

SOUTHSIDE BOOMERS

A DAILY JOURNAL PUBLICATION

SPRING 2023



Tending a GARDEN

Gary Kiesel has spent his life helping things thrive.

Have your family reunion at sea

INSIDE

Indy radio station makes a comeback

A snowbird finally flies south

SOUTH SIDE BOOMERS

SPRING 2023

ON THE COVER



nurturing a life

President of county garden club stays busy.

PHOTO BY WARRIE DENNIS

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A MAN FOR ALL SEASONS

Garden club president has spent life nurturing living things

STORY BY JOYCE LONG
PHOTOS BY WARRIE DENNIS, SUBMITTED

The past six years from February to May, Gary Kiesel has lived the greenhouse effect at Sunny Lawn Farms. But no worries, he's not melting, but rather nurturing seedlings into plant stock. His passion for growing plants began as a youngster who played with his cousins in southern Indiana family farms.

During weekend visits with his grandparents in Switzerland County, he remembers his parents loading up the car with homegrown produce like watermelons, green beans, tomatoes and potatoes for the drive back to Whiteland where they enjoyed farm to table before it was trendy.

Five decades later Kiesel only needs to walk out his front door to be surrounded by naturally grown beauty, a wide variety of flowers and shrubs. His favorite perennial (spigelia) sports a mass of bright red tubulars

and striking yellow tips that brighten up his extensive flower beds. Although native to the South, his favorite decorative tree, the fuchsia crepe myrtle, thrives in his yard.

His preferred annual — a variety of deep blue salvia, popularly sold as Rocking Blue Suede Shoes — is a fitting favorite for the boy who was born a twin in Franklin the summer of 1958.

Sadly, his brother Larry was stillborn, and Kiesel, who weighed under two pounds, spent most of his first three years at Riley Hospital, where he eventually had heart surgery.

Fast forward to Whiteland High School where Kiesel became interested in pursuing a career in education after spending a semester cadet teaching. A few years later he graduated from Franklin College and began teaching third grade at Franklin's Northwood Elementary, where he later taught in the mornings and served as assistant principal during afternoons.

He completed his master's degree in reading and school administration from IUPUI and then served as elementary principal first at Union, then at Webb. After retiring, he worked for Franklin College supervising student teachers, a job that "helped me keep my foot in the education door." Kiesel has always loved being around children and advised his FC students to "be in it for the benefit of the kids for it's an admirable profession."

During his career in education, his passion for gardening grew as he joined the Johnson County Garden Club (JCGC) and eventually became its president 15 years ago. He remembered that in its early years, the club met at the Johnson County Museum.

Currently it meets monthly on the second Monday at 6:30 p.m. at Johnson County (Purdue) Extension services and features garden-related speakers and summer field trips.

Right: Gary Kiesel, president of the Johnson County Garden Club, tends plants at Sunny Lawn Farm Greenhouse.
Left: Crepe myrtle from Kiesel's garden.



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Above: Gary Kiesel waters plants at Sunny Lawn Farm Greenhouse. Below: Carolina allspice and a salvia mimosa tree from Kiesel's garden.



This year, JCGC celebrates its 36th year and will host its annual garden celebration Saturday, May 6.

Formerly a member of the Trafalgar Country Gardeners, Kiesel gave that up due to time constraints when he began working for the greenhouse.

"But I really enjoyed that group because I could just attend, rather than plan and organize," he said.

Time management is vital to Kiesel's hectic lifestyle since his day often begins at 6:30 a.m. and ends at 9:30 p.m., a schedule typical of his years as an elementary school teacher and later as principal.

His advice for the extremely busy: "I'm probably one of those impulsive people who like to get things done now, but take your time, and it'll all get accomplished." He has learned from both education and gardening that maturity and accomplishment require time and hard work.

For Kiesel personal growth is equally as important as cultivating gardens. After visiting Ireland 23 years ago, he, along with other local teachers, decided it was time to get more involved in local communities. They came back to Johnson County determined to model the volunteerism they'd experienced in the United Kingdom. Following through with that resolve, Kiesel began helping with the Irish Fest and ushering for Clowes Hall.

Closer to home, he served 16 years on the Johnson County Library Board and also with Girls Inc. In addition to leading the nonprofit JCGC with its 100-plus members, Kiesel serves at the Artcraft and is an active member of Friends of the Library. In June 2022 the City of Franklin recognized his community involvement.

Kiesel turns 65 this summer and hopes to travel more than he has recently. Besides the UK, he has traveled throughout Colorado and Utah. "But I'd love to get back to Europe, especially to visit the rich history found in cathedrals."

Kiesel finds their stained glass fascinating and wants to learn how to craft his own designs. He also mentioned that he's been invited to France by the parents of one of his foreign exchange students he hosted in 2021-22.

