

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM



➤ TODAY'S VERSE

Revelation 19:9 And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.



➤ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Ian Hauer smile? "My wife makes me smile," he said. "It's not just that I enjoy being with her -- which I do -- it's that she causes smiles to creep up unaware. She's the kind of person to notice the groundhog's climbed the tree again, and she imagines what it must be thinking, and she gives it a strange voice, and she makes me laugh. Being with her means I'm always in danger of smiling when I least expect it." Hauer is a Noblesville resident but was born in Minnesota and spent most of his youth in Newburgh, Ind., before ending up in Central Indiana a decade ago to take a job at the Statehouse and finish school at IUPUI. He is Deputy Chief of Staff for the Indiana Treasurer of State. His wife, Emily (Smith) Hauer, was born and raised in Elwood. "I moved to Noblesville in 2019 and absolutely love it here." Passions? "All of the worthwhile jobs, hobbies and pursuits in my life have had one common thread, storytelling." In college, he studied history because of his fascination with the past and could understand things better if he knew where they came from. Favorite vacation? "The best vacation my family ever took was to Moab, Utah." In his free time, he and his wife are involved in community theater, he said, "because I believe that stories connect us to each other, and I love finding new stories to tell and new people to tell them with." His next theater project? Hauer is currently playing the role of King Claudius in Noblesville Cultural Arts Commission's 30th annual free Shakespeare in the Park, "Hamlet," on stage at 8:30 p.m. Wednesday, Thursday, Friday and Saturday at Federal Hill Commons in Noblesville, with lawn chairs and blankets invited. Last year, he acted in "The Taming of the Shrew," both with director Jennie Otterman of Noblesville. Earlier this year, he directed "The Glass Menagerie," the first show produced by the newest Hamilton County-based performing arts organization, The Hyperion Players, a nonprofit that's a collaboration with Hauer and his childhood best friend, Adam Fike. This fall, they'll jump into their pilot season with three more shows at different Hamilton County venues. Visit <https://hyperionplayers.com/>. Read more about this week's Shakespeare in the Park in the Betsy Reason column in today's edition of The Times.

And Another Thing...

It can get pretty crowded at the balmy beaches of La Jolla, CA and, recently, the crowd at La Jolla Cove got a wakeup call when a beachgoer accidentally roused a group of sea lions, reports the Association of Mature American Citizens [AMAC]. Apparently, the sleeping mammals were awakened by a visitor who had gotten too close to them. She was frightened and started running away, the sea lions allegedly ran after her, which in turn caused a panicked mass evacuation of sunbathers. The sea lions eventually returned to the water and no one was hurt.



Photo courtesy of Noblesville Shakespeare in the Park

The cast of Noblesville Cultural Arts Commission's Shakespeare in the Park -- Aaron Ploof (back, from left), Eric Dixon, Gideon Roark, Kelli Conkin, Molly Bellner, Ian Hauer, Ka'lena Cuevas, Stephen Moore, Matt Hartzburg, Nathaniel Taff; Monya Wolf (front, from left), Logan Laffin, Anna Himes and Rachel Kelso, not pictured Madalyn Cottrell) -- invite the community to the 30th annual production, this year celebrating with "Hamlet," Wednesday through Saturday at Federal Hill Commons in Noblesville.

NCAC Presents 'Hamlet' at 30th Shakespeare in Park



BETSY REASON
The Times Editor

Strolling downtown Noblesville in the area of Federal Hill Commons the past few evenings, you might have heard actors rehearsing for Shakespeare in the Park.

Noblesville's Jennie Otterman sits in her lawn chair on the lawn in front of the First Merchants Pavilion stage, listening closely to every line and watching her actors become their characters, readying for opening night on Wednesday.

Noblesville Cultural Arts Commission presents the 30th annual Shakespeare in the Park production, "Hamlet." Performances are at 8:30 p.m. Wednesday, Thursday, Friday and Saturday. Admission is free. Lawn chairs, blankets and picnicking are invited.

This year's show, "Hamlet," a tragedy, was written around 1600 and is one of William Shakespeare's 38 plays, his

➤ See BETSY Page A7

Noblesville Parks Releases 2022 Movies in the Park Schedule

The Noblesville Parks Department invites residents to enjoy outdoor movies together as a family this summer. The 15th annual Movies in the Park Series, presented by Logan Street Signs & Banners, has something for all ages to enjoy -- from animated favorites to comical sequels and fantastic journeys.

"The Movies in the Park Series is a timeless tradition for many Noblesville fami-

lies. Attendees can enjoy free family-friendly movies, bring a blanket, dinner or snacks and enjoy an evening of cinema at Noblesville's parks," said Recreation Program Coordinator Erin Portman.

The majority of the movies will take place at Federal Hill Commons, a centrally located park, which will give Nobles-

➤ See SCHEDULE Page A7

Cash Isn't Everything



JOHN O. MARLOWE
With The Grain

In the famous "temple scene" in George Lucas' story Indiana Jones and the Temple of Doom (1984), Harrison Ford, as our hero Indiana Jones, makes his way to steal the golden idol. He first must navigate a series of booby-trapped plates in the floor, dodge poison darts and negotiate the tripwires leading up the steps.

Standing in front of his quarry, he examines the priceless relic. He estimates its weight, and removes sand from a pouch that he ultimately uses to replace the golden idol on its rigged pedestal. Then he grabs the treasure, outruns a giant marble, climbs out of a bottomless pit and slides under a falling slab door to make his escape.

This is how I feel when I go to the bank machine.

I miss the old days. When we needed extra cash to run on,

➤ See MARLOWE Page A7

The Daily Almanac

Sunrise/Sunset
RISE: 6:37 a.m.
SET: 9:03 p.m.

High/Low
Temperatures
High: 77 °F
Low: 65 °F

Today is....

- Aunt and Uncles Day
- National Bagelfest Day
- One Voice Day

What Happened On This Day

- 1945 Potsdam Declaration is signed
- 1963 Syncom 2, the world's first geosynchronous communications satellite is launched
- 1990 Americans with Disabilities Act (ADA) of 1990 is signed into law

Births On This Day

- 1928 Stanley Kubrick American director
- 1943 Mick Jagger English singer-songwriter, producer, actor

Deaths On This Day

- 1863 Sam Houston American soldier, politician, 1st President of the Republic of Texas
- 1995 George W. Romney American businessman, politician

Stars of 4-H Allison Shuck 10-Year Member

Daughter of Travis and Melissa Shuck, Allison Shuck is a ten year member of 4-H Clover Chuggers. Allison served as club reporter and president, competed in the state fair Rabbit Ambassador contest, and participated in the state fair Dog Show every year. Allison attended Mini 4-H Camp, 4-H Camp, and was a Mini 4-H Camp Counselor. She was awarded the 4-H Tenure Award and was selected to attend the Heiler Ranch Global Gateway Experience in Arkansas. Allison also took part in 4-H Round Up, 4-H Academy, the Indiana State Fair Youth Leadership Conference, and 4-H Bond. She earned an agricultural department award at Hamilton Heights High School, along with a 2021 State FFA Winner Multimedia Scrapbook and an FFA Hoosier Degree. Allison is a cosmetology student at Freestyle Academy for Hair.

Stars of 4-H Allyson Wolfgang 10-Year Member

Allyson Wolfgang is the daughter of Mike Wolfgang and George and Rebecca Sears. She is a ten year member of Clover Kids. Allyson is heavily involved in 4-H, especially in her roles as a youth representative on the 4-H Council and vice president of Junior Leaders. Allyson has earned three champions in Arts & Crafts and one champion in Cake Decorating. She received several honors and awards at Lapel High School, such as A-Honor Roll (three years) and outstanding performance in theatre, geometry, and chemistry. Allyson has also been inducted as a member of the National Honor Society. She will attend Indiana University to major in media with a concentration in film, television, and digital production.

Stars of 4-H Aubrey Robertson 10-Year Member

Daughter of Chad and Amy Robertson, Aubrey Robertson is a ten year member of Giddy Up Gang. Aubrey has exhibited ten years in Beef and Rabbits, and she also exhibited in Cake Decorating and Foods. Aubrey was a four-year varsity soccer player for Fishers High School, competing and winning state and national competitions. She has committed to play soccer for Northern Illinois University, and she will study nutrition.

Stars of 4-H Ayden Sarber 10-Year Member

Ayden Sarber is the son of Bryan and Michelle Sarber and a ten year member of Clover Kids. Ayden has served as treasurer of his club and exhibited ten years of Woodworking. He also earned reserve champion Construction Sets and Electric. Ayden is an avid sailor and works as a sailing camp counselor during the summer. He runs distance track and is a National Honor Society and National Computer Science Honor Society member at Hamilton Southeastern High School. Ayden will study cyber security at Purdue University.

Stars of 4-H Kolden Schlotter 10-Year Member

Kolden Schlotter is the son of Chad and Jennifer Schlotter and a ten year member of Forest Hill. Kolden has exhibited projects in Aerospace, Construction Sets, Garden, Genealogy, Geology, and Shooting Sports; earning state fair entries in Aerospace, Genealogy, and Geology. Kolden received Special Merits in Aerospace and Geology. Kolden will graduate from Noblesville High School and intern with a local manufacturing corporation. He wants to be a computer numerical control technician.

Stars of 4-H Kyle Schlotter 10-Year Member

Son of Chad and Jennifer Schlotter, Kyle Schlotter is a ten year member of Forest Hill. Kyle has tried a variety of projects including Aerospace, Computer Construction Sets, Garden, and Wildlife. His favorites are Computer and Wildlife, and he has earned several state fair entries for both. Kyle will graduate from Noblesville High School with an Academic Honors Diploma. He plans to study cyber security.

Stars of 4-H Laura Wertz 10-Year Member

Laura Wertz is the daughter of Brad and Susan Wertz and a ten year member of Hamilton County Junior Sheep Association. Laura has volunteered to be a Ag Day presenter for Sheep every year. Laura attended Noblesville High School where she was involved with many different music extracurriculars like helping teach choir classes at Noblesville West Middle School and dancing and singing in the NHS Singers. This excitement for teaching translates well as she plans to attend Ball State University and double major in music education and music performance.

Stars of 4-H Nicolette Watson 10-Year Member

Daughter of Ken and Kim Watson, Nicolette Watson is a ten year member and current president of Stringtown Pickers. She is proud to have completed ten years in Arts & Crafts, Child Development, Consumer Clothing, and Food Preparation, along with participating in Junior Leaders. Nicolette is a four year member and current president of the Leo Club at Noblesville High School. She also participated in Peer CELL and When We All Vote clubs. Nicolette works at Harbour Trees Golf Club. She is a direct admit to the University of Cincinnati's nursing program.

