

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM



TODAY'S VERSE

Psalm 117:1 & 2 O praise the LORD, all ye nations: praise him, all ye people. For his merciful kindness is great toward us: and the truth of the LORD endureth for ever. Praise ye the LORD.



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Jeff Monks smile? "It always makes me smile to put on a fireworks show for the family and neighbors on the 4th of July," said the Noblesville resident. "Since I was a very young Boy Scout, I always loved the 4th of July." Monks was born in Hammond and his family moved when he was 2 to Lansing, Ill., where there were "very small (fireworks) displays." He said, "We actually had to purchase our fireworks in Munster because Illinois did not allow them." After graduating from high school in South Holland, Ill., in 1982, he was married in 1987 and moved to Noblesville, which "proved to offer great schools, opportunities, neighbors and friends." He raised four kids here, Porshia Horine, Blaize Monks, Dane Monks, and Jayse Monks, now ages 33-28. He owns The Equipcon Group, which provides customized nondestructive testing systems to auto, rail, aerospace and other industries. He opened Noblesville Radio in downtown Noblesville, above Matteo's Ristorante Italiano on Ninth Street, where he broadcast more than 1,000 live youth and high school sporting events, City Hall radio with the mayors, auto and go-kart racing and Kidz Radio with 52 kids "learning to speak better, plan their own shows and break out of their shells," he said. Monks was a Noblesville Main Street board member and emcee at the street dance, as well. He coached Noblesville Youth Baseball and Babe Ruth for many years and is a member of Noblesville Elks Lodge. Hobbies are his granddaughters, Remi Belle, his kids, and garden, and, of course, his fireworks. Monks has been putting on a growing fireworks show for his family and friends every year, and now the whole neighborhood at Hazel Dell Woods seems to have gotten used to it, with baseball games, barbecues, lawn chairs and friends and neighbors celebrating together. He usually buys his fireworks from DaBomb Fireworks owned by Theresa Dickerson (pictured with Monks), a friend he met through Uber. Being that she couldn't secure her regular location this year, Monks found her a location to sell fireworks at 2340 Conner St., and they went in as business partners "to keep the fireworks store and fireworks display alive." This year, he's helping Theresa design fireworks shows, including the choreography of custom displays, just as he does his own.

And Another Thing...

The construction keeps on coming! On Monday, July 5, 2022, Ohio Road between Geist Reservoir and Haven Cove Lane, the first road south of the Geist Reservoir Bridge, will have daily lane restrictions for northbound and southbound traffic for the reconfiguration and installation of access to Geist Park and the Marina. These lane restrictions will happen from 9 a.m. and 4 p.m., Monday through Friday. The closures are expected to end by Aug. 1.

Fishers Parks Has Tons to Do This Week

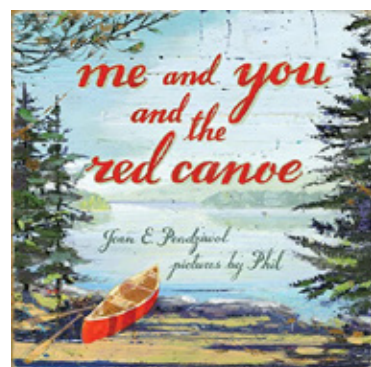


With summer in full-swing and Independence Day behind us, it's time to look forward to more upcoming events. Don't miss these fun, free public events hosted by Fishers Parks!

Get free chairs when you buy concert tickets!

Now through July 16, the Nickel Plate District Amphitheater is running a special promotion for those who purchase a series pass to the new, ticketed summer concert series at the venue. This week, get a discounted ticket rate by purchasing a pass for all 4 remaining ticketed concerts, either in person (\$80) or online (\$95, includes all online processing fees in the total). Chairs can be picked up the day of the concert (Colony House on July 16). In-person, day-of-show purchases and chair pickup will take place at the Pavilion Box Office, located at the south end of the venue.

This week's music at the AMP



Downtown Fishers will play host to two free, live-music events this week!

Wednesday, July 6: Mr. Daniel. The show begins at 12 p.m., noon at the NPD AMP, presented by Meyer Najem.

Saturday, July 9: Jazz Elements at the Fishers Farmers Market. The show begins at 10 a.m. at the NPD AMP, presented by IU Health Fishers.

Storywalk guided reading this Wednesday!

Take the Storywalk at Flat Fork Creek Park through the month of July! At 10 a.m. this Wednesday, come out to the park for a free guided reading with Hamilton East Public Library! No pre-registration required, and all are welcome. Enjoy the pages of "Me and You and the Red Canoe" by Jean E. Pendziwol posted along the walking paths of the park. Each month, Fishers Parks works with Hamilton East Public Library to pick themed books to match seasons and parks for free, age-friendly walks and hikes. More information can be found at <https://playfishers.com/333/StoryWalk>.

com/333/StoryWalk.

Needle & Thread Society meets this Thursday!

The free Maker Playground Needle & Thread Society monthly meetup is this Thursday, July 7, from 4:30 to 6:30 p.m. at the Maker Playground. The Needle & Thread Society is free to join and attend and is



open to any person who practices or is interested in getting started with fiber art (crochet, embroidery, knitting, weaving, etc.). The group meets monthly on the second Thursday of each month through 2022. Bring your in-progress project, or start something new while socializing with other makers! No pre-registration required.

Save the Date for Monsoon Madness!

The annual Fishers Parks pop-up waterpark event, Monsoon Madness, presented by Centier Bank, will take over Holland Park on Saturday, July 30! This free event will run from 11 a.m. to 3 p.m. and invites everyone to cool off and have one last hurrah before school starts. More details to be announced soon!

Shop Fishers: Summer Series returns!



Shop Fishers: Summer Series returns! Soak up the biggest deals of the summer with the Shop Fishers: Summer Series happening Saturday, July 16, through Saturday, July 23, featuring special deals and promotions at more than 50 local shops and restaurants around

See FISHERS Page A5

These Colors Don't Run . . . For Very Long



JOHN O. MARLOWE With The Grain

My fourth-grade teacher, Mrs. Collins, mistakenly thought that anyone who hammed it up as much as I did must also be a good actor. I was cast all too frequently to suit me in the lead roles of our fourth-grade pageants.

I don't know why we had so many pageants in the fourth grade. A lot of them were patriotic. Maybe it had something to do with studying American History in fourth grade. Maybe that was the year that educators thought we should work on our memorization - memory skills that might benefit us later in life, like: "Yes, honey, I remembered the peas."

My leading lady in all these fourth-grade plays was Sheila Coleman. Sheila was Martha Washington to my George, Mary to my Joseph, Maid Marian to Robin and Mrs. Claus to my St. Nicholas - except for the time I caught dysentery right before showtime and my stand-in, thin-as-a-rake Alan Bolander, assumed the role opposite Sheila. Watching Alan try to keep his borrowed Santa pants up was worth the price of admission.

I'm not sure why Sheila got all these roles, because looking back on it now, I remember her to be extremely soft-spoken. I'm not sure people in the front row could even hear her lines. Although she was smart, I'm quite certain she inherited the leads mostly because she was tall. Pageant directors in those days coveted vertical continuity. You might have to answer questions in a school board meeting, if Martha uttered "I love you, George." into the actor's waistline.

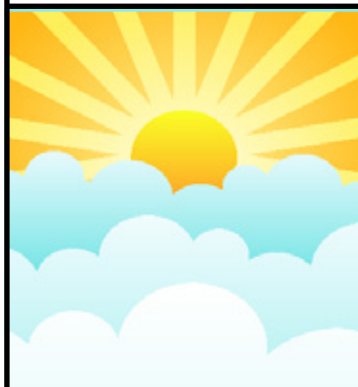
Although an accomplished rote actor, shy Sheila became the center of attention of the entire school and community, through no fault of her own.

