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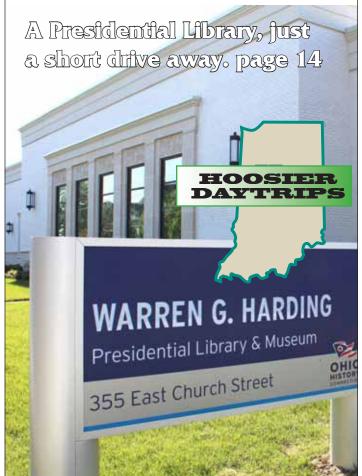


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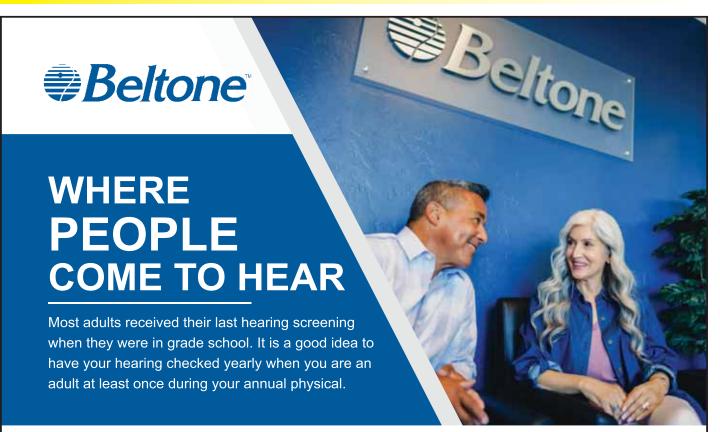
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Hands that help girls a world away

BY MARK MILLER

Once a year, a group of ladies from Adams and Wells counties gather in order to make a difference in the lives of young children a half world away. They do that by sewing "pillowcase dresses."

"We first became aware of this need through an organization called 'Dress a Girl Around the World,'" shared Rhonda Reynolds, current president of the Helping Hands women's group at St. Luke's Church, located at the corner of County Roads 100 North and 500 West in Adams County.

The idea was to utilize pillowcases to make simple but stylish dresses for girls in Africa.

"What we learned was that in thirdworld countries, a nice dress indicates that the girl is cared for and would be missed if she were to be kidnapped for sex trafficking," Reynolds continued. "So it is a protection of sorts, it is preventative, sort of a first line of defense."

However, even though the term "pillowcase dresses" is catchy, the group soon discovered making dresses from pillowcases had its drawbacks.

"Good quality pillowcases are expensive," Reynolds said, "and less expensive ones are see-through. That's not what we want to provide of course." So they began utilizing colorful fabrics, and found that people often had leftover fabrics looking for a new home. Hence, they no longer utilize pillowcases and much of the fabric they have used has been donated.

The group first gathered March 16, 2013. Six sewers and six helpers produced 17 dresses that day, with another 39 finished at home by Robin Pfeiffer and Regina Miller who continue to be active in the ministry. Eleven years later, the 12th annual Sewing Day produced 117 dresses plus 13 shorts for boys. There were 12 sewing machines humming along with about another dozen helpers. Through the years, the group "has made a total of 1,247 dresses along

At right, Rhonda Reynolds displays a few of the colorful dresses made this past March that will be sent to Africa as part of the missions efforts at St. Luke's Church. The project has grown to include a number of ladies from the community as well. "I'd guess that this past session, we had about an equal number of women from the community as from the church," she says. Below (top photo) Madge Smith and Kayleen Reusser are working together while in lower photo, Regina Miller and Holly Mishler are keeping their helping hands busy. (Top photo by Mark Miller; all other photos are provided.)









On a Saturday this past March, this team produced 117 dresses for young girls in Africa. In front and modeling two of the dresses are Lydia Beer and Ava Thieme; Seated (from left): Karen Beer, Linda Keller, Deb Bonham, Lynn Brege, and Joan Furey. Standing: Rhonda Reynolds, Regina Miller, Meleta Brown, Diane Beitler, Madge Smith, Vivian Lemmon, Betsy Thieme, Holly Mishler, Jocelyn Connelley, Dana Schwartz, Jayne Goulet, Bobbie Stevens, Julie Beer, Amanda Connelley, and Robin Pfeiffer. Not pictured but also participating were Kayleen Hormann, Kayleen Reusser, Heidi Schoeneman, Dianne Elzey, and Amy Reinhard.

with 29 pairs of pants and 13 shorts for needy boys and girls," Reynolds reports.

The years of experience has led to more efficiencies.

"In the beginning we did the dresses completely from start to finish on sewing day, which is why our dress numbers were lower," Reynolds explained. What dresses didn't get finished were completed at home by volunteers.

"We have gotten wiser over the years," she continued. "We now have ladies volunteer to do 'dress prep' before we have sewing day, which helps us get more dresses completed." The shorts and pants, she added, are made by Robin Pfeiffer on her own and donated to the project.

