

**TODAY'S VERSE**

Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go."



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

What makes Catie Steele smile? "I love puppies. I don't really like big dogs though because if they jump up on me I don't really like them. I love little puppies. I love little cute ones," said the 9-year-old Noblesville resident, a fourth-grader at Stony Creek Elementary School in Noblesville. She started classes on Monday after a two-month summer break. What is she looking forward to most in school this year? "I really like everything about school." Favorite subject? "Writing, I love to write." Favorite school lunch menu item? "French toast." Ms. Molly Broviak, a Noblesville High School graduate, is Catie's fourth-grade teacher this school year. Most fun she had all summer? "I played softball. I played softball a lot." She had her final tournament on Saturday. Catie plays piano. What else? "I love to sing." She had so much fun attending five different camps over the summer. "I've done basketball camp, volleyball camp, gymnastics camp, a ninja camp and golf." Most fun camp? "The ninja camp. We got to do crazy stuff." She is the daughter of Matthew and Shanda Steele. She was found visiting the Stony Creek Elementary School booth manned by Stony Creek Elementary principal Heidi Karst during the Noblesville Schools Back-to-School Bash on Friday at the new Beaver Stadium. Read more about the Back-to-School Bash in today's edition of The Times.

**And Another Thing...**

Below are links sent on behalf of the City of Westfield for the property appraisals of Grand Park Sports Campus.  
Please note that these appraisals are to set the minimum price for property and improvements that will be considered by any qualified bidder responding to the Grand Park Sports Campus RFP by next Monday, with an offer to purchase or through a public-private partnership. The appraisals do not account for the business intangibles and other value created by Grand Park. The minimum price for Grand Park is the average of the two appraisals.  
The City of Westfield looks forward to that process unfolding through the committee structure implemented to allow an array of inputs from the city council representative to local business leaders and beyond.  
**Integra:** <https://www.westfield.in.gov/egov/apps/document/center.egov?view=item:id=8148>  
**Charles R. Mills:** <https://www.westfield.in.gov/egov/apps/document/center.egov?view=item:id=8149>

# The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

**Noblesville Schools' families descend upon the new Beaver Stadium on Friday afternoon during the Back-to-School Bash.**

## Back-to-School Bash Celebrates Noblesville Classes Back in Session



**BETSY REASON**  
The Times Editor

And just like that. Summer break is over. And Noblesville Schools is back in session. The 2022-23 school year began on Tuesday. The big yellow buses are back on the road. Our school bus driver called last week to let us know the bus-stop time would be about the same. While elementary school-age and middle school-age student families have been busy shopping for school supplies on their list, my incoming high school junior has been more about shopping for new school clothes. Last year's schools are

so "last year." So out with the old and in with the new. New jean styles, new tops. New Converse tennis shoes. I remember when I was in school, clothes shopping was fun at the end of summer, and you looked forward to wearing your new clothes on the first day of school. But the shoes were more like Buster Browns, not Converse high tops that seem to coordinate with every outfit today, even dresses short and long. We had a great summer, filled

➔ See BETSY Page A7

## Duke Energy to Partner with Noblesville Parks to Revive Born Learning Trail

The Noblesville Parks and Recreation Department and Duke Energy have partnered together to revive the Born Learning Trail. Located at the northwest corner of Hague Road and State Road 32, the trail is a series of 10 interactive signs that offer fun learning activities for young children and their families that creates quality engagement opportunities when out on a stroll. The Born Learning Trail is a program through the United Way with trails located across the country. Noblesville's trail, originally installed nearly 15 years ago, was in need of an update. With Duke Energy's financial support and volunteering, the trail was revived and new signage was purchased and installed by the parks department. "We appreciate Duke Energy's partnership in helping us

breathe new life into the Born Learning Trail," said Noblesville Parks Director Brandon Bennett. "We enjoy seeing families enjoying the trail and turning everyday outdoor moments into fun educational memories for younger kids." During the summer, Duke Energy employees volunteered their time to install and paint the interactive activities on the trail. The trail and newly installed activities are now open to the public free of charge thanks to Duke Energy's commitment to the project. "May is our month of focus for Duke Energy volunteering," said Duke Energy Community Relations Manager Mark LaBarr. "Our employees enjoy working on projects like this to give back and contributing to the vibrancy of the communities we

➔ See TRAIL Page A7



Photo courtesy of HHSC

**Mark your calendar to attend Hamilton Heights' Back to School Bash for Huskies of all ages and their families from 4-6 p.m. on Sunday.**

## HHSC to Host Back-to-School Bash on Sunday

Hamilton Heights School Corporation is hosting a back-to-school party to celebrate the start of the new school year on Sunday from 4-6 p.m. The family-friendly event, set up in a carnival-style atmosphere, will span the course of the parking lot between the middle and elementary schools with games of skill and chance, contests, prizes, activities, food,

➔ See SUNDAY Page A7

## The Daily Almanac

**Sunrise/Sunset**  
RISE: 6:43 a.m.  
SET: 8:56 p.m.

**High/Low Temperatures**  
High: 91 °F  
Low: 69 °F

**Today is....**

- Dinosaurs Day
- National Coloring Book Day
- National Night Day

**What Happened On This Day**

- 1870 World's first underground railway opened
- 1945 The Potsdam Conference which is convened to negotiate the terms of the end of WW II comes to an end
- 1990 Invasion of Kuwait begins

**Births On This Day**

- 1892 Jack Warner Canadian/American film producer
- 1964 Mary-Louise Parker American actress

**Deaths On This Day**

- 1922 Alexander Graham Bell Scottish/American engineer, invented the Telephone
- 1923 Warren G. Harding American politician, 29th President of the U.S.

## Waiting in the Shadows



**JOHN O. MARLOWE**  
With The Grain

I know that I tend to be hard on myself. Too hard, really. But honestly, there are times when I feel like on the road of life, I can't find my way out of the rest park. There was a time when I thought I had it all figured out.

➔ See MARLOWE Page A7

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### HONEST HOOSIER

Hello, August - the month of heat, humidity and starting to say goodbye to summer. Yet I like you anyways.



### TODAY'S QUOTE

"August is that last flicker of fun and heat before everything fades and dies. The final moments of fun before the freeze. In the winter, everything changes."  
- Rasmienia Massoud

### TODAY'S HEALTH TIP

Remove honeybee stingers by scraping the surface of the skin with a credit card. 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](http://www.thetimes24-7.com).



### TODAY'S JOKE

Isn't it great to travel to Washington, DC? It gives you a chance to visit your money.

### OBITUARIES

**Heather 'Heddy' Brittany Ibey**  
**Rose Marie Phillips**

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



**13 WTHR 7 DAY FORECAST**

69/91 HOT SPOTS NO SHADERS	73/95 HEAT INDEX 100°F	73/86 SHOWERS & STORMS LIKELY	71/86 40% CHANCE	71/90 MULTI-CLOUD SUNNY	73/90 HOT AND HUMID	71/84 STORMS POSSIBLE
TUE	WED	THU	FRI	SAT	SUN	MON

## OBITUARIES

### Heather 'Heddy' Brittany Ibey

October 7, 1988 - June 30, 2022

Heather 'Heddy' Brittany Ibey, 33, of Carmel, passed away on Thursday, June 30, 2022.

She was born on October 7, 1988 in Noblesville, Indiana.

Ms. Ibey was a graduate of Carmel High School and was a CNA. She previously had worked for Meridian Health Group, IU Tipton, and as a CNA Alzheimer Care and Home Health Aide at Maple Park Village Nursing Home. She was currently the operation manager for the last 5 years at Randy's Toy Shop in Noblesville.

Ms. Ibey enjoyed camping, waterskiing, boating, golfing, and being outside in nature. She had a passion for writing. Heather especially enjoyed the Smoky Mountains and a hiking trip she took with her brother and sister-in-law, Aaron and Jenny, to Yosemite National Park.

She loved people and was a caring and thoughtful person. Most of all, Ms. Ibey loved her boys and being a mom.

Survivors include her parents Randy and Annette (Kingery) Ibey; brother Aaron (Jenny) Ibey; grandmother Joanne Kirkpatrick; two sons Gavin and Logan; aunt and uncle Mary and Dan Krupa; aunt and uncle Tim and Lara Ibey; cousin Alex Ibey; uncle and aunt James and Denise Ibey; cousin Rachel and Josh Ibey; aunt and uncle Debbie and Joe Marchese; cousin AJ and Joey Marchese; aunt Carolyn Ibey; cousin Sean and Holly Ibey; aunt and uncle Polly and Tom Priddy; cousins Alanna and Charlie Priddy; aunt and uncle Cindy and Doug Dowling; cousins Samantha Smock, Steven Smock, Caroline Smock, Danielle Finkbiner, Brian Finkbiner and Nolan Finkbiner.

She was preceded in death by her grandparents Larry and Roberta (Peck) Ibey; aunts and uncles Daniel A. Ibey, Janet Ibey, Darin Ibey and Tom Ibey; and cousin Brandy Ibey.

