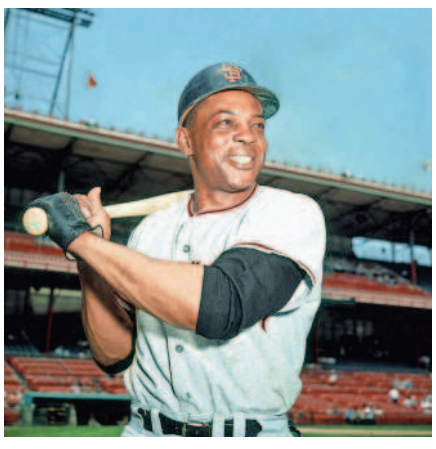

Willie Mays, the 'Say Hey Kid,' was one of baseball's best

SPORTS, 1B

The Herald-Times

THURSDAY, JUNE 20, 2024 | HERALDTIMESONLINE.COM BLOOMINGTON, IND. | PART OF THE USA TODAY NETWORK

The agricultural fields and woods along Bean Blossom Creek Cedar Ford Reconstructed Covered Bridge in northern Monroe County recently were given to Sycamore Land Trust by owners Bill and Kathleen Oliver. PROVIDED BY JOHN LAWRENCE

Sycamore Land Trust acquires 61 acres

Carol Kugler
The Herald-Times
USA TODAY NETWORK

Woods and agricultural fields near the Cedar Ford Reconstructed Covered Bridge in northern Monroe County recently were given to Sycamore Land Trust by owners Bill and Kathleen Oliver.

"It's just ripe for wetland restoration," said John Lawrence, executive director of Sycamore Land Trust, about the 61 acres along Bean Blossom Creek. "It's wonderful to have this property."

While the land can be seen by people passing by in vehicles on Old Maple Grove Road, Lawrence said the new addition to the Bloomington-based land trust won't get a parking lot or trail since it's part of a Wetland Reserve Easement program. That program is voluntary and allows landowners to establish a permanent conservation easement to protect, restore and enhance wetlands on their property through the Natural Resources Conservation Service, which is part of the U.S. Department of Agriculture.

The Olivers enrolled the land in the program before they donated it to Sycamore Land Trust. The Wetland Reserve Easement program prohibits building or using the property for agriculture and pays landowners for restoration costs.

See LAND, Page 2A

THIS WEEKEND

Y La Bamba, Jenn Cristy, Father Kentucky, Nu-Blu

Carol Kugler
The Herald-Times
USA TODAY NETWORK

It's finally summer and things are heating up — both the temperature and the local performances — with indoor and outdoor concerts (Friday, there's a lot of choices at Switchyard Park, the Orbit Room or at the Bus-Chum theater). Whether you like rock music or actual rocks (like gems, minerals and fossils or limestone), there's something for you.

Swing over to Switchyard Park for Tune-Yards and Y La Bamba

Eclectic best describes the music of Tune-Yards, a Oakland, California-based music project that will perform Thursday at Switchyard Park.

Following will be another eclectic group, indie folk pop band Y La Bamba.

The music begins at 6 p.m. with the main act at 7:15. Bring a blanket, chair and plenty of cool drinks.

There's an all ages afterparty at the Orbit Room with doors at 8 p.m. and DJ selections made by Tune Yards spinning at 10. Tickets are $11 in advance or $16 at the door. The Orbit Room is at 107 N. College Ave. Ste. 001.

Friday night it's Jenn Cristy on stage in Switchyard Park

Jenn Cristy will perform her brand of high-energy pop at Switchyard Park,

See WEEKEND, Page 3A

Intersections to close next month for about 90 days

Boris Ladwig
The Herald-Times
USA TODAY NETWORK

Prep work has begun on a $19 million major east-west thoroughfare that local officials have discussed for decades.

The project to connect West Fullerton Pike with West Gordon Pike will include traffic signals, a roundabout, a multi-use path, a sidewalk and a 500-foot bridge.