➤ INSIDE TODAY

Obituaries.....A2
Meeting Notices.....A2
Carrie Classon.....A3
Brian Howney.....A3
Service Directory.....A4
Casey Williams.....A5
Help Wanted.....A5
Classifieds.....A6
John Roberts.....A7
In The Kitchen.....A8, A9
Health & Wellness.....A10

➤ HONEST HOOSIER

Everyone gripes about too many laws and such, but I do like the new Indiana law that requires school boards to accept oral public comments at each meeting.

➤ TODAY'S QUOTE

"You only live once, but if you do it right, once is enough."
- Mae West

➤ TODAY'S HEALTH TIP

Pregnant women can get flu vaccine.
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 JOKE

Hey Teegan, why don't mummies go on summer vacation?
Gee Grandpa, I don't know, why?
They're afraid they'll unwind!

➤ OBITUARIES

Sharon K. Estle
Stanly (Stan) M. Harmon

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



13 WTHR 7 DAY FORECAST

65/77 TUE	70/83 WED	68/82 THU	62/79 FRI	60/80 SAT	62/82 SUN	66/85 MON
--------------	--------------	--------------	--------------	--------------	--------------	--------------

OBITUARIES

Sharon K. Estle

January 16, 1946 - July 24, 2022

Sharon K. Estle, 76, of Noblesville, passed away on Sunday, July 24, 2022 at Riverwalk Village in Noblesville.

She was born on January 16, 1946 to Frank and Mildred (Wiseman) McCarty in Anderson, Indiana.

Ms. Estle worked as a nurses' aide at Riverview Hospital. She enjoyed knitting & crochet, and loved her cats & pet birds.

Survivors include her son Michael Estle.

She was preceded in death by her parents.

Visitation is scheduled to run from 11:30 a.m. to 1 p.m., with services scheduled to begin at 1 p.m., on Monday, August 1, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville, with the Rev. Stanley R. Sutton officiating. Burial will follow at Crownland Cemetery in Noblesville.

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

Stanly (Stan) M. Harmon

May 12, 1943 - July 21, 2022

Stanly (Stan) M. Harmon, 79, of Westfield, passed to his heavenly home on Thursday, July 21, 2022.

He was born on May 12, 1943 to Henry Marion and Winona E. (Isenhower) Harmon in Lebanon, IN.

Mr. Harmon attended Westfield High School and married the love of his life in October, 1962.

He previously worked for Westfield Gas Company, Reel Pipe and Valve and later retired as a self-employed contractor in Westfield. He knew no strangers and loved spending time with family and friends. Mr. Harmon was not one to stay home but rather go for long drives with his wife, stop in local restaurants and share conversation over coffee with his friends.

Survivors include his two daughters Sherri (Bill) Hoo-geveen and Kimberly (Thomas) Hall; four grandchildren Jamie (Josh) Kilborn, Matt (Yoaly) Hoo-geveen, Justin Hall and Jarred Hall; and six great-grandchildren Taylor Kilborn, Chloe Kilborn, Alyana Hoo-geveen, Aidyn Hoo-geveen, Easton Hall and Wyatt Hall.

In addition to his parents, he was preceded in death by his wife of 59 years, Patricia Kay Harmon (Cumplings); brother Fred Harmon; and two sisters Mary Clements and Jean Loveall.

Visitation is scheduled to be held from 2 p.m. to 4 p.m., with services scheduled to start at 4 p.m., on Monday August 8, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road in Noblesville, with Pastor Matt Gaylor officiating.

Memorial contributions may be made to American Diabetes Society or Hamilton County Veteran Services.

The family would like to personally thank the staff at Roudebush VA Medical Center for the wonderful care they have provided to him and their caring support to his family.

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

Meeting Notice

Cicero Town Council

Cicero Town Council will hold executive sessions on August 2 and August 16 at 6 p.m. at Red Bridge Community Building, 697 W Jackson Street, Cicero, IN according to Indiana Code IC 5-14-1.5-6.1(b)(4)(D)(ii and vi): A real property transaction including a lease as lessor or a sale by the governing body up to the time a contract or option is executed

by the parties. This clause does not affect a political subdivision's duty to comply with any other statute that governs the conduct of the real property transaction, including IC 36-1-10 or IC 36-1-11.

Cicero Town Council will hold a special meeting on August 11 at 6 p.m. at Red Bridge Community Building, 697 W Jackson Street, Cicero, IN to review the budget and consideration of a park board.

Meeting Notice

Hamilton County Community Corrections Advisory Board

Pursuant to IC 5-14-1.5-5(a) the Hamilton County Community Corrections Advisory Board will meet at 12 noon on Thursday,

July 28, 2022 at Hamilton County Community Corrections, 18104 Cumberland Road, Noblesville, Indiana. The Board will meet in Executive Session to discuss personnel pursuant IC 5-14-1.5-6.1(b) (7), and (9) as well as hold an open meeting to discuss agency business.

Meeting Notice

Westfield Finance Committee

The Westfield Finance Committee Meeting

scheduled for Monday, August 1, has been changed to Tuesday, August 2 located in the City Hall Assembly Room from 9 a.m. - 11 a.m.



Photo courtesy of the Noblesville Lions

Noblesville and Carmel Lions Support Gleaners Food Bank

Last Thursday from 4-6 p.m., the Noblesville and Carmel Lions helped Gleaners pass out food at Six Points Church in Sheridan. This is a regular event for the two Lions Clubs. (Left) Lions from Noblesville and Carmel showing cabbage veggie of the day; (Right) Noblesville Lions Jerry Baker, Jen Carr, Joe Connerley, Carol Miller, Steve Shaw, Ron Williamson, and Duke Miller.

Local Funeral Home Offers the First-Ever Alternative to Ashes

Hersberger-Bozell Funeral Home has partnered with Parting Stone—a Santa Fe, New Mexico-based start-up pioneering a technology that offers a clean alternative to cremated remains following cremation. Hamilton County families choosing cremation can now receive stone-like solidified remains that can be touched, held, and shared.

Solidified remains are now available as an option at Hersberger-Bozell Funeral Home. "This alternative to ashes opens many opportunities for family's that choose cremation. Many families whose loved ones are cremated keep the

remains or scatter them. With choosing solidified remains, they are clean to hold and easy to share with family."

The solidification process returns the full amount of cremation remains in a solid and clean form that resembles a collection of polished stones. The average person results in about 40-60 solids ranging in size from thumbnail up to palm-size. The color of each person's solidified remains is 100% natural and many result in white stones, but some are a hue of blue, green, or another radical variation.

"It is a profound opportunity to live with the remains of our loved ones, but conventional

cremated remains make that experience uncomfortable," says Parting Stone founder and CEO Justin Crowe. "We developed an alternative to conventional cremated remains to help families feel a meaningful connection with their departed. When you choose cremation, you no longer have to take home ashes."

Following the death of his grandfather, Justin Crowe realized that living with conventional cremated remains can feel uncomfortable, so in many households they often end up hidden in a closet for decades. Parting Stone worked with material scientists at Los Alamos National Laboratory to

develop solidified remains to empower families in their grief with a form of remains that can be touched and held.

Parting Stone empowers families in their grief by returning a stone-like form of remains that can be touched and held. Solidified remains are an alternative to ashes. Learn more at www.parting-stone.com.

Hersberger-Bozell Funeral Home offers funeral, cremation, and end of life planning. Serving your family is our family's greatest calling.

If you would like more information, please call Todd Bozell at 765-534-3131, or email at todd@bozellfuneralhome.com



Photo courtesy of the Sheridan Youth Assistance Program

Duke Energy Government & Community Relations Manager Mark LaBarr (left) presents the SYAP with a \$4,000 check from Duke Energy.

Sheridan Youth Assistance Receives \$4,000 Grant from Duke Energy

Sheridan Youth Assistance Program announced early this week that they received a grant from Duke Energy in the amount of \$4,000. These funds will significantly assist with the cost of providing school supplies, toiletry items, shoes, and a backpack for approximately 160 students in Pre-Kindergarten through 12th grade attending Sheridan Community Schools. Each year as families

plan for their children to return to school prepared and ready to learn, often one of their challenges is being able to provide the necessary school supplies on the grade level list for each child.

Students will receive their specific grade level supplies at their school and book bags, toiletry items and other free items are distributed at the annual Back to School Bash July 31. This fun-filled

event for students and their families is created to not only distribute book bags and supplies but to bring excitement for the beginning of a new school year in August. The event includes an inflatable obstacle course, haircuts, a dunk tank, cotton candy, snow cones, popcorn, and more.

This annual program is a partnership between Sheridan Youth Assistance Program, MAMA's

Cupboard, Sheridan United Methodist Church, and Six Points Wesleyan Church.

Sheridan Youth Assistance serves as an early intervention advocate for youth ages 3-17 who are facing challenging life circumstances. We take a holistic approach to coordinate our community's vast array of talents, services and resources to help youth and empower parents and caregivers.

The Power of **The TIMES**
Hamilton County's Own Daily Newspaper

Dozens of advertisers have found exactly how effective advertising with *The Times* can be!

“The Times is a tremendous asset to our community!
With their support we have been able to communicate all the wonderful improvements that we have been able to make at the Forest Park Aquatic Center. The advertising they have helped us with has led to the largest single year increase in family memberships and daily visitors in the history of our organization. The reach of the Times within the greater Hamilton County area is immense and we can't say enough great things about its powerful impact upon our organization.”

Greg Conner
President
Friends of Central Pool, Inc.

Interested in advertising with The Times? Contact joe@thetimes24-7.com or ttimmons@thetimes24-7.com to learn more!

Purchase a pool membership today!

Forest Park
AQUATIC CENTER

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

Is The Pro-Life Movement Finally Getting Its Big Win?

By Whitney Downard

Pro-life advocates have pinned their hopes on banning abortion for decades. Now that goal is within their grasp in Indiana.

“Every legislator down there who has had one campaign has likely taken a position on abortion,” said Micah Clark, the executive director of the American Family Association of Indiana. “The kiss of death is to flip-flop on this issue.” He believes both an abortion ban and financial supports will pass the Indiana House and Senate with few surprises because elections loom in November for many. The special session kicks off today.

Similar to the Religious Freedom Restoration Act (RFRA), a controversial bill in 2015 that made Indiana national news, Clark said the national spotlight will be on legislators in the coming weeks as they hammer out bill details.

“We’re going to be a national target and you’re going to have a lot of threats from businesses like we saw with RFRA,” he said. “We’re going to be a focus of attention; it’s going to be a rough (few) weeks for the legislators, regardless what side they’re on.”

The introduction of Senate Bill 1 — which bans abortion from conception with a few exceptions — embodies much of what the pro-life movement has fought over for years, sharply curtailing access to reproductive healthcare for millions of Hoosiers.