The Ibey Family has entrusted Randall & Roberts Funeral Home with Heather's care. Private services will be held at a later date.

Memorial contributions may be made to Prevail, Inc., Attn: Donations, 1100 S. 9th Street, Suite 100, Noblesville or <https://prevailinc.org/index.php/donate>

Online condolences may be made at [www.randallroberts.com](http://www.randallroberts.com).

### Rose Marie Phillips

February 9, 1935 - July 30, 2022

Rose Marie Phillips, 87, of Noblesville, passed away on Saturday, July 30, 2022 at Prairie Lakes Health Campus in Noblesville.

She was born on February 9, 1935 in Indianapolis, Indiana.

Mrs. Phillips worked as a welder for 30 years at Curtis Dyna Products in Westfield.

Survivors include her sister Martha Hale of Kentucky; son-in-law Thomas Coate of Noblesville; and grandson Isaac Coate of Noblesville.

She was preceded in death by her mother Alma Ruth Ryan; husband of 63 years John Thomas Phillips; daughter Deborah Marie Coate; brother Robert "Bobby" Lechter; and sister Betty Jane Ryan.

Visitation is scheduled to be held from 12 p.m. to 1 p.m., with services scheduled to begin at 1 p.m., on Saturday at Randall & Roberts Funeral Home, 1150 Logan Street, in Noblesville. Pastor Mitchell Haynes will officiate. Burial will be at Crownland Cemetery in Noblesville.

Memorial contributions may be made to Riley Children's Foundation, 30 S. Meridian Street, Suite 200, Indianapolis, Ind. ([www.rileykids.org](http://www.rileykids.org)); or St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 ([www.stjude.org](http://www.stjude.org)).

Online condolences may be made at [www.randallroberts.com](http://www.randallroberts.com).



## Noblesville First United Methodist Church GriefShare 14-Week Seminar Begins Aug. 11

Have you lost a loved one or know someone that will find it difficult to face each day? Noblesville First United Methodist Church, 2051 Monument Street, Noblesville announces the beginning of their next GriefShare sessions open to the community. The Fall GriefShare weekly sessions will meet on Thursdays from 6:30-8:30 pm beginning Aug. 11. Participants are invited to join anytime during the 14-weeks of meetings. One time registration fee of \$20 is appreciated. (Scholar-



ships available). GriefShare is a 14-week non-denominational group featuring Christ-centered programming that focuses on grief topics associated with the death of a loved one. The DVD seminar features nationally re-

spected grief experts and real-life stories of people, followed by a small group discussion about what was seen on the DVD. Daily work in the GriefShare workbook also helps one look thoughtfully at their grief experience and helps

in the healing process. The GriefShare group is led by caring people who have experienced grief and have successfully rebuilt their lives. They understand how you feel because they've been in the same place.



Participants in the Summer Youth Employment Program meet with Brent Sweeney (left, in blue) at Custom Concrete.



Summer Youth Employment Program participants take time to help out Nancy Chance (center) at the Good Samaritan Network.

## Sheridan Youth Assistance Program Recognizes Local Students in Summer Employment Program

The Sheridan Youth Assistance Program was the recipient of a Crosser Family Foundation Grant supporting the Sheridan Youth Assistance Program's Summer Youth Employment Program. This three week program was created for Sheridan High School students in grades 9-12 to learn more about career opportunities in various business and economic sectors and to engage in community service in non-profit businesses in the Sheridan area.

Upon successful completion of the program, students received an hourly wage for their work, gained valuable work experience, explored different career opportuni-

ties and personal satisfaction for a job well-done. Through an application process, ten students completed a three-week program this summer under the guidance of an adult supervisor.

The participating non-profit businesses involved this summer include: Good Samaritan Network, Million Meal Movement, Teeter Organic Farm, Sheridan Baptist Church, International Disaster Emergency Service, Sheridan Community Schools, Sheridan Youth Assistance Program, Camptown, Inc. and students also provided some landscaping for a family with disabled children. The following busi-

nesses and representatives welcomed students to learn more about career opportunities: Reynolds Farm Equipment, U.S. Army recruiter, ABC Construction Prep Academy, Westfield Steel, Subaru, Gaylor Electric, Custom Concrete, United Animal Health, Major Tool, Lake City Bank, Ivy Tech, and WorkOne.

This is the fifth year SYAP has been able to offer the youth employment program with the assistance and support of the Crosser Family Foundation.

The Crosser Family Foundation was established by Janet R. Crosser and the late Richard H. Crosser in 2001. The Crosser

Family Foundation, a fund of the Hamilton County Community Foundation, is dedicated to improving the lives of youth and their families in our communities by providing them with everyday needs and opportunity - setting them up for success, so they will grow to be healthy, responsible, active citizens in our community.

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.

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# 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?



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.

### ABOUT THE JOB

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!

### RATE OF PAY

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

Base pay, plus commission

### HOW TO APPLY

Send your resume to [Ashlin@AshlinHaddenInsurance.com](mailto:Ashlin@AshlinHaddenInsurance.com)

E-mail resume to [jobs@thetimes24-7.com](mailto:jobs@thetimes24-7.com)



# Indiana Main Street Now Accepting Applications

Applications are now open for the 2023 Indiana Main Street program. "Our Indiana Main Street program is an asset to many rural communities," Indiana Lt. Gov. Suzanne Crouch said. "Last year, our Main Street communities saw 183 new businesses, 594 new jobs and 465 building improvements. I look forward to seeing all that our future Main Street communities achieve."

Indiana communities new to the program can apply for the Indiana Office of Community and Rural Affairs Downtown Affiliate Network level. Communities that already achieved ODAN level and completed any required waiting periods are eligible to apply to the next level. Aspiring IAMS one-year program. To learn more about Indiana Main Street levels, visit [in.gov/ocra/mainstreet](http://in.gov/ocra/mainstreet)



"The Indiana Main Street program provides a variety of resources for communities, from online toolkits to training and networking events," said OCRA Executive Director Denny Spinner. "I encourage interested towns and cities to apply and take advantage of all the opportunities this program offers."

Communities seeking the ODAN level must submit their Letter of Intent by 4 p.m. on Oct. 31. Communities seeking the Aspiring IAMS level

must submit their Letter of Intent by 4 p.m., Dec. 30

For more information, visit [in.gov/ocra/mainstreet/](http://in.gov/ocra/mainstreet/) or reach out to the local community liaison, which can be found at <https://www.in.gov/ocra/newsroom/community-liaisons/>. For questions on the Indiana Main Street program or applications, email [indianamainstreet@ocra.in.gov](mailto:indianamainstreet@ocra.in.gov). The designated Main Street communities will be announced in April.



Photo courtesy of the Noblesville Lions

## Noblesville Lions Work the Indiana State Fair

On Saturday, Noblesville Lions Julia and Jeff Kozicki worked the Indiana State Fair for the Indiana Lions Foundation. Jeff is current Treasurer, and Julia current Secretary of the Noblesville Lions. Both are also very active in the 25-D Lions District.

# Holocaust Museum Offers Teachers Free Admission

Candles Holocaust Museum and Education Center in Terre Haute offers educators free admission on the first Saturday of each month. University and K-12 educators can experience the museum for free with a valid school ID. Candles is Indiana's only museum dedicated to the Holocaust.

"Educators are vital in telling the story of the Holocaust and survivors like Eva & Mickey Kor and Walter Sommers," Troy Fears, Executive Director, said. "All educators, regardless of grade or class, teach the importance of respect and responsibility. This is our small way of giving back to educators and thanking

them for everything they do."

Free First Saturdays for Educators runs from now through May.

The museum is open to the public Thursday, Friday, and Saturday from 10 a.m. to 4 p.m. Tickets are \$7. For more information, visit [www.candlesholocaustmuseum.org](http://www.candlesholocaustmuseum.org).

# Roncalli High School Wins Appeal in Gay Teacher Case

Religious liberty prevailed last week according to Indiana Attorney General Todd Rokita. The 7th Circuit U.S. Court of Appeals ruled that a Catholic high school has the right to uphold church teachings on same-sex marriage in its hiring and firing decisions involving ministerial employees.

"All the leftist woke-ism in the world cannot compete with the wisdom of America's founders as embodied in the First Amendment," Rokita said. "Just like the founders, we must remain resolute in resisting governmental intrusion into matters of faith and doctrine. Hoosiers have the right to worship as they choose,



Attorney General Todd Rokita

and churches have the right to uphold the beliefs they consider sacred."

A former guidance counselor in a same-sex marriage filed a lawsuit in 2019 against Roncalli High School and the Archdiocese of Indianapolis after Roncalli opted not to renew her

contract. Eventually, a U.S. district court ruled in the Catholic institution's favor, and the guidance counselor appealed.

"Folks have different viewpoints on same-sex marriage," Rokita said. "But the fact remains that churches and religious institutions have the right to require their ministerial staff, including educators, to support and uphold their doctrinal teachings."

In January, Attorney General Rokita led a 16-state amicus brief supporting Roncalli and the Archdiocese of Indianapolis.

