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HOSTED BY DICK WOLFSIE | FEBRUARY 6 - 14, 2026

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## ■ TODAY'S VERSE

Proverbs 31:28

Her children arise up, and call her blessed; her husband also, and he praiseth her.



How much money are we spending on Halloween decorations now? Something like \$10 to \$14 billion? And people wonder what's wrong with the world?

## ■ HAMILTON HAPPENINGS

Ever wanted to know what it feels like to drive a really big vehicle? Maybe an 18-wheeler? A tank? A giant dump truck? Well, how about a school bus? Saturday is your chance to get behind the wheel of a bus in the safety of the school parking lot and learn what it's really like to be a school bus driver, including paid training and benefits. It all happens Saturday at the Noblesville Schools Transportation Center, 19790 Hague Rd. from 9 a.m. to noon. Participants must have a valid driver's license and be at least 21 years of age

## ■ QUOTE OF THE DAY

"Charlie Brown is the one person I identify with. C.B. is such a loser. He wasn't even the star of his own Halloween special."

## ■ JOKE OF THE DAY

What would you call the ghost of a door-to-door salesman?  
A dead ringer

## ■ ADOPT A PET PIPER BEA



Piper Bea is a quiet, gentle, and oh-so-easy-to-love cat with so much love to give. This 10-year-old female domestic shorthair has been available for adoption at the Humane Society for Hamilton County (HSHC) since 8/4/25. Whether she's making biscuits on her cardboard scratcher, chasing a string toy, or tracking down the elusive red dot, Piper Bea knows how to keep things entertaining. If you're looking for a friendly, playful companion who's ready to settle into her forever family, Piper Bea is the perfect girl for you. She would love to meet you at HSHC anytime Monday-Tuesday or Thursday-Sunday from 12-5 PM. To meet her, please fill out an adoption application at [hamiltonhumane.com/adopt](http://hamiltonhumane.com/adopt)

# The TIMES



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## ■ BOOMER BITS RETIREMENT

### Like to Retire Early, But Don't Want SS Reduced



ASK RUSTY  
Social Security  
Advisor

**Dear Rusty:** I will be 65 this year and my husband is 72 (he retired in 2019 at age 66). I would like to retire and enjoy some time with him before he gets too much older. I do not want to have my benefits cut by retiring earlier, but I don't see a way to be able to do that. My benefit will be \$1343 on my full retirement age (FRA). If I took half his retirement when he retired, it would be less than mine. If I take early retirement and he passes away before me, would I get his full benefit as his survivor, or will it be cut? We are trying to figure it out. His current benefit (before Medicare Part B) is \$2978. It's very confusing. Signed: Confused and Wondering

**Dear Confused:** Whenever any Social Security benefit is claimed earlier than full retirement age (FRA), the

See RUSTY Page 3

## ■ BOOMER BITS KNOWLEDGE

### Easy Ways to Brush Up on Your History IQ

**(Family Features)** Learning more about events from the past can help make sense of current circumstances and inform the future. Equipping yourself with historical knowledge gives you the ability to understand how contemporary society came to be.

By taking advantage of the wealth of resources available today, you can take a deeper dive into past events and learn

how they affected individuals and larger groups alike, such as U.S. military members.

#### Head to Your Local Library

If you haven't spent much time in a library, you may be surprised by the wealth of information available. You can find letters and other documents – whether in physical copies or accessible via online records with a library card – that provide a first-hand

See IQ Page 5

## Post Office Hiring Rural Carrier Assistants

The Postal Service is hiring rural carrier assistants across the state. The positions pay \$20.38 per hour plus some benefits.

There are plenty of opportunities for job seekers to ask questions and receive assistance during Postal Service Job Fairs at different locations across Indiana on Oct. 10. Several Fairs seek to hire for other nearby offices, as well.

To assist potential applicants, USPS personnel will be onsite at the Job Fairs to provide detailed information about the positions and to answer questions. Applications are accepted online only at [www.usps.com/careers](http://www.usps.com/careers). Search for positions in "Indiana" for an opening near you. Applicants must be 18 years of age and be available to work weekends and holidays. See the job posting for full details for duties, responsibilities, requirements, and benefits information. Job postings are updated frequently, so check back often for additional opportunities.

