

➔ **TODAY'S VERSE**

Jeremiah 33:3 Call unto me,
and I will answer thee, and
shew thee great and mighty
things, which thou knowest
not.



➔ **FACES OF HAMILTON COUNTY**
People who call our community their own.

What makes Elizabeth Milner smile? "My family makes me smile," said the 13-year-old who will be a high school freshman in the fall. The Hamilton County Junior Leader was found on Sunday checking in 4-H Reading projects in preparation for the Hamilton County 4-H Fair, which opens Thursday. Volunteering is one of the many requirements of 4-H'ers enrolled in Junior Leaders. It's her second year of Junior Leaders. "We go on trips. We went to Indiana Beach. And we get to do service projects." She will volunteer with open judging on Monday for poster projects, and she will volunteer at the Producers Tent on Sunday. What's she enjoy most about Junior Leaders? "Getting to meet new people and getting close to old friends." She is enrolled in two 4-H projects this year: Junior Leaders and Arts & Crafts, in which she is showing jewelry. This is her sixth year in 4-H. She was also involved in Mini 4-H and showed Collections. She is the daughter of Chris and Rachel Milner. Favorite activity? "Tennis." She has played tennis three years and plays on her school's girls tennis team. Favorite food at the 4-H Fair? "The corn."

And **Another Thing...**

Author Janet Hart Leonard will discuss her moving story, *When the Hart Speaks: Whimsy and Wisdom from the Little House on the Alley* at the Sheridan Public Library. The book is featured at the 5:30 p.m. Wednesday, July 20 meeting of the Sheridan Readers book club. Copies will be available for purchase and signing. They are \$15 each, which includes Indiana Sales Tax. Reservations are not necessary. For information, contact Kim Riley at 317-758-5201. The library is located at 103 W. First St., Sheridan.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

Faith Hittle (left) was crowned 2022 Hamilton County 4-H Fair Queen on Friday night at the Hamilton County 4-H Fairgrounds in Noblesville, with 2021 Hamilton County 4-H Fair Queen McKinley Underhill (right) crowning her. The daughter of Joshua and Billie Hittle, Faith Hittle reign over the Hamilton County 4-H Fair, which runs Thursday through Monday at the 4-H Fairgrounds in Noblesville. Read more about the new 4-H Fair Queen and her court in Wednesday's edition of The Times.

4-H'ers Ready for County Fair to Open



BETSY REASON
The Times Editor

The Hamilton County 4-H Fairgrounds in Noblesville is bustling with activities this week as the Hamilton County 4-H Fair opens on Thursday.

4-H'ers began descending upon the Fairgrounds Sunday, bringing in their 4-H projects that will be judged this week and will remain on exhibit through the Fair, which runs through Monday.

I caught up with a couple of 4-H'ers who were turning in their 4-H projects.

Briley Sanford, 9, Cicero, a

Hamilton Heights Elementary School third-grader, was checking in her Archery project on Sunday afternoon.

What's she like most about 4-H? "I like to learn things, like how to shoot a bow, and I like the fair. It's fun."

Her favorite 4-H project? "Horses," said the first-year 4-H'er, who will be showing her horse, Lucky, during the Hamilton County 4-H Fair's Horse & Pony Show this week.

➔ See BETSY Page Ax

Living in a Real-Life Yarkovsky's World



JOHN O. MARLOWE
With The Grain

I was watching the Science Channel the other day. On most occasions I skip past the channel quickly, because I understand relatively little about what they are discussing. I think that's what is known as The Theory of Relativity.

I was flipping through the channels during commercials, and I had become somewhat disoriented. I thought I was on the Food Channel watching a chef prepare an Irish flummery from fresh raspberries, sugar, a little

➔ See MARLOWE Page Ax

Apply for Fishers PD Citizen's Academy

The 40th session of the Fishers Police Department Citizens Academy is now accepting applications. The Citizens Academy will be held Wednesday nights from 6:30-9 p.m. at the Fishers Police Department. The Academy is open to Fishers' residents ages

➔ See CITIZEN'S Page Ax

Stars of 4-H Maggie Brechbill 10-Year Member

Maggie Brechbill is the daughter of Jeff and Sarah Brechbill and a ten year member of Forest Hill. Maggie enjoyed participating in Collections, Construction Sets, Creative Writing, Floriculture, and Junior Leaders. She held leadership roles in her club including secretary, recreation/publicity team, and vice president. Maggie participated in the Noblesville High School Singers show choir, Thespian troupe 8118, and Key Club. She devoted seven years of volunteer service to Conner Prairie Museum in the youth volunteer program. Maggie will study early childhood education at Ball State University next fall in hopes of becoming a kindergarten teacher.

Stars of 4-H Dane Bultemeier 10-Year Member

Dane Bultemeier is the son of Shelby and Amy Bultemeier and a member of the Fishers Showstoppers. He was a club officer and participated in many volunteer opportunities through 4-H. Dane's projects included Aerospace, Electric, Food Preparation, Microwave, Shooting Sports, and Woodworking. A special highlight was attending 4-H Academy at Purdue University and spending time at the 4-H Fair. Dane was part of the Indiana State Fair Champion Conner Prairie Youth Spinning Team and also worked as a Conner Prairie youth interpreter. Dane plans to attend Butler University to study economics and music.

Stars of 4-H Chase Brennan 10-Year Member

A ten year member of the Hamilton County Junior Sheep Association, Chase Brennan is the son of Rodney and Christy Brennan. Chase achieved two champions and four reserve champions in Sheep Showmanship, Reserve Champion Sheep Showmanship at the Indiana State Fair, and reserve champion Swine Showmanship. He earned six breed champions in sheep and five breed champions in swine. Chase participated in Livestock Judging at Hamilton Heights High School, helping his team win a champion and a reserve champion. Chase was also 4th Overall in 2019. He will attend North American Lineman Training Center.

Stars of 4-H Rex Burkman 10-Year Member

Son of Rick and Kristen Burkman, Rex Burkman is a ten year member of Westfield Whiz Kids. He has served as president of his club for four years. Working their corn booth was a highlight each year. Rex's proud achievements include two Grand Champions in Creative Writing and Reserve Grand Champion Forestry. He also exhibited ten years of Foods. Rex graduated from Park Tudor. He earned a US Congressional Gold Medal Award, a top 100 spot nationally in the International Extemporaneous Speech, state champion in DECA for Hospitality and Foods, and a Scholastic Arts Gold Medal for writing. He will study political science.

Stars of 4-H Eli Biddle 10-Year Member

Eli Biddle is the son of Troy Biddle and Tina Snodgrass and a ten year member of Sheridan Ag. He is proud to have exhibited ten years in the Swine project with the help of his late grandfather, Clifford Biddle. Eli enjoyed playing travel baseball and attending Options High School in Westfield.

Stars of 4-H Levi Box 10-Year Member

Son of Howard and Peggy Box, Levi Box is a ten year member of Friends Forever. Levi participated in Mini 4-H and then joined Friends Forever. He made countless memories and especially enjoyed working with his brother on a team demonstration on "How to Build the Perfect Egg." Levi also competed against his brother in the Beef Barbecue Contest. Although he freely admits that his brother is a better grill master, Levi was named best year when he received the Grand Champion Award for his "smash barbecue burger." Levi received the 4-H Sweepstakes Award for his segmented cutting board. He attributes his woodworking skills to his woodworking mentor, Ron Wood. Levi was recognized for Academic Excellence as a senior at Westfield High School. He was also a 2021 Bridge Champion for the Foster Care Bridge Clinic at Riley Hospital for his graphic designs and screen printing. Levi will be attending Indiana University's Kelley School of Business to study finance and business analytics.

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➔ **OBITUARIES**

Frank Barron
Jane I. Smith

The Times appreciates all our customers.
Today, we'd like to personally thank
MARK KIPP
for subscribing!



➔ **HONEST HOOSIER**

Got any plans for this Friday? Head over to Forest Park for *Flix & Float* and catch a great movie!



➔ **TODAY'S HEALTH TIP**

Smoking does not relieve stress – it actually reinforces it. 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.the-times24-7.com.



➔ **TODAY'S QUOTE**

"It is during our darkest moments that we must focus to see the light."

- Aristotle

➔ **TODAY'S JOKE**

Hey, what do you call six weeks of rain in Ireland? Summer!



➔ OBITUARIES

Frank Barron

October 12, 1943 - July 9, 2022

Frank Barron, 78, of Fishers, passed away on Saturday, July 9, 2022 at IU University Hospital in Indianapolis.

He was born on October 12, 1943 to William and Francis (Combest) Barron in Henderson, Kentucky.

Sgt. Major Barron retired from the US Marine Corps after serving tours in Vietnam and Desert Storm. He worked as a sales manager for ADT. He took pride in his grandchildren and loved his family. Sgt. Major Barron enjoyed golfing and spending time with friends.