The court's decision affirms that the position of guidance counselor at Roncalli qualified as a ministerial role.

# McDonald's Breakfast Bagel Sandwiches Return to Menus in Indiana, Southwest Michigan

McDonald's of Indiana and Southwest Michigan is excited to welcome back a fan favorite: breakfast bagels. For years, McDonald's fans have been clamoring for their return. Now, customers can enjoy three different breakfast bagels including the iconic Steak, Egg & Cheese.

Customers can now choose from these three different mouth-watering bagel combinations:

- Steak, Egg & Cheese – After making its much-awaited return, you can now order a freshly toasted bagel with real butter that holds a tender, juicy steak patty,



- Bacon, Egg & Cheese – An American classic, order this toasted bagel with butter, thick-cut Applewood smoked bacon, a fluffy folded egg, breakfast sauce and two slices of American cheese.
- Sausage, Egg & Cheese – A pork sausage patty, lightly seasoned with herbs, layered with a

folded egg and two slices of American cheese.

These bagel sandwiches are a great way to start your day. Pair it with a Premium Roast Coffee and Hash Brown for the perfect breakfast combination. But they won't be around for long. The bagels are back on menus in Indiana and Southwest Michigan for a limited time only.

Customers can enjoy one of the three breakfast bagel sandwiches at a participating local McDonald's in Indiana and Southwest Michigan via carry-out, Drive Thru, the McDonald's app or McDelivery.

**Join us!**  
**8 pm**

[forestparkpool.org](http://forestparkpool.org) • 1077 Cicero Road • Noblesville

### 2022 Flix and Float Schedule

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

**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**



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Photos courtesy of Nissan

## 2022 Nissan Sentra SR Will Put a Pep in Your Daily Step

Last week, my co-worker and I were having a rousing debate about what would be a good practical car for daily driving and wouldn't be completely boring. Both of us are fans of Corvettes and German steeds, but neither fit our salaries unless they're old or wear VW logos. Our discussion wandered to the Honda Civic Sport or Mazda3. Then, I suggested one more: The 2022 Nissan Sentra SR. It'll put a pep in your daily step.

Especially when tarted up in metallic white paint with its floating roof in contrasting black, the SR is a handsome little devil. It's the sporty Sentra with more aggressive facias, 18" wheels, thin LED lamps, and glowing puddle lamps beneath the side sills. Nissan's deep V-Motion grille and flared fender styling are as

appealing on the Sentra as the larger Maxima. The lip spoiler and lower rear valance that echoes an actual diffuser will be the last flourishes others see as you move past.

Moving backside inside, accommodations are surprisingly plush. Unlike the smaller plastic-intensive Versa, the Sentra SR feels expensive with wrap-around heated sports seats, stitched dash coverings, aluminum-look round air vents, and heated leather-wrapped steering wheel. Orange seat stripes and plastic trim that hints at carbon fiber add interest. Crank up the dual-zone automatic climate control, power open the sunroof, and marinate in the Bose audio system. Connect devices with Apple CarPlay or Android Auto. It's pretty cozy.

And safe. Volvo could have written

the safety menu that includes automatic emergency braking, lane keep assist, blind spot warning, and rear cross path detection with auto brake. Adaptive cruise and forward collision warning add vigilance and convenience.

There's nothing fancy under the hood, but the 2.0-liter four-cylinder engine, connected to a spirited continuously variable automatic transmission, delivers a peppy 149 horsepower and 146 lb.-ft. of torque to the front wheels. Sure, a turbo would be welcome, as would all-wheel-drive, but it certainly doesn't embarrass itself while returning a lofty 28/37-MPG in exchange for its restraint. I'd like it with a click-click six-speed manual, but I'm good with the CVT for battling freeway traffic and runs to the patisserie.

**2022 Nissan Sentra SR**  
**Five-passenger, FWD Sedan**  
**Powertrain:** 2.0-liter I4, CVT  
**Output:** 149hp/146 lb.-ft. torque  
**Suspension f/r:** Ind/Ind  
**Wheels f/r:** 18"/18" alloy  
**Brakes f/r:** disc/disc  
**Must-have features:** Style, Value  
**0-60 mph:** Fast enough  
**Fuel economy:** 28/37 mpg city/hwy  
**Assembly:** Aguascalientes, Mexico  
**Base/As-tested price:** \$19,810/\$27,615

A tight four-wheel independent suspension, quick ratio steering, and low-profile tires are up for the crossant. For a front-drive sedan, the car is composed and balanced no matter how you try to get it off course. It feels more like Honda than the tipsy Sentras of recent memory. Beyond sound engineering, Nissan adds a cornering control system that brakes wheels as needed to vector the car

through curves. On the open road, bumps and jiggles are absorbed with hushed thumps. Nothing squeaks, creaks, or rattles.

I could name a couple of compact German pretenders that are little better than the Sentra SR despite significantly higher price tags. The compact sedan is what it's supposed to be – a highly competent commuter car that looks good, is



**CASEY WILLIAMS**  
Auto Reviews

comfortably equipped and is fun to drive when curvy roads beckon. My co-worker doesn't want to admit it, but he'd love it.

At \$27,615, our SR is a jump up from the Sentra's \$19,810 base price, but wholly worth it. Beyond Honda and Mazda, also consider the Toyota Corolla XSE, Kia Forte GT, and Hyundai Elantra SEL.

Storm Forward!

Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com).

## I Am Good Enough Former VP Pence Should Wait Until 2028



**CARRIE CLASSON**  
The Postscript

I've decided that I'm good enough.

I had a big birthday, and it got me to thinking, as big birthdays will, about what would change and what would stay the same in the decade to come. I found my list of self-improvement chores much shorter than in previous years.

I used to exhaust myself with these lists.

I would write them down and then worry I'd forget them—and how could I become a better person if I didn't have my goals in mind every moment? Every day, I'd review my lofty goals of being more productive and more mindful and eating better and exercising more and accomplishing all the things I dreamed of.

But this year, I found myself making lists of all the ways I liked my life and, surprisingly, all the ways I liked myself—just as I am. In fact, I woke this morning, this morning of the big birthday, and felt that I was good enough.

Of course, I'm not perfect. There isn't a day I don't waste valuable time, or miss an opportunity to be kind, or generally fall short of being the person I could be. But perfection is a terrible goal to set for oneself. I was never meant to be perfect and really, now that I think about it, perfect sounds a bit dull. Instead, I'm going to be grateful that I am good enough.

"Good enough" encompasses everything.

It covers the moments of overwhelming bliss that blindsides me; walking down the street and seeing a shop filled with yellow flowers, or a small girl dancing in a dirty green onesie, or a giant furry dog pounding its feet on the ground, or the sun

reflecting perfectly on a shiny piece of stone on the sidewalk. It's all the moments I catch—just in time—that cause my heart to swell and make me wonder how so much beauty could be around me so much of the time, and I am lucky enough to see it.

"Good enough" also covers the times when I feel alone and ignored. When friends don't write back and no one seems to notice my writing and I wonder if I might be delusional, typing away every day with no one reading my novel. It covers when I am tired and a little sore and I don't feel like taking my walk or doing my pushups or finishing the cleaning or the paperwork that seems overwhelming at that moment. "Good enough" covers it all.

And while I have always enjoyed articles about self-reinvention, I discovered with surprise, on this big birthday, that I'm not really interested in reinventing myself, because I like the self I've invented pretty well. Sure, she's got a few issues. But I'm used to her issues and none of them will get her arrested. She's good enough for me.

I realize (with a little disappointment) that this philosophy will probably not allow me to write a self-help blockbuster. "You're Good Enough: Get Over It" probably wouldn't make its way up the NYT bestseller list. And that's OK too. I used to think I had a lot more advice for other people than I have today. Today, I think it's good enough to manage my life as best I can and let others do the same. They are good enough as well.

It will be interesting to approach a new decade with fewer lofty goals and more kindness toward myself. I wanted to finish this column with words worthy of the occasion. I've decided this is good enough.

Till next time,  
Carrie

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



**BRIAN HOWEY**  
Howey Political Report

Mike Pence and I used to compare career notes at Acapulco Joe's back in the days when he was beginning his radio show and I, Howey Politics Indiana. In 2010, I wrote that the congressman should run for president, saying it might be his best and only opportunity.

Then there was Aug. 8, 2019 column, when I suggested Vice President Pence might want to drop off of President Trump's reelection campaign.

My analysis was that it's a "reckless" course for Pence, with my penultimate paragraph reading: "This is flint and spark in extreme drought conditions. President Trump is not uniting Americans, he is exploiting the urban/rural divide along racial lines that are pulled taut these days. An errant spark goaded by the right quote at the wrong time could have devastating consequences."

Like this one: "And I hope Mike is going to do the right thing. I hope so. I hope so. Because if Mike Pence does the right thing, we win the election."

And this: "Now, it is up to Congress to confront this egregious assault on our democracy. And after this, we're going to walk down, and I'll be there with you, we're going to walk down ... because

you'll never take back our country with weakness. You have to show strength and you have to be strong."

