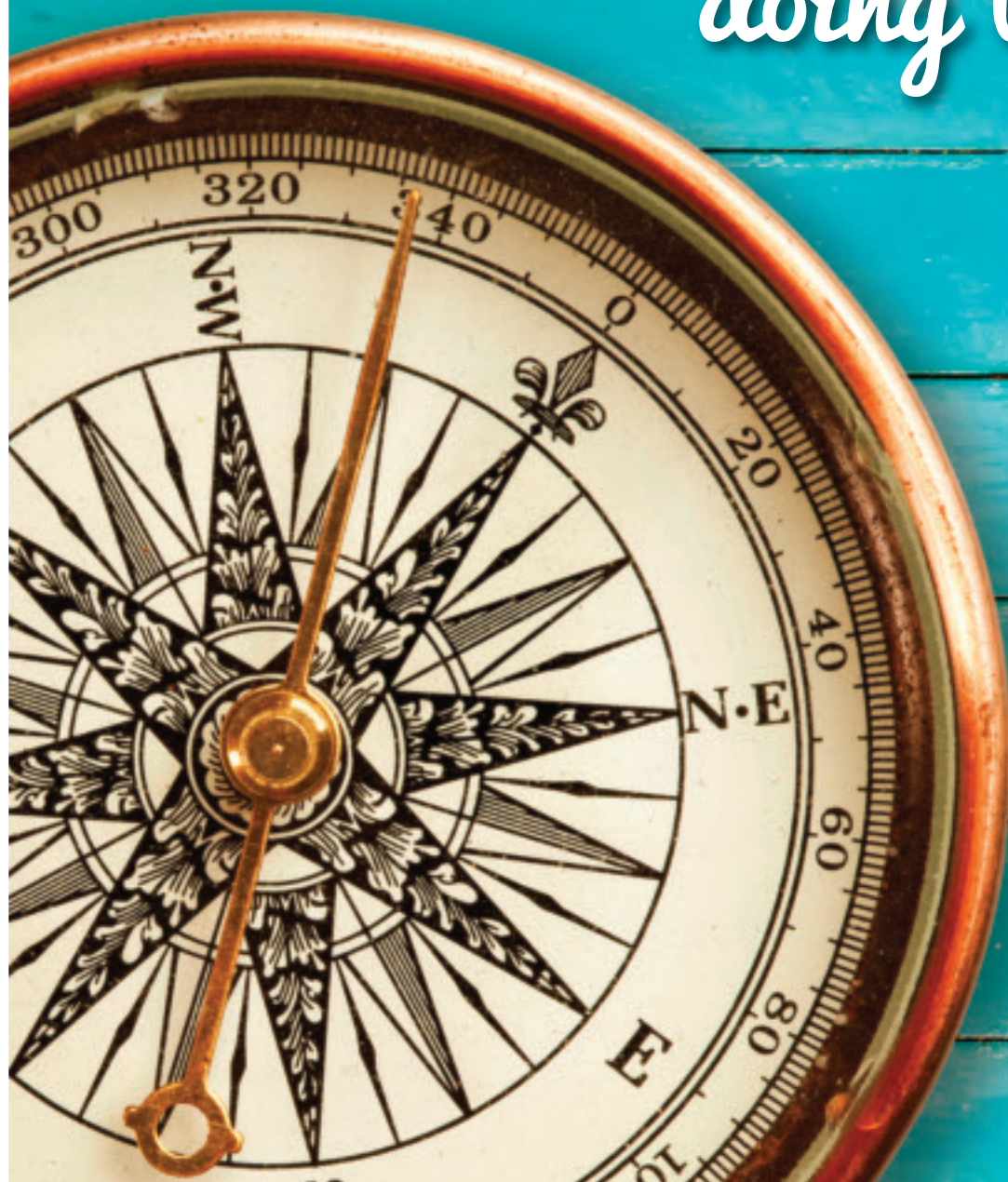


Boomer*time*

VOLUME 6, ISSUE 1, 2013

in Northeast Indiana

*What are you
doing tomorrow?*



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Refire! Rewire! Reboot!



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By Bonnie Blackburn

What are you
going to do tomorrow?

Rewire! Refire! Reboot!

Boomers love to try new things, and Indiana University-Purdue University, Fort Wayne's Office of Personal and Professional Development's new "Rewire! Refire! Reboot!" program may just help you develop a new passion.

// We have a wealth of things to do here. You don't have to move to have a vibrant, active life. There's so much to offer in this community. //

-Lisa Goodman

The program, nicknamed "3R," started in 2012 and so far, the programs have examined everything from incorporating your old photographs with today's technology to how to write your first book. Maggie Hunter, IPFW's assistant director of personal development, oversees the program along with a committee of a dozen other area leaders.