A new resource, the USPS Blog, offers Did You Know and Tips on how to apply for USPS jobs - How to Apply for a Postal Service Job - Postal Posts

Job Fairs will be held on Friday, Oct. 10, from 10 a.m. to 2 p.m. in various locations.

Accepting a position with the United States Postal Service is the first step that could lead to a long, fulfilling career with a dynamic, forward-thinking organization committed to delivering for the American people. USPS is an organization that promotes largely from within, offering career development to help prepare employees achieve their professional goals.

## ■ BOOMER BITS HEALTH

# YOU'RE NOT ALONE

## Understanding, Managing Menopause Symptoms

**(Family Features)** Hot flashes may be one of the better-known indicators of menopause, but women may experience a wide range of symptoms as they enter this stage of life. However, treatment options can ease, if not alleviate, most of these experiences.

Menopause signals the end of a woman's reproductive years, beginning as early as their

30s for some women. This natural process results in the stop of menstruation with the shifting hormones also creating a list of physical and emotional symptoms.

Perimenopause, which commonly occurs in the mid-to-late-40s, lasts 4-8 years. This transitional stage is characterized by fluctuating ovarian activity, which can alter the frequency and duration

of a woman's period and disrupt estrogen production. Menopause is officially reached when the ovaries cease ovulation and a woman has gone 12 months without a menstrual period.

Despite increasing conversations among peers, many women experience disruptive symptoms and have

See Menopause Page 5

## ■ THREE THINGS YOU SHOULD KNOW

**1.** An illegal immigrant who allegedly caused a deadly crash in Indianapolis in 2010 and fled the state, was arrested Friday, Sept. 26 in Oklahoma by the FBI. Israel Espinosa, 36, is accused of driving a Nissan Altima that slammed into an SUV stopped at a traffic light on Nov. 27, 2010. A passenger in the SUV, 16-year-old Megan Ratliff, died at the scene. Espinosa fled on foot. Reports indicated empty alcohol containers were found in the Nissan. Espinosa faced several charges in the crash, including reckless homicide, failure to stop after a fatal crash, and operating a vehicle while never licensed but fled the state and has been on the run since. The investigation into his flight to avoid prosecution was conducted by FBI Indianapolis' Violent Crime Task Force as part of Operation No Escape which focuses on locating and arresting violent fugitives. The VCTF developed information Espinosa was in the Oklahoma City area and coordinated with the FBI Oklahoma Field Office Sept. 26, who arrested him later that day.

**2.** As concrete for the first floor of the new Westin Indianapolis Airport Hotel is being poured, Indianapolis Airport Authority Board Treasurer Robert Thomson reports that the IAA is standing on rock-solid financial footing. Each of the big three rating agencies – Fitch Ratings, Moody's Investor Services and Standard and Poor's Global Ratings -- have assessed the IAA with a "stable outlook" ranging from A+ to A. IAA's credit rating reflects a strong financial position and a stable, diverse market.

**3.** The Office of Lt. Governor Micah Beckwith and the Indiana Office of Community and Rural Affairs announced this week that North Vernon is the 2025 PreservING Main Street community. The PreservING Main Street grant will provide the community with up to \$2 million to revitalize historic buildings in the downtown district. PreservING Main Street is a joint effort between OCRA, Indiana Humanities and Indiana Landmarks. The multifaceted community development program is designed to build a sustainable historic preservation community ethic, increase local capacity for Main Street programs and serve as a comprehensive downtown revitalization model. To learn more about the PreservING Main Street program, visit [in.gov/ocra/preserving-main-street](http://in.gov/ocra/preserving-main-street).

## THE TIMES IS HIRING!

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# The TIMES

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## Heights Superintendent Shares District Update



**Dr. Derek Arrowood**  
Superintendent

Hamilton Heights. I'm proud to serve in a district where our teachers go above and beyond—not only to help students reach their full potential, but also to build a school culture rooted in care, excellence, and connection. To all our educators: thank you for the difference you make in the lives of our young people and in the heart of our community. Please join me in thanking a teacher who's made a meaningful impact in your child's life. A simple note, kind word, or gesture of appreciation can go a long way.

Hamilton Heights is proud to offer academic support that extends beyond the school day. We've compiled a list of available educators for families interested in fee-based tutoring services. These dedicated teachers are available to support students in a wide range of subjects—including math, English, chemistry, algebra, reading, civics, history, and geometry—across all grade levels. In addition, we maintain a list of qualified Junior and Senior student tutors, also offering services for a fee. For families who prefer student-led support, please contact the counseling office in your child's building for more information.

