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EVERY YEAR WHEN summer rolls around, I'm reminded again that my generation was the last of the free-range kids.



I had enough time in the mornings to eat a bowl of cereal while watching "The Price is Right" before the neighbors came knocking, and then we were out the door.

We didn't want to be inside.

Most of the time, we played in the acres of woods behind our houses. We didn't have set boundaries; we just stayed within whistling distance of my mom (she can really whistle) and avoided the scrap-lumber shack where, I was told, the neighbor's teenage son went to smoke pot. (I never saw him — or smelled him — but the rumor was enough to keep us out.)

We also rode our bikes down winding roads, built leaf forts, caught frogs, swung high on the swingset and jumped out, helped our dogs chase rabbits, and waded in the creek. We went to the back door for

Kool-Aid and bandages.

If we needed to cool off, we might sit in front of the air-conditioner unit and let the fan blow on us. Or we might fill up the plastic swimming pool — but only on days when Mom didn't have to do laundry. Otherwise, the well would run dry.

In the evenings, we went in long enough to eat supper. Then we were back outside, playing hide-and-seek or catching fireflies until we were called in to take a bath.

We were covered in bruises, scratches and mosquito bites from June to September.

Summertime doesn't quite look the same now, and I think many kids feel like they dodged a bullet.

But I would trade every one of my Facebook likes for one more week of a 1970s summer.

Natalie Reidford
Editor, *Boomer*

BOOMER

PUBLISHER

Melody Brunson (812) 698-1626

EDITOR

Natalie Reidford (812) 568-8991

DESIGN EDITOR

Natalie Reidford (812) 568-8991

ADVERTISING SALES

Rick Zeller (812) 881-7936

GRAPHIC ARTIST

Alice Schwartz

PHOTOGRAPHY

Matt Griffith, Dave Lobeck,
Joy Neighbors and Bernie Schmitt

WRITERS

Amy Abbott, Mike Gingerich,
Todd Lancaster, Dave Lobeck,
Joy Neighbors, Dann Norton,
Bill Richardson, Bernie Schmitt,
Rama Sobhani, Shana Strange,
Dr. Neil Sweigart, Tom Yoder and
Clifford York

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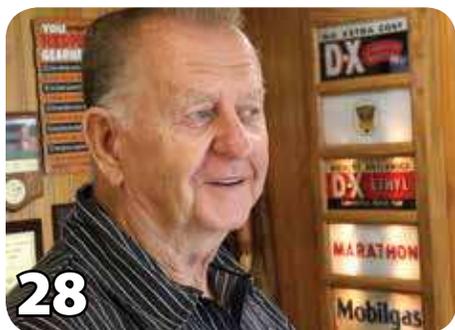


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Photo by Bernie Schmitt



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Photo courtesy of Tom Yoder



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ON THE COVER
Jim Zeigler, president of Ewing Printing Company, has been in the company for 45 of its 100 years. | Photo by Bernie Schmitt

yeah, I'm a boomer, but...



Good times at the Starlite Drive-In

A sweet summer night in the 1960s sometimes meant an evening spent at the drive-in theater.

By Bernie Schmitt

THE DRIVE-IN MOVIE theater was where people sat in their cars to watch a feature film on a large screen, the sound piped through individual speakers that hooked onto one's car window.

This was a quintessential summertime activity for many, and an inexpensive way to see the latest feature film. I don't remember all of the movies we saw, as I often fell asleep before a movie was over. I got to experience the drive-in as a teenager, too, in the 1970s, just before these wonderful institutions began to close.

Mom and Dad would load us into his white, 1962 Chevy station-wagon, along with his metal Coca-Cola cooler, filled with beer for him, pop for Mom, and Kool-Aid for us. Mom usually brought along a huge dishpan filled with freshly-made popcorn. And Dad always had a stash of Hershey chocolate bars to share.

As a kid it was exciting to see the lighted-marquee of the Starlite Drive-In come into view along U.S. Highway 41. It seemed to tower over us as we drove up to the ticket booth, the fine gravel of the lane crunching under our wheels. Then we wound our way around from the back of the mammoth screen, finding a place among the dozen rows of parking spots, each with its own set of gray, metal speakers.

There was a small playground near the

concession stand, a small white building that also housed the movie projection room, a long and awesome counter, and restrooms. We were never allowed to linger too long in the concession area; our parents didn't want us to be tempted by all those treats when they had (as a cost-saving measure) brought their own. But those hot dogs and hamburgers sure smelled good!

As twilight slowly dissolved the day and darkness took over, the screen lit up with cartoon images of dancing hot dogs and ice cream bars, notifying patrons that there were only two minutes until show time (or two minutes to get last-minute snacks!). I remember waiting patiently for the timer to wind down, to watch cartoons featuring Bugs Bunny, Yosemite Sam, and others from the Looney Tunes cartoon series.

In the summer of 1968 we went to the Starlite Drive-In to see a movie my folks seemed to talk about a lot — all the way home — in fact, after the show. It was "Guess Who's Coming to Dinner?" starring Katherine Hepburn, Spencer Tracy, Sidney Poitier, and Katharine Houghton. This was one of the last times we went to the Starlite as a family. The times were changing, and so were we.

I didn't go to the Starlite Drive-In again until the mid-1970s, with friends from high school, and later, on a date. The movies were not the hits they

used to feature, and most of us were there to party or to make out with our dates. It wasn't nearly as crowded as it used to be, either.

The Starlite Drive-In closed soon after, a victim some say of daylight-savings time. But by then new entertainment experiences like cable television, VCRs, and comfortable multi-plex theaters helped end an era of enjoyable evenings at the drive-in theater.

In 1933, Richard Hollingshead opened America's first drive-in at Camden, New Jersey. The following year, the Shankweiler family opened their drive-in along Route 309 outside of Orefield, Pennsylvania, and it has remained a drive-in theater to this day. It is one of 350-plus drive-in theaters still operating in the United States.

In Indiana, the Cinema 67 Drive-In is said to be open just north of Spencer, and there are others in Mitchell, Rockport, Georgetown, and Bloomington. The nearest drive-in to Vincennes is the Fairview Drive-In, located 42 miles away near Newton, Illinois.

Throughout the nation remnants of drive-in theaters are but nostalgic ghosts of the past, vestiges of Americana that survive mostly in our memories, just like 1962 automobiles. Many big screens have long since been demolished, and the properties sold to developers as urbanization spread and these edge-of-town diversions lost their popularity.

Drive-in theaters boomed, like the generation itself, in the late 1940s and the 1950s. They kept going in the 1960s, too, but by the end of that decade American culture and its people were changing.

The Starlite Drive-In could not keep up.

Bernie Schmitt also is an assistant professor of English at Vincennes University. He lives with his wife, Nancy, and family in Vincennes.

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Cathy Bush and Miriam Sonderborg, Hope's Voice

Hope's Voice is a Vincennes and Daviess County based service that gives assistance to victims of domestic violence and sexual assault as well as offering counseling services. *By Rama Sobhani*

NOW IN ITS fifth year of operation, the organization was started under the umbrella of the Children and Family Services with a grant from the Knox County Community Foundation. It has since expanded its presence into many avenues that domestic

violence and sexual assault victims might find themselves, including local law enforcement, the Knox County prosecutor's office and Vincennes University. Hope's Voice is mostly volunteer-driven though there is some regular staff.



Cathy Bush and Miriam Sonderborg are two of those staff who are there when victims make first contact with Hope's Voice. Bush is a 20-plus year veteran of working with abuse victims around the country and wound up back in her native city, Vincennes. Sonderborg has also worked around the U.S. for over 20 years after leaving her native country, Guatemala. She has been working with Hope's Voice for almost two years and is the head of the nascent Daviess County branch of the organization.

Cathy Bush: We do a lot of awareness activities, we go to events. Miriam's made a brochure we give out. Our main funding is from the Victims of Crime Act, (a federal law, which established a fund to assist victims of domestic and sexual abuse) but we're always searching for other grant opportunities and we have a fundraiser in February called Dining for Hope. We do that because we have a match we have to meet for our grant. For being so new, only five years, I think we're doing quite well.

Miriam Sonderborg: This community has been really amazing, we find people who are truly, truly givers. They know our mission and they help.

Bush: We only have four staff members here and we don't have the resources. It's difficult for us to try to help people, so we rely on our community and other nonprofits to help us.

We respond to our police department, as well. If they have a victim at the scene, they do a lethality assessment and they call us to go out to the scene or to the police station and we talk with the victim, give them our number and tell them they can come meet with us. (Good Samaritan Hospital) also calls us for any sexual assault and domestic assault victims.

We have an agreement with the prosecutor's office, we get those cases referred here and we follow up with those victims and help them along the way.

Both Bush and Sonderborg talk about the cycle of violence and abuse — the idea that the behavior is learned and perpetuated through generations.

From left, Cathy Bush, case manager/advocate for Hope's Voice and Miriam Sonderborg, Daviess County coordinator for Hope's Voice. | Photos by Matt Griffith

Bush: I think it's definitely a lot of work for someone to change to break that cycle with the abuser. (Abusers) definitely need to go through some treatment for that. Anger management won't help them, it's not about controlling anger. There is Batterer's Intervention to help them understand and get control over what's happened to them in their past.

Sonderborg: They're making a choice and using their background to justify their choice to abuse.

Bush: (People involved in domestic violence) have come in and asked me, "I'm fighting back, am I an abuser?" We ask them if they did it for power and control and if they say no, then we say it was for self-defense, for survival, to keep themselves safe. This is a conflict sometimes for us to work with both the abused and the abuser, so we've sent some to get treatment elsewhere.

Bush and Sonderborg spend a good deal of time talking about human trafficking, another problem that Hope's Voice staffers are seeing with more frequency recently. Sonderborg has worked recently with several victims of trafficking.