Workers have done some drilling and excavation work in expectation of an August delivery of bridge beams, said Lisa Ridge, director of the Monroe County Highway Department.

The bridge will be built first, with crews starting on the west side, she said, before work on the road connection begins.

Ridge said the $18.8 million contract, which was awarded to Indianapolis-based Milestone Contractors, calls for the project to be completed by July 2026.

The project is being paid mostly with local funds, including $8 million that the department borrowed, additional funds from the local road and street fund and about $3 million in federal dollars.

As part of the project, the intersection at Fullerton Pike and Rockport Road will be closed starting July 8 for 90 days, though Ridge said the duration of the closure likely would be shorter.

Ridge has said the project will make it much easier for people to head from the city's southwest side into Bloomington, including to Batchelor Middle School and the new library branch.

In the other direction, residents will be able to more easily access Monroe Hospital, Leonard Springs Nature Park and neighborhoods west of Interstate 69.

She also has said local officials have discussed a southwest connection for more than 30 years and hope the easier access to and from the interstate will spur development in the area.

The project also will include:

- A traffic signal at the Fullerton Pike/Rockport Road intersection.
- A roundabout at the Batchelor/Clear View/Gordon Pike intersection.
- A raised median measuring between 6 and 10 feet.
- A 10-foot multi-use path on the north side.
- A 5-foot sidewalk on the south side.

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Volume 148 | No. 37
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Stay safe, cool during extreme heat

Experts recommend adapting daily routine to limit outdoor exposure

Claire Thornton and Olivia Munson
USA TODAY

Scorching heat is bearing down on large swaths of the U.S., bringing multiple days of temperatures above 90 degrees Fahrenheit and heat advisories for millions from Ohio to New York to Maine.

Humidity will likely make the heat feel hotter in some places, forecasters warn, and days of near-record temperatures may strain energy infrastructure, increasing the risk of dangerous power outages that could leave people without air conditioning.

During extreme temperatures and heat waves, people may experience dehydration, heat exhaustion and, in the most extreme cases, heatstroke.

Experts say preparing and adapting your daily routine for the prolonged heat can help ensure your health isn't put at risk. As it heats up and many rely on fans and air conditioning more than ever, here are some tips to stay cool.

It is important to limit any kind of outdoor activity during the hottest parts of the day, said Bianca Feldkircher, lead meteorologist at the National Weather Service in Phoenix. If you can, try to put off outdoor activities until the morning or later in the day after the sun goes down.

Older Americans, people who work outside and those who take medications for conditions such as heart disease and blood pressure are among those at the highest risk for heatstroke, Dr. Fred Campbell, a professor at the University of Texas Health Science Center in San Antonio told USA TODAY during a similar mid-June heat wave in 2022.

Certain medications, including those to treat schizophrenia, can interfere with the body's ability to regulate temperature. For older Americans, the risk is also high because the ability to regulate body temperature declines with age, Campbell said.

Getting inside and into the air conditioning is always helpful to stay cool, along with finding some shade and drinking lots of water. If you live somewhere without air conditioning, experts recommend opening windows at night and closing them before the afternoon heats arrives.

Typically, most areas see the hottest weather between 1 p.m. to 6 p.m. That's when it's most important to try to keep cool.

Stay hydrated

According to the Red Cross, adults should drink, on average, 96 ounces of liquids a day.

When it comes to hydrating, it's best to drink water with added electrolytes, Dr. Ryan Lamb, medical director at UNC Rex Hospital in Raleigh, North Carolina, told USA TODAY in 2022. Capsules or tablets used to flavor water are an easy way to add a little bit of salt, as opposed to drinking sugary sports drinks.

Eating foods that have a high water content, such as certain fruits and vegetables, can also keep you hydrated, Feldkircher said.

Keep body cool

The human body is always trying to regulate its internal temperature. When it's hot, the body cools itself through sweating. However during heat waves, that can't happen as easily.

When your sweat evaporates, it takes heat away from your body. But when it's humid, the sweat has nowhere to go and doesn't cool the body as effectively, Lamb said.

