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SPORTS, 1B

# The Herald-Times

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## HISTORY FOR SALE



These women, all Monroe County History Center volunteers in their 80s, are among those in charge of the annual garage sale. From left are Sue Ellen Bowman, Mary Ellen Kerber, Gayle Cook, Mary Lee Deckard and Kathy McFall.

PHOTOS BY LAURA LANE/HERALD-TIMES

## GARAGE SALE MARKS 40TH YEAR OF RESELLING TREASURES

Laura Lane The Herald-Times USA TODAY NETWORK

It was 40 years ago when a few women who volunteered at the Monroe County History Center, called the "historical society" back then, organized its first garage sale fundraiser.

There had been a fire at a southern Indiana variety store, and the undamaged contents were donated to the local group. "We decided we'd sell it," said Mary Lee Deckard, one of those early volunteers.

She and fellow history center supporters Kathy McFall and Gayle Cook arranged the merchandise inside what then was the old Seward Foundry on South Rogers Street, where metal tools were made for generations. The Cook Family Medical Clinic is there now.

The brick building was abandoned, and the women - now in their 80s - remember metal shavings mixing with dust swirling in the air. "We didn't have

"We save all of these things, find a new place for them, and the money, it goes right back to benefit a good cause. And, we have a lot of fun."

Gayle Cook

any tables, so I put the dress patterns and books along a ledge," Deckard recalled.

"I did books then, and I'm still in charge of books," she said.

For the past year, she, McFall, Cook and other volunteers have been accumulating, sorting, cleaning, pricing and putting on display the thousands of items that are part of this year's garage sale, the history center's 40th.

Oh how things have changed since

See HISTORY, Page 5A



Pottery and ceramic items are displayed at the Monroe County History Center garage sale, opening Friday.

## IU switches strategies on vaccines

Incentives include drawings for books, tickets, tuition

Boris Ladwig The Herald-Times USA TODAY NETWORK

As an incentive to get its students, faculty and staff vaccinated, Indiana University is offering prizes including free books, season tickets for the Indianapolis Colts and even a full year of in-state tuition, worth up to \$11,220.

To get the prizes, participants must upload their vaccine verification card. Thirty weekly winners in random drawings will be announced through the end of June. Winners of the grand prizes will be revealed July 2.

The university decided to offer the incentives after watering down its requirement that all faculty, staff and students be vaccinated by the fall.

The university initially said all staff, faculty and students would be required to be vaccinated, but after public backlash and criticism from the state's attorney general, the institution decided to still require vaccinations - but to no longer require proof of vaccination.

"What we've found is that an incentive program for people who haven't quite made time or (who are) on the fence ... would help them get over that hump," said Kirk White, assistant vice president for strategic partnerships.

The incentives are arriving as the number of Monroe County residents who are getting their first inoculation continues to fall sharply.

At the end of May, weekly first-shot inoculations fell below 1,000 for the first time this year.

In early April, the number of people who got their initial vaccination in Monroe County exceeded 7,000, but that number fell below 2,000 in early May. Making vaccines available to 12- to 15-year-olds in mid-May boosted the first-shot number for just one week.

While more than half of Monroe County's 133,000 eligible residents now are fully vaccinated, the waning interest among the remaining population is putting herd immunity all but out of reach. At the current inoculation pace, it would take about 10 months, or until May 2022, to get 75% of eligible Monroe County residents vaccinated.

The vaccination effort has been scaled back already, and health and IU officials said Friday that likely will continue, though an end to the vaccination campaign has not been set. As

See INCENTIVES, Page 8A

## Sycamore Land Trust's Cedar Preserve closes

Carol Kugler The Herald-Times USA TODAY NETWORK

Another Monroe County natural area is now closed to the public after a significant increase in people visiting the preserve has adversely affected plants and animals at the site.

The Cedars Preserve, which has a 20-acre stand of eastern red cedars in the southwestern portion of Monroe County, was closed in May by Sycamore Land Trust.

"Visitation has really gone up a lot in the past year, during COVID," said John Lawrence, executive director of the land trust.

Lawrence said prior to the pandemic, visitation to the 40-acre preserve was increasing, but even more people visited as they searched for ways to recreate in physically distanced ways.