Sonderborg: Human trafficking is something everybody talks about but few actually know what it is. It's something people think only happens in Third World countries. It happens in our back yard. Vincennes has seen more and more in the last few years, we've had three or four victims. It's here and we just have to make sure we're educated on

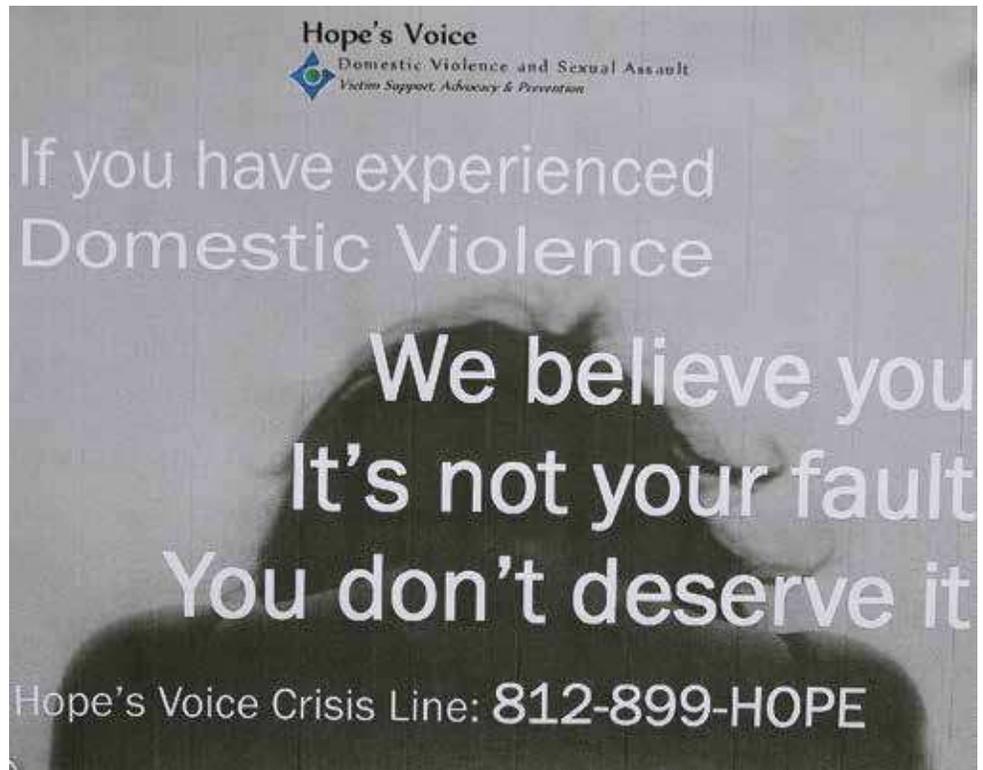
how to identify these victims and knowing what to do.

Bush: Some people get human smuggling and human trafficking mixed up. Smuggling is when you smuggle people across a border to other areas, trafficking is the selling of people into slavery, usually for sex.

Sonderborg: In the case of the survivor

I'm working with now, she came to me far along in the process, so whenever she was apprehended by police, they interviewed her and she was very hesitant. She said the police had been bought. That's what she said, and that some of the police in that community were seeking her services. She said when she was apprehended that the police >>>

A sign promoting Hope's Voice.



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were quick to say, "Now, remember, don't say anything. We know where your family lives, we have your child." She was very hesitant to say anything at all. Luckily for her, there was an advocate from a crisis center who came in and started talking to her over the course of several days and she started revealing a little bit more, a little bit more and finally, the police brought her pictures and she started identifying a few of these traffickers.

She was taken to the crisis center and the police then went to arrest several of these men, but, of course, this is an empire. The people the police arrested were just small fish, pawns.

Bush: She has so much trauma that she's suffered, both mental and physical. Miriam's helped her find resources that she needs now.

Sonderborg: The other victim was a 17-year-old ... actually she was brought here from Japan with the promise of going to school with the promise of being on this mission. She had handmade jewelry that she was selling. We identified the fact that she had been trafficked. We knew there was a van that was circling around town, that's how she got transported. It had tinted windows and she had to be in a certain place by a certain time. They were out from seven o'clock in the morning to seven o'clock at night. So...the police picked her up, they talked to her and she was a very pleasant young girl. Whatever you asked her, she would answer you and she answered the same thing over and over

again. So, (the police) took her to the station and talked to her. They asked her for her documents and she said I don't have my documents but I have a copy of them. They asked her where her originals were and she said, "My captain has them." That's what they call those people.

She said that when she came to the country, the captain took her documents. The police called her family in Japan, they spoke with her father and he actually said the same story (about a mission trip and school). He answered the same way his daughter did. There was nothing the police could do, they had to let her go. She was picked up and they left town. We never saw them again.

She didn't at all (know she was being held captive). She was just in the very early stages. I don't know what happened to her.

On coping personally with the often traumatic conditions of the people they help.

Sonderborg: It's very hard to separate. If you are someone that is going to work with people, it's very hard to separate. Especially if you are passionate about what you do. That's why we have to do a lot of self-care. Whatever you can do to make sure you don't think about the bad things that happened to people, whether it's go for a walk, with your pets, whatever that lets you take a breath. Whatever you can to get you to the place that you get to the next place where you can make a difference and it makes it worth it.

Cathy Bush and Miriam Sonderborg look over information on a case at Hope's Voice.



EAT HEALTHY AT THE FAIR

Enjoy a visit to the fair without bringing home extra calories

Courtesy of Metro News Service

FAIRS, CARNIVALS, RODEOS, and roving amusement parks are popular summer attractions. Rides and raffles may attract the majority of revelers, but fairs and carnivals also are great places to enjoy mouth-watering food.

Fried dough, meats on sticks, pretzels, cotton candy, cheesesteaks, and other aromas waft through the air at carnivals. However, fairs have not always been so great for people watching their calories. And while fairs might not be diet-friendly, it's not impossible to adhere to one's diet while visiting the fair.

Fill up at home

Prior to heading out to the fair, be sure to eat a filling, healthy breakfast. This will provide ample nutrients and decrease the likelihood that you will overindulge in less healthy fare while at the carnival.

Foods that are comprised of protein and fiber can help you to feel fuller longer. Pack a snack that can provide a boost of energy prior to indulging in

any fair foods. Trail mix or a low-calorie protein bar may be enough to tide you over until you leave the fair.

Stay hydrated

The Academy of Nutrition and Dietetics says that mild dehydration produces similar symptoms to hunger. If you feel hungry after eating, your body may only need fluids and not food. Therefore, reach for water or a hydrating sports drink (particularly when it is hot outside) as a first step to abating hunger symptoms, especially if

you've recently eaten.

Choose healthy food vendors

Look for vendors that offer things like yogurt cups, roasted vegetables, lean meats, and fresh fruits. Kabobs that include lean meats that are low in calories can make a great carnival meal. Corn on the cob without gobs of butter also can be a filling snack. Smart dessert options include fruit smoothies, water ice, frozen yogurt, and even a candied apple, which may be rich in fiber. A small dose of cotton candy, which is just 100 calories per ounce, can offer a sweet fix while you avoid deep-fried concoctions. Keep in mind that cheese curds

can set you back 650 calories and a funnel cake 720 calories, according to the YMCA. It can take several miles of traversing the fair to burn all those calories.

Watch portion sizes

If you splurge on a treat or two, consider sharing it with a friend or family member to cut the portion size. A single bite of a calorie-rich food can be enough to satisfy a craving.

If you're heading to a Renaissance Fair, giant turkey legs may be prime for the picking. Those legs, which may contain as many as 1,140 calories, are well beyond the typical poultry portion size of 4 ounces. Such food is best shared with others.

Pay attention to beverages

Before you fill up on lemonade or visit the beer tent, remember some beverages contain lots of calories. Weigh your options carefully. If you want a cold beer, you may need to skip that chocolate-covered banana.

Fair foods are delicious but often high in calories. Smart choices can ensure dining at a fair does not derail your diet.



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Volcanic wines are exploding on the market

This is the year for lava wine lovers. *By Joy Neighbors*

IT'S A TREND that began a couple of years ago when wines from the Greek isle of Santorini burst onto the U.S. wine scene.

White wines with tangy notes tantalized wine drinkers while fiery reds rose above expectations. Soon the unique taste caught fire and a volcanic wine movement was



born. The first International Volcanic Wine Conference was held in New York this past March, and wine aficionados, usually hard to impress, wanted more of what the world's volcanic vineyards had to offer.

Smoky, mineral flavors

Vineyards planted in this molten earth composed of ash, volcanic rock, pumice and basalt produce grapes that lean toward smoky aromas and mineral flavors. This is what produces the high acidic levels in these tangy wines, which add exciting salty flavor profiles that create a savory presence in the mouth.

Although some purists will argue there are no volcanic wines per se, only volcanic soil, the scorched-earth aspect of the term lends itself to the wine's mysterious attraction.

Of course, volcanic vineyards are nothing new. They can be found around the world in Chile, Greece, Hungary, Italy, Portugal, Spain, and in the U.S. Some of the best known are located in Sicily in the shadow of Mount Etna, an active volcano that erupted in March of this year. In fact, it was this Etna

DOC region that kindled the interest in volcanic wines around the world.

In Santorini, Greece, the earth is comprised of ash, pumice and volcanic rock from a volcano, which erupted as recently as 1950. This soil offers intense salt and mineral profiles to the wines.

Mount Vesuvius, located in southern Italy, last erupted in 1944, so those vines now grow

Vineyards planted in this molten earth composed of ash, volcanic rock, pumice and basalt produce grapes that lean toward smoky aromas and mineral flavors.

in ashy soil that produces some of the best volcanic wines in the world.

The Canary Islands in Spain are volcanic, especially Tenerife Island where its volcano last erupted in 1909. These grapevines are planted in the cracks of Mount Teide, providing wines with profound earthy flavors.

Domestic volcanic wines

The U.S. also boasts its own dormant volcanic wine regions. In Lake County, California, Mount Konocti, a multiple volcano that hasn't erupted for 11,000 years, still has locals reaping the benefits of the basalt and obsidian soils by producing wines



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with heavy tannins and flinty flavors.

The Mayacamas Mountains divide the Napa and Sonoma valleys, and Mount Veeder is the famous volcanic region where the acidic soil produces some of the most exquisite wine flavors.

In Oregon, Dundee Hills on the western side of the Willamette River Valley is comprised of volcanic soil, resulting in those popular smoky Pinots.

Summer is the perfect time to celebrate volcanic wines as they explode on the market. Expect to pay \$18 - \$100 for a bottle of one of these umami vinos — well worth the opportunity to experience those wonderfully diverse flavors. And don't be too surprised when you find one that rocks your world (in a good way.)

Joy Neighbors is an area writer whose first book, [The Family Tree Cemetery Field Guide](#), is available at Barnes and Noble, and Books-a-Million stores around the country. It may also be purchased online at Amazon.com and ShopFamilyTree.com. Neighbors continues to write her weekly blogs, [A Grave Interest](#) and [Joy's Joy of Wine](#), and is also working on a full-length play about Kentucky pioneer heroine Jane Todd Crawford, to be released later in 2018.

Volcanic red wines are bursting with flavor. | Photo by Joy Neighbors

A promotional advertisement for Bill Bobe's Pizzeria. The background is a close-up of a pizza. The text is overlaid on the image.

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The Singing Blacksmith

BRYAN DALE HEADLEY HAMMERS OUT A LIFE HE NEVER IMAGINED

By Bill Richardson

Throughout an entire region of southeastern Illinois, Bryan Dale Headley is known as “The Singing Blacksmith.”

The blacksmithing part came first. The singing part came later. Both had innocent beginnings that eventually led to television appearances and both have, at times, left Headley questioning himself.

HEADLEY, 45, IS a farmer and a jack-of-all-trades who lives with his wife of 21 years, Tonya, near West Salem, Illinois, in Edwards County. He became a blacksmith at the behest of a friend, and later picked up a guitar and learned to play and sing. Now, Headley is in much demand, and appears regionally at various banquets, festivals, fine-art fairs, church gatherings, re-enactments and school functions.