It happened during our fourth grade Fourth of July pageant - held, of course, in early May.

Following a stirring soliloquy from Betsy Ross, played by Becky Koper - who ironically is actually descended from the real

See MARLOWE Page A5

The Daily Almanac



Sunrise/Sunset
RISE: 6:21 a.m.
SET: 9:16 p.m.



High/Low
Temperatures
High: 95 °F
Low: 74 °F



Today is...

- National Workaholics Day
- National Graham Cracker Day
- Mechanical Pencil Day



What Happened On This Day

- 1811 Venezuela declares independence from Spain
- 1975 Cape Verde gains independence from Portugal
- 1996 World's first live cloned mammal is born



Births On This Day

- 1810 P. T. Barnum American businessman, founded Ringling Bros., Barnum & Bailey Circus
- 1853 Cecil Rhodes English/South African businessman, politician, founded De Beers

Deaths On This Day

- 1819 William Cornwallis English Admiral
- 2006 Kenneth Lay American businessman

INSIDE TODAY

Obituaries.....	A2
Brian Howey.....	A2
Carrie Classon.....	A2
Letter to the Editor.....	A2
Legal Notice.....	A2
Service Directory.....	A3
John Roberts.....	A4
Classifieds.....	A4
Casey Williams.....	A5
In The Kitchen.....	A6, A7
Health & Wellness.....	A8

OBITUARIES

Betty Jean McQuay

The Times appreciates all our customers. Today, we'd like to personally thank **JAMES FREIBURGER** for subscribing!

HONEST HOOSIER

I love fireworks. Makes me feel a little bit like a kid again.



TODAY'S HEALTH TIP

Poor dental health can lead to an increased risk of heart disease. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



TODAY'S QUOTE

"Ask not what your country can do for you, ask what you can do for your country."

- John F. Kennedy

TODAY'S JOKE

We looked for some 4th of July knock-knock jokes to put in here but didn't find any. Then we realized that freedom rings!

13 WTHR 7 DAY FORECAST

74/95 SUNNY TUE	76/92 SUNNY WED	73/90 SCTD THU	71/88 SCTD FRI	70/85 SUNNY SAT	64/84 SUNNY SUN	66/90 SUNNY MON
-----------------------	-----------------------	----------------------	----------------------	-----------------------	-----------------------	-----------------------



OBITUARIES

Betty Jean McQuay

November 11, 1929 - June 30, 2022

Betty Jean McQuay, 92, of Carmel, passed away peacefully on Thursday, June 30, 2022.

She was born on November 11, 1929 to Paul and Lois (Adams) Gilmore in Hattiesburg, Mississippi in her grandparents' house.

Mrs. McQuay was born and raised in Mississippi. She met her husband Russell in 1949 while in New Orleans and they married in 1950. In 1953, the couple moved to Chicago, Illinois when Russell took a new job. They spent 30 years in the area, raising two children and immersing themselves in their walk with the Lord by attending Calvary Memorial Church in Oak Park. Mrs. McQuay lead Bible studies in their home and was very active in Women's Aglow Ministries. In 1993 they moved to Zionsville to be closer to their children. She regularly attended Bible Studies and lead Prayer Groups. She blessed her neighbors and friends with her piano playing. Mrs. McQuay was a member of Daughters of the American Revolution and Grace Church in Noblesville. Throughout her life she enjoyed sewing, needlework, craft projects, reading the Bible and sending cards. She loved her grandchildren and her miracle great-grandson.

Survivors include her daughter Paula (Daniel) McQuay Reitsma of Hebron, Kentucky; son Kam (Deb) McQuay of Carmel, Indiana; two grandchildren Kendall (Mackenzie) McQuay of Indianapolis and Morgan (John) Dyck of Auburn, Alabama; great-grandson, Liam Hunter McQuay; and several nephews and nieces, as well as countless friends.

In addition to her parents, she was preceded in death by her husband of 61 years, Russell McQuay; and sister Phyllis Ann Lambert.

Services are scheduled to be held at 12:30 p.m. on Tuesday, July 5, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road in Noblesville. Visitation is scheduled to run from 10 a.m. to 12 p.m. at the funeral home. Private family burial will be at Union Lutheran Cemetery in Zionsville.

Memorial contributions may be made to Blue Foundation, Attn: Amy Newill, 12800 N Meridian St., Ste. 400, Carmel, IN 46032, <https://givebutter.com/Blue-Foundation>.

Online condolences may be made at www.randallroberts.com.



The Dobbs Decision and Mike Pence

June 24, 2022, should have been the political holy grail for Mike Pence. It was the day he had long strived for, the day Roe v. Wade was consigned to the "ash heap of history."

"Today, life won. By overturning Roe v. Wade, the Supreme Court of the United States has given the American people a new beginning for life and I commend the Justices in the majority for having the courage of their convictions," Pence said shortly after the Supreme Court issued its ruling on the Dobbs case. "By returning the question of abortion to the states and to the people, this Supreme Court has righted an historic wrong and reaffirmed the right of the American people to govern themselves at the state level in a manner consistent with their values and aspirations. Now that Roe v. Wade has been consigned to the ash heap of history, a new arena in the cause of life has emerged and it is incumbent on all who cherish the sanctity of life to resolve that we take the defense of the unborn and the support for women in crisis pregnancy centers to every state in America."

Pence's campaign PAC Advancing American Freedom quickly released a video saying that for pro-life Americans "today is one many thought they would never see" while adding, "His cause is our cause." It pointed out he was the first Republican in Congress to propose "defunding Planned Parenthood," he cast a pivotal tie-breaking vote in the



BRIAN HOWEY
Howey Political Report

Senate as vice president, and as governor of Indiana, signed every pro-life bill he was presented.

"And in the White House, Mike Pence provided the guidance and advice to the president to select Justices Neil Gorsuch, Brett Kavanaugh, and Amy Coney Barrett, three of the five votes making this incredible moment possible," it continues. "Lives will be saved."

"For Mike Pence, the mission is still the same: Foster the sanctity of life," the video said.

Donald Trump's reaction was more muted, saying, that "God made the decision," then later Friday calling the Dobbs decision the "biggest WIN for LIFE in a generation" and "only made possible because I delivered everything as promised."

But the former Indiana governor and American vice president finds himself in a political no-man's land at the precise time of his most profound political achievement. A recent 2024 presidential poll in New Hampshire had Florida Gov. Ron DeSantis leading Donald Trump by 2%, while Pence stood

far back at a mere 9%. A CAPS/Harvard Poll had Trump leading with 57% while 11% backed Pence. A Reuters/Ipsos Poll had Trump leading Pence 54-8%. These polls were taken before the bombshell testimony heard on the U.S. House Jan. 6 Select Committee that has implicated Trump in inspiring the U.S. Capitol insurrection, with Trump supporters chanting "Hang Mike Pence."

While some Republicans seeking the 2024 presidential nomination are treading lightly on the issue, opting for what one consultant told the Washington Post "the safest place for Republicans is to say, 'Send it to the states,' Pence is advocating for a national abortion ban. "We must not rest and must not relent until the sanctity of of life is restored to the center of American law in every state in the land," Pence tweeted last week. He tweeted out, "Apply to host Vice President Mike Pence on your campus this fall."

I was startled when I asked a leading Hoosier pro-life advocate several weeks ago about whether Pence would reap political credit in a 2024 presidential race if Roe were overturned. The reaction was one of ambivalence. This person observed what many in Indiana have said about Pence, which is that he appears to have forgotten his roots and has moved on to the national stage. Indiana Right to Life and affiliates in Northeast Indiana also issued statements of joy at

the ruling, but none mentioned the role Mike Pence had played.

I've asked a number of members of Congress and key Indiana GOP political operatives this question: Could Mike Pence beat Donald Trump in a 2024 Indiana presidential primary? Not one said yes.