Kiesel continues to appreciate and nurture life in all of its stages — from childhood to retirement, from seedling to full grown. He enjoys watching youth mature, plants thrive, and programs develop. To quote Audrey Hepburn, As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.

A man for all seasons, Kiesel lives that truth.

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STORY BY FAMILY FEATURES
PHOTOS BY GETTY IMAGES



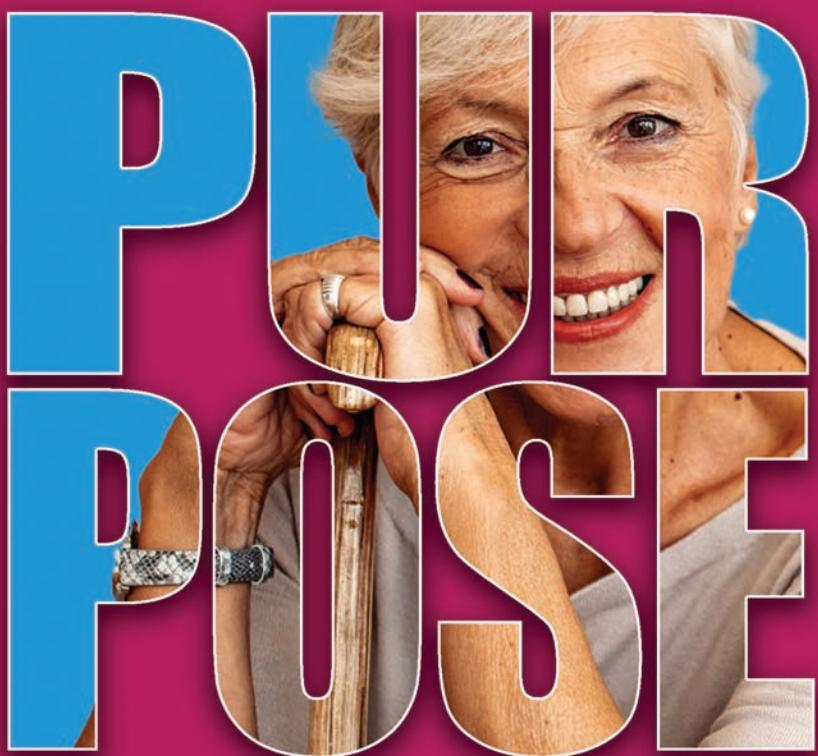
The same risk factors that contribute to making heart disease the leading cause of death worldwide also impact the rising global prevalence of brain disease, including stroke, Alzheimer's disease and dementia.

The global death rate from Alzheimer's disease and other dementias is increasing even more than the rate of heart disease death, according to the American Heart Association's Heart Disease and Stroke Statistics 2022 Update.

Globally, more than 54 million people had Alzheimer's disease and other dementias in 2020, a 37% increase since 2010 and 144% increase over the past 30 years (1990-2020). Additionally, more than 1.89 million deaths were attributed to Alzheimer's disease and other dementias worldwide in 2020, compared to nearly 9 million deaths from heart disease.

"The global rate of brain disease is quickly outpacing heart disease," said Dr. Mitchell S.V. Elkind, the past president of the American Heart Association (2020-21), a professor of neurology and epidemiology at Columbia University's Vagelos College of Physicians and Surgeons and attending neurologist at New York-Presbyterian/Columbia University Irving Medical

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Family CONNECTIONS

Reconnect with your loved ones on a sea voyage

STORY BY RICH GOTSHALL
PHOTOS BY ADOBESTOCK

Our daughters live half-a-world apart. It takes long plane flights for them to reach Franklin. And when they're here, we don't want to dominate their time. They need a chance to see their old friends.

So to spend more time together, we've found cruising to be a good option. We can each do whatever we want during the day – together or apart – and then have dinner together. Over the course of a week there is lots of together time without feeling restricted or smothered.

The same arrangement will work for many intergenerational family trips but only if you plan ahead and choose the right ship and itinerary.

Who's going?

The first step is to determine who is going and the age range. If everyone is an adult, then choices are much easier. To accommodate elementary-school-age children, look for a ship with a kids club. Some ships will have

nearly full-fledged children's programs that are almost like day camp at sea. Adult leaders supervise a schedule of daily activities targeting the various age groups. You can drop off a youngster in the morning and pick them up in the afternoon knowing they will be safe and enjoying a fun-filled day.

For tweens and teens, choose a ship with more amenities aimed at their age groups. Most ships have video arcades, but larger ones such as Carnival and Norwegian have rock climbing walls, ball courts, water park activities and even roller coasters and go-karts. Be aware, though: Some of the fancier attractions carry an extra charge, which can prove to be quite pricey over the course of a week at sea.