Whether your child needs a confidence boost, help mastering a tough concept, or enrichment beyond the curriculum, tutoring can make a dramatic difference. Research shows that one-on-one support not only improves grades, but also builds stronger study habits, deeper understanding, and renewed motivation. We are offering tutoring services during the school year and over the summer.

Behind every student's journey to greatness at Heights are the steady hands and open hearts of our community. Thank you. #WeAreHuskies

*Dr. Derek Arrowood is the Superintendent of the Hamilton Heights School Corporation. His columns*

World Teachers' Day is Sunday. I want to take a moment to express my deepest appreciation for the extraordinary work our educators do every day. Their dedication to creating positive, supportive, and empowering learning environments is the foundation of student success at

## LIONS...LIONS EVERYWHERE



Photos courtesy Noblesville Lions

Noblesville and Westfield Lions distributed food for Gleaner's on Tuesday, Sept. 23 to 170 families. From left: Tiny Eich, Rollin Cutter; Second row from left: Bob Ginder, Joe Connerly, Bruce Moss, Jerry Baker, Cheryl Helton, Jeanne Auffrey, Bill Nesbitt, Linda Williamson, Ron Williamson; Third row from left: Scott Willis, Ron Eich, Ron Sinicki, Jeff Kozicki, Andy Luckey, Linda Hallett, Mark Hallett, Steve Shaw



The Noblesville Lions welcomed Anna Welchel from the Indiana State Fairgrounds at the Sept. 24 meeting. Anna gave an engaging presentation about the Indiana State Fairgrounds, its history and the many events held throughout the year. The first Indiana State Fair was held in 1852, but it didn't have a permanent home in Indianapolis until the current fairgrounds were purchased in 1891. The fairgrounds include over 1.2 million square feet of event space on a 250 acre property. Over 400 events and 2 million visitors are hosted annually. Anna shared that the number one reason to attend the state fair is the food—both eating it and learning about it. She was recognized by Noblesville Lions President Walt Scheid for her presentation.



The Noblesville Lions served up lunch for guests of the Prevail, Inc. Autumn Fest on Saturday, Sept. 27. Stephen Craig as Stanley Lion gave a wave to everyone there.



From left: Steve Shaw, Bruce Moss, Gene Beck, Christy Oakes, Walt Scheid, Julia Kozicki, Lisa Rohe, Jen Carr, Tim Baker, Scott Willis, Jeff Dick.



Lion Christy Oaks danced with Pacers mascot Boomer while Lions Gene Beck, Mark Bachar, and Julia Kozicki looked on.

## The Times

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# Applications open for 2026 Songbook Academy

High school students can apply earlier than ever this year for the transformative Songbook Academy® summer music intensive, a chance to hone their singing and performance skills under the guidance of Broadway stars, university educators and other arts and entertainment professionals.

Now in its 17<sup>th</sup> year, the Songbook Academy selects 40 talented teen vocalists from across the country for an exciting week of workshops, masterclasses, and performance opportunities on the Payne & Mencias Palladium stage at Allied Solutions Center for the Performing Arts in Carmel. Presented by the Great American Songbook Foundation and its founder, five-time GRAMMY-nominated performer and preservationist **Michael Feinstein**, the 2026 Songbook Academy will take place July 11-18.

Applications will be accepted through March 22, 2026, and the 40 selected participants will be notified in mid-April. Every applicant, regardless of acceptance status, will receive feedback from a national screening panel of music educators and entertainment industry professionals.

This year students can enjoy exciting benefits by applying to the program early:

- **Exclusive Bonus Video** – Every student who opens an application will receive a special video message from an award-winning Songbook Academy screener with tips on navigating the application process.
- **Discounted Application Fee** – The fee will remain just \$50 through Feb. 28, 2026, before increasing to \$80.
- Benefits for participants include:
  - Personalized mentorship from industry professionals
  - Performing in state-of-the-art concert facilities
  - Developing a strong knowledge

- base in American popular music
- Building lifelong connections in an inclusive musical environment
- Gaining confidence as singers and storytellers