Survivors include his wife Kathleen J. Barron; two daughters Kristeen Barron and Amy Barron (Dan) Allard; six grandchildren Garret, Grace, Madelyn, Ben, Luke, Matt and Hannah; and eight siblings Roseanne, Elaine, Billy, Linda, Judy, Bobby, Mike Orr and Sue Orr.

In addition to his parents, he was preceded in death by four siblings Jeanie, Tommy, Terry Woods and Phyllis Woods.

Visitation is scheduled to run from 11 a.m. to 1 p.m., with services scheduled to begin at 1 p.m., on Wednesday, July 13, 2022 at Randall & Roberts Fishers Mortuary, 12010 Allisonville Road, in Fishers. Burial will be at Highland Cemetery in Fishers.

Memorial contributions may be made to Fishers High School Lady Tigers Tennis, 13000 Promise Road, Fishers, IN 46038.

Online condolences may be made at www.randallrob-erts.com.

Jane I. Smith

September 23, 1930 - July 10, 2022

Jane I. Smith, 91, of Indianapolis, passed away on Sunday, July 10, 2022 at Northwest Healthcare Center in Indianapolis.

She was born on September 23, 1930 to John and Della (Cragun) Mallery in Noblesville, Indiana.

Mrs. Smith was a longtime resident of Noblesville. She graduated from Noblesville High School and was a proud Alumni, service on the Alumni Board from 2005-2008. She was honored by the Board as their NHS Alumnus of the Year in 2006. Mrs. Smith also completed classes in the Business School at Clermont College in Batavia, Ohio.

Besides taking care of her family, she worked at the Firestone Plant, Hamilton County Auditor's Office, Noblesville License Branch, Noblesville Chamber of Commerce, Batavia Ohio Chamber of Commerce, Mallery Realty and the Hamilton County Recorder's Office.

Mrs. Smith was a faithful member of Noblesville First United Methodist Church until her health declined. She was also a proud member of the American Legion Auxiliary and Tri Kappa.

Survivors include her son Dan Smith; daughter Christina Moore; as well as several grandchildren and great-grandchildren.

In addition to her parents, she was preceded in death by her husband, Cedric E Smith; two brothers Richard Mallery and Garrick Mallery; daughter Tami Smith; and son Jeff Smith.

Private graveside services will be held at Crownland Cemetery in Noblesville.

Memorial contributions may be made to Noblesville High School Alumni Scholarship, c/o NHS Alumni Association, PO Box 818, Noblesville, IN 46061. Please make checks payable to NHS Alumni Association.

Online condolences may be made at www.randallrob-erts.com.

Rep. Spartz: President Zelensky Must Address the Yermak Issue Soon

I know that President Zelensky is fighting a dangerous war with a cunning enemy. He spends much of his time building international support to defend his country, but he has a lingering internal issue he needs to address – Head of the Office of the President, Andriy Yermak.

I have spent much of my own time in Ukraine over the last three months – meeting with community and government leaders, fighters, and civilians alike. I believe Ukraine has the potential to be a powerhouse of democracy, an incubator of young talent, and a true ally to the United States in a region where such partnership is badly needed. And as someone who grew up in Ukraine under communist dictatorship, the best interest of all freedom-loving people will always be in my heart and actions.

Based on the strong support I have been receiving from Americans, Ukrainians, and many people around the world, I understand why my comments struck a chord with the Ministry of Foreign Affairs of Ukraine.

I encourage the Ministry to consider my statement with the kind of seriousness these questions about Mr. Yermak demand, instead of launching ad hominem attacks as they have thus far. Ukrainians and Americans will be better served by our governments responding with due diligence – not defensive platitudes.

I will list some of the serious allegations against Mr. Yermak and let him address them himself:



REP. VICTORIA SPARTZ
Guest Columnist

1. Leaking information to Belarus and ultimately to Russia on Ukraine's operation to capture the "Wagner Group", which led to its failure;
2. Mismanaging failed peace negotiations with Russia before the war;
3. Assuring Ukrainian leadership that no attack by Russia was going to happen this February, contrary to western intelligence, to prevent Ukraine from properly preparing for the war;
4. Sabotaging Kherson and giving it to the Russians to set up the "Azov" battalion tragedy;
5. Delaying purchases of urgent military equipment through the Ukrainian Ministry of Defense and demanding unreasonable or even illegal terms; and
6. Purposely delaying through Deputy Oleg Tatarov the appointment of an independent anti-corruption prosecutor.

Rep. Victoria Spartz represents the Indiana 5th District, comprised of the north side of Indianapolis, Marion, Carmel, Anderson, Noblesville, Fishers and parts of Kokomo. She is the first Ukrainian-born person ever elected to Congress.

A Pertinent Glossary for 2022 Politics



BRIAN HOWEY
Howey Political Report

Democracy. Republic. Seditious. Treason. Obstruction. Inflation. Stagflation. Recession. These are the terms that are driving our politics of today.

After Indiana Republicans struck the word "democracy" from their convention platform last month, replacing it with "republic," I thought it would be altogether appropriate to review the definitions of these words in the context of today's troubled waters.

Democracy (noun): Definition of democracy 1a: government by the people, especially: rule of the majority. b: a government in which the supreme power is vested in the people and exercised by them directly or indirectly through a system of representation usually involving periodically-held free elections. 2: A Political unit that has a democratic government (Merriam-Webster).

Republic (noun): Definition of republic (1): a government having a chief of state who is not a monarch and who in modern times is usually a president; (2): a political unit (such as a nation) having such a form of government; b (1): a government in which supreme power resides in a body of citizens entitled to vote and is exercised by elected officers and representa-

tives responsible to them and governing according to law; (2): a political unit (such as a nation) having such a form of government; c: a usually specified republican government of a political unit; the French Fourth Republic. 2: a body of persons freely engaged in a specified activity the republic of letters (Merriam-Webster).

What's the difference between a "democracy" and a "republic?"

Jay Cost, writing for the American Enterprise Institute, observes: "'The United States is a republic, not a democracy.' The word 'republic' — deriving from the Latin phrase res publica, or 'the people's concern' — suggests a measure of popular involvement in government. And the authors of the Constitution were radically republican, at least for their age, believing that the only legitimate form of government was one in which public authority derived entirely from the people. But it is not wholly democratic, in that they feared the abuse of that authority by the people and designed an instrument of government intended to keep temporary, imprudent, and intemperate outbursts of public opinion from dominating the body politic. Their primary method of doing this was the separation of power across three branches of government."

Seditious conspiracy (U.S. Code): If two or more persons in any State or Territory, or in any place subject to the jurisdiction of the United States, conspire to overthrow, put down, or to destroy by force the Government of the United States, or to levy war against them, or to oppose

by force the authority thereof, or by force to prevent, hinder, or delay the execution of any law of the United States, or by force to seize, take, or possess any property of the United States contrary to the authority thereof, they shall each be fined under this title or imprisoned not more than 20 years, or both (Cornell Law School).

Rebellion or insurrection (U.S. Code): Whoever incites, sets on foot, assists, or engages in any rebellion or insurrection against the authority of the United States or the laws thereof, or gives aid or comfort thereto, shall be fined under this title or imprisoned not more than 10 years, or both; and shall be incapable of holding any office under the United States (Cornell Law School).

Advocating overthrow of Government (U.S. Code): Whoever knowingly or willfully advocates, abets, advises, or teaches the duty, necessity, desirability, or propriety of overthrowing or destroying the government of the United States or the government of any State, Territory, District or Possession thereof, or the government of any political subdivision therein, by force or violence, or by the assassination of any officer of any such government; or Whoever, with intent to cause the overthrow or destruction of any such government, prints, publishes, edits, issues, circulates, sells, distributes, or publicly displays any written or printed matter advocating, advising, or teaching the duty, necessity, desirability, or propriety of overthrowing or destroying any government in the United States by force or

violence, or attempts to do so (Cornell Law School).

Treason (noun): The crime of betraying one's country, especially by attempting to kill the sovereign or overthrow the government; the action of betraying someone or something (Oxford).

Recession (noun): A recession is a significant decline in economic activity that lasts for months or even years. Experts declare a recession when a nation's economy experiences negative gross domestic product (GDP), rising levels of unemployment, falling retail sales, and contracting measures of income and manufacturing for an extended period of time. Recessions are considered an unavoidable part of the business cycle – or the regular cadence of expansion and contraction that occurs in a nation's economy (Forbes).

Stagflation (noun): Stagflation is a combination of the words stagnation and inflation. It describes an economic condition characterized by slow growth and high unemployment (economic stagnation) mixed with rising prices (inflation) (Business Insider).

Stagflation vs. inflation: Stagflation and inflation are related, but they shouldn't be confused. The term inflation refers to a sustained increase in the average price level of all goods and services, not just a few of them, in an economy over time. Inflation happens when the money supply grows at a faster rate than the economy can produce goods and services (Business Insider).