How to go

Ship choice depends greatly on the tastes of those cruising. If elaborate stage shows and lots of music of different genres are desired, then a larger

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ship is needed. But larger ships such as Carnival or Royal Caribbean mean more passengers, so be prepared for crowds, especially at marquee events. If lounging by the pool and soaking up the sun is the primary object, then a slightly smaller ship such as Princess would suffice. These ships also offer a variety of entertainment, just not on the scale of the largest vessels.

If a quieter, more laid back or near-elegant atmosphere is desired, then an even smaller ship, such as the Oceania fleet, would be fine.

Are your youngsters Disney fans? Then a Disney cruise is the answer. There is Disney everywhere aboard the ships. It can be fun looking for all the places mouse ears and famous characters can be seen. There are movie-themed activities throughout the day. Even the dinner meals are part stage show with costumed characters and a bit of performance.

Where to go

The itinerary will depend on the interests of the passengers and the time of year.

For adults interested in culture and history, a river cruise can be perfect. Most trips are adults only, and the passenger manifest is small. Daily shore excursions usually are included, and these often are supplemented with onboard talks by local experts. Viking, Vantage and American Cruise Line are leaders in this area.

Many families like to travel to Alaska in the late spring through early fall. The ships on these routes offer less elaborate onboard activities, as most passengers go ashore to experience the 49th state. Princess and Holland America are the most experienced cruise lines serving this route.

In the colder months, the Caribbean is the top destination. Your choice of ship spans the gamut, from intimate vessels to mega ships.

Thus they can accommodate a wide range of tastes and interests.

Where to stay

All cruise ships offer a variety of staterooms, from windowless inside cabins to suites. The choice often comes down to how much you are willing to spend. But on many ships, there are staterooms that can sleep three or even four people. So if you don't mind sharing, this could prove an economical way to sail or to book a more expensive stateroom.

Another option is to book adjoining staterooms with a communicating door. That way a family essentially can stay together but not be completely on top of each other. For us, though, we utilized another option. Rather than booking rooms with a communicating door, we booked three adjoining balcony staterooms and then instructed our cabin stewards to open the balcony panels. That way, all three staterooms were linked from the outside but privacy was easily assured.

Whatever class of stateroom you choose, try to book one on a deck with only cabins above and below yours. This will significantly reduce noise. Spending a week in a room just above a disco or near the casino can ruin a vacation.

How to book

If you enjoy surfing the web and searching cruise line web sites, booking a cruise can be done easily by an individual. But if you don't know your options, work with a travel agent experienced in cruising. Agents will know of more cruise lines than just the best known. They also will work with you to find a cruise that best serves your needs.

Agents also will be aware of special pricing offers, even after you make the initial booking. This can mean substantial savings. In addition, they often can get through to a cruise line's customer service desk faster than an individual. Agents also can book airline reservations and shore excursions. Travel agents don't charge a commission, yet they can act as a traveler's advocate if a problem arises.

A cruise has been described as a vacation in which your destination changes every day but your "hotel room" stays the same the entire time. It's fun and exciting and can be a good way to spend a week with the rest of the family.

Bon voyage!

Rich Gotshall is a retired journalist and Franklin resident.

Center. "We are learning more about how some types of dementia are related to aging, and how some types are due to poor vascular health. It's becoming more evident that reducing vascular disease risk factors can make a real difference in helping people live longer, healthier lives, free of heart disease and brain disease."

According to the statistics update, people with midlife hypertension were five times more likely to experience impairment on global cognition and about twice as likely to experience reduced executive function, dementia and Alzheimer's disease. The risk for dementia associated with heart failure was nearly two-fold.

MORE

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Experts recommend maintaining a healthy weight, managing your blood pressure and following other heart-healthy lifestyle behaviors that can also support good brain health. Studies show maintaining good vascular health is associated with healthy aging and retained cognitive function.

Optimal brain health includes the ability to perform tasks like movement, perception, learning and memory, com-

munication, problem solving, judgment, decision making and emotion. Cognitive decline and dementia are often seen following stroke or cerebrovascular disease and indicate a decline in brain health.

Consider these steps to live a healthier lifestyle and protect your heart and brain health:

MORE INFO:

Learn more about the relationship between heart health and brain health at [heart.org](#)

- Don't smoke; avoid secondhand smoke.
 - Reach and maintain a healthy weight. Be mindful of your eating habits; eat foods low in saturated fat, trans fat, sodium and added sugars.
 - Be physically active. and build up to at least 150 moderate physical activity (e.g. walking) each week. As a result, you can do 75 minutes of physical activity, or a combination of both, to improve overall cardiovascular health.
 - Have your blood pressure checked and work with your health care provider to manage it if it's high.
 - Have regular medical checkups and take medicine as directed.
 - Manage your stress level and seek support when needed.