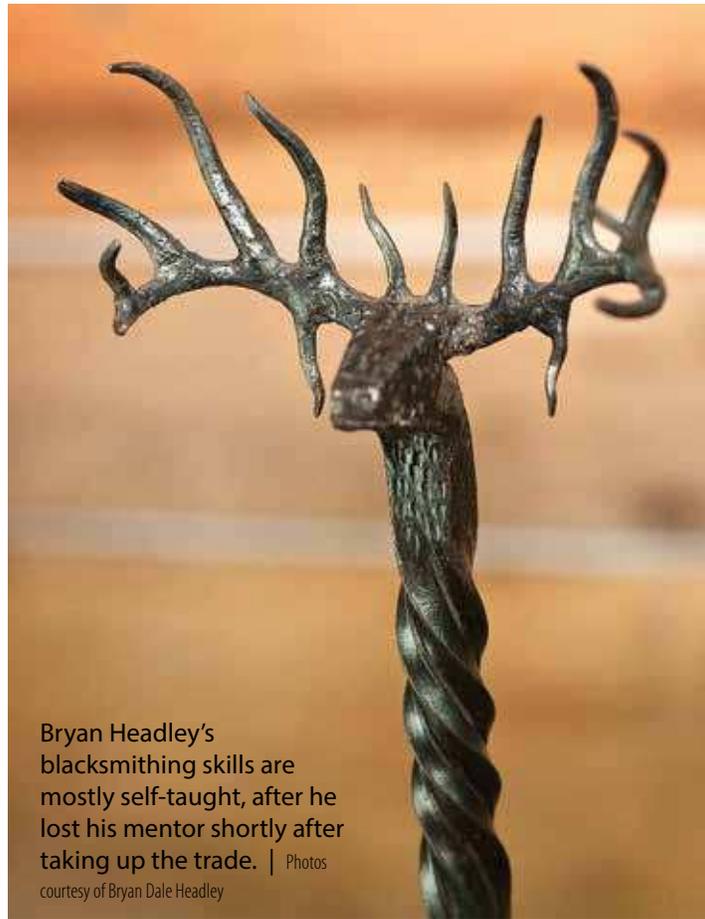
He became a blacksmith in 2001, when his career path was shaped by tragedy. He visited a friend — a blacksmith named Rex Walden — to get some tent stakes made and was invited to “try his hand.”

“He wouldn’t take no for an answer,” Headley said. “He insisted I help.”

Headley was a quick learner, and it didn’t take Walden long to get him hooked on blacksmithing. A tragic twist soon followed, though, as Walden lost his life in an accident on Aug. 1, 2001.

Keeping a vow

“It was at that moment after learning of Rex’s death that I made the decision to start up my own blacksmith shop and carry on the trade that Rex had told me so many times nobody cared about anymore,” Headley said. “Well, I cared and vowed to



Bryan Headley’s blacksmithing skills are mostly self-taught, after he lost his mentor shortly after taking up the trade. | Photos courtesy of Bryan Dale Headley

keep the fire burning.”

He realized the task would be daunting, because he’d for the most part be teaching himself.

“My heart was heavy knowing the only person I knew to teach me was now gone,” he said.

Headley soldiered on. He started a shop with little knowledge and none of the tools of

the trade. He joined the Illinois Valley Blacksmith Association and learned from watching other active blacksmiths.

After much practice, he improved and developed the skills that he says became his passion. The weekend trade shows that at first were rejecting him soon found him a welcome addition. It wasn’t long before he

was busy every weekend, while continuing to get better.

“I had a forge, a beat-up anvil and a hammer,” he said. “After watching the smiths all day I’d go home and try to do what I’d seen them do. I won’t say it was easy, but it kind of was, as it seemed I possessed an understanding I couldn’t describe. I worked at my forge every spare moment available and over time my skills improved.”

He became an attraction, and festivals welcomed him. He was especially honored to be a demonstrator at Rockome Gardens, near Arcola, Illinois, in 2003. Eventually he was in such demand that he had an appearance on RFD Television’s “Decorative Ironwork.”

Forging a new path

It may have led to even bigger things, if not for some of Headley’s philosophical differences with network executives. He was informed that any mention of God and religion would not be allowed on the television show. The terms were unacceptable to Headley, who says he began searching for a new direction.

“I laid down the hammer and set out to learn to play the guitar, as I needed to do something different,” he said. “What I thought was the end, was actually the ▶▶▶

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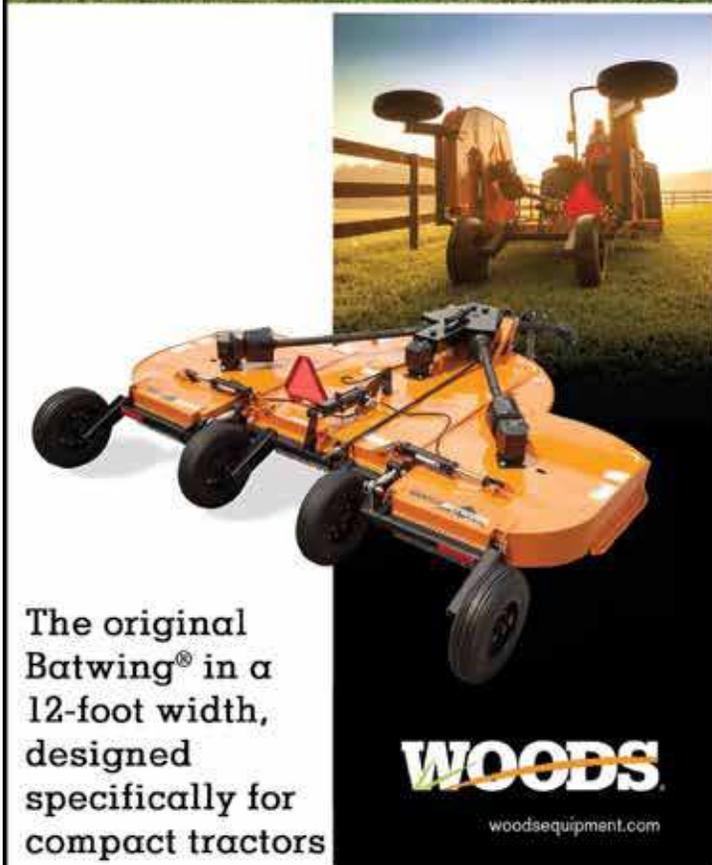


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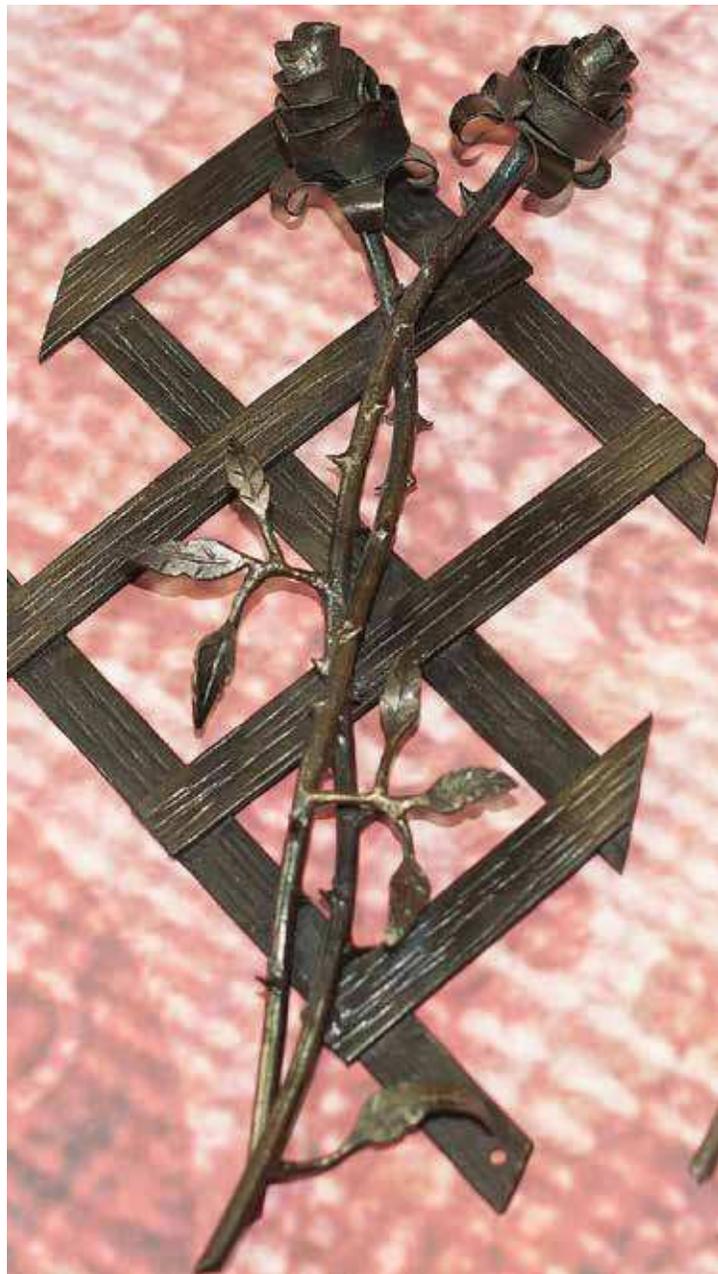
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Headley's ironwork is in demand at trade shows and festivals, and now his songwriting and performing skills are growing in popularity as well.

beginning as I look back now."

Just as he'd progressed as a blacksmith, Headley also progressed as a musician. He began by picking Willie Nelson songs, but now is quite good at writing his own tunes.

"What started out as fun around the campfire over time evolved into songwriting and performing at small gatherings and festivals," he said. "Many of those places I had previously performed as a blacksmith, going from local festivals to performing at the Illinois State Fair."

A friend dubbed him "The Singing Blacksmith."

"It stuck well," says Headley.

Among the songs Headley plays during his shows is "The Veteran," which was inspired by a couple of veterans from World War II, including Walden.

Another crowd-pleasing song is "This Ol' Barn." It's the story of a barn on his Edwards County property, built by his great-grandparents and grandparents in the late 1920s. Headley and Tonya have worked

hard to restore the barn to its original condition.

Headley's excited about where his career is headed. He's had discussions with a PBS station in Carbondale, and there is a possibility of doing a series of shows, some dealing with his work as a blacksmith and others dealing with his music.

These days, Headley is multi-dimensional. Sometimes he sings and plays guitar at his performances. Sometimes he blacksmiths. And sometimes he does both, making him, truly, "The Singing Blacksmith."

None of it, though, was ever planned.

"I'll talk about my life experiences through all of this," he said. "I'll share some songs I've written myself and play my guitar. And I'll tell how God has led me in my pursuit. I give all the glory and success to Him. I couldn't have put this together on my own."



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Patsy Cline and Johnny Cash museums new Nashville attractions

Nashville, Tennessee, always offers visitors interesting opportunities, from the Nashville Flea Market to shows at the Grand Ole Opry.

By Amy Abbott

FOR COUNTRY MUSIC fans, there are two newer options, easily visited in one day (including travel from our area.)

The main attraction for Nashville is the music. And two beloved country music icons now have museums in their honor. The Patsy Cline Museum and the Johnny Cash

Museum are located in the same building at 119 Third Avenue S., nestled near other country music treasures, such as the Country Music Hall of Fame and Ernest Tubbs' Record Shop.