"It's a group of like-minded individuals getting together to learn something new in an energizing environment," Hunter said. "Just because you are retired doesn't mean you stop learning. It doesn't mean your journey is ended."

The courses are led by both IPFW professors and by community leaders, Hunter said. "Being on the IPFW campus means there are topics (available) you're not going to find elsewhere."

For example, the April 30 sessions include a history of jazz from its birth in New Orleans through its New York City evolutions, led by IPFW Department of Music emeritus professor Jim Ator. Another April 30 session is "Religious Peacemakers in the Holy Lands," led by Dr. L. Michael Spath, of IPFW Religious Studies department, and profiles the Jews, Muslims and Christians working for peace in the Middle East.

The sessions are held from 8:30 a.m.-3 p.m. at the Steel Dynamics Keith E. Busse IPFW Alumni Center on the IPFW West Campus, next to the Holiday Inn on Coliseum Boulevard. Lunch and all materials are included in the \$30 fee.

The idea behind the "3R" series is to provide stimulating courses for people who are either nearing retirement or who are already retired, but who aren't giving up on life just yet, said Jane Wilks, the retired head of Leadership Fort Wayne and a member of the "3R" committee.

"This age group is very interested in and is using technology," she said. "This is a chance to get into something new."

"Curiosity has no age limit," Hunter added.

Lisa Goodman, who recently retired from Fort Wayne Newspapers, is another member of the "3R" committee. She said the program appealed to her because even though she was no longer working a full week, she was still interested in learning new things. She has attended all of the sessions held so far.



“You look at those lists of the 10 best places to retire, and they’re all university towns with a strong arts” community, she said. “People want this” kind of program, she said. “They want to meet new and interesting people.”

And that’s another goal of the 3R program: to build a community of like-minded people who will continue to get together outside of the actual course sessions.

“We are looking for people who are getting close to that (retirement age) and who are looking at what retirement is going to look like for (them) in Fort Wayne, Indiana,” Goodman said. “We have a wealth of things to do here. You don’t have to move to have a vibrant, active life. There’s so much to offer in this community.”

The programs are all designed to appeal to a broad spectrum of interests, Goodman said.

“We know that finances and health (are) things that are really important at this stage” of life, she said. “We want to give (attendees) information that helps them with that. We want people to walk away with some useful information, feeling energized and having fun. They are not going to go home and sit in a recliner and watch TV!”

Though the programs are geared towards those nearing or in retirement, there is no age limit. Upcoming courses are scheduled for April 30 and May 21.



The choice is yours

Those attending the April 30 sessions can choose from: Rejuvenating your golf game-taught by Todd Firestone, head golf pro at Fort Wayne Country Club; The Green Age: Transforming Your Life Choices for the 21st Century-instructors are Patrick Ashton and Matthew Kubik, IPFW faculty; Religious Peacemakers in the Holy Lands-taught by Dr. L. Michael Spath of IPFW; From New Orleans to New York: The History of Jazz-taught by IPFW’s Jim Ator; and the Rewire! Refire! Reboot! Antiques Road Show-taught by antiques appraiser Larry Sydow.

The May 21 courses include: Fort Wayne Heritage-taught by The History Center’s Todd Pelfrey; Where Should We Go This Weekend-taught by the Visitor Center’s Kristen Guthrie; How to Change Reality — Photoshop-taught by professional photographer Tanya Myers; What is Your Exit Strategy?-taught by tax and retirement CPA James Houlihan; and Creative Arts: Avenues to Health and Wellness-taught by Linda Wright-Bower.

Each day’s sessions are just \$30 and include lunch. Register online at learn.ipfw.edu or by calling (260) 481-6619.

Tax breaks often overlooked

Come mid-April, late-filing taxpayers across the country are looking for ways to lower their tax bills or increase their tax refunds. Perhaps the most effective way to do just that is to take advantage of the numerous potential tax deductions available.

Though tax laws change each year and it's always best to consult with a tax professional before making a questionable deduction, the following are a few oft-overlooked

deductions that might trim your tax bill.

- Charitable items: Many taxpayers are fully aware they can deduct donated vehicles or monetary gifts to charities, but there are other items related to charitable efforts that might be deducted as well. The cost of supplies you purchase for use in charitable endeavors or uniforms purchased that you wear while doing charitable work can typically be considered charitable donations.

- Costs related to

job hunting: Men and women who are currently employed but looking for work within their fields might be able to deduct the costs associated with their job hunt, including resume design and printing and employment agency fees. These costs typically must exceed a percentage of your adjusted gross income before they can be deducted.

- Moving costs: Relocating for a new job? Then chances are you can write off many of your moving expenses.