But anti-abortion proponents argue without enough penalties for abortion providers — or requirements for prosecutors to act — the bill lacks any enforcement. The bill doesn’t add any new penalties for those who perform illegal abortions but it is already a felony in Indiana.

Clark called the bill deceptive for seeming to do more than it actually does.

“It lacks substantive teeth that would even reduce abortion much at all,” Clark said. “There’s no real teeth in the bill for a defiant prosecutor. And we were hoping for some criminal penalties and some power... where someone — maybe the attorney general — could enforce the law if somebody defies it.”

Andy Downs, a political science professor at Purdue University Fort Wayne, said he thinks the General Assembly will avoid focusing on criminal penalties, at least initially. The special session allows legislators to quickly respond to the desires of their base while appearing thoughtful and pragmatic, he said, and gives them the chance to try again in January when they return for the regular session.

“Special sessions are often very, very quick. Everyone has sort of come to an agreement that something needs to be done,” Downs said. “There are not a whole lot of hearings or

opportunities for public input like you have during a regular session.”

Downs said that the bill could arguably be a middle ground, because it includes exceptions for rape, incest and life of the mother, but leans to the pro-life crowd.

“It will not be viewed as a win by people who are looking for an outright ban but it will be viewed as a win for people who are looking for tighter restrictions,” Downs said. “People who look long term when it comes to legislation will be able to consider it a win as well because it’s incremental — it’s a fairly large increment — but it’s an incremental change from what exists right now.”

Impact of child rape on bill drafters

The case of a 10-year-old rape victim from Ohio who sought an abortion in Indiana solidified the likelihood that the General Assembly would include a rape exception to any bill, Clark said.

“My position is that you don’t punish the baby for the sins of the father but at the same time I do understand the circumstances,” Clark said. “Especially with a 10 year old, it’s a family issue. There’s a lot to consider.”

He said lawmakers shouldn’t make a law based on the small numbers of people seeking abortions due to rape, something that Cathie Humbarger also believes.

“Ultimately, I would like to see abortion banned completely but I do understand the political situation and we need to save as many babies as we can as soon as we can. Elective abortions makes up more than 95% of all abortions,” said Humbarger, the former executive director of Allen County Right to Life. “I think we can handle the hard cases (such as rape and incest) in a compassionate and caring way.”

Downs noted that anyone claiming rape or incest as a reason for pursuing an abortion under the proposed bill must sign an affidavit, which he said recognizes how lengthy the criminal process can be. But, since the documents will be confidential, it couldn’t be used by prosecutors to file criminal charges.

“What has been accomplished with all of that is an interesting question,” Downs said.

Clark said abortion providers should have to verify claims of rape or incest and that police reports should be filed.

“We need to know who did this and it’s nothing something someone should claim recklessly because they want an abortion,” he said. “It should be something that the police investigate and somebody should be punished for that crime against the woman.”

The pro-life movement’s next steps

For Humbarger and Clark, both said more needs to be done to help

women and children. The Senate introduced an accompanying bill that would earmark \$50 million for such services, such as family planning and adoption support.

“There’s a lot of work to be done. Women are still going to be in difficult situations, mothers are going to be in unplanned pregnancies and mothers are going to not know where to turn for help,” Humbarger said. “We have a lot of work to do in order to make certain that each one of those women, those mothers, are loved throughout this difficult time... (and) empower women to be able to have a full life in addition to being a mother.”

Clark said the pro-life movement needs to transform and focus on maternal care, in addition to adoption, and providing for the needs of children and parents.

“Making prenatal care better funded, helping crisis pregnancy centers that help women in crisis with diapers, baby food,” Clark said. “I think that’s a good discussion to have as well and I think it’s something that the pro-life movement has to shift and do more of.”

Crisis pregnancy centers recently came under fire following a New York Times article on how a group deceptively discouraged women from receiving abortions by listing themselves as providers but offering no services. The centers are frequently funded with public tax dollars but often operate as private facilities that offer limited medical services, as detailed by the Associated Press.

What comes next

Clark said he doesn’t think efforts to ban contraception and same-sex marriage have the same momentum as abortion and wouldn’t “trickle up” to the Supreme Court because of a lack of cases.

“I don’t see the same local battles and the same fights legally over contraception and same-sex marriage that we’ve had for over 40 years with abortion,” he said.

Downs didn’t seem so sure.

“I think it’s safe to say that we are not done discussing social issues,” Downs said.

He noted that no matter what happens this week, lawmakers will return in January — and every January moving forward — and will have the opportunity to introduce more anti-abortion legislation.

“The discussion about abortion is not over by any stretch of the imagination,” Downs said. “This is simply the bill that the Republicans can get passed under the circumstances we have today.”

Indiana Capital Chronicle is part of States Newsroom, a network of news bureaus supported by grants and a coalition of donors as a 501c(3) public charity. Indiana Capital Chronicle maintains editorial independence.

The Special Package



CARRIE CLASSON
The Postscript

The package arrived last week and, I have to admit, I was surprised.

I knew what was in it, of course. It was a painting that my friends Angel, Nora and I co-own. I had it for one year 11 years ago. Then I brought it to Paris, where Angel was living. But Angel had no time to hang the painting. She had just moved to a new condo and was diagnosed with cancer. And so it remained rolled up under her bed for two years. That’s when Nora decided her turn had come—and she was right. Before Angel died, Nora brought the painting to her family home in Vienna and hung it in her mother’s bedroom.

That’s where it remained for seven years. I didn’t really mind.

During those seven years, I started and finished a college program. I moved out of state, met my husband, Peter, moved in with him, then moved again back to the Midwest. There were a lot of changes and a lot of

moving, and I knew Nora was enjoying the painting. Then, four years after Angel’s death, after Peter and I had made a new home together, I decided it was time to have the painting again.

Nora was not immediately receptive.

Nora likes her things. This is not a criticism; it’s just how she is. She is a collector. She has a lot of beautiful art and antiques and rocks and crystals. She likes to have her lovely things around her. Sending things away is hard.

This painting, in particular, was difficult to part with because it was a painting of the three of us—Angel, me and Nora. Letting go of this painting felt like letting go of a special time in the past that had been important to us all.

But I still wanted the painting.

I told Nora the time had come, and I would like her to send it. She said she would, but then things came up. There were delays. There were a few excuses. More than a year had passed and, I will be honest, I began to think I would not see it again.

And, honestly, I would have been fine with that.

Because people are more important than things. My friendship with Nora and my memories of Angel were more important than any painting. If getting the painting meant hurting my friendship with Nora,

I would do without the painting.

Then, one day, she sent a photo of a large box with my name on it in the arms of an unidentified man in a brown uniform.

“That could be anyone!” my friend, Andrew, said. He has heard every chapter of the painting saga and was more skeptical than I was about it ever arriving.

Then—with no notice at all—it showed up at my door.

It was incredibly heavy. Nora is an engineer, and she had built the box herself. It was made of half-inch plywood and 2x2s and lined with Styrofoam. It looked as if it could safely be launched into space. I had trouble carrying it into the house. It took several tools and a lot of time to open.

Nora is a woman of few words, but I knew what she was saying.

She cared about the painting—but she cared about our friendship even more. She was sending the painting in a way that would keep both the painting and our friendship safe and whole for years to come.

I received both the package and the message. They both made me very happy.

Till next time,
Carrie

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



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



Are you at risk?

Get Screened for Risks of Stroke
and Cardiovascular Disease

5 Screening Package for \$149 Call 844-499-4567

LIFE LINE SCREENING
The Power of Prevention

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

IndianaPublicNotices.com

TheTimes24-7.com

TheTimes24-7.com

Abortion Restrictions Loom in Patriarchal Indiana



BRIAN HOWEY
Howey Political Report

Next week, 150 Hoosier legislators, including 110 men, will convene in special session to determine the most restrictive abortion laws in state history that stand to change the lives of thousands of women.

Attorney General Todd Rokita and Terre Haute attorney Jim Bopp Jr., had dominated the post-Roe era semantics leading up to the July 25 special session. Rokita fired off wild allegations against a female OB-gyn who performed a legal abortion on a 10-year-old Ohio girl who had been raped, vowing he would “not relent” until finding “the truth.” IU Health said that Dr. Caitlin Bernard had followed all Indiana laws.

“It’s always shocking to me that people are surprised to hear about these stories,” Dr. Bernard said in an interview with The New York Times. “The fact that anyone would question such a story is a testament to how out of touch lawmakers and politicians are with reality.”

Bopp, who helped the National Right to Life Committee develop “model” abortion restriction legislation, told Politico on Thursday, “We don’t think, as heart wrenching as those circumstances are, we don’t think we should

devalue the life of the baby because of the sins of the father.”

Gov. Eric Holcomb, House Speaker Todd Huston and Senate President Pro Tem Rodric Bray will play key roles in passing and signing these abortion restrictions, with Holcomb drawing back from his “no red lines” stance on what he wouldn’t sign.

All of this comes in Indiana, a patriarchal state.

We’ve never elected a female governor or U.S. senator. We’ve had one female (Jill Long Thompson) nominated by a major party for governor. We’ve had four consecutive female lieutenant governors, but none of them has mounted a serious gubernatorial campaign to date, though Lt. Gov. Suzanne Crouch reported raising \$881,000 this month and is expected to announce her candidacy after the November elections.

There has never been a major party female U.S. Senate nominee. There has never been a female House speaker or Senate president pro tempore. There has never been a female House Ways & Means chair, or a Senate Appropriations or Budget Committee chair.

When you survey the House Republican hierarchy, State Rep. Sharon Negele is deputy speaker pro tempore, Karen Engleman is assistant majority floor leader and Cindy Ziemke is assistant majority caucus chair. Rep. Wendy McNamara chairs the Courts and Criminal Code Committee. In the Senate, State Sen. Liz Brown is assistant majority floor leader

(and chairs the Senate Judiciary Committee) and Glick is assistant president pro tempore. Sen. Jean Leising chairs the Senate Agriculture Committee.

Out of the three branches of government, only Chief Justice Loretta Rush has risen to the top. Only two of the 11 congressional seats are held by women.

Indiana Republicans just replaced their secretary of state nominee from an incumbent woman Holli Sullivan with Diego Morales.

There has only been one female major party chairman, Ann DeLaney for the Democrats.

There has never been a female mayor of Indianapolis, Fort Wayne, South Bend, Evansville or Hammond. We’ve witnessed a series of one-term female mayorships in Columbus, Elkhart, Muncie and Terre Haute.

Additionally, women are missing in action when it comes to Indiana media and opinion leaders. There are no regularly published female political columnists operating in the state.

