

THE NEIGHBORHOOD

ISSUE 12 MAR/APR 2016

THIRD EDITION

Serving Trafalgar and Surrounding Areas

Lord's Locker Gets New Building

The Lord's Locker is anxiously anticipating the opening in April of their new building on Pearl Street. This structure is being funded and constructed by the generous donations of volunteers and businesses. The Lord's Locker was incorporated in 2003 as a 501(c)3 Not-for-Profit corporation to provide Biblical encouragement, counseling, prayer, food, clothing and household items.

They have been renting a building on the corner of Pearl and Pleasant Streets, but recently when the Trafalgar United Methodist Church built a new building, they donated their former facility across the street. With numerous volunteers and supplies they have renovated the building for programs, meetings and storage. Distribution will be better handled in the new facility. This is a Christian Outreach Ministry that is funded and operated by the community. It was inspired by the original leadership of Tom and Madelyn Harris.

Each month FREE services are offered to families in Johnson, Morgan and Brown County. Under the leadership of a Board of Directors, the Executive Director Emmalea Butler and more than 20 volunteers the following schedule is operated:

Seniors & over 40: Wednesday 9am-9:30 Sign-in, Shop 10-11 and 1pm-1:30 Sign-in, Shop 2-3

Families with kids under 18: Thursday 6-6:30pm Sign-in Shop 7-8

Donations are welcomed: Monday & Tuesday 9am-12noon, Wednesday 9am-3pm, Thursday 6pm-8pm and every 3rd Saturday 9am-12noon

You can find more information on Facebook or by calling 317-878-7708.

Their motto is "The Lord's Locker...for such a time as this", and their...

"Mission is to serve the Lord Jesus by helping to empower those in need by encouraging relationships with HIM."



Brown's Auction Barn



The new Brown's Auction Barn will hold its first sale on Saturday, April 2nd, at 6:00pm, at 107 S. Pleasant St. in Trafalgar. The building is located between The Lord's Locker (East Pearl St.) and the Post Office. Future sale dates will be held on the first Saturday of each month.

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Marlin Brown has been an auctioneer since 1999 - a graduate of Indiana College of Auctioneers. His wife Denise is the clerk, Cindy Stephenson-cashier, and their son Bryor, offers concession food and treats. Their mission is to help people find quality new and used furniture, home furnishings, tools, home and garden items and a variety of other items at affordable prices.

Payments can be made with Master Card, Visa and Discover. Checks are accepted with proper ID (return check fee applies), and of course CASH is always welcome. A "buyers premium" will be added to each purchase.

If the public has items to sell, call Brown's a 317-418-1252 or email Marlin at mdbinfranklin@aol.com. He will be at the Auction Barn every Monday and Wednesday from 9:30a.m.-1:30p.m. Payment can be made with Master Card, Visa and Discover. Checks are accepted with proper ID (return check fee applies), and of course CASH is always welcome.

Blood Pressure Matters - Keep Hypertension in Check



About 1 in 3 adults in the U.S. has high blood pressure, but many don't realize it. High blood pressure is sometimes called a "silent killer," because it usually has no warning signs, yet it can lead to life-threatening conditions like heart attack or stroke. The good news is that high blood pressure, or hypertension, can often be prevented or treated. Early diagnosis and simple, healthy changes can keep high blood pressure from seriously damaging your health.

Normal blood flow delivers nutrients and oxygen to all parts of your body, including important organs like your heart, brain, and kidneys. Your beating heart helps to push blood through your vast network of blood vessels, both large and small. Your blood vessels, in turn, constantly adjust. They become narrower or wider to maintain your blood pressure and keep blood flowing at a healthy rate.

It's normal for your blood pressure to go up and down throughout each day. Blood pressure is affected by time of day, exercise, the foods you eat, stress, and other factors. Problems can arise, though, if your blood pressure stays too high for too long. High blood pressure can make your heart work too hard and lose strength. The high force of blood flow can damage your blood vessels, making them weak, stiff, or narrower. Over time, hypertension can harm several important organs, including your heart, kidneys, brain, and eyes.