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

Enjoying Nature With an Escort of Dragonflies



CARRIE CLASSON
The Postscript

I was "up north," walking through the woods with an escort of dragonflies on either side, as if I were a visiting dignitary in need of protection.

I love dragonflies. I love their variety and their shiny wings and the way they turn on a dime in midair. I love how they clear the path of mosquitos as I walk through the woods along the lakeshore. I love how they behave exactly as a good escort should.

My husband, Peter, and I spent the early days of summer at my parents' cabin, where everything magical I imagine about the north woods when I am in the city showed up

in reality—as if by magic.

I saw the first wild geraniums of the season. I saw a doe with three speckled fawns. I had never seen a deer with three fawns before and thought she might be running some sort of baby deer daycare, but apparently, all three were hers. I saw a juvenile bear by the side of the road. My mother thought it was a big black dog until it stood up—very much a bear—fur shining in the sun.

It got so uncharacteristically hot that I jumped in the lake. I am a wimp when it comes to cold water, and the lake is deep. But the cabin is not air-conditioned, and one afternoon I just couldn't stand it anymore. I jumped in the cold water and swam out to the point. Right in front of me, a curious loon popped up on cue, wondering who this awkward aquatic creature was.

A huge storm rolled in and blew the hot weather away. The next afternoon, I walked to the public access with a dragonfly

escort. I went to the end of the dock. The wind was blowing fiercely and there were whitecaps on the lake.

That's when I heard the music.

"Someone is playing a pan flute recording," I thought. I looked over at the nearby cabin. The music stopped. Then it started again. "Someone must be playing the pan flute!" I amended, listening to the music rise in volume.

Then I heard it coming from the other direction.

"What the heck?"

I turned around and stared at the shore. It was obviously a flute, but now it was coming from both sides of the dock. It made no sense at all. For a moment, I wondered if I was hallucinating. There was music coming from the woods in both directions. And it was getting louder.

Then, instead of gazing out into the trees for my answer, I looked a bit closer at hand.

Halfway down the length of the dock were two stout support poles made of steel. They each

had six holes drilled down the length of them and, today, the holes were directly positioned in the path of the strong wind. Suddenly, they let out an unmistakable chord of music. First one, and then the other, then both in unison, then in harmony. I sat down at the end of the dock, put my feet in the water and listened.

The music was beautiful and untamed and utterly unpredictable as the wind that made it. I felt privileged to be sitting there on the dock, listening to this wild and amazing music.

You might say it was random noise created by two galvanized pipes, and I suppose you would be right—but only technically. In truth, it was a magical concert put on by the wind, and I was fortunate enough to be the audience, a lucky guest, ushered in by dragonflies.

Till next time,
Carrie

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

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Greg Conner
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Photo courtesy of the Sheridan Rotary Club

Sheridan Rotary Club Elects New Officers

The Sheridan Rotary Club has installed new officers for the 2022-2023 Rotary year. Left to right, the top row shows President Steve Martin, President-elect Rev. V. J. Stover, Secretary Connie Pearson, and Treasurer Glenn Hunsucker. The bottom row shows Director Missy Fisher, Director Fred Sturdevant and Past-president Ex Officio Director Jon Raines. Congratulations to all.

Sheridan Rotary meets at 6:15 pm on the first and third Tuesday evenings of each month in the Community Room of the Sheridan Public Library. If you would like more information about Rotary or would like to attend a meeting, please contact any Sheridan Rotary member, or email Steve Martin (shmartin1@comcast.net). Won't you join us?

Verizon Retailers to Give 140,000 Backpacks Full of School Supplies Through Annual Give Back Event



Round Room, LLC., the nation's largest Verizon Authorized Retailer, announces that its TCC and Wireless Zone stores are donating 140,000 backpacks full of school supplies in the upcoming milestone tenth annual School Rocks Backpack Giveaway. In its ten years of occurrence, the School Rocks Backpack Giveaway has provided more than 1.2 million backpacks full of school supplies to children across the U.S. as they prepare for their upcoming school years.

On Sunday, July 31, between 1-4 p.m. local time, more than 1,200 TCC and Wireless Zone nationwide stores are inviting local families to their locations to pick up a backpack filled with pencils, paper, a pencil box, folders, a ruler and glue. One backpack per child present will be given away on a first-come, first-served basis while supplies last.

In addition to the backpack donations, families can enter their students in a sweepstakes to win a \$10,000 college scholarship through the giveaway's Big Impact. Children in grades K-12 are eligible for entry and can be registered at their local TCC and Wireless Zone stores during the School Rocks Backpack Giveaway event. Five scholarships in total will be awarded to randomly selected winners.

"For the School Rocks Backpack Giveaway to reach its tenth edition is truly monumental for all of us at Round Room, TCC and Wireless Zone. This event is now an annual staple in communities nationwide

and we couldn't be more proud of how much we've been able to positively impact students these last ten years," said Scott Moorehead, CEO of Round Room. "The rising costs of school supplies have made it immensely difficult for many families to adequately prepare their children each school year. Our goal is to alleviate these challenges for as many families as we can through this annual give back event."

According to the National Retail Federation, American families with school-aged children spent an average of \$849.90 on school supplies in 2021 – totaling \$37.1 billion spent in America last year on school supplies alone. Round Room is working to ease the strain of rising school supply costs with this annual program through its TCC and Wireless Zone stores nationwide.

To find your nearest TCC or Wireless Zone store to attend a School Rocks Backpack Giveaway event, visit <https://locations.tccrocks.com/search.html> and <https://shop.wirelesszone.com>. Any leftover backpacks at School Rocks Backpack Giveaway events will be donated to local schools of each store's choice.

Supporters of the School Rocks Backpack Giveaway are encouraged to use hashtags #BackpackGiveaway and #10DaysOfGiving on Instagram and Twitter to help spread the word.

To learn more about TCC and Wireless Zone visit www.RoundRoom.com.

Based in Fishers, Indiana, Round Room

leads and invests in companies serving the wireless industry. With 1,267 TCC and Wireless Zone stores across 43 states, Round Room is the largest Verizon Authorized Retailer in the U.S. Its portfolio of companies also share a deep commitment to improving the communities they serve nationwide. To learn more about Round Room, visit www.RoundRoom.com.

Founded in 1991, TCC operates 850 locations in 39 states from coast to coast. TCC's nationally-recognized Culture of Good movement encourages employees to give back in every community it serves. To learn more about TCC or to find a location near you, visit www.TCCRocks.com. For more information about TCC's parent company Round Room LLC, visit www.RoundRoom.com.

Founded in 1988 as "The Car Phone Store", the Wireless Zone system has become the nation's largest wireless retail franchisor, was ranked the No. 1 franchise in its category by Entrepreneur magazine and #118 on Entrepreneur's Franchise 500 in 2021. Each of the over 445 stores are independently owned and operated, exclusively offering Verizon Wireless products and services. The Wireless Zone system has been honored with Verizon's "Best Customer Service" award for five consecutive years and is franchised and operated by Wireless Zone LLC. For more information, visit www.wirelesszone.com.

Urinary Tract Infections and How to Treat Them



JOHN R. ROBERTS, M.D.
Hamilton Health

Urinary tract infections (UTIs) account for about eight million doctor visits each year in the United States. These infections are much more common in adults, particularly in women. Children account for one to two percent of all UTIs, but their infections are often more serious. About 40 percent of women and 12 percent of men have a UTI at some time in their lives.

The urinary system or "tract" is composed of the kidneys, ureters, bladder and urethra. The kidneys filter waste products from the blood and produce urine that passes down the ureters to the bladder, where it is stored, before passing out the urethra. An infection can involve one or more parts of the urinary tract.

Bacteria that normally inhabit the bowel and live around the anus are the cause of most UTIs. The gut bacterium Escherichia coli (E. coli) is far and away the most common offender. Bacteria cause UTIs by making their way to the opening of the urethra where they can enter, start to multiply, and move upward in the urinary tract.

The two most common ways bacteria enter the urinary tract in women is through improper hygiene (reaching between the legs and wiping from back to front after a bowel movement), and sexual intercourse. Older men are more prone to UTIs because their bladders may not empty completely

due to obstruction from enlargement of the prostate gland.

If the urethra is the only part of the urinary tract involved, the infection is called urethritis. This can be caused by colon bacteria but may also be caused by sexually transmitted organisms. The infection can progress up the urinary tract causing infection of the bladder (cystitis) or one or both kidneys (pyelonephritis).

Urinary tract infections can be simple or complicated. Most are simple, responding rapidly to antibiotics. Complicated UTIs are caused by bacteria that are resistant to antibiotics or that have become too numerous to easily respond to treatment. Children may develop complicated infections because of anatomic abnormalities in their urinary tracts. As a general rule, the farther up the urinary tract an infection is found the more severe it is.