I hadn't envisioned the Jan. 6 Capitol insurrection specifically, but something like it. And my final paragraph: "Now Pence risks taking on all of the incendiary baggage of Trump. The shrewdest move Mike Pence could make today is to decline a second veep nomination, then prepare for 2024 on his own terms."

We now all know that the Trump/Pence ticket did run again in 2020. They lost the election by 7 million votes, the Electoral College 306-232, with the backdrop being Trump's persistent "Big Lie" about the 2020 election that wasn't stolen. And that led to the fateful day of Jan. 6, when Trump goaded an armed mob to attack the U.S. Capitol. The rebellion came within a few dozen feet from their goal that day, which was, in their words, "Hang Mike Pence."

Pence waited out the assault at a subterranean Capitol loading dock, finished his constitutional duty around 3 a.m. Jan. 7, declaring that Joe Biden would ascend to the presidency. And he's been in the GOP purgatory ever since.

Since Donald Trump took that fateful escalator ride in Manhattan in 2015, launching an era in which he won two GOP presidential nominations, he's won the Electoral College once, has never won the popular vote, was impeached twice, and blew GOP congressional majorities like the second coming of Herbert Hoover, establishing his narcissistic credo

along the way.

According to Nathan Gonzales writing in Roll Call, "There simply isn't a viable path to the Oval Office for Pence." He cites an April Echelon Insights Poll that shows Florida Gov. Ron DeSantis leading Pence 34-14% in a field without Trump, as well as a New York Times/Siena Poll showing Trump leading DeSantis 49-24% with Pence at 6%.

Republican strategist Sarah Longwell told MSNBC's Morning Joe that focus groups she's conducted during the Jan. 6 committee hearings are gradually drawing GOP voters away from Trump, but added, "there couldn't be any less interest" in Pence.

Last Friday and again on Tuesday, Pence and Trump engaged in a proxy war flare-up over the Arizona gubernatorial race (featuring a Trump-backed election denier and the Pence-backed establishment candidate). Trump drew a crowd of several thousand to whom he insisted he had been "persecuted." Pence drew about 300.

On Tuesday, Pence was in Washington addressing the Young America Foundation where he took on "big tech, big media and big government."

"I don't know that the president and I differ on issues, but we may differ on focus," Pence continued, referring to

Trump. "I truly do believe that elections are about the future, and that it's absolutely essential."

Trump spoke on the same day about a mile away and spent his time before his First America Group focused on "cesspool America" and the "stolen" 2020 election. It was a redux of his 2017 "American carnage" inaugural address.

Trump described an America whose "streets are riddled with needles and soaked with the blood of innocent victims;" he warned of "sadists who prey on children" while "the dangerously deranged roam our streets with impunity." He said the U.S. should emulate China's criminal justice system with its "two-hour quick trials" for defendants.

David Drucker of the Washington Examiner described the showdown as "the most acrimonious American political divorce in generations. Not since President Theodore Roosevelt turned on his protege, William Howard Taft, has the nation seen something similar."

Trump was playing to his aggrieved base, who don't care a whit about policy. He is poised to take his base over the cliff in 2024.

The polls present a reckoning for Mike Pence. They are telling him ... wait until '28. Let the Trump fever break. Follow the Richard Nixon strategy of 1966 and be there for down ballot Republicans, then run two years hence.

But, hey, what the hell do I know?

The columnist is publisher of *Howey Politics Indiana* at [www.howeypolitics.com](http://www.howeypolitics.com).

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# Indiana Senate Votes Narrowly to Advance Abortion Ban to House

By Casey Smith

Indiana lawmakers narrowly voted Saturday to advance a Republican-backed bill that would ban virtually all abortions in the state.

Senators debated the bill for more than three hours before voting 26-20 on the bill during a special legislative session. That was the fewest number of votes needed to advance the bill to the House chamber, where it will be debated next week.

"I'm glad to see that we've gotten to this point," said bill author Sen. Sue Glick, R-LaGrange, who noted that her legislation would put a halt to about 98% of all abortions in Indiana. "It's an issue that's been with us for many, many years ... and it won't go away. I think it's important we keep our minds open and we keep the ideas flowing."

Indiana could be the first state to approve new legislation restricting access to abortions since the U.S. Supreme Court ruled last month to overturn Roe v. Wade. West Virginia lawmakers on Friday refused to pass their bill to ban the procedure.

Glick, along with Senate President Pro Tem Rodric Bray, said they expect the House to make amendments to the bill. What those changes could be are still uncertain.

Still, Glick said she won't give blanket support to any version of the bill that could pass out of the House.

"I can't open up abortion on-demand — walking in and saying, 'I want abortion for any reason, at any point during the pregnancy.' That's not where I personally am," Glick said. "If that's in the bill, I wouldn't carry it."

Glick said she has "a deep feeling" that lawmakers need to approve more wraparound services. She's also worried that the current bill "interferes" with doctor-patient relationships, which she hopes is addressed in the House.

The Indiana State Medical Association (ISMA) raised the same concern, saying in a statement Friday that the legislature is "creating an atmosphere that is being perceived by many physicians as antagonistic toward their profession."

"Indiana cannot have an effective health care system if the training and expertise of physicians is not respected and they are under constant threat of political interference for practicing medicine and assisting their patients," said ISMA executive vice president Julie Reed.

**Democrats push back, but Republicans mostly quiet**

Hundreds of abortion rights proponents rallied in the Statehouse halls Saturday, cheering and clapping as senators in the minority caucus argued the bill is a form of government-overreach that infringes on women's right to access "basic" healthcare. The cheers turned to booing, chanting and shouting during Republicans' remarks.

"You said this is not a forced pregnancy bill, and I am here to tell you that it is," said Sen. Tim Lanane, D-Anderson. He emphasized that the bill would "force" some women to remain pregnant, which he said would lead to "more back-alley abortions."

Sharing her own story, Sen. Shelli Yoder, D-Bloomington, said she went to Planned Parenthood three times during her pregnancy, considering an abortion. She opted not to get an abortion, but said she needed all 20 weeks allowed under current law to make that decision. The bill takes that choice away from other women.

The exception for rape and incest — which sets an 8-week limit on abortion for those age 16 or older — is "nothing," she added.

"This bill will bring terror and despair to thousands of women," Yoder said. "This bill is cruel, invasive, mired in hypocrisy, a grave misunderstanding of science and medical expertise."

Sen. Jean Breaux, D-Indianapolis, added that Democrats have "tried to make a bad bill better" with various amendments, although nearly all were struck down.

"It is a consequential piece of legislation that can harm women, children and families," she said. "The global trend is toward a liberalization of abortion restrictions. But Indiana is reverting backwards."

In his impassioned remarks, Sen. Faddy Qaddoura, D-Indianapolis, said he refused "to play God." He called on the General Assembly to instead invest in healthcare and education.

"We're rushing through a political process at the expense of women," he said.

Few senators in the GOP supermajority spoke on the bill. All who approached the mic were opposed to the measure, though bill-supporter Sen. Liz Brown, R-Fort Wayne, rose to question several Democrats on their positions. A handful of Republicans additionally gave

brief remarks in support of the bill as they voted.

Ten Republican senators and 10 Democratic senators voted against the bill. The GOP lawmakers were:

Sen. Ron Alting, Lafayette

Sen. Eric Bassler, Washington

Sen. Vaneta Becker, Evansville

Sen. Jim Buck, Kokomo

Sen. Mike Gaskill, Pendleton

Sen. Dennis Kruse, Auburn

Sen. Mark Messmer, Jasper

Sen. Jim Tomes, Wadesville

Sen. Kyle Walker, Lawrence

Sen. Mike Young, Indianapolis

Four senators were not present for the vote:

Sen. Phil Boots, R-Crawfordsville

Sen. Jack Sandlin, R-Indianapolis

Sen. Chip Perfect, R-Lawrenceburg

Sen. Lonnie Randolph, D-East Chicago

Sen. Mike Young, R-Indianapolis, who recently resigned from the Republican caucus amid disagreements over the GOP approach to abortion-restricting legislation, was one of 10 Republicans who voted against the measure.

He said he disagreed with the bill's requirement for women to submit a notarized affidavit to their doctor to access an abortion in cases of rape or incest. He also took issue with language that allows the procedure to preserve the health of the mother rather than just the life.

Young's contentious amendment that sought to remove exceptions for rape and incest failed earlier this week. That was after an hours-long debate that saw Republican senators emotional and divided on how far the proposed abortion ban should go.

But Kyle Walker, R-Lawrence, said he's in the "gray area" between the two poles of the issue. Favoring some restrictions, Walker said it should be possible to write a more balanced bill.

"I believe in a balanced approach to this policy," he said, saying women should be allowed to "make their own decisions" in at least the first trimester. He also supports exceptions for "both the health and life of the mother," as well as "reasonable exceptions" for rape and incest.

Vaneta Becker, a Republican from Evansville, said she opposed the abortion ban because "it violates all of my Republican principles."

