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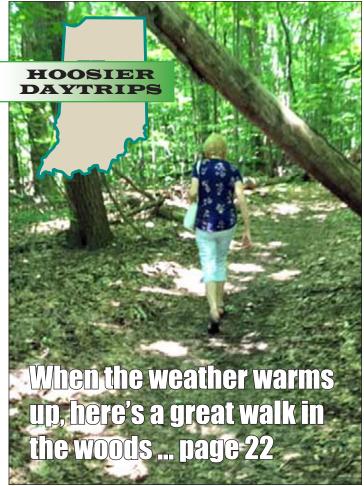
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Decatur woman 'passionate' about honoring our veterans



By Kayleen Reusser

Since 2009, Cathy Berkshire of Decatur has volunteered countless hours to an organization close to her heart — Honor Flight Northeast Indiana.

The organization that sends military veterans to Washington D.C. for a day to view military memorials is well-known in this area.

Hundreds — possibly thousands — of people in Wells and Adams counties have participated either as veterans or guardians (each veteran is required to have one), writers of thank you notes for Mail Call (each vet receives a packet) or to welcome them home upon arriving at Fort Wayne International Airport in the evenings.

Berkshire heard about Honor Flight Northeast Indiana in 2009 after reading an article in the Decatur Daily Democrat. The first flight occurred in May of that year. Berkshire helped with following flights and when, in 2010, she was asked to join the board of directors, she agreed to do so.

In 2014, she was elected secretary, a role requiring her to chair a committee ensuring confirmation of each veteran and guardian for flights that now number 40.

Berkshire served in that role until November 2021 when she was elected president, taking over from Navy veteran Dennis Covert, who had served as president for the previous five years.

Part of Berkshire's duties as president include reserving the charter plane to D.C., reserving buses for the group of nearly 200 to ride throughout the nation's capital, details for the wreath laying at Arlington National Cemetery (veterans from each flight are chosen to participate), manifest for the airlines, name tags, certificates for each flight, and all flight-morning check-in reports.

It is a lot of responsibility that Berkshire manages to work around her full-time employment at Romary Associates, Inc., a commercial interior design firm in Waynedale. Berkshire, who was born and raised in Decatur, has worked at the business for 30 years and current-

Cathy Berkshire of Decatur takes time away from her full time job to not just accompany veterans to Washington D.C., but to also lead the efforts of Honor Flight Northeast Indiana. (Photo provided)



ly serves as office manager and project manager.

She says her involvement with the volunteer-led program is due to her desire to honor the memories of veterans she has known.

"My father-in-law and several uncles served in World War II," she said. "I also volunteer to honor other family members who have served in the military." All staff are volunteers.

The program has grown since Berkshire's first involvement in 2009. In May of that year they transported 25 veterans. The current number of veterans per flight is 85 with approximately a dozen Honor Flight staff.

With an average of four flights a year (two in the spring and two in the fall), 3,037 vets have flown as of the end of 2022.

On the morning of a flight, veterans and guardians arrive at the 122nd Fighter Wing in the early morning hours. They are served a hot breakfast by the American Legion Post 241 from Waynedale. After breakfast and a short program, they board a charter plane for the hour-long flight to the nation's capital. In D.C. they visit nine memorials

built to honor our veterans. Throughout the day, they receive complimentary lunches and dinner.

After dinner, they return to the airport to board the plane to return to Fort Wayne.

In the past, a crowd of roughly 3,000 people of all ages have gathered with American flags, signs of welcome and thanks, and gifts at the airport's exit doors. However, due to construction at the airport, that event has been cancelled until further notice.

There is no cost to the veterans for the honor flights. Guardians pay a donation to help waive some of the flight costs.

In 2023, the schedule will be slightly amended. Wednesday, August 7, a flight of veterans who are recipients of Purple Hearts — meaning they sustained an injury while in service — will be conducted. It will be the first flight of its type for Honor Flight of Northeast Indiana.

Why add a Purple Heart flight?
"Our board of directors discussed
a Purple Heart flight last year," said
Berkshire. "When we were selected by
WOWO Penny Pitch to be their 75th re-

Continued on page 24

A tale of a long-lost brother

BY BETH STEURY

Audrey (Bleeck) Steury, a resident of the Berne area for nearly 70 years, grew up in the Salem Children's Home

in Flanagan, Illinois. Audrey's mother Ida, as she faced end-stage tuberculosis, placed 18-month-old Audrey in the orphanage with instructions that she be raised in the home and not adopted.



first cousins already re-

sided there in a come-andgo arrangement as their

parents struggled to provide for their large family. Their mutual grandmother, who resided an hour north in Chicago, sometimes visited the children. Poor health prevented her from caring for the children; she passed when Audrey was just 10 years old.

Audrey and her cousins thrived under the loving yet firm hands of directors Chester and Helen Moser. Still, questions about her family nagged at her. What was her mother like? What about her father who was seldom mentioned? And then there was the existence of a brother that her older, maybe wiser cousins, Helen and Dorothy, would often debate.

"You had an older brother," one would assert in that knowing way that an older cousin can get away with.

"She did not!" the other would adamantly insist.