The dresses have been delivered by a variety of charities. The dresses have all gone to Africa with the exception of one year's efforts being sent to Missouri after a devastating tornado outbreak. Adams County physician Dr. Scott Smith and his wife handdelivered dresses one year to a mission in Africa they were involved in, and



Julie Beer was one of a dozen ladies manning a sewing machine March 16, with another dozen or so helping, an effort that produced 117 dresses.

ON THE COVER: Vivian Lemmon put her sewing skills to work at the Activity Center of St. Luke's Church.

for the past few years, the dresses have been divided between a charity called "4KenyasKids" and a mission effort lead by Reynold's sister-in-law, Krista Reynolds, who lives in Powell, Ohio. It has been especially meaningful for the group to have photographs of the Smiths and of Krista Reynolds delivering the dresses to young girls.

Helping Hands is the women's group at the church and meets monthly from September through April, with their March meeting always dedicated to what is still called "Pillowcase Dresses." This meeting has expanded to include a number of women from other congregations and denominations in the area. Reynolds believes there are just about as many St. Luke's non-members as members at their March gatherings.

In October and January, the group makes fleece blankets. The blankets made in October are sent to a ministry at an Indian reservation in Arizona while the January blankets are donated locally to the Grace and Mercy program in Bluffton. Meetings in the other months are focused on other ministries within the local church.

The pandemic did not disrupt the ladies' efforts. The 2020 gathering came just as Covid was erupting in mid-March. As it turned out, it was the last



Krista Reynolds delivering a batch of dresses to young girls in Africa.



event before the pandemic "totally shut things down for St. Luke's," Reynolds said. A total of 19 ladies gathered to produce 108 dresses.

The 2021 gathering required the approval of the church's administrative council, as special efforts were made to sanitize the Activity Center and special tables were arranged. Rather than enjoy a communal meal prepared by other

members of the church as had become the tradition, everyone brought sack lunches and ate at their properly-spaced work stations.

"We still managed to make 104 dresses that day," Reynolds said. "So Covid didn't stop us at all."

Word of their efforts has spread. This year, the Decatur Thrivent financial services office came forward to be a spon-

sor, donating \$250 to purchase supplies.

"It is really heartwarming to see how this has grown and evolved," Reynolds said, "It's become a multi-generational effort and it's grown to include a number of community members. And we have fun doing it."

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The DNA Sleuth hits the road

BY BETH STEURY

I recently returned from Denver where I served on the executive team for a ground-breaking conference, the "Untangling Our Roots Summit." Hosted by the National Association

of Adoptees and Parents and Right to Know, this one-of-a-kind gathering united 250



The DNA Sleuth

attendees from the adoption, the assisted reproduction, and the NPE communities. (NPE stands for "non-paternal event," the term that describes when DNA results disclose that a person's known father is not their biological father.)

Hailing from 39 states, Canada, Paraguay, and South Korea, attendees converged to stand strong, together in an atmosphere that encouraged learning and sharing as well as growth, grieving, and healing. The aspiration of the three-day event focused first, on providing space for those with similar life scenarios to both give and receive support and encouragement and second, to ignite a wave of awareness across society that it matters from whom and from where we originate.

Between the keynote presentations, "Finding Unity in our Stories, "Family is AND not OR," and "The Power of Owning Your Narrative," attendees chose from 35 workshops and panel discussions delving into topics of identity and culture, family relationships, self-care strategies, legislative advocacy, and writing/sharing your story. Mornings began with optional yoga or Tai Chi and the day ended with entertainment — a variety show, a live musical, and two films — each uniquely representing the lived experiences of community members. While attendees fell in love with the musical "For the Record(s)" and the documentaries "Filling in the Blanks" and "Closure," these productions did much more than entertain. The writers/producers, each in





Untangling Our Roots participated in RootsTech, the largest genealogical conference in the world. This year the annual Salt Lake City hosted conference drew 16,200 inperson attendees from 43 countries along with 4.7 million participants from 232 countries and territories.

attendance to answer questions, sought to shed light on the lifelong impacts of being separated from one's genetic family.

In the hours and days following the conference, social media overflowed with testimonials —

- "A carefully crafted space for exploration, learning, and nurturing."
- "We met authors, public speakers, movie producers and other members of the community, and the power, raw emotion, and pure vulnerability I experienced from them were both refreshing and healing."
- "Being together with others who get it was the best part. I felt validated, heard, and connected."

- "I felt safe to share my story, and I felt honored to hear the stories of others."
- "Our stories are different but with so many common threads, and together we can make such a difference."

What did I learn at this second "Untangling Our Roots" gathering? That the untold hours spent creating a safe, welcoming environment and crafting an engaging, inspiring agenda was worth every minute of every seemingly endless meeting. That the late nights spent dissecting DNA results and connecting matches are worth the effort required

Continued on page 21





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Walking through Hoosier history

Fountain City tour highlights neighborhood network that supported Underground Railroad

BY TANYA ISCH CAYLOR

You might think, by the time escaped slaves made it to Levi Coffin's house in what was then known as Newport, Ind., they could finally feel safe.

Coffin's home, considered "the Grand Central Sta-

tion of the Underground Railroad," was well north of the Ohio River.