Sycamore Land Trust already had closed the popular Amy Weingartner Branigin Peninsula Preserve on weekends and holidays because of increased use in 2020. One of the problems at the peninsula preserve - which happens at others - is that the small parking lot fills up and visitors park along the adjoining roadways. No overflow parking is allowed at the peninsula preserve and it's discouraged at other nature preserves as well.

While the Cedars Preserve closure is more recent than others, it's a problem most natural areas have been facing in the past year.

"It's every public trail, open space and park," Lawrence said of the high visitor use in the past year.

At the Cedars Preserve the signs of overuse included loss of vegetation along trails, erosion along trails, and people walking off-trail and forming unauthorized paths through the preserve. Some of the spring wildflowers that bloom in the preserve also were adversely affected, Lawrence said.

See PRESERVE, Page 5A



The trail through the Cedars Preserve has gotten a lot of use during the past year. COURTESY PHOTO

### Protests, one year later

What Indianapolis activists say has, and hasn't, changed since last year. 3A

### Moment of truth

Schumer says June is crucial month for progress on Biden's priorities. 4A

### Weather

High 78° | Low 68° T-storms. Forecast, 8A

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# Preserve

Continued from Page 1A

While most outdoor areas have had high use in the past year, Lawrence explained that the land trust's preserves are different from city and county parks since preservation of the natural habitat is a primary focus.

"Preservation is first and foremost," he said. "And we like to have visitation where we can."

For city parks such as Bryan Park, it's the recreational use by people that comes first. Whether people walk along the paths or stray off slightly onto the grass isn't as big a concern.

Both Sycamore Land Trust and the Hoosier National Forest have posted signs as well as information on their websites and social media reminding people of the best use practices, including Leave No Trace principles, so everyone who visits will have a similar experience in a natural setting.

The Hoosier National Forest has posted many signs and information on social media in the past year about the need for people to recreate responsibly, especially along the shore of Lake Monroe, a popular spot for people to fish, camp, boat and swim.

The national forest area includes the Charles C. Deam Wilderness, which has more restrictions than the forest at large. No wheeled vehicles are allowed within the wilderness and parking along the roads within the wilderness is prohibited.

Lawrence said the smaller size of the Cedars Preserve and the Amy Weingartner Branigin Peninsula Preserve, which is 48 acres, means there's less space for people to roam. Some of the other popular preserves that remain open to the public, such as Touch the Earth Natural Area, are much larger.

Inviting people to natural areas such as the preserves not only exposes them to areas of verdant landscape but also is a teaching opportunity, Lawrence said, especially for the people who are just now finding their way to the natural areas.

"It's different from a park," Lawrence said. "There aren't trash cans and restroom facilities. It's not wide open to do all these activities that are more impactful in a natural area."

Lawrence said people need to understand it's important to stay on the trails so the preserve's plants and soil

## Guidance for recreating responsibly

The Hoosier National Forest has shared these guidelines for people who are outdoors:

- Follow the guidelines provided by the Centers for Disease Control and Prevention on preventing illnesses like the coronavirus.
- Adhere to the guidance in your local communities, state or region for social distancing and other precautionary steps.
- If an area is crowded, please search for a less occupied location.
- Consider avoiding the forest during high-use periods.
- Law enforcement and/or search and rescue operations may be limited due to COVID-19 issues. High-risk activities should be avoided.
- Always check status before planning to visit national forests.
- Avoid visiting the forest if you are sick and/or experiencing COVID-19 symptoms.
- Take your trash with you when you leave. Trash overflowing the receptacles or just left on the ground becomes litter and can be harmful to wildlife and attract pests.
- Dispose of human waste properly. Unmanaged waste creates a health hazard for our employees and for other visitors.
- Keep campfires small, never leave them unattended, and drown the fire when done. Follow campfire safety best practices.
- Follow Leave No Trace guidelines.

are not damaged, which can affect the wildlife.

"Leave it like you found it or better," he advised.

And if the parking lot at the preserve or another outdoor area is full, Lawrence said it's best for people to find a different place to hike, bike, watch birds or just get outdoors.

"We want people to come out and visit and enjoy nature," he said. "But we have to balance it with not impacting the land and the wildlife and the plants too much."

# History

Continued from Page 1A

1981.

This week's sale, 8 a.m.-4:30 p.m. Friday and Saturday, is being held inside a 33,000-square-foot warehouse at 4015 E. Profile Parkway. It has bright overhead lighting and merchandise displayed like you would see it in a fine retail store on tables as far as the eye can see.