Audrey, caught in the middle of the dueling sisters, never knew what fueled the rumor of a possible brother. But the ongoing debate between her cousins, who were as close as sisters to her, kept alive for decades the notion of a sibling.

Although Audrey's experience at the home was indeed a positive one that left her with a wealth of treasured memories and relationships, a sadness claimed a corner of her heart at not being raised by her mother. While growing up, a mere mention of her mother — by the cousins, the orphanage staff, or her mother's pastor who sometimes visited



Visiting their mother's and grandmother's gravesite in Bethania, Illinois in 2012. From left: Stan Steury, Audrey Steury, Karen (Steury) Weaver, Amee (Steury) Crider, and my husband, Mike Steury.

her at the home — never failed to produce a wave of tears. The conversation would quickly shift to a less traumatic subject as no one wanted to make her

So, whatever nuggets of information those folks held — including the truth about the existence of a brother — remained unspoken and were then swallowed up by the passage of time.

By age 18, Audrey transitioned from child resident to staff member at the children's home. Through the home's affiliation with the Evangelical Mennonite Church denomination, Audrey met Ivan Steury whose ancestors had called the Berne and Monroe area home since the late 1800s. In 1948, Ivan had accepted a position as manager of the Salem Children's Home's dairy operation. In early 1950, the couple wed, and in 1952 they moved to Ivan's family's farm between Berne and Monroe where they raised their family of four.

Audrey never forgot about the pos-

sibility of a brother. Although she remained close to both her children's home connections and her first cousins in Illinois, no additional family information ever came to light.

Fast forward years later to here-andthere conversations with her historyloving, internet-savvy granddaughter — my daughter, Jenna. In 2010, Jenna began building a family tree on Ancestry.com. Digging into the volumes of archived records to piece together her paternal grandmother's branch of the family tree reignited the question of the maybe-brother.

I remember the day Jenna and I headed to Audrey's with a plan: to sift out every sliver of information and all fragments of memory about the relatives she'd encountered while growing up in Illinois. And secondly, to share that Jenna had located her mother's grave.

Audrey was both mystified and thrilled to learn that both her mother and her maternal grandparents were



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buried at the Bethania Cemetery in Justice, Illinois, within 20 minutes of cousin Dorothy's daughter who knew nothing of her kin's final resting place. And then Audrey stunned us by announcing that, according to the probrother cousin, Audrey's older brother had been named Ralph.

Had we missed this rather hefty clue in previous, random conversations? Or, had this long-buried tidbit just recently floated to the surface? Did it matter? We had rooted out a gem of a clue. Well, sort of.

Jenna's next statement shined a glaring light on the situation. "So, you may or may not have a brother. And he may or may not be named Ralph."

Audrey chuckled a bit and shrugged. The conversation shifted back to the cemetery discovery, and since the discussion had as yet not caused tears, we forged ahead. Would she be interested in visiting the cemetery? The immediate, affirmative response set in motion plans for a road trip when warmer weather would make trekking through a cemetery more pleasant.

Jenna delved into searching for the maybe-brother with renewed zeal. She discovered four potential Ralphs via online access to Cook County, Illinois, vital records. We ordered a digital copy of a birth certificate for one suspect. Not a match. And then a second one. Not a match either. At a cost of a more than \$15 service fee for each birth certificate — money out of my pocket — I suggested we regroup. What were the chances that either of the two remaining Ralphs would be our Ralph? After all, we were chasing a ghost — someone who may not even exist. So, we paused the search for Ralph and turned our sights toward a cemetery road trip for 10 where we hoped to meet up with kin living in the area.

Audrey beamed the entire weekend as we strolled through the huge, well-kept cemetery, exchanged memories and shared dinner with cousin Dorothy's two daughters, and pored over family history fact sheets Jenna had put together for us. And, of course, we continued to collectively ponder the maybe-named-Ralph brother.

Fast forward again to late 2016. DNA results had recently resolved the mystery of my biological mother's identity. We were riding high on our first "solve" when Jenna announced, "If we're ever going to solve the case of the mystery



Grandma Davis with four of her grandchildren at Salem Children's Home. From left: George, Helen and Irene with Grandma holding Audrey. It is assumed the photo was taken by a staff member and eventually found its way into Audrey's possession.

brother, we need to test Grandma's DNA." So, we snagged a Christmas-discounted DNA test kit and waited not-at-all patiently for the email alert announcing the results.

When the notice arrived weeks later, we pounced on the results, me hunkered down with my laptop in my favorite booth at McDonald's and Jenna at home with her four-year-old, also poring through the DNA matches. Six hours and four Diet Coke refills later, we were 90-percent certain we had solved the

case. Audrey did indeed have a brother and guess what? His name was Ralph.

Another six hours of research produced the record of Ralph's birth certificate listing Ida as his mother, living at the same address as was noted on Audrey's birth certificate. The amount of shared DNA between Ralph's daughter Donna — an unknown-to-us match on Jenna's DNA results — confirmed that the 16-months-older Ralph and Audrey were full siblings. Ralph had passed in 1992, his wife in 2015, but he

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Ivan and Audrey Steury wed in Flanagan, Illinois, on February 4,1950. The photo at right was taken in the 1990s.

had 11 children. Now, to make contact with these new relatives who we hoped could fill in the blanks about how Ralph had come to be adopted and what he might have known about his mother or his sister.