Pence swoops in for fundraisers and an occasional endorsement, the most conspicuous was for Indiana Senate District 14 candidate Ron Turpin, who was subsequently blown out 52-38% by Tyler Johnson in that Fort Wayne area seat in last May's primary. Pence is scheduled to keynote a coming prominent NE Indiana political event this fall.

At this point in time, Pence is in a GOP purgatory as he begins to build his campaign. He has been praised by congressional Democrats for standing up to Trump on Jan. 6, 2021, but is seen as a deserter by the Trump base, and as a toady bootlicker by anti-Trump Republicans, independents and Democrats. As the New York Times Maggie Haberman and Reid Epstein observed, "The whipsaw of images creates an uncertain foundation for a potential presidential campaign, for which Mr. Pence has been laying the groundwork."

Memo to Mike Pence: You've forgotten the peeps who propelled your Washington career.

- The columnist is publisher of Howey Politics Indiana at www.howeypolitics.com

Letters

Could Indiana Use an Extra \$630 Million?

Dear Editor,

Illinois just announced that it boosted its economy in 2021 by an extra \$630 million by attracting film and TV show productions to the state. Here is the link to the story: <https://www.mystateline.com/news/local-news/illinois-brought-in-record-630m-in-film-production-in-2021/>.

Could Indiana use some extra money like that? If so, then the legislature and the governor should work to end Indiana's distinction as one

of only a few states that offer no tax incentives for film, television, or other media productions.

That's right. Only a few states, including Indiana, offer no financial incentives or assistance to make movies, TV shows, or other media (like games) in this state.

Why? Why don't Indiana politicians want the notoriety and financial boost of modern productions? We need to ask our legislators and governor about this.

Woodrow Wilcox
Dyer, Indiana

PUBLIC NOTICES

PUBLIC SALE NOTICE

Spring Valley Storage
21335 N. State Road 19
Cicero, IN 46034

Spring Valley Storage will offer for sale by public sale all items stored in the following named units:

Unit 336
The public sale will be held on Saturday, July 16, 2022 at 9:30 a.m. at Spring Valley Storage located at 21335 North State Road 19, Cicero, Indiana 46034.

The contents of the storage units will be sold to the highest bidder, or will otherwise be disposed of pursuant to state law.

This notice constitutes the public notice and advertisement of this sale as required by Indiana Code I.C. 26-3-8-14(b).
Spring Valley Storage

TL19225 7/5 11 hspaxip

TheTimes24-7.com

Forgotten Salves

that's Peter for you. I started slathering on Shelley's lotion, but was distressed to see it was not soaking in. Finally, in frustration, I got out my reading glasses to see what this stuff was made of.

"Body soap" it said, plain as day. "Well. That explains it!" The lotion was demoted to the shower, where it did just fine for its intended purpose.

But the biggest surprise was the V05.

It was in a metal tube with the paint peeling off and I had been moving it around with me since before my grandmother died 15 years earlier. My father's mother swore by V05.

"It's not just good for your hair!" she insisted. She said it was good for scratches on wooden furniture and dry cuticles and many other uses I've since forgotten, which explains why I'd been hanging on to this tube for 20 years.

In Mexico, with nothing else to tame my frizzy, fly-away hair, I finally tried it.

The V05 was terrific. And the scent brought me right back to my grandmother. I remembered the smell of my grand-



CARRIE CLASSON
The Postscript

mother's hair as clearly as the cherry almond-scented lotion she used. The tiniest dab kept my hair in order and the tube lasted well beyond our trip to Mexico.

"I've gotta get more of this!" I declared when I got home. That's when I read the awful news.

V05 had been discontinued! I found a few opportunistic folks selling tubes for \$30 apiece on eBay, but other than that, it seemed to have disappeared.

"Oh, no!" I complained to Peter, who pays no attention to this kind of thing. (He thought the body soap worked perfectly fine as lotion, to give you some idea.) But a quest for a lost product is exactly the sort of chal-

lenge Peter loves. "You can't find it anywhere?" he asked.

"No!"
The next day, Peter found some.

It was still available after all, and at a reasonable price. I immediately ordered a lifetime supply.

When it arrived, it was not in a metal tube; they had switched to plastic a long time ago, so my 20-year-old tube was probably a lot older than that. But the consistency and, most importantly, the smell, was exactly the same.

I saw my dad that week, recovering from his pace-maker surgery.

"Guess what I found, Dad?"

"What?"
"V05!"

I dipped my head toward him in the hospital bed.

"Doesn't that smell remind you of grandma?" I asked.

My dad smiled. Till next time, Carrie

- Carrie Classon is a freelance writer and author and lives in New Mexico. Her columns appear each week.

Purchase a pool membership today!



Enjoy Forest Park Aquatic Center's Many Amenities:

- AquaClimb™
- AquaZip™
- Fast Freddie Waterslide
- Heated Olympic Sized Pool
- Heated Zero Entry Kiddie Pool
- Splash Pad

PLUS access to Morse Beach and entry to Flix and Float and Tiny Tots

Visit our website at: www.forestparkpool.org
Or Call: 317-773-4649



2022 Fall Ball Season

When: August 13th/14th - October 1st/2nd, 2022...7 game season & single-elimination tournament to be played on Weekends.
• Weekday games may be scheduled based on interest or in the event of rainouts
• Single-elimination tournament played October 1st & 2nd

Where: Noblesville Babe Ruth Facility - Logan Field Forest Park, Noblesville

Who: Everyone - 7th-8th Grade and 9th-12th Grade
• 7th - 8th Grade League
• 9th - 12th Grade League
• Due to construction scheduled on Emmerson Field, Fall Ball teams and player registrations will be limited.
** Please Note: There will NOT be a Travel division for the 2022 Fall Ball season.

Cost: \$80 per Individual registration - \$900 per full-roster team registration
** Note: Credit card and processing does apply and will be added at checkout

How Do I Register? www.noblesvillebaberuthbaseball.com

Questions? Please contact:

Mark Kelly
Director of Baseball Operations
Noblesville Babe Ruth Baseball
(317) 201-4751
nrbdirectorofops@gmail.com

Chris Thomas
League President
Noblesville Babe Ruth Baseball
(317) 538-6555
nrbpresident@gmail.com



Photos courtesy of Subaru

2022 Subaru WRX Click-Clicks, Turbo-Kicks Down The Road

2022 Subaru WRX
Five-passenger, AWD Sedan
Powertrain: 2.4-liter T4, 6-spd man
Output: 271hp/258 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Must-have features: Tech, Power
Fuel economy: 19/26 mpg city/hwy
Assembly: Gunma, Japan
Base/As-tested price: \$29,605/\$32,105

It seems all of the news about cars these days focuses on the latest electric vehicles and automated driving, so it's refreshing to drive the redesigned 2022 Subaru WRX. It's a larger car, a more mature car, but it retains all of the click-click, turbo-kick that's shoved it down the road for decades. It's the polar opposite of an EV, but is still quite advanced. Check it out, but bring your love of driving.