Hoosier Fun

the boundary between slavery and freedom. The town had been settled by Quakers, who opposed slavery. Many residents had moved to Indiana specifically because it was a free state.

But the risks involved in aiding runaway slaves meant that some folks who might otherwise have been sympathetic couldn't be counted on to help. Besides, not everyone in town was a Quaker. When bounty hunters showed up, you never knew who might cooperate with them — especially if the price was right.

Though it doesn't seem so today, Newport — now known as Fountain City due to its high water table and natural springs — was once a bustling hub of business, enterprise and intrigue.

On a walking tour of the town, Beth Conway, a historic interpreter at the Levi and Catharine Coffin State Historic Site, pointed out several buildings whose owners were part of a secret network supporting the Coffins' mission.

The owner of the town's hotel, Samuel Nixon, would tip off Coffin when bounty hunters arrived, she said. If Coffin's house was full, fugitives sometimes took refuge at the hotel, now a nearly 200-year-old private home on U.S. 27.

"It's said that there were times he'd be hustling Freedom Seekers out the back door as a bounty hunter was coming in the front door," she said.

The Coffins grew up in anti-slavery



A mural on the side of a building in Fountain City honors Levi and Catharine Coffin, whose home was known as "the Grand Central Station of the Underground Railroad." (Photos by Bob Caylor)

Quaker homes in North Carolina. In his memoir, Levi Coffin wrote that his personal conviction to the cause began at age 7, when he listened to his father converse with a shackled man who'd been separated from his wife and children

As a teen, Coffin carried food into the woods near his home to share with runaway slaves. But the South was increasingly hostile to those with antislavery views. In 1826, the Coffins, then in their 20s with a young son, migrated to Newport, just four years after the town was platted.

For several years the Coffins lived above a dry goods store they operated, sheltering freedom seekers who knocked on their door. Catharine's sewing circle provided clothing to those in need; Levi's false-bottomed wagon delivered merchandise as well as fugitives to the next stop on the Underground Railroad.

In 1839 the Coffins built the home in which they hosted over 2,000 refugees, as well as prominent abolitionists such as Frederick Douglas.

Their dry goods store had prospered, and their new house was extravagant

for the time, with double closets in the upstairs master bedroom and a separate stairway leading to servant's quarters. The basement — a luxury in a town where you could draw water with a scoop of a shovel — was equipped with a cistern that provided fresh water as well as a drainage system that kept the rooms dry.

The extravagances, however, served a purpose. The basement provided extra space and eliminated the need to make a suspicious number of trips to a well, which would have tipped off any bounty hunters who may have been watching the house that extra people were inside. The rear stairwell provided a means of escape, if needed.

The servants' quarters sometimes did in fact house "servants" — fugitives who stayed for a while to regain strength and earn money. But it also contained a secret hiding place.

The garrett, as Coffin called it, is a 3-foot-tall by 4-foot-wide space that runs the length of the servants' quarters under the low slope of the roof. Its entrance was blocked by a bed. If anyone had a warrant to search the house, they wouldn't even know it was there, so

long as those inside remained quiet.

Once, Conway told us, a group of 14 fugitives — who answered Coffin's whispered "who's there?" with the furtive exaggeration, "All of Kentucky" — eluded capture by hiding in the garrett.

No one on our earlier tour of the Coffins' home was inclined to crawl inside the garrett, though we all poked our heads inside. It was hard to imagine 14 people inside such a small space. But the stakes were much higher for those "freedom seekers," as Conway called them, than for anyone on our tour, most of whom had traveled from out of state to get an up-close look at an important chapter in our nation's history.

Among those who sheltered at the Coffins' home was Eliza Harris, whose harrowing story of crossing the Ohio River on bobbing ice chunks while clutching a baby was told in Harriett Beecher Stowe's "Uncle Tom's Cabin."

In his memoir, Coffin writes that he and Catharine were represented in the novel by the Quaker couple, Simeon and Rachel Halliday.

Among the period pieces in the home today are a free labor desk from Coffin's warehouse and a mortar and pestle



Historic interpreter Beth Conway explains to a tourist in the barn of the Levi Coffin House in Fountain City how a false-bottomed wagon was used to transport fugitives as well as merchandise from Coffin's dry goods store.

that once belonged to William Bush, a freedom seeker who became Newport's blacksmith and veterinarian.

Bush's home is on the walking tour, and a descendant of his volunteers at

the Coffin House, though she wasn't present the day we toured.

Some freedom seekers joined the free black settlements of Cabin Creek, near Farmland, Ind., or Longtown, on the

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The door to a secret hiding place in the servant's quarters of the Levi Coffin House in Fountain City is revealed only when the bed that usually blocks its view is moved aside.



Inside the "garrett," a secret hiding place in the servant's quarters of the Levi Coffin Home in Fountain City, where 14 fugitives once hid to elude slave hunters.

Indiana-Ohio border near Greenville, Ohio. Many went on to Canada.