No iron particles and no dust.

One week before the sale, Deckard, McFall, Cook, Sue Ellen Bowman, Mary Ellen Kerber and Linda Stafford were pricing merchandise and finding places to display it. Longtime volunteer Linda Forshee was missing, out of town for her grandson's graduation. She vowed to be back by Wednesday.

Forshee has spent hundreds of hours behind the scene during the pandemic, one of "the garage sale ladies" that make the event happen.

"We save all of these things, find a new place for them, and the money, it goes right back to benefit a good cause," said Cook, who has been involved from the start. "And, we have a lot of fun."

Friday afternoon, owl paintings donated by the family of Patty Pizzo, who recently died, were being evaluated and placed in the artwork area. Donated pieces from noted artists in the collection of Lois Heiser, who died in April, are featured at the garage sale.

During the pandemic, people cleaning out closets and attics brought in more donations for the sale than ever, Bowman said, keeping her and other volunteers busy. The organizers said they have heard from people who have been saving their money during the pandemic, anticipating the history center sale.

The women have sorted through it all. Textile items, from quilt tops to 1950s kitchen aprons, are washed and pressed smooth with an iron when needed. Each piece of crystal, china, dishware and glass is shined. Knick knacks get polished. Bicycles are repaired and ready to ride. The countertop appliances for sale in the kitchen area have been tested and they work.

The sale is "for people who appreciate finer things but who can't always af-

## If you go

**What:** Monroe County History Center annual garage sale.

**Where:** 4015 W. Profile Parkway.

**When:** 8 a.m.-4:30 p.m. Friday and Saturday.

ford them," Deckard said. High-end items are sold way below actual value. And \$1 can buy a treasure here.

Cook is in charge of the jewelry, and each year the assortment grows. The eclectic mix of bracelets, rings, necklaces, earrings and fancy pins are displayed as if in a jewelry store. There's a man's section this year, which includes watches, cuff links and pocket knives.

Next to the jewelry is the vintage clothing, hat and purse department, and there is a big selection, especially of women's hats from the days when a dressy outfit was not complete without one.

Toward the back of the warehouse is so much Christmas decor, table after table stacked high. There wasn't room for it all, Bowman said.

And parked outside are two cars donated to this year's sale: a silver 2012 Mercedes ML350 SUV with new tires and 43,000 miles on the odometer for \$22,000, and a gray 2016 Cadillac CTS4 with 58,000 miles selling for \$19,500.

Last year, because of pandemic restrictions, shoppers at the garage sale had to make an appointment, and there were a limited number of slots. But this week, the sale is back open to the public, with long lines expected each morning at 8.

The sale starts early, on Wednesday, for Cook employees and Monroe County History Center members. Anyone who wants to shop early can pay the membership fee at the sale that day. The cost is \$10 for students, \$20 for teachers, \$40 for other individuals and \$50 for a family.

Security guards will direct cars in and out of the lot. There are 100 parking spots available at the sale site.

"We just ask for everyone's patience as we work to get everyone into the sale," said Andrea Hadsell from the history center. She asked that shoppers who aren't fully vaccinated against COVID-19 wear a mask inside the building as a precaution.

PAID ADVERTISEMENT

# Men's Virility Restored in Clinical Trial; 275% More Blood Flow in 5 Minutes

A newly improved version of America's best-selling male performance enhancer gives 70-year-old men the ability and stamina they enjoyed in their 30's.

America's best-selling sexual performance enhancer just got a lot better.

It's the latest breakthrough for nitric oxide - the molecule that makes E.D. woes fade and restores virility when it counts the most.

Nitric oxide won the Nobel Prize in 1998. It's why "the little blue pill" works. More than 200,000 studies confirm it's the key to superior sexual performance.

And this new discovery increases nitric oxide availability resulting in even quicker, stronger and longer-lasting performance.

One double-blind, placebo-controlled study (the "gold-standard" of research) involved a group of 70-year-old-

men. They didn't exercise. They didn't eat healthy. And researchers reported their "nitric oxide availability was almost totally compromised," resulting in blood flow less than HALF of a man in peak sexual health.

But only five minutes after the first dose their blood flow increased 275%, back to levels of a perfectly healthy 31-year-old man! "It's amazing," remarks nitric oxide expert Dr. Al Sears. "That's like giving 70-year-old men the sexual power of 30-year-olds."