Not everybody loves the styling. The shapely bodywork gets attention when painted delicious Solar Orange Pearl and the mid-size sedan is handsome with its hood scoop, squinty headlamps, and chiseled fenders – all over dark 18" alloys. But, gray plastic on lower facias, around wheelwells, and along lower sills is a little too Outback Wilderness for some. Then again, they seem wholly appropriate

for a car that derives its performance heritage not from race tracks, but from rock and gravel roads on the rally circuit. All of the swoopy creases and plastic cladding obscures the fact it's a big car. I parked alongside a current Honda Accord at the office and the WRX was nearly as large. But, it doesn't feel large behind the wheel. A quite stiff suspension, quick heavy steering, and torque-vectoring all-wheel-drive make short work of long curvy roads. When not trying out for an international rally, that same all-wheel-drive system one-ups most other muscle cars by taming snow, rain, and mud. Just hit the throttle and know the computer will get power to pavement. Beneath the hood scoop is a turbocharged 2.4-liter "Boxer" four-cylinder

engine that produces 271 horsepower and 258 lb.-ft. of torque. Shift it through the base six-speed manual transmission. My knee hurt from working the grueling clutch in traffic, but I wouldn't trade it for the continuously-variable automatic transmission. The auto is a \$2,050 option and just plain silly in a car like this. Somebody will have to explain how the WRX gets the same fuel economy as a Subaru Outback Wilderness: 19/26-MPG city/highway. Subaru really needs to crib Corvette and add a tall cruising gear. Continuing the journey, a complete redesign puts a tablet-style touchscreen front and center, flanked by simulated carbon fiber accents, stitched dash coverings, and aluminum pedals. As in my family's Outback, the

infotainment system takes too long to boot up, but once awake, is easy to use with intuitive controls. It's all very high-tech, but there are still actual knobs for volume/tuning plus redundant buttons for temperature and defrost. Very nice. Heated front seats and a thick flat-bottom steering wheel add delights. Owners will also appreciate a relatively roomy back seat and trunk, making the WRX a practical daily driver that can drop off the kids before hitting the skids. Our car didn't have them, but I'd step up to the Harman Kardon audio system and sunroof for \$1,875. Safety is enhanced with automatic emergency braking, rear cross path detection, and a rear seat reminder. Subaru made all of the right moves with the new



CASEY WILLIAMS
Auto Reviews

WRX. It enhances all that made it a world-beating performance car with a roomy high-tech interior and butch styling that better connect it to today's expectations. If you still have any doubts, just go for a click-click and kick one down the road. An affordable \$29,605 base price rises to just \$32,105 as equipped. Storm Forward!
 - Send comments to Casey at AutoCasey@aol.com

The Times SERVICE DIRECTORY

AUTOMOTIVE		FEATURED BUSINESS		FUNERAL SERVICES	
<p>Alexander's Auto & Radiator Repair</p> <p>Hours: Monday - Friday 8 AM - 5 PM</p> <p>317-773-7098</p> <p>820 Hannibal Street Noblesville</p>	<p>Son-Shine Service Inc.</p> <p>122 Cicero Rd Noblesville</p> <p>317-773-0924</p>	<p> HAWN'S LAWNS</p> <p>317-903-7593</p> <p><i>Find us on Facebook</i></p> <p>www.hawnslawns.com</p> <p>Sheridan, IN</p>	<p>BUSSELL FAMILY FUNERALS</p> <p>Serving Hamilton County and surrounding areas</p> <p>BussellFamilyFunerals.com</p> <p>Donna Bussett Owner/Director</p> <p>1621 E. Greyhound Pass Carmel, IN 46032 317-587-2001</p>	<p>Traditional Services Affordable Cremation Pre-Planning</p> <p><i>Hersberger</i> Bozell FUNERAL HOME</p> <p>3020 North Main Street Lapel, Indiana 46033 765-584-3333 www.hersbergerbozell.com</p>	
FUNERAL SERVICES			HOME SERVICES		RESTAURANTS
<p> Indiana Funeral Care</p> <p>indianafuneralcare.com</p> <p>Indianapolis (317) 636-6464 8151 Allisonville Rd. Indianapolis</p> <p>Greenwood (317) 348-1570 2433 E Main St. Greenwood</p>	<p> HAWN'S LAWNS</p> <p>317-903-7593</p> <p><i>Find us on Facebook</i></p> <p>www.hawnslawns.com</p> <p>Sheridan, IN</p>	<p> Jim Dandy Restaurant Since 1964</p> <p>Online Ordering is HERE! Visit our new website at www.jdrest.com to order now! Sign up for our email list to receive weekly deals and specials!</p> <p>Monday - Saturday 6:30 AM - 9 PM Sunday 7:00 AM - 9:00 PM</p> <p>2301 E. Conner Noblesville 317-773-3288</p>	<p> RETAIL</p>		

Would you like to be included in our next Service Directory? Contact our advertising department at 317-770-7777

Don't Let Swimmer's Ear Stop You From Having A Great Summer

We're in the middle of swim season and I've been seeing patients complaining of "swimmer's ear." Doctors tend to see more of this malady in hot, humid weather, but it can also be the result of other conditions as well.

The medical term for swimmer's ear is otitis externa, indicating inflammation of the ear canal and less frequently, the external ear. This is in contrast to the more common otitis media, or infection of the middle ear (the air filled cavity just behind the ear drum).

The number of people who suffer from swimmer's ear is about four per 1,000 per year, or about 3-5% of the population. It afflicts males and females in equal numbers and tends to present between seven and twelve years of age, though older people can certainly be afflicted.

The wax (cerumen) that everyone is always trying to get out of their ears is actually there to



JOHN R. ROBERTS, M.D.
Hamilton Health

protect the external ear canal. There exists a delicate balance of too much or too little cerumen. If there is not enough present, the ear canal can dry out, crack and develop infection. If there is too much, the ear canal can become too moist. This leads to swelling and breakdown of the skin lining the ear canal.

The majority of cases of swimmer's ear are caused by too much wax. This allows water contaminated with bacteria or fungi to enter the ear canal and invade the

broken down skin. Since swimmers often swim in contaminated water, they are more prone to develop this problem.

There are other conditions that can lead to otitis externa. One of the more common is trauma to the ear canal. This is where one should heed grandma's advice to not put anything smaller than your elbow in your ear. Items such as Q-tips, bobby pins, and paper clips do not belong in the ear canal. Repeated use of earplugs or hearing aids can also cause trauma and trapping of moisture.

There are other skin conditions such as dermatitis and seborrhea that can also increase the risk for infection. People with small ear canals are also prone to more infections.

The most common organisms that cause otitis externa are species of Pseudomonas bacteria. Staphylococci and Streptococci can also cause the infection. Fungi play a

role in about five percent of cases.

Most people recover from otitis externa with minimal intervention. However, people with certain medical conditions can develop severe problems. Diabetics and those with compromised immune systems need to be careful. Simple otitis externa can lead to a severe condition called malignant otitis externa. The malignant form is a result of the infection spreading to the tissues around the ear. It should be suspected in those who have a lot of redness around the ear or swelling of the ear itself. These people need hospitalization for intravenous antibiotics. If left untreated, this condition can be fatal in up to half the patients.

People who have swimmer's ear typically have some exposure to water. Itching may be the initial symptom followed by worsening pain over the next couple of days. The

ear may start to drain white material with a foul odor.

Patients may experience a pressure or fullness in the ear and can also develop hearing loss if the infection causes the ear canal to swell shut. A reliable physical finding is pain when one tugs on the ear or pushes on the little flap in front of the opening to the ear canal. Doing this usually does not cause pain with middle ear infections.

Treatment is curative over 90 percent of the time. Most people improve in two to three days and are back to normal in a week or so.

There are many treatments available, but prescription antibiotic drops work best. One of the oldest agents around is a milky fluid that contains two different antibiotics and a steroid. However, one of the antibiotics can sometimes cause some hearing loss and the other antibiotic may cause a local allergic reaction.

The antibiotic drops ciprofloxacin and ofloxacin are two that are usually recommended. If there is fungal involvement, doctors may prescribe simple acetic acid (vinegar) solutions or topical antifungal medication. Occasionally the pain is so intense that oral narcotics may be required.

Patients who suffer from recurrent bouts of swimmer's ear should employ preventative measures. A half-and-half mixture of white vinegar and 70 percent isopropyl alcohol works well. A couple of drops in each ear after getting the ears wet can be very effective at prevention. I also recommend directing a blow dryer on the lowest setting into the ear canal after bathing or swimming. Avoid dryers that are noisy that can cause hearing damage.

- Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine.