"Hypertension is a leading risk factor for death and disability worldwide," says Dr. Paul Whelton, an expert in hypertension and kidney disease at Tulane University. "High blood pressure raises the risk of having a heart attack, heart failure, stroke, or kidney disease." Anyone, even children, can develop high blood pressure. But the risk for hypertension rises with age. "Once people are in their 60s, about two-thirds of the population is affected by hypertension," Whelton says. Excess weight or having a family history of high blood pressure also raises your risk for hypertension. African Americans are especially likely to get hypertension. Compared to Caucasian or Hispanic American adults, African Americans tend to develop hypertension at a younger age and to have a higher blood pressure on average.

Because it usually has no symptoms, the only way to know for sure that you have hypertension is to have a blood pressure test. This easy, painless test involves placing an inflated cuff with a pressure gauge around your upper arm to squeeze the blood vessels. A health care provider may then use a stethoscope to listen to your pulse as air is released from the cuff, or an automatic device may measure the pressure.

Blood pressure is given as 2 numbers. The first number represents the pressure in your blood vessels as the heart beats (called systolic pressure). The second is the pressure as your heart relaxes and fills with blood (diastolic pressure). Experts generally agree that the safest blood pressure—or "normal" blood pressure—is 120/80 or lower, meaning systolic blood pressure is 120 or less and diastolic pressure is 80 or less.



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Blood Pressure Matters - (cont.)

“Hypertension is defined as having an average blood pressure of above 140/90,” says NIH’s Dr. Lawrence Fine, who oversees research on the treatment and prevention of hypertension. Since blood pressure can vary widely from day to day, a diagnosis of hypertension is usually based on an average of 2 or more readings taken on 2 or more occasions.

If your blood pressure falls between “normal” and “hypertension,” it’s sometimes called prehypertension. People with prehypertension are more likely to end up with high blood pressure if they don’t take steps to prevent it.

“We know we can prevent high blood pressure through diet, weight loss, and physical activity,” Whelton says. “We can also treat it, and we can treat it effectively.”

If you’re diagnosed with high blood pressure, your doctor will prescribe a treatment plan. You’ll likely be advised to make healthy lifestyle changes. You may also need to take medications. The goal of treatment is to reduce your blood pressure enough to avoid more serious problems.

How low should you aim when reducing your blood pressure? The answer depends on many factors, which is why it’s important to work with your doctor on blood pressure goals. Most current guidelines recommend aiming for a systolic pressure below 140. These medical guidelines are sometimes adjusted as new research is reported.

A large NIH-funded study recently found there may be benefits to aiming for a much lower systolic pressure—120 or less, instead of 140—at least for some people. The study looked at adults ages 50 and up who had increased risk for cardiovascular disease but didn’t have diabetes. Half aimed for a systolic pressure of 120. The rest aimed for a pressure of 140. The study was stopped early, after about 3 years, when clear benefits were seen in the lower blood pressure group. “When treating to the lower goal of 120, the risk of having a cardiovascular complication such as a heart attack or stroke was reduced by 25%, and the risk of death from all causes was reduced by 27%,” Fine says. This lower-goal group, though, tended to need one additional blood pressure medication; they also had more hospitalizations for side effects, including low blood pressure, fainting, and possible kidney damage.

“Results to date suggest that for older people with hypertension and an increased risk for cardiovascular disease, it may make sense to aim for a lower blood pressure. But there may be drawbacks as well, and each patient is different,” Whelton says. “Researchers generate the evidence, so health care providers can have informed discussions with their patients about blood pressure targets.”

They Call the Thing a Rodeo

by Tom Emard

Cowboys have fascinated generations of people since the days when thousands of ranches covered the wild western states. Around 1888 cowboys out west got bored just riding the range behind hundreds of cows. For most of us in the city, just riding a horse was a challenge. The cowboys started a western sport called "cowboy shows" for entertainment. The local towns out west all had some sort of corral where cows and horses were bought or traded for farm equipment. It wasn't until cowboy shows became competitive that the word "rodeo" became popular. The word actually came from Mexico that meant "round them up".

Although there aren't as many people who go to the rodeo as football games or other sports, the rodeo is something special. I think the main attraction to the sport of riding the bulls is man against beast. In biblical days there were gladiators that went against the odds and fought wild animals.

