudulent financial offers

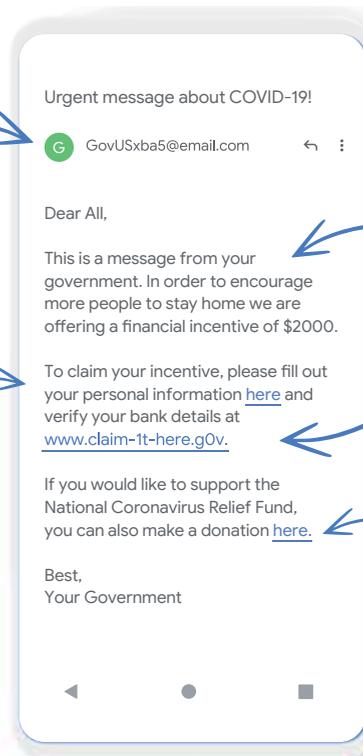
Scammers may pose as banks, investors or debt collectors, with offers designed to steal financial information.

Tips to avoid common scams

Know how scammers may reach you: through email, text messages, automated calls, and malicious websites

Never hand out personal or financial details unless you're sure who you're talking to

Paste portions of suspect messages into search engines to see if they've been reported



Visit authoritative websites directly for the latest updates on COVID-19

Double check links and email addresses before clicking

Donate directly through the charity's website instead of clicking a link sent to you

Add an extra layer of security to your accounts with 2-Step Verification or 2-factor authentication



Report it. If you see something suspicious, report it to [justice.gov/coronavirus](https://www.justice.gov/coronavirus)

Staying active is important

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.

The Healthy Geezer

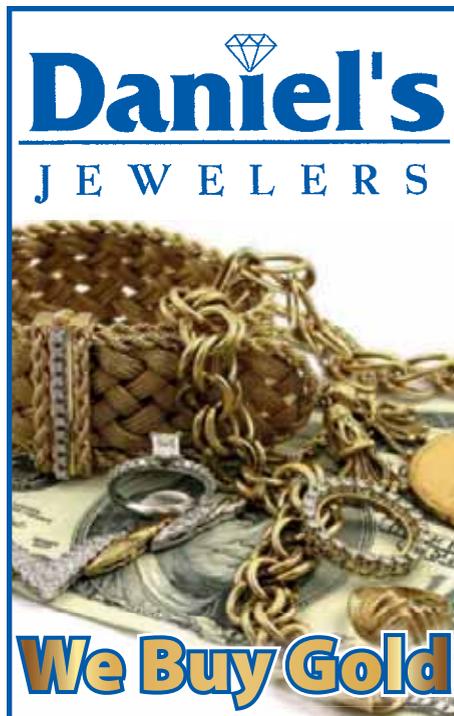
Continued from page 24

One study has indicated that the risk of heart attack more than quadruples in the first hour after smoking marijuana. The researchers suggest that a heart at-

tack might be caused by marijuana's effects on blood pressure, heart rate and the capacity of blood to carry oxygen.

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

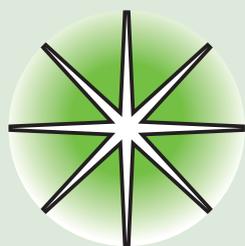
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Travel insurance

Continued from page 14

Pay attention to the refund terms. All travel insurance comes with a “free look” period of between 10 and 14 days after you buy the policy. “If you’ve been forced to cancel your trip, and if you get a complete refund for your trip expenses, you should be able to cancel your policy and get a full refund of your premium,” says Erin Fish, co-founder of goWanderwell.com, a travel insurance site. “If your trip has been postponed to a later date — sometimes even up to over a year later — you should be able to request from your travel insurance company a policy postponement migration to reflect the new travel dates.

“At least one thing hasn’t changed about buying travel insurance: Always read the fine print,” says Pamela Seay, who teaches hospitality law at Florida Gulf Coast University in Fort Myers, Fla. “Examine the exclusions and determine what might not be covered.”

Pay close attention to how your insurance policy handles a “force majeure” or an Act of God. Would the policy cover such an event, or would it be up to you

to pay for your expenses?

“Knowing the exact terms of your agreement is important,” Seay adds.

What to look for in travel insurance after the pandemic

Medical issues. Chris Zimmel, a retired flight nurse, recommends studying the medical coverage provisions closely. “Will you be covered only if treated at the local hospital?” she says. “Will it cover transport to the nearest appropriate facility, as defined by the insurance company, to the closest hospital in the U.S., or all the way to your hometown? Don’t just assume you’ll be transported to your local hospital.”