New college grads may also be eligible to write off some of their moving expenses if they are relocating for their first job out of college.

- Educational expenses: Men and women who want to further their education might be eligible to earn tax breaks because of that ambition. The tuition and fees deduction allows you to take up to a certain amount off your taxable income without even itemizing. Other credits, including the American opportunity

tax credit, are available as well. Visit the IRS Web site (www.irs.gov) or discuss your situation with a professional tax preparer to determine your eligibility.

- Home improvements: Some home improvements might still be eligible for tax credits thanks to a provision in the 2013 tax bill. Residential energy upgrades to energy-efficient products might not be worth as large a deduction as they were in the past.

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Visiting a nearby amusement park is a fun way for men and women to have fun locally.

Save, invest by shopping local

Shopping locally is a great way to benefit your community by reinvesting your dollars there. In many instances, shopping locally helps your bottom line, too. When consumers shop locally, they help stimulate their local economies, creating jobs for their neighbors by helping local businesses grow and thrive. Shopping locally also saves shoppers long trips to the mall that can waste expensive fuel, especially if consumers don't find what they're looking for.

Shopping locally is especially important

when the economy is struggling, as smaller businesses are not always as capable of bearing the brunt of a recession as larger ones. The following are a handful of unique ways men and women can shop locally.

- Forgo a traditional vacation. If you're used to taking an annual trip to a Caribbean island or another faraway locale, forgo that trip this year and take a more local vacation instead. A local vacation can be similar to a staycation, when you simply stay home, but spend some nights out on the town in your local community. Go out to eat, take in a

concert or theater performance at a nearby theater or take the kids out for miniature golf.

For those who feel the need to get away from home, consider a local bed and breakfast or another relaxing locale that's close to home. You will still get the feel of a traditional vacation, but you won't spend as much and you'll be doing your part to help the local economy.

- Visit a local amusement park. An amusement park is a fun way to spend an afternoon, but such parks are also beneficial for a local economy, creating jobs and attracting out-of-towners looking for a wholesome good time. When thinking about ways to shop locally, consider a trip to your local amusement park. You're not likely to find a more fun way to help your community.

- Hit the links. A round of golf is another great way to stimulate your local economy. Municipally owned golf courses are owned by the municipality, which means each dollar you spend is money that's going back into your community. And much like other local businesses, the golf course is no doubt employing your friends and neighbors, giving even more money back to your community.

- Buy a preowned vehicle. Buying a preowned vehicle as opposed to a brand new car bought from a manufacturer is another way to shop locally. This is especially true if you buy your preowned vehicle from a private citizen. But buying from a local dealership can stimulate your local economy as well, as your community will benefit from the taxes on the vehicle and that dealership will continue to provide jobs for fellow members of your community.

- Treat yourself to a spa treatment. Another unique and indulgent way to support your local economy is to treat yourself to a spa treatment. The cost of a spa trip depends on what you prefer, but even a relatively inexpensive trip to the spa will support a local business. Plus, you'll reap the rewards of that support immediately.

Shopping locally is more than just dining out or buying locally produced foods. Those who want to embrace shopping locally can do so in a variety of ways.

— METRO CREATIVE CONNECTION

Shred paper and save

The benefits of recycling are numerous. Reusing products and items saves money, reduces the amount of energy needed to make new items and reduces the amount of garbage that ends up in landfills.

Paper is a commonly used recyclable material. In the United States, the world's largest consumer of paper, the average person uses the equivalent of a 100-foot tall Douglas fir tree-worth of paper and wood products every year, according to the Environmental Protection Agency.

In order to cut down on the space that paper stored for recycling takes

up, many people choose to shred the paper and compress it into bags to put out for pick-up. Shredded paper can be sent out for municipal recycling. However, there are many other practical uses for shredded paper. Here are the many different ways to put shredded paper to good use.

- **Mulch:** Forget buying mulching materials from the garden center. Use shredded paper bags and newspapers to provide weed control and to keep plants moist. Lay down the shredded paper as you would any mulching material on the soil in garden beds. Use a

hose to wet it down and prevent flyaway. Mixing shredded paper with grass seeds also helps keep the seeds damp to create faster germination when reseeding bare spots.

- **Worm bin:** Some green gardeners have a worm bin in addition to a compost bin in their backyards. Worms produce a lot of nitrogen, which can cause a strong odor. Adding shredded paper, which is high in carbon, will neutralize the odor.

- **Cat litter:** Soak paper in water and a little dish soap to dissolve any ink. Rinse and repeat with clean water. Add baking soda to the paper



pulp and knead it in. Crumble the pulp into bits and allow it to dry thoroughly. Then use as cat litter material.