Multiple attempts to connect via a generic, "It looks like we're related" type message — through Ancestry, via email, and snail mail — failed. Finally, we wrote a lengthy letter detailing the path that led us to believe that Ralph and Audrey were indeed full siblings.

Our persistence paid off and soon,



we were in touch with three of Ralph's children who shared that, yes, he'd been adopted but they knew nothing more than that. They described a wonderful family man who, after serving his country in World War II, settled in Washington state. Later, he returned to the Chicago area where he and his wife Barbara raised their family. A love of the Northwest drew them back to Washington state where he passed in 1992 from complications of dementia. Ralph had talked little about his growing up years, and his children never met his adoptive parents. His mother had

passed while he was overseas during the war.

As word that "it looks like Dad had a sister" circulated through Ralph's family, a flurry of photos and bits of memories were exchanged as two families tried to fill in 80-year-old blanks. The more we pondered the blanks, the more questions arose. Within weeks, Ralph's daughter Sandi, her daughter Ericka, and grandson Adrian journeyed from Aurora, Illinois, to join our family in celebrating Audrey's 91st birthday.

We're a pretty big, loud, somewhat rowdy bunch ordinarily. Factor in the joy of solving the case of the mystery brother *and* meeting some of his family, and I worried we might completely overwhelm Sandi who said she just wanted to look her dad's sister in the eye. We instructed everyone to be on their very best behavior and donned color-coded nametags to aid the new folks in making their acquaintance with 45 new family members.

By this time, dementia had stolen a portion of Audrey's memory and ability to reason. She had responded with shocking confidence, "Of course I had

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In retirement, George Springer re-discovers his

love of making maple syrup By Kayleen Reusser

When George Springer of Bluffton was growing up in Lancaster Township in Wells County in the 1960s, he liked to build things. At age 12 he constructed a cabin in his family woods. It didn't matter that it took three years; he

Unfortunately, the cabin burned down by accident.

Springer was not discouraged. Recalling a trip his father Lamoine Springer had taken him and his brothers on at what is now Salamonie Reservoir to view a maple sugar camp, he again was inspired. The camp had been removed, but it had fascinated him and George wondered if he could produce maple syrup in his family's woods.

The desire to make syrup seemed to be hereditary. Ancestors on his father's side, settling in the area in the 1800s, had tapped trees, no doubt due to necessity with no grocery stores available. The shack used for the process still



After some early experiments with making maple syrup as a youth, George Springer of Wells County has been producing the sweet treat for family and friends in his retirement.



George Springer's 2023 crop of maple syrup began in early February, tapping the maple tress in his 40-acre woods east of Bluffton. (Photos by Kayleen Reusser)

stood and George knew of an iron kettle which had held gallons of sap boiled over an open fire.

That first year he tapped five trees and got about three gallons of sap. Using a large pan, he spilled most of the clear liquid during the quarter-mile trek to his home.

For the next tapping, he used a fivegallon bucket and most of it made it to his family's kitchen. As his mother began the painstaking process of boiling down the clear liquid on the electric stove, the family waited expectantly. Days passed and steam covered the kitchen walls, forming condensation on the windows.

When his family complained, George gave up making maple syrup. But he never forgot the enjoyment of being in the woods and producing something from the earth.

Fast forward 60 years. After graduating from Lancaster High School in 1968, serving in the U.S. Navy, marrying, raising three children, and retiring from 32 years of work at Fleetwood RV in Decatur, Springer was again inspired to get back to nature.

The impetus came when he and his wife, Joan, purchased a 40-acre woods east of Bluffton in 2016. Using a stainless-steel bulk milk tank he got from a dairy farmer, Springer applied new

legs, side, top, and bottom. Adding a three-sided shack around it, he obtained clean, empty Lipton tea jugs and in 2018, drilled holes in 90 sugar maple trees before inserting plastic taps (bigger trees use more than one tap). When a jug was full, he poured it into the tank which he kept at a high temperature using fallen wood to feed the fire.

He monitored it closely, especially as the mixture thickened near the end and used a canoe paddle to stir it to avoid scorching.

Springer was thrilled with the five gallons he produced. "I prefer an amber color of syrup which means a shorter boiling time," he said. "If cooked longer, it turns dark and can taste stronger.'

In 2019 he increased the number of trees to make 16 gallons. In 2023, Springer has cut back to only tapping once in early January.

He distributes the sweet mixture to friends and family as gifts free of charge; it is illegal to sell the syrup since it was not made in a commercial kitchen. Springer is just pleased to be able to present his friends and family with a natural product he had a hand in making.

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

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A Chevy-lover's Buick

By Bob Caylor

Paul Henderson, an avowed Chevylover from way back, had his heart stolen by the lines of a 1979 Buick Regal.

"Actually I've always been a Chevy



guy," said Henderson, 63. "I had a Z-28 in my younger days, and Chevy Impalas. But the look of

the body on that Regal, I really like it. I guess it's the sharp edges," he said.