"The water can't evaporate into anywhere, because it's already in the air and so there's nowhere for the moisture to go," he said.

Older people and young children have difficulty regulating their internal temperature, so having multiple fans "directly blowing" on them can make a big difference, Campbell said.

Watch for heat exhaustion

When people are unable to regulate their body temperatures, they can begin to experience the effects of heat exhaustion.

While many side effects of heat exhaustion can be mild, severe heat exhaustion – known as heatstroke – can turn deadly. Heatstroke happens when your body becomes unable to control its internal temperature.

But noticing signs of heat exhaustion can be challenging, Lamb said.

"The one unfortunate thing is that we don't necessarily see you progress from mild to moderate to severe," he said. "So unfortunately, sometimes you could spend the afternoon with someone and then you turn around and realize they're 'severe' and you didn't see any other symptoms."

Protect pets

Hydration also is key when keeping pets cool. And it is vital for them to drink the right amount of water every day.

It's best to avoid taking pets outside during the midday heat, according to Purina. During the hottest parts of the day, take play and exercise indoors.

Have air conditioners and fans to cool your space on hot days, according to the American Kennel Club and Blue Cross. Good air circulation in the home is also important.

Wetting a dog's coat can effectively cool them down, according to Blue Cross. Even if your pup just dips its paws in, the water will be absorbed, and heat will be released through its paws.

Symptoms of heat exhaustion

- Heat rash, which can be itchy
- Swelling in the hands and feet
- Loss of consciousness
- Feeling sick to your stomach
- Cramping
- Confusion

Seek immediate medical attention if somebody is showing signs of confusion or disorientation, according to Dr. Ryan Lamb. If you see any signs of confusion, or someone being disoriented, seek immediate medical attention, Lamb said. Experts also recommend seeking medical attention if symptoms worsen within an hour.

Recovering from heat exhaustion can take between 24 to 48 hours, according to Mount Sinai. If symptoms don't improve during that time frame, seek medical attention.

Woods and agricultural fields near the Cedar Ford Reconstructed Covered Bridge in northern Monroe County recently were given to Sycamore Land Trust by owners Bill and Kathleen Oliver. PROVIDED BY DANIEL LAYTON

Land

Continued from Page 1A

"It would be wonderful for more landowners to enroll in WRE, so wildlife like waterfowl, herons and bald eagles can have more habitat, and people can benefit from improved water quality and flood control," Lawrence said.

Lawrence called the land a "wonderful parcel" that has a mile of frontage along Bean Blossom Creek. It's just south of Sycamore Land Trust's Beanblossom Bottoms Nature Preserve, where people can walk along the boardwalk and trails into the wetlands.

More land added to the Beanblossom Creek Conservation Area

The 61-acre property is one of the latest additions to the Beanblossom Creek Conservation Area, which extends from the headwaters of Beanblossom Creek in Brown County through Monroe County to its confluence with the White River on the border of Owen County. Sycamore Land Trust acquired its first property (the Restle Natural Area) within the conservation area in 1993 and currently has more than 2,200 acres.

In addition to the land next to the covered bridge, Sycamore Land Trust also purchased 26 acres adjacent to its Beanblossom Bottoms Nature Preserve. The land is now the John Allen England Nature Preserve and connects to the land trust's Restle Natural Area.

The goal is to provide a corridor for wildlife and native plants as well as some recreational trails for people.

Not all properties are open to the public.

Contact Carol Kugler at ckugler@heraldt.com

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Postal information
The Herald-Times, USPS# 143140, is published 6 days per week excluding Saturday, Memorial Day, Independence Day, Labor Day, Thanksgiving (observed), Christmas Day (observed) and New Year's Day (observed) by Gannett Media Corp, 1840 S. Walnut St., Suite 110, Bloomington, IN, 47401. Periodicals postage paid at Bloomington, IN and additional mailing offices. **Postmaster:** Please send address changes to The Herald-Times, 1840 S. Walnut St., Suite 110, Bloomington, IN, 47401.