The wild animals at the rodeo always have nicknames that predict what to expect. Just like famous movie stars, rodeo animals have reputations. Names like "Dead on the Road" sort of tell you what kind of a "ride" you drew from the hat! Probably the most well-known bull was called "Bodacious". The bull earned a reputation for spinning and throwing the best cowboys to the dirt!

In small towns around the west there are hundreds of families who head to the rodeo for an exciting day each weekend. Modern day rodeos are well organized and still feature lots of fun for the crowd. When you visit the PRCA (professional rodeo cowboys association) you begin to realize how dangerous and challenging riding horses and bulls can become at the events. And for those folks that have never witnessed a rodeo, they even have "clowns" or men who attract the bull toward them after the rider is thrown down.

Let's take a look at some of the facts about riding and roping. Well, a good rope for a rodeo rider costs about \$125 along with a horse and saddle. By the time you add up a horse trailer, leather goods, boots, truck, blankets and camping gear the sport is not cheap. The prices make the sport of golfing look rather inexpensive!

The big rodeo held in San Antonio each summer has a "petting" corral for small cowpokes. Some rodeo events feature beautiful horses as well as cowgirls who add to the drama as they ride around the arenas.

The horses and steers are well kept and there is always a veterinarian on hand for minor injuries to any animal. The animals are owned by companies that specialize in rodeo events. The horses are also trained to perform at the commands of the cowboys and are privately owned. The two states famous for rodeo events are Texas and Wyoming. The PRCA was started in 1936 and has celebrated hundreds of professional riders into the Pro-Rodeo Hall of Fame. The only cowboy to ever score a perfect 100 was a young man named Wade Leslie. The rodeo was held in 1991 at Central Point, Oregon. Wade rode "Bodacious" for eight seconds without one mistake. Wade was 5 feet 2 inches and weighed 125 pounds.

They Call the Thing a Rodeo (cont.)

The bulls weigh around 1600 pounds or more and can do some serious damage to a cowboy as they buck and spin. Cowboys usually start riding and roping on a family farm or ranch at a young age. While kids in the city are learning to ride their first skateboard, country kids are riding young steers at six years old. A couple of years ago I talked to a bull rider from Indiana. He briefly explained the excitement of the sport and claimed more broken bones than trophies!

As you watch the riders when the gate opens at the arena every second is hazardous as the big bulls snort and jump. The riders hang on for a good score and the roar of the crowd. The rider's legs and backs make the toughest men wince as the bulls try to kick the passenger to the ground. Most of the bull riders limp off the arena with at least a few sore bones.

So what is the thrill of the rodeo that attracts men to the sport of riding and roping? The average rodeo rider doesn't get rich and gambles his health and welfare each time he climbs onto a big bull. I think the famous song about the rodeo sums up the sport. "It's bulls and blood, dust and mud, the roar of the Sunday crowd. It's white in the knuckles and gold in the buckles he'll win the next go-round. Ropes and reins the joy and the pain, they call the thing a rodeo".



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Fellowship Baptist Church - 4743 S. 600 West
812-597-4367

Trafalgar United Methodist - 375 S. Pleasant Street
317-878-4893

Spearsville Wesleyan Church - 9174 Bean Blossom Rd
812-988-0416

Spearsville Road Church - 6244 S 500 West
317-878-5969

Trafalgar Christian Church - 300 W. Pearl St
317-878-4161

Cornerstone Church - 1000 W 375 South
317-878-5807

Community Bible Church - 699 E Park St
317-878-9141

Union Christian Church - 1267 E 300 South
317-736-4077

The Good Shepherd Worship Center -
3039 W 300 S/Hwy 135 812-371-7732.

Samaria Christian Church - 4779 W State Road 135
317-878-4718

Mt. Carmel Christian Church - 2013 W 750 South
317-933-2122

Beech Grove Baptist Church - 5868 W. 325 South
317-878-5417

Christian Chapel Church - 6828 West State Rd. 44
317-435-1931

Unity Baptist Church -7361 Spearsville Road
812-597-0962

Morgantown United Methodist Church
20 E. Washington St., Morgantown
812-597-4522 www.morgantownumc.org

Providence Christian Church
4080 W. Rd. 100 N. Bargersville
317-422-9331

Morning Star Baptist Church
Suite #7 in Trafalgar Square.