He bought the car almost two years ago, after he spotted it on Facebook Marketplace.

"My wife's kinda put up with my second-childhood hobby of building motors and cars, and I showed her this, and she said, 'Just get it.' Those are the most wonderful words I've heard from her besides 'I do," he said.

"I got the car, and it was basically in pieces. The chassis was all there, but there was no interior. The motor was in a box. So with a lot of help from a coworker, I got it running in October" of 2021, he said.

The engine is a 440 that's anything but stock. "It could be a racer down the strip, or it could be a cruiser," he said. It's black front to back, with no chrome trim, and tinted windows. And inside it has two racing seats where originally there had been a bench seat.

"This model didn't come with bucket seats," Henderson said. "Because I have a console with a shifter in it, I have to have bucket seats."

He laid new carpet in the car, and he said there's still more work to do on the exhaust with his son, Michael. He also would like to repaint it.

"As I say, you're never done with a hot rod," he added.

Henderson, a 1978 graduate of Bluffton High School, is the director of maintenance at BRC Rubber & Plastic. He said he had some health issues that kept him from running it as much or as hard as he would have liked last year, but he's set to remedy that this year.

He intends to take it to a strip to see how it behaves when it's pushing closer



Stacia and Paul Henderson show off the 1979 Buick Regal he bought in 2021. Getting the green light from Stacia to buy it was the best thing she ever told him, next to "I do," Paul remembers. (Courtesy photos)

to its limits. He'll go to as many shows as he can with his wife, Stacia. Maybe he'll even be able to persuade her to ride along.

"She has yet to ride in the car with me. She'll follow me to shows in another car," he said. Why won't she ride in the Buick? "It's a race car. It's fast," he said. As much as he loves the Buick, he can't let go of Chevies. It's as plain as the Chevrolet bow tie on the front bumper — the Chevy logo with "Regal" written inside it.

"I'm a Chevy guy, but I'll take this car any day," he said.

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



Almost two years ago, Paul Henderson of Bluffton bought this 1979 Buick Regal in southern Indiana. He's ready to rev it and show it for real this year.



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Easter Dip Goodness — made for a crowd

These Easter Bunny Rolls with Spinach Dip are as eye-catching as they are delicious. Not only



will the kids love its shape, but the layers

of taste will wow your Easter crowd.

To make this recipe, start by combining a 16-ounce package of frozen spinach, cream cheese and garlic in a skillet. Once heated, add mayonnaise, salt, onion powder, chili powder and Italian seasoning.

Add in Parmesan and mozzarella cheeses then stir until combined.

Next, roll out crescent rolls. Stretch the dough then cut into 24 rolls.

Form the bunny shape and scoop your spinach dip mixture into the center of the bunny and its ears. Sprinkle the spinach dip with mozzarella cheese before baking at 375 degrees for 18 minutes.

Easter Bunny Rolls with Spinach Dip

Serves: 24

- 16 ounces frozen spinach, thawed
- 8 ounces cream cheese
- 2 cloves garlic, minced
- 1/2 cup mayonnaise
- 1/2 teaspoon salt 1/2 teaspoon onion powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon pepper
- 1 teaspoon Italian seasoning 1 cup shredded Parmesan
- cheese 1 1/2 cups shredded mozzarella cheese, divided
- 2 crescent roll tubes (8 ounces each)

Heat oven to 375 F.

In skillet, over medium heat, cook spinach, cream cheese and garlic 3-4 minutes until cream cheese is melted. Stir in mayonnaise, salt, onion powder, chili powder, pepper and Italian seasoning. Stir in Parmesan cheese and 1/2 cup mozzarella cheese. Cook until cheese is melted. Keep skillet on burner over low heat.

Remove dough from tubes.



Leaving dough intact, roll and stretch into 18-inch ropes. Cut each rope into 12 pieces for 24 total.

On baking sheet with parchment paper, form bunny head by placing one piece of dough in middle then surrounding it with six more pieces. Use 13 pieces to form round body. Use remain-

ing pieces to form ears on top of head.

Scoop hot spinach dip into center. Spoon small portions on each ear. Sprinkle ears and belly with remaining mozzarella cheese.

Bake 18 minutes, or until crescent dough is golden brown and thoroughly cooked.

(Culinary.net)

A springy blueberry dessert — or breakfast

With its juicy blueberries and crunchy topping, this cake is perfect for serving to company — or eating for breakfast!