Patsy Cline Museum

Though Cline died in a plane crash in 1963, along with

country stars Cowboy Copas and Hawkshaw Hawkins, her fame has increased. A 1985 movie, *Sweet Dreams* and a perennial favorite musical, *Love, Always, Patsy Cline* keep her legend alive and her music selling. While she was only 30 when she died, the small museum is filled with interesting treasures, pictures, clothing, personal items, gold records, contracts and family mementos.

The museum greets visitors with a large portrait of the singer as most remember her, with her stark red lips, iconic dark hair, and colorful dress. Walk through the museum and learn about the woman who was born Virginia Patterson Hensley on Sept. 8, 1932, in Winchester, Virginia. Cline performed as early as age 15 and came to Nashville, recording for both Four Star Records and Decca.

What makes a great impression on visitors are the costumes she wore, clothing in excellent shape despite her death more than 50 years ago. These costumes tell the story of Cline as well as society and might be described as cowboy chic. Some of her earlier costumes were made by her mother. Even if you are not



Patsy Cline performed at the The Mint Las Vegas in 1962. She was the first major country singer to perform in Vegas. | By Shanecollinswiki via Wikimedia Commons

a fashionista, you will marvel at the colorful, almost-larger-than-life fashion Cline wore. Most costumes are accompanied with pictures of the stars she performed with, like Kitty Wells, Barbara Mandrel, Loretta Lynn, Roger Miller and Ferlin Husky.

Seeing photos of Cline's home that she purchased when she reached fame was interesting, and



Johnny Cash was a card-carrying member of Future Farmers of America. | By Shanecollinswiki via Wikimedia Commons

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not expected. Was it a huge Hollywood-style mansion? No, she and husband Charlie Dick purchased a typical 1960s ranch-style home in Nashville, not unlike many Knox County homes still around.

Most of the videos of Cline are black and white, but visitors can see her in Grand Old Opry and other performances in the museum.

Tickets are \$18.95 each, and the museum is open every day except Thanksgiving and Christmas from 10 a.m. to 6 p.m. Central Time. Tickets for children 6 to 17 are \$14.95, and children 5 and under are free when accompanied by an adult purchasing a ticket.

Johnny Cash

It's difficult to believe that Johnny Cash, the "man in black" has been gone since 2003 as his music is still pervasive. His famous Folsom Prison concert was 50 years ago this summer.

His museum, in the same building at the Patsy Cline Museum, offers visitors a glimpse into the legendary "outlaw" singer whose life story mirrored the ups and downs he talked about in many of his famous songs.

Born J.R. Cash in Kingsland, Arkansas, on Feb. 26, 1932, Cash started by recording gospel songs in Memphis. He met Elvis Presley at Sun Records, where he participated in a famous jam session with Presley, Carl Perkins, and Jerry Lee Lewis, released as the "Million Dollar Quartet." His style morphed into rock and roll, and eventually the "outlaw" image he enjoyed for most of his life. Cash was plagued with addiction to alcohol and amphetamines, which contributed to torrid home life. His first marriage ended, and he married June Carter of the musical Carter family. John and June would perform together for the rest of their lives.

Like the Cline museum, the Cash Museum

is filled with personal treasures, like one of his legendary black suits with a long black coat, complete with black boots. Because Cash is one of the most recorded musicians of all time, his wall of gold records is astonishing and covers much space.

The tiny personal items leave the greatest impression, like his membership card to the Future Farmers of America, a chapter in Arkansas, and memorabilia from his military service.

General admission tickets are \$19.95, ages 6 to 15 is \$15.95. Children under 5 accompanied by an adult with a ticket are free. The Johnny Cash Museum has a small café in the lobby, but it is over-priced with few choices.

TIPS FOR YOUR VISIT

If you are certain which museum(s) you will visit, buy tickets online. There are also multiple discount packages for multi-day stays, and most museums take AAA, student and senior discounts, and military ID.

Parking in downtown Nashville can be expensive. Depending on the time of your visit, it can also be hard to find. Park away from downtown and use an

Uber or Lyft service to get into the desired area.

If you have time on the way home, stop at the home of President Andrew Jackson. Jackson is one of our more colorful presidents. His museum at The Hermitage does not shy away from his slave ownership or his role in the Trail of Tears. The plantation-style home is currently being restored to former glory.

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Do you need an ETHICAL Needs Analysis?

Have you ever wondered whether your financial advisor is giving you solid advice? Or, exactly how they're getting paid? *By Clifford York*

IN THE CONTEXT of financial advisors, a fiduciary is a professional who is legally obligated to give advice that is in your best interest.

While this sounds like common sense, most financial advisors do not currently adhere to the fiduciary standard. They can sell products in return for commissions and don't need to take quality or fees into consideration when making recommendations.

Make sure that your financial advisor is acting in your best interest and being ETHICAL in the process. One guideline you can use to see if you and your financial advisor are on the same page is to use this ETHICAL Needs Analysis. Your advisor should not only be giving you advice that is in your best interest, but also providing an effective financial plan based upon your goals and objectives while being straightforward and transparent on all fees.

Think about your situation and ask yourself if not only you, but your advisor could answer these questions:

Expectations of Income and Returns

What are your expectations for returns from the portfolio? What income do you need to receive? What are your other income sources?

Is your financial plan designed to meet your expectations?

Tolerance for Risk

Is your current portfolio in line with your risk tolerance? If the market, as measured by the S&P 500, is down over 20 percent in the next 6 months, where do you want your portfolio to be? If the market is up by 20 percent, where do you want it to be?

Are you taking the appropriate amount of risk in your portfolio?

Horizons – Time (Goals)

How long before an event happens which would logically cause you to reallocate your account (i.e. retirement, college education, etc.)

Your advisor should be aware of your short and long-term goals.

Income Tax – Capital Gains Considerations

Have you ever owned a mutual fund where the market was down for the year, you sold nothing and received a 1099 for capital gains? Are your retirement distributions being taken in the most efficient manner? Are you contributing to a Traditional IRA when a Roth IRA makes better sense?

Is your advisor taking tax implications into consideration in your financial plan?

Concerns (Fees)

How much are you paying in annual fees for 1) advisor services 2) the total cost of the underlying investment products?

Your advisor should be able to answer without hesitation and be transparent of all fees.

Attitude for Communication

How often do you want to meet or communicate with your advisor? Do you ever hear from your financial advisor?

Communication is vital in any relationship. Make sure your advisor is communicating and delivering pertinent information as often as you would like.

Liquidity

Do you foresee any major withdrawals in the near term?

Your advisor should have your financial plan designed to meet your goals and liquidity needs.

As you went through this short exercise, were you able to answer these questions? More importantly, would your advisor be able to answer these questions? If the answer is no to either, set up an appointment and make sure that your needs are being met by your financial advisor. After all, everyone wants to work with an advisor who is paid for giving advice — not for selling products!

Clifford York is an associate wealth advisor for Carson Wealth – Vincennes and brings two decades of financial services experience to the firm. York resides in Vincennes with his wife, Angie, and their three children. His hobbies include golf, working out, coaching his children's various youth sports teams and he has a passion for deer hunting.





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MELLOW CONCERT DINOSAURS

My 17-year-old daughter made an interesting request recently when she said, “I would like to

see some real hippies —before they are all gone.” *By Todd Lancaster*

NOT UNLIKE BUFFALO, telegrams and wooden ships, old hippies are becoming a thing of the past, but I knew exactly where to find some still thriving in their natural habitat — at a Grateful Dead concert.

The Grateful Dead, who now go by the name Dead and Company, are still selling out huge venues, and the vibe is exactly the same. So we made our pilgrimage to Deer Creek (I will always call it Deer Creek) recently so she could study some old hippies up close. I explained that the show would be a little like a trip to Jurassic Park, except the dinosaurs would be much more mellow and

multi-colored.

I explained to her that the only other time I had seen the Dead was about 30 years ago and back then, things could get a little dicey, so be prepared for anything.

Back in the day, when I had a smaller waist, smaller TV and a smaller budget, a buddy of mine and I decided we would finance our long, strange trip to see the Dead in Columbus, Ohio, by selling hamburgers, hot dogs and beer before the show from the back of my truck. As the show got closer (and the rains came), I, perhaps, began to participate more in the surrounding festivities, than in

my capitalistic endeavors.

As we got closer to show time, I realized that I no longer had my truck keys. Let me just say: on planet Earth there is no greater buzzkill than being in mud, at a Dead show and knowing that the next phone call you had to make would be to your father five hours away to ask him to bring you a spare key.

My dad doesn't follow the Dead and he would never be considered “progressive” by any definition, although he was in a slightly out-of-the-mainstream organization back in the 1950s, one with its own set of traditions and social mores; they were called — “1st Marines, 5th Battalion.”

Luckily, the entire amount of positive karma of 20,000 Dead fans must have flowed my way for just a second, because I found my keys — just hanging in the driver's side door lock.

Rule one for my recent Dead trip with my daughter — two sets of cars keys.

Before we arrived at the concert on Wednesday, we met some random Deadheads in a Noblesville restaurant. She was amazed at how polite and interested people were in her having a great experience, as so many of them felt like they were sharing something that was very important to them.

At the show, we enjoyed perfect weather and perfect seats, where again she was amazed at the friendliness. I explained that the sociability was genuine, but may have had a degree of “enhancement.”

Simply put, the clothing, costumes, uniforms and attire that make up the lawn section of a Dead show create a Technicolor palette that paints a different picture of this little slice of

America. If diversity is one of the things that makes America “Grate,” then Noblesville was the most American city in the state that night.

There were plenty of hugs amongst strangers, high fives for no particular reason and greetings and goodbyes to people who would never meet again — but just in case they did, they wanted to leave a good impression.

I think she was expecting a much more political tone, sort of a group of angry 1960s radicals being fueled by \$16 micro-brewed pale ales. However, that is never the vibe. There were certainly people there involved with causes, but generally, they simply explained what they were doing and if you wanted to help, it would be appreciated.

It is easy to look at folks that make the Grateful Dead a way of life with a degree of skepticism. There are certainly some very sketchy elements and there is no arguing that particular lifestyle is a tributary flowing away from the mainstream.

But in today's toxic political climate where opinions are so entrenched, it's nice to occasionally find a tribe whose philosophical bulwarks are based on kindness, tolerance and a general sense of community.

It's not a bad place to start.

The only thing that could be added to that manifesto: Always bring two sets of truck keys.

Todd also spent a little time in a vintage guitar store before the Dead show. He found several beautiful vintage instruments but did not purchase any in order to maintain his current level of marital bliss. On a side note, he currently has a kidney for sale.



Photo by naleck via Wikimedia Commons

By Todd Lancaster



“Batman” was originally shot with two pilots. One featured Lyle Waggoner and Peter Deyell, the other featured Adam West and Burt Ward, as Batman and Robin. The decision was made to go with West and Ward, based on the way West delivered one line in particular. They also felt West better understood the “campiness” factor. Waggoner would later get to spend time hanging with superheroes, as he was Wonder Woman’s love interest, Gen. Steve Trevor.