First Christian Church of Morgantown
2717 S Morgantown Rd
812-597-0336

The Good Shepherd Worship Center church held its first service on February 14th. It is located at 3039 West 300 S/Hwy 135. The Church is non-denominational with no ties to any specific group, organization or denomination. Their services are every Sunday at 2:00p.m.

The Pastor is Ed Boston and his partner and wife is Amy. They welcome everyone and have no specific dress code for attending. For further questions email or call at edboston@gme.com or call Ed at 812-371-7732.

Just as the sun began to tumble toward the horizon on January 1st, a merry mass of park patrons picked their way through brushy trails and be-puddled paths at Johnson County Park. This First Day Hike, the second annual one for JoCo Park, brought together about thirty folks that chose to spend their first day of the year having an adventure outside in the parks.

As we trundled along, our jolly voices became more hushed as the darkness fell around us. We stopped at a campfire circle and pulled from our pockets papers inscribed with our own personal worries and anxieties and burned them to let our fears and burdens turn to ash in the dusky glow of flames. Then, a pause at the edge of a thicket for a conversation with some resident screech owls. On our walk back to the warmth and glow of the park office, stars began to wink into existence...

Sure, maybe that First Day Hike wasn't an EPIC adventure, but it totally counts as adventure, nonetheless! It's not just a great way to start the year; it's a great adventure to have at any time.

I am often struck each year at how we humans immediately begin reconstructing our lives the minute the ball drops. Vows to get outside more, plans to lose weight, resolutions to travel...ideas in our minds and stars in our eyes! And then slowly, as the grinding and relentless grey winter days progress, we sneak back into our comfy patterns with promises to get back to those plans and resolutions once this thing or that thing happens or it warms up or we save up more money or get through that one party with all the food. Then the guilt comes! We think, "Arghh...maybe next year."

The truth is, ANY TIME is a great time to do something we want to do. The new year doesn't have to be about looking at ourselves critically and thinking of what we perceive as negative. It can be about promises we make to ourselves to live harder. Maybe we don't have the money to travel to Yellowstone or climb a volcano in Hawaii. Why do adventures have to be so BIG these days? Any time you venture outdoors, you get a chance to learn a little more about yourself and move your bones and play "I Spy" with the local flora and fauna. Grab a few lungfuls of cold air. Take a minute to look up in the sky. Rest your palm against tree bark or rocks. Close your eyes and listen.

Luckily, in Johnson County, we're straight surrounded by beautiful, gentle landscapes. Even the scraggiest winter weeds look beautiful against the golds of a setting sun. If you are looking for a place for adventure, or just to venture out, JoCo Park has over 600 acres waiting for you. Come early and watch the birds wake up as the sun rises. Drop a line in our little lake with some monster fish just lurking beneath the surface. We have miles of pavement for biking, jogging, sprinting, and more. Rent a campsite year-round for a peaceful night away from home.

(Test yourself with winter camping! You can always head home if your toes are about to freeze off!!)

Throughout 2016, you can find activities and adventures to fit your lifestyle right in JoCo Park. We offer programs that will take you outside at night and daytimes, test your creativity, bring together family and friends, and entertain and educate you! The Groundhog Gallop Race in April, fireworks in June, the Heartnut Festival in September, Campoween in October...there's always something for you here. Plus, visit our park partners year-round: Columbus Model Railroad, Indiana Live Steamers, Johnson County Antique Machinery Association, the Nineveh Senior Center, and our groups with radio control cars and planes! Visit Whispering Pines Golf Course and hit a bucket of balls on a lazy afternoon, bring your tent or RV out for a weekend of camping, stop by for a Sunday picnic, or swing by the Hoosier Horse Park to check out regional equestrian eventing competitions.

Whatever you plan or don't plan to do...live harder. Get outside. Take up a new hobby. Live without a smartphone for 24 hours. Call instead of text. Be the version of yourself you want to see in 2016. Changes don't have to be huge or epic or Instagram-worthy. They just have to be for you.

