

My Life



Miles of fallout from Miley photos

Lori Borgman says the episode shows teen, parents are quitters. » E2
It can offer a teaching moment. » E4

+ INDYSTAR.COM/TRAVEL

Butler president Bobby Fong and his wife, Suzanne, love their annual trek to Cape Cod.

What's new

Be prepared for severe storms

Spring means more sunshine, but it can also mean more storms. According to the National Weather Service, Indiana ranks among the top 20 states for frequency of tornadoes.

The Alert Radio Flashlight helps you be prepared for all sorts of weather-related emergencies. It's a radio with alert, alarm clock, cell-phone charger, flashlight and emergency siren and flasher, all in one device.



Available at Target or Wal-Mart for \$59.95.

Pamper yourself naturally

Ladies, are you looking for something out of the ordinary? Whole Foods Market, 1300 E. 86th St. and 14598 Clay Terrace Blvd., Carmel, will showcase some of its all-natural products during a "Spa-hh Day," from 10 a.m. to 1 p.m. May 10. The markets, which feature products from local and worldwide distributors, are preserved naturally, with no artificial additives. Several of the products will be offered during "Spa-hh Day" when mini-makeovers will be given with all-natural cosmetics. Other offerings include brow shaping, free massages and chocolate samples. Guests can enter to win one of several gift bags. For more information, go to www.wholefoodsmarket.com.

More than music to download

If you enjoy downloading your favorite music onto your portable media player, then you might also enjoy adding some useful and entertaining features. Mr. Boston's Bartending Guide for iPod lets you keep a reference work right at your fingertips. Other download options include "101 Margaritas," "Betty Crocker Cook It Quick" and "Steve Raichlin's How to Grill." For more information visit www.raybook.com.



Customize your invitations

Whether you're planning a graduation, wedding or anniversary, there's good news to help you cut costs on invitations. You can make all of your correspondence personal by creating it yourself. Archiver's Photo Memory Store offers free step-by-step online instructions to help you create hundreds of designs. Templates and writing tips are provided to help you create a variety of announcements and invitations. Go to www.archiversonline.com/verytruly.

— Compiled by T.J. Banes



MICHELLE PEMBERTON / The Star

Hooked on science

Teacher/
TV host helps kids
become curious about
the world of nature

By Julie Cope Saetre
Star correspondent

When Rick Crosslin was a boy, he couldn't wait to finish his chores so he could explore the great outdoors. One day, convinced he had found "the missing link," he brought home a live needle-nosed gar (a type of fish) and filled the bathtub with water to display his catch.

"Needless to say," he recalls, "when my father got home, he was not impressed with my great paleontological discovery."

Today, Crosslin helps countless Indiana kids make their own scientific breakthroughs. As the school liaison for science learning at The Children's Museum, he develops projects designed to get kids and teachers excited about the field. (He

wrote elementary-school study units on such exhibits as Dinosphere and ScienceWorks, for example, and created the latter's SciencePort component.)

And earlier this year, the Danville resident debuted as creator and host of "Indiana Expeditions," a multipart series produced by WFYI Public Television and dedicated to showing how science impacts daily life.

Whether exploring Indiana caves, hunting crawdads in local waters or demystifying the process of making steel at an area mill, Crosslin wins over even the science-phobic with his blend of facts, humor and hands-on experiments.

"This (series) takes a look at the science side of things here, right where (viewers) are from," explains producer Aric Hartvig. "It's taking a look at some of the hidden things around Indiana, but also explaining how things work. . . . Rick's science is fun science."

Crosslin designed the series for an audience of third- to eighth-graders, but he soon found that the shows' reach extended beyond those targeted viewers.

"I had a scientist come up to me, and he said, 'You know, this is not just for kids.' . . . And then I had another guy say, 'I watched this with my second-grader, and he loved it.' If a second-grader loves

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SCIENCE GUY: Crosslin holds a pyrite dollar (also known as fool's gold) from The Children's Museum's collection. Later this year, Crosslin, who is the museum's school liaison for science learning, will lead the children's portion of a dinosaur dig in South Dakota.



'EXPEDITIONS' EPISODES WILL BE AIRED AGAIN

The "Indiana Expeditions" series, created and hosted by science educator Rick Crosslin, debuted in January with three programs: "Earth Science," "Life Science" and "Physical Science." "It's not only something you watch, it's something you get involved with," says series producer Aric Hartvig. "You become a part of the Expedition team when you watch. It's definitely a learning experience as well as a hands-on experience."

If you missed them, don't fret. WFYI Public Television is rerunning episodes of the series — which it produced — at 9 p.m. May 15 and 22.

Programs also can be viewed online at www.wfyi.org/indianaExpeditions.asp. Each program includes a segment called Create Your Own Expedition for do-it-yourself family fun.

"I hope I can get people excited to go out and do their own expeditions," Crosslin says.

If you like what you see, you'll be glad to know that more "Indiana Expeditions" episodes are in the works. Crosslin next hopes to explore such topics as the science of sports ("I'm really interested in why Peyton Manning can keep a perfect spiral") and the science of sound.