When it comes to abortion restrictions, there are three camps emerging: The first is Senate establishment Republicans who unveiled SB1 and 2 on Wednesday proposing an abortion ban once a fetus attaches to a uterus with the traditional trinity of carve outs (rape, incest, and life of the mother). The second is the more radical pro-life movement, who are pushing for a total ban (Indiana Right to Life is calling SB1 “a weak and troubling bill”). They are upset that Sen. Liz Brown was pushed out of sponsoring SB1, replaced by State Sen. Sue Glick, the former LaGrange

County prosecutor who said Wednesday, “Being pro life is not about criminalizing women. It’s about preserving the dignity of life and helping mothers bring happy, healthy babies into the world.”

The third camp is Indiana Democrats, who are so weak (holding only 40 of the 150 seats) that they will have little impact, but could form an unholy alliance with pro-life radicals to thwart SB1.

LaKimba DeSadier, Indiana state director for Planned Parenthood Alliance Advocates Indiana: “Today’s unveiling of the Senate’s plan to eliminate Hoosiers’ access to basic health care confirms our greatest fears: A complete ban on abortion is on its way to Indiana.”

So, in this broiler of a summer between next Monday and Aug. 14 will come one of the most contentious policy sequences in Indiana history, which will be how to restrict access to abortion in the wake of the U.S. Supreme Court’s scuttling of Roe v. Wade with its Dobbs decision.

To put this into historical context, think of the huge teacher rally in November 2019, or 1996 when 20,000 union activists thunderously opposed prevailing wage legislation, to the point that the marble Statehouse floors literally shook. Indiana Right to Life is calling activists to the Statehouse on Monday. Pro-choice advocates will respond.

Stay tuned.

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

Move Forward with Indiana DNR and Find Your Next Adventure

Visit DNR at the Indiana State Fair
The DNR’s Natural Resources Building is the place to be during the Indiana State Fair. The fair runs July 29 to Aug. 21, excluding Mondays and Tuesdays.

Located in the northwest area of the fairgrounds, DNR’s building is not only one of the few with air conditioning, but also houses the best information, wild animals, and fun. Stop by the Fishin’ Pond, where children ages 5-17 can fish for free.

Check out live raptors daily at 4:30 p.m. at the amphitheater. While you are cooling off inside the DNR building, pick up the latest Recreation Guide, Fishing Guide, and Hunting & Trapping Guide, along with the guides for boating, off-road vehicles and much more.

Connect with Fish & Wildlife staff at the State Fair
Multiple programs will be offered at the DNR Building. Check out some of the highlights from our “Ask a biologist” event series:

- **July 29** – Talk with our fisheries biologist Sandy and see her live fish display to learn about electrofishing, fish surveys, and more from 5-7 p.m.
- **Aug. 3** – Meet our herpetologists Nate and Jason as they show you what tools they use out in the field with their favorite reptiles from 5-7 p.m.
- **Aug. 5** – Help our

mammologist Brad identify local mammal tracks from 5-7 p.m.

Summer fun at Indiana State Park Inns
Stay two nights and receive 25% off your stay. This special is for stays Sunday through Thursday and ends Sept. 1. Visit Indianainns.com or call 1-877-LODGES1 to make your reservations.

Deer licenses for sale & reserved hunt applications open
It’s not too early to think about deer season. You can find season dates and answers to deer hunting FAQs at deer.dnr.IN.gov, and you can purchase deer licenses at an authorized retailer or online.

Remember, you must have an Access Indiana account before purchasing your license online. We recommend setting up or reviewing your account information ahead of time to avoid any delay.

Want to apply for a reserved hunt? Some waterfowl, deer, game bird, and pheasant applications open Aug. 22. See the full list on on.IN.gov/reservedhunt. You can submit only one application per hunt, and no changes can be made once an application is submitted.

Applicants must possess a valid hunting license for the hunt for which they are applying. To find out more about reserved hunt applications that are open or open soon, visit the DNR website at https://www.in.gov/dnr/fish-and-wildlife/hunting-and-trapping/reserved-hunts/.

Thanks for reading The Times, Hamilton County!

The Times SERVICE DIRECTORY

AUTOMOTIVE		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>formerly RBT Tire & Auto</p> <p>BESTONE of Indy</p> <p>Selling tires. Serving people.</p> <p>Call Tyler and his team for all your tire and auto care service needs!</p> <p>Mention this ad to save 5% off tires or 10% off service.</p> <p>317-773-3130</p> <p>17016 Clover Rd • Noblesville BATTERIES • BRAKES • OIL CHANGES • TIRES • & MORE!</p> <p>bestoneindy.com</p>	<p>MUFFLERS & MORE</p> <p>For fast repair service come see us at Mufflers & More!</p> <p>317-996-5868</p> <p>2235 Westfield Road • Noblesville</p>	<p>Son-Shine Service Inc.</p> <p>122 Cicero Rd Noblesville</p> <p>317-773-0924</p>
FUNERAL SERVICES		HOME SERVICES	
<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>Find us on Facebook</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 Bussell Owner/Director</p> <p>1621 E. Greyhound Pass Carmel, IN 46032 317-587-2001</p>	<p>Traditional Services Affordable Cremation Pre-Planning</p> <p>Hersberger Bozell FUNERAL HOME</p> <p>3029 North Main Street Lapel, Indiana 46033 765-584-8133 www.hersbergerbozell.com</p>
RESTAURANTS		RETAIL	
<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>FEATURED BUSINESS</p> <p>BUSSELL FAMILY FUNERALS</p> <p>Serving Hamilton County and surrounding areas</p> <p>BussellFamilyFunerals.com</p> <p>Donna Bussell Owner/Director</p> <p>1621 E. Greyhound Pass Carmel, IN 46032 317-587-2001</p>		<p>TERRY'S TREE SERVICE</p> <p>Free Estimates</p> <p>317-316-1981</p> <p>terrystreeservicesin.com</p> <p>Noblesville, IN</p>
<p>Gatewood's Vegetable Farm & Greenhouses</p> <p>Sweet corn, tomatoes, green beans, cantaloupe, watermelon & more</p> <p>Summertime produce We also have bulk mulch!</p> <p>9555 E. 206th St. Noblesville 317-773-1214</p> <p>M-Sat. 9 to 6 • Sun. 9 to 5 www.gatewoodvegetablefarm.com</p>		<p>REVOLT CBD</p> <p>Natures Original Pharmacy Indiana's Online CBD Store</p> <p>Indiana Grown & Manufactured</p> <p>Free Deliveries on Thursdays</p> <p>Use Coupon Code times20 for 20% Off First Time Purchase</p> <p>Free Consultation Help w/ Inflammation, Sleep & Anxiety</p> <p>RevoltCBD Products.com</p>	

Contact our advertising department at 317-770-7777 to be included in our next Service Directory.



Photos courtesy of Jeep

2022 Jeep Grand Wagoneer Hitches to A Star

In the Jeep galaxy of stars, there are none brighter than the classic Grand Wagoneer that even today is as popular in The Hamptons as The Badlands. It's staggering how these archaic chromed-over bricks command near six-figures at auction, but they clearly resonate with collectors. Clearly, Jeep wanted in on that coin and re-establish itself as the brand that first did luxury SUVs in 1963. A new Grand Wagoneer for today's luxury buyer should fit the bill.

It employs a time-worn formula of taking a full-size truck platform (like the Ram), bolting on a big boxy body, stocking it with luxuries, and jacking its price skyward. The Cadillac Escalade, Lincoln Navigator, and Infiniti QX80 all come to mind. As egregiously trite as that sounds, the formula works pretty well as nothing hauls more stuff than a full-size truck-wagon.

The Grand Wagoneer is special.

One thing for sure, it gets noticed. I'm not a big fan of the bunkered windows and prefer the more elegant styling of the smaller Grand Cherokee, but the big seven-slot grille, 22" wheels, and blacked-out trim lend a sinister vibe. There's no question who makes it from the icon grille to GRAND WAGONEER slapped across its wide hood and liftgate. Jeep is trying to separate Wagoneer as a separate brand, but nobody's fooled.

Get your luxury drenched with screens to the front of you, screens to the right of you, and even screens to the back of you. Chrysler Group's intuitive infotainment screen dominates the center dash, but is accompanied by a smaller one beneath for seat controls and one in the passenger dash for co-pilots. Rear passengers enjoy screens hung from

seatbacks for watching Amazon Fire TV. Get deep theatre sound through the 19-speaker McIntosh audio system; connect devices through Apple CarPlay, Android Auto, Wi-Fi, and wireless charging.

There's ample craftsmanship to accompany the electronic wizardry. The dashboard combines a choice of woodgrain or metallic accents, French stitching, and plush coverings. Soft Palermo leather upholsters seemingly everything. Heated and ventilated front seats, heated rear captain's chairs, four-zone automatic climate control, and a dual pane sunroof add comforts – as do front massage seats that get in so many places they should offer a cigarette afterwards.

Safety is advanced. Adaptive cruise, lane keep assist, automatic emergency braking, and rear cross path detection are as expected, but we

2022 Jeep Grand Wagoneer Seven-passenger, 4WD SUV

Powertrain: 6.4-liter V8, 8-spd trans
Output: 471hp/455 lb.-ft. torque
Suspension f/r: Air Ind/Ind
Wheels f/r: 22"/22" alloy
Brakes f/r: disc/disc
Must-have features: Luxury, Power
Towing: 9,850 lbs
Fuel economy: 13/18 mpg city/hwy
Assembly: Warren, MI
Base/As-tested price: \$88,640/\$109,025

also tapped options for the night vision camera, rearview camera-mirror, and head-up display. It is difficult to imagine an option unchecked.

The engine for this rolling bunkhouse is a 6.4-liter V8 kicking out 471 horsepower and 455 lb.-ft. of torque – enough to seat down the road or pull 9,850 lbs. It clicks power to the all-wheel-drive system through an 8-speed automatic transmission that works quietly. Fuel economy is

a horrendous 13/18-MPG, but nobody said luxury was cheap.

Beyond power, the Grand Wagoneer floats down the road on its air suspension that balances comfort and handling. Launch it off of a bridge and it will make its size known, but settles quickly. Raise it up to clear obstacles on the way to the weekend cabin. You never forget you're driving a very large automobile, but it handles its girth like a much tidier



CASEY WILLIAMS
Auto Reviews

athlete. Jeep's Selec-Terrain system configures the powertrain for varying conditions.

Tapping into continued fondness for the Grand Wagoneer was a smart move for Jeep. It will not obsolete any of its main competitors from America or abroad, but will definitely keep their wheels to the fire. For a base price of \$88,640, or \$109,025 as-tested, it comes with the goods!

Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

WHO'S HIRING?