For more information, visit our website at jocoparks.com or find us on Facebook at Johnson County Parks and Recreation Department.

Fairy Trails

March 4th 6PM-7:30PM

Calling all daydreamers and wanderers of the forest!! Bring your imagination! Come visit the magical woods of Johnson County Park as we seek out gnomes, fairies, wood sprites, wizards, and other creatures! We'll be enjoying some tea party treats, making our own wands and other crafts, and exploring the myths and legends of fairies and more! Wear your best fairy or elf costume, but bring shoes that can get muddy, just in case. This program is open to all ages, boys and girls, but is geared towards youth ages 3 through 12. This program is free, but requires pre-registration. To register or get more information, call Jules at 812 526 6809 or email her at jerwin@co.johnson.in.us.

Scrambled Eggs

April 2nd

Hop on out to Johnson County Park for this grown-ups only egg hunt! Participants 18 years and older can register for this event for only \$5. Win fabulous prizes and have a TON of fun!! The scramble will start at 7:30PM in the Scout Area. Bring a flashlight, basket, wear clothes you can get dirty, and leave the pets and kiddos at home! This event is RAIN or SHINE. For more information, or to register, email us at mbowman@co.johnson.in.us, or call 812 526 6809. You must register by March 31st, but you can pay onsite. Campsites can also be reserved for this event by calling the same number.

Events

At the Library!

BATH BOMBS

Monday, March 07 - 6:30 PM

Make delightful, relaxing bath bombs and take them home for your own spa day.

STOUT STORIES AT MASHCRAFT BREWING COMPANY

Monday, March 07 - 6:30 PM

Don't choose between book club and happy hour! Whether you're a milleni-"ale" or an older "vintage," together we'll put the "pub" in public library. We will be discussing "The Thirteenth Tale" This event will take place at:

Mashcraft Brewing Company

1100-1140 IN-135

Waiting List

PINTEREST CLUB: T-SHIRT CRAFTS!

Thursday, March 10 - 6:00 PM

Make your very own T-shirt tote bag as well as T-shirt bracelets and headbands. Please bring two T-shirts.

PROJECT PROM

Saturday, March 19 - 8:00 AM

Project Prom - Everything Prom

FAMILY CRAFT: SALT DOUGH FOOTPRINTS

Monday, March 21 - 6:30 PM

Use salt dough to make footprints, hand prints or another creative keepsake.

STAR WARS CRAFT SERIES: MAKE YOUR OWN LIGHT SABER

Tuesday, March 22 - 2:30 PM

Looking for something to do during spring break? Come make your very own light saber. Show off your Dark Side dexterity or lay down some Jedi justice!

RECIPE CARD FRENZY

Thursday, March 24 - 5:30 PM

Looking for new recipes? Join us as we create recipe cards with recipes from some of our favorite cooking books! Participants will have the chance to peruse our books and jot down their favorite recipe.

SPRING BREAK MOVIE: "INSIDE OUT"

Monday, March 28 - 2:30 PM

Bring the whole family and watch a movie together! Snacks will be provided. "Inside Out" is about a young girl dealing with her emotions during a big move. Rated PG. 102 minutes.

To participate in any of these events call the Trafalgar library for more information and to register.

317-878-9560



GREGORY PECK'S 100TH BIRTHDAY MOVIE NIGHT

Tuesday, April 05 - 6:00 PM

Celebrate Gregory Peck's 100th birthday with us. We will be screening his classic film, "Roman Holiday," while enjoying some tasty Italian eats. Space is limited, so registration is required.

A MUSICAL AFTERNOON WITH DON FORD AND DAVID ROBBINS JR.

Saturday, April 09 - 1:30 PM

Join local musicians Don Ford and David Robbins Jr. as they discuss, play and write music! Participants will learn more about the benefits of music, listen to a mini-concert, and participate in songwriting.

MASON JAR AQUARIUMS

Tuesday, April 12 - 4:00 PM

Do you love the beach? Do you have a pet fish? Create your own little bit of ocean as we make mason jar aquariums.