## WHY SO MUCH EXCITEMENT?

Despite the billions men spend annually on older nitric oxide therapies, there's one well-known problem with them.

They don't always work.

A very distinguished and awarded doctor practicing at a prestigious Massachusetts hospital who has studied Nitric Oxide for over 43 years states a "deficiency of bioactive nitric oxide... leads to impaired endothelium-dependent vasorelaxation."

In plain English, these older products may increase levels of nitric oxide. But that's only half the battle. If it's not bioactively available then your body can't absorb it to produce an erection.

Experts simply call it the nitric oxide "glitch." And until now, there's never been a solution.

## NEXT GENERATION NITRIC OXIDE FORMULA FLYING OFF SHELVES

Upon further research, America's No. 1 men's health expert Dr. Al Sears discovered certain nutrients fix this "glitch" resulting in 275% better blood flow.

He's combined those nutrients with proven nitric oxide boosters in a new formula called *Primal Max Red*. In clinical trials, 5,000 mg is required for satisfying sexual performance.



A new discovery that increases nitric oxide availability was recently proven in a clinical trial to boost blood flow 275%

*Primal Max Red* contains a bigger, 9,000 mg per serving dose. It's become so popular, he's having trouble keeping it in stock.

Dr. Sears is the author of more than 500 scientific papers. Thousands of people listened to him speak at the recent Palm Beach Health & Wellness Festival featuring Dr. Oz. NFL Hall of Fame quarterback Joe Namath recently visited his clinic, the **Sears Institute for Anti-Aging Medicine**.

*Primal Max Red* has only been available for a few months - but everyone who takes it reports a big difference. "I have the energy to have sex three times in one day, WOW! That has not happened in years. Oh, by the way I am 62," says Jonathan K. from Birmingham, AL.

## HOW IT WORKS

Loss of erection power starts with your blood vessels. Specifically, the inside layer called the endothelium where nitric oxide is made.

The problem is various factors THICKEN your blood vessels as you age. This blocks availability causing the nitric oxide "glitch." The result is difficulty in getting and sustaining a healthy erection.

How bad is the problem?

Researcher shows the typical 40-year-old man absorbs 50% less nitric oxide. At 50, that drops to 25%. And once you pass 60 just a measly 15% gets through.

To make matters worse, nitric oxide levels start declining in your 30's. And by 70, nitric oxide production is down an alarming 75%.

*Primal Max Red* is the first formula to tackle both problems. Combining powerful nitric oxide boosters and a proven delivery mechanism that defeats the nitric oxide "glitch" resulting in 275% better blood flow. There's not enough space here to fully explain how it works, so Dr. Sears will send anyone who orders *Primal Max Red* a free special report that explains everything.

## MORE CLINICAL RESULTS

Nutrients in *Primal Max Red* have logged impressive results.

In a *Journal of Applied Physiology* study, one resulted in a 30 times MORE nitric oxide. And these increased levels lasted up to 12 hours.

"I measured my nitric oxide levels, you can buy a test kit from Amazon," reports 48-year-old Jeff O. "Monday night I showed depleted."

Then he used ingredients in *Primal Max Red* and, "The results were off the charts. I first woke around 3 a.m. on Tuesday very excited. My nitric oxide levels measured at the top end of the range."

## FREE BONUS TESTOSTERONE BOOSTER

Every order also gets Dr. Sears testosterone boosting formula *Primal Max Black* for free.

"If you want passionate 'rip your clothes off' sex you had in your younger days, you need nitric oxide to get your erection going. And testosterone for energy and drive," says Dr. Sears. "You get both with *Primal Max Red* and *Primal Max Black*."

## HOW TO GET PRIMAL MAX

To secure free bottles of *Primal Max Black* and get the hot, new *Primal Max Red* formula, buyers should contact the Sears Health Hotline at 1-800-861-9372 within the next 48 hours. "It's not available in drug stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer."

Dr. Sears feels so strongly about *Primal Max*, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back," he says.

The Hotline will be open for the next 48 hours. After that, the phone number will be shut down to allow them to restock. Call 1-800-861-9372 to secure your limited supply of *Primal Max Red* and free bottles of *Primal Max Black*. You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. Use Promo Code NP0621RED22 when you call in. Lines are frequently busy, but all calls will be answered.

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