The Songbook Academy is widely known for its top-notch faculty of coaches and mentors from prestigious university music programs and every corner of the performance industry. Guest Mentors in previous years have included stage and screen stars **Ashley Park** (*Only Murders in the Building*, *Emily in Paris*, *Mean Girls*) and **Ali Stroker** (*Oklahoma!*, *Ozark*, *Echoes*); Broadway standouts **Jessie Mueller** (Tony Award winner for *Beautiful: The Carole King Musical*), **Nikki Renée Daniels** (*Once Upon a Mattress*, *Company*), **Joshua Henry** (*Carousel*, *The Scottsboro Boys*, *Hamilton*), **Kate Baldwin** (*Big Fish*, *Finian's Rainbow*, *Hello, Dolly!*), **Telly Leung** (*Aladdin*, *Godspell*, *Glee*), **Lorna Courtney** (*Dear Evan Hansen*, Tony winner for *& Juliet*) and **Nasia Thomas** (*Six*, *Ain't Too Proud*); Postmodern Jukebox founder **Scott Bradlee**; **Cheryl Bentye**, **Janis Siegel** and **Trist Curless** of The Manhattan Transfer; and GRAMMY Award-winning artists **Nicole Zuraitis**, **Melissa Manchester**, **Catherine Russell**.

The young vocalists selected for the 2026 Songbook Academy will join a thriving alumni community whose members are making their mark across the world of music and theater. Alumni have gone on to Broadway and national tours, including **Nina White** (*Kimberly Akimbo*, *The Queen of Versailles*), **Kyrie Courter** (*Sweeney Todd*), **Adriana Scalice** (*Six*, *Mean Girls*), **Jack Ducat** (Buddy in the upcoming national tour of *Elf*) and **Eleri Ward** (opener for Josh Groban's Harmony Tour), while others like **Maddie Baillio** (NBC's *Hairspray Live!*, Netflix's *Dumplin'*)



Photo courtesy Wayne Images

**Michael Feinstein and student singers perform during the 2025 Songbook Academy at the Payne & Mencias Palladium in Carmel.**

have built careers in television and film. Alumni have also appeared on *The Voice* and *American Idol*, launched careers in opera and recording, and toured the country with groups like Postmodern Jukebox. Many continue their training at top programs such as University of Michigan's School of Music, Theatre & Dance, University of Cincinnati College-Conservatory of Music, and NYU Tisch School of the Arts.

"For any young people who are searching for a fabulous environment in which to learn the history, learn great songwriting, learn song interpretation and learn performance and music skills, the Songbook Academy would be the place," said Russell, the celebrated jazz/blues vocalist.

**How to apply**  
The Songbook Academy is open to active students in grades 9-12 as

of Sept. 22, 2025, who live in the United States. Applications must be submitted online by March 22, 2026, at [app.getacceptd.com/songbookacademy](http://app.getacceptd.com/songbookacademy). Applicants must submit videos of themselves performing two contrasting songs, preferably American popular songs written from the 1920s to the 1960s, a foundational era that produced some of the most influential jazz standards and Broadway and Hollywood hits of all time. For those accepted to attend, the \$1,000 program fee includes housing at Butler University, meals, and ground transportation throughout the week. Fee waivers and financial aid, including full scholarships, are available.

More details and application information are available at [TheSongbook.org/SongbookAcademy](http://TheSongbook.org/SongbookAcademy) or by email at [SongbookAcademy@TheSongbook.org](mailto:SongbookAcademy@TheSongbook.org).

## RUSTY

monthly amount is permanently reduced. If you were to retire at age 65, your Social Security benefit would be reduced by about 13% - in other words, if your FRA (age 67) amount is \$1343, at 65 you would get about \$1164. And at age 66 you would get about \$1253 per month.

Whether you would be entitled to a "spousal boost" from your husband depends on how your FRA amount compares to 50% of his FRA entitlement. If your FRA amount is less than 50% of his FRA amount, then you would get a "spousal boost," but the amount of that boost would also be reduced if you claim before your FRA. (Note: from the numbers you provided, you may be entitled to a spousal boost and, if so, it would be applied by Social Security when you claim).

Also, FYI, if you take

SS before your FRA and are still working, Social Security has an annual earnings test which limits how much you can earn while collecting early benefits. If you earn more than \$23,400 in 2025, you will likely not get all of your monthly SS payments (SS will take away some monthly benefits if you exceed the earnings limit). Of course, if you retire from working, this will not be a problem, because earnings before you claim SS won't count toward the limit.