HISTORIC INDIANA THEATERS

Thursday, April 21 - 6:00 PM

Jeannie Regan-Dinius from the Indiana Division of Historic Preservation and Archaeology will discuss some of the Hoosier state's most historic theaters.

STAR WARS CRAFT SERIES: AN "ODE-TA" YODA

Tuesday, April 26 - 4:00 PM

Fan of Yoda, you are? Make a pair of Yoda ears and a Yoda puppet! No Jedi mind tricks here, it will be as easy as 4, 5, 6, 1

Fair Haven Christian Church Events

Spring Soccer Registration, Ages 4 1/2 (by April 1) thru 5th grade. Online registration begins February 28 or register at the church Saturday, March 12, 8-noon or April 2, 10-noon. Cost \$40 per child, \$5 discount for each additional child in the same family.

Boy Scout Troop 222 "Soup Bowl" Fundraiser, Saturday, March 5, 4-7pm. Cost is \$20 per handmade bowl. Choose a soup, keep the bowl. All bowls are handmade by a local artist.

Guiding Hands Preschool 2016/2017 registration, Tuesday, March 8, 6:30-7:30pm.

Children's Clothing & Equipment Sale, March 12, 8:00-Noon.

Easter Weekend

Good Friday, Night of Worship, March 25 @ 7:00pm

Easter Egg Hunt, Saturday, March 26 @ 10:30 for those 2 years thru 5th grade. Free breakfast, prize drawings, family photos and lots and lots of eggs.

Easter Worship Services, Sunday, March 27, 8:30, 9:45 and 11:00am.

Vacation Bible School, June 20-24, 9:00-11:30am. Ages 4-5th grade (entering in Fall) Closing Pool Party, Friday, June 24th. This years theme is Cave Quest, Following Jesus the light of the world.

Our Town

A Short History of the Fairland, Franklin,
& Martinsville Railroad;

By Darrel J. French, Morgantown, IN. January 2016

The original name of the F.F. & M. was the "Martinsville & Franklin" Railroad. Construction of this railway began in 1848, in Martinsville. It was built eastward through Mahalassville, Morgantown, Samaria and Trafalgar, before ending in Franklin. In those days Samaria was Newburg, and Trafalgar was Liberty. The railway was mostly built and funded by local folks. In many cases subscriptions of Stock were traded for land, materials, and even labor. But when the time came to buy rail, the company was broke and considered abandoning the project. At the last minute the Madison & Indianapolis RR Co., which built their railway through Franklin in 1847, offered to help. They provided the Martinsville & Franklin Co. with some used flat-bar rail that was originally laid down between Edinburg and Indianapolis. It was 2 1/2" x 7/8" and nailed down to 4 1/2" x 5" oak stringers. They also offered to provide the train service on the road for 5 years, plus take care of all maintenance, and pay a percentage of the profits to the Martinsville & Franklin Company. The first scheduled train was May 21st 1853. The Locomotive dedicated for use on the Line was named the "FRANKLIN".

Things started out well, but after a couple years, the Madison & Indianapolis Co. was reporting losses. They stopped maintaining the railway and soon dividends to the Martinsville & Franklin Co. were halted. The operating agreement ended in May of 1858. There was some train service into June of 1859, but all was stopped by July 4th, and the tracks fell into disrepair. With no earnings, the Martinsville & Franklin Co. went into default of its mortgages and the railroad was ordered to be sold. The sale was held on the steps of the Johnson County Courthouse, October 12th, 1859. An eastern financier by the name of Frank Nichols bought the line with intentions to renew it, but in 1860 Abraham Lincoln became president, and with the prospect of civil war being a concern, repairs never happened and the railroad sat idle.

The Civil War did happen, and in 1865, after fulfilling his duties, General Ambrose Burnside purchased the Line. He installed new T-rail, extended it east to Fairland and west to Gosport, (although the Gosport extension only lasted two years). He built all new Depots' and he renamed the line, the "Cincinnati & Martinsville" railroad. He leased all train operations on the line to the Indianapolis & Cincinnati RR Co. of Cincinnati, Ohio. Two Locomotives used during Ambrose's time, were the "REINDEER" and the "ANTELOPE". They were beautiful brass laden engines, built by Ambrose's other company, the Rhode Island Locomotive Works.