Companies are searching high and low for good help. Are you in the market for a job? Are you perhaps tired of retirement? Looking to move up and earn more income? Maybe it's time for a career change? Then take a look at these fine companies and open up new doors to a brighter future!

WHO'S HIRING?



ABOUT THE JOB

At Ashlin Hadden Insurance, we have an amazing team that is on a mission to serve people through protecting their assets. We are looking for licensed personal lines and life insurance agents who will reach out to the community to bring in new customers, quote and issue policies, and handle policy renewals and service requests for customers. Candidates should be organized self-motivators who can work independently and are willing to advocate for our customers.

RATE OF PAY

This is a commission-based job where we ask that you focus on what is right for the customer.

HOW TO APPLY

Send your resume to Ashlin@AshlinHaddenInsurance.com



We are currently looking for inside and outside advertising sales help. If you have an outgoing personality, strong attention-to-detail skills and a desire to make top income, this might be the job for you. The Times is currently looking for inside phone sales and outside advertising sales representatives. Our company offers flexible hours and a professional and enjoyable work environment. Come join a winner and start reaping the rewards right away!

Base pay, plus commission

E-mail resume to jobs@thetimes24-7.com

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

Dreaming of a new home?

find it here! **thetimes**

relax & enjoy

THE TIMES

Duke Energy's Dagny Zupin featured Speaker at Cicero Kiwanis Meeting this Saturday

Dagny Zupin, Community Relations Liaison for Duke Energy, representing Hamilton, Madison, and Wayne Counties, will be the guest speaker at this Saturday's breakfast meeting of the Cicero Kiwanis Club. She will speak on Duke Energy's commitment to community and share energy saving tips and money through energy efficiency measures. The meeting takes place Saturday, July 30 at Red Bridge Park Community building in Cicero. The meeting begins with breakfast followed by Zupin's program and a Q and A.

If you think Dagny looks familiar you would be correct. A Cicero resident, she is active in Cicero Main Street and Northern Hamilton County's Chamber of Commerce. Her energetic personality, strong skill set, and love of the community has made her a great fit for her role at



Dagny Zupin

Duke Energy and an asset to our local schools and community.

For more than one hundred years, Duke Energy has proudly served its communities through charitable giving and employee volunteerism. The company believes the decisions it makes today will determine its long-term prospects as a company. One of those decisions is to ensure the communities it serves have the resources and support they require to thrive – now and well into the future.

Through its employees, services, and involvement, Duke Energy looks forward to building upon this legacy and making a lasting impact.

The Cicero Chapter of the Kiwanis International as a part of a non-profit global organization with members who are dedicated to changing the world, one child and one community at a time. In the greater Cicero-area community, the Cicero Kiwanis provide scholarships to local high school students, support local schools through donations to various programs and manpower, provide food and assistance to local food pantries, support families and individuals in need or in crisis and help the community-at-large through donations to Riley's Children's Hospital. Weekly meetings begin at 7:30 a.m. on Saturdays at the Red Bridge Community Park Building in Cicero.

Indiana Coalition for Human Services Urges Assembly to Prioritize Hoosiers Most in Need During Special Session

The Indiana Coalition for Human Services (ICHS) has written a letter to members and leadership of the Indiana General Assembly urging them to prioritize the best ways to support families who are struggling during the upcoming Special Session.

ICHS is a nonpartisan coalition of more than two dozen organizations that educates Indiana's decision makers and communities on fact-based human service policy. ICHS members invest in, protect, and advocate for policies and programs that help all Hoosier families thrive.

The Coalition expressed appreciation for the earnest desire of the General Assembly to quickly help Hoosiers who are actively struggling with increased costs. Every day ICHS member organizations hear from Hoosiers who are struggling now, and have been struggling for some time, with wages too inadequate to cover the costs of food, utilities, health care, child care and other necessities. While the intention behind delivering funds into the hands of Hoosiers is a good one, in ICHS' estimation the proposals that have been filed for this Special Session will not sufficiently accomplish that goal.



One area that ICHS agrees with is the proposed eight allowable uses for spending from the Hoosier Families First Fund. Each of these are issues of great need for Hoosier families. However, the amount of funds in the introduced legislation is not adequate to substantially improve outcomes in these areas and is simply not proportional to the level of need. ICHS also has concerns related to the structure of the Hoosier Families First Fund. The details around the fund's implementation, application approval process, oversight, and transparency are all unclear.

ICHS instead recommends the Indiana General Assembly prioritize allotments in the following areas:

- Limit food insecurity by FSSA re-implementing SNAP Emergency Allotments
- Spend surplus dollars to increase childcare access and affordability:
 - o reduce or remove co-pays for families already receiving vouchers;
 - o expand CCDF eligi-

bility above 127% of FPL and add slots to reduce waitlists

- Reduce utility costs by allocating surplus funds to Summer Cooling through LIHEAP

- Maintain Medicaid eligibility for hundreds of thousands of Hoosiers at risk of losing coverage following the end of the federal Public Health Emergency

- Promote housing affordability and stability by aligning recovery and surplus dollars in the state Housing Trust Fund, Low-Income Housing Tax Credits, and in the enforcement of habitability standards

Through their combined efforts, ICHS members regularly engage with the Hoosiers who are most affected by rising costs and disruptions to the economy. This gives the Coalition the expertise to help inform policy-makers on the efficacy of choices made to help families during this crucial moment. ICHS urges the General Assembly to apply the recommendations above during this Special Session and to include the input of the human services community when crafting solutions to help Hoosiers - both now and in the future.

Dual Credit Instructors Now Have Until 2025 to Meet Credential Requirements

Indiana teachers and faculty now have two additional years to complete requirements so they can continue teaching dual credit courses.

The Higher Learning Commission (HLC), a regional college accreditor, announced that it will extend the previous deadline from Sept. 1, 2023 to Sept. 1, 2025 to allow more time for states and institutions to ensure dual credit instructors have the necessary credentials to teach dual credit. HLC requires anyone teaching dual credit to hold a master's degree and complete at least 18 credit hours of coursework in the content area in which they teach.

"It is welcome news that Indiana's corps of dedicated dual credit instructors will have more time to complete these requirements," said Indiana Commissioner for Higher Education Chris Lowery. "Providing quality dual credit opportunities for Hoosier students is vital to saving Hoosier families millions of dollars in tuition, increasing students' odds of attending college, and improving their likelihood for completion. We are committed to continuing to work closely with the Indiana Department of Education and other partners to help Indiana's teachers earn the credentials they need."

Nearly two-thirds of Hoosier high school students earn some form of dual credit while in high school, including Advanced Placement, as well as the Indiana College Core, which provides an avenue for students to earn up to a full year of general education courses while in high school. Students who earn early college credit are shown to be more likely to go to college and succeed. More than 90 percent of 2020 high school graduates who earned the Indiana College Core went to college, compared with the statewide college-going rate of 53 percent.

"We know that students



INDIANA COMMISSION for HIGHER EDUCATION

who earn dual credits in high school are more likely to complete post-secondary credentials and even graduate early, saving them time and money. We also know that this increased educational attainment leads to a better quality of life, greater health, expanded employment opportunities and increased wages, making the expansion of dual credit essential to ensuring every child has access to the quality education they need to enjoy lifelong success," said Dr. Katie Jenner, Indiana Secretary of Education. "This federally-allowed extension will allow more Indiana educators to obtain the necessary credentials to teach dual credit and, ultimately, support our students as they work towards their post-graduation goals, whether that includes employment, enrollment, or enlistment leading to service."

This is the second extension the HLC Board of Trustees has approved, after an extension announced in 2020 due to the impact of COVID-19. Indiana's Dual Credit Advisory Council analyzed dual credit policies and explored potential solutions to maintain dual credit options for Hoosier students when the policy change was first announced in 2015. Since that time, Indiana has employed numerous strategies to ensure dual credit instructors meet the HLC guidelines and the Commission, along with

the Indiana Department of Education and the state's higher education institutions have taken steps to increase the number of dual credit instructors who meet the requirements.

Indiana's dual credit teachers have free options to gain credentials through the Teach Dual Credit and STEM Teach initiatives, supported by the Center of Excellence in Leadership of Learning (CELL) at the University of Indianapolis, the Independent Colleges of Indiana, the Commission and INvestEd.

These rules affect about 1,500 current dual credit teachers in Indiana, ranging from those needing a few credits in a subject area to those without master's degrees. Career and Technical Education (CTE) educators are not impacted by the HLC requirements.

Indiana has previously been recognized for instructor eligibility and quality by the HLC.

Created in 1971, the Indiana Commission for Higher Education plans, coordinates and defines Indiana's postsecondary education system to align higher learning with the needs of students and the state. The Commission also administers Indiana's financial aid programs, including the 21st Century Scholars early college promise scholarship, which celebrated 30 years in 2020. Learn more about the Commission's Reaching Higher in a State of Change strategic plan at www.in.gov/che.

got stuff?
sell it in the classifieds.
317.770.7777

TheTimes24-7.com

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 4pm 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-Trustee 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

Avoiding the Pain and Misery of Kidney Stones



JOHN R. ROBERTS, M.D.
Hamilton Health

Kidney stones are a topic near and dear to my heart as I'm a member of the club. Stones are also known as calculi, from the Latin for pebble. They can be found in the kidneys (renal calculi or nephrolithiasis) or move down the ureters, the tubes connecting the kidneys to the bladder (ureteral calculi or urolithiasis). Stones may also be found in the bladder.

The ureters are very

small tubes that contain smooth muscle cells. These cells rhythmically contract to help move the urine from the kidneys to the bladder. When a stone is too large to pass down the ureter it can partially or completely obstruct the flow of urine causing pressure to build up. This pressure, along with contractions of the muscles in the ureter, causes deep, severe, unrelenting pain known as ureteral colic. Stones can cause blood in the urine as they scrape their way down the ureter toward the bladder.

The incidence of kidney stones peaks in the third and fourth decades of life and rarely occur after age 60. Men have about a 12 percent lifetime chance of developing a kidney stone while women have a 7 percent chance. Interestingly, stones are more common in the Southeastern United States.

The chance of developing recurrent stones is 14 percent at one year, 35 percent at five years, and 52 percent at ten years.

Stones form when the urine becomes supersaturated. This means that minerals and compounds in the urine become so concentrated that they start to form crystals. These eventually grow to form stones. It's very important to maintain adequate fluid intake to keep the urine diluted to reduce the risk of stone formation. Certain types of kidney infections can also cause stone formation.

There are four main types of stones that are associated with over 20 different conditions that are too numerous to discuss here. Most stones contain calcium. Chemical analysis of stones and urine identifies the cause in 95 percent of cases. This allows for specific

therapy in most patients that can reduce recurrence rates by up to 90 percent. Even though most stones contain calcium, dietary restriction of calcium usually is not required.