When you claim your SS retirement benefit now will not affect your survivor benefit from your husband later. If your husband passes first, your benefit as a surviving spouse would be based on the amount your husband was receiving at his death. But if you were to claim your widow's benefit prior to your FRA, your survivor benefit would

also be reduced (the amount of reduction depends on how much before your FRA you claim your survivor benefit). If you claim your widow's benefit at or after you FRA, you will get 100% of the amount your husband was receiving at his death (instead of your own smaller amount). It will only be reduced if you claim before your full retirement age.

*This article is intended for information purposes only and does not represent legal or financial guidance. Russell Gloor is the, National Social Security Advisor at the AMAC Foundation, the non-profit arm of the Association of Mature American Citizens. To submit a question, visit our website ([amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).*

## INDOT Level Up 31 Project Begins

CARMEL, Ind., Oct. 1, 2025 - The City of Carmel encourages all residents and commuters to review the latest news release issued by the Indiana Department of Transportation (INDOT) regarding the Level Up 31 project.

This is a multi-year, state-led project by INDOT to enhance the I-465/U.S. 31 interchange. Although not a City of Carmel initiative, it will significantly impact local traffic flow, particularly near the 106th Street and U.S. 31 corridor.

Phase 1 construction

## Sheridan to Downtown Indy via Monon Trail

A ribbon cutting ceremony to commemorate the completion of the Monon Trail extension in Sheridan is scheduled for this morning in Sheridan.

With this extension, the Monon Trail now connects all the way through Hamilton County to downtown Indianapolis.

It takes place at 10 a.m. in Sheridan at the intersection of Second Street and West State Road 38.

The new trail extends 1.1 miles



is scheduled to begin on or after Monday, Oct. 6 and includes key closures such as the southbound U.S. 31 ramp to 106th Street and the closure of eastbound 106th Street under U.S. 31. For detailed detour maps, project timelines and the full scope of work, please refer to INDOT's official news release: INDOT Level

Up 31 Project Update.

All detour routes are posted on INDOT's [LevelUp31.com](http://LevelUp31.com) website.

Sign up for Level Up 31 project alerts via email or text message at [alerts.indot.in.gov](http://alerts.indot.in.gov).

Motorists are encouraged to visit [INDOT TrafficWise](http://INDOT.TrafficWise) at [511in.org](http://511in.org) to monitor conditions.

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# Strolling Through Rose-Colored Memory from 25 Years Ago



Purdue honored Drew Brees and many of his 2000 Big Ten Championship teammates a few weeks ago to celebrate the 25<sup>th</sup> anniversary of the Boilermakers' journey to their second Rose Bowl appearance.

Unless he was overlooked in the media reports leading up to the reunion, former head coach Jim Colletto should have been invited to the party. While Purdue won the Big Ten and ended a 34-year pursuit of a return trip to Pasadena, Calif., it probably doesn't get there without Colletto's efforts.

Colletto's final recruiting class at Purdue was probably his finest, and his background as an offensive line coach yielded 60 percent of the Rose Bowl line that arguably is the Boilermakers' best in two generations.

Future tackles Matt Light and Brandon Gorin, plus guard/center Chucky Okobi, signed with the Boilermakers on Feb. 7, 1996. That trio, plus defensive lineman David Nugent, would go on to play in the NFL.

"We won't know until three or four years down the road," Colletto said when asked to assess the class that helped Joe Tiller get off to a great start at Purdue.

Light, a future second round pick of the New England Patriots, came to Purdue from Greenville, Ohio, as a 6-5, 245-pound tight end. Purdue beat out Kentucky and Miami (Ohio) for Light's services.

Tiller converted Light to offensive tackle in 1997 and redshirted the future Super Bowl champion. Over the next three seasons, Light bulked up to 305 pounds.

Tiller did the same thing for Gorin, who arrived at Purdue from Muncie South as a 6-6, 250-pound defensive lineman. Gorin was a first-team Associated Press All-State defensive lineman who also

was pursued by Wisconsin and Indiana. Gorin bench-pressed his way up to 308 pounds by his final season in West Lafayette.

Okobi was already a massive 6-2, 295 pounds when making the journey from Hamden, Conn., to Purdue. More impressively, Okobi was timed at 4.9 seconds in the 40-yard dash while attending the Kentucky football camp before his senior year of high school. Also competing for Okobi's services were the Wildcats, Syracuse and several Ivy League schools.