Use These Tips to Secure a Sensational (and Safe) Summer

(Family Features) Longer days and lighter schedules make summer perfect for relaxing, having fun outdoors and spending time with loved ones. However, more physical activity and time spent in the sun can also translate to increased health and safety risks.

As you and your family enjoy the warmth and sunshine while swimming, biking, grilling, playing on the playground and more this summer, remember these precautions from the experts at the American Heart Association.

Watch for Signs of Heat Stress

On hot summer days, be alert for signs of heat illnesses, such as heat cramps, heat exhaustion

or heat stroke. Even when it doesn't seem extreme, heat and humidity can take a toll. Some signs of heat-related illness include muscle pain, cramps or spasms; heavy sweating; paleness; dizziness; headache; nausea or vomiting; confusion; fainting or unconsciousness; high body temperature (greater than 100 F) with dry skin; and rapid pulse. If you experience any of these symptoms, take a break, drink some water and find shade or air conditioning to cool off.

Stay Hydrated

Staying hydrated is important for optimal body functioning, especially during the hot and humid months. If you plan to spend a lot of time

outdoors, frequently consuming water and foods with high water content - melons, lettuce and cucumbers, for example - can help replace the fluids lost via sweat. In addition, be aware of the signs and symptoms of mild dehydration, including a dry or sticky mouth; dry, cool skin; headache; or muscle cramps.

Learn CPR

As summertime activities expose people of all ages to risks, it's important to be trained in CPR - or cardiopulmonary resuscitation - an emergency lifesaving procedure that is performed when the heart stops beating. If performed immediately, it can double or triple a cardiac arrest victim's chance of survival,

according to the American Heart Association. However, only about 40% of people who experience out-of-hospital cardiac arrest receive help before professionals arrive.

Because about 74% of adult and 87.5% of child out-of-hospital cardiac arrests happen in homes, you will likely be trying to save the life of someone you love - a child, spouse, parent or friend - if called upon to perform CPR. Hands-Only CPR is recommended for members of the general public. Call 9-1-1, or send someone to do so, then push hard and fast in the center of the person's chest until medical assistance arrives. Use an AED, if available, following the prompts.

Conventional CPR is the next step and involves chest compressions and mouth-to-mouth breathing but should only be used by health care professionals and those trained to perform it correctly.

Protect Skin from the Sun

While it's easy to get caught up enjoying activities outdoors, remember to take steps to protect your skin from the sun's damaging rays. Limit your time in the sun, especially during the midday hours when the rays are strongest, and wear sunscreen to help reduce your risk of sunburn. Experts recommend sunscreen with an SPF of 30 or higher. Wearing sunglasses, a hat and cool, long-sleeved

clothing can further limit exposure when outdoors for long periods of time.

Swim Safely

Whether enjoying the pool, beach, lake or river, bodies of water can be dangerous if appropriate precautions aren't taken. In fact, drowning is among the top five causes of unintentional injury death in the United States, according to the CDC. Avoid swimming alone, especially in natural bodies of water that aren't clear and may present strong currents or underwater obstacles, and don't overestimate your swimming ability.

For more tips on CPR and first aid, visit cpr.heart.org or download the Knowledge Booster app.

Classifieds

765-361-0100 ext. 15 | class@thepaper24-7.com

Monday - Friday 9 a.m. to 4 p.m.

Deadlines for next-day publication:

Line ads: 1 p.m. | Display ads 11 a.m.

FREON WANTED: We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-291-9169 or visit RefrigerantFinders.com

Portable Oxygen Concentrator May be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 877-930-3271

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-551-9764

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-977-7069

High-Speed Internet. We instantly compare speed, pricing, availability to find the best service for your needs. Starting at \$39.99/month! Quickly compare offers from top providers. Call 1-844-961-0666

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 1-877-327-0930

Smart Home Installations? Geeks on Site will install your WIFI, Doorbells, Cameras, Home Theater Systems & Gaming Consoles. \$20 OFF coupon 42537! (Restrictions apply) 855-668-0067

LIVE PAIN FREE with CBD products from AceWellness. We guarantee highest quality, most competitive pricing on CBD products. Softgels, Oils, Skincare, Vape & more. Coupon Code: PRINT20 Call Now 833-226-3105

SERIOUSLY INJURED in an AUTO ACCIDENT? Let us fight for you! Our network has recovered millions for clients! Call today for a FREE consultation! 844-517-6414

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-965-4916

New Starting Base Pay - .60 cpm w/ option to make .70 cpm for Class A CDL Flatbed Drivers, Excellent Benefits, Home Weekends, Call 800-648-9915 or www.boydandsons.com

DONATE YOUR CAR TO CHARITY! FAST FREE PICK-UP-24 HR RESPONSE! Help Children in Need, Support Breast Cancer Education/Prevention or Veterans. Tax Deduction 844-820-9099

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award. NO Obligation, NO risk! We've recovered millions. Let us help you!! Call 24/7, 844-284-4920

Looking to **SELL your Home?** Save time & money, connect with the Top Agents in your area to get more **MONEY** and close **FASTER!** Call 317-854-9781

Wesley Financial Group, LLC - Timeshare Cancellation Experts - Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-329-1207

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF 2 FREE Months! 1-855-408-3894

COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 86407! Restrictions apply. 888-715-8176

Need Help with Family Law? Can't Afford a \$5,000 Retainer? www.familycourtdirect.com/Family/Law - Low Cost Legal Services - Pay As You Go - As low as \$750-\$1,500 - Get Legal Help Now! Call 1-888-417-4602 Mon-Fri 7am to 4 pm PCT

Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-855-995-4758

Thinking about installing a new shower? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-855-475-0534 today to see how you can save \$1,000 on installation, or visit www.newshowerdeal.com/hoosier

AT&T TV - The Best of Live & On-Demand On All Your Favorite Screens. CHOICE Package, \$84.99/mo for 12months. Stream on 20 devices at once in your home. HBO Max FREE for 1 yr (w/CHOICE Package or higher.) Call for more details today! (some restrictions apply) Call IVS 1-844-412-9997

Guaranteed Life Insurance! (Ages 50 to 80). No medical exam. Affordable premiums never increase. Benefits never decrease. Policy will only be cancelled for non-payment. 833-535-1043

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-888-965-1444 or visit <http://dorranceinfo.com/hoosier>

DIRECTV for \$69.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. One year of HBO Max FREE. Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Call for more details! (some restrictions apply) Call 1-888-885-8931

www.TheTimes24-7.com

MARLOWE From Page A1

Betsy Ross – Sheila was supposed to stride defiantly across the stage, and deliver a gripping rebuff of tyranny, energizing the audience at the end of Act I.

Unfortunately, in her enthusiasm, Sheila strode a bit too far. She missed her stage mark by a good two feet, coming to rest underneath the giant gymnasium air exchanger, which had been leaking condensate since the William Howard Taft administration – the year the school was built.

For two solid minutes, the dormant heater dripped consistently on the red-white-and blue crepe paper

sash angled across Sheila's pristine white blouse. I could hear the crescendo of titters from the audience as I stood backstage, but I had no idea what was happening to Sheila.

By the time Kenny Adams, who had just finished smoking a cigarette outside the gym door, yelled the line, "And here comes George Washington!" — my cue to enter the stage — the audience was in full uproar.

I was just about to cave to the infectiousness of all that laughter, when I caught my first sight of Sheila. She looked like one of those three-colored popsicles under a summer

sun, all the colors mingling together in shallow patches on the sidewalk. And when I reached for her hands (in the script), and saw the tears pooling in the corners of her eyes, I instinctively knew that not everyone thought this was funny.

I was fully two paragraphs into my opening lines before the audience came to a complete rest, and somehow my fellow fourth graders and I pushed through to the end. Sheila Coleman put in one of the bravest performances in American theater history that day, and a grateful audience acknowledged such during

her bows with a standing ovation and multiple curtain calls.