UTI symptoms vary based on the location of the infection. Urethritis usually results in burning with urination (dysuria). This is typically described as external burning (i.e. not deep in the pelvis). Cystitis irritates the wall of the bladder and results in frequent urination, urgency and sometimes pelvic pain and cramping. It may also cause blood in the urine (hematuria). Children may present with frequent urination, fever, abdominal pain, vomiting, foul-smelling urine or loss of bladder control. Infants can be difficult to diagnose and may present with non-specific symptoms such as irritability, decreased feeding or fever.

If the infection progresses up the ureters to the kidneys (pyelonephritis), the resulting inflammation can cause back or flank pain. Pyelonephritis usually presents with high fever, as well as nausea and

vomiting. Pyelonephritis, particularly in children, can lead to scarring of the kidneys and put the children at increased risk of developing high blood pressure later in life.

Most UTIs can be treated effectively with oral antibiotics. Simple UTIs usually respond to a three to five-day course of antibiotics. Many bacteria are becoming resistant to antibiotics like sulfa and ciprofloxacin (often due to inappropriate overprescribing), so a different antibiotic may be required.

For women who develop UTIs following sexual intercourse it can be helpful to urinate immediately after sex. Treatment with a single dose of a "post-coital" antibiotic is also a common way to combat this problem.

People who have UTIs that are either recurrent or unresponsive to treatment should have their urine sent to a microbiology lab to identify the causative organism and have an antibiotic sensitivity panel performed to determine which antibiotics will kill the bacteria. Since UTIs are relatively uncommon in non-elderly men, it is usually recommended that they have cultures done routinely.

Children under age five who develop UTIs should be evaluated carefully with possible imaging of their urinary systems to look for anatomic abnormalities. If they have had pyelonephritis, they should also have their blood pressure checked on a regular basis.

And here's the answer to the burning question: is cranberry juice helpful in prevention and treatment of UTIs? Unfortunately, most of the evidence says no.

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

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2022 Flix and Float Schedule

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

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

Flix & Float Sponsors:

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Buddenbaum & Moore
Holt Legal Group
Sign Craft
Lew's Plumbing
Troy & Alicia Tricker

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
nbrbdirectorofops@gmail.com

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



Photos courtesy of Chevrolet

2022 Chevy Bolt EUV Drives Itself to a Gas-Free Future

It’s Saturday afternoon and I find myself traveling on the highway while drinking a soda, eating a sandwich, and casually watching the road. My daughter spent the night with her grandparents sixty miles away, so I’m retrieving her, all of her stuffed animals, roller bags, and whatever haul grandma bought. Fortunately, the 2022 Chevrolet Bolt EUV can do all of this without burning a drop of gas...and mostly without or me touching the wheel.

“EUV” indicates the slightly larger version of Chevrolet’s popular Bolt electric car. It’s billed as a crossover, but is really just a larger car with a step-in cabin with tall seating and stretch-out rear legroom. Flip down the back seats for luggage, bicycles, or other gear. All-wheel-drive is not available, so you’ll be churning front wheels

only. If you can deal with that, keep reading.

The Bolt’s tall and narrow shape looks more pleasing in the larger package, fronted by a facelifted nose that brings a sleeker vibe with tight creases. My dad doesn’t understand why the front is just stylized plastic with only a few vents, but designers clearly made a point about the Bolt not needing to breathe air. Narrow squinty running lamps over stealthy triangular inserts for LED headlamps plus a floating rear roof tie styling to other Chevy crossovers. Ice Blue Metallic paint draws further attention to the Bolt’s futuristic body.

Back inside, designers graced the Bolt with a sweeping new dash harboring a wide 10.2” touchscreen, flybridge center console, and twin-panel sunroof. Heated/ventilated front seats, heated rear seats, Bose au-

dio, and automatic climate control add comforts. Tap into navigation, wireless Apple CarPlay, Android Auto, Wi-Fi hotspot, and wireless phone charging too. Drivers read an 8” flatscreen that provides data for range, speed, and recharging. Every imaginable safety system, including rear seat monitors and rearview camera mirror, are present.

Making the trek to my parents’ and back is no problem given the EUV’s 247 miles range. In a combination of city and highway driving, the car used five fewer miles of range than I traveled. That’s comforting, as is 200 horsepower and 266 lb.-ft. of torque that allow a rapid 0-60 mph sprint in under 7 seconds. At almost any speed, the car is whisper quiet with instant power. Just tap and zoom.

Moving up to the EUV makes available my

2022 Chevy Bolt EUV
Five-passenger, fwd 5-door
Powertrain: Li-ion batteries/motor
Output: 200hp/266 lb.-ft.
Suspension f/r: Ind/T-beam
Wheels f/r: 17”/17” alloy
Brakes f/r: regen disc/disc
Must-have features: Driving, Comfort
Driving range: 247 miles
0-60 mph: 6.7s
Economy: 115 mpg-e
Assembly: Lake Orion, MI
Base/as-tested price: \$33,500/43,190

favorite feature: Super Cruise. The system allows for hands-off driving on approved highways. There’s a sensor on the steering column watching me watching the road, and I have to be ready to take command if green lights in the steering wheel turn red, but I spend about 45 minutes watching the world go by as the car steered itself and kept a safe distance from other vehicles. Unlike with Cadillac, you have to steer

to change lanes, but it’s fantastic for long treks and felt completely natural after a few miles.

If there’s a downside to this automated wonder, it’s charge time. It takes about 75 minutes for 80% recharge on a DC fast charger or 7.5 hours on a 240v home charger. Plug into a wall outlet and you’ll wait days. Maximize range and convenience with one-pedal driving that puts the car into severe re-gen when



CASEY WILLIAMS
Auto Reviews

you lift off the throttle.

The Bolt EUV drives into the future with instant acceleration, roomy tech-laden cabin, and the ability to drive itself. All that for a base price of just \$33,500 or \$43,190 as-tested. Even better, it drops about \$6k next year. That’s a straight-up steal for this formidable competitor to the Kia Niro, Nissan Leaf, and Hyundai Kona Electric.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com

Monroe Lake Lights Up for the Moths

Do you hang out on the porch a lot? Do you notice all the moths flying towards the light? Well, instead of swatting at them and muttering about how much you need to get a screen for your porch, now you can learn about them! Monroe Lake will host a series of programs from July 23–31 to celebrate National Moth Week.

The highlight is Saturday, July 23, when Sawyer Scheid, an amateur entomologist, invites you to drop by to observe his ongoing insect survey work at the lake’s Fairfax State Recreation Area (SRA). He will be at the Big Oak shelter from 8 p.m. until midnight with a lighting setup to draw in moths and other insects and also will have his personal collection of silk moths on display.

Monroe Lake naturalist Jill Vance will offer



a virtual program on Facebook Live on Thursday, July 28 at 11:30 a.m. This kid-friendly presentation will explore the differences between butterflies and moths and include some easy and fun ways to observe moths in your backyard. The program streams at facebook.com/monroelake and will be available there afterward if you miss the live presentation or want to watch it again.

On Saturday, July 30, the naturalist will

be “sugaring” for moths from 9:15 to 10:15 p.m. in the Deer Run playground and shelter area at the lake’s Paynetown SRA. You can drop by to learn more about this method of attracting moths and see what species have been drawn in.

Moth-themed craft activities for children also will be offered at Paynetown SRA throughout the week: Magnificent Moths from 10 to 11:30 a.m. and Rosy Maple Moth

Greeting Cards from 2 to 3:30 p.m. on July 23; Yarn Doll Luna Moths from 6 to 7:30 p.m. on July 27; Majestic Moths from 10 to 11:30 a.m. on July 30; and Moth Masks from 2 to 3:30 p.m. on July 31.

Program details are listed at bit.ly/mothweek2022. Questions should be directed to the Paynetown Activity Center at 812-837-9967 or jvance@dnr.IN.gov.

All National Moth Week activities on site are included with property admission. The daily entrance fee at Paynetown and Fairfax SRAs is \$7 per vehicle with Indiana license plate (\$9 per vehicle with out-of-state plates). Indiana State Park Annual Entrance Permits are also accepted.

To learn more about Monroe Lake, see on [IN.gov/monroelake](https://www.IN.gov/monroelake).