Blueberry Crumble Cake

Servings: 10 Crumble

- 1/2 cup rolled oats
- 1/2 cup brown sugar
- 1/3 cup all-purpose flour
- 1/4 cup melted butter

<u>Cake</u>

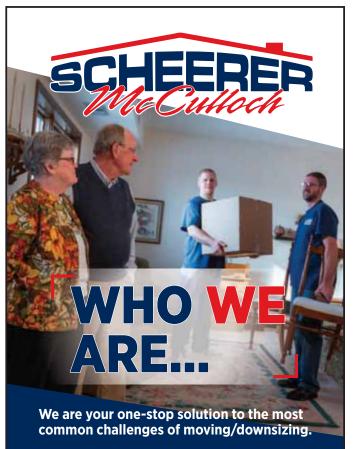
- 1-1/4 cups all-purpose flour
- 1/2 cup white sugar
- 1/2 tablespoon baking powder Pinch of salt
- 1/2 cup melted butter
- 1/2 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla extract



- 2/3 cup milk 1-1/2 cup frozen or fresh blueberries
- 1. Preheat oven to 350 °F. Line a 9-inch square cake pan with parchment paper.
- 2. In a medium bowl, combine the dry crumble ingredients and then add the butter. Mix and set aside.
- 3. In another bowl, combine flour, white sugar, baking powder and salt.

- 4. In a third bowl, cream the butter and brown sugar. Gradually mix in the vanilla, eggs and milk until smooth.
- 5. Add a third of the flour mixture at a time, gradually combining the ingredients until you have a uniform batter. Add the blueberries and stir.
- 6. Pour the batter into the prepared cake pan and top with the crumble.
- 7. Bake for about 1 hour, or until a tooth pick inserted in the middle of the cake comes out
- 8. Serve as is or with a scoop of vanilla ice cream.

Start to finish: 1 hour 20 minutes (20 minutes active)



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His Vietnam memories have been healed

By Kayleen Reusser

On January 1, 1968, Arley Higginbotham arrived at Tan Son Nhut airbase in Vietnam to the sight and sound of mortars exploding on the runways. He and the other recruits ran for shelter as they hurriedly left the plane.

Higginbotham had enlisted in the Army after graduating from Barberton High School in Barberton, Ohio, in 1965. He graduated from the United States Army maintenance school in Fort Knox, Kentucky and was assigned as a battalion motor officer.

That changed in Bien Phuoc when Higginbotham was assigned as a front-line platoon leader with 2nd Battalion, 47th Infantry, 9th Infantry Division, Company C. knowing nothing about this type of leadership, Higginbotham told his unit he would do his best to get them home alive.

On January 31, 1968, an intel report arrived, stating the Viet Cong were going to attack various locales starting at the celebration of the New Year Festival called Tet. Higginbotham and his crew were told to defend Ton Son Nhut airbase.

Earlier that month, chaos had ensued in Saigon and other major South Vietnamese locations, including military installations, when 85,000 troops of the North Vietnamese launched a series of surprise attacks. Their goal was ostensibly to break the stalemate of conflict between North and South Vietnam.

The attacks occurred on the date of the Vietnamese calendar known as Tet. This holiday celebrating the lunar new year had in past years been observed as a day of truce between South Vietnam and North Vietnam and their allies.

It seemed the Viet Cong wanted nothing to do with a truce as they hit hard with small arms and mortars. Somehow, Higginbotham's unit held their positions and survived with no injuries.

The next day, Charlie Company was sent into Saigon. As they moved through the streets, they received a call and were told Alpha company was pinned in an alley, taking heavy fire. Many were reported wounded and one track on fire.

When Charlie company reversed to help, Higginbotham's track became





Far left: Arley Higginbotham as a pastor at Covenant Chapel; Near left: with Rick King in 2021 preparing for the opening of "The Garage" ministry in Bluffton.

lead. As his driver drove through the war-torn streets, Higginbotham, nestled on top of the 11-ton APC, kept his finger poised on his gun.

They found the alley where the burning track blocked their entrance. An officer said they couldn't enter because Charlie had dug into the graveyard. Higginbotham told the officer to move because they were going in.

Higginbotham's unit found themselves in the middle of the alley with a huge hole blown in the wall. Higginbotham set up everyone with a machine gun and charged into the graveyard.

Their fire power surprised the Viet Cong who

ran for tunnels. The APCs circled back to retrieve the wounded and Higginbotham helped carry injured soldiers to safety.

Higginbotham was injured during a later battle in a rice patty outside of Sai-

gon when his company was flanked with heavy rounds of gunfire. He called for a helicopter strike, trying to ignore the pain in the top of his thigh as he and others in the company fired on the enemy.

Higginbotham received aid at an evac station for a gunshot the size of a silver dollar and spent five months recuperating at a hospital in Saigon.

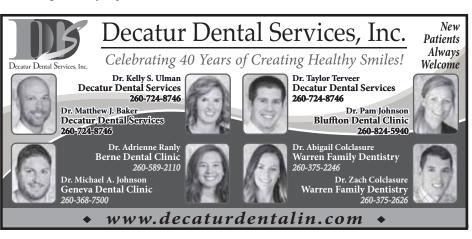
By the time Second Lieutenant Higginbotham was discharged in 1970, he had received two Purple Hearts — during another battle, he sustained another gunshot.

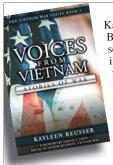
He also received a Bronze

Star for his act of heroism in a combat zone. The Bronze Star is awarded to members of the US Armed Forces for



Arley Higginbotham in 1967 prior to his departure to Vietnam.





Kayleen Reusser, of Bluffton, has written a series of books, sharing the stories of area veterans. This is an excerpt from "Voices from Vietnam." It is available at The News-Banner office in Bluffton and on Amazon.

heroic achievement, heroic service, meritorious achievement, or meritorious service in a combat zone.