The Coffins later moved to Cincinnati to run a warehouse selling free labor goods to those who wished to avoid subsidizing slavery. They never returned to Newport, But their legacy lives on in Fountain City, where their former home — once nearly bulldozed to build a gas station — is now one of the top 25 historic sites in the nation, according to the History Channel.

The Interpretive Center next door has the feel of a modern museum when you enter from the parking lot in the back, but we learned on the walking tour that it was once a cabinet maker's shop and home, built in 1835. The front of the structure retains its historical look.

Impressive at is — especially at just \$5 for the walking tour and \$9 for a senior ticket to the home tour, with free admission to the Interpretive Center — the Levi Coffin experience in Fountain City is still evolving.

The Pizza King that now stands on the site of the Coffins' dry goods store, for instance, doesn't acknowledge that fact inside the restaurant. The Quaker Meeting House the Coffins attended, built in 1837, now functions as a part-time reception hall but wasn't open when we toured.

Conway pointed out other homes and buildings, all built between 1830 and 1855, that she felt could become more than they are currently — especially one home that is currently used by the local fire chief for practicing fire control techniques.

It's possible that the next time we stop for our own DIY walking tour in Fountain City — a town we'd driven through many times on our way to Cincinnati but had never stopped in before — there will be even more to see.

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



It's estimated that 100 runaway slaves per year entered the side door of the Coffin home, which was designed with hiding places when it was built in 1839.



This former Quaker meeting house, built in 1839, is now used for community gatherings and for school children visiting the Levi Coffin House to eat their lunch, is part of the historic site's walking tour.



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Something new: Old recipes

BY KAYLEEN REUSSER

Would you like to find buried treasure?

If the answer is ves. join me in this new column as we scour vintage cookbooks for tasty gems of the past.

Some of you who know me from inter-

viewing military vets may wonder about the switch in topics. It was an honor



Vintage Eats

to learn about World War II, Korea, Vietnam and post-911 from hundreds of men and women, especially as I am a proud military Air Force spouse / mother.

But after 11 years, I've switched to a lighter historical topic, i.e. vintage recipes.

Vintage recipes have interested me for several years, especially as I studied the 1940s. I often wondered how cooks (mostly women) prepared meals with limited ingredients and resources, i.e. small grocery stores, no fancy equipment like microwaves, air fryers, dough hooks, etc.

So for the past year I have collected cookbooks published decades ago for tasty treasures. The result was discoveries that often cost less to prepare than today's meals and in many cases were more nutritious.

Many of the recipes I've liked are posted at my "Vintage Eats" blog (www.KayleenReusser.com).

For this issue I chose a Cocoa Drop Cookie recipe. It comes from a cookbook published by Aldersgate United Methodist Church, Redford Township, Michigan in 1984. Don't ask where I found this cookbook — it could have been in an online auction, a gift, antique shop (Rod's Rustics in Ossian has a good selection of vintage cookbooks) or thrift shop. It joins a couple of hundred other older cookbooks now filling my house.

I've made this recipe several times, due to popular demand. It's quick and easy — you probably have most of the ingredients on your shelves.

Watch for other vintage recipes in future issues.

I look forward to sharing these culinary treasures with you!

Cocoa Drop Cookies

1 c. sugar

2/3 c. margarine, softened

1 egg

½ c. cocoa

1/3 c. buttermilk or water

1 t. vanilla

1 ¾ c. flour (white or whole wheat)

½ t. salt

1 c. chopped nuts (optional, I made mine without)

Heat oven to 400 degrees.

Mix sugar, margarine, egg, cocoa, buttermilk and vanilla.

Stir in flour, baking soda, salt, and

Drop by rounded teaspoonfuls about 2 inches apart on to ungreased cookie



Bake until almost no indentation remains when touched, 8-10 minutes. Immediately remove from cookie sheet, cool.

Makes 4 dozen cookies.

The writer, a Bluffton resident, may be reached at kjreusser@adamswells.com

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Instead of campaigning across country, Warren Harding brought voters to him

BY ROD KING

Back in the summer of 1920 when Senator Warren G. Harding was running fo president, it was considered degrading for a candidate to traipse across the country like a door-to-door salesman stumping for votes. Instead, he brought the people to him.

Smoke-belching steam locomotives pulled into the Marion, Ohio station

hear what HOOSIER

with thousands of eager supporters clamoring to

the Ohio Republican had to say. They were met as they stepped down from the train by a marching band

that led them the few blocks from the station to the Harding home at 380 Mt. Vernon Ave.

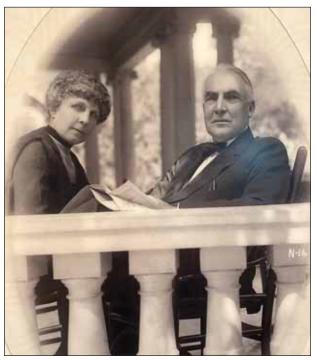
When they arrived they found the Senator and his lovely wife, Florence, waiting for them on their front porch. The crowd jostled and pushed for the best spots on the front yard, spilling over into the neighbor's yards, the street and the yards of those neighbors across the street as well. He delivered more than 100 porch campaign speeches to crowds ranging in size from 6,000 to 10,000 people.