Nugent put on 40 pounds after arriving from Collierville, Tenn., as a 6-6 tight end. Purdue won his services over Georgia Tech and Memphis.

The 24-man class also featured a handful of players who contributed to the success of Tiller's first three teams. The most notable was linebacker Mike Rose, who used his athletic ability to snare three interceptions against Northwestern in 1997, returning one for a touchdown.

Reserve defensive end Ike Moore was an unsung hero during the 2000 Rose Bowl season when he gave a pep talk to Brees following an interception that gave Ohio State the lead late in the game.

"If you break something, fix it!" Moore preached several times until he got Brees to snap out of his funk. Minutes later, Brees threw a game-winning touchdown pass to Seth Morales.

Wide receiver/kick returner Donald Winston, punter Danny Rogers and linebacker Brent Botts also made significant contributions in the years leading up to 2000.

As is usually the case during a coaching transition, Purdue's recruiting board was not in good shape when Tiller came on board in November 1996.

The unanimous opinion of the recruiting experts was that the Boilermakers' class of 1997 was 10<sup>th</sup> in the Big Ten, barely ahead of Minnesota.

"They are entitled to their opinion," Tiller told the Journal and Courier's Tom Kubat. "I never put a lot of stock in their opinions because they don't evaluate players the way we do. I look at their work as entertainment, and in that respect it's good for college football. It keeps people's minds on the sport and keeps them talking about it."

Tiller's belief in his evaluation skills yielded surprising results from the 18-man class. Sometimes recruiting is about who you know, and Tiller's relationship with Drew Bledsoe during his days at Washington State helped bring another Drew to West Lafayette from Texas.

Bledsoe was one of Brees' football heroes, so much so that Brees wore a Washington State cap on his official visit to Purdue. But a knee injury suffered at the end of his junior season at Westlake High School scared off Texas and his parents' alma mater, Texas A&M.

Despite a senior year that saw him earn Texas' Class 5A Offensive Player of the Year honors while leading Westlake to a 16-0 state championship season, Brees was only recruited seriously by Kentucky and Purdue.

"I liked both coaching staffs. But at Purdue, I think I'm going to have a chance to get some early playing time and maybe start my second year," Brees told Kubat leading up to signing day.

Check and Check. Brees saw limited action behind All-Big Ten quarterback Billy Dicken as a freshman. From then on, Brees blossomed into the 2000 Maxwell Award winner as college football's most outstanding player. The Pro Football Hall of Fame awaits early in 2026.

That 10<sup>th</sup>-ranked Big Ten class also included future defensive end standout Akin Ayodele from Grand Prairie, Texas; Tim Stratton, who won the first John Mackey Award as the nation's best tight end and a speedy receiver from West Palm Beach, Fla., named Vinny Sutherland.

Tiller's basketball on grass offense took the

Big Ten by surprise in 1997. The 9-3 season culminated with the first of two consecutive Alamo Bowl victories. The publicity also helped on the recruiting trail in 1998.

Travis Dorsch was a USA Today first-team All-American kicker coming out of Bozeman (Montana) High School. Dorsch lived up to the hype, as a four-year starting placekicker and winning the 2001 Ray Guy Award as the nation's best punter.

The 27-man class possessed quantity and quality, including the final two pieces of that Rose Bowl line. Guard Gene Mruczkowski was the last player to commit but like Gorin, Light and Okobi he would develop into an NFL player. Purdue beat out West Virginia, Cincinnati and Toledo for the Cleveland native.

Rob Turner was shifted from the defensive line to offensive guard by Tiller after choosing the Boilermakers over Virginia Tech and Duke.

Purdue mined Texas for three running backs who would contribute to the Rose Bowl squad. Montrell Lowe was undersized at 5-9, 178 pounds, but was a first-team All-State performer and member of the Texas Top 100. Lowe would leave Purdue with 2,648 yards and 15 touchdowns.

Fullback Sedric Brown was pried out of Victoria, Texas, after rushing for 1,421 yards and 30 touchdowns as a senior. Steve Ennis led Marcus High School in Flower Mound, Texas to the Class 5A state title with 2,403 yards and 30 touchdowns his senior year.