Media scan

A peek at recent books, blogs and Web sites:

» Oprah's new store in Chicago's West Loop is going to be only a click away once it goes online in June at www.theoprahstore.com. The Oprah Store dishes up 900 of the billionaire talk-show host's favorite things, mostly clothing. Think stretchy workout outfits in sizes small to 3X. There are also housewares, including beaded baskets, sky-blue tea sets for two and silk journals. "When you walk in the store, you feel like Oprah is standing there," says store manager Darcy Rogers. "We have all the colors she loves and a clean, urban, loft-like look." The merchandise is exclusive, and a portion of profits from some products goes to charity. The store's "aha! moment": Oprah's Closet, an armoire stocked with her designer castoffs. Recent highlights included \$175 hot pink Valentino pants (size 10) and \$375 Yves Saint Laurent size 10.5 silk pumps.



» Want a romp through interiors spiced with reds, yellows and blues? "The Way We Live With Color" (Rizzoli, \$39.95) provides this adventure in a sourcebook of decorating ideas with 300 photos. While mood-setting blues, vibrant reds and cool citrus hues are organized into sections, the overall palette of this 256-page work is steeped in the unifying elegance of earth tones and monochromatic background schemes. And finally, writes author Stafford Cliff, "don't forget

the contribution that people themselves make to a room: their clothes, their books, their toys. A successful color scheme is one that makes people feel comfortable." If there is an implied message, it is simply: Be yourself.

» In the spirit of the recent warmer weather, head over to So Haute (www.so Haute.typepad.com) for a look at some swanky and inspiring outdoor spaces. Our favorite: the lone wooden swing on the all-white porch overlooking the ocean and hillside. Sigh.

— Star news services

Science

» He switched his major to teaching in his junior year.

From E1

it, and a scientist loves it, I think it's pretty cool."

In a world where kids (and some adults) are often likely to associate science more with complex lectures and jargon than with the hip factor, it's also a sign that Crosslin's enthusiasm for the field is nothing less than infectious.

He first began to realize the impact he could make on young minds when he was an undergrad at Indiana State University, studying subjects such as anthropology and archaeology in preparation to be "this scientist guy."

But as the oldest of five siblings, Cross-

"Not everybody can be scientists, but everybody should know how to think like a scientist."

Rick Crosslin, The Children's Museum

lin also had a strong affinity for kids. "It just came naturally to show people things and to work with people. So I found myself at Indiana State sneaking kids into the anthropology lab (for tours) — and kind of getting in trouble for it."

When Crosslin was halfway through his junior year, a professor suggested he take an Introduction to Teaching class. He enrolled, and after leading youngsters on a fossil-collecting expedition and "having a blast" doing it, knew he had found his calling.

He graduated from ISU with a B.S.

degree in elementary education and earned his master's in the field at Indiana University. He began teaching in Wayne Township schools in 1976 (he's currently on sabbatical to work for the museum) and has racked up a lengthy list of honors, including numerous "teacher of the year" designations and a regional Emmy for his television show "Tale of the Bone," a program produced by WFYI on the museum's dinosaur explorations and Dinosphere.

Crosslin credits his success in reaching students in part to his own natural curiosity for the world around him, along with a spirit of adventure nurtured by multiple moves during his childhood. As the son of an Air Force member, he lived with his family in 27 different cities before he left for college.

"It was basically, move to a new place, get to know what's around there, meet people and learn what you could learn," he recalls. "So it was kind of like 'instant expeditions.'"

Not surprisingly, Crosslin's adult life has been filled with travel as well. He taught third- and sixth-grade students from 1980 to 1982 at the Cairo American College in Egypt, where field trips involved visits to the Pyramids and the Valley of the Kings. Once, he recalls, he and his wife, Brenda, wanted to take students camping in the desert.

"It took forever to get permission, because the mindset was 'Why would you want to go there? You have nice homes to stay in here in the city.' There are things out there." And I said, 'Yeah, I know, those are the things that we want to go see.'"

Crosslin also has been on 14 trips to the Amazon, mostly leading teacher/student groups. For The Children's Museum, he heads an annual summer expedition for teachers to South Dakota, where they collect dinosaur fossils at the Ruth Mason Quarry.

Summers also mean day camps, to which Crosslin has been devoted in one

HERE'S A LOOK AT CROSSLIN'S OTHER PROJECTS

The super-busy Rick Crosslin may be most visible through his work on "Indiana Expeditions," but his projects don't end there. After his family (his wife, Brenda, and three children ages 24, 18 and 11), Crosslin says he is most proud of "whatever I'm working on now." Here's a look at some of the other creations he's nurturing:

Photo provided by WFYI

HARD HISTORY: Rick Crosslin describes rocks for children participating in WFYI's new series on earth, physical and life sciences.