Back in the States, Higginbotham married and had a family. In later years, he and his wife, Connie, moved to Bluffton and he became the pastor at Covenant Chapel. Now retired, Higginbotham has been involved with a ministry to youth at The Garage in Bluffton since 2021.

"The memories of war are no longer painful," he said. "God has healed that. That's the great thing about God. He can heal memories."

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

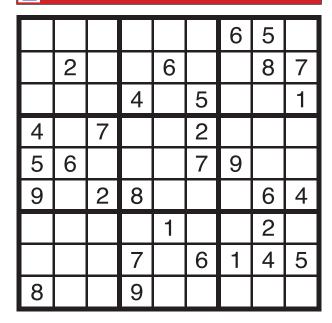
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9. Answers on page 24.

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Treats are made the old-fashioned way at Indiana's oldest candy store

By Tanya Isch Caylor

As a kid, my husband remembers riding along with his mom to Abbott's Candies in Hagerstown to load up on gifts for the doctors and nurses she worked with at what was then known as Caylor-

Nickel Hospital.

Abbott's is the oldest candy store in Indiana,



Hoosier Fun

dating to 1890. I'd never heard of it until he unearthed this memory before a recent road trip to Cincinnati. We decided to stop on the way back and check it out

According to the website, it was started by traveling candy salesman W.C. Abbott, who opened a restaurant in Hagerstown and sold his own homemade candy onsite. Running a restaurant proved too hectic, however, so he decided to focus on his candy business instead.

The candy shop and the small factory that supplies it are both housed in a former church painted a distinctive pink and white, which matches the color of Abbott's candy boxes. Bob didn't remember this building, and with good reason: This is the third location for the business, which started in a garage, moved to a Main Street storefront, then relocated to its current site a block away in 1985.

The store, which was full of Valentine's displays during our visit, doubles as a museum. Artifacts include the original sign, a black and white photo of W.C. Abbott melting chocolate in his garage, a Pilot Kisses candy tin like those he sold as a traveling salesman, and a note from Bob Hope, thanking the Abbotts for sending candy for his 100th birthday in 1998.

There's also a digital picture frame featuring a slide show of the candymaking process, with butter and cream



Abbott's employee Cody Pardo carries a long, soft slab of caramel to a table where it will be cut into individual caramel candies. The candies are almost as soft as icing and melt in the mouth as quickly. Director of Operations Jason Noel explained that the difference between Abbott's and more common caramel candies lies in the local candies' freshness and the absence of preservatives in them.









Clockwise from top left: A sampling of popular candies sold by Abbott's lies arranged on a platter. • Abbott's employee Cody Pardo runs a slab of caramel through a hand-cranked cutting machine that pares the slab down to bite-size lengths. • Abbott's director of operations, Jason Noel, explains the mix of in-person and internet sales that supports the business. • Decades of candy history are on exhibition – but not for sale – at Abbott's Candies in Hagerstown. (Photos this page by Bob Caylor)

being stirred by hand in a large copper kettle to make the company's trademark caramels.

But visitors can see the candy-making process for themselves, thanks to a gate at the back of the candy showroom that allows you to watch the goings-on inside the factory and even converse with the workers.

We watched as 13-year employee Cody Pardo picked up a long, thick strip of caramel and carried it to a cutting machine.

"This cutter is original to Mr. Abbott," he said, turning the crank as pieces of caramel shot into a collection bowl. He estimated that piece of equipment was around 140 years old.

Pardo said there's 40 pounds of caramel in each batch, and they do five batches per day.

"We'll get 900 pieces out of that," he said, motioning to the remaining strips of caramel on a marble cooling table that also belonged to W.C. Abbott.

Pardo pointed out three gas stoves

used for making caramel, peanut brittle, butterscotches and toffees. He and another worker wrapped the caramels by hand as he talked.

Forty-nine varieties of chocolates are made in another room, visible through windows in the candy shop. But those workers were at lunch when we visited.

> The business was handed down through three generations of

> > the Abbott family until 2012, when Jay and Lynn Noel, who have operated an Abbott's store in Indianapolis

since 1993, took over. Their son Jason Noel, director of operations, runs things in Hagerstown. He said his dad got to know

the Abbotts through his job in food service sales. Jason Noel was 12 when they opened

Abbott's Also at Keystone at the Crossing on East 82nd Street in Indy. That store, which is also supplied by the factory in Hagerstown, will celebrate its 30th anniversary later this year.

"I've been through it all," Noel said,

Continued on page 19







W.C. Abbott



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Are you in a 'Weight Loss Plateau'?

5 Reasons why the scale is stuck

So, you took the leap and signed up for a weight loss program. But once you got started, it was a whole different story. While you may feel like you're doing everything to a T, the scale is stuck and you can't figure out why. Plateaus are a normal part of any weight loss journey, but there are many reasons for them. Check out these six reasons why the scale may be stuck:

1. Overeating. Weight loss is dependent on "calories in" being lower than "calories out." Eating too

much for your current activity level and weight could be a reason why the scale is stuck. "Meal delivery programs can help eliminate any guesswork," says nutrition expert Chris Mohr, PhD, RD.