- **Animal bedding:** Use shredded paper in the bottom of cages of small rodents, who will use it for nesting material. The paper also will help absorb animal waste for easier cage cleaning.

Paper also can be used for dog or cat beds. Choose an attractive discounted material from the fabric store and sew inside out, leaving a small hole for stuffing. Stuff the paper shreds inside, and you have just made an inexpensive dog or cat bed to keep pets cozy.

- **Wood stove material:** Shredded paper can be used with kindling to start a fire in a wood-burning stove. Some people like to wet the paper and then make molds of "bricks" or "pucks" that can be used

more easily once dried.

- **Fill gift bags.** Rather than buying tissue paper to use in gift bags, use shredded paper instead. Multi-colored shredded paper will go with just about any colored gift bag.

- **Packing material:** Fill reused zipper-top bags or produce plastic bags with the paper and then use them in boxes when shipping fragile materials. It's better for the environment than plastic or foam peanuts.

- **Potting soil:** Mix paper into potting soil to help the soil retain moisture. As the paper breaks down, it serves as a nutrition source for the plant.

- **Craft projects:** Mix shredded paper with equal parts flour and water to make papier mache modeling material.

There are scores of creative ideas for using shredded paper.

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THE GOOD LIFE

Preserve digital photos and your family memories

The advent of digital photo technology has revolutionized the way most people take photos. Although there are many advantages of digital photography, the potential for digital images to disappear in a moment makes preserving them of the utmost importance.

Although digital photographs have permanence and convenience, they are also fragile. That's because the storage methods are not foolproof and it only takes one instance for the images to disappear forever unless properly protected.

Anyone who has experienced a computer crash in the middle of saving a file or has turned on a laptop only to discover that the hard drive is fried and inoperable knows how frustrating such experiences can be. The prospect of losing important files and other data that are likely not recoverable is one of the factors that detracts from electronic devices. When those important files are years' worth of photos, the loss can be doubly painful.

Fortunately, there are a number of ways

to backup images so, if disaster does strike, you'll still have all those precious photos at your disposal.

- **Primary backup:** Images on a memory card should be promptly downloaded to your computer's hard drive. This can help you sort through images that are keepers and those that can be discarded. It is helpful to separate photos into dated or specially catalogued folders so they are manageable and easily searchable. Some computer operating systems are equipped with built-in software that helps catalog images according to projects. Otherwise, create your own series of folders for organization.

- **Secondary backup:** Computers are durable pieces of machinery, but thanks to viruses and corrupt files, there is always the possibility that one day you may turn on your computer, only to discover that it is not working. Also, if the machine is stolen, your photos will go with it. Backup to DVDs, CDs or portable memory drives is another method of safeguarding the images.

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Twigs can be mulched and included as brown material in compost.

Recycle yard waste into valuable compost

Composting may be a person's first foray into an eco-friendly lifestyle. Compost is a nutrient-rich natural fertilizer that some people refer to as "black gold." It can be made from most types of lawn and garden waste as well as some discarded items from the kitchen.

Many people have renewed interest in composting because they understand the environmental ramifications of over-reliance on chemical fertilizers. Ground water may become contaminated and certain fertilizers may have adverse effects on wildlife. Compost, a living organism of sorts, comprised of beneficial bacteria, insect life and nutrients for plants, is on the other side of the plant food spectrum. Because it can be generated for little to no cost, compost is not only environmentally responsible but economical as well.

A home landscape can provide a wealth of material to use in a compost heap or bin. Rather than putting fallen leaves or lawn

clippings to the curb or in the trash, they can be turned into beneficial material to help keep your garden self-sustained.

To begin, you will first need to determine the composting method that will work for you. Compost can be generated from a pile of material placed in an out-of-the-way corner of the yard or be created in a specially designed, expensive compost bin. Many homeowners fall in between these two methods with their compost systems. Most create their own bins from wood and chicken wire or even use a trash container to contain the compost.

Once the container or pile location is established, it is time to start the compost recipe. In order to function optimally, compost should have an abundance of aerobic bacteria, which will compost the waste quickly. Aerobic bacteria need oxygen and a certain amount of moisture to survive. Therefore, it is important to include materials in the compost that will

achieve these conditions. Composters frequently refer to "greens" and "browns" in a compost mix. Greens are fresh leaves and grass clippings and kitchen scraps. These materials will have an abundance of moisture as well as nitrogen. Browns are older, dried out plant material and wood. The browns help create air cushions in the compost that facilitate aeration and also contain carbon. Without aeration, the compost will compact down too quickly, which could slow down the decomposition process. Slow decomposition may result in a foul odor.