There was a rumor in the late ‘60s where people thought Jerry Mathers, AKA Beaver from “Leave it to Beaver,” had been killed in Vietnam. He was not. He was in the Air Force Reserve, but when he tried to enlist in the Army, it was determined that it would be incredibly bad PR if Beaver was killed in combat, and he was not allowed to enlist.



Andy Griffith and Don Knotts have been iconic buddies ever since the “Andy Griffith Show” began in 1960; however, they first appeared on screen together in the 1958 film *No time for Sergeants*. Both played roles they had first appeared in on Broadway in 1955. They remained close friends until Knotts’ death in 2006.

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EMBRACING CHANGE

Ewing Printing's 100-year-old company changes with the industry

By *Bernie Schmitt*

LIKE MOST EVERYTHING, the printing industry has changed tremendously in 45 years.

Just ask Jim Zeigler.

As owner and president of the 100-year-old Ewing Printing Company, Zeigler and his company has kept pace with modernization, adapting to technological changes that help the company thrive and to serve its customers.

"Everything is different than when I started," Zeigler said. "We have changed three complete times

This photo is believed to be Ewing Printing, on Second Street in Vincennes. Information on the back of the photo says it is 1923, and identifies Ansel Van Kirk on the left, Howard Houghton, center, and Slim Pritchett on the right. The woman at left is unidentified.

| Photo provided



since 1973."

Ewing Printing is a full-service commercial printer that strives for quality. It is a multi-million dollar business that serves local and national customers. Zeigler and his son, Jerry (vice president), take pride in having built a printing business that can handle just about anything.

Ewing Printing's longevity and success show that there is still a need for printers, even in a digital world. But to be competitive, one has to keep up with the latest trends and be willing to change. Always keen to their customers' needs, the owners of Ewing Printing try to do that.

"We can do just about anything here," Zeigler said. "We don't run every machine every day, but we do something with them each week. There are certain jobs where we need certain machinery. We want to be able to satisfy our customers."

Adding more space

Ewing Printing has been located at 516 Vigo St., in the former Montgomery Ward building, since 1989. After four different renovations and additions, the printing complex has 22,000 square feet of space and is expected to grow.

"We just added another Mueller Martini 14-pocket collator and binder," Zeigler said. "We're full again. We are always expanding."

The Zeiglers have purchased adjacent property, namely the former Kramac Printing property on Vigo Street, as well as the former Dick Leonard car lot property across the street. In 2006 the Zeiglers bought what was a rear parking area for the former Gardner Funeral Home, which is next to





Jim and Jerry Zeigler, father and son, are president and vice-president, respectively, of Ewing Printing, a Vincennes company that is celebrating 100 years in business. | Photo by Bernie Schmitt



Jim, left, and Jerry Zeigler in 2012, with its latest and largest Heidelberg press. | Photo by Bernie Schmitt

the printing facility. It is likely where the next expansion will be, Zeigler said.

Ewing Printing was recognized this spring with an Indiana Century Business Award presented by Gov. Eric Holcomb. The Zeiglers were honored during a ceremony with the governor at the Statehouse in Indianapolis.

“It was an impressive day,” Zeigler said. “It was very nice. It was fun. It’s too bad Dale Wilkes couldn’t be here for that.”

Zeigler is referring to Milton Dale Wilkes, the man he went to work for 45 years ago, and who formerly owned Ewing Printing. Wilkes lived to be 90 and died just a few years ago. He teased Zeigler about his predecessor’s success.

“He once told me, ‘Man, if ever I thought you could make a printing company like this,

I’d never had sold it!’” Zeigler said. “That’s probably the best compliment I could get. He and I remained friends for many years.”

Walter A. Ewing first opened his Vincennes print shop in 1918. His wife kept up with operations after his death in the late 1940s, then sold the business to Wilkes in 1959. That same year, Zeigler’s mother, Catherine, began working for Wilkes.

A career detour

Wilkes made changes, of course, and moved the shop to Ninth and Main. Later, in 1970, Wilkes merged his business with George Klein, and the printing company moved to 121–125 N. Second St. Klein sold out to Wilkes in 1970. In 1977, Wilkes

sold Zeigler 49 percent of the business. In March 1983, Zeigler bought the rest and the company was his.

But Jim Zeigler didn’t study or apprentice to be a printer. He was graduated from Indiana State University in 1970 with a business degree. He was working at E. Bierhaus and Sons in 1973 when ran into Wilkes at the post office when he was offered a job.

“I didn’t know anything about printing,” he said. “But I learned, and went out to VU (Vincennes University) to take some classes. I learned a lot there. I learned about printing the right way and about all the new things on the horizon.”

In the 1980s, when Macintosh computers and desktop publishing revolutionized the



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printing industry, Zeigler was paying attention.

"Tim Harmon (computer sales person) brought in one of the very first Macs, maybe a Mac Plus," Zeigler said. "He sat me down and told me I had to think about this like a filing system with all these different folders. I think I bought two of them that very day.

"I am left-handed," he said. "I do everything with my left hand. But when he was showing me that, he put the mouse in my right hand and from then on I use a mouse with my right hand. I draw with my right hand in Illustrator."

Ewing Printing had state contracts until 1989, a line of continuing business established in 1962 by Wilkes (whose schoolmate, Matt Welsh, was then governor). Zeigler said Ewing did a third less business in 1990, but made more money.

"You hate to give up business," he said. "But after that point in time, we worked for those who had an appreciation for the work we do.

"Customers tend to want a high-quality product at a low price, and when they want it," Zeigler said. "You can usually have two of those, but not all three. If we do good work and deliver on time, that is what is most important."

His business skill, and knowledge that change would be important, helped him build a company with a national reputation for quality. Zeigler's daughter, Jill, worked in the business until later becoming owner of the Melon Patch in Oaktown. Son Jerry joined the business after college in 1996, though he had worked at Ewing since he was 9 years old.

"I think we're successful because we have good customers and we have good employees," Jerry Zeigler said. "We're versatile, too. We're not too large, and we're not too small. We can change rapidly to accommodate any job. It's easier to change when you're not huge."

In 1992, Jim Zeigler purchased his first two-color perfecting press capable of

high-speed multicolor press. This was quickly followed in 1993 with his first Heidelberg six-color press. A design department was added to compliment the business.

In 2000, another Heidelberg five-color perfecting press was added to the pressroom to greatly improve quality and service. In 2002, another Heidelberg six-color perfecting press with in-line aqueous and UV coating was added.

At the same time the pressroom experienced growth, the pre-press and bindery grew the same way to compliment the presses with new imagesetters, signstation, folders, banders, cutters, and a 6-pocket collator, stitcher-trimmer with a cover feeder to accommodate the increase tonnage of printed material. In 2004, a computer-to-plate system was purchased to



Pressman Sam Reel works in the large pressroom of Ewing Printing, a full-service printing company with a national reputation for quality and on-time delivery.

| Photo by Bernie Schmitt

make Ewing Printing one of the most modern up-to-date printers in southern Indiana.

Ewing has a complete direct mail service, allowing a customer to have a job designed, printed and mailed all from the same place on a quick turnaround. In 2007, two Mutoh value jet printers were added for signage and a Mutoh vinyl cutter to complete the sign and banner facility.

In 2010, a new liquid laminator was added to compliment its sign and banner business. In 2011, "Display Design and Production" was added. The company can now supply graphic displays for trade shows and conventions.

Perhaps the largest purchase was in 2009, when the Zieglers installed a \$1.5 million XL 75 Heidelberg 23x29 five-color press with coating. At the same time they added 7,500 square feet to accommodate the machine as well as add some additional working space.

"I was 60 years old then," said Zeigler.

Now 70, the businessman who turned Ewing Printing into a full-service, nationally-recognized printing facility continues to look forward.

"Things are changing so fast," Zeigler said. "If we don't keep up, we'll be out of business."

But business is good these days, thanks to the forward-thinking Zeiglers.

"We are filling a lot of orders," he said. "We ship to some place every day. It's a good thing."

After 45 years in the 100-year-old business, Jim Zeigler will likely be around for quite some time. Retirement isn't something he's thought about.

"My mother worked here until she was 85," he said with a smile.

To contact Ewing Printing, call 812-882-2415 or 800-982-2415, or visit the company's web site at www.ewingprinting.com.



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BACKYARD BARBER SHOP



Ellis Trabant's business is just 28 steps from his back door

By Bernie Schmitt

HIS SHOP IS small, and neatly tucked away in the middle of a quiet neighborhood alley.

If not for a sign advertising his barber shop, one might never know that Ellis Trabant has been cutting hair, trimming beards, and giving shaves at his Parkinson Street address for the last 24 years.

Ellis has been a barber since 1962, practicing his craft for many years in Bicknell and Bruceville. Ultimately, he settled into a shop that is only a few steps away from his back door. He has 57 years in the business, developing a reliable customer base

throughout the area.

He has loyal, local customers, of course, but there are men from Mt. Carmel, Princeton, Lawrenceville, Bridgeport, and one who comes all the way from Rockville. He offers quality and professionalism as he has done since starting in 1962.

"It's been a good business, and a good life," he says. "I can't complain. I enjoyed it; I still do."

Ellis' Barber Shop features only one barber chair, and one barber. He isn't open on Saturdays, and he's only open the first full three weeks of every month. His loyal customers know this; the rookies have to learn.

"You have to look at the calendar," he said. "You just can't pop in. Sometimes when I get a new customer it takes them a while to learn."

Trabant goes to work at noon and usually



Ellis Trabant has been cutting hair for 24 years at a small and tidy shop just steps from his back door. Bob Hess was one of his recent customers. Trabant also does wood carvings, at left, and collects dash plaques from vintage car shows he attends with his restored 1937 Chevy pickup. | Photos by

Bernie Schmitt

closes at 8 p.m., Monday through Thursday (on the first three full weeks of a month). He sometimes stays open later, if he knows someone is working and can't be there by closing time. He's known for taking care of his customers.

"But if they aren't working and just come in late, well, that's another story," he says.

Setting up shop

His backyard barber shop, which sports a number of parking spaces just off the alley, was developed by dividing the garage. They bought it and their home after Trabant had knee surgery and was limiting his activity to only what was necessary.

"I had to get the neighbors to okay it, and they were all fine with it," he said. "It's worked out great for me. It takes me only 28 steps to get to work."

He had customers who liked his work, then developed more as he built his business at the present location.

His customers may like the large mirrors that surround his barber's chair on four sides, but maybe not the bright fluorescent lights above. But Trabant says these are for him. They are as much a part of his tools as are his hair clippers and trimmers.

"I like to see what I'm doing," he said.

He said the mirrors allow him to see all that he's doing, as well as how one's hair looks at various angles and distances. He takes pride in the quality of his work. Details such as these are important to him.

He grew up in the country, on a small farm behind Mariah Creek Church. His family moved at one point to land his great-grandfather, who had come here from Germany, just down the road. He was there until graduating high school. It was then he talked to his dad about becoming a barber.