2. Not Keeping Track. Overeating, skipping meals and portion control can



all be eased if you get more diligent with food tracking. Take it from

the experts:

According to research published in the journal "Obesity," self-monitoring your diet is the number one predictor of weight loss success, and it takes less than 15 minutes each day.

Try tracking your diet at least 80% of the time or at least five to six days of the week. Be sure to include all eating occasions (even nibbling), portion sizes and ingredients. This way, when the scale is stuck, you can evaluate where you may be overdoing it.

3. Skimping on Protein and Fiber. Try maximizing protein and fiber in your diet. "Protein helps preserve lean muscle mass while losing weight to help maintain metabolic rate. Also, protein and fiber keep you feeling full longer. What's more, protein is more thermogenic than carbohydrates and fats -- meaning you'll burn more calories digesting and absorbing high-protein



foods. Fiber isn't fully digested, so the calorie contribution from fiber is less than other carb sources," adds Mohr.

4. Increasing Muscle. If you've been hitting the gym and putting on muscle, you might also experience a stall on the scale. Find other measures of success in the meantime. For example, your jeans may be fitting better or you may have more energy. These non-scale victories are just as valuable as a number on the scale.

5. Other Lifestyle Factors. Lack of sleep can disrupt weight loss. The National Sleep Foundation recommends sticking to a regular sleep schedule. Limit caffeine and screen-time in the hours before bed. The light emitted by screens on electronic devices reduce your body's production of melatonin, the hormone that regulates your sleep and wake cycle, according to Harvard Health. You can also try a before bed exercise routine.

Did you know that chronic stress can halt weight loss? Address your stress with self-care. Try meditation, daily exercise and breathing techniques. You should also seek out a support system and engage in your community. Feeling overly stressed? Be sure to speak with your doctor.

6. Illness or Injury. A recent illness or injury can cause increased inflammation that results in water retention. Additionally, injury or illness can de-

crease daily activity and overall calories burned. Some medications may also stall weight loss. Keep in mind that your overall health should always take precedence over the number on the scale. Consult your doctor. It may mean modifying your weight loss program temporarily. This setback is not the end of your journey though. Once you've recovered, you should be able to start where you left off, pending your doctor's approval.

"Ultimately, your goals should be realistic. Don't expect the pounds to fall off instantly. Have patience and give yourself some

grace. If you're doing the work, that's all that matters," says Mohr.

Source: Nutrisystem (StatePoint)





Outside and Inside ...

Left: The pink headquarters of Abbott's Candies on East Walnut Street in Hagerstown houses both a factory where employees make candy and a retail shop.

Below: The interior is packed with candies of many kinds, as well as special gift packages and memorabilia related to the company's 133-year history.





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offering us a sample of an Abbott's caramel. It was softer and sweeter than I expected. He said it contains no preservatives — artificial or otherwise — and lasts about 20 days, though they are usually consumed much sooner.

Caramels also go into the filling of Gismos, Abbott's version of a turtle, made with pecans that are roasted on site. Hershey's owns the Turtles trademark, he explained.

These days about a quarter of Abbott's business is online orders. "We ship all over the world," he said.

According to Noel, Abbott's does tours for all kinds of groups, from schoolkids to senior citizens, from just after Easter through October. Tours last about an hour, and require a minimum of 10 people with a cap of 50.

We took one of the trademark pink boxes home with us, filled with an assortment of fancy chocolates. In a world where so much has changed, it was nice to think this box wasn't much different from the ones Bob and his mom brought back from Hagerstown more than 50 years ago.

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



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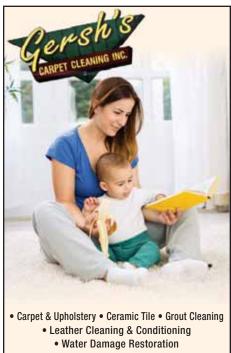
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The DNA Sleuth

Continued from page 7

a brother," when we shared the confirmation of the maybe-named-Ralph sibling. And although she daily asked if "today was the day those people were coming," she didn't really understand the significance of this particular family gathering. But the rest of us did. And we relished every moment of being together with folks who immediately felt like family.

Before we made our case to Ralph's children that our mother/grandmother/ great-grandmother was their dad's longlost sister, we wanted to get a digital copy of Ralph's birth certificate to add to the DNA proof. When Jenna visited the Cook County vital records site again, a tiny number 1 peeked from the "cart" symbol in the upper right-hand corner. Would you believe that the item in the "cart" was none other than the correct Ralph's birth certificate? For five years, this crucial document had sat there, waiting patiently to solve the case of the mystery brother.

We remain in contact with Ralph's family and still hope to meet more of



The only photo of Audrey with her mother, Ida. taken in 1926.

his children and grandchildren. Though the answers came too late for Ralph and Audrey, who passed in 2019, there's still time for those of us who remain to compare the resemblances of first cousins, to mull over the questions that will probably remain unanswered and to share the wonder of DNA connections that neither time nor distance can erase.