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The ‘Buzzard’ FLIES AGAIN



WNAP is back on the air in southern Indiana

STORY BY MARK WEBBER/THE REPUBLIC
PHOTOS BY ADOBESTOCK, SUBMITTED

If you are a baby boomer raised locally, you likely remember a popular Indianapolis-based rock radio station called WNAP in the late 1960s and 1970s.

Well, that same station — also known as the Buzzard — is back.

With studios in Muncie, WNAP (91.7 FM locally) is striving to bring back some of what made the original station popular: rock, oldies and personalities, a spokesman said.

The 6,300-watt radio station is licensed to Morristown, just north of the Bartholomew-Shelby County line. However, a broadcast translator station in Edinburgh boosts the signal, bringing it clearly into the southern Johnson County and Columbus area. The also station is available on the internet at Y365.com.

Long-time fans

While others were involved, the return of the Buzzard is largely the work of 1979 Columbus East High School graduate Marty Hensley, who

now works with five radio stations with studios headquartered in Muncie.

Besides Hensley, another avid fan of the original WNAP is Columbus native Ron Gates, who retired in 2014 as a high-level executive from a company that owned or managed 53 radio stations. Gates, who returned to his hometown, also recalls that Hensley has maintained a strong enthusiasm for radio broadcasting for as long as he can remember.

“When Marty was a young kid, he wanted to get into radio so badly,” Gates said. “You have to respect somebody who has maintained their love of what they did as a young teenager.”

After starting his career with White River Broadcasting in Columbus, Hensley moved on to the Indianapolis market where he worked at stations that included The Buzzard. As for Gates, he appreciated the original WNAP format so much that he tried to replicate it at a Minnesota radio station that was among many he managed.

The “Naptown” era

For almost a decade, WNAP was so popular that truckers across the country referred to Indianapolis as “Naptown” while talking on their CB radios. “Nap” refers to the fourth syllable in Indianapolis, and the Buzzard signified a desire for WNAP to eat the competition in the ratings.

“WNAP was a phenomenal station in the early to mid-'70s,” Gates said.

“They had a group of announcers almost beyond compare like Buster Bodine and Adam Smasher. They were entertaining, hip and relevant.”

Renowned annual events included the WNAP Raft Races in July, which attracted tens of thousands of young people to see fearless (or intoxicated) young people navigate floatables of their own design down the White River. But most patrons recall the highlight was a huge party featuring a large outdoor rock show in Broad Ripple Park.

Many also thought WNAP was the "cool" station because it worked with Sunshine Promotions to present concerts by chart-topping rock groups.

The fall

So when did the "Wrath of the Buzzard" start to fade away? Television documentaries and books have been developed about the so-called "Naptown Rock Radio Wars" that provide in-depth answers to that question.

But Gates recalls that when a programmer decided to add disco music on WNAP playlists, the move was detested by listeners and announcers alike. According to a music history website, rock purists considered disco overproduced, rhythm-heavy and trite. They also felt disco nightclubs promoted a lifestyle of hedonism, money and the emphasis of appearance over substance.

"They kind of gave the market over to Q95 (WFBQ 94.7 FM) without really realizing they were doing it," Gates said.

When disco emerged on the Buzzard, WFBQ saw its chance. They responded by first eliminating automated programming and hiring high-quality announcers who provided an edge and attitude, Gates said. It was the 1983 arrival of morning show hosts Bob Kevoian and Tom Griswold that allowed Q95 to become the top classic rock station in Indianapolis.

"And they've remained pretty steady ever since," Gates said.

"The Buzzard" faded off the radio in 1986. There was an effort in 1994 to revive the station at 91.7 FM with syndicated radio host Howard Stern, but Hensley said that incarnation was unsuccessful and went off the air in 2000. For a time, WNAP was a now-defunct radio station that used to serve Norristown, Pennsylvania (population 34,324). But eventually, Hensley was able to purchase the call letters and bring them back home to Indiana.

Delicate matters

Hensley should be commended for doing many things the right way in his efforts to gain a following, Gates said.

"But Marty has a remarkably hard challenge ahead of him with the restraints that he has," he added.

Gates is largely referring to the fact that Hensley is also a Christian minister and the station is affiliated with his ministry, New Beginnings Movement, Inc.

"For a long time, we did gospel, but with K-Love (WKLU 101.9 FM) coming into the market to play Christian Contemporary music, they did an awful lot of things that we couldn't do," Hensley said. "We also learned that only about 10% of people who go to a church listen to Christian radio".