"I had busted my knee and leg when I was 13," he said, "so I had a bad knee. I thought it might be good to have my own business, and this seemed like something I could do."

He learned to cut hair and earned his barber's license

graduating from Barber School in Indianapolis. He came back to Knox County, working as a barber in others' shops. He misses the old days, he said, when older gentlemen would tell humorous stories, some of them tall tales, while waiting their turn for the barber chair.

Making improvements

"Frank Chambers had a shop I worked in," he said. "It had an old coal stove and a 45-watt bare bulb to light the place."

Trabant said he bought some lights and an exhaust fan, and eventually talked Chambers into replacing the coal-burning stove with an oil stove. Not long after he bought an air conditioner for the place, too.

"I kind of worked him around to it," he chuckled. "Back then (in 1962) we were charging 75 cents a head. After I got there I talked him into charging a dollar."

There were times, over the years, when Trabant would cut hair on Saturdays from 8 a.m. until 8 p.m. He also provided men with shaves, too, a service few modern barbers offer. But a guy can get that at Ellis' Barber Shop. ▶ ▶ ▶



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"I'm probably the only guy who still offers shaves," he said.

Not used to being interviewed, Trabant says that while cutting a person's hair he's kind of like a bartender as he talks with his customer about their lives.

"I try to remember when they tell me about planning a

Trabant was featured in *The Journeyman Barber*, at left, in 1962, the year he became a licensed barber. He was featured because of the handsome hairstyle he sported back then. He has a collection of wood carvings, below, that he keeps in the shop, as well as trophies from his participation at car shows and competitions.

vacation, or what was going on a work, or whatever," he said.

"Then I ask about it or try to start a conversation about the things in their lives."

Outside of work, Trabant and his wife Ina used to go line-dancing, but age and his knee ended that after awhile. His wife said he needed a hobby.

She used to paint sweatshirts and do other crafts, and they would both go to craft shows together. It was his friend, the late Tom Brink, who suggested wood carving.

Wood carving

He started by learning how to carve walking canes, taking twisted tree limbs and modifying them into walking sticks and canes. He made them for right- and left-handed people, and he was selling them at craft shows.

"But it got to be too much work," he said.

After a couple of wood-carving seminars, buying good tools, and plenty of practice, he began creating other carvings of animals and of people. He started with cowboys and has expanded into other characters. He has done a few of baseball pitchers. He even has one of former President Barack Obama.

He used to sell these, too, at craft shows. But people didn't necessarily want to pay for the



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craftsmanship of an item. He put \$20 to \$30 into the wood, the paint, and the time to make a carving, and one person only offered him \$30 for it. He refused.

“Now I just give them to grandkids,” he said.

Several years ago he and Ina sold their large RV in which they had traveled throughout the country, “from coast to coast,” he said. After Hurricane Katrina, they sold it in New Orleans and with the money they bought a vintage, 1937 Chevy pick-up.



Several years ago Trabant and his wife Ina sold their recreational vehicle in which they had traveled across the U.S., and bought a 1937 Chevy pickup to finish restoring. They enjoy going to local and regional car/truck shows.

Car shows

The truck was further restored (it had dings in the fender and other issues), and painted (an expensive venture), then taken to local and regional car shows. He has a number of trophies displayed in his shop (and others gathering dust in the garage), as well as plaques from various participations and competitions.

“What I really like getting

are dash plaques,” he said.

He has a collection of these items (small, refrigerator-magnet-sized) displayed in his shop. It is a record of every car show in which he has participated. It is something to do that conjures up a bit of nostalgia and of times gone by. Plus, it’s fun.

It’s likely to get Ellis

thinking about the early days of his career as a professional barber, and his hairstyle — one of the most popular styles of the era — that got him featured in a trade magazine, *The Journeyman Barber*.

“It was that hairstyle that got me in that,” he says with a smile.

These days Ellis takes his

time cutting and trimming people’s hair, as his has grown thin and gray, though still stylish. He talks with customers about their lives, or the weather, or as we did in June, about Fourth of July fireworks.

It’s a job that works well for him.

“It’s been good,” he said.

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WHY ARE WE SO TIRED?

Fibromyalgia, chronic fatigue and your thyroid

Why are so many Americans suffering with fatigue? Why are so-called “energy” drinks so popular? And why can’t we get started in the morning without a few cups of coffee?

By Dr. Neil Sweigart

CAUSES OF FATIGUE bring up the usual suspects: poor sleep, caffeine addiction, iron deficiency, B vitamin deficiency, dehydration, sugar consumption, skimping on protein, stress and thyroid dysfunction.

We know eliminating or limiting sugar and caffeine can help. Sleep apnea can be addressed by sleep studies. Iron and B vitamin deficiency are actually fairly uncommon and we are much more apt to get too much rather than too little protein. Yes, we need to drink more water and fewer carbonated drinks and we all have stress. But even after all these potential problems are addressed, fatigue continues to be a greatly misunderstood problem.

Severe fatigue — not just being tired from a day’s work — often involves three greatly misunderstood conditions: Chronic fatigue syndrome, fibromyalgia and thyroid disease.

Fibromyalgia

Fibromyalgia is characterized by extreme persistent fatigue, unrefreshed sleep, insomnia, inability to concentrate, widespread pain, tenderness, and aching. The degree of pain and disability can be profound and life interrupting.

Yes, we need to drink more water and fewer carbonated drinks and we all have stress. But even after all these potential problems are addressed, fatigue continues to be a greatly misunderstood problem.

According to the American College of Rheumatology, testing of 18 points on the body associated with fibromyalgia must be completed before the diagnosis can be definitive. There are no reliable blood tests to diagnose FMS so the diagnosis is made on the patient’s symptoms and testing these 18 FMS points.

Drug advertisements claim that fibromyalgia is “thought to be” due to nerve irritability, viral infection or inflammation and arthritis. None of this is proven. The Fibromyalgia Research Foundation has shown through many randomized clinical trials, that fibromyalgia is a metabolic condition primarily involving the thyroid gland. It has further found that with specific thyroid treatment, fibromyalgia can usually be reversed or at least significantly improved. Since FMS is not caused by a Lyrica (drug) deficiency, this approach makes more sense.

Chronic fatigue syndrome

Chronic fatigue syndrome is caused by the same metabolic dysfunction as FMS but does not include the pain. Symptoms are similar to FMS including constant fatigue, foggy thinking, thinning hair, brittle nails, unrefreshed sleep, weight gain, mood swings and menstrual changes.

Hypothyroidism

Hypothyroidism affects 60 million people with more than 20 million undiagnosed and presents with the same or similar symptoms of FMS and CFS. We can see how all three of these conditions are related metabolic disorders as they have many shared symptoms. Hypothyroidism involves high levels of thyroid stimulating hormone (TSH) and low levels of the thyroid hormones T4 (thyroxine) and T3 (tri-iodothyronine). Unfortunately, free T-3 is less commonly tested and in many cases it may be the most important.

Quite often patients may have normal levels of T4 and TSH while having low T-3. This condition has been reported on in the medical literature for years. Most doctors (even endocrinologists) do not seem to know what causes it, or what to do about it. This particular pattern is known as Low T3 syndrome and it is often the major problem affecting sufferers of hypothyroidism, FMS and CFS.

T-4 can be thought of as a storage form of thyroid hormone which is converted by the body into T-3, the most active form driving our metabolism. Many of these patients do not convert T-4 to T-3 for many reasons beyond the scope of this article.

Low T-3 or T-3 resistance (similar to insulin resistance in diabetics) is why we see so many patients on medication like Synthroid or levothyroxine, both T-4 products, that don’t feel any better. Yes, T-4 normalizes thyroid blood tests but symptoms remain unchanged. Once T-3 or a combination product with T-4 and T-3 is prescribed, these patients often see miraculous improvement.

Surprisingly, it’s still considered controversial by the medical world to use T3 for people with hypothyroidism, CFS and FMS despite research that clearly demonstrates its effectiveness. On Feb. 11, 1999, the *New England Journal of Medicine* published a groundbreaking research report that says many patients feel better on a combination of T4 and T3, not T4 (i.e., Synthroid) alone.

We’ve seen many FMS and hypothyroid patients change their lives when adopting this approach. If you are taking thyroid medication but not feeling better, ask your doctor to consider switching to Armour Thyroid, a T-4 and T-3 product. If you still feel poorly, gradually increase your dosage until you do feel better. CFS and FMS patients often require higher doses of T-3. If your doctor refuses to work with you, seek a second opinion. T-3/T-4 products are available over the counter, but it is advisable to use those under the supervision of a physician.

Dr. Neil Sweigart is a native of Lancaster, Pennsylvania, and a graduate of Indiana University of Pennsylvania and Logan College of Chiropractic. He practices in Vincennes with an interest in natural methods.

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FROM HERE TO THE BIG LEAGUES — AND BIG SCREEN

Vincennes-area contemporaries of Red Skelton find fame

By Dann Norton

EXCEPT WHEN SPEAKING of Red Skelton, the Wabash Valley, and in particular Vincennes, is not usually

Josephine Nichols' biggest role came in 1982, in a made-for-television version of *The Elephant Man* in which she portrayed the countess. Glenn Close played the princess.

thought of as a nursery bed for Hollywood. Yet, the Internet Movie Database (at www.imdb.com) lists nearly 30 individuals who acted, produced, directed, or worked somewhere behind the scenes of the silver screen. Many of these people were part of Hollywood's emergence as a multi-million dollar entertainment industry.

Besides Skelton, who was born in Vincennes in 1913, three other people who had some success in Hollywood were born about the same time, right here in Vincennes, or nearby. Their names are Josephine Nichols, Jane Jarvis and John Draper.

TV star across the Wabash

Josephine Nichols was born on Nov. 11, 1913, across the Wabash in Lawrenceville, Illinois. According to the Internet Movie Database, Nichols was in three television dramas or movies. In 1964, she was in one episode of a serial drama called *A Flame in the Wind*. The show starred Kathleen Maguire as Kate Austen, a writer who created characters based on her neighbors.

In 1968, Nichols played the mother to Sarah in *Riverrun*. This television movie depicted the move of Sarah and husband, Dan, from the "horrors of city life" to a sheep farm in San Marino County, California.

Josephine Nichols' biggest role came in 1982, in a made-for-television version of *The Elephant Man* in which she portrayed the countess. Glenn Close played the princess. Nichols died on Feb. 17, 1996, in New York City, at the age of 82.

Her Music Set the Mood

Jane Jarvis was not an actress, but she was a musician on one show in 1987 that gives her a profile on IMDB.com. She had a part as a musician in Woody Allen's *Radio Days*. Jarvis was a musician—but where and how might surprise you!

Jane Jarvis was born under the name Luella Jane Nossette on Oct. 31, 1915, in Vincennes. Her parents were Charles and Luella Johnson Nossette. Charles and Luella had a daughter, Mary, born Feb. 7, 1914. The child only lived two days. Luella Jane surely brightened the young family's hopes and dreams. Her father was a cashier for Vincennes State Bank, on the northeast corner of 5th and Main. The 1910 city directory shows the family lived at 1206 Ritterskamp Ave.. By 1912, they had moved to 821 N. Ninth St.