"The purpose of govern-

ment is to help its people live in safety and happiness ... Does this proposed legislation reflect limited government or fiscal responsibility?" she said. "Most of our constituents overwhelmingly object to this proposed legislation."

**Bill heads to the House, but do Hoosiers want the ban?**

Republican House Speaker Todd Huston said Friday he hadn't yet reviewed the bill. He told reporters he would address the proposal next week, but said he supported exceptions for rape, incest and life of the mother in an abortion ban.

"We'll have that conversation," Huston said. "Clearly, I do support those exceptions and I'll have that conversation with the caucus."

On Saturday, Glick acknowledged for the first time a highly-guarded poll conducted by the House and Senate GOP campaign committees. Multiple GOP insiders who spoke to the Indiana Capital Chronicle said the poll indicates that Hoosiers don't want a near-virtual ban on abortion.

Instead, people in Indiana support exceptions for rape, incest and the life of the mother. And many are supportive of allowing abortion up to 15 weeks of gestation.

Glick maintained Saturday that the poll "is one of several" reviewed by GOP lawmakers in recent months.

"I think that we seize on (polls) sometimes that agree with what the direction we want to go. And then we disregard others," Glick said. "I think there are vast differences of opinion — and that goes to the people on the street, to people in this building."

Huston did not acknowledge the poll's existence on Friday, however.

"We come here as representatives of our districts and people that have strong opinions ... wherever we land is what our caucus believes is the right public policy for Indiana," he said. "Myself and everybody's always been clear on our positions on this. We've had elections with clear views on this ... we'll have elections moving forward."

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# Stop for Buses – or Pay the Price

As students head back to the classroom, state and local law enforcement agencies are reminding motorists to stop for school buses or face the consequences. Over the next couple of months, officers will be increasing patrols to prevent stop-arm violations, speeding and other forms of reckless driving around school buses and in school zones.

More than 200 agencies plan to participate in the back-to-school Stop Arm Violation Enforcement campaign – better known as SAVE. The overtime patrols are funded by the National Highway Traffic Safety Administration through grants administered by the Indiana Criminal Justice Institute (ICJI).

"Drivers who illegally pass a stopped school bus or speed in a school zone need to be held accountable," said Gov. Eric Holcomb. "We owe it to our kids to make sure they get home safely. Every driver needs to do their part by paying attention, slowing down and protecting school children and buses."

Despite thousands of motorists being cited under the SAVE program, unsafe driving around school buses continues to be a concern, according to state officials.

In April, thousands of bus drivers who participated in a one-day observational survey counted 2,041 stop-arm violations in Indiana. That one-day total, when multiplied by the number of school days, adds up to a potential 367,380 violations throughout the school year.

"The fact that we still have people willing to put students and bus drivers at risk is the reason this campaign is necessary," said Devon McDonald, ICJI Executive Director. "Still, law enforcement can't be everywhere, so drivers need to do the right thing and exercise caution around buses. Students' lives depend on it."

The newly released data comes from the National School Bus Illegal Passing Driver Survey, which is managed by the Indiana Department of Education in the state. The survey has been conducted annually since 2011 but was put on hold for the past two years due to the pandemic.

This year, collection took place on April 26,



with 6,665 bus drivers participating from 195 school districts.

"In order for Indiana's students to learn, they must be able to travel safely to and from school," said Dr. Katie Jenner, Indiana Secretary of Education. "That task is faithfully led by school transportation professionals across the state, but they can't lead this important work alone. Anytime you see a school bus, please slow down, pause for all stop arms and be mindful that there may be young children near the road. They are our state's most precious cargo."

To prevent unsafe driving, officers will use a range of enforcement strategies from high-visibility patrols to police spotters on buses. For each jurisdiction, officers will coordinate with local bus drivers and school transportation officials, with efforts concentrating in the morning and afternoon hours. Agencies will also be working to raise awareness about the importance of school bus safety and following the law.

Drivers should slow down and prepare to stop when the overhead lights on a school bus are flashing yellow. Once the lights turn red and the stop arm extends, drivers are required to stop on all roads with one exception. On highways divided by a physical barrier, such as a concrete wall or grassy median, only vehicles traveling in the same direction as the school bus are required to stop.

Motorists should also be mindful of posted speed limits, avoid distractions and watch for children in or near school and residential areas. Planning ahead and allowing for extra time during each commute will help keep all road users safe.

Disregarding a school bus stop arm is a Class A Infraction. Violators could pay a fine of up to \$10,000, have their license suspended for up to 90 days for the first offense or up to 1 year for the second.

For additional school bus safety information, visit [www.nhtsa.gov](http://www.nhtsa.gov).

# Several Products Recalled in July

The Attorney General's office reminds Hoosiers to be aware of products recalled in July. Consumers should take full advantage of the solutions available for those who purchased the recalled items.

"Summer is a time to be outdoors, but that time should be spent safely with well-made products. This month's list has several items you might find in your own backyard. Hoosiers should be aware of potential danger and solutions available for these recalled items," Indiana Attorney General Rokita said. "Consumer protection is one of my office's top priorities. If you have difficulty finding a resolution, call my office for help."

According to the Consumer Product Safety Commission, the following consumer products were recalled in July:

- Lawn Tractors from John Deere
- Tents from Westfield Outdoor
- Fugleman Utility Terrain Vehicles from Segway Powersports
- Tony Hawk Silver Metallic Multi-Purpose Helmets from Sakar Inter-

national

- Key West Knock Down Hammock Stands from The Hammock Source
- Cayden 9-Drawer Chests from Samson International
- i330R SCUBA Diving Computers from Aqualung
- Silicone Baby Toy Bear Activity Toys from Konges Slojød Denmark A/S
- Tony Box with Bins from Monty Kids
- LiftActiv Peptide-C Ampoules from Vichy Laboratoires
- LRB Leg Loops from Crye Precision
- Look Touch Books from Scholastic

If you believe you purchased a recalled product, stop using it and check its recall notice. Follow the notice's instructions, including where to return the product, how to get the product fixed, how to dispose of the product, how to receive a refund for the product, or what steps must be taken to receive a replacement product.

To view recalls issued prior to July, visit the Consumer Protection Safety Commission website.

# Don't Get Stressed Out About Stress Fractures: An Explanation by Dr. Roberts



**JOHN R. ROBERTS, M.D.**  
Hamilton Health

I ran into a college athlete recently who complained of shin pain. He had been upping his running mileage in preparation for the cross country season. His pain was due to a stress fracture. It is estimated that between 5 and 30 percent of athletes develop a stress fracture each year. Briefhaupt first described the condition in 1855 when examining military recruits, a group that is at high risk for stress fractures.

Everyone is familiar with bone fractures, especially those from an acute injury. Even untrained eyes can usually identify the fracture lines on an X-ray; the bone often looks like a broken stick. Stress fractures, however, can be much more difficult to diagnose.

Stress fractures, as the name implies, are caused by ongoing stress on bone tissue. This repetitive microtrauma causes disruption of the microscopic structure of the bone over time that eventually exceeds the

bone's ability to heal itself. A tiny crack subsequently develops in the bone that may or may not be obvious on an X-ray. Think of bending a piece of metal over and over - eventually it weakens and breaks.

Stress fractures usually occur in bones that are prone to repetitive stress based on the specific sport involved. The fractures can involve any bone, but the most common locations and their associated sports include the hip, leg, and foot (runners & jumpers), the spine (gymnasts, divers, and volleyball players), arms (throwers), and ribs (rowers). The forces experienced by bones in the feet and legs can be up to twelve times a person's weight. Stress fractures are one of the five most common injuries in runners and account for up to half of injuries in soldiers.

Risk factors for stress fractures can be divided into intrinsic (originating within the body), and extrinsic (coming from outside the body). Intrinsic factors can include gender (twice as likely in females), weak or imbalanced muscles, prolonged rest that can lead to weak bones, leg misalignment, being tall, and having poor foot structure.

One very important intrinsic risk factor is decreased bone density, known as osteoporosis. This is especially worrisome in young female athletes and can be part of the "female athlete triad." This

triad includes disordered eating such as anorexia and bulimia, amenorrhea (no menstrual periods) and osteoporosis. Any young woman who has a stress fracture needs to be evaluated for the female athlete triad.

Extrinsic risk factors usually include an excessive amount or intensity of training, a poor training surface (too hard or irregular), and worn out or improperly fitted shoes. Running shoes should be fitted correctly to the foot structure, preferably at a professional running shoe store such as Blue Mile, and should be changed out every 300 miles or so. Other extrinsic factors include smoking, poor nutrition, and medications, especially oral steroids.

A person with a stress fracture usually presents with a particular history. The pain usually comes on gradually and is felt at the end of the activity causing the pain. The pain then becomes more severe, causing the person to limit participation. During the early phase of injury the pain is relieved with rest which is usually not the case as the damage progresses. Many patients complain of pain at night and athletes frequently have a hard time pinpointing a specific spot where it hurts.

The physical exam often offers clues to the diagnosis. Pain is usually elicited when pressing or tapping the affected area. There may be swelling or redness

at the site as well. Having the patient put stress on the bone by hopping, etc. may worsen the pain.