A church-affiliated classic rock and oldies station may sound like an odd combination. But despite what many think, there is surprisingly little obscenity in that type of format, Gates said. That's largely because much of the music had radio-friendly versions when they came

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Marty Hensley, a longtime radio pro and a 1979 Columbus East High School graduate, is among those who've brought 1970s Indiana radio staple, WNAP, back to life.

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out, Gates said.

Hensley says he and others consider songs on a case-by-case basis. But the minister said he will not permit a song that takes the Lord's name in vain. And it should go without saying that the Rolling Stones' "Sympathy For The Devil" will remain off the pastor's playlists.

The other challenge is financial. Much like public radio, funding for WNPAP relies on sponsorships and individual donations, rather than playing commercials. That means the station will face more financial restraints than conventional broadcasters. Hensley said he refuses to use his ministry to persuade companies to provide sponsorships.

Doing it right

What the new WNPAP is doing right is recruiting announcers like Bob Hawkins and Rhonda Bennett who volunteer their DJ services out of a love of radio. To help promote the brand, each announcer has a radio name that includes "Buzzard" in it.

If you think the station is serving up heaping portions of nostalgia, Hensley probably wouldn't argue with you.

"Mainly, what we try to do is use the music we play to try to bring back memories of when folks were kids," Hensley said. "A lot of people say when they hear our station, it makes them think of what they were doing when the song came out. The nice thing is that there is no other station doing what we are doing."

With a 5,000-song playlist, the new WNPAP is also more likely than commercial stations to play a song you have not heard in several years. Many hired radio consultants

recommend limiting playlists of commercial stations to perhaps 300 well-tested songs that show widespread appeal in listener surveys.

Well-tested songs usually exclude deep album cuts, but Hensley says the new WNPAP gives a number of those songs airplay, as well as progressive rock and rhythm and blues.

Will live programs return?

Both Hensley and Gates say they believe the best way to attract new listeners is to recruit talented and entertaining announcers, rather than hire people who read information off cards.

Showcasing talent is more difficult these days with many stations using voice-tracking software, which requires a disc jockey to prerecord the parts when they speak on the radio, Gates said. Voice-tracking gives the listener the illusion of a person doing a live shift, but in reality, it allows a DJ to record a three-hour shift in less than a half-hour.

While Gates understands voice-tracking increases productivity, radio stations will eventually have to rely on entertaining announcers to lure listeners away from digital services such as Spotify or YouTube Music.

Although the new WNPAP is gaining listeners, Gates says it's important to remember the listeners are different.

"People change over time," Gates said. "Now, instead of talking to a 17-year-old (with a rebellious attitude), WNPAP is talking to a 50, 60 or 70-year-old who understands there can be positive things about life. You have to talk to them that way."

What's playing?

Here is a small sampling of songs you might hear among WNPAP's 5,000-song playlist. The station can be heard in the area at 91.7 FM or online at Y365.com.

"For Ladies Only" by Steppenwolf
"I Can't Drive 55" by Sammy Hagar
"Don't Let Me Be Misunderstood" by The Animals
"Golden Country" by REO Speedwagon
"Carpet Man" by The Fifth Dimension
"Love Stinks" by the J. Geils Band
"Girl" by The Beatles
"My Maria" by B.W. Stevenson
"Hollywood Nights" by Bob Seger
"Handbags and Glad Rags" by Rod Stewart
"Jennifer Juniper" by Donovan

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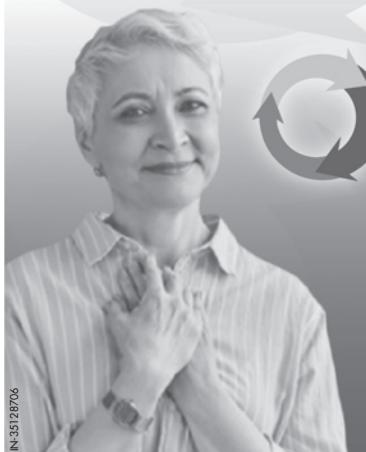
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Recommendations for venturing out alone

STORY AND PHOTO BY FAMILY FEATURES



Whether you're a lone wolf at heart or looking to broaden your sense of independence, traveling solo can be a richly empowering and satisfying experience.

Setting out on your own has many practical advantages. You're not worrying about accommodating another's schedule, interest or needs, and you're free to decide what you want to do and when. Solo travel also elicits some mental and emotional benefits, as you experience a unique sense of freedom, liberation and self-sufficiency.

If you're considering a solo journey, consider these tips from the book "101+ Tips for Solo Women Travelers," which is offered by Overseas Adventure Travel in free digital and print editions.

Make sure your passport is updated

Many countries now require your passport to be valid for six months after your return to the United States. If you don't have a passport, or need to renew one, apply for one as soon as possible. Ideally you should have your application in six months before you depart.