» **DINOSAUR SCIENCE DIGS FOR TEACHERS.** Crosslin will lead K-8 teachers (and their families) on a dinosaur-fossil-collecting expedition in South Dakota July 7-12. Teachers will spend two days at the Ruth Mason Quarry, billed as "the largest fossil bed of duck-billed dinosaurs in the world." Participants also will tour area sights such as the Black Hills Geologic Institute and the Badlands. For more information, call (317) 334-3818 or visit www.childrensmuseum.org/themuseum/dinosphere/dino_digs.html#teacherdig.

» **MR. C THE SCIENCE MAN.** As part of the Inquisitive Kids publication, distributed monthly to 75,000 students in Grades 3 through 6, Crosslin contributes a column dedicated to encouraging kids to tackle science head-on. "I always have a section in there that says, 'Don't take my word for it. Try it yourself. See if it works. And if something cool happens, let me know.'"

capacity or another for 20 years. He serves as summer science camp director for the Diabetes Youth Foundation of Indiana. This summer, he'll also lend his talents to Camp Rock, a new weeklong program for children affected by autism.

No matter the project or the audience, however, his message remains the same. Science is something to be embraced, not avoided.

"Not everybody can be scientists, but everybody should know how to think like a scientist," he says. "People think to be a scientist you have to be nerdy and know all this stuff, but really, it's much better to be a science questioner than a science 'answerer'..."

"One of the biggest drawbacks in getting more science in our schools is that people are afraid to be wrong in front of children. And to me, I'm going to start off saying, 'I don't know. Let's figure it out.' Being intimidated by science — we don't have that luxury."

Health Views

Dental Implants vs. Partials

Q My partial denture slips around in my mouth causing sore spots and allows food to accumulate under it. Sometimes it's painful as well as embarrassing. What can I do to remedy this situation?

A Dental implants anchor artificial teeth into your jawbone in much the same way natural teeth are held in your mouth. The root of a natural tooth holds the crown or top of your tooth in place. Implants play the same role as the roots of your natural teeth. They can be a great improvement over bridgework, partial, or full dentures, and can be done whether you are missing one, a few, or all of your natural teeth.

There are several factors in considering dental implants. Your overall health and dental history are important, as well as the condition of your mouth, gums, and the structure of your jawbone.

Fortunately, a limited amount of bone no longer prevents you from having dental implants.

The results tell the real story. Call today and ask Bobbie Ryan to reserve your seat at their next FREE seminar.

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Lose Weight & Increase Energy

Q My blood pressure, cholesterol and weight just keep rising. I'm searching for ways to control all three naturally before they reach dangerous levels. I've heard of a nutritional supplement that is said to lower weight, increase energy and more. Can you tell me more about this product?

A Many of us struggle with these same issues as we age. The key is to gain control over them before the situation requires expensive medications with potential side effects. The product you've inquired about, Sleep-N-Slim, is a safe, natural way to get back on track.

Sleep-N-Slim contains an exclusive amino acid complex that stimulates the pituitary gland, the same gland biologically stimulated in our youth. Stimulating the gland with natural supplements produces many of the same benefits of human growth hormone (HGH) replacement therapy. The ingredients in Sleep-N-Slim can work while you are sleeping to help you:

- Lose fat and build lean muscle
- Improve sleep patterns
- Increase energy levels

Sleep-N-Slim does not eliminate the need for a healthy diet and exercise, but works in conjunction with both. This natural, easy to take supplement can help maintain physical and emotional health. For more information or to order this affordable product, call toll free: 1-800-593-4701. Be sure to ask about our price specials.

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1-800-593-4701
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An online initiative of the Indianapolis Star Media Group

IndyPaws.com

Pet Talk Pet Profiles Pet Pics Go online to IndyPaws.com daily for new posts, pictures, events and more.

Adopt a pet

Visit IndyPaws.com to view pets seeking new homes.



Pepper, domestic long-hair

Pepper is a friendly 2-year-old who is friendly with cats and kids.

Humane Society of Indianapolis
(317) 872-5650
www.indyhumane.org



Fred, Labrador retriever mix

Fred's an energetic, well-trained and obedient 3-year-old.

Indianapolis Animal Control
(317) 327-1397
www.indygov.org/accd



Keno, domestic short-hair

Keno is a 5-year-old neutered male who is gentle and loving.

Hamilton County Humane Society
(317) 773-4974
www.hamiltonhumane.com



Loretta, beagle/terrier mix

Loretta is a 2 1/2-year-old female who already knows the commands "sit" and "shake."

Hamilton County Humane Society
(317) 773-4974
www.hamiltonhumane.com

In the spotlight

Meet some of the IndyPaws.com members.



Tigger, tabby

Owner: Dishane

Best trick: Flips

Favorite activities: Fun around the house and playing with string

Likes: Treats, toys, playing, rubs, grass



Keenan, seal point domestic short-hair

Owners: Kelley and Jason

Likes: Lying on the front balcony, watching birds

Favorite food: Anything my dad is eating

Favorite toy: Hair ties

Favorite food: KitnKaboodles

Mayson, pit bull terrier

Owner: Elizabeth

Motto: "All I want is food!"

Favorite food: Soft tacos from Taco Bell

Nicknames: Baby, Scooter, Squirt



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