If the history and physical exam does not identify the problem other tests need to be ordered. Conventional X-rays are frequently normal. Often CT or MRI scanning is required to locate and assess the severity of the fracture. Nuclear bone scans can also be useful. Which study to order is usually determined by the site of the possible fracture and other medical conditions the patient may have.

Treatment is fairly simple – break the cycle of repetitive stress on the bone. This is done by cross training to strengthen the muscles around the fracture site without putting stress on the bone. Rehabilitation usually takes four to 12 weeks depending on the site and severity of the fracture. Occasionally stress fractures do not heal and require surgical stabilization. One rule of thumb is to increase activity about ten percent a week during rehabilitation. As far as treating the pain, there is some evidence in animal models that taking non-steroidal medications such as Aleve and ibuprofen for pain may delay healing, so we usually try to stick with Tylenol and other local treatments such as icing.

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

## Obituary deadline

The Times publishes obituaries daily at [www.thetimes24-7.com](http://www.thetimes24-7.com), and in its print product every day with the exception of Sundays and Tuesdays. All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG.

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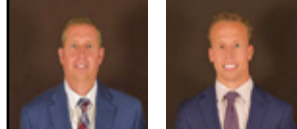
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**BETSY** From Page A1



The Times photo by Betsy Reason

**Noblesville families visit the North Elementary School booth during Noblesville Schools' Back-to-School Bash on Friday.**



The Times photo by Betsy Reason

**Noblesville Schools Miller Backers volunteer Peg Casper grills hot dogs during the Back-to-School Bash on Friday at the new Beaver Stadium.**

with activities, from rehearsing with her friends for The Belfry Theatre Apprentice Players production of Disney's "Frozen Jr.," which was on stage over the weekend with record crowds at The Ivy Tech Auditorium, spinning and weaving at Conner Prairie, attending a Taylor University musical theater camp (thanks to receiving an Encore Association youth scholarship), participating in the Hamilton County 4-H Fair, volunteering with Conner Prairie kids camp and more.

She was excited to return to school on Monday morning, particularly after attending Noblesville Schools' Back-to-School Bash on Friday afternoon at the new Beaver Stadium. The event instilled excitement for the return to school. There was so

much to see and do at the Bash.

Every school had a booth, as did every school sport, and most every school extracurricular activity, from choirs to band (NHS Marching Millers performed on the field), plus the Hamilton East Public Library, Girls Scouts of America, Noblesville Police Department, Young Life, sports teams, Nickel Plate Arts, Girls Guide to the Galaxy and more were featured in booths. One of the popular crowd-pleasing booths was the dunk tank where Hinkle Creek Elementary School principal Jack Lawrence sat high above the tank awaiting students with good throwing arms to hit the target, collapsing his seat and dunking him into the water.

Attendees got to step foot on the grounds of



**One of the popular crowd-pleasing booths at Noblesville Schools' Back-to-School Bash was the dunk tank where Hinkle Creek Elementary School principal Jack Lawrence sat high above the tank awaiting students with good throwing arms to hit the target, collapsing his seat and dunking him into the water.**



The Times photo by Betsy Reason

**Noblesville Schools' families are just starting to arrive at the new Beaver Stadium on Friday afternoon for the Back-to-School Bash.**



The Times photos by Betsy Reason



The Times photo by Betsy Reason

**Noblesville High School sophomore and football player Brody Gump volunteers delivering popcorn to one of three concession stands for Miller Backers at the new Beaver Stadium during Friday's Back-to-School Bash.**



The Times photo by Betsy Reason

**Chris Beaver, owner of Beaver Materials, was found at Beaver Stadium during the Noblesville Schools Back-to-School Bash, volunteering as president of Miller Backers doing concessions. Chris Beaver, a 1983 NHS graduate who played football and ran track at the old Beaver Materials Stadium, gave Noblesville Schools \$250,000 over five years for naming rights to put the Beaver name on this new multipurpose facility. Beaver is owner of Beaver Materials, a more than 70-year-old Noblesville-based company that produces sand, gravel and crushed concrete.**

the new Beaver Stadium, which was the location for the three-hour bash that is annually planned for Noblesville Schools' student families. Past bash locations have been the downtown Courthouse Square and Federal Hill Commons. This year's event seemed bigger than every previous bash.

Beaver Stadium celebrated its official opening with a ribbon cutting earlier in the day on Friday, with Noblesville Schools new superintendent Dr. Dan Hile and Noblesville High School principal Dr. Craig

McCaffrey, among others, that also included recently retired superintendent Beth Niedermeyer.

Chris Beaver, a 1983 NHS graduate who played football and ran track at the old Beaver Materials Stadium, gave Noblesville Schools \$250,000 over five years for naming rights to put the Beaver name on this new multipurpose facility. Beaver is owner of Beaver Materials, a more than 70-year-old Noblesville-based company that produces sand, gravel and crushed concrete.

"I'm excited. It really is



The Times photo by Betsy Reason

**Noblesville Schools' Back-to-School Bash on Friday offered families the opportunity to learn more about Noblesville schools as well as other organizations.**

exciting. It's great for the community. It's great for the Schools. It's a great day," said Beaver, who was found during the Back-to-School bash keeping food filled at all three concession stands, which are sponsored by The Gordon Family of Companies (a really nice sign is posted by each concession stand). Other stadium sponsors include McGavics Outdoor Power and Body in Training.

Not only is Beaver's company a sponsor of the new stadium, he is president of Miller Backers, a

nearly 40-year-old non-profit volunteer education group that uses money from concessions sold at Noblesville athletic events to give back to the school through Miller Backer athletic scholarships and the purchases of supplies and equipment for the athletic department.

About 10,000 people were expected to attend the bash.

Contact Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com). See more photos of the bash and new stadium in Wednesday's edition of *The Times*.

**TRAIL** From Page A1



Photo courtesy of the City of Noblesville

**Volunteers paint a hopscotch court.**

serve." Based on the latest early childhood research and approved by national early learning experts through United Way Worldwide, the Born Learning Trail is designed to help adults interact with children to boost language and literacy development and to help communities understand how to best support early learning through outdoor recreation. 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](http://www.noblesvilleparks.org).

**MARLOWE** From Page A1

Just do nice things for people, and the rewards will follow, even if they consist only of the personal satisfaction of a job well done.

The problem is that I never feel like I have done the job well . . . at least not well enough.

I believe part of the reason for my insecurity is that I've lived my entire life in the shadow of my father. Dad was a regular Joe in so many ways, but in others he was quite eminent. As a Central Indiana sportscaster, spanning a 40-plus year career, he mingled regularly with the top civic and sports personalities of his day.

If you don't know, Chuck Marlowe was the sports director at WTTV, the host of the Bob Knight Show, a 51-year veteran of the Indianapolis Motor Speedway Radio Network and so much more.

When the spotlight shone on the stardom around him, naturally a lot of the gleam landed on him as well. Dad deserved his celebrity. He worked hard to get and share the stories with his viewers. When Dad passed away in 2016, an entire community paused just a little bit to reflect on the joys he brought into their lives.

What an awesome predecessor I'm following! Nevertheless, when it

came time for me to step into the sun, I found the glare to be quite intimidating. I do my best, but often it doesn't feel like I've done near enough.

Dad was always coming through for people. To say that he was "connected" was quite an understatement. Many times I watched him take a phone call from someone needing something: needing a favor, needing support for a worthy cause. Always the response was the same.

"Sure!" Dad said. "Let me make some phone calls."

I can't remember a time when Dad didn't come through. The box in the closet that I inherited from my father includes a plaque from a grateful Little League, a little trophy for being a judge at a school spelling contest, a signed thank-you card from nursing home residents for emceeding their wheelchair race, a tear-stained note from the father of a gravely ill son for making the child's dream of meeting his sports idol come true.

All are mementos of times when Dad never hesitated to take a stand for something he believed was important.

I, too, serve. However, I am a reluctant servant. I hate disappointing people. So when people ask me

for a favor, or when I see a problem and step in, it is always with reservations. "I'm not sure what I can do," I'll hedge, "but I'll try."

Consequently, my efforts also tend to lack enthusiasm, and the outcomes are never as successful as I wish. I seem to be afraid to let people's expectations of me ever rise too high.

So I surprised myself, last month, when my friend Scooter called.

Scooter was shaken and upset. He knows a young man whose home life is disturbing. He's going to college, but he's not sure he can take it anymore at home. Scooter wants to find a way for this young man -- a young man, who is exemplary by every account -- to begin the next chapter in his life safely and without the drama of his current condition.

"Can you help, John?" Scooter pleaded. "You know so many people who might be able to help."

Boy, I thought. If Dad were here, he could take care of this right away.

He'd call his friend Jim at the bank, and the young man would have a loan for college. He'd call his buddies at his service club, and the young man would have a job. His friend Nico would have a room.

"Sure!" I said. "Let me make some phone calls."