Look for trips with no single supplement

Often, quoted rates are "per person, based on double occupancy." This is because travel hosts know they can make more from a couple traveling than an individual. You can avoid paying a single supplement premium by being willing to match with a roommate or traveling with a tour company or cruise line with free or low-cost single supplement fees.

Use the ATM

As an affordable and convenient way to get cash, you can avoid wasting time in line at a bank or currency exchange bureau by visiting an ATM. While you'll likely incur a fee for using an ATM that's not part of your bank, it is often less than the commission you'd pay at an exchange bureau. Plus, you can avoid ad-

ditional fees by calculating how much you'll need for the trip and making one withdrawal as opposed to multiple smaller withdrawals.

Download entertainment before you leave

When traveling, Wi-Fi can be expensive, slow or just not available. Before you leave, download music, e-books, podcasts, favorite tv shows or movies to enjoy while you're en route or during down time.

Join group tours

Once you reach your destination, you may enjoy joining small groups for excursions or to explore local cuisine. Or you can make your entire journey a group experience. A small group adventure with Overseas Adventure Travel has many benefits, and built-in dining companions is just one of them.

Take precautions in your hotel room

When you check in, ask the receptionist to write your room number down instead of announcing it so everyone can hear. Make sure your room's locks work on both the door into the hallway and the balcony. Never let any repair person or staff member into your room without confirming with the front desk first. Bring a rubber doorstop, which makes a hotel room door nearly impossible to open. Finally, have an exit plan: Know where the nearest exit is located and the route from your room.

Make new friends

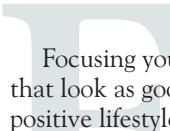
For some, making friends seems to happen naturally while traveling alone by chatting with strangers at a neighboring restaurant table or striking up a conversation while waiting in line at a store. If those situations don't occur naturally, there are useful apps that can connect you with local people as well as fellow travelers.

eat the

RAINBOW

Pair seafood and seasonal produce for colorful, healthy recipes

STORY AND PHOTOS BY FAMILY FEATURES



Focusing your menus on health-conscious recipes that look as good as they make you feel is key to making positive lifestyle changes. Adding big flavors that satisfy cravings to easy, go-to recipes can be a big step toward reaching health goals throughout the year.

"Eating the rainbow" refers to adding fruits and veggies of varying colors to your diet, such as red tomatoes and beets, green cucumbers and avocados, orange carrots and pumpkins and beyond. Complementing fresh produce with the nutritional benefits of tuna and salmon - like heart-healthy omega-3 fatty acids, protein, vitamin D and potassium - can take your meal planning one step further.

Whether you're commemorating a special occasion, hosting a gathering of friends and family or simply enjoying a night in, good food shouldn't mean ditching good eating habits. With new packaging but a continued focus on flavor, wild-caught low-sodium pink salmon from Chicken of the Sea is a perfect complement to vibrant, rainbow-inspired recipes.

Try these Salmon Chili Bites for a quick and delicious snack option. They can easily be doubled, tripled or more for a party appetizer. Feature the recipe with a "rainbow" of veggies, crackers, meats and cheeses on a charcuterie board for a crowd favorite that can satisfy guests with big, bold flavor.

Ditch boring salads and find joy in food while maintaining healthy eating goals by upping your salad game. Say goodbye to bland, boring greens and enjoy salads with your favorite toppings, like a colorful combination of protein-packed tuna and fiber-rich veggies in this Mediterranean Tuna Salad, which is completed with a bright dressing and topped with feta cheese and parsley.

For more than 100 years, Chicken of the Sea has provided fresh, tasty seafood straight from the ocean, so whether you're reaching for wild-caught tuna for this homemade salad or another option like salmon or sardines, you can enjoy a high-quality product that's delicious on its own or used to elevate favorite recipes.

To find more health-focused snacks, appetizers, meals and more, visit chickenofthesea.com.



Salmon Chili Bites

Prep time: 15 minutes
Servings: 2

2 pouches (2.5 ounces each) Chicken of the Sea Low Sodium Wild-Caught Alaska Pink Salmon

- 1 tablespoon chili crisp
- 2 teaspoons rice wine vinegar
- 1 teaspoon toasted sesame oil
- 2 bell peppers, cored and cut into 2-inch squares
- 1 green onion, thinly sliced

Minced cilantro
Black sesame seeds

In bowl, combine salmon, chili crisp, vinegar and sesame oil.

To serve, top each bell pepper square with some salmon, green onion, cilantro and sesame seeds. If leftover pieces of bell pepper remain, chop and add as additional garnish.

Note: If serving with cheese plate, place salmon mixture in small bowl and garnish with green onion and sesame seeds.