It worked! He trounced his Democratic opponent by a record margin to become the 29th President of the United States. His tenure in office, however, was shortlived. He died on August 2, 1923 in San Francisco while on a western tour after less than two years in office.

Today, visitors can tour the totally renovated home, the museum and presidential library (all on the same site) and then drive 1.5 miles to the Harding Memorial which was designed to resemble a Greek temple. Though it makes for a long day, visitors come away with more information than they ever thought they would need to know about the 29th president.

Restoration of the Queen Anne-style home in 2020 was undertaken by the

President Harding and his wife, Florence, are shown on their front porch. This is where he delivered more than 100 speeches to followers during the three-month campaign that saw him bring thousands to Marion, Ohio by train to hear him speak. (Photos courtesy of the Ohio History Connection)





The Harding Memorial, which stands on 10 acres of beautifully landscaped property, was dedicated in 1931 by President Herbert Hoover.



The chair used by President Harding while he was in the White House is one of the displays, along with the Presidential Seal.

Ohio History Connection to return it to how it looked in 1920 during Harding's famous front porch campaign. And that's exactly where the tour begins. The Hardings lived in the home from 1891 to 1921 and were married there July 8, 1891. Furnishings and decorations, which reflect their middle-class values, are 95 percent original.

Inside the neo-classical museum are tasteful exhibit galleries with memorability that include an enormous papermache potato presented by the citizens of Idaho Falls, Idaho, the President's Oval Office chair and a section replicating the train car that took the Hardings to the Pacific Northwest and then returned his body to Washington, D.C. At the time he was considered to be one of the most popular presidents ever.

Upon arriving at the side, enter the parking lot from East Church Street of or Mt. Vernon Avenue and park in front of the Library/Museum. Enter and sign up for a specific tour time. The fee to tour the house and museum is \$16 for adults, \$15 for seniors, veterans and students six through 17 and \$8 for children. Kids under five are free. Hours



President Warren Harding's home and museum is just an easy two-hour drive from Decatur. Renovation of the Queen Anne-style home in 2020 was undertaken by the Ohio History Connection. It has been restored to the way it looked during Harding's famous front porch campaign in 1920.

are 9 a.m. to 5 p.m. Wednesday through Saturday. Tour the library alone is \$10 for adults and \$8 for students.

Marion is located north of Columbus, Ohio, about a two-hour drive from Decatur.

The impressive near-by presidential gravesite, which is located on 10 acres

of landscaped grounds,, was designed to resemble a Greek temple with huge columns. It was built entirely with private funds. President Herbert Hoover dedicated it in 1931.

The writer, a Fort Wayne resident, may be reached at coknoll75@yahoo.com

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Norm Bailey's thumbs-up Ford Falcon

BY BOB CAYLOR

Norm Bailey waited decades to finally get his hands on one of the V-8 coupes that he saw filling the parking lot of Bluffton High School, where he graduated in 1969.

He grew up with Fords. His first car was a 1966 or 1968 Falcon, one of the economy models with the 200-cubic-inch straight-six engine, that had belonged to his parents.

"I've always liked Fords. They've been good to me," he said.

Yet he'd never had a showy, classic Ford, the kind that would catch eyes and prompt smiles.

Classic Car Corner

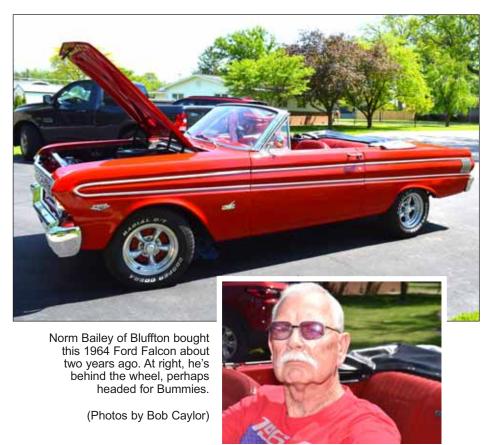
"I've always wanted something for cruising around," he said.

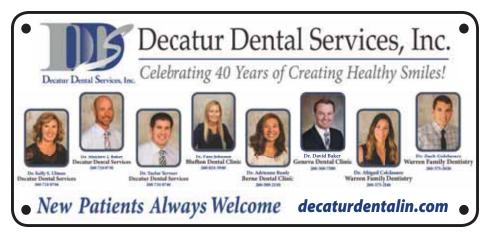
He finally found a car that qualified

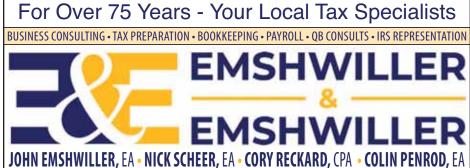
at a car show in Bluffton about two years ago. "Man, that would be nice to have," he thought. He and his son, who is more skilled mechanically, both thought the red 1964 Falcon convertible looked good. And with its 302 engine, it was definitely built for speed, not fuel economy. Eventually, he struck a deal with the previous owner.

Bailey remains impressed by the car's power and the deep rumble of its exhaust.