Avoid the use of bones, meat or cheese in a compost bin. They will only attract scavengers and may rot faster than they can be decomposed by the bacteria. Also, avoid pet waste or any lawn trimmings that have been treated with pesticides.

Turning the compost will help keep it aerated and will also distribute the bacteria. Turning can help speed along the composting process. Avoid adding weeds to juvenile compost because it may not be hot enough to kill the seeds and then you'll be stuck with weeds in the compost — and wherever you place that compost.

Moisture is essential to the compost. Each time you add new material to the compost bin, dampen it. It should be moist but not dripping. Adding a balance between greens and browns should help regulate the moisture level as well. Remember, during warmer months, the compost may dry out more, so you will need to be on top of the moisture levels.

The composting process works best at temperatures between 120 and 150 F. The compost will generate its own heat as matter is broken down. However, the heat of warm months can speed up the process. Novice composters may want to begin their composting in the summer as a first attempt.

Hot composting piles can be turned into soil fertilizer in as little as 8 to 10 weeks. Therefore, plan your composting start date accordingly. Soon after you may have a naturally sustainable garden that produces material enough to continually feed your existing compost pile.

— METRO CREATIVE CONNECTION

Become a more positive person

Learned optimism can be beneficial, helping to minimize feelings of depression, reduce stress levels and possibly improve physical health.

According to a controlled study by the University of Pennsylvania's Martin Seligman, Ph.D., and Gregory Buchanan, Ph.D., incoming university freshmen who participated in a workshop on cognitive coping skills reported fewer adverse physical problems over time and retained their physical and mental health better than those who were not in a coping skills group. This isn't the first evidence that optimism can have profound benefits. In a retrospective study of 34 healthy Hall of Fame baseball players who were on teams between 1900 and 1950, the known optimists lived longer. Survival rates for optimistic cancer patients are higher than for those who are hopeless. Optimists are also better equipped to handle stress and manage incidents that would incite anxiety.

Although there are plenty of people who seem to be eternally optimistic, optimism is not an inherited trait. Changing perceptions and teaching oneself to be more optimistic

is possible. Being an optimist doesn't mean turning a blind eye to problems or expecting everything to be easy. Being optimistic means learning from situations and recognizing that obstacles are there for a purpose.

Men and women hoping to become more optimistic can employ the following strategies.

- Stop and embrace a positive event. Take time to mull over something good that has happened and take credit for your involvement. Mentally categorize this feeling for later when you need an example of the way optimism makes you feel.

- Surround yourself with optimists. Hang out with people who have a sunny view on life rather than those who bring you down or commiserate. Learning from example can help you develop more positive thinking patterns.

- Believe you can and will succeed. When approaching something new, don't set yourself up for failure. Go into it with the vision that you will thrive. Even if you don't succeed as planned, you can use the opportunity as a learning experience and set a new plan to tackle.

- Erase negative phrases from your vocabulary. Using the terms "I can't" or "It's

impossible" is a recipe for failure.

- Avoid complaints. Complaining does little more than make the person complaining feel even worse and could bring down the people around you. It won't solve anything, there really is nothing productive about it. If you must get your feelings out, write them

in a book and then tuck that book away.

- Take care of your body. You certainly can't be positive if you aren't feeling 100 percent. A well-balanced diet, routine exercise, sufficient rest and finding time to go outdoors and get some fresh air and sunshine can help keep a person on a positive

path.

- Get involved. Spending too much time isolated and alone can eventually degrade anyone's feelings of well-being. Take the time to meet with people outside of your family and engage in different activities that take your mind off of stressors.

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Eco-conscious men and women have many options at their disposal when it comes to protecting the environment. One such way is to conserve water.

The following are a handful of ways men and women can conserve water to benefit the environment.

• **Upgrade water features.** According to the Environmental Protection Agency, toilets, showers and faucets account for two-

thirds of all indoor water use.

• **Change your landscaping practices.** Watering in the early morning hours or during the evening, especially during the hot summer months means less water will be lost to evaporation

How often you cut the grass can also contribute to excessive water consumption. Allowing the grass to grow taller will provide more shade for the

lawn's roots. This makes for stronger roots and more water retention in the soil, which translates to less watering.

• **Become more conscious of your water consumption and usage.** Take note of the ways you might be wasting water throughout a typical day, and then alter those behaviors to be less wasteful.

Conserving water is essential to protecting the environment.

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Low vision causes and treatments

Millions of people have significant visual impairments that can make daily life challenging. Although many vision problems are readily treated with corrective lenses, treating low vision may not be so simple.

“Low vision” is a term used to describe the inability to see clearly. Even after correcting for vision with glasses or contact lenses, many people still cannot see well and test at lower than 20/40 vision. The American Academy of Ophthalmology defines low vision as what happens if ordinary eyeglasses, contact lenses or intraocular lens implants do not provide a person with clear vision.