In June of 1876, the line was sold again. It was bought by two eastern financiers by the name of Goddard and Pearce. They gave it the name of "Fairland, Franklin, & Martinsville" railroad. They also continued to lease out all train operations on the line. After many mergers the railroad company leasing the FF&M line became the popular "Big-Four" railroad company. In December, 1913, the Big-Four Company bought the FF&M as their own branch line. By that time, locomotive engines were no longer named, they were only known by their numbers. Some engine No's known to be used up till then were #29, #104, and #6156.

In 1930, the Big-Four was merged into the largest of companies, the "New York Central Co.", so now, all operations were by them. Some of their engines were #1489, #1596 and #1636. All was well until the 1940's when the railroads started losing business to automobiles and trucking companies. With the onset of World War II, it was decided to abandon and take up the tracks between Trafalgar and Martinsville in 1943. The growing interstate highway system continued to hurt the railroads, and in 1961 the tracks from Trafalgar to Franklin were taken out. The final blow to the line came in the summer of 1968, when a portion of the tracks between Franklin and Fairland were removed for the new I-65 project.

The Fairland, Franklin, & Martinsville Line spanned 110 yrs., before its end, 48 years ago. Areas of the old railway bed can still be found, but they will eventually disappear and go into history as well.



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Oral health is important for people of all ages. But the simple routine you learned as a kid—brush your teeth twice a day and floss regularly—can become more of a challenge as you get older. Among adults ages 75 and up, about 1 in 4 has lost all natural teeth, largely because of gum disease and tooth decay. You can take steps to keep your mouth healthy throughout your lifetime. And if you're a caregiver for an older adult, you can help ensure that he or she gets proper oral care. Tooth decay and gum disease don't have to be a part of getting older.

"We have to worry about the same conditions throughout life, although some conditions are more prevalent at certain ages," says Dr. Dena Fischer, a dental health expert at NIH. The 2 most common oral health problems are tooth decay (cavities) and gum disease. "Gum disease is more common when you're older," Fischer explains. "But cavities can happen at any age, as long as you have natural teeth." Both are largely preventable with proper care.

Cavities develop as plaque builds up on your teeth and under chipped fillings, producing acids that can eventually eat away at the tooth's hard outer surface. Gum disease is an infection of the gums and surrounding tissues that hold your teeth in place. Gum problems arise as plaque builds up along and under your gum line. In severe cases, the bone and tissue that hold teeth in place can break down, and teeth may eventually become loose and have to be removed.

Another common problem for older adults is dry mouth. Dry mouth occurs when you don't have enough saliva, or spit, to keep your mouth wet.

"Saliva is very important," Fischer says. "The protective factors in saliva prevent cavities, gum disease, and fungal infections." Dry mouth can be caused by medications; alcohol or tobacco; or medical conditions, such as poorly controlled diabetes. Dry mouth is usually treatable, so talk with your doctor or dentist if you're having problems.

Older adults are also at increased risk for oral cancer. Symptoms include a sore, irritation, or lump in the mouth or throat that lasts more than two weeks; it may be painful or may cause numbness. It's important to catch oral cancer early, because treatment works best before the disease has spread. Be on the lookout for any changes in your mouth, especially if you smoke or drink.

If you serve as a caregiver to an older adult, you can help that person overcome oral health challenges. Encourage him or her to use an electric or large-handled toothbrush, so it's easier to grip. You might place your hand over his/hers to help guide the toothbrush. Dentures should soak in water overnight and once a week with a denture cleaner. Dentures should also be rinsed after each meal and brushed daily. A healthy mouth can help you eat well, avoid pain, and feel good about yourself. Take steps to keep your mouth healthy, whatever your age.



Caring People Make the Difference

When you walk into Franklin Meadows, the difference is clear: there is a passion our people bring to their work that you simply won't find in any other senior health-care community.

When someone chooses to live in one of our communities, we become an extension of their family. We take the time to get to know each of our residents and their families on a personal level. Our communities are made up of individuals and with that in mind, we focus on serving individual needs.

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