Immediately upon ending the call with Scooter, I felt disinclination set in. Why did I get myself into what is obviously a messy situation? Yeah, I know people . . . but do I know the RIGHT people?

Nevertheless, I dove in, spurred on by the young man's heartbreaking story. I made call after call. I showed up in people's offices unannounced. And when I encountered a roadblock, I found a way to roll it aside.

The result is that I believe we have successfully discovered a path for this young man to follow, if he so chooses.

For the first time in a long while, I feel satisfied with the effort I put in, and similarly satisfied with the outcome. It wasn't the perfect answer, but it was the best I could do. I finally feel a little warmth from the light that comes from doing a job, not without hesitancy, but with dogged determination.

I've learned something, too, as a result:

A man never knows how big of a shadow he throws until he stands up.

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

**SUNDAY** From Page A1

fun, and much more! There is still space available for community groups, faith-based organizations and businesses who have items to share, show, and sell. The event is free for all Hamilton Heights students and their

families. We look forward to celebrating the start of the 2022-23 school year with you!

To participate and/or for more information, contact Emily Beechler at [eebecher@hhschuskiies.org](mailto:eebecher@hhschuskiies.org).

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# TUESDAY

## In The Kitchen

Tuesday, Aug. 2, 2022

A8

# Make Healthy Easy with Grapes

### FAMILY FEATURES

If you're like many Americans who put a priority on well-being, choosing simple yet healthy snacks and ingredients is an easy first step. For example, grapes are a popular and convenient fruit that can also be an ally in wellness, offering an abundance of health benefits that can help you get (and stay) on the right track.

The next time you enjoy an outdoor adventure, pack along a healthy snack such as California grapes. They can go with you on hikes and bike rides or to the gym as a healthy and hydrating source of energy. Heart-healthy grapes also deliver beneficial antioxidants and other polyphenols and are a good source of vitamin K, which supports bone and heart health. With no need to peel, cut, core or slice, grapes are perfectly portable when you're on the go.

As an easy, versatile ingredient that can be used in a wide variety of recipes, grapes offer delicious taste, texture and color – plus a healthy boost – that make them an appealing addition to snacks and meals. An added bonus: Grapes help support heart, brain, colon and skin health.

Crunchy Salad Pizza on Cauliflower Crust is a simple way to get your fruits and veggies in a fun, tasty recipe. When it's time for a filling yet nutritional dinner, Warm-Spiced Chickpeas and Couscous with Grapes and Arugula makes for an ideal vegetarian meal. Plus, this easy-to-make dish includes 8 grams of fiber to help support colon health.

Grapes and seafood are a classic combination, and this Roasted Salmon and Grapes with Pistachios Over Fresh Greens is no exception. A perfect dish for family dinners or inviting guests for a meal, it offers antioxidants and other polyphenols from grapes along with healthy omega-3 fats from fish.

Whatever your path to health, eating well and encouraging healthy habits can be deliciously easy with the benefits of grapes. Find more health benefits and good-for-you recipe ideas at [GrapesFromCalifornia.com](http://GrapesFromCalifornia.com).

### Crunchy Salad Pizza on Cauliflower Crust

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

- 1 frozen cauliflower pizza crust (11 ounces)
- 1 tablespoon, plus 4 teaspoons, extra-virgin olive oil, divided
- 2 medium carrots, peeled and trimmed
- 1 medium fennel bulb, quartered and trimmed
- 1 medium yellow bell pepper, halved and trimmed
- 1/2 medium red onion
- 16 black California grapes, halved
- 1 cup canned or cooked chickpeas, drained and rinsed, divided
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons pesto
- salt, to taste
- freshly ground black pepper, to taste
- 1 ounce fresh goat cheese, crumbled

Heat oven to 400 F. Place frozen crust on large, parchment-lined baking sheet and brush top lightly with 2 teaspoons olive oil. Bake until crust is lightly golden, about 10 minutes. Transfer to cutting board and cut into quarters.

Using mandolin, peeler or large, sharp knife and cutting board, thinly slice carrots, fennel, bell pepper and onion. Transfer to mixing bowl and add grapes and 1/2 cup chickpeas. Add parsley, pesto and 1 tablespoon olive oil; toss well. Season with salt and pepper, to taste.

Using fork, coarsely mash remaining chickpeas and remaining oil; spread among pieces of crust. Mound grape-vegetable mixture on top. Dot with goat cheese and serve.

**Nutritional information per serving:** 490 calories; 9 g protein; 66 g carbohydrates; 22 g fat (40% calories from fat); 4 g saturated fat (7% calories from saturated fat); 30 mg cholesterol; 380 mg sodium; 4 g fiber.



Crunchy Salad Pizza on Cauliflower Crust



Roasted Salmon and Grapes with Pistachios Over Fresh Greens

### Roasted Salmon and Grapes with Pistachios Over Fresh Greens

Prep time: 15 minutes

Cook time: 7-8 minutes

Servings: 4

- 4 wild sockeye or coho salmon fillets (about 5 ounces each)
- 3 tablespoons extra-virgin olive oil, divided
- salt, to taste
- freshly ground black pepper, to taste
- 1/3 cup dry white wine
- 1 cup green California grapes
- 1/4 cup shelled, unsalted pistachios, coarsely chopped
- 2 tablespoons finely chopped Italian parsley
- 5 ounces baby spinach
- 1 red onion, thinly sliced
- 1 tablespoon white wine vinegar

Heat oven to 400 F. Lightly oil shallow, 9-by-13-inch baking dish.

Pat fish dry and place skin side down in pan. Brush fillets lightly with 1 tablespoon olive oil and sprinkle with salt and pepper, to taste. Pour wine in pan, scatter grapes around and sprinkle pistachios and parsley on fish.

Roast salmon 7 minutes for medium-rare; 8 minutes for medium.

In large bowl, toss spinach, onion, remaining oil and vinegar. Season with salt and pepper, to taste; toss again and divide among four plates.

Place fish on top of greens. Spoon roasted grapes around fish.

**Nutritional information per serving:** 360 calories; 31 g protein; 12 g carbohydrates; 19 g fat (48% calories from fat); 3 g saturated fat (8% calories from saturated fat); 65 mg cholesterol; 105 mg sodium; 2 g fiber.

### Warm-Spiced Chickpeas and Couscous with Grapes and Arugula

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 2 tablespoons extra-virgin olive oil
- 1 small onion, chopped
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 1/8 teaspoon ground allspice
- 1 cup Israeli pearl couscous
- 3/4 teaspoon ground turmeric
- 1 1/2 cups water
- 1 can (15 ounces) no-salt-added chickpeas, drained
- 1 cup red California grapes, halved
- 2 tablespoons chopped fresh cilantro or parsley
- freshly ground black pepper, to taste
- 4 cups lightly packed baby arugula
- lemon wedges

freshly ground black pepper, to taste  
4 cups lightly packed baby arugula  
lemon wedges

In large saucepan over medium heat, heat oil. Add onion, cumin, 1/2 teaspoon salt and allspice; cook, stirring, until onion is softened, about 3 minutes. Add couscous and stir 1 minute to toast lightly. Add turmeric and water; bring to boil. Reduce heat, cover and simmer until couscous is tender, about 15 minutes.

Stir chickpeas, grapes and cilantro into couscous then season with salt and pepper, to taste. Transfer couscous-grape mixture to large bowl, add arugula and toss well. Serve warm or at room temperature with lemon wedges.

**Nutritional information per serving:** 370 calories; 12 g protein; 61 g carbohydrates; 9 g fat (17% calories from fat); 1 g saturated fat (2% calories from saturated fat); 0 mg cholesterol; 160 mg sodium; 8 g fiber.



Warm-Spiced Chickpeas and Couscous with Grapes and Arugula

### Grapes and Your Skin

While naturally hydrating and delivering beneficial antioxidants and other polyphenols, grapes also offer more: they may help support healthy skin even when exposed to UV light. In a study conducted by the University of Alabama, subjects consuming 2 1/4 cups of grapes every day for two weeks showed increased resistance to sunburn and reduced markers of UV damage in skin cells.



# TUESDAY

## In The Kitchen

# DAY

Tuesday, Aug. 2, 2022

A9

## Take Homemade Family Favorites to New Heights

FAMILY FEATURES

**G**athering together to enjoy a meal at the family table or a sweet treat at the end of a long day is what time with loved ones is all about. Turning to beloved classics can bring everyone running to the kitchen to share the flavors of those familiar favorites.

Savor the timeless taste of pasta with this Penne Alla Vodka, a classic dish high on flavor and low on hassle so you can have a meal ready in just 30 minutes. Plus, it offers an alternative to traditional recipes by using Country Crock Plant Cream, a new dairy-free substitute for heavy whipping cream perfect for using in a variety of your favorite dishes.

Made with delicious plant-powered ingredients, it provides the taste of heavy whipping cream without the heaviness. As a 100% vegan, dairy-free and soy-free solution, it's a 1-for-1 swap for heavy whipping cream in cooking and baking recipes, making it ideal to have on hand year-round.

