

Life of Abe Lincoln's son on display at Hildene in Vermont

MANCHESTER, Vt. (AP) — The “Land of Lincoln” is the state slogan for Illinois, but there’s a Lincoln family outpost in the lush mountains of southern Vermont. Abraham Lincoln, who started his political career in Illinois, never made it to Vermont, but his son Robert Todd Lincoln built his stately summer home Hildene in the Green and Taconic mountains of Manchester.

Robert Todd Lincoln was already a wealthy man by the time construction was completed on the 24-room Georgian Revival home in 1905. He had served as the Secretary of War and ambassador to Great Britain and at the time was president of the Pullman Palace Car Company, one of the largest companies in the nation.

He first visited Manchester when his mother was a guest of Equinox House, a 19th century hotel still in business today that catered to the wealthy escaping summer heat on the coasts. Years later he visited the town with Edward Swift Isham, his law partner and a native of Vermont. After falling in love with the area, Lincoln purchased over 400 acres of land in 1902.

The name Hildene, an old English word he picked up during his time in London, described the land itself: “a hill with a valley and a stream.” The home was built on a high point in the land overlooking the Batten Kill valley.

The home is kept in a style Lincoln would have recognized. The 1,000-pipe Aeolian organ he

built for his wife is one of the first things to greet visitors as its music booms through the halls. Despite the grandeur of the location and size of the home, the decor is almost modest for the setting, reflecting the fact that this was mainly a home for the family.

He originally fashioned himself as a gentleman farmer and the kitchen is stocked with curious gadgets that, while current in his time, give the tour guides an opportunity to quiz visitors on their function. The bedrooms housed a number of noteworthy guests, including William Howard Taft, a U.S. president and Supreme Court justice.

Outside the home are equally impressive landscapes. The formal garden just off the back end

of the house is framed by the two mountain ranges and views of the valley below. A tram ride takes visitors between the sites. The more adventurous can hike across the property, which includes wetlands along a stretch of the Batten Kill, a small river known worldwide for its elusive trout. Visitors are encouraged to make use of Vermont’s seasons. In winter, they can snowshoe or cross-country ski between the sites.

Robert Todd Lincoln died at the home in 1926. The Lincoln family held onto Hildene for three generations until Peggy Lincoln Beckwith’s death in 1975. Beckwith did not have any children and the property was initially donated to the Church of Christ, Scientist.

Benefit cuts announced following Medicaid ruling

LOUISVILLE, Ky. (AP) — Gov. Matt Bevin’s administration is cutting dental and vision coverage for nearly a half-million Kentuckians after his Medicaid overhaul plan was rejected in court.

The state Cabinet for Health and Family Services calls the cuts an “unfortunate consequence” of Friday’s ruling by a federal judge who said Kentucky can’t require poor people to get jobs to keep their Medicaid benefits.

U.S. District Judge James E. Boasberg’s rejection of the Republican governor’s plan to overhaul the state’s Medicaid program is a setback for President Donald Trump’s administration, which has been encouraging states to impose work requirements and other changes on the joint state and federal health insurance program for the poor and disabled.

Cabinet spokesman Doug Hogan sought in a weekend statement to place the blame squarely on the judge.

The ruling means there is no longer a “legal mechanism” in place to pay for dental and vision coverage for about 460,000 Medicaid beneficiaries, his statement said.

“This is an unfortunate consequence of the judge’s ruling,” Hogan said. “Once we ultimately prevail in this legal challenge ... then beneficiaries will have access to these optional services.”

Democratic State Rep. Joni Jenkins said she’s concerned about “rash decisions” in response to the ruling.

“We call for thoughtful discussions involving the administration and the many statewide stakeholders in the path forward in assuring Kentucky’s working families have health care,” Jenkins said in a statement.



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Ford Galaxie

Dan Sears stands by his '64 Ford Galaxie during the annual KARZ Rod Run on Main Street Saturday, June 30, 2018.

Survey: Exercise and obesity are both rising in US

NEW YORK (AP) — It may seem like a contradiction, but more adults in the U.S. say they are exercising at the same time more of them are becoming obese.

About 24 percent of adults last year said they exercise enough each week to meet government recommen-

dations for both muscle strengthening and aerobic exercise, according to a large annual health survey. That was up from 21 percent in 2015.

The same survey says 31 percent of adults indicated they were obese last year, up slightly. Another, more

rigorous government study has also found adult obesity is inching up.

So if more Americans are exercising, how can more also be getting fatter?

Some experts think the findings may reflect two sets of people — the haves and have-nots of physical fitness, so to speak.

“It’s possible the people becoming more active are already normal weight,” said John Jakicic, director of the University of Pittsburgh’s Physical Activity and Weight Management Research Center.