Linebacker Joe Odom of Bethalto, Ill., was the St. Louis Post-Dispatch Player of the Year but Purdue was his only official visit. He would go on to play three seasons with the Chicago Bears.

Ralph Turner was converted from quarterback to safety, where he would start 38 games.

Future starting offensive linemen Kelly Kitchel (Lewis Cass) and Pete Loughheed (Homestead), along with Parade All-Amer-



Photos courtesy Purdue Athletics

**Jim Colletto**

ican wide receiver A.T. Simpson (Cathedral) helped make the 1998 class one of the deeper group of recruits in many years.

Although they ran out of eligibility before 2000, junior college transfers Randall Lane, Cliff Jackson and J. Crabtree helped continue the Boilermakers' momentum under Tiller. Lane's breakout game came in 1998 at Wisconsin, hauling in 18 of Brees'



**Joe Tiller**

record 83 passes for 178 yards. Jackson amassed 220 yards and two touchdowns before suffering an injury in 1998. Crabtree rushed for 602 yards and two TDs in 1998.

Next time, the freshman class that completed the run for the Roses.

*Kenny Thompson is the former sports editor for the Lafayette Journal & Courier and an award-winning journalist. He has covered Purdue athletics for many years.*

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**Tropical Costa Rica**

**HOSTED BY DICK WOLFSIE | FEBRUARY 6 - 14, 2026**

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**Menopause**

*Continued from Page 1*

difficulty managing them, according to a Nielsen IQ Aging America Forecast. Additionally, 90% of women reported never having been taught about menopause in school, according to a study published in "Post Reproductive Health."

Uncomfortable symptoms like hot flashes, vaginal dryness and weight gain often begin during perimenopause and may continue through post-menopause – in some cases, for the rest of a woman's life. The intensity and duration of these symptoms can vary from person to person.

With 45% of women in the U.S. currently experiencing some phase of menopause, per the Nielsen IQ Aging America Forecast, K-Y, is on a mission to provide support and relief where it's most needed and empower women to take control of their menopause journey at every stage – because if you know, you know.

**Beat the Heat and Soothe Hot Flashes**

Prevention is one of the most effective ways to manage hot flashes – those sudden waves of heat that often affect a woman's chest, neck and face, sometimes accompanied by sweating and redness. Identifying and avoiding common triggers such as caffeine, alcohol or spicy foods can make a difference. Calming exercises, like slow, steady breathing, can help bring a hot flash under control as can a

cold drink, cool shower or portable fan.

**Deal with Dryness to Restore Moisture**

Hormonal changes can cause vaginal dryness, often leading to discomfort. To alleviate this discomfort, try a non-prescription product designed to add moisture, such as K-Y Liquibeeds. Uniquely formulated and hormone-free, the vaginal moisturizer is designed to provide long-lasting relief to discomfort, caused by menopause and everyday activities, for up to three days.

**Master Moods Caused by Hormone Changes**

Fluctuating hormones during menopause can impact your mood, leading to unexpected emotional highs and lows. While some doctors prescribe hormone treatment, such as birth control pills, to help regulate hormone swings, you can also manage mood issues by doing activities that bring joy and minimize stress. Mindful exercise, like yoga or tai chi, can help manage your shifting moods.

**Ease Your Headaches to Restore Your Day**

If you're susceptible to migraines, it's important to know menopause can exacerbate them or even be the trigger that causes migraines to start. Knowing what sets off your migraines may be your best line of defense. However, if you're unable to relieve the discomfort through self-care measures,

consult with your doctor to adjust your current treatment plan or create a new one.

**Nurture Lost Desire and Reconnect with Intimacy**

As your libido fades, you may need to make a more conscious effort to maintain an active sex life. While factors like poor sleep, stress and depression can lower your interest in intimacy, maintaining regular sexual activity can support overall health, including minimizing problems with dryness and improving your mood. If comfort is a concern, a product like K-Y Ultragel lubricant can help supplement your natural lubrication. The unique water-based formula is non-sticky and non-greasy, so the natural feeling of enhanced intimacy is all you and your partner experience.

**Quiet the Heat to Sleep in Comfort**

Night sweats – hot flashes that happen at night – can be managed by wearing cool, cotton pajamas and using layers of covers you can easily shed. You may find extra relief from sleeping with a fan or using cooling pillows and sheets. Keeping your room cool and dark can also help promote more comfortable, uninterrupted rest.