When it's time to settle down for the night, end the day on a high note with the sweetness of Strawberry Shortcake. Toss strawberries with sugar, create your own whipped plant cream and make shortcakes from scratch for a true taste of home.

Visit [CountryCrock.com](http://CountryCrock.com) for more ways to elevate weeknight meals and desserts.

### Strawberry Shortcake

Prep time: 20 minutes

Cook time: 12 minutes

Servings: 8

**Strawberries:**

- 2 pounds strawberries, hulled and sliced
- 6 tablespoons sugar

**Whipped Plant Cream:**

- 2 cups Country Crock Plant Cream, directly from refrigerator
- 2 tablespoons powdered sugar
- 2 teaspoons vanilla extract

**Shortcakes:**

- 3/4 cup chilled Country Crock Plant Cream, plus additional for brushing, divided
- 1 tablespoon lemon juice
- 2 cups flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (1 stick) Country Crock Plant Butter Sticks with Avocado Oil, melted
- 1 tablespoon turbinado sugar

To make strawberries: In bowl, toss sliced strawberries and sugar. Let berries sit 30 minutes-2 hours before serving.

To make whipped plant cream: In chilled bowl, using electric hand mixer or stand mixer on high, whisk chilled plant cream, powdered sugar and vanilla extract until plant cream thickens and stiff peaks form.

To make shortcakes: Preheat oven to 475 F.



Strawberry Shortcake

In small bowl, mix 3/4 cup plant cream and lemon juice; set aside 2-3 minutes, or until it begins to curdle.

In large bowl, whisk flour, sugar, baking powder, baking soda and salt. Stir in plant butter and plant cream mixture.

Knead dough a few times then shape into 1-inch-tall circle. Cut circle into eight wedges. Transfer wedges onto baking sheet lined with parchment paper. Brush tops of biscuits generously with additional plant cream and sprinkle turbinado sugar on top.

Bake 10-12 minutes, rotating sheet half-way through baking. Biscuits should be golden brown. Cool before assembling.

Split each biscuit in half. Spoon strawberries over half of biscuits. Add dollop of whipped plant cream on top. Layer other biscuit halves on top followed by more strawberries and plant cream.



Penne Alla Vodka

### Penne Alla Vodka

Prep time: 10 minutes

Total time: 30 minutes

Servings: 5

- 1 tablespoon Country Crock Plant Butter with Olive Oil
- 1/2 cup chopped white or yellow onion
- 1/2 teaspoon finely chopped garlic
- 1/2 cup tomato paste
- 1 pinch red pepper flakes
- 1/4 cup (2 fluid ounces) vodka
- 16 fluid ounces Country Crock Plant Cream
- 1/4 cup (2 fluid ounces) water

- 3 cups dry penne pasta, cooked and drained
- 1/4 cup grated vegan Parmesan cheese
- 1/2 teaspoon kosher salt
- 1/4 cup loosely packed fresh basil leaves

In pan over moderate heat, melt plant butter. Add onions and garlic. Cover and cook until onions are translucent, about 5 minutes.

Add tomato paste and red pepper flakes. Cook until tomato paste starts to lightly brown.

Add vodka and stir well, scraping bits of browned tomato paste from bottom of pan. Cook over high heat until liquid is reduced by about half to concentrate flavors.

Add plant cream and water; stir to incorporate tomato paste evenly. Bring to simmer.

Toss in cooked pasta. Add vegan Parmesan, salt and fresh basil.

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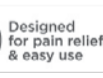
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# TUESDAY

## Health and WELLNESS

Tuesday, Aug. 2, 2022

A10

### Everything That You Need To Know About Kidney Stones

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.



**JOHN R. ROBERTS, M.D.**  
Montgomery Medicine

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 South-eastern 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.*

### COVID Created Significant Increase Of Myopia And Eye Health Concerns

Treehouse Eyes - the only healthcare practice in the country dedicated exclusively to treating myopic children - has brought its myopia treatment solutions to Indianapolis with the first myopia treatment centers to provide families and children with the proper resources to combat and mitigate this growing epidemic in the Indianapolis area, where an estimated 104,000 children between the ages of 6 and 17 are myopic - 29 percent of

the child population in the region.

A study stemming from China and published in the Journal of the American Medical Association (JAMA) found that home confinement during the pandemic created a significant increase in myopia - often referred to as nearsightedness - for children aged 6 to 8 years, with the prevalence of myopia increasing 1.4 to 3 times in 2020 compared with the previous five years. Additionally, studies from

the Hong Kong School of Ophthalmology, Turkey, the Netherlands linked the COVID-19 pandemic to an increase in myopia among young children.

Myopia, or nearsightedness, is a disease that usually starts in school-aged children and causes the eye to grow too long. This not only impacts a child's ability to see clearly and perform their best but also increases the risk of a child having serious eye diseases when they get older, such as

glaucoma, cataracts, and retinal detachments. The COVID-19 pandemic exacerbated myopia's risk factors, including increased exposure to digital devices and limited access to outdoor time.

"Since the start of the pandemic, we've observed a marked increase in the number of myopia cases we're treating," said Dr. Chris Browning, Lead Optometrist and Owner of VisionQuest Eye Care. "As a result of the pandemic, children

were forced indoors for social time and virtual learning, and their exposure to screen time skyrocketed up to 14 hours a day, putting their eye health at greater risk for myopia development. We cannot urge parents enough to consider the importance of their child's eye exam this year and utilize this new form of myopia treatment as needed."

Treehouse Eyes has partnered with Dr. Chris Browning of VisionQuest

Eye Care to establish Indianapolis' only first myopia treatment centers offering its patent-pending protocol, the Treehouse Vision System, which has been shown to result in a 78 percent decrease in the progression of myopia in kids and teens versus non-treatment.

For more information and to schedule a free myopia consultation, please visit the Treehouse Eyes website. For media inquiries, contact Peri Block at [peri@babbittodner.com](mailto:peri@babbittodner.com).

### Treatment For Severe COPD Helping Some Patients Breathe Better

**(StatePoint)** More than 3 million Americans live with severe emphysema, a type of chronic obstructive pulmonary disease (COPD) that makes breathing difficult. While there's no cure, recent advances in treatments are helping some patients breathe better.

The American Lung Association's Treating Severe COPD Educational Campaign encourages people with severe emphysema to speak to their healthcare provider about their options, which may include endobronchial valve (EBV) treatment. As part of the campaign, they're sharing these important facts:

What is EBV treatment? When someone has emphysema, their lungs stop working effective-

ly and air gets trapped inside their lungs instead of leaving when they exhale. With no room for fresh, oxygenated air, the person becomes short of breath. The trapped air causes that section of the lung to enlarge, putting pressure on the healthier parts of the lung and diaphragm. This is called hyperinflation.

EBV treatment is a safe, FDA-approved interventional therapy in which small, removable, one-way valves are implanted in strategic areas. They allow air to be breathed out of that area of the lung, preventing air-trapping that can result in shortness of breath.

When should I consider EBV? As emphysema progresses, some medications that worked well

may stop controlling symptoms. If neither medication nor oxygen is controlling symptoms well, major surgery like lung volume reduction or a lung transplant had traditionally been the next and last resort. With some individuals, EBV can fill the treatment gap between medication and surgery.

You may be a candidate if you have advanced emphysema and are highly symptomatic despite receiving optimal medical treatment. You also need to be non-smoking or willing to quit. If you're currently smoking, the American Lung Association's Freedom From Smoking program can help you quit.

What are EBV's benefits? While recovery

will depend on factors like overall health and the severity of COPD, the goal of EBV is to breathe easier without the necessary recovery from a surgical treatment. EBV treatment may improve lung function, increase your exercise capacity, and improve your quality of life. Most patients who've received the treatment report feeling better and say they're now able to be more active.

Complications of the EBV treatment can include but are not limited to pneumothorax, worsening of COPD symptoms, hemoptysis, pneumonia, dyspnea and, in rare cases, death. Talk with your physician about other contraindications, warnings, precautions,

and adverse events. Only a trained physician can decide whether you're an appropriate candidate for EBV treatment.

"Before my treatment, I would take a few steps and then wait to catch my breath. Now, every day I find I can do something I couldn't before," says Susan Scott, an Ohio resident who was diagnosed with COPD years ago and was experiencing worsening symptoms before getting the procedure. "My boyfriend and I hope to travel. I have a son in California and we're going to go visit him soon. Being able to do that is everything to me. I also can't wait to start cooking and leash training my dog."

What to ask your healthcare provider.

Because EBV treatments are relatively new, not all healthcare providers are knowledgeable about the procedure. Speak with your provider to see if it's right for you. Keep in mind that you may have to advocate for yourself or seek a second opinion.

"My pulmonary clinic didn't have a lot of information regarding EBVs. If my doctor knew more about it, she might have recommended it to me. I was the one who kept pushing it," says Scott.

If you have emphysema or severe COPD, you can find resources as well as learn more about EBV by visiting [lung.org/copd](http://lung.org/copd).

Take time to learn about treatment options. Doing so is for many, the first step to breathing easier.



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