The Falcon, as introduced for the 1960 model year, was Ford's attempt to provide a smaller and more economical domestic alternative for car shoppers who were attracted to foreign cars such as the Volkswagen Beetle or the Renault Dauphine. (Ford wasn't alone in introducing import-fighting small cars. General Motor began building the Chevrolet Corvair and Chrysler launched the







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Plymouth Valiant at about the same time.)

The Falcon, a compact car by U.S. standards at the time, was designed around a frame that was a scaled-down Ford Galaxie. The frame of the Falcon was adapted for many other Ford vehicles — most famously, the first Ford Mustang. Soon Ford broadened the Falcon's



appeal by dropping V-8 engines into these smaller cars. A more powerful engine in a smaller car made for appealing performance, too.

Bailey retired in 2016 after stints at Franklin Electric, the public safety department at Fort Wayne International Airport and as the Geneva Town Marshal. He's not pushing the Falcon to find its limits at the track. Instead, he enjoys taking it to nearby car shows. And that crowd appeal he was looking for in a cruiser? He found it in abundance in the '64 Falcon.

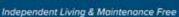
"I like to drive it to Bummie's on a Saturday or Sunday and have everybody wave or give me a thumbs up," he said.

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



The 302 was a higherpower alternative to the small straight-six engines in Falcon varieties that were positioned as import-fighters. Even its floormats were an opportunity for Ford to promote the Falcon.

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A tasty meal for a heart-healthy summer

As you plan your summer fun, think also about adopting healthy habits that can help keep your blood pressure under control. When your blood pressure

is consistently high - a condition called hypertension - blood flows through arteries at higherthan-normal pressures.

This can cause serious health problems not just for your heart, but also for your blood vessels, kidneys, eyes and brain.

Hyperten-

sion affects women and men of all ages but making small lifestyle changes can go a long way toward prevention. Start with updating your summer menu with delicious, heart-healthy recipes, like Hawaiian Huli Huli Chicken.

Following a heart-healthy eating plan, such as the Dietary Approaches to Stop Hypertension (DASH), which emphasizes vegetables, fruits, whole grains, fish, poultry, beans, nuts, low-fat dairy and healthy oils, can help keep your blood pressure in a healthy range. Developed through research by the National Heart, Lung, and Blood Institute (NHLBI), DASH focuses on reducing sodium and limiting foods that are high in saturated fat, including fatty meats, full-fat dairy and tropical oils.

Along with adding healthy recipes to your summer menu, NHLBI's The Heart Truth program encourages these healthy habits that can help you control blood pressure:

Move more: Aim for at least 150 minutes (2 1/2 hours) of physical activity each week. Try keeping yourself on pace each week by shooting for 30 daily minutes of activity over five days.

Aim for a healthy weight: Research shows adults with overweight and obesity can lower their blood pressure by losing just 3-5% of their weight. Ask a friend or family member to join a weight loss program with you; social support can help you both stay moti-

vated.

Manage stress: Reduce stress - which can increase blood pressure - with meditation, relaxing activities or support



from a counselor or online group. Quit smoking: Smoking damages your heart and blood vessels. Call 1-800-QUIT-NOW or find other resources available online.

Get your summer off to a hearthealthy start by talking to your health care provider about your blood pressure numbers and what they mean.

Hawaiian Huli Huli Chicken

Prep time: 10 minutes Cook time: 30 minutes Servings: 4

Sauce:

- 2 tablespoons ketchup
- 2 tablespoons light soy sauce
- 2 tablespoons honey
- 2 teaspoons orange juice
- 1 teaspoon garlic (about 1 clove), minced
- 1 teaspoon ginger, minced
- 12 ounces boneless, skinless chicken breast (about 2 large breasts), cut into 1-inch cubes (about 24 cubes)
- 1 cup fresh pineapple, diced (about 24 pieces)
- 8 wooden skewers (6 inches each), soaked in water

To make sauce: Combine ketchup,



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soy sauce, honey, orange juice, garlic and ginger; mix well. Separate into two bowls and set aside.

Preheat grill to medium-high heat. Preheat oven to 350 F.

Alternately thread three chicken cubes and three pineapple chunks on each skewer.

Grill skewers 3-5 minutes on each side. Brush or spoon sauce from one bowl onto chicken and pineapple every other minute. Discard remaining sauce from first bowl.

To prevent chicken from drying out, finish cooking to minimum internal temperature of 165 F in oven. Using clean brush or spoon, coat with sauce from remaining bowl before serving.

Recipe courtesy of the National Heart, Lung, and Blood Institute

To learn more about heart health and blood pressure, visit hearttruth.gov and find DASH-friendly recipes at healthyeating.nhlbi.nih.gov.

> Source: National Heart, Lung, and Blood Institute (Family Features)

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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Tiptoeing through a minefield

BY KAYLEEN REUSSER

It was a high risk mission.

Michael Blough's flight crew had been ordered to rescue injured soldiers in the jungles of Vietnam. He served as

a door gunner — the crewman on a helicopter tasked with firing and maintaining manually-directed armament. When the pilot entered the landing zone, Blough would dismount and load wounded soldiers in the area.