Meeting Notes

Hamilton County Parks & Recreation Board

Meeting Agenda
July 18, 2022 at 6 p.m.
HCPR Administration Building 400 Lafayette Road

1. Call to Order
2. Approval of June 20, 2022 Minutes
3. Finance Report:
 - A. Approval of Payroll
 - B. Approval of Claims
 - C. Approval of 2023 Budget
4. Committee Reports
 - A. Foundation Update
5. Old Business:

- A. Project updates
 - i. HC Farms and Bray Family Homestead Park Master Plans
 - ii. Coxhall Gardens
 - a. Catering Contract
 - iii. Campground water and sewer project
 - iv. Attorney Contract Approval
 - v. Miscellaneous
6. New Business
 - A. Grant-Next Level Conservation Trust
 - B. Park’s agenda/minutes posting
7. Director’s Report
8. Deputy Director’s Report
9. Additions/Announcements

Meeting Notice

Hamilton County Health Board

Pursuant to IC 5-14-1.5-5(a) The Hamilton County Health Board will hold its quarterly meeting on Thursday, July 14,

2022 at 8 a.m. at the Hamilton County Judicial Center, Commissioners Courtroom, One Hamilton County Square, Noblesville, IN 46060. The purpose of this meeting is for discussion of health department issues.

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McDonald's of Greater Indiana to Serve 'Hats Off to the Houses' Starting July 11

As residents visit the beach or pool this summer, or when they make their first pitstop on their family road trip, they can stop by a local McDonald's to gear up while also supporting local Ronald McDonald House Charities (RMHC) Chapters. Starting July 11, the 'Hats Off to the Houses' campaign will offer McDonald's customers the chance to purchase a white bucket hat with a red and yellow stripe and a tag that proudly shows support for RMHC. The hats cost \$10 each and proceeds will go directly to local RMHC Chapters. The campaign runs while supplies last.

In Greater Indiana and Southwest Michigan, sales will benefit RMHC Chapters in Indianapolis, Fort Wayne and South Bend. RMHC programs help families with children who are ill or injured, ensuring they can stay together and be near the medical care they need. Ronald McDonald House programs provide private bedrooms, fully-equipped kitchens and laundry facilities, home-cooked meals and transportation.

"The McDonald's family and our customers have



been longtime supporters of RMHC who provide valuable financial support to the families with children who are sick and seeking special care and treatment in our regional children's hospitals. We are excited to continue that support though this year's terrific Hats Off to the Houses campaign," said Randy Shields, a McDonald's Owner/Operator with restaurants in Indianapolis and recent Chairperson of the Ronald McDonald House of Central Indiana. This \$10 purchase will help families feel some hope and love when they need it most."

A large part of the support for RMHC Chapters in Indiana comes from donations at McDonald's restaurants across Greater Indiana and Southwest Michigan. The average number of nights a family stays at a House is 18 to 25.

Greater Indiana is home to three of the nearly 400 Ronald McDonald House programs around the world. Ronald McDonald House programs provide accommodations and support services to families ensuring they have access to the medical care their child needs while being fully supported and actively involved in their child's care. The mission of RMHC is to create, find, and support programs that directly improve the health and well-being of children and their families.

McDonald's is the world's leading global foodservice retailer with over 38,000 locations in over 100 countries. Approximately 93% of McDonald's restaurants worldwide are owned and operated by independent local business men and women.

Indiana Wraps Up Specialized Post-Primary Audits for 2022

With 2020 elections-induced skepticism on the rise, Indiana is stepping up its election-checking game with a series of specialized audits. Election leaders in audited counties are giving the process – relatively new in Indiana – good reviews.

Outgoing Secretary of State Holli Sullivan's office audited 23 elections in five counties following the 2022 elections, and is wrapping up work in three more counties after primaries in May.

"The feeling that I have in Clark County is [that] any opportunity we can have to show the integrity of the election process, I support," said Clerk Susan Popp, who's in the last year of her second – and final – four-year term.

Indiana also audited contests in Allen and Fulton counties.

"It wasn't as bad as I thought it would be. I think we can get some other counties to do it now," said Allen County Elections Director Amy Scrogam. She's worked in that role since February, but has logged more than a decade with the county's election board.

Sullivan's office says there are 10 more audits to go after general elections in November. And the state is poised to conduct more, though it's unclear what'll happen after a new secretary takes office in January.

Out with the old

Election audits in Indiana have traditionally been limited to simple matches: does the number of voters who checked in to the polling place match the number of ballots cast, or logged by paperless machines?

Election officials then solve any discrepancies in those numbers using reports from poll workers – did someone check in, but ditch without voting? – and certify the results to Indiana.

But the state's latest efforts go further.

Risk-limiting audits use algorithms to determine how many ballots election-checkers should sample, how to sample randomly, how to find the ballots, and so on. The risk limit, according to pioneers of the statistical strategy at Berkeley University, is the chance that the original, reported outcome, even after the audit, is wrong.

Ball State University's Voting System Technical Oversight Program, on behalf of Sullivan's office, leads the process. Election-checkers from each county, however, read off each ballot. The public can watch.

In with the new

The audit ends once there's enough evidence that a full recount would confirm the original result. The closer the race, the larger the sample.

"It would say, 'Yes, that's accurate. This person won.' Scrogam said of her county's audits. "It turned green. Green is good. It shows that person won based off this random selection of ballot cards."

Allen County audited three races over about seven hours. The county uses MicroVote paperless machines, and had printer add-ons attached for early voting.

"That was pretty fun," Scrogam said. "I mean, I was kind of nervous. But it wasn't bad."

Clark County, mean-

while, only uses paper ballots. It took about two days to audit four races there, according to Popp. A Republican and a Democrat in the county's voter registration office, ok'd by local party chairs, handled the ballots.

"I have confidence throughout the system, but to me, this was just more of a validation publicly that there are no issues as far as voting security [and] voting results in Clark County," she said.

Popp and Scrogam said their audited elections passed muster, but that Ball State's results wouldn't be out in a report until the end of the month. The university's technical program directed a request for comment to Allen Carter, spokesman for the Secretary Sullivan.

"I have not heard from them on when they expect to have data or what they're going to send us," Carter said. "... But once we get the results, the thing that we've been doing is trying to get those online."

The point, he said, is accessibility, so Hoosiers can see for themselves.

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Indiana Climate Summit Announces Legislative Panel on Climate with Moderator Abdul-Hakim Shabazz

The Indiana Climate Summit, hosted by IN-CLIMATE, will be held Tuesday, Aug. 23, 2022, from 9 a.m. to 4 p.m. at the Purdue Beck Agricultural Center. This is the only event bringing together agriculture, food, and energy professionals to discuss climate in Indiana and beyond. This event aims to educate, inform, and create a dialogue with the theme of "Ag as the Solution."

"Agriculture is a solution to climate and our voice needs to be heard," said IN-CLIMATE CEO and Founder, Sarah Beth Aubrey.

The Summit will feature a panel of legislators moderated by Abdul-Hakim Shabazz, who has over 20 years of experience covering government and politics and hosts a talk show on WIBC radio. He will be joined by Former Senator Beverly Gard (R-Green-



field), Former Senator Jim Merritt (R-Indianapolis), Rep. Beau Baird (R-Greencastle), and Sen. Jon Ford (R-Terre Haute), and more. The panel will discuss climate and policy.

"We are excited to have such an accomplished and knowledgeable legislative panel. This panel has many years of experience in climate, agriculture, and energy policy," said IN-CLIMATE Policy Manager, Brad Baughn.

Additional sessions include panels on green finance and speakers on carbon markets. Breakout sessions are offered for both ag and energy industry professionals on topics including ESG 101, the

status of the proposed SEC climate disclosure, marketing climate-smart farms, and carbon market opportunities.

IN-CLIMATE exists to convene diverse stakeholders across the entire food supply chain to come together in a collaborative dialog to advance decision-making and inform balanced climate policy that benefits Indiana's farmers and all people of our state. This coalition is the first gathering of Indiana organizations representing the food supply chain, fuel, and natural resources industries to better understand and ultimately guide the conversation around climate.

Indiana Chamber to Host Cybersecurity Conference for Hoosier Companies



With the current virtual work environment, the chances of cyberattacks on businesses have never been higher.

The Indiana Chamber's Cybersecurity Conference, held on August 10 at the Indiana Chamber Conference Center in downtown Indianapolis, is designed to help organizations understand how to reduce cyber threats and implement the latest software technology to safeguard their operations.

"Businesses and or-

ganizations need to ask themselves if they're using the best technology available – and if they're using it safely," explains Adam H. Berry, Indiana Chamber vice president of economic development and technology. "There's so much at stake when it comes to cybersecurity and data protection, and that's why this one-day conference provides such value."

Topics on the day-long agenda include the implications of cyberattacks and the concept of cyberwarfare, recent federal guidance and executive orders, managing and mitigating data breaches, C-suite responsibilities,

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MARLOWE

From Page A1

milk, and a bit of corn-starch.

Instead, the subject was the Yarkovsky effect and its influence on the Belt of Orion. Irish flummery, a delectable dessert, has a similar effect on the belt of John, so confusing the two doesn't seem so stupid now, does it?