Mediterranean Tuna Salad

Prep time: 20 minutes
Servings: 1-2

Dressing:

2 tablespoons lemon juice
1 tablespoon extra-virgin olive oil
1/4 teaspoon dried oregano

Salad:

1 can (5 ounces) Chicken of the Sea Chunk Light Tuna, drained
1 cup halved cherry tomatoes
1/3 cup sliced Kalamata olives
1 cup chopped English cucumber (about 1/2 cucumber)
1/4 cup feta
1 tablespoon minced parsley
Pita chips (optional)
Crackers (optional)

To make dressing: In large bowl, whisk lemon juice, olive oil and oregano.

To make salad: In dressing bowl, add tuna, tomatoes, olives and cucumber. Gently toss to cover salad with dressing then top with feta and parsley.

Serve with pita chips or crackers, if desired.

Source: Chicken of the Sea



Make your St. Patrick's Day spread green with envy

STORY AND PHOTO BY CULINARY.NET

St. Patrick's Day Sandwiches

Yield: 8 sandwiches

8 ounces plain cream cheese spread, softened
1 cup finely shredded mozzarella cheese
Salt

4 English muffins
24 slices cucumber
8 thin slices green pepper
Fresh cilantro leaves
Lemon juice
Lemon slices, for garnish (optional)

In bowl, mix cream cheese spread, mozzarella cheese and salt well.

Split English muffins in half. Cut each muffin half into shamrock shape.

Spread cheese mixture over each muffin half.

Place three cucumbers on each "shamrock," one on each "leaf." Use green pepper slice as stem. Place cilantro leaf on top of each sandwich.

Sprinkle sandwiches with lemon juice and add lemon slices, for garnish, if desired.

Freshen up your St. Patrick's Day menu with easy, light sandwiches inspired by the traditional color of the festivities. These open-faced noshes can be perfect for lunch, snack time or even as an appetizer for get-togethers with friends and family.

Layered with a smooth cream cheese and mozzarella mixture then topped with crisp cucumber and a stem of green bell pepper, these St. Patrick's Day Sandwiches are easy and cute, which makes them a fan favorite at nearly any green gathering. They're also sprinkled with lemon juice to add a little acidity and create a nice, light bite.

Plus, this recipe is quick to make. When you're in a rush to get everything on the table for the party, it's easy to throw together and get on the platter in next to no time.

The sandwiches pop off the plate with their bright, seasonal garnishes. While sure to attract attention and have your loved ones asking "Where did you get this idea?" they're also an easy way to sneak a few vegetables into your kids' diets.

For more festive recipes and ideas at Culinary.net.

STOP PANICKING ABOUT BOOMERANG KIDS

BY ALEXIS LEONDIS/BLOOMBERG

When adult children move back in with their parents, it causes a lot of cultural anxiety. We call them moochers or spongers. We say they've failed to launch.

But a recent working paper from the National Bureau of Economic Research should put these fears to rest. Grant M. Seiter, Mary J. Lopez and Sita Slavov looked at how adults aged 51 to 69 fare when their adult kids return home. Remarkably, it finds there's no impact on a parent's wealth.

The main reason is that most of the moves back home are short-term, often the result of an unexpected shock, such as losing a job or getting divorced. The adult kids move out again when they get back on their feet.

Headship rates, which measure the ratio of households to adults, reinforce the idea that most returns to the nest are temporary. The kids who boomerang home boomerang right back out again.

During the height of the COVID-19 pandemic, there was a steep decline in the headship rate, which means fewer young adults formed their own households, according to research from Federal Reserve economists Daniel Garcia and Andrew Paciorek. But as of March 2022, the headship rate for people under 30 had recovered from much of its dip.

It was a different picture after the Great Recession, when the headship rate for young adults persistently stayed a couple of percentage points below where it had been in the early 2000s. In practical terms, that means several million more adults were cohabitating with their parents long-term.

But even that didn't seem to be much of a problem. The NBER paper, which looked at responses to a survey given every two years from 1992-2014, found no significant statistical evidence that adult kids moving back home had a negative impact on their parents' wealth, hours worked, health or life satisfaction — even in the aftermath of the Great Recession.

Going farther still, sometimes kids moving back home can actually make parents better off. The NBER study acknowledges that some adult children may

move home to take care of parents dealing with a health shock. Others may help out with chores and responsibilities, or even contribute to household expenses if they have the means.

Still, there are caveats. The NBER paper looks at adult children who boomerang home, so their parents must have been relatively financially secure in the first place for that to even have been an option. And maybe only parents and children who have a good relationship would consider it.

It also focused on relatively young adult children, with the average age in the sample being 25. It's hard to know for sure, but older children returning home might be more likely to come with children in tow, which could impact finances more — or even accelerate the decision to stop working to help with child care.