Besides working at the bank, the 1928 directory lists the Nossette Coffee Company, owner Charles S. Nossette, at 817 N. Seventh St.

Shortly after, the family moved to Gary, Indiana. Here, Charles S. Nossette became a "solicitor" or salesman for the Western & Southern Life Insurance Company. Tragically, Nossette's life was cut short when he and his wife were killed in an accident on Nov. 5, 1929. Charles was the driver of an automobile that was struck by a railway train in Gary.

The 1930 census shows that Luella Jane was taken in by John and Clara Johnson Zehner.

Jane Jarvis was born Luella Jane Nossette in Vincennes. She was a musical prodigy at age 5 and went on to play the organ at major-league baseball games. Her day job was at the Muzak Corporation. | Photo from Society for American Baseball Research



Jane Jarvis Entertains Braves Fans...

How would you like to have the pleasant job of playing the Hammond organ and at the same time seeing all of the Milwaukee Braves home games? For the past seven years, Jane Jarvis, official Braves organist has been doing just that.

JANE JARVIS, Milwaukee Braves organist, takes time out for a moment of fun, explaining the Hammond organ to pitcher Warren Spahn (left) and third baseman Eddie Mathews.

WIDE ANGLE VIEW of Milwaukee Braves County Stadium where Jane Jarvis plays the Hammond organ for each home game.

They lived at 623 Delaware St. in Gary. Clara was a first cousin, daughter of William L. and Adaline (Wheeler) Johnson, former residents of Vincennes. Her foster mother was a public school teacher — an occupation Clara had held earlier in Vincennes — and her foster father, John Zehner, was an insurance agent. Later he would become the comptroller for the City of Gary.

Luella Jane, just 14, was left an orphan. She returned to Vincennes to live with relatives, and turned to her music — jazz was her favorite. Luella Jane Nossette was playing music as a very young child — a prodigy at the age of 5. She graduated from Vincennes Lincoln High School in 1932.

John B. Draper did not set out to be a movie star. He joined the U.S. Army Air Corp during World War II. In 1943, he had an uncredited part in the musical movie *This is the Army* which starred Ronald Reagan. Draper's only other work came 46 years later, when he played the Lion in a video short titled "Toto's Rescue."

Playing in Gary and Chicago, she also performed with the Indianapolis and Milwaukee symphony orchestras. In a 1971 interview for the Evansville *Courier and Press*, Jarvis stated she tried to make a living in New York, but it was too much for a girl from Indiana. She moved to Wisconsin, married and had two children. She took a staff job as a pianist for a radio station and worked at a television station.

Then, opportunity knocked. The then Boston Braves had just moved to Milwaukee. They were dissatisfied with the organist who played during their games. Jane applied, and although knowing nothing about baseball, got the job. And she got noticed!

She tried New York again, this time as organist for the New York Mets. She played for the Mets in the very first game at Shea Stadium in 1963. For her day job, she got a low-level entry position at the Muzak Corporation, eventually working her way to vice-president of programming and

recording.

If you remember standing in elevators in the '70s, listening to Muzak, Vincennes native Jane Jarvis was setting the mood for you. She left Muzak in 1978.

Jarvis was featured in a June 7, 1971, *Sports Illustrated* article. Robert Cantwell, the writer, set off the story like this: "Organist Jane Jarvis brings both tact and taste to the once-dubious art of between-innings play. But best of all she gets the fans ... IN THE MOOD — FOR BASEBALL." The article estimated that, at that time, nearly 27 million paying customers had listened to Jarvis play the organ. That was in 1971. She stayed with the Mets until 1979.

Trivia at IMDB claims, "In the 1980s, she was a regular fixture at the Zinno ... nightclub and restaurant in West Village, New York City." New York City newspapers would announce the time when she would play.

Jane Jarvis died on Jan. 25, 2010, at the Lillian Booth Actors' Home in Englewood, New Jersey. She was 94.

An online condolence at tributes.com (an obituary list site) after her passing shows she had real fans: "To me, the late Mrs. Jane Jarvis will be best remembered for her tenure as the organ player of the N.Y. Mets' Shea Stadium home games during the 1960s and 1970s and her great playings of the 'Star-Spangled Banner.'"

A stone in Fairview Cemetery, Vincennes, bears the name Jane Nossette Jarvis, but no death date. It stands between the tombstones for her parents, Charles and Luella, and her baby sister, Mary Annazu.

World War II Veteran and Actor

John B. Draper was born Feb. 12, 1918, in Vincennes. His father, a coal miner, was Roscoe Draper. His mother's name was Mary Powers. Prior to his birth, the family lived on North 11th Street. In 1918, the city directory lists them at 1423 Fairground Ave. Later the family moved to Benton, Illinois. Roscoe Draper died in 1959 in Terre Haute.

John B. Draper did not set out to be a movie star. He joined the U.S. Army Air Corp during World War II. In 1943, he had an uncredited part in the musical movie *This is the Army* which starred Ronald Reagan. Draper's only other work came 46 years later, when he played the Lion in a video short titled "Toto's Rescue."

Draper lived in Evansville. He passed away on March 24, 2000. His wife, Mary Beth Couch Draper, passed away in 2013. They are buried at Sunset Memorial Gardens in Evansville.



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Watching for investment fraud

The American Institute for Certified Public Accountants has recently conducted an analysis on investment fraud schemes and how they target senior citizens. *By Shana Strange*

AS PART OF the analysis the AICPA found that because many retirees fear that they won't have enough money in savings, investments, or Social Security benefits to cover their remaining years, they can be more vulnerable to fraudulent investment schemes that promise large returns.

One area of concern is that of self-directed individual retirement accounts. These IRAs permit a broader set of investments than regular IRAs, and have become a prime vehicle for fraud. Self-directed IRAs allow retirees to move funds out of a traditional IRA and put them into real estate, mortgages, tax liens or other less-conventional investments. As such, they have become a key way for fraudulent brokers or dealers to access the vast sums represented by IRAs that have, until recently, been locked up. The AICPA found that the large amounts potentially available have attracted organized crime groups, corrupt investment advisers and sometimes unethical family members and caregivers.

In addition, techniques for reaching senior citizens have become more sophisticated. Historically, scammers relied on cold calls,

but now they frequently form relationships — business, personal, or romantic — with retirees who may be lonely. Subsequently, the thieves use predatory techniques to defraud their victims. In the case of self-directed IRAs, they may have learned to mimic the language used in the tax code that legitimate IRA administrators employ.

Senior citizens, families and communities can work together to protect each other. Families and trusted advisors should watch for signs of cognitive deterioration and/or suspicious interactions. Some items to consider may include a change to the mailing address, bank account or power-of-attorney information. The AICPA identified the following key steps:

- Watch out for aggressive sales tactics, misleading sales documents, or claims of high returns with little or no risk. Similarly, be wary of promises of quick profits, offers to share "inside" information, and pressure to invest quickly.
- Ask questions about dealers' licensing and experience. For example, have they worked with retired people before? How are they paid for their services? Are they

registered with the SEC or the Financial Industry Regulatory Authority? Try to independently confirm their answers.

- Verify their standing on the Investment Adviser Public Disclosure website for firms registered with the SEC, the Central Registration Depository for stockbrokers, or the Investment Adviser Registration Depository.
- Watch out for offshore scams and investment opportunities in other countries.

Historically, scammers relied on cold calls, but now they frequently form relationships — business, personal, or romantic — with retirees who may be lonely.

- Never pay in advance.
- If you suspect any type of elder financial abuse, report it immediately.

Shana Strange is a certified public accountant. She has worked with Kemper CPA group for three years, and before that she worked at PricewaterhouseCoopers in St. Louis for more than five years. She graduated from the University of Illinois. She and her husband, Kevin, have a 5-year-old son, William and a 2-year-old daughter, Rori.



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Ground cover plays an important role

One of the more frequent requests from my readers is about ground covers. *By Tom Yoder*

IT USUALLY GOES something like this: I have this spot (usually under a tree) that I can't seem to grow grass. What do you recommend? This area might also be a tough area that seems to grow weeds, but is hard to grow anything that would please the eye. Ground covers are important because they provide stabilization of the soil and shade the roots of the tree to improve its performance.

Areas under and around trees can be troublesome and there is a good reason for that. The roots of the tree rob the soil of moisture and nutrients necessary to grow anything. Not only the moisture/nutrient problem, but the shade under a full-grown tree doesn't allow enough sunshine to grow most of the flowers and plants we would like to have there.

This is where a ground cover can play an important role in solving a problematic area. While they all won't perform with perfection, there are numerous ones that will thrive in difficult conditions. Some will do well in either shade or sun, so a little research may be necessary.

Most homeowners are familiar with traditional green ground covers such as myrtle, pachysandra, English ivy, Boston ivy, euonymus, Virginia creeper, ferns, wild ginger and wild strawberries, but there are other flowering varieties that will do well under these adverse or less-than-perfect growing areas.

Sweet woodruff is a flowering ground cover I usually recommend because, once established, it is not only tough, but has beautiful white flowers and spreads rapidly. Creeping thyme (numerous varieties) are yet another, ajuga (bugleweed), are varieties that

I utilized in my shaded tree line or under tree canopies.

I was always looking for groundcovers to help me alleviate the time-consuming job of weeding, even in sunny locations. Plenty of mulch and various groundcovers helped me achieve this.

A recent call from a friend who lives east of Goshen alerted me to a patch of a pretty and prolific ground cover under one of her trees. The bed was in full bloom and she thought I'd be interested in seeing it. Always excited about anything unusual, I grabbed my camera and made a short trip to her home.

My excitement was not in vain. There stood a beautiful and perfect bed of lamium under a large tree. It was in full bloom and not only was there the more common varieties of pink and purple blossoms one would normally see, but a third of the bed was the white Nancy album lamium, commonly called white dead nettle.

This gardener is no stranger to all forms of gardening and horticulture because she was a regular at the garden center I managed and a frequent participant at the 4-H competitions showing off her expertise. She practices raising some of the more unusual things in her vegetable garden, one of which is deer-tongue lettuce, both the green and the red varieties, that is absolutely gorgeous. I believe it is an heirloom variety and rather hard to find, so she saves shoots that re-seed from the previous year so that she always has a crop of them.

Tom Yoder is a Master Gardener who resides in Goshen, Indiana. He can be reached by email at yoder.tom@gmail.com.

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Applewood smoked pork loin chops

As you walk by the meat counter at your local supermarket or meat shop, it's likely that one of the cuts that will always be available are boneless pork loin chops. *By Dave Lobeck*

IN THE SPIRIT of full disclosure, I do prefer a bone-in pork chop. And while pork loin chops tend to be very lean, these seemed to have some marbling to them, so I decided to grill them up. When pork loin chops are absent of marbling (which they usually are), they can dry out quickly while grilling them. These chops were nice and substantial, close to 1 ½ inches thick. The following is the rub I've tweaked over the years, and which we used on the chops. I've been told I should bottle it and sell it, but because I'm such a nice guy, I'll just give you the recipe. We also use this rub on salmon and pork ribs.