It appeared some of the wounded had lost limbs while on patrol. As Blough tended to the soldiers, he was unaware he was working in a mine field. When the pilot later called him a hero,

Blough, 19, denied it. "I was just doing what I had been trained to do," he said.

Mike Blough in 1969

Blough, a native of South Bend now living in Decatur, enlisted in the Army in 1969. "I thought being an American soldier would give me status," he said. Blough's father had served at Pearl Harbor and the younger man hoped to emulate his father's patriotic service.

Performing dangerous acts in a country at war created a tense environment for American soldiers. Housed together in barracks, they sometimes shared thoughts of being captured by the North Vietnamese — and dying.

One day, a pilot named Paul Nome shared that he felt he would die in Vietnam. Nome implemented skills that Blough respected as they flew together on missions.

As a teen, Mike Blough had survived a house fire. Having already looked death in the eye, he was not afraid of dying. In addition, he had attended church and believed God would save him from troubles.

A few days later, Blough, who had been promoted to crew chief, and his crew were given a mission of flying over an area to look for enemy soldiers. The pilot would have to fly low, which could mean hitting a tree, stalling, or crashing. "It was not a suicide mission," said Blough, "but our crew knew we might not come back from it."

On the morning of the mission, Blough walked along the flight line, looking for his copter. He was told Nome had taken

his place on the rotary-winged aircraft to fulfill the risky mission.

Later that day, Blough received the devastating news that a rocket-propelled grenade had crashed through the helicopter's cockpit. Nome had survived the

> explosion and Blough raced to the hospital to see him. Nome's chin had been blown off and his face was wrapped.

Blough spent a few moments with his friend before Nome's eyes closed for the last time.

Devastated by his friend's death, Blough felt the only way he could redeem the loss of life was to re-enlist. In 1970, he was assigned as crew chief to the 129th Attack Assault Helicopter Company flying Hueys and Cobras.

When his company was sent to Germany, they became the 124th Cavalry. "We monitored radio communications

Blough married and became the father of five children. As they grew up, Blough taught them about patriotism. "This country was founded on principles that I want to see upheld for the next generation," he said. "We talked about what it means to be an American and listened to Red Skelton's recitation of the Pledge of Allegiance."

For two decades Blough worked for the Indiana Department of Corrections. In 2015, he quit, following a diagnosis of reflex sympathetic dystrophy in his hands. His symptoms, which include complex and regional pain syndrome involving extensive inflammation, are thought to be the result of exposure to Agent Orange in Vietnam.

Blough suppressed his memories of Vietnam, only recalling them following surgery in May 2013 when his heart stopped. He was successfully resuscitated on the operating table. At that point his memories of being a soldier flooded



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The DNA Sleuth

Continued from page 6

to function the next bleary-eyed morning. My already firm convictions that truth and transparency should reign, that DNA doesn't lie, and that genetic identity matters were reaffirmed a hundred times over.

While caught in the three-point intersection of basking in the glow of a successful event, the residual warmth of sharing space with people who "get it," and the sneaks-up-on-you emotional letdown of leaving such a comfortable, soothing space, I repacked my bags to embark on a personal genetic-identity-matters trip. After only three busy days back home, my husband and I hopped a plane to Spokane, Washington, to vacation with my half-brother, Gerald and his wife Furong, and half-sister Lorie and her husband Jim. Gerald and Lorie are full siblings to each other.

We shared many "it's a Ron Brown thing" moments, noting traits and characteristics inherited by one, two, or all three of us from our late mutual father. We pored over stacks of old photos that recorded people and places, events and occasions that occurred before I discov-



The convention in Denver was followed by a reunion with the DNA Sleuth's paternal siblings — from oldest to youngest: Gerald Brown, Spokane, Wash.; Lorie Ako, Kailua Kona, Hawaii; and Beth Steury of Berne.

ered my paternal roots. And we savored the bonds created by shared DNA.

I so appreciated that second and third reunion meet-ups differ greatly from first-time meetings that are so rife with nervous energy and jittery anxiety. Gone were the worrisome, "Will they like us? What will we talk about? Will we like them?" questions. We picked up right where we'd left off, still keenly aware of the decades we'd missed

out on, but intentional about making memories now and in the future. While I couldn't have had a better adoption experience, that fact doesn't erase the loss of having no connection to my biological family.

With more states (slowly) restoring access to original birth certificates for adult adoptees (it's about time . . .) and the opportunities afforded by the growing popularity of genetic genealogy, more folks will be seeking the identity of their birth parents even as many others uncover surprises found in the depths of their DNA-tested saliva. You can be sure that the Summit's host organizations will continue to offer free resources and initiate legislation that supports the basic tenets of truth and transparency because we believe it's a fundamental right to know your genetic history. The preparations have already begun for the "Untangling Our Roots Summit" to return in 2026 to the Atlanta area.