Symptoms of kidney stones vary based on the size of the stones and their location in the urinary tract. Renal calculi often have no symptoms. Ureteral calculi, on the other hand, can be extremely painful. Women who have given birth and also had stones often say the stones are more painful. Each year in the U.S., renal colic accounts for 2 million visits to physicians. The pain is often accompanied by nausea and vomiting. It's also common for patients to be very restless, often seeking relief by pacing the floor.

The pain can be located anywhere from the mid back to the groin, testicle or vulva. The progression

of the pain follows the anatomy of the urinary tract – it may start in the back or abdomen and move downward as the stone moves down the ureter. The pain may not move if the stone becomes stuck in the ureter. The most common places for stones to get lodged are where the ureter crosses over the pelvic bone and where it enters the bladder.

Normal X-rays may reveal certain types of stones depending on their composition. Most people get a special type of X-ray called a helical CT (CAT) scan that allows determination of the location and size of the stone(s), as well as giving much more information about the health of the ureter, kidney and other abdominal organs.

Small stones less than 4 millimeters usually pass spontaneously 80 to

85 percent of the time. Medications such as tamsulosin (Flomax) may be given to help speed the process. Large or irregularly shaped stones may become stuck and need to be removed, especially if they are over 8 millimeters in diameter. This can be done by inserting a lighted tube called a ureteroscope through the urethra, into the bladder and up the ureter. An instrument can then be used to grasp the stone and pull it out. Some stones need to be broken up into smaller pieces to allow them to pass. This can be done by using external sound waves (lithotripsy), or internally using an instrument such as a laser is inserted through a ureteroscope.

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

BETSY From Page A1



The Times photo by Betsy Reason

Noblesville's Jennie Otterman sits in the grass at Federal Hill Commons watching as she directs Noblesville Cultural Arts Commission's Shakespeare in the Park during a previous show. This year, she directs the 30th annual Shakespeare production, "Hamlet."

longest and arguably one of his most famously recognized titles. (The play is in five acts and a total of 17 scenes.)

"Rob Heighway (assistant director) did an excellent job of paring down this play from three to four hours to about an hour and 45 minutes," Otterman said.

"We might dismiss it as archaic and no longer relevant in our oh-so-advanced-technological age. But, we would be mistaken. Its boldly present themes are more applicable today than ever. Revenge, corruption, religion, politics and the treatment of women are a few of the most prominent," Otterman wrote in her Director's Notes in the program, which will be handed out to guests at this week's outdoor Shakespeare play.

"Hamlet's messages

are very timely, indeed. I could discuss, at length, any one of these themes, but then you would be reading pages and pages of analysis rather than watching this play unfold on stage," she said. "Instead, let's take this play to heart and learn its lessons. It is time we identified corruption for what it is and denounced it. It is time we set aside our petty disagreements and cultivated some respect for our fellow humans; after all, we share this earth together. It is time women were finally treated with dignity and considered equals. Although Hamlet struggles over whether to commit murder to avenge his father or kill himself to avoid the choice, the pain, he might have had a third consideration... forgiveness."

Otterman directs Noblesville Shakespeare

Meet the CAST

Here's the cast of Noblesville Cultural Arts Commission's Shakespeare in the Park's "Hamlet:"
Ian Hauer, King Claudius; Molly Bellner, Queen Gertrude; Logan Laffin, Hamlet; Matt Hartzburg, Polonius; Steven Moore, Laertes; Ka'Lena Cuevas, Horatio; Rachel Kelso, Marcellus; Aaron Ploof, Ghost; Anna Himes, Ophelia; Nathaniel Taff, Player King and Priest; Gideon Roark, First Player and Lucianus; Madalyn Cottrell, Player Queen; Rachel Kelso, Servant; Kelli Conkin, Gravedigger; Eric Dixon and Monya Wolf, Commedia dell'Arte Players.

in the Park for the third consecutive time.

She said the decision to choose "Hamlet" was "a mutual decision between (the play's producer) Joni (Corbett), (assistant director) Rob Heighway, David Heighway (props) and myself," she said. "We thought it was a good choice ..."

"This show is well-recognized by the public, so they will especially like some of the monologues that are familiar to them ... like the 'to be or not to be' one," she said.

Rehearsals this year were more back to normal, Otterman said. "Covid is never going away, so we must adapt. We have been fortunate so far that everyone has remained healthy."

While heat has been an issue -- "Elizabethan costumes can be hot" -- during some years of Shakespeare in the Park, whether for rehearsals in Seminary Park or Federal Hill, this year the weather looks promising.

"It looks like my prayers have been answered and the heat is

going to break for the performance week. Now, we just have to worry about rain." (I think they are lucky again; the forecast calls for only 40 percent rain on Thursday night.)

Otterman said, also, they were "very fortunate to be able to rehearse in a facility that is air conditioned." For the past six weeks, four nights a week, they've been rehearsing at Emmanuel Methodist Church on the east side of Noblesville.

"Rehearsals have gone extremely well. I have been privileged to work with actors who take their craft very seriously. They were memorized early on and have worked hard in crafting their characters, all while enjoying each other's company. They have just been an absolute delight to work with, talented and capable."

The cast features 15 actors hailing from as nearby as downtown Noblesville and as far as Yorktown and Indianapolis.

Being that the set has to be built someplace else and then disassembled

Want TO GO?

What: Noblesville Cultural Arts Commission's 30th annual Shakespeare in the Park production, "Hamlet."
When: 8:30 p.m. Wednesday through Saturday.
Where: Lawn at Federal Hill Commons in downtown Noblesville.
Cost: Free, but donations are welcome.
Info: <http://www.noblesvillearts.org/>.

bled and reassembled at Federal Hill, every night, many of the set pieces and "basic" walls are the stock that NCAC has used for years. "They have a storage facility where they keep the set," she said.

"We must keep set pieces to a minimum because we have to strike the entire set after every performance and store everything in a U-Haul and then set it all up again for the next performance. That kind of load-in and load-out schedule prohibits any elaborate set construction.

Linda Findley Grow is the show's costumer and uses some of the stock costumes, reworks others and hand sews others. "She is a superb costumer," Otterman said.

Grow always tries to make sure that costumes that she makes are cotton and lightweight to keep the actors cool on stage. "They're actually really lightweight, and they look good," Grow has said of her many costumes in years past.

This is her fourth Noblesville Shakespeare production, including "Midsummer Night's

Dream" and "Macbeth" and "Taming of the Shrew." She has been making costumes since she was 14 and will turn 70 in August.

David Heighway, county historian, either has or makes all of the show's props, Otterman said.

Other crew involved include Geoff Lynch, sound engineer; Michael Totty, lighting designer and operator; Monya Wolf, hair and makeup; Eric Dixon and Laiken Charpie, stage crew; and Gwendolyn Lynch, production crew.

Otterman has been in theater for more than 55 years and has worked more than 100 shows. She also taught an acting class in Shakespeare for several years at Hamilton Southeastern High School, where she directed more than 50 plays.

She encourages the community to come out and support the local Noblesville arts. She said, "Bring a lawn chair, a bite to nibble and a beverage and enjoy Shakespeare under the summer stars."

Contact Betsy Reason at betsy@thetimes24-7.com.

MARLOWE From Page A1

we simply stopped by the bank on our way home. We'd pull a check from our checkbooks, write it payable to ourselves, then endorse the back before slipping it to Ethyl Hostetter under the opening of the teller's cage or through the drawer in the drive-up window.

While Ethyl was processing our transaction, she would always ask us how our folks were doing, and generally brought us up-to-date on what was happening around town, information we might have missed had we failed to stop by the beauty shop.

In a matter of a few seconds, Ethyl would hand us our cash. The transaction wasn't fully complete, however, until Ethyl presented us with a green, orange or yellow sucker, or in my case, two giant doggie biscuits.

Ethyl retired in 1989, and kids and dogs in my town have been hungry ever since.

Granted, the old system

had its limitations. Ethyl grew weary of the times that I would call her up at 2 o'clock in the morning, asking her for money to get something to eat after a ballgame. And I remember quite clearly how the normally mirthful Ethyl grumbled loudly when I asked her to run \$200 to Terre Haute when my car broke down.

Still, I don't think ATMs are perfect either.

Years ago, I opened a new checking account at Old Mother Fletcher's Bank, and with it came privilege of one of the early bank machines. After several weeks, I noticed that I could never reconcile my daily account balance with what the bank claimed was in there. What made it really odd was that each day, the balance appeared to be in favor of the bank by \$1.50.

After weeks of complaining, and a lengthy investigation, the bank determined that a software

glitch was failing to clean out a file buffer in the computer at the end of each day. Instead it was cleaning me out.

Another time, an ATM impounded my bank card.

I slipped the plastic rectangle into the slot as usual, and suddenly the video monitor began flashing alarmingly. "This is a fraudulently issued card," the screen read. "This card will not be returned to you. Please contact bank security for further instructions."

I might have been OK with that. After all, they are trying to protect our money. My issue is that, while this was happening, that annoying beeping that accompanies most bank machines was droning on the entire time. The incessant "beep-beep-beep" filled the night air, to the point that I didn't know if I was being arrested or about to be backed over by a bulldozer.

The other day, I needed cash, and I pulled up

to the ATM under the canopy at my local bank branch. I slipped in my card, and entered my password. Nothing happened. I cancelled the transaction; I tried it once again.

Nothing. I went through the routine another six times, each time failing to get the machine to accept my password. Luckily, the bank was open, and I parked my car to go inside.

Barb, graciously joined me outside by the bank machine to give it a try. She became nearly as frustrated as I had been, trying the card over and over. Finally, she reached for her cell phone.

"Calling your IT Department?" I asked.

Barb raised a single index finger, then spoke into the phone.

"Is that you, Ethyl?"

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

SCHEDULE From Page A1

ville families easy-access to the free movies. Since last year's "Onward" at Dillon Park was cancelled due to rain, this is the screening and location that will kick off the 2022 series. All movies will begin at dusk and are free to the public. This year's schedule includes:

• **Friday, Aug. 12** – Onward (PG, 102 min.) at Dillon Park, 6351 Midland Lane.

• **Friday, Aug. 19** – Cruella (PG-13, 134 min.) at Federal Hill Commons, 175 Logan Street.

• **Friday, Aug. 26** – Raya and The Last Dragon (PG, 107 min.) at Federal Hill Commons.

• **Friday, Sept. 2** – Sing 2 (PG, 110 min.) at Federal Hill Commons.

• **Friday, Sept. 9** – Ghostbusters: Afterlife (PG-13, 124 min.) at Federal Hill Commons.