The Yarkovsky effect, it seems, has to do with heating bodies. No, the Russian didn't invent R-Rated movies. He was an amateur astrophysicist. Ivan Osipovich Yarkovsky (1844–1902), was a civil engineer, who made the discovery in his spare time. Yarkovsky noticed that the daily heating of a rotating body in space created an impetus that could actually move the body, or change its direction.

In a sense, objects get pushed around by the sun. These tiny forces of radiation energy, although insignificant in the short-run, lead to large effects on the orbits of bodies in space over time — lots of time. In theory, the Yarkovsky effect could literally push the Earth out of our solar system.

That doesn't happen, thank goodness, because the gravitational forces on the Earth are strong enough to keep us put. The Yarkovsky effect is most noticeable on smaller space objects, like space rocks.

An added feature of the Yarkovsky effect is that its action is delayed. Unlike Irish flummery, applying heat to space objects doesn't result in immediate consequences. Planets, meteors, and asteroids must be bombarded all day by radiation before the effect is noticeable. Heat up an asteroid until noon, and the Yarkovsky effect doesn't manifest until two o'clock.

In an impressive bit of universal yin and yang, it takes the exact amount of elapsed time for the effect to disappear when an object loses contact with direct sunlight, and cools off.

The result is that the trajectory of these smaller

space objects is nearly always unpredictable and chaotic. This is one reason that predicting when the Earth's next collision with a potential life-ending asteroid is so hard to pin down.

After a while — usually when Joe Namath appears in the next commercial selling Medicare coverage — I was ready to return to the Food Channel to see how the dessert turned out.

Surfing through the stations, I landed briefly on the news networks.

Each was recapping — in their own idiosyncratic way — the proceedings of the Select Committee to Investigate the January 6th Attack on the United States Capitol. The commentators were doing their best to churn procedural humdrum of daily committee activity into feverish discord.

Their words were biased, often misleading, cloaked in intelligence, and surreptitiously if not blatantly misleading.

“The Yarkovsky effect!” I said to myself.

We are being bombarded with little doses of hate and vitriol twenty-four hours a day. Both sides, under the guise of “in the public interest,” use what in the past we believed was objective news to stoke the passions of their respective acolytes.

If you listened closely, there were only a few words of genuine information buried in an hour of political propaganda.

The problem is that tiny words have super powers. They are capable of pushing us around. Words can move entire worlds. The worry is that we don't realize how far they move us until it is often too late.

Yes, we want to know what happened January 6, 2022. We should know. But unless the answers are presented in a way that leads us away from rancor and closer to reconciliation, we will be left with nothing but flummery.

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

BETSY

From Page A1



The Times photo by Betsy Reason

McKinley Stalbaum is ready to go into the fifth grade at Westfield Intermediate School and is the daughter of Darrell and Melissa Stalbaum.

She's a member of Heartland 4-H'ers and the Giddy-Up Gang and took Mini 4-H before 4-H. She is showing Horses, Foods and Archery projects this year.

Favorite fair food? “Barbecue pork.” Favorite activity at the 4-H Fair? She enjoyed participating in the pig competition for non 4-H'ers at last year's fair. How'd she do? “Pretty good.” She is the daughter of Jason and Amy Sanford and has a brother, Blake, 20, a 10-year 4-H'er.

McKinley Stalbaum is ready to go into the fifth grade at Westfield Intermediate School. Her dog is named Mini, a miniature Aussiedoodle. She's a member of Shamrock Shakers. She is the daughter of Darrell and Melissa Stalbaum. She has two brothers, Braxton, 12, and Levi, 8, who are both in 4-H programs, including Levi, in Mini 4-H. She's taking nine projects at the 4-H Fair. Favorite project? “Dogs.” She competed in Agility yesterday and then showed showmanship. She's also taking Arts & Crafts, Sewing, Consumer Clothing, Lawn and Garden, Dogs, Pigs, Goats and Poultry. Favorite fair food? “Grilled cheese.” Favorite activity at the fair? “I like to show my pig and also Mini (the dog). During the 4-H Fair, she sees a lot of friends there. She plans to sell her pig this year at the fair's live auction just as she did last year. Last year's pig sold for about \$300, which she saves for the next year's animal care. The meat will be donated to Hamilton County Food Bank.

This year's pre-fair activities include: open judging for 4-H Photography, 8:30 a.m. to 1 p.m.; open judging for 4-H Arts & Crafts and Models and Woodworking (levels 1 and 2), at 8:30 a.m.; open judging for Woodworking (levels 3 and 4), 1 p.m.

On Wednesday, there will be open judging of 4-H Food Preparation (levels A and B), 9 a.m.; and level C and D, 12:30 p.m.; Food Preservation and Microwave, Grades 3-6, 9 a.m.; open judging of Food Preparation and

Microwave, Grades 7-12, 11 a.m.; open judging of 4-H Floriculture and Strawberry projects, 9:30 a.m.; open judging of 4-H Garden, 10:30 a.m.; and open judging of Cake Decorating, 9 a.m. and 10:30 a.m.

Here's what's happening at the 4-H Fair:

On Thursday, the food is Grilled Cheese Sandwiches, 11 a.m. to 5 p.m., with a Joint Producers' Barbecue 11 a.m. to 9 p.m., and Extension Homemakers serving up meals in the Exhibition Center, with spaghetti the day's special. (A special is usually offered each day of the Fair.) The day's activities include: 4-H Bucket Calf Show, 9 a.m.; 4-H Senior Llama Showmanship, 9:30 a.m.; 4-H Crops Judging, 10 a.m.; 4-H Horse & Pony English Show, 10 a.m.; 4-H Poultry Show, 10 a.m.; 4-H Robotics activities, 10 a.m.; 4-H Dairy Show, 10:30 a.m.; 4-H Tractor Driving Contest, 1 p.m.; 4-H Pygmy Goat Show, 1 p.m.; 4-H Llama pack Obstacle, 1:30 p.m.; Indiana Blood Center Blood Drive, 3-7 p.m.; Extension Homemakers Flower Show, 4:30 p.m.; Purdue Extension Celebrates!, 6 p.m.; 4-H Rabbit Ambassador Contest, 6 p.m.; Do-Si-Squares Exhibition, 6:30 p.m.; 4-H Clogging Exhibition, 7 p.m. The 4-H Fair sponsor for the day is VIP Animal Care in Noblesville.

On Friday, the food fare will offer a Rabbit and Poultry Barbecue, 11 a.m. to 5 p.m.; Joint Producers' Barbecue, 5-9 p.m.; Extension Homemakers' special chicken and noodles. The day's activities include: 4-H Rabbit Show, 8:30 a.m.; 4-H Beef Grooming Contest, 8:30 a.m.; 4-H Chicken Barbecue, 9 a.m.; 4-H Intermediate Llama Showmanship, 9:30 a.m.; 4-H Horse & Pony Western Show, 10 a.m.; Sheep Fitting Contest, 11:30 a.m.; Silly Safari Animal Show, 1 p.m.; 4-H Llama PR Obstacle Class, 1:30 p.m.; Indiana Blood Center Blood Drive, 3-7 p.m.; 4-H Dairy Goat Show, 3 p.m.; Llama Costume Contest, 5 p.m.; 4-H Meat Goat Show, 6



The Times photo by Betsy Reason

Briley Sanford, 9, Cicero, a Hamilton Heights Elementary School third-grader, checks in for her Archery project on Sunday afternoon.



The Times photo by Betsy Reason

Hamilton County 4-H Photography Project Leader Kelly Michaels (right) on Sunday checks in 4-Hers' Photography projects in preparation for open judging on Tuesday and kickoff of the 4-H Fair on Thursday.

p.m.; 4-H Beef Barbecue Contest, 6 p.m.; Leaping Llama Exhibition, 6 p.m.; 4-H Sewing & Consumer Clothing Revue, 7 p.m.; Walk-A-Llama (open to public), 7:30 p.m.; Blue River Band, 8 p.m. The 4-H Fair sponsor for the day is The Farmers Bank.

On Saturday, food will be Pork Producers' Barbecue, 11 a.m. to 5 p.m.; Joint Producers' Barbecue, 5-9 p.m.; and Extension Homemakers' special is meatloaf. The day's activities include: 4-H Swine Show, 8 a.m.; 4-H Horse & Pony Dressage, 8 a.m.; 4-H Public Speaking Contest, 8:30 a.m.; Master Gardener Fair Fun, 9 a.m.; 4-H Llama Junior Showmanship, 9:30 a.m.; 4-H Demonstration Contest, 11 a.m.; Birds of Prey Animal Show, 12:30 p.m.; Antique Tractor Pull, 1 p.m.; 4-H Llama Field Obstacle, 1:30 p.m.; Extension Homemakers' Food & Craft Show, 3 p.m.; 4-H Cat Show, 5 p.m.; 4-H Dog Drill Team Demonstration, 5 p.m.; 4-H Horse & Pony Contesting Show, 6 p.m.; Homemade Ice Cream Contest, 6:30 p.m.; Youth Swine Exhibition, 7 p.m.; and DJ Charlie Van Wieringen, 7 p.m. The 4-H Fair sponsor for the day is Good Samaritan Network of Hamilton County.