Have questions about how DNA can help solve a family mystery or unravel a long-held secret? Would you like more information about the organizations mentioned here? This DNA sleuth looks forward to hearing from you. Reach out via email at bethsteury@gmail.com

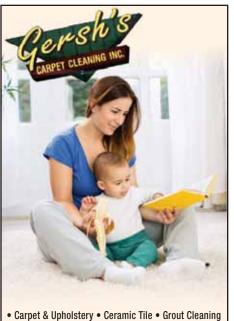


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Here's what you should do about airline luggage fee increases

BY CHRISTOPHER ELLIOTT

Since the beginning of the year, most of the major U.S. airlines have raised their baggage fees. It now costs an average of \$35 to check your bag on a domestic flight.

In the travel industry, charging sepa-

rately for luggage is called unbundling. And it turns out there are experts

who specialize in unbundling and have a deep knowledge of what's happening behind the scenes.

Travel

Sasha Gainullin, CEO of the travel insurance company Battleface, is one of the world's leading authorities on unbundling. I asked him for his thoughts on the latest airline baggage fee increases — and what passengers should do about it.

Here's our interview.

Q: What do you think of the way airlines have unbundled their product, and specifically luggage fees?

A: I think unbundling is necessary for any customer-driven industry. But as an airline customer, making things more expensive without transparency is something I generally disagree with. While unbundling allows airlines to become more profitable, they should also be more transparent with customers.

Q: How would you make it more transparent?

A: In general, airfares are being promoted across multiple comparison sites, and travelers aren't loyal to one specific airline. They will more than likely choose a ticket based on the actual flight cost without factoring in the additional costs that will be presented to them in an online purchase experience.

Unbundling ancillary additions like bags, seats and meals potentially lowers the base price for an airline ticket, so there's an opportunity to present negatively viewed fees into something positive.

Unbundling allows choice and the ability to pay for what you want, which is a positive for the customer. I think they've done a good job rolling out "basic economy" seats. There's definitely a market out there for people who just want cheap airfare without the bells and

There is so much about airfare costs that the general public doesn't understand. Why is the J fare more expensive than the L fare? Why does seat 10D cost \$85, but seat 11D costs \$40?

Q: What's your advice to air travelers on dealing with these new fees?

A: My advice would be to choose what you — and your wallet — feel comfortable within the most direct route possible.



change fees. Many airlines are also starting to add value items back into the

fare. JetBlue is unique in that it does not charge for Wi-Fi, and Delta has recently moved in that direction for domestic flights if you are a member of SkyMiles rewards, which is free to join.

Q: So fly the right airline. Beyond that, what would you do with these fees?

A: Buy what you need and read each step of the buying process thoroughly. Also, packing light to fit everything into a carry-on and a personal item is important, too. This, of course, will not save you money when flying on an airline like Frontier, which probably has the most unbundled add-ons in the airline industry. This includes paying for a carry-on, or, if you don't, you're subjected to boarding the plane last, with limited to no room for overhead storage.

Q: I wanted to ask you about hotels, since they've had some interesting fees, too. You get charged extra for a lot of things now, but perhaps most notably, you often have to pay a mandatory resort fee that covers items like pool towels and free Wi-Fi. Any thoughts on hotel fees?

A: I don't think mandatory resort fees are a choice. Therefore, they can't be considered unbundling. Although it seems transparent now, it is still an imposed fee and should remain in that category, like taxes.

Q: You've been one of the innovators in unbundling travel insurance. How does the way you've unbundled insurance compare to the way airlines have unbundled their prod-

Very similar. Giving choice back to the customer and making it specific to their actual needs and travel type.

The more items you add to your cart, the more expensive your airfare or travel insurance is going to be. I think customers get this by now and are willing to pay for it if it makes sense to them based on what they are looking for. O: Which extras do you

buy when you travel? And how has that changed since the beginning of the year?

A: It all depends on where I'm traveling and how long my flight is. For longer flights, I would buy Wi-Fi. When selecting my preferred seat, I'd pay extra. In addition, I've started to opt for more flexible fares in case of changes and cancellations. I also continue to travel with the same airline as much as possible to take advantage of the extra perks.

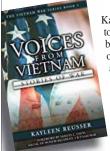
Christopher Elliott has authored a number of travel books. His columns appear weekly in USA Today and the Washington Post. email him at chris@elliott.org.

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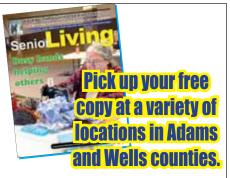
Kayleen Reusser, of Bluffton, has written a series of books, sharing the stories of area veterans. This is an excerpt from "Voices From Vietnam: Stories of War" It is available at The News-Banner office in Bluffton and on Amazon.

Tiptoeing...

Continued from page 20 with family. When a daughter told Blough she believed he would have helped the wounded soldiers in the minefield, whether or not he had known it was dangerous, Blough remained unconvinced. "I may have still gone in there to rescue those guys, but I would have liked to have known it was a minefield. Then I would have tiptoed."

Despite the loss of friends and health problems, Blough refuses to be bitter. "When you're young, you think you won't die and that you'll live forever. I learned death can be at your door any time, any minute. I owe God a lot for keeping me safe."

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