Light concessions will be available for pur-

chase at all screenings. In addition to presenting sponsor Logan Street Signs & Banners, the city would like to thank Premier Martial Arts, BJ's Wholesale Club, Urban Air Adventure Park, and Duke Energy for sponsoring the movie series and helping to make the free movies possible. For more information, visit www.noblesvilleparks.org or call (317) 776-6350.

The Noblesville Parks and Recreation Department manages over 876 acres of parkland in the City of Noblesville, including seven developed parks, 109 acres of undeveloped properties and 127 miles of trails, connector sidewalks and greenways throughout the community, in addition to two golf courses and the Noblesville Soccer Fields. For more information, visit www.noblesvilleparks.org.

Thanks for reading The Times!

www.TheTimes24-7.com

TUESDAY

In The Kitchen

DAY

Tuesday, July 26, 2022

A8

HOST A HALL OF FAME HOMEGATE



Layered Mediterranean Hummus Salad

FAMILY FEATURES

From kickoff to the final whistle, taking your game day party to the next level starts with serving an all-star lineup of menu items. From starting-caliber appetizers to MVP-level main courses and a supporting cast of side dishes, dips like salsa and hummus can play the role of superstar when it comes to serving up game day grub.

One of the benefits of cheering on your favorite teams from the couch and bringing the tailgate to your literal home field is the availability of appliances you may not otherwise have access to at the stadium like the oven or air fryer. However, that doesn't mean missing out on the

action and being sidelined in the kitchen all game or that these recipes won't travel to a tailgate.

With a flavor-packed, vibrant recipe, the lineup of Fresh Cravings Salsa offers a homemade-tasting alternative to softer, duller blends of jarred salsa. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to these recipes from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off."

Kickoff your menu with an app like these Jalapeno Bacon and Salsa Biscuit Bites that

meld together traditional tailgate tastes. Then put a Tex-Mex twist on a traditional favorite with this Enchilada Lasagna, perfect for feeding a crowd of hungry fans.

To round out the playbook, this Layered Mediterranean Hummus Salad can make for an accompaniment to a variety of main courses. The cucumbers, olives, cherry tomatoes and other veggies are balanced by the savory taste of Fresh Cravings Hummus. Made with a short list of high-quality ingredients like chickpeas, tahini and Chilean extra-virgin olive oil, it has a smooth, creamy mouthfeel.

Find more game-winning recipes made for homegating and tailgating at FreshCravings.com.

Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran
Servings: 4-6

- 2 containers (10 ounces each) Fresh Cravings Hummus, any flavor
- 1 cup sliced cucumbers
- 1/2 cup Kalamata olives, seeded and roughly chopped
- 1/2 cup canned garbanzo beans, drained
- 1/4 cup crumbled feta cheese
- 3/4 cup cherry tomatoes, quartered
- 1/4 red onion, finely chopped
- 2 tablespoons finely chopped fresh parsley
- 1/2 lemon, juice only
- extra-virgin olive oil
- zaatar, for sprinkling (optional)
- pita bread or tortilla chips

On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.

Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top.

Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.



Enchilada Lasagna

Enchilada Lasagna

Recipe courtesy of chef George Duran
Servings: 4-6

- 2 tablespoons olive oil
- 1 large onion, chopped (1 cup)
- 1 deli roasted chicken, skin and bones removed, shredded
- 2 tablespoons taco seasoning
- 1 cup chicken stock or broth
- 8 ounces cream cheese, at room temperature
- 2 cups shredded Tex-Mex cheese blend
- 16 ounces Fresh Cravings Chunky Salsa, plus additional for serving
- 1 cup fresh cilantro, chopped
- nonstick cooking spray
- 6 flour tortillas (9 inches each)
- 1 cup tortilla chips, crushed
- 1 cup shredded cheddar cheese

Preheat oven to 350 F.

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 minutes.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 minutes.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas. Repeat then place remaining tortillas over top. Mix crushed tortilla chips with cheddar cheese and sprinkle over top. Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.

Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapenos, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

Preheat air fryer to 350-360 F.

Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

Serve warm.

Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.



Jalapeno Bacon and Salsa Biscuit Bites

TUESDAY

In The Kitchen

Tuesday, July 26, 2022

A9

Flavorful Family Favorites for Hectic School Nights

FAMILY FEATURES

Once the homework is finished and long days in the classroom and at the office are drawing to a close, you're likely to find hungry loved ones waiting near the kitchen. When busy school nights have you feeling like you're pinched for time, turn to recipes that are easy to make yet still delicious to enjoy.

For a kid-friendly way to put veggies on the table, look no further than familiar favorites like tacos. These Pickled Beet Tacos put Aunt Nellie's Sliced Pickled Beets at the center of the meal combined with seasoned black beans and a creamy avocado sauce for a dinner that takes less than an hour to prepare.

An added bonus: This simple recipe makes 10 servings, meaning you can rely on leftovers for lunches throughout the week or a second dinner on an evening when after-school activities leave little time for cooking.

If dinner plans call for a low-stress side dish or lighter meal, serve up Italian Pasta and Bean Salad that requires just 15 minutes of prep and a handful of flavorful ingredients like READ 3 Bean Salad. It's a perfect complement for a variety of main courses from burgers and grilled chicken to sandwiches and beyond.

Visit auntnellies.com and readsalads.com to find more meal solutions for busy school nights.

Italian Pasta and Bean Salad

Prep time: 15 minutes

Servings: 6

- 2 cups uncooked rotini pasta
- 1/2 cup prepared pesto
- 1 can (15 ounces) READ 3 Bean Salad, drained
- 1 cup grape or cherry tomatoes, halved
- 3/4 cup fresh mozzarella bocconcini, cut in halves or quarters
- 1/4 cup toasted walnuts (optional)

1/4 cup (1 ounce) shredded fresh Parmesan cheese

Cook pasta according to package directions; drain and rinse under cold running water. In bowl, combine pesto with pasta to coat well.

Combine pasta with drained bean salad. Stir in tomatoes and mozzarella; refrigerate.

To serve, sprinkle walnuts and Parmesan cheese over top.

Substitution: 3/4 cup mozzarella may be substituted for bocconcini.



Italian Pasta and Bean Salad



Pickled Beet Tacos

Pickled Beet Tacos

Recipe courtesy of 40Aprons.com

Prep time: 15 minutes

Cook time: 25 minutes

Servings: 10

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets

Black Beans:

- 1 can (15 ounces) black beans, drained and rinsed
- 3 tablespoons water
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1 pinch salt

Quick Pickled Red Onions:

- 1 cup pickling liquid from Aunt Nellie's Sliced Pickled Beets jar
- 1 small red onion, thinly sliced

Avocado Sauce:

- 2 ripe avocados
- 1 tablespoon lime juice
- 1 pinch salt
- 1/4 teaspoon garlic powder

Tacos:

- 10 tortillas (8 inches) fresh chopped cilantro (optional)

Drain beets; reserve liquid and set aside.

To make black beans: In saucepan over medium-low heat, combine black beans, water, paprika, garlic powder, cumin and salt. Cook 5-6 minutes, or until warm; taste and adjust seasoning as desired.

To make quick pickled red onions: In small pot over medium-low heat, heat reserved pickling liquid. Once simmering, add sliced red onion and cook 3 minutes.

To make avocado sauce: In food processor or blender, pulse avocados, lime juice, salt and garlic powder until smooth.

Assemble tacos by filling tortillas with sliced beets, black beans, pickled red onions, avocado sauce and cilantro, if desired.

Leaf Filter
GUTTER PROTECTION

BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE

EXCLUSIVE LIMITED TIME OFFER!

15% OFF YOUR ENTIRE PURCHASE* & **10% OFF** 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 Mercor Group in Ohio. See Representative for full warranty details. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 WA UBI# 603 235 977 License# 2102212986 License# 2106212946 License# 2205132153A License# LEAFFW8221Z License# W4056912 License# WC29998-1117 Nassau HIC License# HD1057000 Registration# 176447 Registration# HIC-0649905 Registration# C127229 Registration# C127220 Registration# 366920918 Registration# FC49's Registration# IR731804 Registration# 13VM09953900 Registration# PA069383 Suffolk HIC License# 52229-H License# 2705169445 License# 26200022 License# 262000403 License# 0056990 Registration# H-19114

Medicare has changed.
Find out how it can affect you.

- Know **critical dates** for Medicare eligibility
- Get **options** that can help limit your out-of-pocket expenses
- Learn about **Medicare benefits** many retirees may not be aware of

For **FREE** Medicare Supplement information from Physicians Life Insurance Company, call:

1-844-750-9981
or visit MedSupBenefit.com/hoosier

We are not connected with, nor endorsed by, the U.S. Government or the Federal Medicare Program. I understand I have no obligation. This is a solicitation of insurance. A licensed agent/producer may contact you. (MD, VA: These policies are available to people under age 65 eligible for Medicare due to a disability). (VA: For a complete description of policy exclusions, limitations, and costs or other coverage details, please contact your insurance agent or the company). Policy form number L030, L035, L036, L037, L038, F001, F002 (OK: L030OK, L035OK, L036OK, L037OK, L038OK; TN: L030TN, L035TN, L036TN, L037TN; L038TN, F001TN, F002TN; L030VA, L035VA, L036VA, L037VA, L038VA).

6243_B

NEED HELP WITH YOUR RETIREMENT PLAN?

If you have questions about your pension, 401(k) or profit sharing plan, call the Mid-America Pension Rights Project at (866) 735-7737 to get free legal advice. Funded by the U.S. Administration on Aging, MAPRP staff provides free legal assistance to anyone with a question about their retirement plan.

CALL US TODAY 1.866.735.7737

DIRECTVstream

CARRIES THE MOST LOCAL MLB GAMES*

*As compared to other streaming services. Regional sports networks are not available in all areas and may vary by ZIP code and package.

\$89 89/mo. + tax CHOICE PACKAGE
90+ Live TV Channels

No annual contract
Price subject to change.

Contact your local **DIRECTV** dealer!

IV Support Holdings
844.412.9997

D DIRECTV DEALER

*DIRECTV STREAM Service subject to DIRECTV STREAM terms and conditions (see directv.com/legal). Requires high speed internet. Minimum internet speed of 10Mbps per stream recommended for optimal viewing. Compatible device req'd. Residential U.S. customers only (includes Puerto Rico and U.S. Virgin Islands). Your DIRECTV STREAM service renews monthly at the prevailing rate, charged to your payment method on file unless you cancel. New customers who cancel service in the first 14 days will receive a full refund. Otherwise, no refunds or credits for any partial month periods or amounts of content. However, once you've cancelled, you can access DIRECTV STREAM through the remaining monthly period. Regional Sports and Local Channels Regional Sports available with CHOICE and above. Not available in select areas. Channels vary by package and billing cycle. Choice may need to be a billing option in order to view. Taxes, State and local taxes or other governmental fees and charges may apply including any such taxes, fees or charges assessed against downloaded content or service credits. Limits: Offers may not be available through all channels and in select areas. Programming subject to blackout restrictions. All offers, programming, promotions, pricing, terms, restrictions & conditions subject to change & may be modified, discontinued, or terminated at any time without notice. See directv.com/stream for details. ©2022 DIRECTV, DIRECTV and all other DIRECTV marks are trademarks of DIRECTV, LLC. All other marks are the property of their respective owners.