On Sunday, food featured will be Sheep Producers' Barbecue, 11 a.m. to 5 p.m.; Joint Producers' Barbecue, 5-9 p.m.; Extension Homemakers' special, beef and noodles. The day's activities include: 4-H Sheep

Wool Judging, 9:30 a.m.; Worship Service at 10 a.m.; 4-H Horse & Pony Hunter Show, 10 a.m.; 4-H Sheep Show, 10 a.m.; 4-H Pocket Pet Show, noon; Caravan Classes Kids' Crafts, noon to 4 p.m.; 4-H Lawn & Garden Tractor Contest, 1 p.m.; Walk-A-Llama (open to public), 1 p.m.; Stones Crossing Live Music, 2 p.m.; Youth Pedal Tractor Pull, 2 p.m.; 4-H Parents' Llama Show, 2:30 p.m.; Youth Sheep Exhibition, 4:30 p.m.; Antique Tractor Parade, 5 p.m.; Food & Microwave Auction, 5 p.m.; Pet Parade, 6 p.m.; Farmer Olympics, 7:30 p.m. The 4-H Fair sponsor for the day is Dani Robinson Homes.

On Monday, there will be a Beef Producers' Barbecue, 11 a.m. to 5 p.m.; Joint Producers' Barbecue, 5 to 9 p.m.; Extension Homemakers' Kitchen, 8 to 11 a.m. The day's activities include: 4-H Beef Show, 9 a.m.; 4-H 1/16th Tractor Pull, 9:30 a.m.; 4-H Horse & Pony Versatility Show, 10 a.m.; 4-H Llama Youth Judging, 10 a.m.; Color Me Green Fun Run, 11:30 a.m.; 4-H Rocket Launch, 1 p.m.; Youth Talent Contest, 2 p.m. and 3:30 p.m.; Royal Showmanship, 3 p.m.; and Supreme Showmanship 7 p.m. The 4-H Fair sponsor for the day is Peterman Brothers.

Exhibits and displays are open 10 a.m. to 9 p.m. Thursday-Monday. The Fairgrounds are open 5 a.m. to midnight.

Contact Betsy Reason at betsy@thetimes24-7.com

CITIZEN'S

From Page A1



16 and older. This session will begin on Wednesday, Aug. 17 and graduation will take place on Wednesday, Nov. 16, 2022. Class size is limited to 30.

The purpose of the academy is to provide participants with an opportunity to better understand the role of police officers and, more specifically, to strengthen the relationship between the officers of the Fishers Police Department and the community. Officers will provide an overview of the roles and responsibilities of FPD Officers and insight into some of the specialized units and skills within FPD. Topics will include

how to make a traffic stop, how the K-9 Unit works within the agency, the role of the Fishers Dive Team, how Crime Scene Investigators process scenes, and how to safely navigate social media and the internet. Students will have some classroom instruction and practical role play training each day.

Each applicant is subject to a screening process; advanced registration is required. Walk-ins will not be accepted. Begin the registration process by submitting interest at this link, <https://app.smartsheet.com/b/form/73691a78040d410e-albdea2ba4d22eb8>.

Once pre-registration and background screenings are complete, approved applicants will receive an email from Fishers, IN with final registration information details.

Registration is open until the class fills or until July 22, 2021.

Obituary deadline

The Times publishes obituaries daily at www.thetimes24-7.com, and in its print product every day with the exception of Sundays and Tuesdays.

All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG.

Daily obituary deadline is 4 p.m. for the following day's print publication.

To read more obituaries, visit www.thetimes24-7.com.



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TUESDAY

In The Kitchen

Tuesday, July 12, 2022

A8

Sweet Ideas for Celebrating Parents All Year Round

FAMILY FEATURES

Regardless of the occasion, any excuse to celebrate moms and dads is a worthy one. From birthdays and holidays to regular weekends at home, one of the best gifts you can give them is time spent together.

The entire family – including little ones – can get involved when the celebration calls for easy yet delicious recipes. Start a day of celebrating on a high note with these Apple Cinnamon Waffles for a sweet breakfast in bed. As the day goes on, keep everyone energized with Apple, Peanut Butter and Honey Sandwiches or Apple Berry Salsa served with chips, apples or graham crackers. Finally, as the day winds to a close, finish off the festivities with Apple Blondie Cupcakes for one last reminder of how much Mom and Dad mean to you.

These recipes and more family-friendly breakfast, lunch, dinner, dessert and snack ideas are enhanced by the satisfying texture and taste of Envy Apples for a consistently balanced, refreshing sweetness coupled with crisp, elegant crunch. Easy to spot by their large, sharable size and crimson red skin that sometimes features a golden blush, they offer a fresh flavor perfect for snacking.

Try serving them as a tasty snack next time your loved ones gather for time together to watch an exciting family-friendly show like “Strawberry Shortcake.” Enjoy seasonal stories about her and her pals discovering hidden treasures while on vacation, encountering mysterious monsters and tangling with out-of-control spring flowers as she’s ready to “bake the world to a better place” all year round.

Visit EnvyApple.com to find more recipes the entire family can enjoy together.

Apple Blondie Cupcakes

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 12

- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup unsalted butter (1 stick), melted and cooled
- 1 cup light brown sugar, packed
- 1 teaspoon vanilla extract
- 1 large egg, at room temperature
- 2 Envy Apples, peeled, cored and 1/4-inch diced

Preheat oven to 350 F. Line 12-count muffin pan with cupcake liners and set aside.

In medium bowl, whisk flour, baking powder, salt, cinnamon and nutmeg.

In large bowl, whisk butter and brown sugar 2 minutes, or until well combined. Add vanilla and egg; whisk until incorporated.

Add flour mixture to large bowl of wet ingredients. Stir until just combined; be careful to not overmix.

Fold in diced apples.

Spoon batter evenly into cupcake liners.

Bake 18-22 minutes, or until toothpick inserted into center of cupcake comes out clean. Let cool and serve.



Apple Blondie Cupcakes



Apple Berry Salsa

Apple Berry Salsa

Prep time: 15 minutes

Servings: 4-6

- 2 Envy Apples, cored and chopped
- 1 pound strawberries, hulled and chopped
- 1 pint blueberries
- 1/2 teaspoon kosher salt
- 2 tablespoons honey

- 2 tablespoons fresh lime juice
- tortilla chips, pita chips, apple chips or graham crackers, for serving

In medium bowl, combine apples, strawberries, blueberries and salt.

In small bowl, whisk honey and lime juice. Pour honey and lime juice over fruit mixture. Stir together to combine.

Serve immediately with tortilla chips, pita chips, apple chips or graham crackers, or refrigerate until ready to serve.

Apple, Peanut Butter and Honey Sandwiches

Prep time: 5 minutes

Servings: 2 (1 sandwich per serving)

- 1 Envy Apple
- 6 tablespoons peanut butter
- 4 slices of bread
- 2 tablespoons honey

Core apple and thinly slice.

Spread 3 tablespoons peanut butter on two slices of bread, reserving two slices of bread for sandwich tops.

Layer apple slices on top of peanut butter.

Drizzle 1 tablespoon honey over apple slices on each sandwich half.

Top each sandwich half with reserved slice of bread.



Apple, Peanut Butter and Honey Sandwiches



Apple Cinnamon Waffles

Apple Cinnamon Waffles

Prep time: 5 minutes

Cook time: 5 minutes

Servings: 4

- 1 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- 2 tablespoons brown sugar
- 2 eggs
- 1 cup milk
- 4 tablespoons unsalted butter (1/2 stick), melted
- 1 Envy Apple, peeled and cored
- nonstick cooking spray
- 4 tablespoons unsalted butter (1/2 stick), at room temperature
- maple syrup, to taste

In large bowl, whisk flour, salt, cinnamon, baking powder and brown sugar. In smaller bowl, whisk eggs, milk and melted butter.

Make well in dry ingredients then mix in wet ingredient mixture until just combined.

Using cheese grater, grate apple. Fold grated apple into batter.

Prepare waffle iron with nonstick cooking spray.

Ladle 1/4 of batter mixture into waffle iron and cook according to manufacturer’s instructions. Repeat with remaining batter.

Top each waffle with 1 tablepoon room temperature butter and maple syrup, to taste.

TUESDAY

In The Kitchen

Tuesday, July 12, 2022

A9

Back-to-School Solutions that Save Time in the Kitchen

FAMILY FEATURES

When the back-to-school season brings jam-packed schedules full of learning and homework, every minute counts for the parents who make those school days possible. Create some extra time for special moments with the special people in your life by prioritizing easy yet delicious dinners that can help refuel parents and students.