**Clear Acne and Take Control with Confidence**

Pimples aren't just for teens; they often make a return appearance as you're walking through this

and comb through original manuscript material, such as memoirs, letters, diaries and artwork, as well as original photographs.

**Interact with Older Adults**

Reading and watching accounts of historical activities gives you valuable insight, but speaking directly with those who lived through notable periods of American history can also illuminate what it meant to experience those times. Reminiscing and recounting memories of the past can serve as a bonding experience while giving you a more personal, emotional connection to facts you might not uncover elsewhere.

**Encourage Engaging School Curriculum**

If you're a teacher or leading a lifelong learning course, you can use the Library of Congress Veterans History Project as a resource to support your efforts.

Jonathan Bickel, an English teacher in Pennsylvania, has made veteran history a focus in his classroom since 2009. He taps into the large pool of personal accounts available through the collection to support his lessons. He also uses the project as a model in the classroom, challenging high school students to record an interview with a local person or relative who is a veteran and then present their work to the school as a multimedia project. As an example to his students, Bickel interviewed and submitted his father's World War II story.

Teachers interested in creating a history curriculum that honors veterans can access research guides that can provide a curated starting point for exploring the collections. To find the wealth of personal stories from veterans, visit [loc.gov/vets](http://loc.gov/vets).

# Igniting Futures:

## HHMS Students Dive into Career Discovery at JA JobSpark

Last week, 132 eighth-grade students from Hamilton Heights Middle School traveled to the Indiana State Fairgrounds to participate in JA JobSpark, a hands-on career exploration event presented by Junior Achievement. Designed to ignite curiosity and broaden career awareness, JA JobSpark opens doors to future possibilities by connecting students with real-world professionals and immersive learning experiences.

This year's event featured regional and local companies who offered interactive activities, giving students the opportunity to explore a wide range of career paths. Students visited interactive demonstrations, learned about, and met with professionals who work in the following career areas: Advanced Manufacturing, Engineering & Logistics, Agriculture, Food & Natural Resources; Architecture, Engineering & Construction; Government, Law & Public Service; Health & Life Sciences; and Hospitality & Tourism.

"It is impossible to quantify how meaningful this day was for so many of our students," said Connor James, Business Teacher and Reaching New Heights Coordinator at HHMS. "Many of them were exposed to careers they did not even know existed." James plays a key role in organizing this annual experience which continues to be a highlight for the eighth-grade class.

According to the students who attended, the experience was overwhelmingly positive. A post event survey yielded the following results:

- 100% of students said future eighth graders should attend this event.
- 93% reported being exposed to careers they never knew about.
- 94% rated the event 7 or higher on a 10-point scale.



*Courtesy photos*

**The JA JobSpark experience in Indianapolis, now in its 10<sup>th</sup> year, has become a rite of passage for eighth-grade students at Hamilton Heights Middle School. Each year students travel to the State Fairgrounds to participate in hands-on learning experiences designed to spark interest in potential careers.**

About JA JobSpark is a multi-day, hands-on career expo impacting over 10,000 Indianapolis eighth graders. JA JobSpark is part of the JA Work and Career Readiness Pathway and is intended for middle school students (grades 6–8). This volunteer- and educator-led program can be classroom-based, remote live, or after-school. The JA JobSpark initiative includes in-class or remote curriculum and activities prior to and after attending the

event. JA JobSpark is meant to "spark" an interest in students and get them excited for their future. Students will learn about skills needed for jobs that will be in demand when they graduate and will learn about the equipment that is used on those jobs daily. The expos help students gain a better understanding of the courses they will need to take in high school, a track for post-secondary and a clear career pathway for what they find they are interested in.

**IQ**

*Continued from Page 5*

perspective of the historical period or event you're exploring. In addition, libraries often offer access to databases and other information that is not always readily available from basic online searches.

**Research Trusted Sources Online**

To complement what you find in the library, you can also explore a wide range of information online. The key is to read critically and evaluate your sources, as not everything you find online is reliable or true. However, resources curated by trusted organizations can offer deep insight into the past.

For example, the Library of Congress Veterans History Project collects and preserves the firsthand remembrances of U.S. military veterans and makes them accessible for future generations to better understand veterans' service and sacrifice. Through its website, you can watch oral history interviews

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