Every year around the Fourth of July, I see one of those T-shirts. On it is an American flag, and underneath is written, "These Colors Never Run!". In these tumultuous times, my first thoughts always turn to Sheila. When they do, I think to myself: Sometimes maybe they do run. But they don't run for long, and you'd be wise to stick around for the encore.

- John O. Marlowe is an award-winning columnist for Sagamore News Media

FISHERS From Page A1

SHOP FISHERS
Summer Series

JULY 16 - 23
thisisfishers.com/ShopFishers

Shop Fishers: Summer Series happening Saturday, July 16, through Saturday, July 23, featuring special deals and promotions at more than 50 local shops and restaurants around Fishers. Whether you're looking for back-to-school

bargains or end-of-summer fun, Shop Fishers has something for everyone, including Fishers Parks promos for concerts at the NPD AMP, Maker Playground memberships, the Fishers Farmers Market and more!

FREEDOM. TO BE YOU.

If you think oxygen therapy means slowing down, it's time for a welcome breath of fresh air.

Introducing the Inogen One family of portable oxygen systems. With no need for bulky tanks, each concentrator is designed to keep you active via Inogen's Intelligent Delivery Technology.® Hours of quiet and consistent oxygen flow on a long-lasting battery charge enabling freedom of movement, whether at home or on the road. Every Inogen One meets FAA requirements for travel ensuring the freedom to be you.



- No heavy oxygen tanks
- Ultra quiet operation
- Lightweight and easy to use
- Safe for car and air travel
- Full range of options and accessories
- FDA approved and clinically validated

Call **1-877-930-3271** for a free consultation and info guide.



MKT-P0253

Upgrade Your Home with a NEW METAL ROOF

Guaranteed to Last a Lifetime!

LIMITED TIME OFFER

60% off
YOUR INSTALLATION

+
TAKE AN ADDITIONAL 10% off
Install for Military, Health Workers and First Responders

ERIE Metal Roofs
Limited time offer. Expires 6/30/22

STRONG AS STEEL WITH THE ATTRACTIVE LOOK OF VARIOUS ROOF STYLES

From Dimensional Shingles to classic styles reminiscent of Cedar Shake and Spanish Tile, an architectural roofing system by Erie Metal Roofs can enhance the beauty of your home while protecting your family and property for a lifetime.

Call today to schedule your **FREE ESTIMATE 1-866-781-6023**

ERIE Metal Roofs

Made in the USA



New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. Offer expires June 30, 2022. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservicescompliance.com. All rights reserved.

TRUGREEN

Save now with **50% OFF***
Your First Application

Get the most out of your lawn this summer.

TRUGREEN GUARANTEE **AMERICA'S #1**
LAWN CARE COMPANY

SCHEDULE YOUR APPOINTMENT TODAY!
1-866-903-0096

*Requires purchase of annual plan. Special price is for first Lawn application only. Requires purchase of annual plan, for new residential EasyPay or PrePay customers only. Valid at participating TruGreen locations. Availability of services may vary by geography. Not to be combined with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. *Purchase of annual lawn plan required for Healthy Lawn Analysis, which is performed at the first visit. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2022 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.

TheTimes24-7.com

Forest Park AQUATIC CENTER
Join us! **8 pm**
forestparkpool.org • 1077 Cicero Road • Noblesville

2022 Flix and Float Schedule

 June 18th Moana G	 June 24th Finding Nemo G	 July 1st Jumanji PG-13
 July 16th Waterhorse G	 July 22nd Encanto G	 July 30th The Shallows PG-13
 August 13th The Goonies PG	 August 20th Dog PG-13	 September 3rd Top Gun PG

Cost: \$5 per person / Members get in free

Flix & Float Sponsors:
Ruoff Music Center
Church, Church, Hittle & Antrim
Buddenbaum & Moore
Holt Legal Group
Sign Craft
Lew's Plumbing
Troy & Alicia Tricker

For the latest in Local News Coverage
Visit us Online at
www.thetimes24-7.com

The **TIMES**
Serving Noblesville & Hamilton County

641 Westfield Road
Noblesville, IN 46060
317.770.7777
Fax: 317.770.9376

TUESDAY

In The Kitchen

DAY

Tuesday, July 5, 2022

A6

POP UP Cooking Creativity

FAMILY FEATURES

As an important life skill, learning to cook and becoming familiar with kitchen basics can be an exciting adventure for kids from toddlers to teens. Using a delicious childhood favorite like popcorn as the key ingredient at the center of your lessons can spur interest and enthusiasm.

Along with understanding measurements and safety, teaching your children how to make simple recipes also offers opportunities to bond and make memories that can last a lifetime. Popcorn is a snack food associated with good times and it's versatile enough to encourage creativity.

While it's important to start with easy techniques that introduce future chefs to the culinary world, it's also helpful to ensure they'll enjoy eating their first creations so they'll be eager for more time in the kitchen.

As a whole grain that's 100% unprocessed with no additional additives, hidden ingredients or GMOs, air-popped popcorn has only 30 calories per cup and offers a whole grain that provides energy-producing complex carbohydrates. Because whole grains are important sources of nutrients such as zinc, magnesium, B vitamins and fiber, you can instill the values of nutritious snacking all while having some fun.

These simple yet delicious recipes and tips can help you get your kids involved in the kitchen.

Encourage Creativity

Making learning fun is an important introduction to the world of cooking. Starting with a versatile base ingredient like popcorn that's naturally low in fat and calories, encourage your child to get creative with a recipe like Pop-a-rific Popcorn Balls. With simple variations like adding food coloring or mixing in candies, nuts or dried fruit, it's a colorful way for little ones to build confidence in their skills.

Measure Ingredients

A key component to recipes of all difficulty levels, teaching measurements from teaspoons and tablespoons to cups, ounces and more is valuable knowledge. Start with the basics like these Simple Popcorn S'mores that call for popcorn and graham crackers to be measured out in cups so your child can focus on one unit of measurement. Then, if little ones are helping, have an adult melt the chocolate and drizzle for a family-favorite snack.

Get Messy

Learning how to create and explore is often productive (and fun) when children can get their hands dirty. Sweet 'n' Salty Popcorn Pretzel Sticks are a perfect canvas for letting kiddos work directly with the ingredients as they can roll pretzels in peanut butter, add sprinkles to their heart's content and press popcorn into their newfound favorite treat.

Find more kid-friendly recipes to get the whole family involved in the kitchen at popcorn.org.

Sweet 'n' Salty Popcorn Pretzel Sticks

Servings: 6

- 6 tablespoons peanut butter
- 6 large pretzel rods
- 3 cups popped popcorn
- sugar sprinkles
- 3/4 cup mini chocolate chips (optional)

Spread 1 tablespoon peanut butter over one pretzel, leaving 2-inch "handle" without peanut butter. Repeat with remaining peanut butter and pretzels.

Press and roll popcorn onto peanut butter to coat each pretzel. Sprinkle with sugar sprinkles.

To make optional chocolate drizzle: Place chocolate chips in small resealable plastic bag and seal bag. Microwave 30 seconds, or until chocolate is melted.

Clip small corner from bag and squeeze to drizzle chocolate over popcorn.

Sprinkle with additional sugar sprinkles. Allow chocolate to harden before serving.



Simple Popcorn S'mores

Yield: 10 cups

- 10 cups freshly popped popcorn
- 1 package (10 1/2 ounces) miniature marshmallows
- 2 cups graham crackers, broken into small pieces
- 1/2 cup milk chocolate, melted

On baking sheet, combine popcorn, marshmallows and graham crackers.

Pop-a-rific Popcorn Balls

Yield: 14 balls

- 3 quarts popped popcorn, unsalted
- 1 package (1 pound) marshmallows
- 1/4 cup butter or margarine

Place popped popcorn in large bowl.