TUESDAY

Health and WELLNESS

Tuesday, July 26, 2022

A10

Back To School Tips: Prioritizing Your Child's Mental, Emotional And Physical Health

By: Dr. Cameual Wright, CareSource Vice President and Market Chief Medical Officer



Dr. Cameual Wright

As the summer ends, TV commercials and store displays repeatedly remind us that our students' summer break is nearly over and the "Back to School" season is upon us. For parents, this means a hectic time of back-to-school shopping, new bus schedules, pick-ups, drop-offs, after school programs and evening homework help sessions. The school year can be quite a stressful time for parents as they look to maintain a work life balance within their home. We may not recognize, however, how the demands of this time can weigh heavily on students as well.

As we approach this new school year, it is important to regularly check-in with your child and recommend positive actions that support their mental, emotional, and physical health. Here are three key tips for helping your child as they navigate the new school year

ahead:

Identifying Factors that are Impacting Mental & Emotional Health

Students are facing several factors that can derail their confidence and self-esteem throughout their adolescent and teenage years. Often, they are dealing with conflicts with themselves, within their personal relationships and with peers at school. They can also be experiencing academic struggles, such as adjusting to a new grade level, testing anxiety and future planning. Environmental factors such as the constant influence of social media, the pressure to engage in drugs and alcohol use, the ongoing impact of COVID-19 and local

and global violence, can greatly impact a student's perception of themselves and the world around them.

The first step to supporting and providing perspective to your student is through conversation. Parents should be present and initiate discussions with their students regularly. By establishing routine conversation during dinner or other one on one time with each child, parents can bond with their student and are in a better position to recognize changes in their child's mood or behavior, including signs of increased stress, isolation, irritability or aggression.

In addition, encouraging opportunities for self-expression and involvement in social, educational or athletic activities, can help connect students to positive role models and supportive environments. School counselors and nurses are great resources to direct your students to as these professionals can provide support and advice on navigating their situation. For parents that

are interested in additional information on mental health programs, Firefly Children & Family Alliance, a nonprofit organization supporting Indiana families and children, is an excellent resource to explore.

Creating Stability Through a Daily Routine

After a few months out of school, it can be difficult for all members of the family to adjust to their new daily routine, and this can especially be difficult for younger children. To help minimize stress surrounding those first few days of school, look to establish your new wake up, bedtime and meal schedules in the week or two leading up to your child's first day back. Parents can also look for opportunities to provide additional comfort and stability to their child by attending back to school functions where they can meet their teachers and locate their classroom or locker.

It can be particularly stressful for students making the transition from elementary to middle

school and middle to high school. Children can often be nervous and hesitant as this is a new territory for them. In preparation for these bigger changes, establish open lines of communication with them surrounding their feelings of concern. Parents can use these conversations to reassure their child and focus on the exciting aspects of a new school and grade level.

Don't Forget to Prioritize Physical Health

Staying up to date on your child's vaccinations is key to minimizing the spread of illness within classrooms. Parents should speak with their child's doctor to ensure they are caught up on all required immunizations. CareSource has partnered with the Indiana Immunization Coalition to help educate Hoosiers on the importance of receiving all recommended vaccinations and boosters. A key difference between this school year and last school year is that The Food & Drug Administration (FDA) has approved both the Moderna

and Pfizer-BioNTech COVID-19 vaccines for children ages six months and up. Work with your child's health care provider to determine when it is an appropriate time for them to receive their COVID-19 vaccine.

Health plans, such as CareSource, understand how illness can spread throughout a family unit, disrupting parents' ability to go to work and care for loved ones as well as children's ability to attend school. This year, we can expect cold, flu and/or COVID-19 cases occurring within schools. One of the best ways to help ensure your child and those around them remain healthy is by prioritizing proper hygiene practices. Talk to your child about the importance of proper hand washing, utilizing hand sanitizer when soap and water is unavailable, blocking their cough or sneeze with a tissue or their arm, and staying home when feeling under the weather. Together we can make going back to school a positive experience for everyone!

How To Get Your Baby To Start Sleeping Through The Night

New parents are being offered some top tips to help their little ones sleep soundly through the night.

The sleep experts at MattressNextDay have summarized the very best advice on how to help babies get a full night's peaceful slumber.

Trying to get a young baby to sleep through the night is challenging for every parent. The experts advise doing things like building a routine and weaning little ones off of night feeds to promote a longer sleep that lasts all night.

A spokesperson for MattressNextDay <<https://www.mattress-nextday.co.uk/>> said: "Getting your baby to sleep through the night

isn't an easy process and it requires time and patience.

"One of the most important things to do is to stick to a bit of a routine. With little ones, the slightest difference in their routine can throw them off and will lead to a disrupted sleep.

"Establishing a difference between day and night for your baby will help them learn that nighttime is for sleeping. This is also where you should keep activity and playtime to a minimum to avoid getting them all hyper.

"Instead, do things to soothe them - give them a bath, put them into a fresh set of pyjamas and have some calming one-on-one time with them."

How to get your baby to sleep through the night:

1. Build a routine

The sleep experts advise building a simple routine so that as a busy parent, you can ensure you are able to follow it each night. This could include bath time, a feed and some one-on-one time with your baby before putting them down to sleep. This way your baby will start to associate certain activities with bed time

2. Establish a difference between day and night

Try to teach your baby that there is a difference between day and night and they'll soon learn that nighttime is for sleeping.

Do this by having the curtains open in the day, doing activities together and having playtime.

At night, try to keep the lights low, keep your voice quiet and avoid having too much playtime.

3. Give them a relaxing bath

A warm bath will help relax your baby and will help them fall asleep quicker. The reason for this is that after a warm bath, your baby's body temperature will lower and begin to cool, helping them to fall asleep.

4. Try to soothe your baby less in the night

If your baby wakes up in the night, it's instinct to soothe them until they fall asleep again. However

er this could prompt them to become reliant on you and they'll start to think in order to fall asleep they must be held.

When your baby wakes up in the night, place your hand on their chest to calm them but then try to leave the room and reduce the time you spend in there - This will encourage them to soothe themselves.

5. Wean your baby off night feeds when appropriate

Your doctor will tell you when it's okay to begin weaning your baby off of the night feeds and when they do you should slowly cut back on them. A common technique is to dream feed your baby instead which should help

them sleep for longer throughout the night.

6. Create a calming ambience

Keeping your baby's room dark and adding some soft lighting is a great way to create a calming ambience. You could even purchase a white noise machine which mimics the environment of the womb, making your baby feel safe and relaxed which will encourage them to sleep.

7. Have patience

Getting your baby to sleep through the night isn't an easy task and it takes both time and trial and error. Be patient with yourself and your baby as you both go through this transition.

Do You Know The Causes of Cold Sores and How to Treat Them?

I saw a patient with a rather large "cold sore" on his upper lip just before I retired and he asked me to write a column on this unsightly condition.

People use the term "cold sore" to describe different types of lesions that occur on the lips or inside the mouth. I'm not sure of the origin of the term, but I presume that it came into being to describe sores that sometimes appear when a person has an illness like the common cold.

I want to focus on one particular type of infection, herpes simplex. If you think this condition is caused by a herpes virus, give yourself a gold star - this family of viruses has appeared in this column before. If you recall, a particular strain of herpes virus causes chicken pox and shingles.

There are two distinct types of herpes simplex viruses, HSV-1 and HSV-



JOHN R. ROBERTS, M.D.
Hamilton Health

2. Lesions on the lips are caused by HSV-1 about 80 percent of the time. The remaining 20 percent of infections are found in the genital area. HSV-2 on the other hand causes about 80% of genital infections and 20 percent of oral infections. In adolescents, about 30-40 percent of genital infections are caused by HSV-1, probably due to the rise of oral sex in this age group.

Most adults (about 80 percent) have antibodies

to HSV-1 in their blood meaning they were infected by HSV-1 at some point in their lifetimes. Most initial infections occur in children aged six months to three years. Despite the high rate of infection, only about 30 percent of people show any outward signs of infection. Antibodies to HSV-2 are found in about 20 percent of adults.

HSV is spread through respiratory droplets, saliva or from skin-to-skin contact. The viruses can't invade intact skin, so there must be breach in the skin barrier for them to enter the body. The virus can also invade mucus membranes that are found inside the mouth and in the genital area and also enter through abraded skin which is why HSV infection is found frequently in wrestlers.

Most initial or "primary" HSV infections in people with good immune

systems are mild and often without symptoms. The incubation period from exposure to lesion appearance averages about four days.

HSV lesions start with some tingling, itching, or burning at the site of infection. This is usually followed by swelling a day or so later and the formation of small blisters or vesicles. The virus causes skin cell death so often the lesions become dark or even black. They eventually scab over and the cycle repeats itself at some point in the future.

Just as with other herpes infections, once the primary infection is over the virus enters a dormant phase inside nerve cells, waiting to re-emerge at some later date.

There are various stimuli or triggers that can cause reactivation of herpes simplex. These include fever, physical or emotional stress, ultravi-

olet light exposure, suppression of the immune system, and nerve injury. Recurrent infections tend to be less severe because the body can mount an immune response more rapidly.

For some people, particularly those with weakened immune systems, HSV infection can be very serious. It can lead to brain infections (encephalitis) and can also spread throughout the body infecting various organs. Herpes encephalitis kills 60 to 80 percent of its victims. Infections in newborns can be very serious.

HSV infections can be treated with oral antiviral medications like Zovirax® (acyclovir), Famvir® (famciclovir) and Valtrex® (valacyclovir). There is also a topical drug available called Abreva®. The drugs stop the reproduction cycle of the virus by inhibiting the

replication of viral DNA. Despite treating the infection, there is no cure to rid the body of the virus.

Most physicians recommend starting an oral antiviral at the first sign of a recurrence. This often shortens the duration of the infection and may prevent it from progressing altogether. Some people who have frequent recurrences may need to take daily antiviral medication to prevent outbreaks.

Sufferers of recurrent herpes simplex should avoid triggers. Probably the most effective preventative measure is to stay out of the sun or at least use a lip balm containing a high SPF sunscreen. People with active infections should avoid kissing others and abstain from oral sex.

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