Anyone with reduced vision that is not corrected by some method of lenses or surgery is considered to have low vision or be visually impaired. Low vision may cause slight vision loss or even blindness.

Causes of low vision

There are many factors that contribute to the onset of low vision, including disease, aging, injury and heredity. The following are some of the more common causes of low vision.

- **Age-related macular degeneration (AMD):** This is a common eye condition among people age 50 and older. In fact, it is the leading cause of vision loss in older

adults, says the National Eye Institute. When a person has AMD, the macula, which is the most sensitive part of the retina responsible for fine-tuning images received by the eye, deteriorates and does not work properly. Though there might be some vision, images won't be clear. The most common form of age-related macular degeneration is known as nonexudative, or “dry,” form. This form generally causes vision loss that develops gradually. More rapid and severe vision loss comes from exudative, or the “wet,” form of macular degeneration. This form occurs when abnormal blood vessels develop under the macula and leak fluid and blood.

- **Cataracts:** Cataracts are a clouding of the lens of the eye that usually develops with aging. It may be present at birth or be the result of an injury to the eye. Depending on the severity of the cloudiness of the lens, vision can be impacted greatly. Cataracts may form as a result of long-term exposure to ultraviolet light, exposure to ionizing radiation, secondary effects of diseases such as diabetes, hypertension and advanced age or trauma.

- **Glaucoma:** When a person has glaucoma, eye damage occurs to his or her eye when there is a buildup of fluid pressure within the eye, also known as intraocular pressure. This pressure can damage the optic nerve and cause visual field loss,

which over time might escalate to blindness. Glaucoma is often dubbed “the silent thief of sight” because in most cases it progresses slowly and vision loss is not immediately apparent.

- **Diabetic retinopathy:** Vision can fluctuate daily as a result of diabetes. Diabetic retinopathy can cause blood vessels in the retina to develop abnormal off-shoots that leak blood and interfere with vision, eventually causing severe damage to the retina.

- **Retinal detachment:** This condition occurs when the retina separates from its underlying layer. The portion that detaches may be rendered useless and cause total impairment of vision. Some retinas can be surgically reattached, and vision may be restored partially if surgery occurs promptly.

- **Aniridia:** Aniridia occurs when the iris, which is responsible for controlling the diameter and size of the pupils and regulating the amount of light reaching the retina, fails to develop normally. If the iris is not functioning properly, extreme sensitivity to light and an inability to see clearly may result.

Treatment for low vision

Treatment cannot begin until your vision is assessed by a professional. An optometrist may conduct various vision acuity tests to determine what might be the cause of vision loss. Each type of low vision problem requires a different approach to treatment, so it's important to correctly diagnose the problem before beginning treatment.

Some treatment options for low vision may include specialized optical systems, video magnification, therapeutic filters or special prescription glasses. There also may be the need to perform eye exercises that help maximize existing visual function. Individuals may have to use a combination of devices to find the ones that help the best.

Only a doctor can determine the culprit behind vision loss. Routine visual exams are recommended at least every year and may need to be more frequent if a person is suffering from deteriorating vision. If caught early, many eye conditions can be managed to help prevent further loss of vision.

— METRO CREATIVE CONNECTION

Think you're healthy? Would you know if you weren't?

Not too long ago — just after World War II — few people in the United States brushed their teeth with any regularity. Now, the mere thought of going an entire day or night without brushing one's teeth is simply out of the question for most.

Hopefully, someday

in the near future, a similar attitude will prevail regarding mental well-being, says Dr. Matt Mumber, an oncologist and author of "Sustainable Wellness: An Integrative Approach to Transform Your Mind, Body, and Spirit," (www.sustainable

wellnessonline.com), coauthored by yoga therapist Heather Reed.

"Human happiness and well-being are rudderless without awareness, which I define as the quality of paying attention to what's going on in the present moment from an inquisitive, nonjudgmental and focused perspective," Mumber said.

An easy way to think of optimal wellbeing might be to envision a three-legged stool, said Reed.

"The three legs include physical activity, nutrition and that underappreciated component missing from too many Americans' lives — stress management, or a healthy mental state," she said.

After checking off a healthy diet and exercise from the list, how does one go about ensuring a healthy mind? Mumber and Reed say the key is mindfulness, which they define as paying attention on purpose, non-judgmentally and as though your life depended on it. Framed another way, mindfulness means focusing on something without trying to change it, like the sky holding

passing clouds without clinging to them.