In large saucepan over low heat, cook marshmallows and butter or margarine until melted and smooth. Pour over popcorn, tossing gently to mix well. Cool 5 minutes.

Butter hands well and form into 2 1/2-inch balls.

Variations: To color popcorn balls, add 3-4 drops of food coloring to smooth marshmallow mixture. Mix well to distribute color evenly then pour over popcorn as instructed.

Mix in candies, nuts or dried fruit after mixing popcorn and melted marshmallows. Stir to distribute then form into balls.

Place nonpareils in shallow bowl or plate. Roll popcorn balls in nonpareils after forming.



DIY Popcorn Bar



Whether you're entertaining guests, hosting a houseful of kids or simply enjoying a weekend at home, a DIY popcorn bar provides a tasty and joyful way for children and adults alike to create their own version of an afternoon snack. Just set out a few ingredients and watch the fun unfold.

- Small popcorn bags, bowls or cups
- Scoops or spoons
- Popped popcorn
- Peanuts (remember to ask fellow parents if their children may have an allergy)
- Candies
- Raisins
- Chocolate chips
- Seasonings
- ❖❖❖ Shredded cheese
- Shredded coconut
- Melted butter

TUESDAY

In The Kitchen

DAY

Tuesday, July 5, 2022

A7

Sweet Summer Treats that Beat the Heat

FAMILY FEATURES

Whether your family's ideal summer day consists of swimming, hiking, biking or simply enjoying the sunshine, all that time in the heat calls for a sweet way to cool off. It's hard to beat a homemade treat loaded with favorite summertime flavors that's as cold and creamy as it is sweet and delicious.

For a lighter, better-for-you solution, this Watermelon Gelato has about half the fat and fewer calories than traditional ice cream but with equally mouthwatering flavor. In fact, the word "gelato" means "ice cream" in Italian, and while the two frozen desserts have much in common, gelato is typically lower in fat with more density.

If you're looking for an added touch of tastiness, try adding a few chocolate chips to the mix in the last few minutes of churning in your ice cream maker, or simply add some on top before serving.

When a summer weekend offers opportunities for morning kitchen lessons with the kiddos, they can help measure ingredients for Watermelon Ice Cream Bars and watch the magic happen as you mix up a watermelon curd, homemade crust and whipped cream. Once your creation freezes completely throughout the day, turn out and cut into bars for a cold afternoon treat following all that fun in the sun.

While sweet and tasty, these desserts also provide a bite of hydration with the power of watermelon, which is 92% water for a delicious way to rehydrate. According to the Centers for Disease Control and Prevention, daily fluid intake is defined as the amount of water consumed from foods, plain drinking water and other beverages, meaning you don't have to rely only on what you drink to meet your fluid needs.

Because what you eat also provides a significant portion of daily fluids, fruits and vegetables like watermelon can help you and your family stay hydrated for whatever summer days bring your way.

Find more sweet summer recipe ideas at Watermelon.org.



Watermelon Gelato

Servings: 8

- 2 cups pureed watermelon
- 1/2 cup sugar
- 1 1/2 tablespoons cornstarch
- 1 cup fat-free half-and-half
- 3 tablespoons lemon juice
- 1/2 cup whipping cream

In blender, blend watermelon, sugar, cornstarch, half-and-half, lemon juice and whipping cream until smooth.

Using ice cream maker, process gelato according to manufacturer's instructions.



Watermelon Ice Cream Bars

Servings: 8

Watermelon Curd:

- 3/4 cup watermelon juice
- 2 tablespoons lime juice
- 1/2 cup honey
- 1 pinch salt
- 3 eggs, lightly beaten
- 1/2 cup butter (1 stick), cut into small cubes

Crust:

- 8 graham crackers, crushed
- 2 tablespoons honey
- 1 pinch salt
- 4 tablespoons butter, melted and cooled
- basil leaves, for garnish

Whipped Cream:

- 1 cup heavy whipping cream

To make watermelon curd: In medium, heavy-bottomed saucepan, combine watermelon juice, lime juice, honey and salt. Stir to combine then add eggs.

Place pan over medium heat and cook, adding cubed butter to pan and stirring constantly, until mixture

thickens and coats back of wooden spoon. Immediately remove from heat and carefully pour through fine mesh sieve. Cool completely in refrigerator.

To make crust: Preheat oven to 350 F.

In food processor, pulse graham crackers until rough crumbs form. Add honey, salt and melted butter; pulse until mixture resembles wet sand.

Line 8-by-8-inch pan with parchment paper then press graham cracker mixture into bottom of pan in even layer. Bake crust about 10 minutes, or until just beginning to brown. Allow crust to cool completely.

To make whipped cream: When crust and curd are completely cooled, in large bowl, whip cream until stiff peaks form.

Gently push cream to one side of bowl and pour in watermelon curd. Using spatula, gently fold cream and watermelon curd together until no streaks are visible.

Pour creamy watermelon mixture over graham cracker crust. Freeze dessert completely, 4-6 hours or overnight.

When ready to serve, loosen sides with small spatula or butter knife. Turn out onto cutting board and use large spatula to flip so graham cracker crust is on bottom. Cut into eight bars and top each with basil leaf.

DENTAL Insurance

If you've put off dental care, it's easy to get back on track. Call Physicians Mutual Insurance Company now for inexpensive dental insurance. Get help paying for the dental care you need.

Getting back to the dentist couldn't be easier!

CALL TODAY
1-844-244-7025

Dental50Plus.com/hoosier

Get your **FREE** Information Kit

Product not available in all states. Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C2500); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider kinds: B438, B439 (GA: B439B). 6208-0721

Leaf & Filter
GUTTER PROTECTION

BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE

EXCLUSIVE LIMITED TIME OFFER!

15% OFF & **10% OFF**
YOUR ENTIRE PURCHASE* & SENIORS & MILITARY!

+ 5% OFF TO THE FIRST 50 CALLERS ONLY! **

WE INSTALL YEAR-ROUND!

FINANCING THAT FITS YOUR BUDGET!*
Promo Code: 285
*Subject to credit approval. Call for details.

CALL US TODAY FOR A FREE ESTIMATE **1-877-361-4260**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. **Offer valid at time of estimate only. †The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. *Manufactured in Plainwell, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB# 1035795 DOP# 10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 WA UB# 603-233-977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFPRW222 License# W0056912 License# WC29998-H17 Nassau HIC License# 101057000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H License# 2705169445 License# 26200022 License# 262000403 License# 0096990 Registration# H-19114

www.TheTimes24-7.com

www.TheTimes24-7.com

Never miss a public notice on legal proceedings! After it prints in your local newspaper, it goes online here: IndianaPublicNotices.com

TUESDAY

Health and WELLNESS

Tuesday, July 5, 2022

A8

Witham Health Services Will Host July Meetings And Classes

Witham Health Services will offer the following Community Education Classes in July. The Classes are free unless indicated otherwise. Classes will be held at the Witham Health Services South Pavilion Wellness Center. Please call the Wellness Department at 765-485-8126 for more information on scheduling and pricing.

- Diabetes Self-Management Class – Cancelled at this time until further notice.
- Rock Steady Boxing 1 & 2 - held weekly at 9 a.m. on Mondays and Wednesdays
- Rock Steady Boxing 3 & 4 - held weekly at 9:45 a.m. on Mondays and Wednesdays
- Silver Sneakers – held weekly at 11:15 a.m. on

Mondays for those 65 or older

- Silver Sneakers Cardio - held weekly at 11:15 a.m. on Wednesdays for those 65 or older
- Silver Sneakers Yoga - held weekly at 11:15 a.m. on Thursdays for those 65 or older
- Tai Chi for Health 2 - Seven week sessions, held weekly at 10 a.m. on Tuesdays
- Tai Chi for Health 1 - Seven week sessions, held weekly at 11 a.m. on Tuesdays
- Pedaling for Parkinson's – Held weekly at 9 a.m. on Tuesdays and another class on Thursday's at 9 a.m.