The numbers come from an in-person annual national survey that for more than 60 years has been an important gauge of U.S. health trends. Roughly 35,000

adults answer the survey every year, including questions about how often, how long and how vigorously they exercise in their leisure time.

The survey gives a good sense of trends, but it’s not perfect. People generally overstate how much they exercise, just as they overstate their height and lowball their weight, Jakicic said.

Ten-year-old federal recommendations say adults should do weightlifting or other muscle-strengthening exercise at least twice a week.

They also advise adults to do at least 75 minutes a week of high-intensity aerobic activity, such as running, or 150 minutes of moderate-intensity exercise,

such as brisk walking, or a combination of the two.

In a report being released Thursday, Centers for Disease Control and Prevention looked at survey responses from 2010 through 2015 and found that level of leisure-time exercise was more common in some states than others.

Nearly a third of non-elderly adults in Colorado, Idaho, and New Hampshire met exercise guidelines. Only about one-seventh in Mississippi, Kentucky and South Carolina did.

Higher levels of exercise were more common in people who were working than those who weren’t, the study also found.

Nationally, exercise levels were flat during the years covered by the CDC report.

But more recent data show more adults said they were exercising at recommended levels in 2016 and 2017.

It’s not clear why, said Jena Shaw Tronieri, a University of Pennsylvania weight-loss expert.

One possibility: Many adults exercise to manage stress, and the last two years have seen increasing political and social turmoil. “I don’t know if that will explain the increase recently, but we know those situational factors are part of the context,” she said.

Of course, unhealthy eating has a lot to do with obesity. Research indicates that “a change in diet is needed to see any dent or reduction in obesity,” said the CDC’s Tainya Clarke, one of the authors of the report.

SENIOR HAPPENINGS

- Dog Days of Summer begins Tuesday and will run through Aug. 11. On Friday afternoons from 1-3:30 p.m., spend dog day afternoons with a cold glass of lemonade in The Hub’s Grab-N-Go. Just \$1 a glass (limited time only).

- Join The Hub for a trek on the William Mentock Trail Tuesday. The group will depart from from The Hub at 8 a.m. and return after lunch at the Buffalo Senior Center. This section of the Clear Creek network consists mainly of fun, single-track trail and

- several rock gardens that keep you on your toes. Additionally, the trail parallels Clear Creek and makes for a beautiful and scenic experience. Difficulty level is easy to moderate. The fee is a \$4 suggested contribution for registered seniors and \$8 for non-registered folks. These costs cover lunch at the Buffalo Senior Center. Contact Jean Harm or Jane Perkins with questions. Sign up at The Hub on Smith at (307) 672-2240 or Wyoming Wilderness Association (307) 672-2751.
- Cindy Benson will play American

- classic and patriotic piano music at The Hub Wednesday from 11 a.m. to 12:30 or 1 p.m. in the café.

- Nominations for the 2019 Keystone Awards are now open. Organizers are asking locals to take the time to nominate a friend, colleague, client, employee or anyone you know who deserves to be celebrated for a lifetime achievement of service to the community. Nominations are due by July 27. For more information on how to nominate someone, please contact Skye or Jackie at (307) 672-2240.



FUN AND FOOD
BUILD YOUR OWN SALAD
Mondays - Fridays
Entrees and kiosk include sides, dessert and drink.

Salad Bar Available
Mondays - Fridays

No Salad Bar on Saturday or Sunday

ENTRÉE CHOICE* or SOUP/SALAD

Tue- Chicken Taco Salad
Wed- Sloppy Joe
Thurs- Pot Roast w/Vegetables & Potatoes
Fri- Parmesan Encrusted Cod
Sat- Bratwurst on Bun/Sauerkraut
Sun - Baked Chicken
Mon- French Dip/au jus

*entrée only offered for Home Delivered Meals

Tue- Dog Days of Summer Starts, 1:00p.m.-3:00pm, Lemonade \$1.00 Grab-n-Go
Wed- American Music/ Cindy Benson 11:00 a.m. Café
Thurs -BH Canyon Boat Tour & Lunch
Fri- Bridge 12:30 p.m. Community Room
Sat- Woodcarvers 9:00 am Noon Art Studio
Mon- Hats Off Week Honor First Responders Wear Western don't forget the Hat!

Lunch Service Hours: 11:00 a.m. to 1:00 p.m., 365 days a year at 211 Smith Street Home Delivered Meals (307) 672-6079

Loan Closet, Outreach, and Administration Services, 672-2240. Mondays - Fridays.

Help at Home Services, 675-1978. 232 North Brooks: Mondays - Fridays.

Day Break Adult Care Services, 674-4968. 241 Smith Street: Mondays - Fridays.