They describe the states necessary for attaining mindfulness:

- **Beginner's mind:** Cultivate the ability to see things with new eyes. The Bible warns against putting new wine in old wine skins — doing so risks tainting the new stock. A beginner's mind opens people to the world of possibilities that exist in the present moment. That does not mean throwing away good ideas from the past; rather, it means to entertain new ideas with a truly open sensibility.

- **Trust:** Believe in your authority to know your own body, thoughts and feelings. We need to have the confidence necessary to trust that our thoughts and feelings at any given moment have value.

- **Non-judging:** Develop the ability to see things for what they are, to hold an open and neutral place for whatever comes up within and around you, without thinking of anything as categorically better or worse than anything else.

- **Patience:** Be willing to continue with the process of paying

attention on purpose even when it appears that no progress is being made. Learning and growing through mindful practice happens with time, and we can't force the outcome.

- **Acceptance:** Allow whatever comes up in the moment to be held in our field of awareness. To do so is not the same as giving up or being passive; acceptance is merely acknowledgement.

- **Letting go:** Refuse to attach to specific thoughts, feelings or behaviors. You may feel like you are losing something, but every time we let go, we open ourselves to something new and potentially deeper.

- **Non-striving:** In our goal-oriented society, not striving may seem counterintuitive. However, non-striving refers only to practicing mindfulness without expectation of some future goal or dream, which helps us better live in the now.

"By having our three-legged stool firmly planted in awareness, we can drop into what we typically call a sense of spiritual wellbeing," says Mumber.

— NEWS AND EXPERTS

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Are expired medications still safe?

It is 2 a.m. and that cough and stuffy nose you have been battling are still keeping you up. You reach for the nighttime cold relief medicine only to find it expired a few months ago. If you take a dose to ease your symptoms, will you be putting yourself at risk?

This situation is a relatively common occurrence. Many medicine cabinets are stocked with over-the-counter drugs as well as prescription medications that may be past their expiration

dates. It is a good idea to routinely discard expired medicines, but if you happen to take a drug that has passed its expiration date, you will most likely suffer no ill effects.

According to the Harvard Medical School Family Health Guide, the expiration date on a medicine is not the date when a drug becomes hazardous. Rather, it marks the period of time after which a drug company can no longer guarantee the efficacy of the medication. Since

1979, drug manufacturers selling medications in the United States have been required by the Food and Drug Administration to stamp an expiration date on their products. It is the date until which the manufacturer can still guarantee full potency.

Expiration dates also may be a marketing ploy. Francis Flaherty, a retired FDA pharmacist, has said drug manufacturers put expiration dates on products for marketing purposes rather than scientific reasons. It doesn't make financial

sense to a company to have products on the shelves for years. Therefore, most drug manufacturers will not do long-term testing on products to confirm if they will be effective 10 to 15 years after manufacture.

The U.S. military has conducted its own studies with the help of the FDA. FDA researchers tested more than 100 over-the-counter and prescription drugs. Around 90 percent were proven to still be effective long past the expiration date — some

for more than 10 years. Drugs that are stored in cool, dark places have a better chance of lasting because the fillers used in the product will not separate or start to break down as they might in a warm, humid environment. Storing medicines in the refrigerator can prolong their shelf life.

If an expired medication is taken by mistake, there's little need to worry about potentially adverse effects.

— METRO CREATIVE CONNECTION



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Guests enjoy the elegance of the main lobby and the 20th century décor in each of the 30 guest rooms and suites.

Charley Creek Inn earns 2012 TripAdvisor Certificate of Excellence

Charley Creek Inn, a renovated boutique hotel, recently announced that it has received a TripAdvisor® Certificate of Excellence award. The award, which honors hospitality excellence, is given only to establishments that consistently achieve outstanding traveler reviews on TripAdvisor and is extended to qualifying businesses worldwide. Approximately 10 percent of accommodations listed on TripAdvisor receive this prestigious award.

To qualify for the Certificate of Excellence, businesses must maintain an overall rating of four or higher, out of a possible five, as reviewed by travelers on TripAdvisor. Additional criteria include the volume of reviews received within the last 12 months.

“Charley Creek Inn is pleased to receive

a TripAdvisor Certificate of Excellence,” said Howard Kaler, general manager. “We strive to offer our guests a memorable experience and are grateful for the many positive traveler reviews on TripAdvisor.”

“TripAdvisor is pleased to honor exceptional businesses for consistent excellence, as reviewed by travelers on the site,” said Christine Petersen, president of TripAdvisor for Business. “The Certificate of Excellence award gives highly rated establishments around the world the recognition they deserve. From exceptional accommodations in Beijing to remarkable restaurants in Boston, we want to applaud these businesses for offering TripAdvisor travelers a great customer experience.”

Charley Creek Inn is a fully restored 1920’s boutique hotel and meeting center.