Witham Health Services will also host the following Support Group meetings in July. The Support Groups are free

unless indicated.

- Breastfeeding Support Group – is held weekly on Mondays at 6 to 7 p.m. in the VIP Dining Room. There will not be a group on July 4.
- Individualized Breastfeeding Support is available with a Lactation Consultant. To schedule an appointment and for pricing, call 765-485-8411.
- Diabetic Support Group – Cancelled at this time until further notice.
- Cancer Support Cooking for Wellness – Tuesday, July 19 from 1 to 2 p.m. in the South Pavilion Wellness Center.
- Alzheimer's Support Group – Tuesday, July 19 from 6 to 7 p.m. in the VIP Dining Room
- Cancer Support

Group – Monday, July 25 from 6 to 7 p.m. in the North Pavilion Conference Rooms. Parking is in the Physician Parking Lot and exterior door is marked as such.

- Grief Support Gathering – Tuesday, June 26 from 6 to 7:30 p.m. in the VIP Dining Room.

We encourage people and their families with concerns about these topics to attend the monthly meetings, which will allow support group members the opportunity to discuss with others the coping mechanisms and frustrations of living with these concerns.

For more information, please contact the Witham Health Services Education Department at 765-485-8120 or online at www.witham.org

Using Your Mouth As An Indicator Of Whole-Body Health

(Family Features) Poor oral health is common among American adults. According to the Centers for Disease Control and Prevention, nearly 65 million Americans have periodontitis, the most advanced form of periodontal disease. According to Harvard Medical School, people with periodontal disease have been found to be at higher risk for cardiovascular disease, chronic respiratory disease and dementia.

Incorporating measures to help protect you from serious health conditions becomes increasingly important as you age. However, many people overlook a key contributor to whole body health: the mouth. The health of your mouth is directly related to important aspects of your overall health.

Bad breath, cavities, bleeding gums and gum disease are all signs your mouth is not as healthy as it should be. Fighting the bad bacteria in your mouth that causes these health issues and more isn't difficult, but it does require ongoing effort.

Brush and floss. Keeping up on the basics is essential. Brushing twice daily and flossing at least once a day helps keep plaque in check and loosens debris that can promote harmful bacteria growth, causing bad breath and leading to cavities and gum concerns.

When brushing, aim for at least 30 seconds per quadrant and use circular motions with moderate (not aggressive) pressure. When flossing, maneuver the floss down to your gums then scrape the edges of each tooth with repeated upward and downward motions.

Restore good bacteria. Crowding out bad, disease-causing bacteria your toothbrush and floss can't reach can help restore your mouth's natural balance.

"Oral-care probiotics are designed specifically to balance the bacteria in the mouth, similar to how traditional probiotics work in the gut," said Sam Low, D.D.S., M.S., M.Ed. and professor emeritus at the University of Florida College of Dentistry. "Oral-care probiotics can be one of the easiest and most effective ways to maintain good dental hygiene."

For example, Pro-Biora's line of oral-care probiotics contains strains of good bacteria naturally found in the mouth that, when dissolved in the mouth, allow the probiotic bacteria to migrate to the nooks and crannies of your teeth and gums where they compete with pathogens, or bad bacteria. Adding the once-a-day lozenge to your oral-care routine can help support healthier gums and teeth, along with fresher breath and whiter teeth.

Schedule regular cleanings. Like many health conditions, the earlier you catch a problem with your oral health, the better your prognosis. Catching and correcting small cavities is far less invasive than large cavities and other oral health problems like gum disease, which can be treated more effectively when they're caught in the early stages. Aim for a dental visit at least every six months, or more often if you're experiencing pain or other concerning symptoms.

Learn more about protecting your overall health by managing your oral health at probiorahealth.com.

Eight Essentials For A Healthy Heart

(Family Features) Cardiovascular disease is the No. 1 cause of death in the United States and globally. Studies throughout the past two decades indicate more than 80% of all cardiovascular events may be prevented by a healthy lifestyle and management of risk factors.

To help Americans measure their cardiovascular health and make meaningful lifestyle changes, the American Heart Association introduced Life's Essential 8, a checklist that explains eight habits and health measures that affect heart and brain health and overall well-being.

The checklist incorporates knowledge gained from more than 2,400 scientific papers on cardiovascular health published since it was originally introduced as Life's Simple 7 more than a decade ago. It has been expanded to apply to anyone age 2 and older, and now includes sleep as the eighth cardiovascular health component, reflecting findings that healthy sleep is essential for optimal heart and brain health.

"The idea of optimal cardiovascular health is important because it gives people positive goals to work toward at any stage of life," said Donald M. Lloyd-Jones,

M.D., Sc.M., EAHA, president of the American Heart Association and chair of the department of preventive medicine at Northwestern University's Feinberg School of Medicine. "We felt it was the right time to conduct a comprehensive review of the latest research to refine the existing metrics and consider any new metrics that add value to assessing cardiovascular health for all people."

Start making positive changes to improve your heart and brain health with these eight essential steps:

Eat Better
The checklist offers a simple questionnaire to assess your eating pattern. A heart-healthy diet encompasses a high intake of fruits, vegetables, nuts and legumes; whole grains and fat-free and low-fat dairy; lean protein; and low intake of sodium, red and processed meats and sweetened foods and drinks. Eat whole foods and rely on healthy non-tropical oils (like olive and canola) for cooking.

Get Active
For most adults, the target level of moderate physical activity (such as walking) is 150 minutes or more per week or 75 minutes per week of vigorous-intensity physical activity. Kids ages 6 and

older need 1 hour or more of play and structured activities per day.

Quit Tobacco and Nicotine
Nicotine makes your heart rate and blood pressure skyrocket while carbon monoxide and tobacco rob your heart, brain and arteries of oxygen. There are about 4,000 chemical components found in cigarettes; at least 250 of them are harmful to your health. Reducing your health risk means eliminating exposure to any form of nicotine, including cigarettes, e-cigarettes and vaping devices, as well as limiting your exposure to secondhand smoke.

Get Adequate Sleep
Getting a good night's sleep is vital to cardiovascular health. Measured by average hours of sleep per night, the optimal level is 7-9 hours daily for adults. Ideal daily sleep ranges for children are 10-16 hours per 24 hours for ages 5 and younger; 9-12 hours for ages 6-12; and 8-10 hours for ages 13-18.

Maintain a Healthy Body Weight
Although the measure of body mass index (BMI) is not a perfect metric, it is easily calculated and widely available; therefore, BMI remains a reasonable gauge to assess weight categories

that may lead to health problems. A BMI of 18.5-24.9 is associated with the highest levels of cardiovascular health.

Manage Cholesterol Levels
Non-HDL ("bad") cholesterol, rather than total cholesterol, is a reasonable predictor of cardiovascular risk. Non-HDL cholesterol can be measured without fasting, which means it can be assessed at any time of day and reliably calculated.

Manage Blood Glucose
When there is not enough insulin or the body does not use insulin efficiently, blood glucose levels accumulate in the bloodstream. Hemoglobin A1c readings measure your long-term blood glucose control. A normal A1c is below 5.7%; between 5.7%-6.4% indicates pre-diabetes.

Understand Blood Pressure Readings
An optimal blood pressure is less than 120/80 mm Hg while hypertension is defined as a 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

For more ideas to achieve optimal cardiovascular health, or to assess your health and lifestyle risks, visit heart.org/lifes8.



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS

The **TIMES**
Serving Noblesville & Hamilton County

SUBSCRIBE TODAY!
770-7777

Dreaming of a new home?

find it here!
the times

Never miss a public notice on legal proceedings! After it prints in your local newspaper, it goes online:

IndianaPublicNotices.com
TheTimes24-7.com

Thanks for reading The Times, Hamilton County!