Do you have a mystery or question for The DNA Sleuth? bethsteury@gmail.com



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Fern Cliff Nature Preserve perfect for nature lovers

By Rod King

Fern Cliff Nature Preserve is for the birds.

Also, butterflies, wild flowers, ferns, mosses, liverworts, bryophites, flies, ants, mosquitoes, spiders and of course trees. In other words, it's perfect for nature lovers!

The 157-acre Preserve, located in Putnam County southwest of Greencastle, Indiana, is one of the state's best kept natural sites. That's probably because



there's no big sign, no arrows and no flashing lights to let one know to slow down for the entrance. It's basically

a narrow break in the trees and underbrush with a short gravel drive.

In addition, there's no spacious visitor's center staffed by knowledge-able state naturalists with hands-on displays, photos and maps. There are no restrooms and the tiny grass and gravel parking area off County Road 375 South is easy to miss. There is, however, a sign at the trail-head that welcomes visitors and clearly states that the preserve is open from dusk to dawn every day and that no bikes and motorized vehicles are allowed. Neither is rock climbing or rappelling. It's primarily for hiking, bird watching and photography.

Quiet descends in just a few steps, the sun is pretty much blocked out, civilization seems miles away and the only sounds are those of calling birds and buzzing insects. A reasonably wide one-and-a-half-mile-long in and out trail steadily rises to about 190 feet of elevation before angling down toward the cliffs.

The preserve is bordered by Snake Creek which feeds into Big Walnut Creek. It was designated a State Nature Preserve in 1988 and is a registered National Natural Landmark. It's unique because of its steep sandstone cliffs and its lush fern-filled ravines, hence the name Fern Cliff. In addition, the preserve contains a mesic upland hardwood forest full of huge oak, beech, ash, hickory, sugar maple, wild cherry



Nature Conversancy requests that hikers wipe their feet before entering the preserve to eliminate the threat of spreading detrimental diseases that could affect the flora and fauna of the area (Photos this page by Rod King)



One-and-a-half-mile-long trail leads from the parking area to the sandstone cliffs. The tree canopy blocks out most of the sun and only the sounds of calling birds and buzzing insects can be heard.

and tulip trees that provide a thick overhead canopy. Mesic refers to a type of habitat with a moderate to wellbalanced supply of moisture. It's a term used to describe the amount of water in a habitat.

The understory of the forest contains dogwood, hydrangea, paw paw and green brier, along with a large array of herbaceous plants and a profusion of ferns and bryophites which are the little flowerless mosses and liverworts that cover the ground. The place is truly a botanist's floral paradise.



Forest floor is covered with dogwood, hydrangea, paw paw, green brier, a large array of herbaceous plants and a profusion of ferns, bryophites and liverworts.

Early in the 20th century a commercial mining company extracted sandstone from the cliffs, crushed it on-site and delivered it to a bottle manufacturing plant in Terra Haute. The material from this quarry was the source for the first greenish glass that made the Coca Cola bottles so recognizable. What's left of the abandoned crushing mill still remains in the sandstone canyon.

Getting there is convoluted to say the least. The journey begins at the courthouse square in downtown Greencastle. Head south on Jackson Street for a block and then turn west (right) onto Walnut Street. In four miles, cross over Little Walnut Creek and then turn south at the first road after the bridge (500W). At the next three intersections bear to the left and immediately after crossing Snake Creek turn right on 375S. The entrance to the preserve is a mile ahead on the right. Don't rely on GPS because service is unreliable.

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



Above: Early in the 20th century commercial firm extracted sandstone from the cliffs, crushed it and transported it to a bottle manufacturing plant in Terra Haute. The material from this quarry was the source for the first greenish glass that made Coca Cola bottles distinctive. At right: Highlight of the mile-and-a-half hike is the steep cliffs at the end (Photos provided by Nature Conservancy)

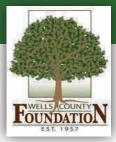


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Solution to puzzle on page 15

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

Honor Flights

Continued from page 3

cipient in November 2022, we thought this was the perfect opportunity to encourage people to help fund this very special Honor Flight."

The money donated to Penny Pitch amounted to \$207,083, which will be the approximate cost of this special flight.

Thus far, Berkshire has flown on 37 of the 40 flights. She sees no end in sight for her involvement.

"I continue to be passionate about the opportunity to show America's veterans thanks for their service."

she said. "Without their sacrifices, we would not have the freedoms we enjoy today. This is just a small token of our appreciation for their service to our country. We cannot thank the veterans and their families enough."

Berkshire encourages everyone to attend fundraisers for the Honor Flight organization and talk to veterans about



Even though one of the ladies is partially obscured, this is one of Cathy Berkshire's favorite Honor Flight photos. She is with two female World War II veterans. Seated is Jo Holle who served in the Navy; standing is Eileen Zeissig who was an Army nurse in the European theater. (Photo provided)

getting signed up for a flight. Every veteran who was honorably discharged, no matter where or when they served, qualifies for an Honor Flight.

Honor Flight Northeast Indiana is a 501©3 organization for donations. For additional information please visit the website: hfnei.org or call 260-633-0049.

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