In just five minutes, you can prepare a spicy take on chicken and rice with this family favorite Buffalo and Blue Cheese Chicken recipe. Making some extra time for yourself is as simple as starting with Minute White Rice Cups packed conveniently in single-serving BPA-free cups you can finish preparing in just 1 minute.

When you're looking for a fun way to introduce your little learner to the kitchen, try creating your own homemade Buffalo sauce for this dish by mixing hot sauce, butter, white vinegar, Worcestershire sauce, cayenne pepper and garlic powder. Heat in a saucepan until the butter melts and the mixture simmers, then turn down the heat and wait for it to cool.

If your loved ones aren't big fans of spice, turn to a tamer take on a kid-friendly classic with "Mac" and Cheese in a Cup, a creamy rice version of the familiar favorite made with milk, cheddar and cream cheese. Just because you may not have a lot of time to spend in the kitchen doesn't have to mean suffering through boring meals – simply use the microwave to enjoy this speedy yet tasty option.

It's easy to enjoy the buttery taste and aromatic scent of jasmine rice – regardless of how packed your schedule is – by using Minute Jasmine Rice Cups to make quick dinners a reality. This taste bud-tingling take on mac and cheese made in a microwaveable cup saves you from clean-up duty and leaves more time for homework, after-school activities, school projects and all the excitement that comes with a new school year.

To find more quick yet satisfying and delicious dinner ideas for busy school nights, visit MinuteRice.com.



Buffalo and Blue Cheese Chicken

"Mac" and Cheese in a Cup

Prep time: 2 minutes
Cook time: 3 minutes
Servings: 1

- 1 cup Minute Jasmine Rice
- 1/3 cup 2% milk
- 1/3 cup shredded cheddar cheese
- 1 tablespoon cream cheese
- 1/4 teaspoon garlic powder
- 1 pinch dry mustard powder (optional)

Heat rice according to package directions.

In a microwave-safe cup, stir rice, milk, cheddar cheese, cream cheese, garlic powder and mustard powder, if desired.

Microwave on high, stirring occasionally, 2 minutes, or until heated through and cheese is melted and saucy.

Tips: For extra-cheesy rice, add 2 tablespoons grated Parmesan cheese.

Substitute garlic powder with 1/2 clove minced, fresh garlic.

Buffalo and Blue Cheese Chicken

Prep time: 2 minutes
Cook time: 3 minutes
Servings: 1

- 1 cup Minute White Rice
- 1 breaded chicken tender, sliced
- 2 tablespoons Buffalo sauce
- 1 tablespoon crumbled blue cheese, for garnish
- 1 green onion, sliced, for garnish

Heat rice according to package directions.

In a small, microwave-safe bowl, combine chicken and sauce. Microwave on high 2-3 minutes.

Serve chicken over rice. Garnish with blue cheese and green onion.



"Mac" and Cheese in a Cup

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TUESDAY

Health and WELLNESS

Tuesday, July 12, 2022

A10

What Is Swimmer’s Ear and How Should You Treat It?

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 protect



JOHN R. ROBERTS, M.D.
Hamilton Health

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.

Purdue Meets Health Care Needs With New Online Health Care Operations and Quality Improvement Certificates

To give professionals interested in health care an opportunity to develop valuable skills in business, management and quality improvement in health care delivery, Purdue University’s College of Health and Human Sciences is offering two new online graduate certificates in health care operations management and health care quality improvement.

The new certificates are offered through Purdue’s Department of Public Health, which offers multiple online graduate administration programs, including a Master of Health Administration (MHA) and another graduate certificate in health care leadership. Cody Mullen, clinical associate professor of public health, serves as director of Purdue’s Master of Health Administration degree program, which was recently ranked No. 3 nationally by Online-Master’sDegree.org.

“With these new certificate offerings, we’re hoping to give professional students another upskilling opportunity that will increase their business and management acumen,” Mullen said. “And with a graduate certificate, students can learn these valuable skills in less time than a traditional master’s degree.”

The health care operations certificate consists of three online courses that can be completed in nine months. Students

will learn marketable skills in health care finance, accounting and operations management.

The health care quality improvement certificate also consists of three online classes that can be completed in nine months. In this certificate program, students will learn to make data-driven decisions to improve the quality and delivery of health care.

“These certificates were built to increase career potential in fields like clinic finance, hospital administration, medical manufacturing, insurance, business operations, health services and quality management,” Mullen said.

As the country’s health care systems grow in reach and complexity, expertise in business and management has become increasingly in demand for health care professionals. According to the Bureau of Labor Statistics, job opportunities in health care operations could grow by as much as 17% between 2020 and 2030, faster than the average. The Bureau of Labor Statistics also indicates health care jobs in quality improvement are expected to grow by 16% through 2030. These new graduate certificates are designed to meet this demand and prepare future professionals for critical roles in hospitals, clinics and other health care facilities.

“This is an exciting and meaningful time

to enter the health care field,” Mullen said. “Opportunities are expanding, and there’s also a lot of important work to be done, considering the ways the medical system has been challenged by COVID-19 and other public health crises.”

Credits from the graduate certificates in health care quality improvement, health care operations and health care leadership can also be transferred to the online Master of Health Administration degree.

“The flexibility that these certificates offer is a big advantage to professional students,” Mullen said. “They can take a few classes in an area they’re interested in to earn a valuable credential, and they can easily transfer those credits to the master’s degree if they want to continue their education. The pace is up to them.”

Applicants to the certificate programs must have one to three years of professional experience in a health care-related field. Students can apply for a fall, spring or summer start date. Since all three classes will be held entirely online, students can access lectures and other course materials at any time.

Visit the health care operations graduate certificate and the health care quality improvement graduate certificate program websites for more details about the certificates and how to apply.

7 Behavioral Health Tips For Older Adults

(StatePoint) Older adults experiencing a behavioral health issue such as anxiety or depression may be embarrassed and think they simply need to “pull themselves up by their bootstraps,” but helping them seek help can empower them to live their best lives, according to experts.

“Everyone is different, but there are tools for better health, including therapy, medication and self-care,” said Dr. Lindsay Evans-Mitchell, medical director for behavioral health for Cigna Medicare Advantage.

Behavioral health disorders affect one in five adults over 55. Older men have the highest suicide rate of any age group or gender. Among men who are 75 and older, the suicide rate is 40.2 per 100,000 – almost triple the overall rate.

The most common behavioral health disorder in older adults is dementia, and its incidence is growing as the Baby Boomer generation ages. Experts project that more than 9 million Americans 65 years or older will have dementia by 2030. Anxiety disorders and mood disorders are also common among older people.

Dealing with a behavioral health issue? These self-care tips can help:

1. Find a Provider. “Cognitive disorders, such as dementia and mood disorders, often look the same,” Dr. Evans-Mitchell said. “Only a trained professional can make an accurate diagnosis.” For help finding a provider, reach out to your primary care physician or health plan, such as Medicare or Medicare Advantage. Also consider virtual therapy. It’s easy to schedule and offers the convenience of seeing a therapist without leaving home.

2. Nurture Yourself. Good nutrition feeds the body and mind. If you have questions about nutrition for older adults, consult your physician or a registered dietitian. Additionally, drink water throughout the day. “Dehydration can worsen cognitive issues,” Dr. Evans-Mitchell said.

3. Sleep Well. Like all adults, older people need seven to nine hours of sleep nightly. Dr. Evans-Mitchell noted that older people’s tendency to go to bed early, wake up early, and nap throughout the day can disrupt healthy sleep cycles and limit rapid eye movement (REM) sleep, potentially contributing to behavioral health issues.

4. Exercise. Even moderate exercise can improve mental and physical health. The Physical Activity Guidelines for Americans describes benefits such as improvements in brain health, better cognitive function, and reduced risk of anxiety and mood disorders. People who exercise also tend to sleep better. Having trouble getting started? Some Medicare Advantage plans include a fitness benefit, which can pay for a gym membership or provide at-home fitness tools.

5. Head Outside. Being outside has numerous benefits, including vitamin D absorption needed for cognitive health. Additionally, research has shown that chemicals released from trees can stimulate brain functions. Don’t forget the sunscreen though, as skin cancer is most common in people older than 65.

6. Buddy Up. Papa, available through some Cigna Medicare Advantage plans, connects older adults and their families with “Papa Pals” for companionship and support. “Papa Pals” can provide transportation, help with everyday tasks -- or simply be a friend, doing activities like watching movies or playing games.

7. Parent a Pet. Caring for pets generates positive emotions and can reduce anxiety. Just petting a dog has been shown to lower levels of the stress hormone cortisol, and pets provide a bond that can elevate two feel-good brain chemicals: oxytocin and dopamine. Dogs also encourage people to exercise outdoors.

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