Also, consider air medical transport and travel security membership through a company like Medjet.

A future pandemic.

Generally, epidemics and pandemics aren’t covered. That’s what Bahar Schmidt, founder of the luxury travel site Eluxit, discovered when she tried to buy travel insurance in March.

“I was buying flights during the early stages of the COVID-19 pandemic, and I was considering adding travel insur-

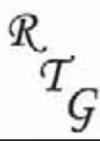
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Clockwise from above: This lever, in the same location as a door lock in generations of cars, is actually the handle that opens the door in the 1925 Hupmobile. • There's a surprising amount of wood used in the Hupmobile, from the steering wheel to the framework of the body to the spokes of its wheels. • It's not the key that starts the Hupmobile. Turn the key, then flip the ignition lever to start the car. The lever on the right turns on the car's lights. • The rear of the radiator cap on the Hupmobile is a thermometer that shows how cold, warm or dangerously hot the engine is running. • Brake lights weren't universally used in the early days of automobiles, so it didn't hurt to spell out what the bright, red light means. (Photos by Bob Caylor)



The Duncans' Hupmobile

Continued from page 9

doesn't draw heat from radiator coolant. Instead, the driver can flip a lever to divert exhaust gas through a steel tube along the rear of the floor in front of the backseat. The heat of the exhaust then radiates through a protective grill to heat the rear of the car. (Those in the front seat don't get cold, either, because there's no insulated firewall between the engine and the car's cabin.) Its gas tank is a horizontal cylinder mounted above the rear bumper, and a brass valve on the outside of the tank allows gas to flow through the gas line, part of which is also visible outside the car's body.

Their surprise purchase eight years ago has turned out to be the ticket to some great pleasures for them both. Entering car shows in the region has become a way to revisit favorite towns and explore new destinations.

"We've met some absolutely wonderful people at car shows," Connie said. "We've made some good friends." In the process, they've racked up an array of trophies and plaques.

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Left: Barry and Connie Duncan are reflected in the right rear fender of their 1925 Hupmobile. Above: The radiator cap of the 1925 Hupmobile is a hood ornament in itself. Right: The speedometer, top, is a curved, numbered band that moves behind a fixed needle in the dash. The odometer below doesn't work, Barry Duncan says, which you might gather from displayed mileage of 1,775 miles in 95 years.

Connie, an educator, retired from Bluffton-Harrison Elementary School in 2015. Barry still works part-time as a scale technician, calibrating scales for businesses of many kinds.

Barry hints that the Hupmobile may not be the last classic car he buys. "I would still like to have an old muscle car from the '60s or '70s,

maybe even the '50s," he said.

Connie smiled at that and added, "He kind of has a lead foot!" Not that you'd guess at his taste for speed if you spotted the Duncans motoring along at 35 mph in their brilliant, blue Hupmobile, as if Silent Cal Coolidge was president and radio was a crazy new fad.

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



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

Travel insurance

Continued from page 29

ance,” she says. “However, when I read the fine print, I realized the policy offered through my airline explicitly did not cover pandemics.”

Don't bother trying; most major travel insurance companies don't cover pandemics anymore. Try a “cancel for any reason” policy if you want coverage.

Quarantines.

How does travel insurance deal with a future quarantine? Few policies address that, but Nate Hake, a former lawyer who travels frequently, expects insurance companies to address that question soon.

“Imagine if six months from now a place like Thailand reopens for tourism but then gets an unexpected wave of infection and suddenly has to lock down on short notice,” he says. “The risk to insurers is pretty big in that situation, and it's reasonably likely to happen somewhere, so it's going to be interesting to see whether travel insurers can find a way to come up with quarantine insurance-type products that are affordable.”

What you should expect after you buy insurance

Going forward, travel insurance will offer some benefits that it didn't before. For example, claim processing will take less time — even if there's another pandemic. Companies have been deploying technology and systems that process and pay claims faster than ever.

At Allianz Travel, an initiative called SmartBenefits aims to pay customers in real-time for qualifying flight delays without the need to submit receipts.

“SmartBenefits allows us to actively monitor customers' flights and when we detect a significant delay, automatically file a claim for that delay,” says Daniel Durazo, a spokesman for Allianz.

So how do you buy travel insurance after the pandemic? If you're purchasing a garden-variety “named perils” policy, do your homework. But you'll probably want to consider a “cancel for any reason” policy. You'll still have to read the fine print, but you'll have peace of mind — and you'll get paid faster.

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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