Finally, there was one group for whom a child moving back home seemed to have an effect. Men under the age of 62 in the top half of the wealth distribution with a boomerang child said they thought they might be more likely to work full-time past 65.

According to Seiter, a senior research associate at the American Enterprise Institute, it's a bit of a tenuous connection since the men were anticipating a change several years away, probably long after a child had moved out again. Plus, they didn't report any difference in their wealth.

When I gripe about potty training a toddler, my friends with older kids will sometimes reply, "Little kids, little problems ... big kids, big problems." Baby boomers' adult children may be dealing with big problems when they move back home, but it seems that temporarily cohabiting can help everyone get through a tough time.

In other words, as long as your adult children don't become permanent fixtures around your house, you'll all probably be fine.

ALEXIS LEONDIS IS A BLOOMBERG OPINION COLUMNIST COVERING PERSONAL FINANCE.





BY PHYLLIS BEX

PHYLLIS BEX HAS BEEN A RESIDENT OF JOHNSON COUNTY SINCE 1973, MAKING HER HOME IN GREENWOOD. SHE CAN BE REACHED AT PBEX49@GMAIL.COM

A SNOWBIRD FLYING SOUTH

In 2005, my friend Diane moved to Clearwater, Florida. Since that time, I have visited the area several weeks per year. My youngest daughter, Jessica, moved to Florida in 2014; in 2019 she began her career in real estate. Do you know what happens when a relative sells real estate in a vacation mecca? That's right, I received "listing" emails every week. The longer she has been in real estate, the more emails I have received.

Every winter's visit lasted about three weeks. Being available in Indiana to my only granddaughter plus my other two daughters and my siblings felt more important. Well, that is good in theory — however, one of the two remaining daughters moved to Charleston, S.C. and my sweet little grandbaby is now a senior in high school with lots of activities that keep her busy.

On Mother's Day 2022 my thoughtful daughter Jessica called from St. Petersburg to wish me Happy Mother's Day, then she said, "By the way Mom, did you see the most recent email listing I sent to you? I think you will love it, and it's up near Diane." Well, long story short, after a FaceTime visit to the condo, it was a done deal — except, I wanted my travel buddy, Georgiann from Tennessee, to go halvesies with me. She did and we bought it without actually seeing it.

We made a few trips down to visit our new purchase in the summer and fall and are quite pleased with our decision and the whole community. We have been here since Dec. 29 and quite frankly, we think we are geniuses, especially when we see the winter weather in Indiana and Tennessee. To justify the expenses, we call it "an investment for our children." In reality it is an adult playground.

If people get bored here, it is their own fault. With 2,400 different one-story ground-floor units, three pools and three clubhouses full of activities of every kind, not a day goes by without seeing smiling faces. Golfers have three courses and pickleball is scheduled every day. It truly is a playground for the over 55 group. I find it interesting to hear everyone's story of their former careers and "back home" life. Many have made Highland Lakes in Palm Harbor their full-time residence after a few years of back forth.

On the way down to Florida in December, we honestly thought the traffic was the worst ever. In the big cities, it felt like the locals decided to drive the interstates to clog up the highways. While going through Atlanta, we drove in the HOV lane. (That lane requires two people in the car.) It was helpful but not always very fast. One time there was a hearse driving next to us. We wondered, "If a hearse is transporting a body, does that qualify them to drive in the HOV lane?" If anyone knows the answer to that question, please let me know.

Upon arrival to our new home in the sun belt, we crashed for a week. I truly believe Christmas should not be celebrated at the end of the year. There is so much to do in December already. Wouldn't August be a better month since August is holiday free?

One day we arrived home and our garage-side neighbors were out. We had a nice chat. Two days later, an ambulance backed into our driveway. That neighbor had fallen and he had to be taken to the hospital. With the average age of 70+, we see many ambulances in this community. He was in for a couple of weeks. His wife was fit to be tied and ready to return to Iowa. "Iowa? I wouldn't want to stay in Iowa for the winter!"

After having been here for weeks, it seems like this entire neighborhood of older folks is a perfect storm for emergency medical attention. Not a day goes by without ambulances and fire trucks passing by our condo. We see many people walking on the sidewalks with their walkers and canes or near the entry to the pools. It is refreshing to exercise in the warm weather. We have nicknamed the state of Florida "Heaven's waiting room." Just in case my new neighbors have need, I have a stack of Jessica's business cards for those wanting a Realtor.

I know I am fortunate to be here. One never knows when their time will come to be confined or worse. Many folks of all ages never get the chance to escape the cold weather for a warmer climate. We all know if we stop moving, well ... we will definitely stop moving.

So here's to all of you who can't be here. I will play pickleball outside or go to the beach and think of you!



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