Dave's "Not-So-Secret-Anymore" Pork Rub Recipe

- 1/3 cup paprika
- 1/3 cup dark brown sugar

- 4 Tbs kosher salt
- 3 Tbs coarsely ground black pepper
- 1 Tsp cayenne pepper
- 1 Tsp granulated garlic
- 1 Tsp ground cumin
- 1 Tsp ground chili powder

Set up your grill to indirect heat. While the coals are getting hot, allow the chops to rest at room temperature, ideally for 30 minutes or so. Rub the chops with a little olive oil and then liberally sprinkle both sides and all edges with the rub. Dump the hot coals out of your starter chimney (please don't tell me you use lighter fluid) on one side of the grill. Sprinkle the coals with a handful of apple wood chips. Place the chops on the side of the grill opposite the coals. Place the lid on the grill with all vents half open. Make sure the lid vent

is placed directly over the pork chops. This pulls the smoke directly over the chops.

Allow to cook for 20 to 30 minutes, or until the internal temperature hits around 145 degrees. Now place them directly over the coals. The goal of this step is to add texture. Be careful. There is sugar in the rub so it will burn quickly if left unattended. And here's the key to making it restaurant quality. Using tongs, hold the chops on their sides to give the sides of the chops color and texture as

well. Pull them off and let them rest for 5 minutes or so. The temperature will be at 150 to 155 when you serve them. The color of these chops is beautiful while the rub adds a savory sweetness. The apple wood adds just a hint of smokiness. Enjoy!

Dave Lobeck is an Edward Jones Financial Advisor in Jeffersonville by day and a BBQ enthusiast on nights and weekends. Liz is his wife. You can contact Dave with your BBQ, cooking or grilling questions at davelobeck@gmail.com. You can also visit their YouTube channel at www.YouTube.com/BBQMyWay.



Chops finishing directly over the coals for color and texture. | Photo by Dave Lobeck

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MAY 8 THROUGH AUG. 12
"Red's Key Destinations,"
Exhibit

Red Skelton Museum of American Comedy, V.U. Campus. The exhibit will include insight on Red's major career breaks, his vacations spots and keys to the city. The display can be seen during regular museum hours. For more information, call the museum at 812-888-4184.

JULY 4
4th of July Parade & Fireworks
Display

Downtown Vincennes. Area groups and individuals are invited to participate in the parade and can obtain entry forms at City Hall. Call 812-882-7285. Entries must be received by Friday, June 29. Participants for the judging competition must be in place by 4:30 p.m. and the parade will step off at 6 p.m. Food vendors will be on site. At dusk, the American Legion will present its annual fireworks display which can be viewed from the grounds of George Rogers Clark National Historical Park, 401 S. Second St.

JULY 7
"Princess Academy" Program

Green Activities Ctr., V.U. Campus, 120 W. Harrison St., 10 a.m. - noon. Learn to be a Princess! Young ladies ages pre-K through elementary school will receive guidance on appropriate manners during a tea, how to write with a feather pen and at the conclusion of the program have a "princess makeover" complete with a crown and photo session. Cost is \$20/adult and one child, \$7/each additional child and \$5/each additional adult. Children must be accompanied by an adult. This program is being offered by Vincennes State Historic Sites. For tickets and more information, contact Jon Mays at 812-882-7422 or cmays1@indianamuseum.org.

JULY 10
"BEEing FREE" Luncheon
 Family Life Center, 4th and Locust streets, 12:15 p.m. - 2 p.m. Join the Vincennes Area Women's Connection for the "BEEing FREE" Luncheon. The program will include

inspirational speaker Kay Galley of Springfield, Illinois, and Deborah Ader speaking on the importance of bees. Music will be provided by Cecil Jones. Tickets for the luncheon and program are \$13/each. Reservations or cancellations preferred by July 3. The Vincennes Area Women's Connection is affiliated with Stonecroft Ministries. Invitations are sponsored by Bria Stephen Insurance. For reservations or cancellations, contact Donna at 812-890-0891 or jadh05@gmail.com.

JULY 14
Natural Resources Day, Junior
Ranger Event

George Rogers Clark National Historical Park, 401 S. Second St., 1 p.m. - 4 p.m. Natural Resources Day is the second of four events offered in George Rogers Clark NHP's 2018 Junior Rangers Series. Participate in one event, get a Junior Ranger Patch; participate in two events, get a Junior Ranger Badge and participate in three events, get a 2018 Junior Ranger T-shirt. For more information, call Ranger Jason Collins at 812-882-1776, Ext. 4.

JULY 14
KISS Tribute Band
Performance & Knox County
Farm Fair

Knox County fairgrounds, 11728 Indiana Highway 67, Bicknell. The Knox County Fair will kick off the week with Mr. Speed, a KISS tribute band, performing at 8 p.m. The Farm Fair will begin on July 16 and run through July 21. Enjoy festival rides, great food, 4-H exhibits and award-winning livestock. For more information, email knoxcountyfaironline@yahoo.com or visit <http://www.knoxcountyfarmfair.com/>.

JULY 16-21
Knox County Farm Fair
 Knox County fairgrounds, 11728 Indiana Highway 67, Bicknell. For a complete list of events, visit <http://www.knoxcountyfarmfair.com/contact-us/#>

JULY 21
Red Skelton Festival
 Red Skelton Museum of American Comedy, V.U. Campus, 10 a.m. - 3:30

p.m. Clown carnival, parade, food vendors and entertainment related to Red Skelton. Entertainment includes John Pate, a comedian who worked with Red Skelton; Stephanie Holman, storyteller; the Circle City Sidewalk Stompers Clown Band and more. Collectors' buttons will be available for \$5 each and provide free admission to the museum. For more information, visit <http://redskeltonmuseum.org/red-skelton-festival-2018/>

AUG. 3-4
Knox County Watermelon
Festival

Patrick Henry Square, Downtown Vincennes. Friday evening and throughout the day on Saturday, festival-goers can enjoy music, food vendors and a carnival on Gimbel Corner. The Watermelon Festival opens on Saturday morning with beauty contests for children of all ages, and the public can sample free watermelon from Nowaskie Melons. For more information, contact the Knox County Chamber of Commerce at 812-882-6440 or visit <http://www.knoxcountychamber.com>

AUG. 10-12
Inaugural LaFF-VIN, Laughter
Film Festival

Red Skelton Museum, V.U. Campus. Red Skelton was known for his silly characters, physical comedy and ability to tell a story without saying a word. The Red Skelton Museum is challenging local filmmakers to create a comedy without sex, gore and four-letter words. Films should be appropriate for all audiences. For a complete list of rules and terms, contact the museum at 812-888-4184 or visit <http://redskeltonmuseum.org/laughter-film-festival/>

AUG. 10-11
Germanfest
 Highland Woods Park, Hart Street and Felt King Road, 6 p.m. - midnight. Enjoy German food, beverages, music and fellowship. The Prost Band will play from 8 p.m. - midnight both evenings. Admission is \$5/person. Ages 21 years and up. For more information, call the CEF at 812-882-5889.

AUG. 18
Indiana Frontier Day

Fort Knox II, 3090 N. Old Fort Knox Road, 10 a.m. - 4 p.m. Experience life during the time of the Indiana Frontier. Several demonstrators will present different aspects of life and play during the early 1800s. Events and activities including a re-enactment of a debate between Governor William Henry Harrison and Shawnee Warrior Tecumseh, weapons demonstration and duel, kids' militia, and food booths. Admission is \$5/adult or \$2/child (12 years and under). For more information, call the Vincennes State Historic Sites at 812-882-7422.

AUG. 25
Arts in a Park Day

George Rogers Clark National Historical Park, 401 S. Second St., 1 p.m. - 4 p.m. Arts in a Park Day is the third of four events offered in George Rogers Clark NHP's 2018 Junior Rangers Series. Participate in one event, get a Junior Ranger Patch; participate in two events, get a Junior Ranger Badge and participate in three events, get a 2018 Junior Ranger T-Shirt. For more information call Ranger Jason Collins at 812-882-1776, Ext. 4.

AUG. 29-SEPT. 3
49th Annual Bicknell Heritage
Festival & Parade

Bicknell will hold its annual Labor Day Celebration beginning Aug. 27 and running through Sept. 3. Enjoy great food, children's activities, community yard sales, a car show and much more.

SEPT. 1-2
11th Annual Salute to the
Veterans of WWII

Indiana Military Museum, 715 S. Sixth St. Saturday 9 a.m. - 5 p.m. and Sunday 9 a.m. - 4 p.m. Enjoy fabulous World War II military displays including living history re-enactors from throughout the region, encampments, aircraft flyovers, tanks, and artillery. Food and refreshment vendors will be present. World War II veterans receive free admission.



Free online tools to check your website for vulnerabilities

According to recent studies, 96 percent of all tested web applications have security

vulnerabilities. *By Mike Gingerich*

A WHOPPING 25 percent of these applications have XSS holes while 23 percent leak information. The other 48 percent are vulnerable to authentication, authorization, session management, SQL injection, and CSRF among other attacks.

You need to periodically test your websites, blogs, and mobile apps for vulnerabilities so you can uncover and fix any issues before it's too late. Here are six FREE and extremely reliable online tools you can use to scan for website security vulnerabilities and malware.

Siteguarding

Siteguarding is a free online tool that will scan your site for malware and vulnerabilities. It's a basic scan compared to some of the others but it will give you information on your site and check as well to see if it is on any blacklists online. For Wordpress users it will also identify the version you are using so you can know immediately if you should update.

Quttera

For those looking for an easy-to-use malware detector, Quttera is your answer. Simple yet detailed in its analysis, Quttera allows internal and external monitoring, scheduled and on-demand scans, blacklist checking, detects modified files, uncovers traffic re-directs, malvertising, and generic malware detection among many others. And, if you detect a problem, there are always security experts at hand to help you address the issues right away.

Pick one tool from this list and begin scanning your site for vulnerabilities now on a regular basis.

Web Inspector

Web Inspector is a straightforward tool. To check for malware and vulnerabilities, enter your URL in the search box and start the

scan. Depending on the size and complexity of the page, as well as the extent of damage, it can take up to five minutes to get results.

After the scan is complete, generate a report. You'll need to first sign up with Comodo Web Inspector first, though. But, don't worry. Sign-up is free.

AsafaWeb

This is another very easy to use website vulnerability scanning service. Just copy the URL, paste it in the AsafaWeb search box, and click scan.

You can schedule scans so your site is automatically checked for vulnerabilities perhaps once or twice a week, or even daily.

Final thoughts

If you're serious about protecting your website and your customers' data, pick one tool from this list and begin scanning your site for vulnerabilities now on a regular basis such as every two weeks. It's free and valuable.

Mike Gingerich is president of Digital Hill Multimedia (www.DigitalHill.com), a Goshen web design and marketing agency. He is also a co-founder of TabSite.com and Waftio.com, leading software tools for contests and lead capture, and author of the book Game Plan for Social Media Lead Generation. Find out more at www.MikeGingerich.com/book.



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