Guests enjoy the elegance of the main lobby and the 20th century décor in each of the 30 guest rooms and suites. Charley Creek Inn offers on-site, full-service dining in Twenty; on-site catering and meeting/event planning; shopping in the Wine & Cheese and Ice Cream & Candy Shoppes, and browsing through the Hoosier Salon Gallery.

About TripAdvisor

TripAdvisor® is the world’s largest travel site, enabling travelers to plan and have the perfect trip. TripAdvisor offers trusted advice from real travelers and a wide variety of travel choices and planning features with seamless links to booking tools. TripAdvisor-branded sites make up the largest travel community in the world, with more than 50 million unique monthly visitors and over 60 million reviews and opinions.



2013 Indiana Travel publications now available

With spring break quickly approaching and summer vacation not far ahead, families can turn to the official 2013 Indiana travel publications to plan their Indiana getaways. The Indiana Office of Tourism Development (IOTD) distributes three publications each year: the Indiana Travel Guide, Indiana Festival Guide and Indiana Travel Map. To order a free copy of any or all of the tourism publications, go to www.VisitIndiana.com. In addition, the online order form allows guests to sign up to receive publications annually. While on the site, visitors can also view videos and photos of trip ideas for families,

couples and everyone in between.

The cover of each guide and map features a different Indiana destination. The locations showcased for 2013 are:

- Indiana Travel Guide – Horseback riding at Pokagon State Park near Angola
- Indiana Travel Map – Go Ape! Treetop Adventures at Eagle Creek Park in Indianapolis
- Indiana Festival Guide – The 150th Anniversary of the Battle of Corydon Reenactment in Corydon

Research shows that more than 60 percent of people who request the Indiana Travel Guide stay longer and spend more money

in Indiana than the typical visitor. Annually, Indiana welcomes 62 million travelers, which generates in excess of \$10 billion in direct and indirect spending.

“We are so fortunate to represent the wonderful getaway destinations Indiana has to offer its residents and visitors,” explains Lt. Gov. Sue Ellspermann. “The guides, map and website bring Indiana attractions to life for travelers and are a helpful resource to plan any seasonal adventure.”

The Indiana Travel Guide is a comprehensive travel resource with 136 pages of information on attractions, entertainment, special

events, recreation, restaurants and lodging options throughout the state. Readers can learn more about fun and educational themed activities from outdoor adventure and locally grown to arts & culture and family fun.

The Indiana Festival Guide is organized chronologically by month and offers details and descriptions on more than 475 festivals throughout the state. IOTD is proud to partner with the Indiana State Festivals Association and Hoosier Energy to distribute this guide.

Copies of all Indiana travel publications are available free of charge and can also be viewed online at www.VisitIndiana.com.

Lt. Gov. Sue Ellspermann oversees the Indiana Office of Tourism Development. Mark Newman serves as the agency’s director. IOTD is dedicated to enhancing the economic vitality of Indiana through funding and resource support to the Indiana travel industry for awareness-building, product development and job creation.

— IOTD

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Seasonal Minneapolis service resumes at FWA

Officials at Fort Wayne International Airport are pleased to announce that Delta Air Lines will resume seasonal, non-stop service to Minneapolis,

Minn., beginning this week at FWA.

“Delta’s service to Minneapolis gives travelers a great one-stop connection for destinations in the

western United States,” said Scott Hinderman, executive director of airports. “Delta will certainly benefit from the strong business and leisure travel seasons

here in Fort Wayne.”

The service will operate daily, departing FWA at 7:35 a.m. and arriving to Minneapolis-St. Paul International Airport (MSP) at 8:23 a.m. Return service will depart MSP at 7:15 p.m., arriving at FWA at 9:48 p.m. Delta Air Lines will operate the service using 50-seat CRJ 100/200 aircraft.

For flight availability and fares, visit the Delta Air Lines website at www.delta.com or call Delta Reservations at 1-800-221-1212.

About Fort Wayne-Allen County Airport Authority

The Fort Wayne-Allen County Airport Authority (FWACAA) was created in 1985 and is responsible for managing the Fort Wayne International Airport and Smith Field Airport. Since FWACAA’s

inception, Fort Wayne International Airport has undergone an aggressive improvement plan which included expansion of the terminal and parking areas, upgrades to the runways and the creation of an Air Trade Center and Foreign Trade Zone to promote economic development in Northeast Indiana. As a result of FWACAA’s commitment to customer service, Fort Wayne International Airport was recognized by USA Today as one of the friendliest airports in the nation. The Authority is governed by a six-member board appointed by both the mayor of Fort Wayne and the Allen County Commissioners. For more information about the Fort Wayne-Allen County Airport Authority, visit www.FWAairport.com.

— FWACAA


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